

Poised for Success Freestyle



Guide to the Overture, Melody, and Harmony Divisions

Last Update: June 2022

Updates are in Purple

Page 28 – MA5 Doodling has been replaced with Beginning Choreography

Page – 51 - Slight Modification to HAS5 – Floor Patterns and Transitions

Page 53 – HAC1 Beginning Choreography (moved to Melody) has been replaced with Hand Held Prop

Page 56 – Addition of new option HAC11 – Something About Your Dog

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Laude Class

This guidebook provides the guidelines for the Performer (Regular) Class titling track. For all information on the Laude Class titling track, see the separate document, “Guide to the Laude Class – Overture, Melody, and Harmony Divisions.

Introduction

In this guide, you will the complete titling requirements for the Overture, Melody, and Harmony Divisions of the Poised for Success Freestyle Titling Program.

Overture, Melody, and Harmony Divisions

The first three Divisions of this titling program are unique. Instead of creating and performing full Freestyle performances, you and your dog will train and perform individual Freestyle skills.

Training and performance of these skills give you and your dog the opportunity to explore: Freestyle training strategies, prop skills and/or fitness skills, heelwork skills, particular tricks and Freestyle moves, working with music, beginning choreography, consideration of themes and attire, and more!

These Divisions are designed to introduce the new Freestyle team to this fun, but often quite difficult, art and sport discipline. They are also designed to present challenges that will help dog and handler grow as a Freestyle team, and to prepare your team to create and perform full routines in the Dynamic, Master Performer, and Performers Extraordinaire Divisions.

Getting Started

The Poised for Success Musical Freestyle Titling Program starts here! All of the information that you need to get a start on creating your videos for titling submission is found in this guide!

If you are just getting started, please read the "Overture Division Titling Requirements" in their entirety.

For each Division, an overview/checklist is provided, and then a detailed description of what is needed for each Leg.

If you find anything confusing, or have questions, or would like to see video examples of any of the requirements or options, please feel free to email Kristine at: pfsfreestyle@gmail.com or ask on the Poised for Success Freestyle Facebook Group, which can be found at:

<https://www.facebook.com/groups/PoisedForSuccessFreestyle/>

Overture Division Guidelines

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 Fitness

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 Titling Requirements Submission Checklist – Artistry Leg

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. See Exercise Descriptions (below) for details. ** (Indicates this allowance)
- _____ 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 (Scroll Down for Exercise Descriptions)

Sequencing and Duration – Complete all three Exercises:

- _____ Sequence
- _____ Entertainment
- _____ Traveling Transitions (formerly, Moving Positions) **

Music and Choreography – Complete both Exercises

- _____ Play to Music **
- _____ Doodling **

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.

Poised for Success Freestyle

Guide to the Melody Division

Update - Page 28 – MA5 Doodling has been replaced with Beginning Choreography

Melody Division Tiffling Requirements Submission Checklist – Melody Handling Leg

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 (Scroll Down for Exercise Descriptions)

Training – Choose Four

- _____ Pivot Platform
- _____ Precision Marking _____ Behavior #1 _____ Behavior #2
- _____ Moving Target _____ Choice #1 _____ Choice #2
- _____ Ground Target
- _____ Two Paw Target OR _____ Backing Up Into the Garage
- _____ Barrier

Cues – Choose Three; At least one must be a starred Exercise (*)

- _____ Distance Cues
- _____ Natural Body Language *
- _____ Trained Physical Cues
- _____ Supporting Cue Chains *
- _____ Verbal Cue Chains *

Props and Fitness – Choose Five

- _____ Prop Jump OR _____ Step
- _____ Jump OR _____ Cavaletti

_____ Send-Weave Combination

_____ Figure 8 Prop

_____ Prop Pivot

_____ Send to Prop OR _____ Two Back Paws

_____ Two Prop Figure 8

_____ Distance Circle

Melody Division - Handling Leg – Options/Requirements Descriptions

Training Category

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

MH1 - Pivot Platform - Use the pivot disk to move your dog from center to heel or side position. You may step to the side of the disk when you cue this movement.

MH2 - Precision Marking - Complete **any two** of the following behaviors, and clearly mark (clicker or distinct audible verbal marker) criteria indicated:

- ✚ Sit - Mark when dog's rear end hits the ground
- ✚ Spin – Mark when the dog commits to the spin
- ✚ Leg Weave – Mark when dog commits to the weave
- ✚ Backing away from you – Mark while one of the dog's back paws is in motion

MH3 - Moving Target - Use a target stick to move your dog in **two** of the ways indicated:

- ✚ Dog starts facing you and moves into position facing away from you
- ✚ Dog moves the distance made up by your arm and target stick to one side, performs a spin
- ✚ Dog moves in a large 360 degree arc around you following the target stick (you pivot, or move in a small circle, at least 360 degrees)
- ✚ Dog moves to a low object that is at least two feet from the team's starting spot, places four paws on the object, led by the target stick

MH4 - Ground Target - Dog moves to a floor target that is at least 2 dog lengths away from the dog's starting point and carries out a Freestyle behavior near the target. The dog may touch the target, or sit or down at the target, but does not need to do so.

MH5 - Two Paw Platform or Back Up Into The Garage

Two Paw Platform - Dog backs up to place back paws onto a low board/mat/etc. Dog backs at least two dog-lengths from starting point.

OR

Backing Up into the Garage - Dog backs up into a space created by two props, such as cones, set side by side (the "garage"). Dog must back at least two dog-lengths from starting point.

MH6 - Barrier - Demonstrate the use of a barrier for training a Freestyle skill or behavior. This could be a gate for finding position or backing, or round barriers for training circling, etc. Creativity is welcome here!

Cues Category

Behaviors performed for the Cues Category cannot include interaction with objects, such as props or targets. For this category, behaviors may be basic skills, such as sit or down, or freestyle tricks.

Choose any **three** options from this category; at least **one** must be from among the starred options. Each box contains one option.

MH7 - Distance Cues - Dog carries out a distance behavior, using the cue style of your choice. Dog should be at a distance of at least two dog-lengths from you.

MH8 - Natural Body Language * - Use natural body language to cue a behavior (footwork, leaning, turning into your dog, moving leg into place for a leg weave) – no verbal cues may be used except to set up/release to begin moving.

MH9 - Trained Physical Cues - Cue one behavior using a physical cue that does not resemble the way that the behavior was trained. This cue should be unrelated to the movement of the dog. Examples: Handler raises a hand in the air, the dog does a down; Handler touches his or her hat and the dog backs away from the handler

MH10 - Supporting Cue Chains * - Cue three behaviors in a row, without giving any reinforcement in between, using physical cues that support the movement of your dog. You may support your physical cues with concurrent verbal cues, but take care not to overshadow your physical cues with the verbal.

MH11 - Verbal Cue Chains * - Cue three behaviors in a row, without using any reinforcement in between, using verbal cues only. You may move, but take care to ensure that your movement does not cue the specific behaviors.

Props and Fitness Category

Behaviors demonstrated in this category must include the use of objects. Handler arms, legs, etc. cannot serve as props, except in option MH13.

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

MH12 - Prop Jump OR Step

Prop Jump - Dog jumps through a hoop, or other prop that resembles a hoop.

OR

Step - Dog backs at least one full step, moving back paws over the edge of a hoop (or straight piece of PVC) on the ground

MH13 – Jump OR Cavaletti

Jump - Dog jumps over the handler's leg or arm. Handler may sit and place foot on something low. For this division, a barrier that prevents the dog from running around the leg or arm may be used.

