Poised for Success Freestyle Titling Program

Debut Division Guidebook

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Introduction

The Poised for Success Debut Division is designed for both puppies and adult dogs who are new to training to build teamwork and to forge a strong relationship between your puppy, or your new addition, and yourself. This program is also intended to provide a solid foundation for entry level training and to prepare you and your dog to begin to create submissions for the Poised for Success Freestyle Overture Division title.

This program was designed mainly with puppies in mind, with options that are appropriate for very young dogs, and that can be accomplished through short and fun training sessions. At the same time, we strongly encourage those of you who are working with adult dogs who are new to training to give this title a try. This program can provide a great way to bond with your new dance partner before you begin to create Overture Division submissions.

If you are working with a puppy, please keep in mind that puppy growth plates may not have closed. Behaviors such as jumping and tight spins are best saved for the Overture Division so that your puppy can mature before you begin to work on those types of skills.

And please, when beginning training with a puppy or a new adult dog, please take your training slow and keep it fun. You and your debut dance partner have all the time you need to create your submission entries, so please take your time with training and creation of submission videos.

Debut Division Rules

- A clicker or verbal marker should be audible in most exercises. In addition, a clicker may be visible in the hand in video clips for this division.

- Food or toys may be used for all options for this division. Food can be in a pocket, bait bag, or in the palm of your clicker hand. While we encourage handlers to explore targeting, luring is permitted in this division. Toys may also be used as a reward.

  If your dog or puppy has sensitive digestion and you are not able to use treats, you might use a portion of his meal as a reward or use a favorite toy.

- Verbal motivation and praise is very much encouraged.

- Exercises may be done off-leash indoors, or outdoors in a safe place, or with your puppy or dog on a lead.

- For the Focus and Training leg, Building Body Awareness leg, and Props leg, music can be playing, but it is not required.

- For the Music and Play leg, music must be playing in all video clips. It can be playing in the background, but must be audible on the video clip.

- No music overlays are permitted for this division.

- All video rules for this division are the same as the video rules for the Overture, Melody, and Harmony Divisions.

  If your video space does not allow for a full picture of yourself and your dog, please contact Kristine for alternative options.

Registration

All new dog and handler teams need a registration number before submitting the first Debut Division entry.

In order to register, please send $5.00 via PayPal to:

pfsfreestyle@gmail.com

In addition, please fill out the registration form found at the following link:

https://form.jotform.com/253187673515060

Debut Division Title

The Debut Division title is earned through completion of four legs:

- Focus and Training
- Building Body Awareness
- Props
- Music and Play

These legs may be completed and submitted in any order and can be submitted separately, or multiple legs at the same time.

A variety of options are available for each leg, and each entry consists of video of eight options of your choice from those described below.

Your video submission may be complied into one video or can be submitted as a Playlist.

The cost to submit for each leg is $15.00.

Please send payment via PayPal to:

pfsfreestyle@gmail.com

In addition, fill out the following form:

https://form.jotform.com/253187278118060

The title earned through completion of this division is: PFS-Debut

A Debut title medal will be sent to all teams who earn this title.

Focus Training Leg
Choose 8 Options

DF1 - Load the Clicker – Demonstrate how you taught your dog that when he or she hears the click or verbal marker a treat will follow.

DF2 - Name Game - Using either a clicker or a verbal marker, demonstrate that your pup makes eye contact with you when you say his or her name one time. The idea for this option is that you say the dog's name one time and your pup looks at you - as in the whiplash turn.

Demonstrate 4 repetitions of name - click or mark - and treat.

If you submit a single video clip for this option, you may toss a treat in between repetitions in order to set up for the next one if your pup does not disengage in between repetitions.

This may be presented in your entry as one clip, or as a set of multiple clips.

DF3 - Duration Eye Contact - Either say your dog's name or a cue for eye contact. Once your dog makes eye contact, he or she should maintain eye contact for at least 3 seconds. Then clearly mark and reinforce.

DF4 - Hand Target – Show your pup performing three nose bumps on the palm of your hand. You may cue this verbally or present your hand to cue the nose bump.

This should be one video clip. You may achieve multiple repetitions by:

- Changing the positioning of your hand
- Tossing a treat to reset
- Taking a moment to run and play with your dog
- Offering a different hand for each repetition

Choose what works to keep the option fun for your dog.

