

# Jumping Exercises

Keeping All Four on the Floor

Visual Guide for all ages and training levels

# WELCOME

We are excited to share in your family's journey together on this path to building a solid and lasting partnership with your dogs. No matter if this is your first encounter with a trainer or just a new way to train with us, we welcome you to the Frolic family!

This handout is meant to supplement your personal lessons with your trainer on the topics you've already covered.

## TERMS WE USE

Here are some common terms we will be using in these handouts, along with their definitions:

**Flick:** a quick, wrist movement that offers direction so the dog feels the quick movement of the leash. Your wrists range of motion should be approximately 6" without moving the elbow; like flicking a dish towel.

**Growl:** a vowel sound used as a "no" warning to stop a behavior, many clients use the word "hey", because it's short and easy to remember.

**Lure:** Can be a treat, noise, toy or movement to grab their attention or create a positive association.

**Distractions:** Movement, smells or sounds that may frequently make it difficult for your dog to comply with requests or rules. As your dog improves, you will gradually increase difficulty of the exercises by varying speed, distance and volume.

**Praise:** A calm, light tone that signals "great job" or "good choice". It does NOT mean release. An example would be praising a dog while it's in sit. In a sit, **VERBAL ONLY** praise works best. Praise for recall involves squatting with verbal and petting.

**Release Word:** Can be any word you choose to let your dog know they can go free.

**Set-ups / Scenarios:** Set-ups create situations / scenarios that allows you to be proactive. (Ex. Your scenario involves giving a warning prior to taking food off coffee table is a different lesson than teaching them to drop it after they've already taken it.)

# Jumping Up

Jumping isn't just an annoying habit; it can also be dangerous, especially if your dog knocks over a child or an elderly person. By addressing it fairly, firmly and consistently, you're helping your dog learn better manners.



For any of the set-ups, always start by having your dog on a leash and collar - if you feel comfortable, use a prong collar to get evenly distributed pressure, with a faster and more direct form of communication.

Set up the situation that typically causes your dog to jump - whether it's a specific person, toy or scenario that gets them overly stimulated. The goal is to recreate the moment so you can address the behavior. Right after any correction, re-engage your dog - talking to them, petting them, or playing with them - to see if they'll try jumping again. This is called "proofing". Repeat the process until they stop.

## The Starting Point

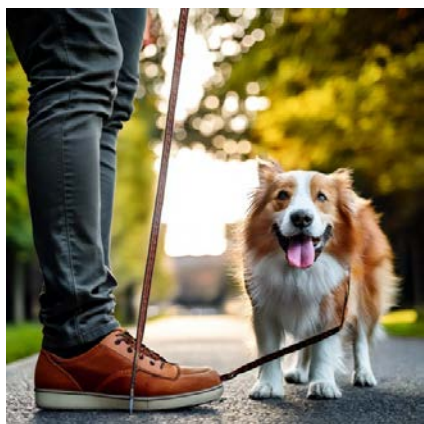
You can set the jumping up scene by entering the home or room, acting excited and crouching slightly. Do not pat your chest or invite your dog to jump. Once your dog tenses to jump, stand tall while growling using your low tone warning.

If necessary, add a clap or use a training tool to emphasize your verbal warning.

Follow with calm praise when your dog gets down, like "Good"

Perform this scene frequently and consistently, in different locations, and when greeting new people or dogs.

Remember, the most effective warning starts just before your dog actually jumps and to verbally praise/mark it when they land, so they learn that greeting is rewarded, but jumping is not desired.



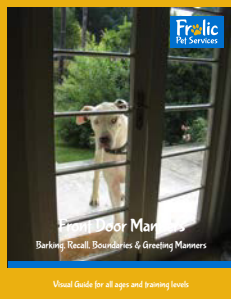
## The Self - Regulating Method

Hold the leash in one hand without tension, keeping it loose so your dog doesn't realize you're ready to intervene. You can subtly have it lodged under your foot, with just enough length from their collar to the ground, for the dog to stand comfortably. When your dog jumps, the weight of your foot standing on the leash and the prong do the work for you - stopping the dog from being able to get any higher and self-correcting itself.

## The Two-Handed Rapid Adjustment

When your dog jumps, immediately place both hands on the leash in an overhand grip and give a firm, sharp pop to the side, away from the person or object they're jumping toward. You can say "No" in a calm way during the correction, but there's no need for any additional commands - let the correction itself do the work. Each time they continue to jump, repeat the correction, making it slightly firmer. The goal is to make jumping an uncomfortable and undesirable behavior for your dog.

Keep in mind that the element of surprise is key with this type of correction. If your dog vocalizes in response to the leash pop, don't be alarmed—it's part of the learning process. Some dogs are very dramatic by nature.



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