OR

Cavaletti - Dog trots across a row of 4 cavaletti's, raised to at least ½ the height of the dog's hock

(In cases of physical limitation, both of these options may be modified by handler request)

MH14 - Send-Weave Combination

Send dog in a loop around prop (dog need not circle it fully) from a distance of at least three feet, and cue a weave as the dog returns and repeat once. The full sequence should be completed without stopping to reinforce, although verbal praise is welcome at any time.

MH15 - Figure 8 Prop - Dog completes a Figure 8 using two ends of a prop, such as a jump or hula hoop or NADAC Hoop.

MH16 - Prop Pivot - Dog places two paws on a prop and pivots 360 degrees while handler remains stationary. No distance is required and you may use your hand or arm to cue, or support, the pivot

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**MH17 - Send to Prop OR Two Back Paws**

**Send to Prop** - Send your dog to a prop that is at least 5 feet away. Dog should place two or four paws on the prop and hold that position for at least 4 seconds

**OR**

**Two Back Paws** - Dog places two front paws on a low piece of fitness equipment (such as a balance disk), or a cushion, and then moves forward to have two back paws on the item and front paws on the floor. Dog holds this position for several seconds.

**MH18 - Two Prop Figure 8** - Dog makes a figure 8 around two props, completing at least a total of four loops.

**MH19 - Distance Circle** - From a distance of at least 4 feet, the handler sends the dog to circle a prop – dog should make at least one full circle, not just a 180 degree loop.

**Melody Division Tiffling Requirements  
Submission Checklist – Melody Technical Leg**

**General Rules**

\_\_\_\_\_ Treats/toys concealed in pocket or container until each task is complete.

\_\_\_\_\_ 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 – Melody Technical Leg (Scroll Down for Exercise Descriptions)**

**Movement and Heelwork**

Complete all four:

\_\_\_\_\_ Moving in Center

\_\_\_\_\_ Moving in Heel

\_\_\_\_\_ Moving in Side

\_\_\_\_\_ Outside Curve

Choose One:

\_\_\_\_\_ Synchronized Backing

\_\_\_\_\_ Serpentine

\_\_\_\_\_ Lateral Movement

\_\_\_\_\_ Rock

(Continued on next page)

**Tricks and Moves**Choose Six:

- \_\_\_\_\_ Spin
- \_\_\_\_\_ Leg Weaves
- \_\_\_\_\_ Circles
- \_\_\_\_\_ Place Pony
- \_\_\_\_\_ Paws
- \_\_\_\_\_ Scallop
- \_\_\_\_\_ Two Paws
- \_\_\_\_\_ Twizzles
- \_\_\_\_\_ Choose your own trick

## Melody Division – Technical Leg – Options/Requirements Descriptions

### Movement and Heelwork Category

Complete all four. Each box contains one exercise.

**MT1 - Moving in Center** - Dog moves toward handler in center position as handler backs up, in a straight line, at least 5 steps

**MT2 - Moving in Heel** - Dog moves forward in heel position as handler moves forward, in a straight line, at least 5 steps

**MT3 - Moving in Side** - Dog moves forward in side position as handler moves forward in a straight line, at least 5 steps

**MT4 - Outside Curve** - Dog heels in a large circle (at least 6 foot diameter) with dog on the outside of the circle. Dog may be in heel or side position, but must be on the outside of the circle.

Dog should walk briskly or trot, displaying a natural gait.

Team should complete the circle at least two times.

Small space option: Dog heels on the outside of a circle that is as large as the space allows, moving as briskly as is possible within that space.

Team should complete the circle at least two times.

Unless otherwise indicated, no props or object targets may be used for performance of the following options. Empty hand targets may be used.

Choose one of the following options. Each box contains one option.

**MT5 - Synchronized Backing** - Dog backs up in center position as handler moves toward dog. Handler should take at least 4 steps. Gates may be used.

Although handler movement can cue, and support the dog's movement, it should not appear that the handler is pushing into the dog's space.

**MT6 – Serpentine** - Dog moves toward handler as handler moves backward in a large serpentine (make 4 arcs). Dog is in center position.

In a small space, two arcs can be made in each direction

(Continued on next page)

**MT7 - Lateral Movement** - Dog moves either toward handler, or away from handler, laterally (sideways) as handler moves at least 3 steps sideways

**MT8 – Rock** - Dog carries out the full “Rock” move 2X in heel or side position. This may be done along a wall or barrier.

“Rock” Move: Dog is in heel or side position. Handler moves the dog-side leg (only) forward one large step and the dog moves forward along with that leg.

Then, the handler moves the dog-side leg one full step back (behind handler) and the dog backs up along with that leg.

Finally, the handler moves the dog-side leg forward to be even with his or her other leg, and the dog moves forward to end up lined up in position.

### **Tricks and Moves Category**

No props or targets may be used for performance of the following options.

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

**MT9 - Spin** - Spin Clockwise or Counterclockwise in heel or side position. This can be done with the handler stationary or in motion

**MT10 - Leg Weaves** - Dog completes 3 – 5 consecutive leg weaves. Handler can be in motion (any direction) or stationary

**MT11 – Circles** - Dog circles handler while the handler pivots in the opposite direction

**MT12 - Place Pony** - Dog moves into “Pony” position and then backs up to land behind the handler. “Pony” position is dog standing between the handler’s legs, as if the dog is the “pony”.

**MT13 – Paws** - Paw wave – dog lifts a paw to “wave” it at the handler, but does not touch handler. Dog may be sitting or standing. No sustained “hang time” is required on the paw lift, but that is also an option.

(Continued on next page)



**MT14 – Scallop** - Dog carries out 3 Scallops. Dog may sit or stand as the handler moves.

Scallop: Dog starts in heel or side position – may be standing or sitting. Dog is cued to “swing” across the front of the handler to end up in the opposite position.

In other words, if the dog starts in heel position, the dog moves across the front of the handler from heel to side position). Dog may remain standing, or sit, upon reaching position.

Dog remains stationary (in stand or sit) as handler moves across the front of the dog to return to the original starting position. (In other words, if the dog starts in side position; Handler moves across front of dog, so the dog is now in heel position)

This is one full Scallop.

**MT15 - Two Paws** - Dog raises up on hind legs, or “sits pretty”, to place paws on the handler’s arm or leg. Dog hold position for 3 seconds.

**MT16 – Twizzles** - Dog pivots 360 degrees toward the handler as the handler turns to the left (heel) or to the right (side)

**MT17 - Choose Your Own Trick** - You may perform another (prop-free) Freestyle behavior, or trick, that is not listed here, and that you did not demonstrate at the Overture Level.

## Melody Division Tiffling Requirements Submission Checklist – Artistry Leg

### 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. See Exercise Descriptions (below) for details. \*\* (Indicates this allowance)
- \_\_\_\_\_ 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 – Melody Artistry Leg (Scroll Down for Exercise Descriptions)

#### Sequencing and Duration – Choose three:

- \_\_\_\_\_ Sequence
- \_\_\_\_\_ Transitions
- \_\_\_\_\_ Circle Sequence
- \_\_\_\_\_ Moving to Music

#### Music and Choreography – Complete both:

- \_\_\_\_\_ **Beginning Choreography** \*\*
- \_\_\_\_\_ Floor Patterns \*\*

#### Choose one:

- \_\_\_\_\_ Play/Train to Music \*\*
- \_\_\_\_\_ Pace Changes \*\*
- \_\_\_\_\_ Stop and Go \*\*
- \_\_\_\_\_ Entertainment \*\*

## Melody Division – Artistry Leg – Options/Requirements Descriptions

**Sequencing and Duration Category** – Complete **three** of the following exercises. Each box contains one exercise.

Food/toys **may not be** visible/in hand for these options

**MA1 – Sequence** - Choose any five Freestyle behaviors (may include movement), and have your dog perform them in succession, one after the other, without stopping to treat in between. Behaviors may be repeated once.

