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# CANINE PARKOUR

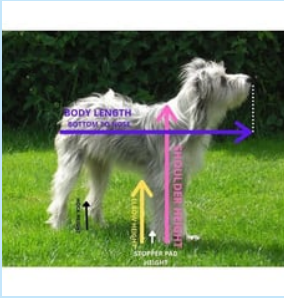
*introducing Parkour for Dogs*



BY DEBBIE HERRON



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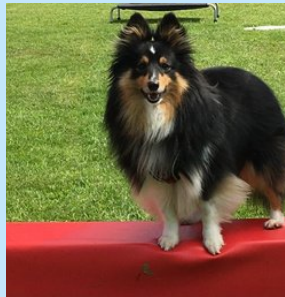
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Cover photo by : Debbie Herron



# ABOUT ME & PARKOUR

Concept training is a thing for me. I love the fact I can change a dog's mental outlook and emotional balance through the power of carefully designed games that help a dog make great choices that fit snugly into their human family.

Neuroplasticity refers to the physiological changes in the brain that happen as the result of interactions with the environment. From the time the brain begins to develop, the connections among the cells reorganize in response to changing needs. This dynamic process allows learning from and adapting to different experiences.

When dogs learn, new pathways are formed in the brain, creating new networks. Enriched environments that offer novelty, focussed attention and challenge are critical for the brains development.

Games based training is exactly this. Parkour is exactly this. It means you can shape your dog's personality so they can achieve their full potential.



## ABOUT PARKOUR

Canine Parkour is an activity that can be enjoyed by you and your dog at any location you happen to find yourself in.

You teach your dog a series of behaviours and use them to interact with objects in various environments. Each dog starts at the beginning with basic foundation skills. These skills grow as you move through the various stages of Parkour.

Not only is this a fun way to build your relationship with your dog or new puppy, you are also strengthening some concepts that make up your dogs personality, for example Optimism, Confidence, Flexibility, Generalisation, Grit, Calmness and the Arousal Concepts.



There is always something during your daily walks your dog can safely interact with. Practicing Parkour while out and about tops up your dogs optimism around novel and ambiguous situations.



Regular exercise and keeping your dog in great physical shape is essential for every dog to keep them healthy and injury free.

Parkour builds body awareness, strength and aids proprioception skills.

Parkour is suitable for young puppies too. We do need to be aware of their growing bodies while providing them with the opportunity to interact safely in the world around them.



# GETTING STARTED

The only pieces of equipment needed to get you started is a 'Y' shaped harness and a solid lead, not one of those retractable leads. If your lead is about 4-5ft long, it will give you more flexibility when practicing outside with your dog.

While practicing at home, swap between your dog wearing the harness and not wearing it.

Dog's are great predictors of events, just by putting on their harness when they go outside to practice parkour may make your dog really excited. Be unpredictable about the times you choose to use your dogs harness, that way your dog won't be able to rehearse getting excited when their harness is being put on.



GAME OR DEGS...



IN an object



2 feet on



4 feet on an object



UNDER  
an  
object



Some parkour behaviours come more naturally than others!



# SAFETY

The safety of your dog is the most important aspect of Parkour. A professional trainer will help you understand how to use the technique of 'Spotting' your dog whilst carrying out the behaviours involved with parkour. Always check obstacles for safety before asking your dog to interact with them.







# NEED HELP?

I would suggest you find a Dog Parkour registered trainer in your area, just to help you get started.

Dog Parkour UK have a Facebook group where you can ask for a list of trainers in your area.



## Accredited Evaluator

This is to certify that

**Debbie Herron**

Has met the requirements and is hereby registered as an Accredited Evaluator for Level 3 with Dog Parkour UK



*Jan Martin*  
Founder  
Dog Parkour UK

7th May 2021

Some trainers are Accredited Evaluators, just like me. This means I can help you train your Parkour Behaviours from puppy through to advanced levels and evaluate

each behaviour when your dog knows them well enough to pass their qualification, if that's what you would like to do. You don't have to pressure yourself to take a test, but they are really fun to do, a goal for you both and motivation for you to grow your dogs skills.

There is an option of sending me video's of your dogs finished behaviours so I can evaluate them on-line or book a session at my dog training venue based in Cornwall.



## Awards Anyone?

Do you like to celebrate your achievements with certificates and rosettes?

If you have a puppy or dog of any age there are levels for everyone. A Dog Parkour Evaluator can pass your submissions or you can send in your videos of your completed behaviours to Dog Parkour UK via their facebook page or email: [DogParkourUK@aol.com](mailto:DogParkourUK@aol.com)

**Level 0:** Puppy level from ages of 2 months to 12 months.

**Level 1:** Beginners level from ages 6 months and upwards.

**Level 2:** Intermediate level from ages 12 months and upwards.

**Level 3:** Advanced level from ages 18 months and upwards.

**Level 4:** Expert level from ages 24 months and upwards.

Parkour is a non-competitive sport.

