



# Webinar 3 - Post Turns

## SUMMARY KEYWORDS

shoulder, dog, turn, pole, cue, agility, post, dizzy, questions, handlers, facebook group, response, happen, tunnel, topic, watch, demonstrate, video, trouble, front

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Hey there, everybody, it's Wednesday, and it's 330 ish. We're having fewer and fewer technical difficulties every time. If you have any trouble listening to the audio, if you're on the if you're in the Facebook group and you're having any trouble with the stream, head on over to [www dot the agility challenge.com](http://www.theagilitychallenge.com), forward slash webinars, and you'll find all of the live stream webinars that I've done so far. And also a link to this week's webinar. So this week,

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the topic kind of came up at the last minute because one of you posted a video of a run that you had from this past weekend in the agility challenge. And I said I was going to go ahead and I asked if you wanted me to review the video, or ask that member if I wanted her to review the video. And she said, Sure, but one of the things that stuck out to me in that video is something that is a problem for a lot of handlers. And that is the idea of post turns and shoulder poles. So I thought, well, let's talk about post turns and shoulder poles. It's a pretty narrow topic, but it's a pretty important topic. And it will be good to



discuss in this format with you guys. So when I'm talking about a post turn or a shoulder pole, let me demonstrate with one of my dogs. What that means front, okay.

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Let's use this toy. So opposed turn is just when you send your dog over a jump, and you turn like a post over. Good job over Good job. Over write, you can't how you can't do that too many times before you get really dizzy. Oh, mister, you have bad aim.

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So you're just turning like a post. And a shoulder pole is kind of a more exaggerated version. Can your frontal use a bigger toy? A shoulder pole is when you see somebody do something like this over?

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Over.

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So there are a couple of problems with that. First of all,

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there's a there's a Miskin of dog hair in my mouth. There's a misconception amongst handlers that pulling your shoulder like that will pull the dog with you. So first of all, it's kind of odd for me to demonstrate that because that's just not a thing that I do.

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When you're thinking about the physical cues that your dog naturally reads, so the way our dogs naturally interpret our body language, is that if they are on the line on a line to an obstacle, and we turn our shoulders away from them, that tends to actually send them forward. So it tends to do almost exactly the opposite to what we think it will do. Can you see the end of this tunnel in the frame? I think we can. Yeah. Okay. So I'm gonna try and demonstrate with a tunnel photo calm.

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Everybody use Photo again. Good job, okay, get that. So a lot of the times give, what you'll see is somebody's sick,

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approaching a tunnel with their dog on course. And they'll try and pull their dog off the tunnel by doing this.

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Which quite often has the opposite effect. Because again, if your dog is online to an obstacle, and you turn your shoulder away, naturally speaking, most dogs will interpret that as a continue forward cue. On the other hand, what comes naturally to dogs, and it's some dogs are more sensitive than others, and some dogs respond more quickly than others. But in general, whether it's a dachshund or a Great Dane, if you want them to come into you, then the appropriate shoulder cue is this to turn into the dog. So turning this way tends to make them go forward. And turning this way towards the dog tends to bring the dog into you. Now, I should pause for a moment and say if you guys have any questions, make sure that you ask your question under the video in the Facebook group or at the website. And I'll try and answer your questions as we go along here.



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So once more to demonstrate doing this tends to send the dog forward. Give me a photo that was pretty good. And

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doing this will bring the dog into you. All right. So when it comes to the idea of a shoulder pole, this by itself without any motion does not have the intended effect. Usually what happens when somebody is doing a shoulder pole and it's effective. What's happened is that they've stopped moving at the same time that they whip their shoulders away.

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So there'll be moving, and then they'll stop. And the shoulder pole shoulder pole works, you think. But really what has gotten, the response was that you were moving and you stopped. So it was the response of your the change and movement of your feet that got the response, not the fact that you did this. So if you were running along, and you did this without me, it would be hard to do. But if you did that without decelerating, then the dog would still go forward. But if you decelerated, and didn't do anything with your shoulders, the dog would turn in. So hopefully that makes sense. Turning your shoulders away from your dog is actually a forward cue that will tend to send them wide and or forward and turning your shoulders toward the dog will bring them into you.

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Now, there are some exceptions to that. So if you have done training to override the dog's natural cues, so for example, you've worked on turning away from the dog in really tight little circles, and having the dogs stick to your leg like glue, when you turn away, then you are going to change that response

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from the natural response to a trained response. But generally speaking, turning away is a forward cue, and the dog will go forward and turning toward the dog is a turning cue and will bring the dog into you. So that is the topic of shoulder polls that I wanted to address because I see it happen over and over and over again, somewhere along the line, we get the idea that doing this will bring the dog with us, when really it's exactly the opposite. And we for some reason, don't put two and two together, because every front cross that we've ever done involves turning our shoulders into the dog, which is part of what brings them into us. And yet when we want to use our shoulders, in other contexts to bring the dog into us, we do exactly the opposite of what we would do in a front cross.

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Okay, so that's shoulder polls, and it comes into play with post turns. Because there are a couple of different ways you can do post turns. With a post turn, if you turn your shoulders away from the dog prematurely. Not only are you going to lose sight of them, but they're going to tend to go wider.

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And this is a little bit of an artificial setup, because there's not much movement into it. But if you turn your shoulder away from them, they're going to tend to go wider, and you're going to lose sight of them. And that might happen, they might cut behind you because they thought you were doing a blind cross. If you want a better post turn with a tighter turn, you'll be better off keeping your shoulders turned into



the dog a little bit and bring it you might even want to bring your outside arm up as sort of a barrier to keep them from going forward too quickly.

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So hopefully you guys can see the difference between that here is a one getting dizzy.

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That's another thing with post turns, you have to go in both directions or you get dizzy, let's switch sides. So if you're just turning your shoulder like this, the response is going to be a little bit less predictable, the dog might go forward. But if you're doing posters where you have your outside arm, let's try that again in front of the dog, and you're keeping your shoulders turned into the dog. Because shoulders turning into the dog is a turning cue,

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you're going to have a tighter turn with your post turn than if you're leading with your shoulder forward like this. So

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any questions on either the Facebook group or the website with this is a pretty simple concept. But it's one that I'm not sure how we get off track with it and get this behavior ingrained. And sometimes people don't even know they're doing it. So it might not be that you're you might not be aware of it until you watch yourself on video. And even if you watch yourself on video, you still might not be catching that that is happening. And it might I'm not sure if people are purposeful about it or if it's just happening. But



watch your videos. And check out and see if you are doing shoulder poles where you turn away from the dog or if you're really turning toward the dog to use your shoulders to pull them into you.

09:01

Okay, no questions. All right. I'll put the replay up later tonight. So if you had any trouble watching this, you can watch a probably slightly higher quality version of it. And you can leave comments on the website or on the Facebook page after you've watched the replay. And also if you have ideas for next week, go ahead and leave that as a comment or you can email me at Daisy at the agility challenge.com. If you've got a question that you want me to address for next week.