### MA2 - Transitions

Dog carries out any two of the following transitions of position, in flow. For each transition, your dog should start in one position and end in a different position.

Several steps of movement should be taken before the first transition, and in between the two transitions. This exercise should not be completed with the handler in a stationary position, although a pause is fine as dog carries out transition move.

- ✚ Switch (Dog and handler turn 180 degrees in the same direction)
- ✚ 180 Turn Toward Each Other
- ✚ Single Leg Weave
- ✚ Pivot (From center position into heel or side)
- ✚ Cut (Dog cuts behind the handler to move from heel to side or side to heel)

**MA3 - Circle Sequence** - Have your dog heel on the outside of a large circle (as you did in "Heelwork and Movement" above). Small space option may be used.

As you go around the circle, have your dog carry out one Freestyle behavior, or trick, at about 12:00 on the circle, and another at 6:00 on the circle. You may stop and treat the behavior before continuing forward. However, be sure to end with heeling, not a behavior.

Handler may remain stationary as the dog carries out a Freestyle behavior, but the team, together, should not make any significant pauses during the sequence

**MA4 - Moving to Music** – Design a large "arc" movement, such as a large "U" or a circle. Choose music that matches your dog's gait, and have the dog complete at least one full large "arc" with your dog on the outside of the curve.

You may have your dog move with you on the right or left. Your dog's movement will be judged in this exercise, not position relative to you. OR, you may use a target cup or stick to guide your dog in a large arc around you, at the distance of the stick/cup.

You are looking to create a brisk, natural gait, with front paws moving to the music. Please contact us for small space modifications for this option, if needed.

## **Music and Choreography Category**

Treats/toys **may be** visible to your dog/in your hand for the following exercises

Complete **both** of the following. Each box contains one exercise.

**MA5 – Beginning Choreography (Replaces MA5 – Doodling)** - Freestyle choreography is the practice of creating sequences of moves and movements in a way that is connected to a piece of music or song.

To begin developing choreography skills, complete the following:

1. Choose up to 30 seconds of a piece of music or song
2. Choose 5 – 7 Freestyle moves or movements, one of which must be forward movement (for the dog) of at least 4 steps (can be straight or curved)
3. Using 30 seconds of the same, or different, music, arrange those same moves and/or movements in a different way and perform that arrangement.

Reinforcers may be visible to the dog for this option. This can be performed as two separate video clips. Props may be used but are not required.

### **MA6 – Floor Patterns**

Devise two specific patterns that you and your dog can trace on the floor as you move together. These need not be highly complex – it can be as simple as a large circle, but should consist of more than a single straight line.

The patterns should fill the space in which you are working. If you are using a large space, you may section off a smaller “ring” area for this exercise.

Complete each of these patterns with your dog two times in a row. The two patterns may be videoed separately or in succession. Your dog may move in heel, side, or center position, but should maintain the same position throughout performance of the entire pattern twice. No behaviors, moves, or transitions should be used in this exercise.

You may have food visible to your dog and may reinforce wherever needed, but try to maintain as much flow as you can through the patterns.

Choose **one** of the following options. Each box contains one option.

**MA7 - Play/Train to Music** - Create three 20 – 30 second clips of you and your dog playing and/or training to three different genres of music.

**MA8 – Pace Change** – Move with your dog through your performance space in a fluid way. Begin moving slowly, or at a moderate pace. After moving for a bit, pick up the pace and move with your dog quickly. After moving for a bit, shift back to the slower pace.

No particular movement path is required, but this would probably be easiest to perform with your dog either on the outside of a curve, or moving in a straight line. Your dog may perform some kind of transition move in between pace changes, or you can simply have your dog change pace while in motion.

**MA9 – Stop and Go** – Start off in motion with your dog. Your dog can be in any position. Have your dog perform a Freestyle move and then stop. Hold the pause with your dog for at least 3 seconds. Then “burst” into movement again, moving in any direction, with your dog in any position.

**MA10 – Entertainment** - Using two props, create an approximately one minute video (may be up to 10 seconds under and/or over time) to show off your dog's Freestyle skills. You may incorporate movement and moves/tricks into your show.

Have your dog use each prop at least once during your “show”, incorporating use of the props at least three times (so, you need to use one of them twice) demonstrating three distinct prop behaviors.

No specific choreography is required, even though music should be playing.

# *Poised for Success Freestyle*

## *Guide to the Harmony Division*

*Updates ..... Page – 51 - Slight Modification to HAS5 – Floor Patterns and Transitions  
Page 53 – HAC1 Beginning Choreography (moved to Melody) has been replaced with Hand Held Prop  
Page 56 – Addition of new option HAC11 – Something About Your Dog*

### *Harmony Division Notes:*

Congratulations!! You have completed the two foundation Divisions in the Poised for Success Freestyle Titling Program, and you are now eligible to begin working toward the Harmony Division Title.

The Harmony Division is designed to be a bridge between exploration of foundation Freestyle skills and the creation of Freestyle performances! In this Division, options contain a higher level of complexity, and often consist of multiple steps.

Please note the following before you begin to create your submissions:

- ✚ There are several options in the "Training" category of the Handling Leg that consist of presentation of three parts of a training process using various types of targets, barriers, etc.

If you choose any of these options to demonstrate for titling, it is **strongly** recommended that you select a behavior or skill that you have not trained previously, or – at least – that you have not trained to fluency.

The purpose of these exercises is to demonstrate the process of starting with a target stick, ground target, barrier, etc., and then fully training the behavior to fluency.

Please avoid demonstration of a fully trained behavior that you did not actually use the training aid to teach.

- ✚ In the demonstration of the training progression using targets, barriers, or platforms, you may use video clips where food or toys are visible to the dog, or where you use training aids such as baited targets.

However, no food or toys should be visible in the clip where your dog performs the final, and fully trained, behavior.

- ✚ If you choose to complete any of the training progression options, please clearly identify the behavior that you are training. You can do this in the video clip title (playlist), on a caption on the video, or you can let me know by email when you submit your entry. (Example: "For Option HH1, I am training my dog to spin at a distance).

