

STEP Skills – Cheat Sheet

Skill	Description	Verbal Cue	Hand Signal
Check In	For the pup to look at you on his own; to “Check In”.	n/a	n/a
Name Response	For the pup to look at you when he hears his name – every time he hears his name.	Pup’s Name	n/a
Sit	For the pup to reliably and quickly Sit, with his rump and front paws on the ground, when cued to “Sit”.	“Sit”	The hand signal can be given with either hand. The hand is flat, palm facing up, and moving in an upwards motion.
Guided Sit	Pup Sits to very light pressure.	n/a	The collar cue is a light upward leash pressure on the collar.
Drop	For the pup to reliably and quickly lie down, with the pup’s rump and elbows on the floor, when told to “Drop”.	“Drop”	The hand signal can be given with either hand. The hand is flat, palm facing down towards the ground, moving in a downwards motion.
Guided Drop	Pup Drops to very light pressure.	n/a	The collar cue is a light downward leash pressure on the collar.
Come	For the pup to come to you when you call and allow you to take hold of his collar.	“Come”	n/a
Get Dressed	For the pup to voluntarily put his head through a presented item such as a loop, and eventually his puppy coat, when asked to “Get Dressed”.	“Get Dressed”	Presentation of a loop, collar, coat, or harness.
Close	For the pup to swing in between your knees and Sit facing in the same direction you are when cued to “Close”.	“Close”	Tap the inside of your right knee two times with your right hand.
Give	For the pup to be relaxed about letting go of things when asked to “Give”.	“Give”	n/a
Heel	For the pup to swing into a Sit at your left side when cued to “Heel”.	“Heel”	Using the left hand, with the index finger pointed towards the floor, the hand moves in a U-shape, starting further away from the handler’s body, and turning in towards the handler’s left side.
Greeting People/Dogs Politely	For the pup to greet a variety of people/dogs without jumping up.	“Say Hi”	Verbal is accompanied by stepping towards the greeters with the pup, and an extended arm gesturing to the person/dog to be greeted.
Settle	For the pup to lie quietly at your feet on leash.	n/a	n/a
Auto Drop-Settle	Pup lies quietly at your feet on leash. When you sit down, slip the leash under your foot and apply light downward pressure.	n/a	A light downward pressure on the collar.

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Skill	Description	Verbal Cue	Hand Signal
Follow Me / Walking Without Pulling	For the pup to walk next to you and for you to notice and reinforce when he does. And, for the pup to return to you when he feels light pressure on the leash.	“Let’s Go” “This Way”	Give the verbal cue <i>before</i> you actually move, wait 3 seconds, and then move off.
Place	For the pup to go to a dog bed or mat, lie down, and remain in position until released.	“Place”	An extended arm gesturing to the target Place.
Stay	To hold a position for brief periods (under 5 minutes) while you move around.	“Stay”	Right hand is held out flat, fingers parallel to the floor, and moving towards the pup’s nose.
Stand	The pup steps forward into a Stand from either a Sit or a Drop on first cue of “Stand” and remains in position with all four feet squarely on the ground until released.	“Stand”	Flat palm facing your pup’s nose, fingers vertical to the floor, presented in a brisk, distinct movement at a distance in front of the pup that leaves the pup enough room to Stand up, but not to continue moving.
Roll	When cued to “Roll”, the pup rolls over onto his side with his head on the floor, and lies there quietly until released.	“Roll”	A circular gesture with the hand held flat, fingers extended. Initially the palm faces the floor, but the hand rotates over so that the palm faces the ceiling.
Back	For the pup to step all four feet back on cue.	“Back”	With a flat hand, fingers pointing toward the floor and the back of your hand facing your pup, push your hand away from you towards your pup (as if shooing something away).
Load Up	Used to ask the pup to get into a vehicle.	“Load Up”	An extended arm gesturing to the location where the pup should go.
Crate Acceptance	Informs the pup to go to, and get into his crate.	“Kennel”	An extended arm gesturing to the crate.
Food Bowl Manners	Pup offers a Sit with the presentation of a food bowl, and remains in position until released with “Free”.	n/a “Free”	Presentation of a food bowl.
Bed	Informs the pup to go into his Sleeping Quarters, and get onto his bed.	“Bed”	An extended arm gesturing to the bed.
Quick Quick	Informs the pup when and where it is acceptable to eliminate (urinate and defecate).	“Quick Quick”	n/a
Toy Focus	Pup picks up and chews on appropriate toys for at least 5-10 minutes, 2-3 times a day.	“Get the Toy”	Presentation of a toy.
Toy Seeking	Pup seeks out toys with your encouragement.	“Where is the Toy”	Movement of you towards a toy.