Poised for Success Freestyle

Guide to the Overture Division

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Overture Division - Handling Leg – Options/Requirements Descriptions

Training Category

Choose any two options from this category. Each box contains one option.

OH1 - Pivot Platform – dog performs a 180 degree pivot in each direction with front feet on a platform. This may be demonstrated as one video clip or two separate clips. Handler may move or remain stationary.

OH2 - Moving Target - Dog carries out at least one Freestyle behavior following a target stick or open hand target

OH3 – Two Paw Platform OR **Backing into the Garage** (Complete one, but not both)

Two Paw Platform - Dog backs up at least six inches to place back feet on a board, mat, or low platform. This may be cued, or offered by the dog.

OR

Backing into the Garage – Dog backs up at least six inches into a space created by two props, such as cones, set side by side.

OH4 - Ground Target - Dog sends to a ground target at least two feet away – may nose touch, place one or two paws on the object, or simply stand with the target in front. No duration required at this level – dog simply needs to go to the target.

Cues Category

Behaviors in the "Cues" Category cannot include interaction with objects, such as props or targets. Behaviors may be basic skills, such as sit or down, or tricks, such as spin.

Choose any **one** option from this category. Each box contains one option.

OH5 - Physical Cues - Dog carries out three behaviors or tricks on obvious physical signal

OH6 - Verbal Cues - Dog carries out three behaviors or tricks on a verbal cue alone. If you choose a leg weave, set your leg before giving the verbal cue. Dog should move on verbal cue.

OH7 - Concurrent Cues - Dog carries out three behaviors or tricks when a physical and verbal cue are given at the same time

Props and Fittness

Behaviors demonstrated in this category must include the use of objects. Handler arms, legs, etc. cannot serve as props.

Choose any **three** options from this category. Each box contains one option.

OH8 - Paws Up - Two front paws up on any object, such as: training platform, prop, or piece of fitness equipment. Dog should hold the position until released off. No specific duration is required.

OH9 - Pole – Dog makes at least one single full circle around a prop (may be held or free standing). This should be a full circle – not just a 180 degree loop.

OH10 - Jump OR **Cavaletti** (Complete one, but not both)

Jump - Jump over a prop, no taller than dog's chest. There is no minimum height, but the dog must jump, or hop, over the prop.

OR

Cavaletti - Dog steps over three cavalettis in a row. Dog may walk or trot. Cavalettis can be ground bars.

OH11 - Send Around - Send dog around a prop, to return to handler, at least two feet away. This may be a 180 degree turn around the prop, or a wide arc. Handler may step forward to cue, but should remain stationary once the dog is sent.

OH12 - Ground Hoop - Dog performs a behavior or trick (sit, sit-lift paw, spin, etc) inside of a hula hoop on the ground

OH13 - Paw Prop OR **Paw Pod** (Complete one, but not both)

Paw Prop - Dog places one paw on a "cane" (dowel, stick, etc.) that is lying flat on the ground, or is held up from the ground on one end.

OR

Paw Pod - Dog places one paw on a paw pod, or similar item and holds it there for several seconds

Overture Division – Technical Leg – Options/Requirements Descriptions

Movement and Heelwork Category

Choose one option from this category. Each box contains one option.

OT1 – Stationary Positions

Complete each of the following as a separate exercise (may be separate video clips, or one continuous video)

Dog moves from starting position to new position and stands in the new position for at least three seconds. Ideally, the dog should remain standing, but it is acceptable if the dog sits first (uncued) and is then cued to stand.

Dog may move into the new position directly, or may complete a single leg weave or partial circle around handler to get to the new position.

- **Center Position to Heel Position**
- **Center Position to Side Position**
- **Heel or Side to Center Position**

Handler may use an open hand target to help the dog find position, but no food is permitted in the hand. It is OK for one of the handler's feet to move as the dog moves into position, but the team should not travel forward.

OT2 – Spin in New Position

Complete each of the following as a separate exercise (may be separate video clips, or one continuous video)

Dog moves from starting position to new position and performs a spin in the new position. The spin may be performed in either direction. There may be a pause in the new position, before the dog performs the spin, but the dog should not be cued to sit at any time. If the dog sits at any time without being cued, that will not disqualify the performance.

Dog may move into the new position directly, or may complete a single leg weave or partial circle around handler to get to the new position.

- **Center Position to Heel Position and Spin**
- **Center Position to Side Position and Spin**
- **Heel or Side to Center Position and Spin**

Handler may use an open hand target to help the dog find position, but no food is permitted in the hand. It is OK for one of the handler's feet to move as the dog moves into position, but the team should not travel forward.

OT3 – Foundation Heelwork Training

Both Part 1 and Part 2 must be completed

Part 1 – Foundation Heelwork

Send your dog away from you (a little) by tossing a treat, sending around a cone, or leave your dog in a stay bit behind you.

