



## THE PERFECT DOG TRAINING TOOL GUIDE

- TAKE CONTROL OF YOUR PET
- ELIMINATE UNWANTED BEHAVIORS
- STOP INCESSANT BARKING
- TEACH COMMAND/RESPONSE SKILLS

**Gary B. Contreras**

**Prior to using this e-Book please read the following Disclaimer and User Term Agreements:**

This document is for informational and educational purposes only and it's not intended to make any representations or warranties with respect to the accuracy, relevance, completeness, and/or applicability of its contents nor of the materials hereby presented. Both the author and the publisher of this report have endeavored diligently in preparing this report in response to the need for educational information regarding the product hereby presented. This information is strictly for informational purposes; therefore, if it is the customers' wish to apply the ideas hereby presented to real-life scenarios, then the customer is taking full responsibility for their own actions. Neither the author of this article, nor its publisher shall in any event be held publicly liable to any party, public or private, for any direct, or indirect, incidental, or causal; nor punitive, special or otherwise consequential damages stemming directly, or indirectly, from the use of this, or any other materials associated with the product, or products hereby presented. These materials are presented and provided in "as is" conditions, and without any warranties. We, the author and the publisher of this material hereby disclaim any warranties, expressed or implied, merchantability, or fitness of the product and material presented for any particular use.

ForePets® ©2015. All rights reserved.

No single part of this publication may be reproduced, copied, distributed, nor otherwise transmitted in any form, nor by any means; including, but not restricted to: photocopying, rewriting, electronic or mechanical duplication, or by use of any other device, without prior, explicit consent of its author and publisher. Only exceptions are in the case of cited quotations embedded for the purpose of reviewing a product, or other non-commercial uses as permitted by all copyright laws applicable.

**Contents:**

	<b>Page</b>
Disclaimer and User Terms Agreement	2
Contents	3
Introduction	4
Myths vs. Facts of Dog Whistles	5
Silence of The Whistle	
Instinctive Response to Whistles	
‘Bells and Whistles’ for Dog Training	
Different Strokes for Different Dogs	
A Recap	6
How to Get Started With Your Whistcall Dog Training Whistle®	7
Wake Up Test	
Begin Training	8
A Silent Relationship	10
Command Ideas	11
Speaking of ‘Bad’ Behavior	13
To Bark or Not To Bark	14

## **Introduction:**

Utilizing a dog whistle in the appropriate manner will help you, the responsible pet owner, derive excellent results from your training sessions with your dog.

However, all whistle training only works if and when you use it consistently and appropriately over and over again.

This is especially true during the introductory period and initial training stages, when your pet will be presented for the first time to a new tool that it still does not understand and that it is not at all familiar with.

A few dogs will be able to learn quickly, and in mere days will be able to master basic command/response behaviors with great ease and pleasure; while others will take longer periods to accomplish the same, or similar results and may even struggle with the idea of obedience, but still will learn to understand and relate to the commands being given.

It is very important to note that, while the ultra-high frequencies emitted by these whistles are almost imperceptible to humans, dogs can infallibly hear and detect the precedence of the pitch and its unique levels, and will promptly respond according to its training.

All dogs are different, and no single pitch will be fully audible to all dogs, therefore The Whistcall Dog Training Whistle® by ForePets® has been equipped with an adjustable devise to help you find the suiting and appropriate pitch to work with your dog.

The sound of our whistle is recognizable to your dogs fine tuned ears over vast distances and will help you assert your authority over your pet even when it is out of sight.

Although dog whistles are said to be ultrasonic, they can still be heard by our human ears; however, the pitch we hear is much lower in its frequency than that your dog will hear. This is highly important, as you must always be sure you're able to hear your whistle working properly to provide you with the best efficiency during training and beyond.

## **Myths & Facts of Dog Whistles:**

### **Silence of the Whistle**

A common myth about dog whistles is that all are ultrasonic, and that the sound they emit is completely undetectable by the human ear; in other words, “silent.” The fact is most, if not all, dog training whistles can be heard by the human ear, although at very different frequencies than those heard by dogs. These frequencies don’t only vary between humans and dogs, but from dog to dog as well, so the need for an adjustable frequency device that enables you to find the perfect pitch heard by your dog is imperative when choosing the appropriate training tool for your purposes. It is also good to know that hearing your dog whistle is important because if you are unable to hear anything, your dog may be unable to hear anything either.

