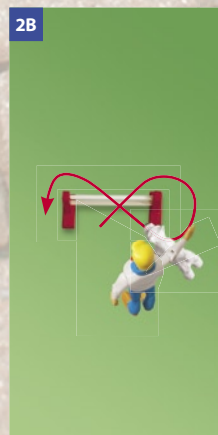
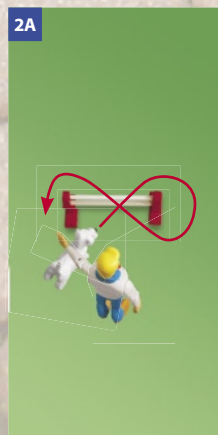
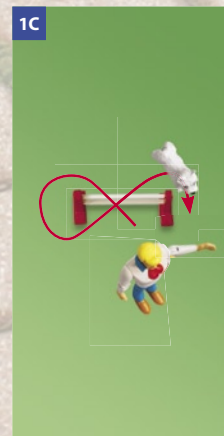
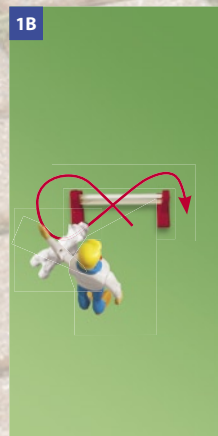
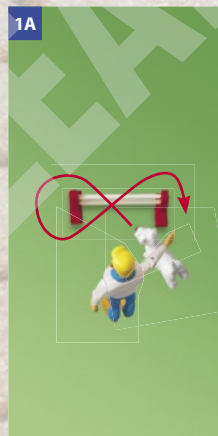
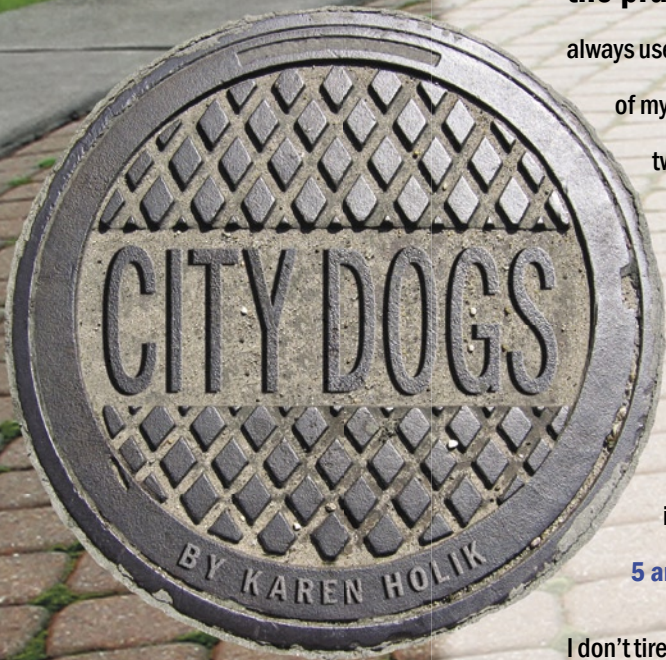