## Harmony Division Titling Requirements Submission Checklist – Handling Leg

### 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 (Scroll Down for Exercise Descriptions)

#### Training – Choose Four

- \_\_\_\_\_ Follow Through Training: \_\_\_\_\_ Pivot Platform OR \_\_\_\_\_ Ground Target
- \_\_\_\_\_ Precision Marking
- \_\_\_\_\_ Moving Target                    \_\_\_\_\_ Step #1                    \_\_\_\_\_ Step #2                    \_\_\_\_\_ Step #3
- \_\_\_\_\_ New Location
- \_\_\_\_\_ Two Paw Target/Backing Up Into the Garage OR \_\_\_\_\_ Barrier
- \_\_\_\_\_ Delayed Reinforcement    \_\_\_\_\_ #1                    \_\_\_\_\_ #2                    \_\_\_\_\_ #3
- \_\_\_\_\_ Training Contrasting Skills
- \_\_\_\_\_ Training Engagement and Animated Focus
- \_\_\_\_\_ Backchaining Sequences

#### Cues – Choose One:

- \_\_\_\_\_ Props as Cues
- \_\_\_\_\_ Cue Discrimination
- \_\_\_\_\_ Find the Cue
- \_\_\_\_\_ Polishing Physical Cues



**Props and Fitness** – Choose Six

- |                                                         |           |                                       |
|---------------------------------------------------------|-----------|---------------------------------------|
| <input type="checkbox"/> Two Paws                       | <u>OR</u> | <input type="checkbox"/> Paw Pods     |
| <input type="checkbox"/> Hold                           |           |                                       |
| <input type="checkbox"/> Theme                          | <u>OR</u> | <input type="checkbox"/> Fitness Gym  |
| <input type="checkbox"/> Plank                          |           |                                       |
| <input type="checkbox"/> Dance on a Pedestal            | <u>OR</u> | <input type="checkbox"/> Balance Paws |
| <input type="checkbox"/> Sling Shot                     |           |                                       |
| <input type="checkbox"/> Back Around                    |           |                                       |
| <input type="checkbox"/> Can Can                        |           |                                       |
| <input type="checkbox"/> Paw Wrap                       |           |                                       |
| <input type="checkbox"/> Distance Props Combination     |           |                                       |
| <input type="checkbox"/> Dance Inside a Prop            |           |                                       |
| <input type="checkbox"/> Hoop Sequence                  |           |                                       |
| <input type="checkbox"/> Hand Held Cane Sequence        |           |                                       |
| <input type="checkbox"/> Prop Transition of Position    |           |                                       |
| <input type="checkbox"/> Opposite Circles Around a Prop |           |                                       |
| <input type="checkbox"/> Make Your Own Prop Behavior    |           |                                       |

## Harmony Division - Handling Leg – Options/Requirements Descriptions

### Training Category

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

#### **HHT1 – Follow Through Training – Pivot Platform OR Ground Target**

##### **Follow Through Training – Pivot Platform**

Demonstrate a 3 step (minimum) progression, starting with training a behavior on the pivot platform and ending with the behavior fluent without the platform, of one fully trained behavior. A different item may be used for the “fading” step of this process.

Separate video clips may be used to demonstrate each step of the process. These video clips need not be shot in the same training session.

**OR**

##### **Follow Through Training - Ground Target**

Demonstrate a three step (minimum) progression starting with training a distance freestyle behavior, where you begin with use of a ground target and finish with the dog performing the behavior fluently at a distance without the ground target. For the finished performance, the dog may be sent away to perform the behavior, or the handler may move away from the dog as he or she waits to create distance.

A different target or item may be used for the “fading” step of this process.

Separate video clips may be used to demonstrate each step of the process. These video clips need not be shot in the same training session.

“Distance” for this exercise is: at least 3 dog lengths away for dogs with a body length of less than 2 feet, and at least 6 feet away for larger dogs.

**HHT2 - Precision Marking** - Have your dog perform a behavior at a distance and precisely mark the dog's commitment to the behavior. The dog may return to you for reinforcement, or you can go to your dog to reinforce.

No props or targets may be used for this option.

The mark (such as a click, or marker word) must be audible, or visible (if you are using a tactile marker), for the judge.

**HHT3 – Training Progression - Moving Target** - Demonstrate a 3 step (minimum) progression, starting with training one of the following behaviors with a target stick or target cup, and ending with the behavior fluent without the target stick, of any of the following behaviors. You may incorporate other training props (targets, cones, platforms, etc.), but those must also be faded by the time the behavior is fluent.

- ✚ Dog starts facing you and moves into position facing away from you
- ✚ Dog moves beyond the distance of your arm to one side, performs a spin
- ✚ Dog moves in a large 360 degree arc around you beyond the distance of your arm to one side (you pivot at least 360 degrees).
- ✚ Dog moves to a low object that is at least three feet from the team's starting spot, places four paws on the object and holds the position for at least 5 seconds. Dog may face handler on the object, but is not required to do so.

Separate video clips may be used to demonstrate each step of the process. These video clips need not be shot in the same training session.

**HHT4 - New Location** - Go to a location where you have not yet filmed any video clips for this titling program. This can be an outdoor or indoor location. If you are working in your home, it can be a room where you have not yet filmed, or your yard or porch.

Have your dog perform a 3 – 5 behavior sequence (may include types of movement as a behavior) in the new location.

**HHT5 – Completion Training: Two Paw Platform/Back Up Into the Garage OR Completion of Barrier Training**

**Two Paw Platform/Backing Up Into the Garage** - Once you have achieved the distance that you desire for your dog to back up (at least 4 steps of backing), using the two paw target OR backing into the garage, choose a cue (physical or verbal) and demonstrate the behavior, performed on cue, first with the platform or "garage", and then without use of the platform or garage. These may be separate video clips. Only two video clips are required: one showing the dog training with the platform or garage (at any stage of training), and one showing the finished behavior without the platform or garage present.

Dog should back independently, as you remain still.

**OR**

**Completion of Barrier Training** - Once your dog has mastered a behavior with use of a barrier, create a series of three video clips – one showing the behavior carried out with the barrier, one showing the dog performing the behavior with the barrier being faded out, and one showing the dog performing the behavior fluently without the barrier. These clips need not be shot in the same session.

**HHT6 – Delayed Reinforcement**

Have a container of treats, or a toy, out of your dog's reach, but visible to your dog.

Standing at least three feet from the reinforcer, have your dog perform any three of the following:

- ✚ One single behavior such as sit, down, stand (from a sit or down)
- ✚ One Freestyle behavior
- ✚ One behavior using a prop
- ✚ A large circle with dog in heel or side. Dog may be on inside or outside of circle. Team should circle away from reinforcer and then back to starting point (three feet from reinforcer)
- ✚ A sequence of three Freestyle behaviors
- ✚ A stay (sit, down, or stand) while handler moves six feet away and then returns. Dog may also wait with two or four paws on a prop. Handler should move away from the reinforcer.

After the exercise is successfully completed, team should go to reinforcer together and the handler should jackpot (treats) or play with the dog interactively with the toy.

**HHT7 – Training Contrasting Skills** – Choose two skills that can be used to incorporate contrast into a performance. These may include, but are not limited to: Pace Changes, Close Movement vs. Distance, Synchronized Movement vs. Dog or Handler Only Moving, Movement vs. Pause, etc.

Video a training session where you work on the two contrasting skills in succession. This should all take place in one training session, although you may split up and trim your video for the sake of time.

For this option, you may have reinforcers visible to your dog, and you may use clickers, targets, barriers, or props to train.

Please identify the contrasting skills in the title of your video, caption of your video, or with your emailed entry.

**HHT8 – Training Engagement and Animated Focus** – Video a training session where you are working with your dog on building engagement and animated focus in a Freestyle context. You can work on heelwork, movement, sequencing, or moves, but no props, targets, barriers, etc. may be used.

In your video, please explain the game, or technique, that you are using to build engagement and animated focus. You may do this by explaining on camera, incorporating a title screen, or by explaining in your emailed entry. (Continued on next page)

**HHT8 (Continued)** - Reinforcers may be visible to your dog for this option for motivation, but they should not be used as lures. (Example: You could have a toy in your hand as your dog performs a spin, and reinforce with it afterward, but you may not use the toy to lead your dog through the spin, nor to cue it).