You can work to the levels that suit you and your dog with no added pressure.

Parkour complements the sport of Agility perfectly as it strenghtens the concepts of Focus and Engagement .



# THE ENVIRONMENTS

## THE NATURAL ENVIRONMENT.

Free to everyone and found directly on your doorstep.

Your garden, the beach, the forest, parks and moorland, if fact, if it grows, is in a natural form, then it's classed as a Natural element.

If you have a dog that is anxious or fearful, a natural environment opens up a world of possibility. Just standing with 4 feet upon grass, sand, soil, or pebbles, while being reinforced for that behaviour, even for a second or two, will start to open up those optimism pathways within the dogs brain.



As your dogs optimism grows, then moving towards getting into a dip in the ground or a pile of leaves will boost optimism and confidence even more. The feeling of optimism will transfer into the daily life of your dog.



## THE BUILT ENVIRONMENT

One of the best ways to start practicing parkour is by using objects around your home. This category is defined by an item that has been man-made, can be picked up and carried to an area that you would like to use it in, for example, your kitchen, lounge, garage, shed, garden, etc.

It is best to start off with an object that is low and solid, like a book, bricks or yoga mat and teach your dog to stand or sit on it. Depending on the result of this can you ask a little more of your dog, perhaps they are brave enough to get into an item, go under an item, inbetween two items or place 2 feet on an item.

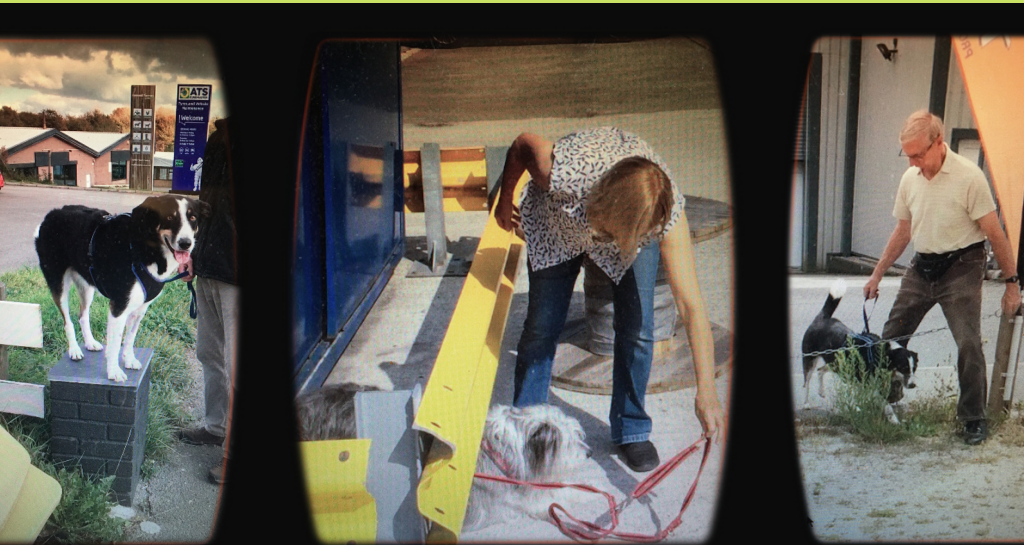




# THE URBAN ENVIRONMENT

Villages, Towns, City's, Industrial Estates, Parks and Housing Estates are all your Urban Environments. These environments hold a treasure trove of obstacles to be found. Some of the things that could be used for your dog to interact with are:

- Walls
- Lamp Posts
- Post boxes
- Gates
- Fencing
- Curbs
- Drain covers
- Bollards
- Telegraph Poles
- Statues
- Scaffolding
- Advertising Signs
- Cars
- Trolley Bays



# DISCOVER YOUR 'PARKOUR EYE"

Once you start to incorporate parkour into your dog training and daily walks, you will start to notice obstacles in different environments that could possible be a great object to use for parkour.

This is when you start to develop your 'Parkour Eye'  
Take a look at the picture below, see how many things your dog could possible interact with in a safe way.

Some behaviours that are included in parkour are:

- 2 feet on
- 4 feet on
- IN
- Under
- Through
- Straddle
- Over
- Weaves
- Around
- Crawl
- Balance
- Backing Up
- Stand on a moving obstacle
- Gap Jumps
- Split level walking
- Tic Tacks
- Through Backwards
- Send to an obstacle

How many different obstacles can be used?

Some of the obstacles in this picture fit the Built, Natural and Urban Environments.

Can you work out which is which?



# CONTACTS

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