### **Instinctive Response to Whistles**

The myth says all dogs have an innate affinity for whistle sounds and immediately respond to them with appropriateness. This idea couldn’t be further from the truth if we put it on the other side of the world. The fact is, without appropriate and consistent training, no dog would ever know how to respond to the sound of a whistle for the first or the hundredth time. It is true that all dogs, provided they’re not deaf, are able to hear the pitch of a whistle; however, no beneficial response will ever be elicited from an untrained dog even if one were to blast the whistle right at the dog’s ear.

### **‘Bells and Whistles’ for Dog Training**

Some people believe that any whistle they buy will work wonders for their pets. They are sure the moment they introduce a dog whistle to their training their dogs behaviors will be changed forever, with the best possible results, and in the shortest period of time. Well; once again, a dog whistle, just like any other training tool, will only derive the results intended according to the frequency of its use and the time dedicated to the task of training. Your pet will only learn to respond positively to your commands if you dedicate a substantial amount of effort to the task; teaching positive command/response behaviors, and elicit nothing short of the greatest obedience from your pet at all times; especially during the introductory and beginners training periods.

### **Different Strokes for Different Dogs**

All dogs are the same; they’re just dogs. Well; yes they are all dogs, but they’re not all the same. Each individual dog will respond differently to training, whistle or no whistle; therefore, a responsible owner will have to dedicate time, effort, patience, discipline and a lot of practice to the endeavor of great training. Some dogs will be able to learn and respond to their owner’s commands in as little as a few days, while others may take up to months of constant training to achieve the desired results. Yes, dogs are just dogs, but with the pertinent and appropriate training your dog can be an outstanding dog!

## A Recap So Far

In the previous pages we've debunked a few myths and concepts about dog whistles. We've mentioned that no proper training whistle is completely 'silent' and that all great whistles must have an adjustable frequency device for finding the appropriate pitch of your instrument; which in most cases is in between 16 and 22 kilohertz. We have also discussed that this pitch is much more audible to dogs than it is to us, humans, and we've mentioned the importance of being able to hear the sound coming out of your whistle, its secondary frequency, as a means of knowing it is operating properly for your dog to hear it too. Your brand new Whistcall Dog Training Whistle® by ForePets® has been designed so its frequencies can be fitted and tuned to your dog's particular needs at the twist of a device. In the following pages we will enumerate a few of the circumstances under which owning a Whistcall Dog Training Whistle® by ForePets® will help you draw great benefits from your training and partnership with your pet.

Some of the most common circumstances are occasions when your pet may be away from you, unleashed or free roaming; perhaps you own substantial acreage and your pet is free to move about unchecked, until you need to call it in to partake of its meals. Sometimes you might be out hiking and your dog may wonder off through the brush or far into the trails; other times you may just be home, leave the door open and your dog may find it fun to wonder out into the neighborhood... and, now what? Well, according to your training, under any of these circumstances your pet should be able to come back to you at the blow of a Whistcall®.

You see, whenever your dog finds itself further away from you than you feel comfortable with, or when your voice just won't do the job of bringing your pet back to you, it is your Whistcall Dog Training Whistle®'s job to get your pet's attention and get him/her back to where it is supposed to be; next to you, without the need for excessive noise or yelling. Thanks to the whistle's ultrasonic frequency your dog will always be able to hear your call easier than your voice and it will react to it in the manner you desire, saving you time and effort to retrieve him/her from wherever he/she may have wandered off to.

Once again, it is important to remember that, without proper training with your pet, it will be nearly impossible to elicit any appropriate reactions from your dog, no matter how much or how loud you blow your whistle. So, it is important to follow the instructions and training tips enumerated in these pages to accomplish the greatest, most desirable results. Furthermore, even when you have accomplished a level of obedience and positive response from your pet, it is of utmost importance to continue to reinforce your relationship with your dog by training and positive rewards for all milestones accomplished. Building the proper relationship with your pet, through positive training, aided by your Whistcall Dog Training Whistle® by ForePets®, will make your training more fun and productive, but you've got to remember; whistle training should always be done in a consistent, persistent, and patient manner in order to achieve the greatest results.