**HHT9 – Backchaining Sequences** – Choose any three Freestyle moves or behaviors. Synchronized movement may be used as one behavior, as long as the movement is sustained for a noticeable duration. (Examples: dog moves with handler in a circle, dog backs up as handler moves toward dog, dog and handler move laterally, etc.)

Design a sequence in which your dog will perform these three behaviors, one after the other and then video the following training progression.

- ✚ Cue the LAST behavior and generously reinforce your dog. Repeat.
- ✚ Cue the SECOND behavior, and have your dog immediately move into the LAST behavior and generously reinforce your dog. (Do not stop and reinforce in between. Repeat.
- ✚ Finally, have your dog perform the FIRST and then the SECOND and then the LAST behavior, all in a row, and reinforce generously after the LAST behavior.

You may praise your dog and give verbal encouragement throughout the sequence, but you should not have your dog stop and pause as you do so.

### **Cues Category**

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

**HHC1 - Props as Cues** - Use a hand held prop to cue three different Freestyle behaviors. This can be one continuous video clip, or three separate clips.

Movement of the prop may resemble a way that a behavior might have been trained.

**HHC2 – Cue Discrimination** - Choose a prop that your dog can use to carry out three different behaviors, with the prop in the same configuration for all three.

Create a video clip of your dog carrying out all three behaviors, with clear understanding of the three distinct cues.

You may reinforce with treats or toys in between behaviors.

Then, create a second clip with your dog carrying out the same three behaviors on cue in a different order.

**HHC3 - Find the Cue (A Verbal Cue Option)** - Choose three behaviors that your dog knows well on verbal cue.

Have five pieces of treat in your pocket, or a toy.

With arms in a neutral, but natural, configuration, cue one of the five behaviors verbally.

When your dog successfully carries out the behavior, reinforce with a single piece of treat or a short burst of play. In addition, a treat may be tossed to set your dog up for the next repetition.

Cue a second (different) behavior. Again, reinforce, as described above.

Go back and cue the first behavior again. Reinforce as above.

Cue the third behavior. Reinforce.

Go back and cue the first behavior again. Reinforce as above.

That's it – just five repetitions. Feel free to jackpot the final repetition.

This exercise may be performed using physical cues for dogs who are unable to hear.

**HHC4 - Polishing Physical Cues** - Choose any three behaviors that your dog knows well.

Using either physical cues, or concurrent cues, cue the three behaviors, in succession, in a way that is clear to your dog but “polished” to an extent that the physical cue does not appear to be a lure. The cue may resemble the way the behavior was trained, but the dog should demonstrate clear response to the cue.

Example: stand straight up and wave a physical cue for a spin above your dog's head instead of leaning forward to hold your hand near your dog's nose level.

Physical cues do not need to appear “dancy” or graceful – they should simply look like physical signals rather than lures.

### **Props and Fitness Category**

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

#### **HHP1 - Two Paws OR Paw Pods**

**Two Paws** - Have your dog place two front paws on a cane (dowel, stick) and hold the position for at least 4 seconds. The dog's paws should be resting on the top of the cane, supporting the dog's weight, or appearing to do so.

Dog may stand on hind legs, or "sit pretty".

**OR**

**Paw Pods** - Have your dog place two front paws on paw pods, or two similar items, and hold the position for at least 5 seconds

**HHP2 – Hold** - Have your dog pick up a prop in his or her mouth (an imitation flower, a basket, etc.) and hold the prop for at least 4 seconds

#### **HHP3 – Theme OR Fitness Gym**

**Theme** - Identify a theme that you might incorporate into a Freestyle performance and select a prop that communicates that theme in some way. Include a caption that identifies the theme, or include it in the video clip title (playlist).

Have your dog perform at least two behaviors with that prop in one video clip.

This is not intended to be a choreographed performance (see Artistry for that option!). Simply demonstrate the prop behaviors, one after the other.

The same prop, and behaviors, may be incorporated into the "Theme Through Setting" option for the Artistry Leg.

**Or**

**Fitness Gym** - Create a "gym" of at least three pieces of fitness equipment and have your dog complete an exercise with each one, in a flowing sequence. Dog may hold positions as part of the sequence.

**HHP4 – Plank** - Set two sturdy props, or pieces of fitness equipment side by side and have your dog put both front paws on one and both back paws on the other. There should be some space in between the two props.

**HHP5 - Dance on a Pedestal OR Balance Paws**

**Dance on a Pedestal** - Have your dog get onto a prop that is sturdy. Have your dog perform two Freestyle behaviors in a row on the prop.

Or

**Balance Paws** - Have your dog put paws on a platform or a piece of fitness equipment and hand you each of his or her front paws, one at a time.

**HHP6 - Sling Shot** - Send your dog around a prop that is at least two feet from the dog's starting point. (More is better, if possible)

As your dog makes a loop around the prop, turn away and pick your dog up in heel or side position and then make a large 450 degree circle with your dog on the outside of the curve. You and your dog will pass the prop as you loop around.

Small Space Option

Send your dog around a prop that is at least two feet from the dog's starting point. (More is better, if possible). Remain facing your dog.

As your dog returns to you, cue your dog to circle behind you (either direction). As your dog comes into heel or side position, complete a 450 degree turn (as large as your space allows) with your dog on the outside of the curve, passing the prop as you make the turn.

**HHP7 - Back Around** - Have your dog make a backward circle around a prop. You may hold the prop (example: cane), or the prop may be free standing.

**HHP8 - Can Can** - Dog sends to a prop at least 4 feet away and performs a set of 4 alternating paw kicks. Dog may sit or stand on the prop.

**HHP9 – Paw Wrap** – Dog should wrap one, or two, paws around a prop. Dog may wrap paw(s) around a free standing prop or a prop held by the handler, or the dog can wrap paws around a cane to hold it up. The paw must be wrapped around the prop, not just resting on top of the prop.

**HHP10 – Distance Props Combination**

Set up two separate props with which your dog can perform two different prop behaviors, set them both at a distance of at least 5 feet away from you, set at least 5 feet apart. Have your dog perform each behavior at least once with one or the other of the props, without returning to you first. Your dog may start by you and send out to the props, or start near the props and begin at a distance.



**HHP11 – Dance Inside a Prop** – Have your dog perform at least two Freestyle moves with all four paws inside a prop that has at least a couple inches of height to the sides, such as a suitcase or box. A flat prop, such as a hula hoop may not be used for this option.

**HHP12 – Hoop Sequence** – Have your dog carry out a sequence of at least three Freestyle moves, at least one of which is a move that incorporates a hoop (or something similar).

**HHP13 – Hand Held Cane Sequence** - Have your dog carry out a sequence of at least three Freestyle moves, at least one of which is a move that incorporates a hand held cane (or other prop). Although the dog only need interact with the cane for one behavior, the cane should be held throughout the sequence.

**HHP14 – Prop Transition of Position** - Start moving with your dog in any position relative to you. This need not be formal heelwork, just movement with you. Send your dog to a prop, or set of props, and have your dog perform some kind of independent behavior with the prop, or props, (send around, circle around, Figure 8, put paws on the prop and hold the position). As your dog disengages from the prop to return to you, pick your dog up in a different position relative to you, or have your dog perform a transition of position move immediately upon return to end up in a different position relative to you. Finish by moving at least several steps with your dog in the new position.