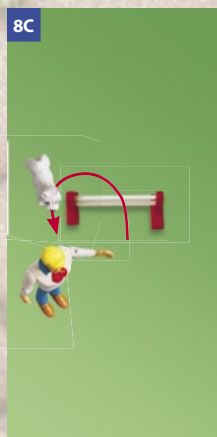
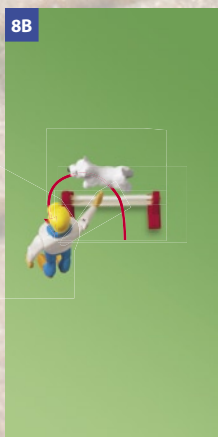
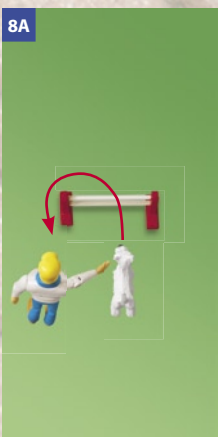
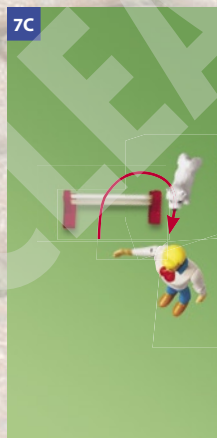
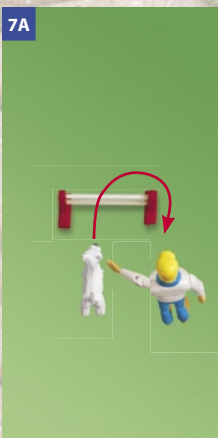
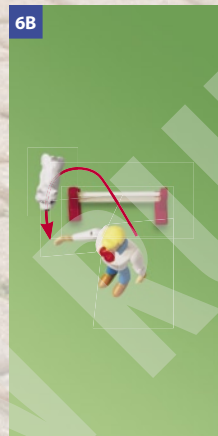
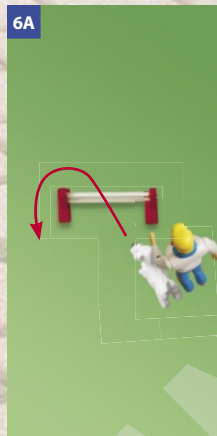
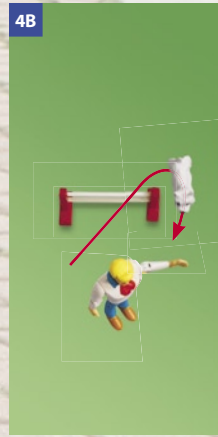
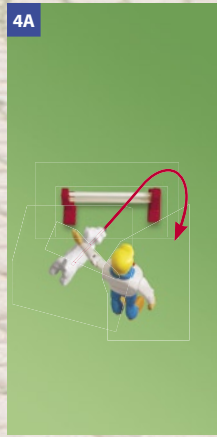
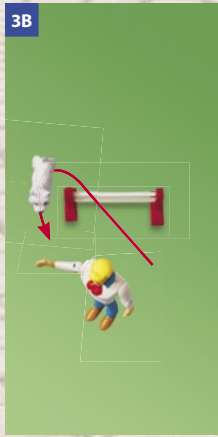
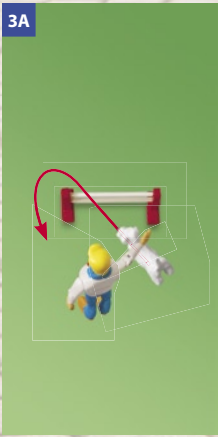
This month's exercises focus on drills you can use while at the practice jump at your next agility show.

I believe you should always use the practice jump with a plan in mind. I have a certain routine with each of my dogs that I use at the practice jump. I approach the practice jump with two basic ideas in mind. One is that I need to warm up my dog. The other is to practice parts of the course that I might have trouble with.

My usual routine consists of doing a basic figure eight on both sides as shown in **Figures 1 and 2**. I will then work on something that I might need in the ring that particular day. For example, there may be a tough wrap around a jump, while needing to keep your dog on the same side as in **Figures 3 and 4**. There might be a tough rear cross as shown in **Figures 5 and 6**. Exercises for a front cross are shown in **Figures 7 and 8**.

I don't tire my dog out by doing all of these exercises at the practice jump, but I also don't toss my dog over the practice jump without doing something that I believe my dog needs to work on before going in the ring. 🐾





NOTE: Remember that the practice jump is there for *all* competitors to use to warm up their dogs. If you plan on doing more than four or five jumps, you need to make sure that your warm-up time doesn't infringe on the warm-up time of other competitors. Be aware when others are waiting for their turn, interrupt your warm-up to let them take their turn, and then resume when there is no waiting line.

Karen Holik has been involved in agility for over 10 years as a competitor and also a USDAA and AKC judge. She has competed in the finals of the USDAA Grand Prix World Championships seven times with all her dogs: two Shelties, a Border Collie, and an All-American. Her youngest dog, MACH Triune's Feelin Hot Hot Hot (a.k.a. Sizzle) won the Steeplechase event at the USDAA World Championships in 2003. Karen and Sizzle were members of the AKC/USA World Team in 2003, 2005, and 2006. Karen offers private lessons and seminars and can be reached at oncourseagility@comcast.net.