

The Puppy Training Crash Course

Sit, stay, and stop eating the mail — a practical schedule, not a theory lecture. Built on the American Veterinary Society of Animal Behavior's position statement on humane training, with every method traceable to its source.



What's Inside

PART 1 — FOUNDATIONS

01	The Position Behind Everything Here	4
02	Session Basics & the Five Foundational Cues	5

PART 2 — GEAR, HOUSE MANNERS & MANAGEMENT

03	The Equipment Guide	7
04	House Manners: Jumping, Mouthing, Chewing	8
05	Crate Training as a Management Tool	10

PART 3 — THE BIGGER PICTURE

06	Training Is Socialization Too	11
07	Milestones to Expect	12
08	Mistakes Worth Avoiding	13
09	A Simple Training Log	14

PART 4 — ADVANCED SKILLS

10	Three More Essential Cues: Leave It, Drop It, and Place	16
11	Recall Proofing: The Three Ds	18

PART 5 — HANDLING & SETBACKS

12	Handling & Cooperative Care	20
13	Fear Periods & Training Regressions	22

14	About Our Sources	24
15	Glossary	25
16	References	26

The Position Behind Everything Here

Before a single cue, one rule governs every method in this guide. The American Veterinary Society of Animal Behavior's 2021 position statement on humane dog training is not a suggestion — it's stated as flatly as a professional body ever states anything: **"only reward-based training methods are used for all dog training, including the treatment of behavior problems."**¹

The statement goes further: "there is no evidence that aversive training is necessary for dog training or behavior modification," and the research it cites is specific — obedience levels were highest in dogs trained exclusively with reward-based methods, and lowest in dogs trained exclusively with aversive methods.¹

TOOLS AVSAB SAYS TO AVOID

Choke chains, prong collars, and shock collars (pain); squirt bottles, shaker cans, shouting, staring, or "alpha rolls" (intimidation); leash jerking or physical force (physical correction); and flooding a dog with a fear trigger until they stop reacting.¹ Dogs trained this way showed measurable stress — tense posture, lip licking, tail lowering, panting, yawning — and higher cortisol than reward-trained dogs in the studies the American Veterinary Society of Animal Behavior (AVSAB) cites.¹

Why This Matters More Than It Sounds

Beyond effectiveness, there's a welfare argument that AVSAB makes explicitly, and it applies just as much to choosing a trainer as to training your puppy yourself. Their guidance on vetting a trainer: look for someone who uses "primarily or only reward-based training with treats, toys, and play," and treat any advocacy of physical force as a hard red flag.² Ask to observe a class before signing up. Watch whether the dogs in it look like they're enjoying themselves.²

PAWFESSOR MOCHI'S TIP

Every technique in this guide follows the same shape: catch the good behavior, pay for it generously, and manage the environment so the bad behavior has less chance to happen in the first place. That's the whole system. Everything else is just applying it to a specific problem.