



## The Alpha Rules!



**Leaders go first.** Make your dog wait at every door and gate (including the car) until you allow the dog to go through it. Make sure you go out the door first. Use the word “wait” and then a release word.



**Leaders eat first.** You and your family eats first, then you feed the dog BUT not at the table.



**Leaders control food.** If the dog gets to eat anytime he likes, *he's* the leader, the Alpha. No self feeding.



**Leaders get the best spots.** Do not let the dog on your furniture, including your bed. He can come only if you invite him. Once or twice a week is plenty until he knows his place.



**Leaders have the highest place to sit or lie down.** When you have a problems with your dog, do not let him be higher then you are. Do not sit on the floor while your dog is lounging on your sofa. Wrong! Let him be on the floor next to your leg and you sit on the sofa.



**Leaders can go wherever they want,** and the dog must get out of their way. There should not be ANY resistance on his part. He should move away quickly, if not just run right into him.



**Leaders get to see tummies and genitals.** Submissive gesture for the dog is to expose his stomach and genitals to the Alpha dog. You can use a tummy rub for that purpose.



**Leaders stand tall.** When playing make sure you put your hand (paw) or head on your dogs back or put your chin on his head, but do not let him do same to you. If your dog is misbehaving, stand up and be tall; do not bend over.



**Leaders can stare.** If you look at your dog, do not avert your eyes first but wait till he does. Check on this, you will be amazed how many times you look at your dog and how quickly you avert your eyes not even thinking about it.



**Leaders can take the toys and keep them.**



**Leaders do not play tug of war.** If you must play this game *ALWAYS* make sure you win, The dog *MUST* give you the toy.



**Leaders do not chase members of their pack.** do not chase your dog, rather let him run after you.



**Leaders are fair and benevolent, not cruel.**

Leaders = Alpha, inspires security, confidence, and happiness in the souls of their pack members