## **How to Get Started With Your Whistcall Dog Training Whistle®**

Your dog whistle comes to you packed in a small zip bag which you can reuse to store your whistle, or for any other purpose you desire. The insert that accompanies your brand new whistle contains brief information on how to begin using your new training tool, and you should refer back to it if you ever need to readjust or “re-tune” your piece. Below you will find a much more in depth, step by step guide on how to use your whistle.

### **Wake Up Test**

In order to find a perfect whistle pitch match for your dog, you may begin by performing a simple wake up test as follows:

- 1.- Give time to your dog and wait until he/she has fallen deeply asleep.
- 2.- Separate the black-plastic dust cover from your whistle to adjust the pitch and tailor it to your dog's ears:
  - A. Gently but steadily blow the whistle while rotating the adjustor rod until you observe your dog react to the ultrasonic pitch. The reaction you want to obtain is a full wake up; however, often times dogs will react by merely perking up their ears and pointing them in the general direction of the sound.
  - B. When you obtain a reaction from your dog to the sound of your Whistcall Dog Training Whistle® by ForePets® secure the pitch by tightening the locking nut into place, this will ensure that your whistle elicits a positive response from your pet every time.
  - C. Test the reaction to the sound by allowing your pet to roam away from you, or to fall asleep again, then blow on the whistle at the frequency you obtained before. If your dog perks up at the sound your whistle is emitting, you have a correct match.
  - D. If your dog does not react to the whistle's frequency try modifying the pitch by following steps A through C again until you obtain a matching frequency for your dog.

## **Begin Training**

- Use your new **WhistCall High Frequency Dog-Training Whistle®** with varying sequences:
  - Begin with simple command-reaction demands on your pet such as the Wake Up test, ‘Come!’ or ‘Stay!’ commands.
  - Follow by increasing the complexity of your commands, or by changing the scenario under which you train. If you usually train at home, try going to the park, hiking, or outdoors anywhere.
  - For example, emit a long burst to command your dog to ‘come’ to you; a series of short ‘bursts’ to command him to ‘sit,’ ‘stay,’ and so-on.

**Always remember to keep your whistle commands consistent to allow your dog to know what you expect of him.**

- Your dog’s behaviors and responses to your commands need to be consciously trained to achieve the best results. It must also be remembered that positive rewards also aid in the training process; these rewards may be in the form of dog training treats, play time after training, or a simple pat in the back or cooing.
- Implement commands-response training at meal times to help elicit better responses. A dog that is full will prefer to go lay down and sleep off its meal, while a hungry dog will do most anything his owner requests of him/her for a good eating.
  - Blow your whistle before feedings to condition your dog to hear the whistle’s pitch before food. This will elicit a response to the whistle call by telling your dog it’s time to come eat.

**If done right, eliciting appropriate responses from your pet will only take a few training hours to do. Nevertheless, training should be an ongoing task, and should be constantly reinforced.**



- If done right, it will only take a few trials for your dog to begin to react quickly and effectively to your commands. Nevertheless, as we have mentioned before, every dog is different, and not all dogs will pay the same sort of attention to your whistle's sounds; furthermore, even if your dog hears the sound, he/she may not want to participate in your training sessions at any given time. Remember that positive reinforcement will be your best ally in training; always use a combination of voice commands, gestures and, in some cases, treats to entice your pet to respond to your commands. This will not only help you achieve better results in your training, but will also help create a stronger bond between you and your pet.
- Practice makes perfect, and the best thing will always be for you to be consistent in your approach at training. Be patient, diligent, and overall have fun.

### **A Silent Relationship**

Once you have conquered the first stages of training and you have been able to build a positive relationship between your dog and you, via your whistle training, you are ready to move into “silent” commands. Training and commanding your dog with an ultrasonic whistle is tantamount to training with gestural or hand signals; however, this can only be accomplished once the basics have been fully learned and developed over a period of time. Always refer back to the “Wake Up Test” methods to help you determine your whistle’s frequency accuracy and match with your pet.

It is also beneficial to determine whether your dog is able to hear and respond to one or two different frequencies that you can work with in order to diversify your tool’s functionalities and to introduce different commands.