**HHP15 – Opposite Circles Around a Prop**

Have your dog continually loop around a prop as you move around the prop, outside of your dog, in the opposite direction. Prop may be hand held, such as a cane, or free standing.

Both dog and handler must complete at least one full circle. Dog and handler need not circle at the same pace.

**HHP16 – Make your own prop behavior**

Choose a prop that you have not yet worked with in any of your titling clips. Have your dog carry out a prop behavior that has not yet been a part of the titling program prop behaviors.

**Harmony Division Titling Requirements**  
**Submission Checklist – Harmony Technical Leg**  
**General Rules**

- \_\_\_\_\_ Treats/toys concealed in pocket or container until each task is complete.
- \_\_\_\_\_ 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 – Harmony Technical Leg (Scroll Down for Exercise Descriptions)**

**Movement and Heelwork**

Choose Five:

- \_\_\_\_\_ Transitions of Position
- \_\_\_\_\_ Backing
- \_\_\_\_\_ Laterals
- \_\_\_\_\_ Moving Pivots
- \_\_\_\_\_ In Step
- \_\_\_\_\_ Inside Curve
- \_\_\_\_\_ Leash Handling
- \_\_\_\_\_ Precision – Handler's Choice
- \_\_\_\_\_ Synchronized Movement Sequence

**Tricks and Moves**

Choose Six:

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| _____ Leg Circles                  | _____ The “Dean Dog”                 |
| _____ Simultaneous Spins in Motion | _____ Simultaneous Distance Move     |
| _____ March/Kicks                  | _____ Complex Transition of Position |
| _____ One Paw Pose                 | _____ Signature Move                 |
| _____ Leg Weave Sequence           |                                      |
| _____ Cross Paws                   |                                      |
| _____ Zoom                         |                                      |

## Harmony Division – Technical Leg – Options/Requirements Descriptions

### Movement and Heelwork Category

Choose **five** of the following options. Each box contains one option.

**HTM1 – Transitions of Position** – Complete the following sequence:

1. Move forward with your dog on your left. Pause and have your dog perform any transition move to your right. You may move (as with a switch), but your dog should not remain stationary.
2. Move forward with your dog on your right. Pause and have your dog perform any transition to center position (in front of you) other than a direct "call front". Again, you may move as your dog transitions, but your dog should not remain stationary.

The two transitions may mirror each other, but this is not required.

3. Break off and reinforce your dog
4. Repeat the entire sequence, but have your dog perform transitions from one position to the other that are clearly distinct from those in your first performance.
5. Break off and reinforce your dog
6. Repeat the entire sequence, but have your dog perform a third set of transitions that are clearly distinct from the other two performances.

Transition suggestions: Switches, Dog Circles Handler, Pivots, Leg Weaves, Cut Behind, Swing (from left to right)

**HTM2 – Backing** - Start moving forward with your dog in heel, side, or center, at least a few steps.

Transition your dog (transition of your choice) from the starting position to the position of your choice (heel, side, or center), and then move with your dog as your dog moves backward for at least four (of your) steps. Your dog may pause slightly after the transition, but the pause should not be significant.

Backing does not have to be perfectly straight, but your dog should back up with clear mastery of the skill, and with confidence.

**HTM3 – Laterals (Dog moves sideways)**

Start moving forward with your dog in heel, side, or center and move with your dog for at least a few steps.

Transition your dog (transition of your choice) from the starting position to the position of your choice (heel, side, or center), and then move with your dog as your dog moves laterally for at least four (of your) steps. If your dog is in heel or side, your dog may move away from you or toward you.

Your dog may pause slightly after the transition, but the pause should not be significant.

Lateral movement does not have to be perfectly straight (dog's rear end need not line up with his or her head perfectly), but your dog should move sideways with clear mastery of the skill, and with confidence.

**HTM4 - Moving Pivots** - Start moving forward with your dog in heel, side, or center and move with your dog for at least a few steps.

Transition your dog (transition of your choice) from the starting position to the position of your choice (heel, side, or center), and then you and your dog should complete a 360 degree pivot together, in synchronized movement.

If possible, try to make the transition to pivot fluid, without a pause as your dog moves into position. However, a slight pause is acceptable, as long as it is not cued deliberately by the handler.

**HTM5 - Inside Curve** - Dog heels in a large circle (at least 6 feet in diameter) with the dog on the inside of the circle. The dog may be in heel or side position, but must be on the inside of the circle.

Handler should walk briskly, and the dog should not appear crowded.

Team should complete the circle at least two times.

Small Space Option

Dog heels on the inside of a circle that is as large as the space allows, with handler moving as briskly as is possible within that space.

Team should complete the circle at least two times.

**HTM6 - In Step** - Find music that matches your dog's footfalls when your dog is moving with an open, natural gait. Demonstrate 30 seconds to one minute of movement to this music in a way that features your dog stepping in time to the music.

You may incorporate a few moves and tricks into this segment, but those should serve as contrast, not as the "main feature" of the video clip – that should be your dog's movement to the beat of the music.

**HTM7 - Leash Handling** - Perform a segment of movement and moves with your dog on leash.

As you and your dog perform, handle the leash in a way that maintains a clear "J" in the leash at all times.

The leash should not be used to move your dog, or restrict his or her movement in any way.

This movement segment need not be complicated, but it should include moves and movements that require you to switch the leash from one hand to the other at least three times, and pass it behind your back at least once.

**HTM8 - Precision – Handler's Choice** - Identify a precision skill that you would like to demonstrate with your dog. This can be precision moving into a particular position (stationary), or precision movement in heel, side, or center, or precision of a particular trick or move, etc. You define the criteria for this option!

Create a video clip of you and your dog carrying out this skill with the precision that you describe.

Please include your precision criteria in an email along with your entry.

**HTM9 – Synchronized Movement Sequence** – Design a five-skill sequence where you and your dog move in synchronization throughout. This may include movement skills, such as forward and backward movement with your dog in position, lateral movement, pivots. This may also include synchronized moves, such as synchronized spins, switches, turns.

At least one of the moves must be a transition of position.

Throughout this entire sequence, dog and handler should be doing the same thing side by side, with the exception of movement in center position where dog moving toward handler as handler moves backwards and vice versa is permitted.

### Tricks and Moves Category

Choose **six** of the following options. Each box contains one option.

**HTT1 - Leg Circles** - Have your dog circle one of your legs, making at least two consecutive circles

**HTT2 - Simultaneous Spins in Motion** - Starting on the move (dog can be in heel, side or center), cue your dog to spin and, as your dog spins, you spin at the same time. If your dog is in heel or side, you should spin in the same direction as your dog. If your dog is in center, you may spin in either direction.

**HTT3 - March/Kicks** - Have your dog perform at least four alternating paw lifts, one after the other. Dog may be standing or sitting, and may be positioned anywhere in proximity to you.

**HTT4 - One Paw Pose** - Have your dog perform a paw touch to your knee or lower leg, or to the back of your leg and hold that pose for at least three seconds.

**HTT5 - Leg Weave Sequence** - Perform a series of 4 – 6 leg weaves in a weave pattern that is not: Figure 8 Weaves (handler stationary) or dog weaving forward while handler weaves forward. Be creative!

**HTT6 – Cross Paws** - Sitting, standing, or lying down, dog crosses one paw over the other in turn. Dog should perform at least two crosses.

