



SMALL STEPS. STRONGER BONDS.

Jason & Aunbis

Seven-lesson practice companion

SERIES 01

SIT

A clear beginning.

Teach the movement. Add the cue. Practice in daily life.



OUR MISSION

Practical dog training should be within reach of more families. Free videos and low-cost guides help you build everyday skills, one small step at a time.

Lesson numbers organize learning. Repeat each step at your dog's pace.

START HERE

Small sessions. Clear rewards.

Read this page before your first practice.

YOUR KIT

Tiny treats your dog enjoys, a treat pouch and a quiet spot with good footing. Keep water available.

Before you begin

Your dog can comfortably sit and is willing to take part. If sitting appears painful or unusually difficult, pause and ask your veterinarian.

Use YES to mark the action, then reward. Use FREE to end a held position. Start with a few easy repetitions and stop while your dog is comfortable and engaged.

Your seven-lesson path

- 1 Show the first sit
- 2 Give the action a name
- 3 Hide the lure, keep the reward
- 4 Add one easy moment
- 5 Try a second quiet spot
- 6 Add a tiny distraction
- 7 Review your small wins

PAUSE WHEN NEEDED

Do not force a position or pull the dog into one. If your dog is worried, uncomfortable or unable to focus, stop and make the next setup easier. Sudden changes or pain need veterinary attention.

General education for home practice. Children need adult supervision. The illustrated series and this guide support learning; they do not replace an individual assessment.

SIT / LESSON 01

Show the first sit

Help your dog discover the movement before expecting the word to work.

**LOOK FOR**

The dog follows the hand into a relaxed sit without jumping or being pushed.

IF IT IS HARD

If your dog jumps, lower the lure. If they back away, make the arc smaller and check the surface.

1 Start quietly

Stand or kneel where your dog can see your hand. Hold one tiny treat close to the nose.

3 Mark the contact

As the bottom reaches the floor, say YES once. Give the treat promptly while your dog is seated.

2 Guide a small arc

Move the treat slowly upward and slightly back. Keep it low enough that the front paws stay on the floor.

4 Reset and rest

Encourage a comfortable stand, then try again. Finish after a few easy attempts rather than chasing a perfect repetition.

ONE SMALL PRACTICE GOAL

Try three gentle attempts. Note the hand position that made the movement easiest.

My small win: _____

PRINT AND REPEAT

Your practice log

A small win is worth recording. Reuse this page whenever you need it.

Dog: _____ Reward: _____

Lesson	Date / place	Small goal	Win / next step
1			
2			
3			
4			
5			
6			
7			

Keep learning with Jason & Aunbis

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Further reading

Dogs Trust: sit training - open resource

RSPCA: teaching sit - open resource

Sources checked October 18, 2026. Independent lesson sequence and practice prompts; references do not imply endorsement. Find currently available videos on the channel; lesson numbers here are not published video links.