



# A Jump Start Guide To Obedience Dog Training

Cody Axthelm, creator of **Guncho Dogs** takes you through foundational material for beginner obedience dog training.





# Hi, I'm Cody...

**I train family dogs for obedience** and hunting.

My family has been breeding  
AKC Labradors Retrievers for **over 36 years**.

Taking a balanced relationship based approach, I build the  
dog-owner relationship on **trust and loyalty**.

I know I can count on my dogs and  
**I can teach you** to do the same.

## Cody Axthelm

*"Through obedience training, you will  
**establish a loving relationship** with your  
dog and **ensure your dog's loyalty** to  
yourself and your family."*





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## GETTING STARTED

# What do you need?

You only NEED yourself and your pup.

However, here are some optional but helpful tools:

- **Crate/Kennel:** Tall enough for your dog to stand up in, wide enough to turn around, and long enough to lie down in. Bathroom accidents are more likely with anything bigger. [View Options](#)
- **Treats:** Use the dog's food as "treats". If your dog isn't motivated by food you can use verbal and physical praise. [View Options](#)
- **Clicker:** Research shows a clicker speeds up learning by 50%  
[View Options](#)
- **Bells:** Hung on your door and used for potty training. They help the dog recognize when they are going inside and outside. [View Options](#)
- **Leash:** Starting off inside the house you can use a small piece of rope or a small puppy leash in order to maintain control of exploration. A lot of vet's provide little leashes for free. [View Options](#)  
*\*Polypropylene doesn't soak up water!*
- **Long Lead:** 30 to 50ft polypropylene. This will be great for letting the puppy explore but you'll still having the fur-ball under control!  
[View Options](#)
- **Collar:** We use 3/4 inch diameter nylon collar with rugged closure, allowing you to attach your leash to your dog. [View Options](#)
- **Chew Toys:** Get something they can't destroy and is a clear difference from household items. Kongs recommended. [View Options](#)
- **Whistle:** Direct your dog from a distance. Use a whistle in combination with verbal and hand signals. [View Options](#)



## ESTABLISH A FOUNDATION

# Desensitization

Your job is to introduce this puppy to the world. The way in which you do this will dramatically shape the character and mindset of your dog. Let's take a look at a variety of important desensitizations.

- **Trainer Relationship:** Let the dog eat from your hand, pet the dog often, talk to it and spend a cuddle/play time together, before and after training sessions. Touch will desensitize for nail clipping, etc.
- **Training Tools:** Introduce your training tools (collar, leash, clicker, etc.) to the dog with praise and excitement.
- **New Sounds:** While the dog is eating, starting from far away and gradually getting closer while introducing different sounds that could be initially frightening. *For example: loud clapping, garbage bag, vacuum cleaner, etc.*
- **Socialization:** Socialize your pup by gradually introducing people, animals, and outside environments. It's important you trust the friendly animals you're using to socialize.

**Warning:** confirm your puppy and other animals are vaccinated and don't take a puppy to a dog park.

- **Balance Training:** Introduce the difference between "no" and "yes." Use "yes" to mark appropriate Behaviors and "no" to mark inappropriate ones.
- **Water:** In the tub, slowly let the water level rise as you feed and pet the pup.





## BEGINNER OBEDIENCE CUES

# School is in Session!

Luring with pieces of food, introduce your puppy/dog to these cues in this graduated order. Make sure your puppy has shown a good amount of success before moving to the next cue. The moment the behavior you're asking for happens, click and give a treat to mark the positive behavior.

