canine FREESTYLE

1. Introduction to Freestyle
   - Freestyle Organizations
   - Benefits of the Course
   - Freestyle Routines

2. Effective Training Preparation
   - Skill Set Overview
   - Clean Training
   - Recap and Tips

3. Foundation Behaviors
   - Attention
   - Foundation Positions
   - Progressive Training

4. Positions in Motion
   - Performance Heeling
   - Freestyle Heel Position
   - Training Performance Heeling
   - Progress Assessment

5. Basic Freestyle Behaviors
   - Freestyle Behaviors
   - Targeting with Nose and Feet
   - Targeting: Duration of Touch
   - Teaching Freestyle Behaviors

6. Choreographing Routines
   - The Choreography Process
   - Selecting Music
   - Editing Music
   - Putting Movements to Music
   - Putting It All Together
   - Your Routine Plan

7. Preparing for Performance
   - Assembling Your Routine
   - Ending Pose
   - Starting Your Routine
   - Training to Performance Level
   - Performance Day Tips

TRY IT before you buy it