Just like previously exemplified, you can emit short, staccato sounds to command your dog to ‘Sit!’, or a long blast to mean ‘Come!’ In addition, you can create a myriad of different sounds and sound combinations to mean any command, such as ‘Meal time!’, or ‘Potty time!’, et cetera.

Remember, as your dog learns the whistle sound commands and the response that is expected of him/her, it will be less and less necessary to combine both the whistle and voice, or gesture to elicit the correct action from your pet. Increasingly you will be able to blow your whistle and get your dog to perform just as you desire.

## Command Ideas

‘Come!’: this consistently appears to be the easiest command to teach your dog, as it will be almost natural for your dog to wake up, or to turn to the sound of your whistle, simply out of curiosity from the beginning of your training.

- Commence by emitting a sound (for example, a blast of up to a second in duration). This sound should elicit your dogs reaction and it should turn to you.
- Immediately react to your dogs reactions by praising their attention and calling them to you verbally or gesturally.
- Repeat these steps constantly and consistently for a number of days. Remember to always emit the same sound for the same duration so your pet will become accustomed to the sound and the response.

Once trained on this command, but before you move onto others, attempt to gain the same positive response from your dog by changing the scenery; for example, if you have been training in your backyard for some time, try going to a park, or on a hike, and follow the steps mentioned above to see your pet’s reactions.

If you have succeeded in eliciting the correct response from your pet then you’re ready to commence training with the second command, and so on.

Always introduce a new command by itself. Do not attempt to introduce two or three commands, and their respective sounds, at once because your dog will only become confused and you will, in turn, be disappointed.

‘Sit!’ or ‘Stay!’ Commands: Just like we have mentioned before, each command should include its own whistle sound and, if you decided to include it, its only hand gesture. The commands to sit and stay, should be separated from one another. Many people become frustrated because they have taught a command to ‘Sit!’ to their pets, and they assume their dog will remain seated even when presented with other arousing situations or items. This is not the case; the command to ‘Stay!’ should be trained, practiced, and reinforced separately from the command to sit.

To train your dog in both of these commands you may want to practice the following:

- While approaching your dog with a morsel, or a treat in your hand.
- Allow your dog to detect the smell of the treat, and encourage your pet to follow the scent of the treat by passing it in front of him/her without allowing for the dog to take it out of your hand. This practice will entice excitement in your pet, and will predispose it to follow your commands.
- Passing the treat over your dogs head, from front to back, your dog will automatically want to sit to be able to follow the scent coming off your hand. Emit the sound you’ve chosen for the command to ‘Sit!’ at this very moment and reinforce your dogs behavior by allowing it to eat the treat and seeing you rejoice.

- Repeat the same process a number of times, but never excessively at any one time. All commands should be practiced in brief periods while your pet's attention is stimulative, and discontinue when your dog loses interest to avoid negative episodes.
- As your dog becomes accustomed to the sound of the whistle and the commands you're introducing, try to elicit the behaviors without the treats, but continue with the praise. Eventually your pet will respond to the sound of the whistle by itself, even if no treat or praise follow immediately.
  - Once you have achieved steady success with your sitting command, introduce the next level, 'Stay!'
    - This should be somewhat of a simpler command to teach, since at this moment you should already have mastered the command to sit, at least to an intermediate level.
    - The difference now will consist on the introduction of the stimulant, the doggy treat, at a distance.
    - To begin with, command your dog to sit (blast the 'Sit!' command). When your dog is in its sitting position, place the stimulant on the floor, or on his food bowl.
    - As you place the treat down command your dog to 'Stay!' by emitting a different whistle blast and holding your free hand in front of you, essentially blocking your dog from getting to the stimulant.
    - If your dog disobeys (or misunderstands) your command, remove the treat before your pet gets a chance to get to it.
    - Repeat the steps and reward appropriate responses.
- It is also OK to punish, though never physically nor abusively, incorrect or inappropriate behaviors, but this should be done in a similarly appropriate and consistent manner as anything else. Your dog will always appreciate your level headedness.

