
Honor the Being

Master the Walk Checklist and Chart (1 of 2)

Mastering the Walk is about patience, consistency, and perseverance! It's about structuring a routine and sticking with it!

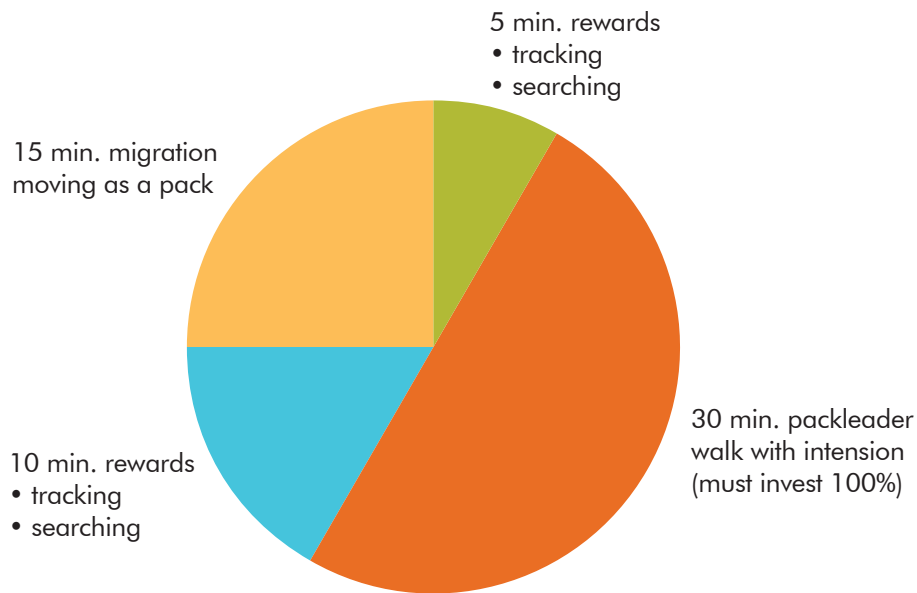
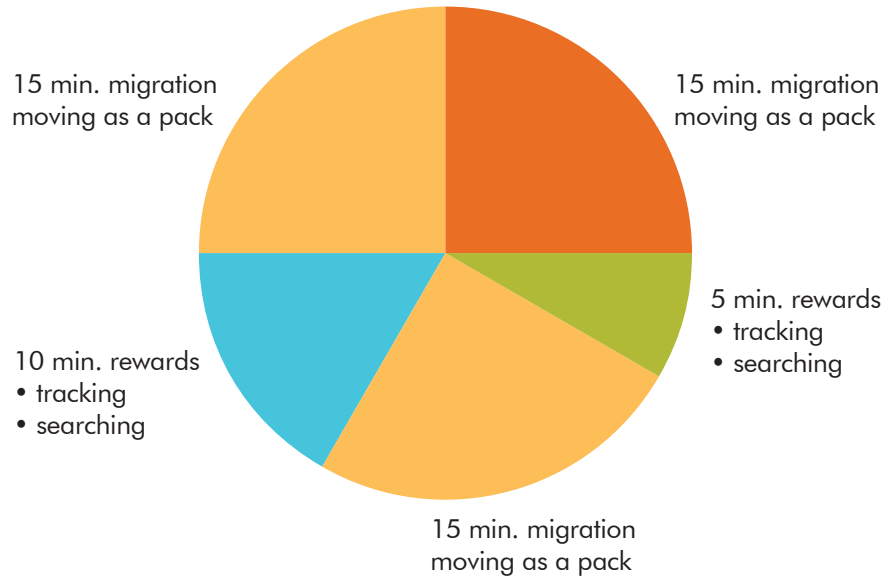
Did You...

- Allow yourself enough time for the entire ritual?**
I recommend a full hour for the walk, including the time you spend before leaving the house and returning home afterward. At the very least, set aside 30 minutes.
- Have a plan?**
This is crucial. Know what you want to happen before it happens. Once you establish leadership, your dog will be looking to you to let him know what to do next.
- Make sure to schedule the walk during the day?**
Both dogs and human beings are accustomed to engaging in physical activity during the daytime. Be respectful of that part of your dog's nature.
- Wait until your dog was in a calm-submissive state?**
Your dog should be waiting patiently for your cue before you even put the leash on.
- Leave the house first?**
It's up to you to establish who is in the leadership role. The pack leader always exits first.
- Lead on the walk?**
Your position should be in front as the pack leader. Your dog should be at your side or behind you.
- Maintain a short leash?**
The idea is not to keep a tight hold, but to establish the physical connection to your dog in an obvious way.
- Keep your head up and shoulders back?**
Body language is an important way to communicate to your dog that you are the Pack Leader.
- Project calm-assertive energy?**
This is key to establishing your role as the Pack Leader. Let go of negative or weak energy before you take your dog for a walk.
- Keep your dog hydrated!**
This is particularly important during the hot summer months or during strenuous exercise.
- Allow your dog exploration breaks?**
Dogs are adventurers! When your dog has mastered the calm state of mind, allow him to mark territory or explore. Remember, these breaks should be 15 minutes at most! They should always be less than the time spent in migration mode.
- Walk in first?**
When you arrive home, don't "punch out!" Maintain your leadership role by being the first to enter your territory!
- Share food and more water?**
In nature, food and water is often the natural reward for time spent "migrating." Feed and hydrate your pup after strenuous exercise.

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Master the Walk Checklist and Chart (2 of 2)

1 Hour Walks



The Sessions with Cesar course can help with many different behavior issues and coach new dog and puppy owners.