



### **STAY-sit or down**

#### **Day Challenge**

- 1 Dog stays on a raised platform for 3seconds, with release
- 2 Dog stays while handler does three jumping jacks, release
- 3 Dog stays in position while handler walks a full circle around, release
- 4 Dog stays for 10 seconds, handler at 5ft away, release
- 5 Start in heel/side position, leave dog 5 steps, face dog stay 5 seconds, release
- 6 Dog placed in stay, leave dog, 3ft, handler sits down (ground/chair), 5 seconds, release
- 7 Dog stays for 5 seconds, handler at 10ft away, release
- 8 Dog stays while handler does one full spin
- 9 Dog stays, handler pats dog on head, returns hand to side, then release
- 10 Dog stays while a treat or toy is tossed 3ft away, for 3 seconds, release
- 11 Dog stays, 5 seconds with distraction of your choice ( food, toy, people, etc), release
- 12 Dog stays, at doorway/gate/crate opening for 3 seconds, release

**Rules:** Dog must sit or down, and must do so of his/her own accord, you may not physically assist the dog. Video must show, dog sitting/or down and then exercise may begin. Exercise will be completed with a verbal release. If no release word is heard, the exercise will not be counted as complete. Be sure that both you and your dog are visible in the video. You may play along for fun, but if you want an award for completion, please purchase at [www.dzk9training.com](http://www.dzk9training.com), in order to be judged. Have fun!

Submit videos via messenger or make a Group Post!