DF5 - Target Object – Show your dog performing three nose touches to a flat handheld object. This option is meant to provide your dog with a foundation for nose targeting an object on the ground, so for the purpose of this option, "flat" is defined as a target that you could later place on the ground for your dog to nose target.

You may cue this verbally or present the object to cue the nose bump.

This should be one video clip. You may achieve multiple repetitions by:

- Changing the positioning of the target
- Tossing a treat to reset
- Taking a moment to run and play with your dog
- Switching the object to a different hand for each repetition

Choose what works to keep the option fun for your dog.

DF6 - Target Stick - Show your pup performing three nose touches to a target stick. You may cue this verbally or present the target stick to cue the nose bump.

This should be one video clip. You may achieve multiple repetitions by:

- Changing the positioning of the target stick
- Tossing a treat to reset
- Taking a moment to run and play with your dog
- Switching the target stick to a different hand for each repetition

Choose what works to keep the option fun for your dog.

DF7 - Paw Touch – Have your dog put one paw in your hand, or touch one paw to a prop. No duration is necessary, and your pup may be sitting or standing to perform this option. Your pup should perform the paw touch voluntarily. The handler should not lift the dog's paw.

DF8 - Floor Mat - Send your dog to a floor mat, such as a bathmat. No distance is required but you should not be on the mat. Have your pup perform a sit or a down on his mat.

DF9 - Two Paws – Have your dog place two front paws on a mat, or other flat target. No distance or duration is required.

DF10 - Walk With Me – Have your pup walk with you for 3-5 steps on your left side as you move forward, on your right side as you move forward, and in center position as you move backwards. Position need not be maintained as long as your dog continues to move with you. Your pup should be clearly engaged in the exercise. Verbal praise is encouraged.

This option may be submitted as one video clip showing your pup moving in all three positions, or it may be submitted as separate video clips.

DF11 - Release – Show how you are training your dog to be released. Your dog might be released from a sit, a down, or from interaction with a prop or mat.

You may toss food, and a verbal and/or hand signal may be used. All verbal releases must be audible.

DF12 - Wait and Here – With your pup standing at your side, ask him to 'wait' and take at least one step away from him. Although you should walk forward ahead of your dog, you may keep your face turned toward your dog to maintain eye contact. Once you have taken a step or two away, call your dog to catch up with you. You may ask your dog to nose touch your hand at your side.

Note that this is not a 'stay' exercise, but rather an exercise that allows your dog to wait a bit and then catch up with you.

It is important to set your pup up for success, so be sure that you do not take more steps away from the dog than he is capable of waiting for. Just a step or two is perfectly fine.

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Building Body Awareness Leg
Choose 8 Options

DB1 - Perch Work – Starting with your dog standing, have your pup place his or her two front paws on an object. This can be a stool, a sturdy box or any other solid object that is safe and does not move. No duration need be shown.
DB2 - Four Paws On - Have your dog step onto a board or plank with all four paws. The board or plank should be low enough that the pup steps off, not jumps off, and it should not move.
DB3 - Two Paws On Two Paws Off – Have your dog step onto a low balance or training board with all four paws, and then have your pup walk forward and place two front paws on the ground as two rear paws remain on the board.
DB4 - Stop and Go - Have your pup approach a low balance or training board. Your dog should **stop** as soon as two front paws are on the board with the two rear paws remaining on the floor. After a short pause, cue your dog to go, and then your pup can '**go**' and walk on the board with all four paws.
DB5 - Get In - Have your pup step into a basket or a box. The basket or box should be large enough for the dog to turn around in or do a sit. Distance and duration are not necessary and the pup need not sit.
DB6 - Things That Move – Have your dog put two front paws on something that moves like a wobble board or fitness disc.
DB7 – Things that Move (4 Paws) – Have your dog put four paws on something that moves like a wobble board or fitness disk. A cushion could be used for this option. And, if a wobble board or training disc are used, be sure it is low to the ground and safe for your puppy or dog at his or her level of training.
DB8 - Things That Move (with a Behavior) – Have your pup go to a wobble board or training disc and get on it. He can stand on it, do a sit or down on it or any other trick he already knows, with all 4 paws on the object. A cushion could be used for this option. And, if a wobble board or training disc are used, be sure it is low to the ground and safe for your puppy or dog at his or her level of training.

