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For all the commands, you need to remember the following simple procedure:

1. **Name of the dog** (say it ONCE)
 2. **Command** (say it ONCE)
 3. **Hand signal** (show it ONCE)
- } **At the same time**

- Do not repeat any of the steps above in any ways. Get used to saying once and making it happen.
- Stand up straight and make sure to get an eye contact form your dog before you tell it to sit.

Sit Command:

Ask your dog to sit and position yourself on your dog's right side by:

1. Say your dog's name,
2. Say the command (which in this case is) "**sit**",
3. Use the hand signal by extending your right hand toward your shoulder.

If the dog does not sit when asked:	If the dog sits:
<ol style="list-style-type: none">1. Say "No" if needed, up to 3 times.2. Pull the leash up and gently push the bum down simultaneously.3. Do not repeat the command procedure.	<ul style="list-style-type: none">• Praise or play with your dog.• Repeat the command.

Release command:

- This command is given to let the dog to emit from the task or the command that it was given. Use this after every command. Ask your dog to get released from the sit position on your left by:
 1. Say your dog's name,
 2. Say the command or the release word which in this case is "**Ok**",
 3. Extend your left hand in front of your dog,
 4. Move your **left leg** to start walking.

If the dog moves before it is released:	If stays on sit commands:
<ul style="list-style-type: none">• Say "No" if needed, up to 3 times.• Pull the leash to a side and bring the dog back to sit position, pull the leash gently up and gently push the bum down simultaneously, if you must.• Do not repeat the command procedure.	<ul style="list-style-type: none">• Praise your dog.• Repeat the command.