Call your dog to you and immediately turn away from your dog, so your dog must catch up to move with you.

Pick your dog up in heel or side position and move several steps forward (straight line or curve), with your dog next to you. You may help your dog through use of a hand target or other natural visual cue.

Your dog does not need to move with you in any defined position. Simply move ahead together several steps with your dog on your left or your right.

Part 2 – Sustained Stand Training

In a short video clip (no longer than 40 seconds), demonstrate how you are training your dog to stand in position (you choose – heel, center, or side) and hold the stand for several seconds.

You may incorporate training aids, such as platforms, disks, target sticks, hand targets, barriers, etc. Food or toys may be visible to the dog for this exercise.

Please demonstrate only methods that are positive and motivational. Use of any verbal or physical corrections is not permitted for this demonstration.

Your dog does not have to carry out the behavior successfully, without help from you, in this clip. You need only show how you are training this skill.

Please Note: If you have already started working on training a sustained stand, please demonstrate work that is at the level of your current training. You need not go back and demonstrate how you initially taught the behavior. For instance, if your dog is already holding a sustained stand in center position, you could demonstrate teaching your dog to move into position while remaining standing.

On the other hand, if your dog is just getting started with the concept of holding a sustained stand, a demonstration of initial training is perfectly appropriate.

Tricks and Moves Category – Choose any **four** options from this category.

OT4 - Spin – Dog spins 360 degrees clockwise or counter clockwise while in front of handler

OT5 - Circle - Dog circles handler 360 degrees clockwise or counter clockwise, ending in same position where he or she started, or beyond

OT6 - Leg Weave – Dog weaves once under handler's leg. Dog may start in front of handler, or on the right or left.

OT7 - Swing - Dog starts in heel or side and "swings" across the front of the handler to end up in the opposite position

This is similar to a left finish in Rally, but the starts in heel or side position and moves across the front of the handler to get to the opposite position

OT8 - Paw – Paw touch to one hand. Dog may be sitting or standing.

OT9 - Choose your own trick - You and your dog may perform any trick that does not require the use of props. Please name the trick clearly on your video clip or title.

Overture Division – Artistry Leg – Options/Requirements Descriptions

Sequencing and Duration Category – Complete **all three** Exercises.

OA1 – Sequence - Choose any three Freestyle tricks and have your dog perform them in succession, one after the other, without stopping to treat in between.

It is permitted for teams to perform more than three Freestyle behaviors, but no treats may be given until the end.

Food and toys may not be held in the hand for this exercise.

OA2 - Entertainment - With music playing in the background, have your dog perform any two of the "Props and Fitness" requirements listed under "Handling". These need not be performed in succession, but may be if you like.

Additional moves may be performed, in addition to the prop moves.

No food or toys may be held in the hand for this exercise.

OA3 - Traveling Transitions (Formerly, Moving Positions) – Complete the following:

- Begin with dog in heel position and move forward together, several steps
- You pause and have your dog move into Center Position
- As soon as your dog gets to Center Position, move backward several steps as your dog moves forward toward you
- You pause and have your dog move into Side Position
- Move forward, together, several steps
- You pause and have your dog move into Heel Position. Exercise finished!

You may transition your dog in one of three ways:

- Dog move directly from one position to the other
- Dog completes a single leg weave
- Dog makes a partial circle around the handler

Transitions can be mixed and matched from one position to the other.

Transitions should happen "in flow", without significant pauses in position before you begin moving. (Exception: dogs needs to pause due to age/physical need)

Be sure to move as your dog completes each transition. This exercise should not be completed with the handler standing in one place throughout. If you are working in a small space, move as much as space permits. The fact that there is handler movement is more important than how far the team travels.

A high level of precision is not expected go for "flow"!

Treats or toys may be visible to your dog for this exercise.

Music and Choreography Category – Complete both Exercises.

OA4 – Play to Music - Create one 20 – 30 second clip of you playing with your dog while music is playing. This can be toy play, tossing treats, personal play, etc. Treats and toys may be visible for this exercise.

There should not be any training in this clip – just play!

Treats or toys may be visible to your dog for this exercise.

OA5 – Doodling - Choose any two trained behaviors that your dog can carry out in center position (sit, down, spin, paw move, etc.)

Play up to 20 seconds of any song or piece of music.

As the music plays, you will have your dog only perform those two behaviors at a point where you believe that the dog's movement matches the music in some way. You should remain in one place, although you may move your arms and legs in a natural way.

The two behaviors do not need to be performed in immediate succession, and each behavior may be repeated one time.

Treats or toys may be visible to your dog for this exercise.

Submission Criteria Checklists

These checklists are provided strictly for your use and convenience. They do not need to be filled out, and should not be submitted with your entry!

