

# canine FREESTYLE

## COURSE GUIDE

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