**As always, it is important to remember to keep your whistle commands consistent to allow your dog to know what you expect of him, and to remain calm and level-headed when things do not go according to plan. Your commands should always be the same for each response you're trying to elicit from your pet and this consistency should remain throughout the training periods and beyond.**

### **Speaking of ‘Bad Behavior.’**

Any dog’s attentions span lasts as long as the next command. With this thought in mind, you should know that your whistle blasts should always elicit your dogs renewed attention to what you’re commanding them to do next, so stopping bad behavior should be of little issue once your dog is accustomed to command/response training. This is not to say that you cannot teach your dog how to be obedient from the get go. In fact, by teaching your dog command/response behaviors such as ‘Come!’, ‘Sit!’, ‘Stay!’, et cetera you are in essence predisposing your dog to obey you at all times and to respond to your requests to cease incorrect, inappropriate or ‘BAD’ behaviors.

Distracting your dog from engaging in unwanted behaviors is the principal concept in curbing wrong doings. When you notice your dog is either involved in the wrong behavior, or better, about to engage in misbehavior, do the following:

- Rather than scolding your pet and becoming angry, blast off the command to ‘Sit!’
- Such command should be followed by the appropriate response, since the dogs attention should have been diverted away from whatever he/she was doing, or about to do.
- Once you’ve elicited your dog’s attention, blast off your command to ‘Come!’
- As your pet returns to you, most likely with its head down, do not scold him witlessly; instead, praise his obedience to your commands and provide an alternative behavior, if possible, to what he/she was doing or about to do.
- If the behavior persists after the first time, repeat command/response steps as indicated above.
- Another method you can develop on your own is in the form of a special command which indicates your pet he/she should cease doing whatever he/she is doing. For further recommendations on more commands and suggestions please feel free to contact us; we’ll be more than happy to help you.

## **To Bark or Not To Bark**

As we mentioned on page five, many people believe dogs are prewired or predisposed to obey whistle commands innately, or that all dogs will react positively —according to what us, humans, believe to be appropriate behavior—, to the ultrasonic sound of a dog training whistle. Once again, this belief could not be further from the truth, if it were on the moon! Nevertheless, people constantly purchase whistles, like ours, believing that by using them they will be able to control disrupting dog barking from dogs across the yard or across the neighborhood. One thing to say about this is the following; no two dogs, just as no two humans, are the same, and while you might be able to find a pitch that the loud neighborhood dog may hear, you would still need to train that particular animal to respond to your whistle's frequency in the manner you intend. Many people purchase training whistles and spend hours a day blowing it incessantly, and disappointingly, without obtaining any positive feedback from the dog next door. If anything, the dog they intend to quiet down with their new tool becomes all the more agitated and reacts by barking in its own attempt to quiet the strange sound that is hurting him so much.

What we mean by the previous statements is what we've been saying throughout this book; that is, without proper, positive training no dog will ever react innately to the sound of a training whistle in the manner in which the whistle-blower intends it to. Remember; ours, and all other training whistles are just that, training whistles! This means that there has to exist a three way relationship between the dog, its human, and the whistle in between them. This relationship must be one of mutual understanding between the thinking parts, that is the human and the animal, and the whistle will serve as an intermediary for the two parties to interact with one another.

In this manner, if your intention for buying the whistle you now hold in your possession is simply to get rid of a random dog's incessant barking then, we must tell you, you have purchased the wrong tool for the job. Our Whistcall Dog Training Whistle® by ForePets® is by no means a silencer, nor a repellent, nor a punisher of any sort; it will do nothing to quiet down your neighbor's dog when it barks, and in turn may even anger the animal more and provoke it to bark even louder and more annoyingly. Therefore, instead of wasting your money and time buying an instrument like ours for the wrong purposes, we recommend, if what you want is to live a quieter life; free from annoying dog barks and unnecessary headaches, you take the necessary time to train your own dog(s) to minimize their barking behaviors, and that in turn you recommend our product to your neighbors, as they themselves may be bothered by their own barking pet, but may not know what it is they can do about it. They may know nothing about training, or the tools at their disposal, such as a dog training whistle, so by doing the neighborly thing you will contribute to your own peace of mind and will surely enjoy more quiet moments in the comfort of your home; not to mention, your pets will also enjoy the peace and tranquility good training will cause them to feel.