Submission Checklist – Overture Handling Leg
(Do not submit checklist)

General Rules

_____ Treats/toys concealed in pocket or container until each task is complete

_____ If clicker used in "Training" category, held in manner that keeps it as hidden from the dog as possible.

_____ Audio can be heard on the video. Music need not be playing for this category, but verbal interaction with your dog should be audible

_____ No editing, except to trim the beginning and end of clips, if necessary

_____ Dog and handler are fully visible in all video clips.

Or, permission has been secured to submit clips that do not include a "full picture" effect. If your working space makes this impossible, please contact Kristine to discuss options – we will make it work!

Submission Clips – Overture Handling Leg

Training – Choose Two

____ Pivot Platform

____ Moving Target

____ Two Paw Platform Or ____ Backing Up Into the Garage

____ Ground Target

Cues – Choose One (Three behaviors demonstrated)

____ Physical Cues ____ Behavior #1 _____ Behavior #2 ____ Behavior #3

____ Verbal Cues ____ Behavior #1 _____ Behavior #2 ____ Behavior #3

____ Concurrent Cues ____ Behavior #1 _____ Behavior #2 ____ Behavior #3

Props and Fitness – Choose Three

____ Paws Up

____ Pole

____ Jump Or ____ Cavaletti

____ Send Around

____ Ground Hoop

____ Paw Prop Or ____ Paw Pod

Submission Checklist – Overture Technical Leg
(Do not submit checklist)

General Rules

_____ Treats/toys concealed in pocket or container until each task is complete – **unless otherwise stated**. Treats and toys visible to the dog, even in hand, are permitted in Part 2 of "Foundation Heelwork" only.

_____ If clicker used in "Foundation Heelwork" option, held in manner that keeps it as hidden from the dog as possible.

_____ Audio can be heard on the video. Music need not be playing for this category, but verbal interaction with your dog should be audible

_____ No editing, except to trim the beginning and end of clips, if necessary

_____ Dog and handler are fully visible in all video clips.

Or, permission has been secured to submit clips that do not include a "full picture" effect. If your working space makes this impossible, please contact Kristine to discuss options – we will make it work!

Submission Clips – Overture Technical Leg

Movement and Heelwork – Choose one.

_____ Stationary Positions _____ Center to Heel _____ Center to Side

_____ Heel or Side to Center

_____ Spin in New Position _____ To Heel _____ To Side _____ To Center

_____ Foundation Heelwork Training

_____ Foundation Heelwork Exercise

_____ Sustained Stand Training **

Tricks and Moves – Choose <u>Four</u>

_____ Spin

_____ Circle

_____ Leg Weave

_____ Swing

_____ Paw

_____ Choose Your Own Trick: _____

Submission Checklist – Artistry Leg
(Do not submit checklist)

General Rules

_____ Treats/toys concealed in pocket or container until each task is complete – **unless otherwise stated**. Treats and toys visible to the dog, even in hand, are permitted in some of the exercises for this leg, as indicated below.

_____ Audio can be heard on the video. **Music is required in all clips for this leg,** although no choreography to the music is needed at this Level. Music must be playing so the dog can hear it – at this Level music can not be added to the clip as an overlay.

_____ No editing, except to trim the beginning and end of clips, if necessary

_____ Dog and handler are fully visible in all video clips.

Or, permission has been secured to submit clips that do not include a "full picture" effect. If your working space makes this impossible, please contact Kristine to discuss options – we will make it work!

Submission Clips – Overture Artistry Leg

Sequencing and Duration – Complete all three Exercises:

_____ Sequence

_____ Entertainment

_____ Traveling Transitions (Toys/treats may be visible to dog)

Music and Choreography – Complete both Exercises

_____ Play to Music (Toys/treats may be visible to dog)

_____ Doodling (Toys/treats may be visible to dog)

Title Offered

The Title consists of all three legs. Dog and handler teams who qualify for all three submissions will earn the Poised for Success Overture title.

PFS - O

Awards

A flat qualifying ribbon will be mailed to your home for each leg earned toward the Poised for Success Freestyle Overture title. After completion of the title, a double flat title ribbon will be sent.

Upon completion of the Overture Division title, you will receive a printable title certificate via email.

Submit Your Entry

The entry fee for each submission is $15.00.

Please send the entry fee via PayPal to:

pfsfreestyle@gmail.com

If you prefer to receive a PayPal invoice, please send a request to the above email address. An address for checks can also be provided upon request.

Your entry can be submitted as a single compilation video, or as a video Playlist. There is a place on the entry form for your link.

Videos should be uploaded to a video viewing platform such as YouTube or Vimeo. Videos may be public or unlisted.

Entry Form

https://form.jotform.com/253187278118060

I look forward to seeing your entries!

