



Supreme
Pet Home

FREE GUIDE

Leash pulling: a 7-day plan

10 to 15 minutes, twice a day, for dogs that pull on the lead.
From the trainers at Supreme Pet Home, Kapan.

7 days

one step a day

10–15 min

twice a day

A log

to track progress

Supreme Pet Home · Kapan Ram Mandir, Budhanilkantha-11, Kathmandu
Call, WhatsApp or Viber **+977 971-4624151** · supremepethome.com

Why your dog pulls

Your dog pulls because pulling works: the lead goes tight, you follow, and the dog gets where it wants to go. Every walk where pulling works teaches the dog to pull harder.

This plan changes one rule:

Loose lead: we walk. Tight lead: we stop.

What you need

- ✓ A lead 1.5 to 2 m long. Not a retractable lead: it teaches the dog that pulling earns more lead.
- ✓ A flat collar, or for a strong dog a harness with the lead clip on the chest.
- ✓ Soft treats in pea-size pieces. Boiled chicken works.
- ✓ A treat pouch or a pocket on the side you walk.
- ✓ 10 to 15 minutes, twice a day, before meals.
- ✓ One word to mark the moment: "Yes".

Pick one side, left or right, and keep it for the whole plan.

The 7 days

Day 1. The spot

Where: inside the house.

- ✔ Stand still with the lead on.
- ✔ Each time your dog stands or sits next to your leg, say "Yes" and give a treat at your leg. Repeat 20 times.
- ✔ Take 1 step. When your dog follows to your leg, "Yes" and treat.

Done when: your dog stays near your leg for 5 seconds.

Day 2. First steps

Where: a room or the yard.

- ✔ Walk 5 steps. "Yes" and treat at your leg while the lead is loose.
- ✔ Turn and walk 5 steps again.
- ✔ Over 3 sessions, build up to 20 steps between treats.

Done when: 20 steps on a loose lead, indoors.

Day 3. Be a tree

Where: the yard or the gate.

- ✔ The moment the lead goes tight, stop and stand still. Do not pull back.
- ✔ When the lead goes loose, because your dog looks back or steps back, say "Yes", treat at your leg and walk on.

Done when: your dog checks back to you when the lead goes tight.

Days 4 to 7

Day 4. About turn

Where: the lane, at a quiet hour: 6 to 7 am in most of Kathmandu.

- ☑ When your dog rushes ahead, say "This way", turn and walk the other way.
- ☑ When your dog catches up to your leg, "Yes" and treat.
- ☑ Mix with the Day 3 stops.

Done when: your dog follows the turn without a tight lead.

Day 5. The lane

Where: a 100 m stretch of a quiet lane.

- ☑ Walk the stretch up and back.
- ☑ Treat every 3 to 5 steps of loose lead. Stop each time the lead goes tight.
- ☑ Count the stops.

Done when: fewer than 10 stops in 100 m.

Day 6. Scooters, street dogs and people

Where: a lane with some traffic.

- ☑ Keep 10 m or more from street dogs. Cross the lane early.
- ☑ When your dog sees a scooter or a dog and the lead stays loose, "Yes" and treat.
- ☑ If your dog fixes on it and pulls, turn and walk away, then try again from farther back.

Done when: your dog passes a scooter on a loose lead.

Day 7. The test walk

Where: your usual walk, 15 minutes.

- ☑ Use the Day 3 stop and the Day 4 turn.
- ☑ Treat every 10 steps instead of every 3 to 5.
- ☑ Count the stops and compare with Day 5.

Done when: you finish the walk with fewer stops than on Day 5.

After day 7

- ✔ Keep the rule on every walk: loose lead, we walk; tight lead, we stop.
- ✔ Give fewer treats over 2 to 3 weeks. Keep them for the best moments.
- ✔ On a day with no time to train, play in the yard instead. A walk that lets pulling work undoes the plan.

When to call a trainer

- ✔ Your dog lunges, barks or growls at dogs, scooters or people.
- ✔ Your dog is too strong for you to hold.
- ✔ Pulling comes back after 3 weeks of the plan.
- ✔ Your dog guards the lead, or bites.

Never jerk the lead or use a choke chain. It hurts the neck and teaches fear, not walking.

Your 7-day log

Day	Sessions	Minutes	Stops	Notes
1				
2				
3				
4				
5				
6				
7				

General advice for healthy adult dogs. For a puppy under 6 months, keep sessions to 5 minutes. For a dog that bites, see a trainer first.



Book an assessment at Kapan

A trainer watches your dog walk, finds the cause and writes a plan for your dog.

The assessment costs **Rs 1,500** and sets the plan; behaviour sessions are Rs 1,500 each. Message us with your dog's name, breed and age.



Scan to message us on WhatsApp

+977 971-4624151

Kapan Ram Mandir, Budhanilkantha-11 · 7 am – 7 pm, every day ·
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