1. **Come/Here:** Make yourself the most exciting thing in the room. When your dog comes to your hand click and give a treat.
  2. **Sit:** Lift a treat above their nose causing a sit. Introduce stay using our Location Permanence Exercises.
  3. **Eye Contact:** In the sit position, draw the puppy's eyes to your face with the treat in your hand.
  4. **Stand:** From the sit position lure the dog forward just until the back legs stand and before they take a step.
  5. **Down:** From the stand position bring a treat to the floor between the dog's paws. Wait until all elbows are down before clicking and treat.
  6. **Kennel:** Reach into the back of the kennel drawing your dog inside. Once the back paw goes inside is when you mark the completed behavior.
- **Now Tie Them Together:** As your dog shows improvement, try practicing two and then three different exercises in the same session. *Example: Come here, sit, eye contact, stay, down, kennel, repeat.*
  - **Make It 3D:** As your dog progresses in training, gradually add the 3 D's (Duration, Distance, and Distraction).



*\*Add more complex cues as your dog graduates from the list above.*



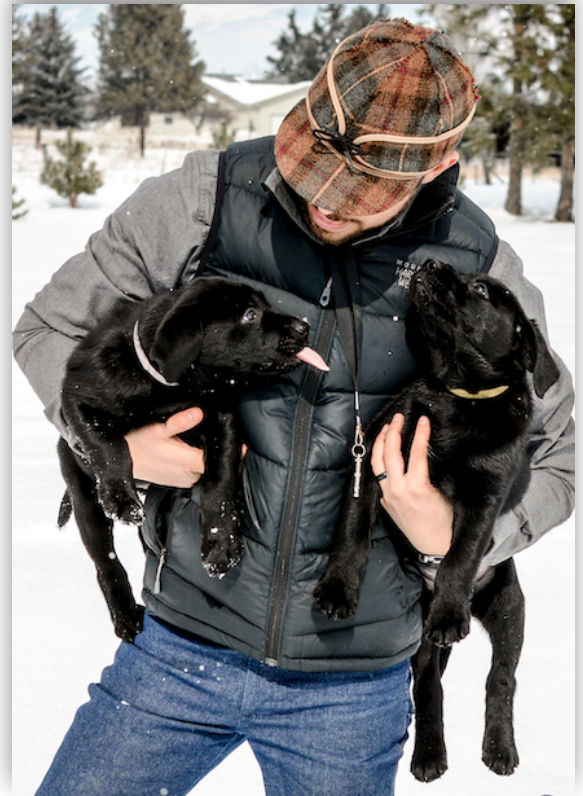
## IMPOLITE BEHAVIORS

# Calm, Consistent, & Patient

- **Jumping**
- **Biting Your Hand**
- **Chewing An Object**
- **Whining**

These impolite behaviors can initially be addressed in this fashion:

1. Ignore the impolite behavior. When the behavior stops, give attention and positively reinforce (doesn't always work with chewing).
2. Use the verbal "no" when behavior is happening followed by praise when stopped.
3. Gently physically guide the pup away from the behavior combined with the two options above. Be consistent!



Your patience and calm reaction are going to be highly important. Remember to never react out of anger or frustration toward your dog. Your consistency in directing the dog will increase their rate of learning.

*\*Behaviors like leash pulling and digging, we will discuss in our other Gunho Dog Training materials.*



## FINISHING TOUCHES

# Strengthen Your Relationship

Your obedience training will serve as a foundation for the rest of your dog's life. The more time and energy you invest now is going to strengthen your relationship for the future.



- If you haven't done so already, add in your verbal cues like "sit" and "come here" to each exercise. It's important to introduce verbal cues only when you know the behavior being asked will be fully completed.
- Continue to be consistent in your dogs schedule and in the details of your training. Once all your cues are 3D, this will help your dog transition into intermediate obedience.

## Graduating to Intermediate Obedience Training

Intermediate obedience training is going to include more challenging exercises for your dog. We are also going to appropriately add hand signals to each exercise as well as intensify our 3 D's. Loose leash walking and place training are amongst the next topics. If you enjoyed this free guide you might also enjoy the video course we offer on our website. Finishing our [Beginner Obedience Video Course](#) will be your final step to graduate into intermediate obedience training.





# What's Next?



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