**HTT7 – Zoom** – Starting in any position, dog backs up in at least a 3/4 circle around the handler. Dog may finish in any position.

**HTT8 – The “Dean Dog”** – Starting in front of the handler (who remains stationary), dog backs up several steps and performs any Freestyle move, or trick, at a distance from the handler. Dog may immediately return to handler after the trick is complete. Dog may back straight away from the handler, or may back at an angle.

**HTT9 - Simultaneous Distance Move** – Starting with your dog at a visible distance from you, have your dog perform a distance move that you will carry out at the same time. This might be simultaneous spins, or simultaneous paw/foot lift or paw/hand wave, backing up several steps away from each other, etc. Distance need not be maintained once behavior has been successfully completed.

**HTT10 – Complex Transition of Position** – Create a complex transition of position by combining two distinct Freestyle moves that flow together to result in your dog starting in one position relative to you and ending up in a different position.

Both moves need not be transition of position moves, and neither move need be complex in and of itself, but the two combined together should result in a flowing combination that accomplishes the transition.

Both moves should feature dog movement. Handler may remain stationary, or move, but dog should not be stationary while the handler moves for this option.

**HTT11 - Signature Move** - Develop a "signature move" with your dog. This should be something creative and interesting that your dog obviously enjoys performing.

The signature move may be made up of a combination of two or three moves that form a "whole", but in that case they should be connected together in some obvious way.

This move should not be any of the Tricks/Moves listed in this category at any level, and it may not include use of a prop.

## Harmony Division Titling Requirements Submission Checklist – Artistry Leg

### 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. See Exercise Descriptions (below) for details. \*\* (Indicates this allowance)
- \_\_\_\_\_ Audio can be heard on the video. **Music is required in all clips for this leg.** Some of the options in this Division require choreography. For those that do not, 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 – Harmony Artistry Leg (Scroll Down for Exercise Descriptions)

#### Sequencing and Duration – Choose five:

- |                                                     |                               |
|-----------------------------------------------------|-------------------------------|
| _____ Duration of Focus                             |                               |
| _____ Performance of Synchronized Movement Sequence |                               |
| _____ Harmony Division Tricks and Moves Sequence    |                               |
| _____ Delayed Reinforcement                         |                               |
| _____ Floor Pattern with Transitions **             |                               |
| _____ Sling Shot                                    | _____ Transitions in Movement |
| _____ Duration of Behavior                          | _____ Combined Transitions    |

#### Music and Choreography – Choose Five:

- |                                     |                                         |
|-------------------------------------|-----------------------------------------|
| _____ Hand Held Prop **             | _____ Contrast **                       |
| _____ Theme Through Choreography ** | _____ Outdoor Performance **            |
| _____ Theme Through Setting **      | _____ Holiday or International Theme ** |
| _____ Opening Pose                  |                                         |
| _____ Dance **                      | _____ Attire **                         |
| _____ Arms                          | _____ Something About Your Dog **       |



## Harmony Division – Artistry Leg – Options/Requirements Descriptions

**Sequencing and Duration Category** – Complete **five** Exercises. Each box contains one option.

**HAS1 - Duration of Focus** - With music playing, move with your dog in your performance area for 20 – 30 seconds, and actively reinforce duration of focus.

You may use praise, or you may click, or verbally mark, and treat (on the move!), as much as you need to, but your praise or mark should reinforce focus, not create it.

No behaviors should be cued during for this option – not even heeling, although if your dog offers heeling or some other behavior, that is perfectly fine.

Strive to make this an enjoyable exercise for both your dog and yourself!

No food or toys may be visible to the dog during this exercise, although you may reach into your pocket, or bait bag, for treats as often as you wish.

**HAS2 – Performance of Synchronized Movement Sequence** - With music playing, carry out a performance of a Synchronized Movement Sequence, as described in Option HTM9 (Above) from the Technical Leg. If you completed that option for the Technical Leg, you may perform the same sequence, but it must be a separately filmed performance of the sequence. However, a different sequence that meets the same criteria may be performed. No food or toys may be visible to your dog during this exercise, but you may reach into your pocket, or bait bag, for treats as often as you wish. *Performance of this option provides you with preparation to create routines for the “Poised for Success Style Heelwork-to-Music” category for the Performance Divisions.*

**HAS3 – Harmony Division Tricks and Moves Sequence** – Design at least a five move/movement sequence (no maximum number of behaviors!) that incorporates any three of the “Tricks and Moves” listed for the Technical Leg in the Harmony Division.

Film a performance of this sequence with your dog.

Behaviors may be repeated, and any other moves/movements may be incorporated into the sequence. There is no minimum or maximum time for this option.

Please list the three Harmony “Tricks and Moves” that you are incorporating in the title or text of your video, or with your emailed entry. *Performance of this option provides you with preparation to create routines for the “Trick it Up” category for the Performance Divisions.*

**HAS4 - Delayed Reinforcement** - For this option, you and your dog will Perform the "Circle Sequence" from the Melody Division.

You choose the moves to have your dog perform at 12:00 and 6:00, but I recommend keeping these as simple as possible. Use moves that your dog enjoys and performs with confidence. Remember to start and end the sequence with heeling, not with the moves.

Set up a reinforcer, as is described in the "Delayed Reinforcement" option under Training and Cues in this Division.

Demonstrate the following progression of delayed reinforcement:

1. Demonstrate the sequence once, with reinforcement on you. For this step, the food or treats may be in your hand and visible to the dog, or in your pocket.

After completing the sequence, jackpot your dog, or play interactively with the toy.

2. Place all reinforcers at the location that is out of your dog's reach.

Have your dog begin to perform the sequence once, but stop at some point before you are halfway through the sequence to go to the reinforcer and reward your dog.

I recommend marking the dog as correct (click a clicker or give a verbal marker) before breaking off so your dog knows that he or she is performing correctly. Then go to the reinforcer together.

3. Perform the entire sequence. While still moving at the end mark your dog as correct and then go to the reinforcer together and jackpot or play interactively.
4. Perform the sequence one last time with reinforcers on you, as you did in Step #1.

This option does not have to be filmed as one continuous video clip, but the whole four step progression should happen in one training session.

Practice this before filming so that neither you, nor your dog, become frustrated when you film. If you do encounter frustration, I strongly recommend breaking off the session and going back to training before filming at another time.

### HAS5 – Floor Pattern with Transitions

Devise **one movement pattern** that you and your dog can trace on the floor as you move together, which requires at least three changes of side as you and your dog carry out the pattern, performing three different transitions at logical changes of direction or path. The movement pattern need not be highly complex – it can be as simple as diagonals across the floor in a zig zag but should consist of more than a single straight line.

This pattern should fill at least half of the space in which you are working. If you are using a large space, you may section off a smaller “ring” area.

**Move through this pattern with your dog at least one twice.**

**The two performances of the pattern may be videoed separately or in succession.** Your dog may begin in heel, side, or center position. No behaviors or moves, other than the transitions, should be used in the pattern.

You may have food visible to your dog and may reinforce wherever needed, but try to maintain as much flow as you can through the patterns.

### HAS6 – Sling Shot – Without any reinforcers visible to your dog:

1. Send your dog around a prop that is at least two feet away (or more!)

Remain facing the prop so that your dog is in center position (roughly) upon return to you.

As your dog returns, cue any Freestyle move. This move need not happen close to you. The move can be carried out at a distance, or close to you, but the move should happen “in flow”. There should not be a significant pause before your dog begins the move.

