



## **TRAINING CHALLENGE OF THE MONTH**

### **COLLAR GRAB**

This exercise is to teach your dog to be absolutely fine with hands near her face and body.

**Goal: Your dog doesn't mind strangers reaching out to her.**

#### **Basic Exercise:**

- Sit your dog in front of you, and have a treat hidden in one hand. Reach for her collar (at the side of her body, not over her head) with your free hand. Take the collar gently, and while holding it, give her the treat with your other hand. Let go. Repeat 4 or 5 times in a session.
- If your dog is hand shy or nervous about this, start by just moving your hand by the side of her face, then give the treat. Gradually work to reaching to just touch the collar, then gently holding it.
- You should use a collar grab every time you do a recall with your dog. It is important to be able to grab your dog when you need to, so she should expect you will reach for her when you call her.

#### **Advanced Exercise:**

- Work up to moving your hand from different angles, reaching below her chin or above her head.
- Work up to faster grabs. Some people will reach for your dog with sudden movements, and we want your dog not to be alarmed by this.
- Begin to touch other parts of her body, especially if she has body sensitivity, such as near the tail.
- Have friends and family practice this as well. The more people you practice with, the more relaxed your dog will become around strangers.

**Ultimate Goal: Your dog has no issues with being touched or reached for by strangers.**