DB9 - Back Up – Have your dog back up a minimum of 2 steps. You may be in front and may encourage your pup to move backwards, but you may not push him back.

DB10 - Tiny Baskets - Have your dog put four paws in four small boxes, baskets or bowls. He may walk into them one at a time or place all four in four boxes, but at some point each paw must step into a box.

You may assist and guide your dog throughout this exercise and reward for proper choice of foot placement. This exercise may be done in several clips.

DB11 - Under the Leg - Have your dog move in one direction under one of your legs. You may set your leg so your foot is still on the ground, or in a way that your foot is raised. For instance, you could put your foot up on a box to create room for your dog.

You may use hand movement, a hand target, target stick, or other aid to show your dog the path under your leg. If your dog is ready, you can show your dog offering the behavior for a mark and reinforcer.

Please restrict your video to one single pass under your leg in one direction and reinforce your dog in some way once he or she has done so.

DB12 - Beginning Pony - Starting with your pup in any position, have your dog move into "pony" position - between your legs, facing the same direction as you.

You can use a hand movement, hand target, target stick, lure, or other way to show your pup where you want him or her to be. Once your dog is in pony position you may treat multiple times to reinforce the position.

DB13 – Cavaletti - Have your dog step over a set of 3 cavaletti or bars/poles placed on the floor. You may move beside your pup as he or she moves across the cavalettis, or you can be at the end of the three poles.

Props Leg
Choose 8 Options

DP1 - Hoops - Have your pup move through a hula hoop in both directions. The hoop should be held low enough that your dog does not have to jump.
DP2 - Hoop on the Ground - Have a hula hoop set flat on the ground and have your dog move into the center of the hoop.
DP3 - Hoop with Behavior – Have a hula hoop set flat on the ground. Then have your pup move inside it and perform a sit or a down.
DP4 - Hoop with Distance – Have a hula hoop flat on the ground and have your dog move into the center of the hoop from a distance of at least one dog length. Your pup may stand or perform a down or a sit. No duration is necessary.
DP5 – Pole Primer – Show how you are training your dog to make at least one full circle around a prop. For instance: you could use a target stick or hand target, or use barriers, or show a process of shaping, etc. Your pup need not actually complete the full circle in this video clip. It only need be apparent that you are working toward that skill together. However, your dog can perform the full circle if he or she is able to do so.
DP6 - Go Around - Set up a single prop on the floor and have your dog go around it in one direction. Your pup should return to you after going around the prop.
DP7 - Pose on a Ground Prop - Have your dog perform a pose on any ground prop such as a board or plank. The pose could be a sit, a down, a paw touch, or another similar behavior.
DP8 - Limbo - Dog moves forward under a prop (pole, cane, or other prop) that is roughly no lower than your pup's withers, and no higher than the top of your dog's head. Be sure to set this up in a way that your dog can perform this option confidently. You can hold the prop or have a prop setup that is free standing. Be sure the prop is stable and will not fall should your dog brush against it while in motion.

DP9 - Pose Between Two Props - Cue your dog to move in between two props and stop, and then have your pup perform a "pose" while in between the two props. The "pose" can be a sit, a down, play bow or a sit/paw to hand. No duration is required.

DP10 - Hand Held Prop - Have your dog go around a prop that you are holding and/or touching with one hand in one direction.

This can be performed as a full circle around the prop, or as a roughly 180 degree send. No particular starting or ending position is required."

DP11 - Hand Held Prop with Movement - Handler holds a hand-held prop, such as a cane, in both hands and moves backwards 4 - 5 steps (they can be small steps) as pup moves toward handler roughly in center position

DP12 - Trick Inside a Prop - Have your dog move into a prop, such as a box or suitcase, and perform either a behavior or a trick.

Be sure that the sides of the prop are low enough for your pup to step into.

DP13 - Beginning Barriers - Create a training setup with your pup that incorporates the use of a barrier, and demonstrate that your dog is comfortable working in proximity to the barrier.