2. Again, send your dog around the prop. Cue the same move as you did the first time, and then transition your dog into heel or side position. Again, this should happen “in flow”.
3. Finally, send your dog around the prop a third time. Cue the same first move, the same transition, and then a move in heel or side position, again “in flow”.

This can be presented as one single video clip, or three separate video clips. In either case, you may reinforce your dog and/or take a break in between the three steps.

In training I recommend practicing each step multiple times to ensure confidence and understanding before raising criteria.

**HAS7 – Transitions in Movement** - Perform for 20 – 30 seconds, having your dog perform at least four different transitions of position. Positions may include: center, heel, side, criss-cross in front of you, behind you, or in heel or side, but flipped “backward”. However, it is sufficient for this exercise to have your dog only in center, heel, or side position.

You may have your dog perform any other movements or moves, as well, but only the transition moves count toward your total of four.

Be sure to include some movement through your performance space in this exercise. A large space is not needed, but this should not be a stationary performance.

Performance of this option provides you with preparation to create routines for the “Transition Showcase” category for the Performance Divisions.

**HAS8 - Duration of Behavior** - Demonstrate mastery of one of the following examples of “duration of behavior”:

- ✚ Dog backs away from handler (any direction) for more than six feet
- ✚ Dog makes three consecutive circles around handler, without stopping
- ✚ Dog makes consecutive circles around a prop (near handler or at a distance) at least three circles
- ✚ Dog moves in heel or side position, with at least 75% focus for at least 30 seconds (handler can change direction, but no transitions or moves should be included)

Multiple cues can be given, and verbal bridges may be used, but the dog should not pause at any point to wait for an additional cue.

**HAS9 – Combined Transitions** - Create a movement sequence that is made up entirely of two or three transitions that can be performed in a small space.

One of the transitions can consist of handler movement alone (example, the handler movement from a Scallop).

The sequence of transitions can be completed with the handler stationary, or the handler can move up to two steps in either direction from the starting point. There is no restriction on dog movement in this exercise.

You and your dog may perform any moves or movements prior to the transition sequence (although none or required), and the sequence can be started from a stand-still, or with movement.

### **Music and Choreography Category**

Choose **five** of the following options. Each box contains one option.

**HAC1 - Hand Held Prop** - Create a short performance (25 seconds – 1 minute) in which you hold a hand-held prop (cane, "sword", "wand" etc.) throughout the performance. Your dog should interact with the prop in some meaningful way (moving around it, putting paws on it, jumping over it, etc.) at least twice times within the performance.

The handler may use the prop to cue the dog, and the dog may follow the prop as if it were a target, but this is not required

Reinforcers may be visible to the dog for this option.

Performance of this option provides you with preparation to create routines for the "Hand Held Prop" category for the Performance Divisions.

**HAC2 - Theme Through Choreography** - Choose music that has an obvious theme, or identify a theme that is somehow related to the music. Please state the intended theme when you submit your entry, or on the video itself.

Create a short performance (25 seconds – 1 minute) that expresses that theme.

Every move and movement does not have to convey the theme. The choreography segment overall should convey the theme through key moves and/or movements.

Props may be used, but presence of the prop alone cannot convey the theme.

However, particular use of the prop may do so.

Reinforcers may be visible to the dog for this option.

Performance of this option provides you with preparation to create routines for the "Theme Through Choreography" category for the Performance Divisions.

**HAC3 – Theme Through Setting** – Choose music that has an obvious theme.

Choose, or create, a setting that expresses that theme in some way. Setting can include decoration or props. The entire area need not be a "set", but props or decorations should clearly communicate the theme.

Natural settings may also be used.

Create and perform up to 25 seconds to one minute of choreography in that setting. If props are present that can be used by the dog and handler team, they should be used at least once. Background decorations need not be incorporated into the performance.

Reinforcers may be visible to the dog for this option.

Performance of this option provides you with preparation to create routines for the "Theme Through Setting" category for the Performance Divisions.

**HAC4 - Opening Pose** - Create and demonstrate an opening pose that demonstrates the connection that you and your dog share as a team.

Team should hold the pose for at least 5 seconds.

No food or toys should be visible to the dog for this option.

**HAC5 – Dance** - Choose a song or piece of music that is strictly a "dance" piece. Although a dance really can be created to any music, for this option, please avoid songs that tell a story.

Create up to one minute of choreography with your dog that features your dog's movement, flow, and musical artistry. Any tricks incorporated should demonstrate these qualities, rather than stand out in their own right.

Reinforcers may be visible to the dog for this option.

Performance of this option provides you with preparation to create routines for the "Freestyle Dance" category for the Performance Divisions.

**HAC6 – Arms** - Demonstrate a sequence of at least three moves and/or movements and change your arm position as your dog transitions from one move/movement to another.

No food or toys should be visible to the dog for this option.

**HAC7 – Contrast** – Perform a sequence, or set of sequences, that demonstrates the use of contrast in the performance. Contrast may be shown through: use of different movement paths (ex. straight lines vs. curves), pace changes, close work and distance, movement and stillness, etc.

Maximum time for this option is 1 minute. Food or toys may be visible to the dog for this option.

**HAC8 – Outdoor Performance** – Design and perform a short routine (25 seconds – one minute) and film the performance with your dog outdoors. A leash may be used, but may not be held tight, nor used to move your dog through moves or sequences.

No particular moves or movements are required.

Food or toys may be visible to the dog for this option.

Performance of this option provides you with preparation to create routines for the "Hills are Alive" category for the Performance Divisions

**HAC9 – Holiday or International Theme** – Design and perform a short routine (25 seconds – 1 minute) to a piece of music that either has a clear holiday theme (any holiday) or from a country or culture other than your own.

Incorporate any one of the following artistic skills into the performance:

- ✚ At least two transitions of position, or a complex transition of position, or a prop transition of position
- ✚ A clear element of contrast (pace change, pause and movement, etc.)
- ✚ Synchronized movement
- ✚ Use of a prop to feature your dog's movement

Other than that, no particular moves or movements are required.

Food or toys may be visible to the dog for this option.

Performance of this option provides you with preparation to create routines for either the "Holiday Theme" or "International Theme" categories for the Performance Divisions

**HAC10 – Attire** – Perform with your dog for 20 – 30 seconds. You can do whatever you like. You can use props, or not. You could re-film one of the other options that you have already performed (if long enough). You could improvise movement with your dog, or plan something and perform it. Have fun here – your performance will not be judged.

For your performance, wear attire that stands out as distinct for performance.

This need not be a “costume” per se. Your attire could express a theme (example: red sweater for a Christmas theme), but it does not have to. For instance, with my almost all-black Border Collie, I used to wear a black skirt and top to match him. (You need not match your dog).

If you want to wear casual clothing, choose music with a casual theme (example: jeans for a country song)

The point of this option is to start thinking about using clothing to “pull together” the look of a performance.

Reinforcers may be visible to the dog for this option.

**HAC11 – Something About Your Dog** – Create a short performance (25 seconds – one minute) that expresses something about your dog, such as: athleticism, grace, smoothness, sweetness, eagerness, etc.

Expression can be made through use of movement, props, choreography, attire, etc.

Please express positive attributes and be sure to identify what you are expressing in the title of your video, or with your entry.

Reinforcers may be visible to the dog for this option.

Performance of this option provides you with preparation to create routines for the “Something About Your Dog” category for the Performance Divisions.