

# Shaping Targets – Find 4 Feet

## You will need:

- **Front Feet Target** (a low level target that your dog can comfortably place both front feet on)
- **Rear Feet Target** (a low level target that your dog can comfortably place both rear feet on)
- **Ipsilateral Feet Target** (a low level target that your dog can comfortably fit both LEFT or both RIGHT paws on - at the same time.)

Note: You might be able to get away with using your Front Feet Target + Rear Feet Target, side by side (length wise) in lieu of an additional Ipsilateral Feet Target.

It is important that the targets are non-slip on both the top and bottom, and easily distinguishable from the ground. You can add yoga mat, cupboard liner, gator grip, or non-abrasive anti slip tape to the tops and bottoms of your targets to help keep the targets safe for your dog.

Remember to ALWAYS exercise on a non slip surface! If your targets easily move around on the surface you're working on, they are too slick. We wouldn't want your dog's limb to accidentally slip!

## **Recommended Height of Targets:**

- Small dogs: ½" to 1"
- Medium dog: 1.5 -2"
- Large dog: 2-3"

(I usually go with the lower end for height)

Targets that are too thin are harder for the dog to “find” with their feet, and targets that are too thick/high off the ground make the movement mechanics too challenging for now.

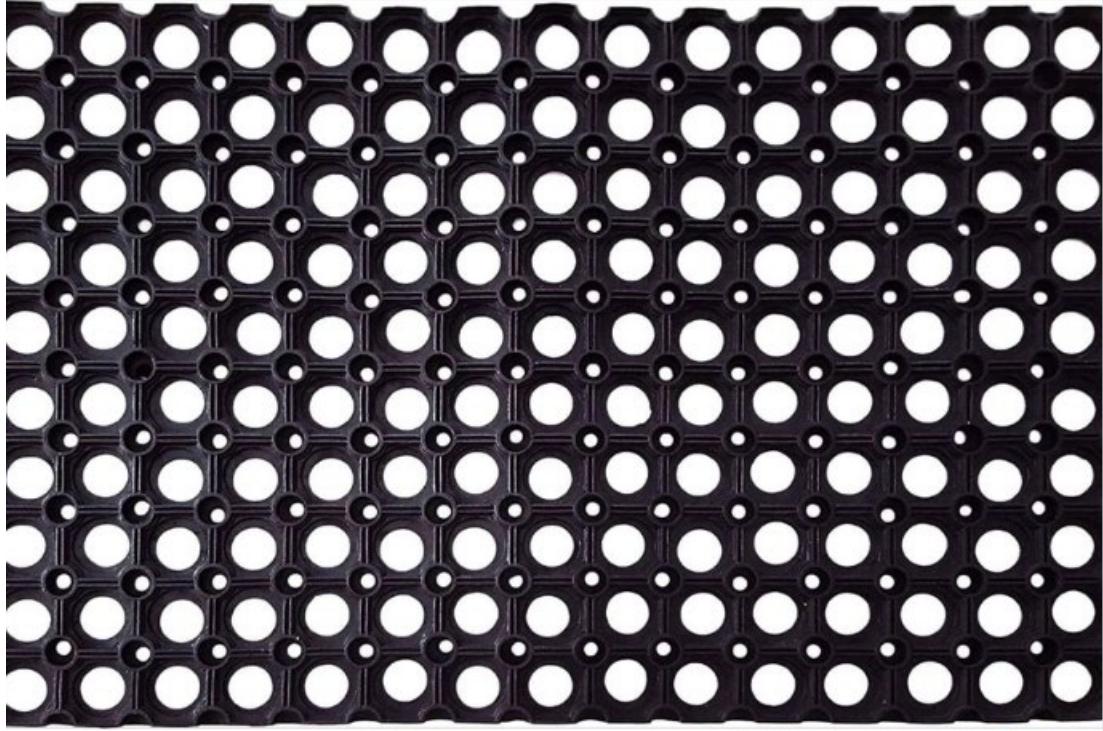
## **Width & Length – Front Feet & Rear Feet Targets**

These targets should be square or rectangular with a side length of 1.5 – 2x the dogs shoulder width.

Measure your dog’s shoulder width by having them in a square stand, then measure from outside of 1 paw to outside of the other paw. For length, multiply this number by 1.5 - 2x. For width, go with about 1x shoulder width.

## **FF/RF Target Ideas:**

- Thick Yoga Mat (cut up to the above specs)
- Wooden board/old cupboard door covered in yoga mat/gator grip/cupboard liner
- Plywood/Low level scrap wood, sanded and covered in yoga mat/gator grip/cupboard liner
- Rubber door mat
- Silicone dish drying mat (if your dog is ok with the textured surface)
- Foam puzzle pieces
- Bath mat



## **Width & Length – Ipsilateral Feet Target**

This target should be longer than the length of your dog's body in a square stand, approximately 1.5x their body length.

We want this target to be longer than your dog's body, to give them enough room to confidently be able to place the side of their body on the target, with plenty of wiggle room!

The width should be 1x your dog's shoulder width as measured above.

### **Ipsilateral Target Ideas:**

- Thick Yoga Mat (cut up to the above specs)
- Wooden board/old cupboard door covered in yoga mat/gator grip/cupboard liner
- Plywood/low level scrap wood, sanded and covered in yoga mat/gator grip/cupboard liner
- Rubber door mat
- Silicone dish drying mat (if your dog is ok with the textured surface)
- Foam puzzle pieces
- Bath mat