Some options include:

- Have your pup stand between you and a barrier in some position relative to you to begin training position work

- Set up an arc or curve of barriers that your dog can draw an arc or circle movement for your dog and have your dog move through it, either around you or a prop

- Set up a pair of barriers for your dog to train backing up with, and have your pup move a few steps forward or backward between the two barriers

Music and Play Leg
Choose 8 Options

Note well: For all options in the Music and Play leg, music must be playing in the background, and it must be audible on the video, even if it is playing softly. No music overlays are permitted.

DM1 - Debut Play to Music – Choose three different genres of music. Then create three videos of no more than 20 seconds each of you playing with your pup as the music plays. You may be standing or sitting on the floor/ground. There should be no training for this exercise. Just have fun! You may incorporate toys into the exercises or tossed food.
DM2 – "Puppy Push Ups" to Music - Have your dog complete one set of "Puppy Push Ups", as described here: sit, down, stand (in any order). You may use verbal and/or physical cues, and you may help your dog with a hand target or other physical prompt.
DM3 - Pick a Trick to Music - Have your dog perform any trick or behavior, such as: sit pretty, shake a paw, bow, etc. If your pup does not know any tricks, yet, you may have your dog perform a sit or a down. For this option, no props are permitted.
DM4 - Dress Up and Props - As the music plays, play with your pup while wearing performance attire and a prop of some sort. For instance, you could wear a floppy hat and hold a cane. Use your imagination here to expose your dog to a new article of clothing or prop. Keep it simple and be sure to avoid frightening your pup
DM5 - Something About My Dog - Choose a song that describes your dog in some way. Then interact with your dog in a fun way for no more than 20 seconds. You might play with your pup, or you could dance with him in your arms as the music plays
DM6 - Move to Music - Play music as you move across your performance space as best you can with your pup moving in a straight line. Your dog can be on your right or on your left or in front of you, and you may use hand signals or a target to help your pup move forward.

DM7 - Musical Chair or **Around the Handler**

Musical Chair - Handler should be sitting on a chair or stool, and your pup should go around the chair one time, as you remain sitting. A full position-to-position circle is not required, and you may use hand movements, target hand, a target stick, or other training aid to encourage your dog's movement around the chair.

Or

Around the Handler - With your pup starting in any position, have your dog go around you clockwise (in one clip) and counterclockwise (in a separate clip).

You may assist your dog with hand/arm movement, hand target, target stick, or other aid. Your pup should make a full circle around you, but start and end position need not be exact.

This clip can show the dog performing the skill at a "training stage".

DM8 - Pony to Music - Starting with your pup in any position, have your dog move into "pony" position - between your legs, facing the same direction as you. You can use a hand movement, hand target, target stick, lure, or other way to show your pup where you want him or her to be. Once your dog is in the pony position, you may treat multiple times to reinforce the position.

This option is the same as DB12 in the Building Body Awareness leg. If you wish to have your pup perform this option, please create a new clip, even if you had music playing in a clip of this option from that leg.

DM9 - Figure 8 Debut - Have your pup move around two free standing props, one after the other. You may include use of a hand target or target stick or other training aid, and you may reinforce your dog at any point in the performance.

DM10 - Targeting to Music - Using some sort of target (hand target, flat target, target stick, etc), cue dog to touch the target with his or her nose three times. In order to set up each nose touch, handler might move the target away after each nose touch, toss a treat to reset, place target behind his or her back and re-present the target. This should be one video clip. A brief loss of focus in between nose touches is perfectly fine at this stage of training.

DM11 - Traveling Debut - Starting with your dog in front of you, move backward several steps, with your pup moving toward you. After moving backward several steps, change to forward movement and signal your dog to move forward with you a few steps at your side. Your dog may be on your right or on your left as you move forward, and the movement can be "loose". You may reinforce your pup at any time, but try not to stop altogether to do so until the end.
DM12 - Prop Trick to Music - have your dog perform any trick or behavior, such as: sit pretty, shake a paw, etc., incorporating a prop, such as a hoop, cane, etc. into the performance. If your pup does not know a trick yet, a sit or down can be performed. Please keep this safe and fun for your pup.
DM13 - Around a Prop Together - Move with your dog in a curved motion all the way around a prop. Your pup may be on your right or on your left, but should be on the outside of the curve. You may use treats, hand signals, or targets to encourage your dog. Note well: this is not a send around the prop. You need to go around the prop with your pup.