All Dogs Parkour Foundation Skills Titling Program
(updated to December 2, 2020)

Table of Contents

General Information

The Foundation Skills Titling Program is open to puppies as young as 12 weeks and to all adult dogs. The program is an optional adjunct to the ADP titling tracks and may be done at any time before, during, or after a dog has earned other ADP titles.

The skills demonstrated in this program pertain to parkour but also serve as a foundation for other dog sports, boosting confidence and enhancing the relationship between dog and handler. The program is a structured and easy way to introduce a new dog (whether puppy or adult) to the fun of training.

Please refer to the Measuring Your Dog document for measurement descriptions. It is located on the Get Started page of the website.

The term "EF" is used throughout this document. An "EF" is an Environmental Feature, such as a bench, table, tree stump, or whatever "thing" you are working with for the particular exercise. To learn more about EFs, read the "EFs (Environmental Features)" section in the Rules and Guidelines (R&G) on page 8. The R&G are on the Get Started page of the website.

Spotting and/or supporting is required for some exercises. Please watch the All Dogs Parkour - Teaching Spotting and Supporting video on YouTube at https://www.youtube.com/watch?v=w4yJbVVDM5s&t=43s to make sure you do those exercises correctly.

If any other terms or descriptions are not clear to you, please email info@cyberrally-o.com or post on the Facebook page https://www.facebook.com/groups/AllDogsParkour. Your question will be answered

quickly.

Registration

Dogs must be registered with ADP to participate in this program. See the ADP Rules and Guidelines for registration instructions. The Registration Form is on the ADP website: www.alldogsparkour.com

Entry Fees

Entry fees and retry fees are the same as for other ADP entries. See the Rules and Guidelines for details, including the multiple entry discount. Use the Entry Form on the ADP website and specify "Foundation" and the Level(s) in the Location section of the entry form.

EFs and Locations

Other than size requirements as written in the exercise descriptions for each level, there are no EF (environmental feature) restrictions. You may use EFs that you collected and brought to the video session, including those that you make yourself.

There are no location restrictions or requirements. Entries can be done in any location or combination of locations. You do not need to specify the location in the entry form.

Levels, Qualifying, and Titles

There are three levels and three titles. Dogs may complete any or all levels in any order. Other than age requirements for puppies, there are no prerequisites for any level. More than one level may be entered with the same entry form.

To qualify for each title, the team must perform each exercise safely, skillfully, and with willingness on the dog's part. See the ADP Rules and Guidelines for video instructions.

Completion of the FS Level 1 requirements earn the ADP-FS1 title.
Completion of the FS Level 2 requirements earn the ADP-FS2 title.
Completion of the FS Level 3 requirements earn the ADP-FS3 title.

FS Level 1

Age: Puppies must be at least 12 weeks old at the time of participation.

Exercise restrictions: This level does not include jumping, climbing, or getting on and off EFs. These restriction do not apply to adult dogs (at least one year old).

Equipment: No leash or harness is required for this level, except when specified. Handlers may use a leash and rear clip (not front clip) harness for safety or comfort (such as when working at a public park or near a busy street). The dog may not have a leash attached to a collar for any exercises.

Reinforcing and Luring: Rewarding with food or toys, praising, and petting are permitted and encouraged, even while doing an exercise. The handler may not physically manipulate the dog, but luring is permitted for all exercises. Target sticks and hand targets may be used wherever a lure is permitted.

Requirements: Choose ten (10) exercises from the list below. Teams must complete all ten exercises safely, skillfully, and with willingness on the dog's part. All surfaces where the dog will step must be non-slippery, including surfaces of EFs.

FS Level 1 Exercises:

1. Putting on the Harness: The dog waits calmly while the handler puts the rear clip harness on the dog and fastens the strap(s).

2. Focus and Following: The handler walks a few steps in one direction, then a few steps in the opposite direction, then a few steps in the first direction. The dog must focus on and move with the handler, changing directions when the handler does. This is not a heeling exercise. It is an exercise in attention and following the handler's lead when the handler changes direction.
   NOTE: This exercise may not be done with a lure, but the handler may use verbal and body signals to keep the dog focused and following.

3. Mark and Reinforce: A "marker" is a signal to the dog that s/he has done something right. It can be a click from a clicker, a word such as "Yes!" or another type of signal. A "reinforcer" is something the dog likes and wants, such as a treat. In this exercise, the handler shows how to mark and reinforce. The reinforcement can be treats, toys, praise, and/or petting. It must be obvious to the judge that the dog is being reinforced by what is offered as a reward. For example, the dog must appear eager for the treat, toy, etc. and happy to receive it.

4. Targeting with Two Paws: The dog puts two front paws on a ground target and remains stable and focused for 2+ seconds. The ground target must be flat or nearly flat

to the ground (see suggested targets). You must show this exercise twice - using a different type of target each time. Suggested targets are a mouse pad, place mat, plastic lid, plate, or carpet square. There is no minimum distance to send the dog to the target. There is no size requirement for the target. The two performances of the exercise do not need to be done in the same clip.

5. Targeting with Four Paws: The dog puts all four feet on a ground target and remains stable and focused for 2+ seconds. Suggested targets are a bath mat, dog bed, towel, or crate pad. The dog may sit, stand, or down on the target. There is no minimum distance to send the dog to the target. The size of the target must be no larger than twice the dog's length (tip of nose to base of tail) in any direction. Only one targeting behavior is required for this exercise.

6. Backing on the Flat: The dog backs at least two steps on the ground. "Two steps" are counted as each of the dog's rear legs moves. So each back leg will move backwards at least once. This exercise may be done in approximate Heel, Side, or Front position. The line need not be straight as long as the steps are taken backwards. The handler may move with the dog if the handler is beside the dog and may use a lure, target stick or hand target. The handler may NOT move with the dog if the handler is in front of the dog. This exercise may be done using a target for the rear feet. It may also be done using gates or barriers to help the dog stay straight.

7. Get In a Box: The dog steps into a box or similar EF with all four feet and remains stable and focused for 2+ seconds. The EF may be up to twice the dog's length (tip of nose to base of tail on all sides (or diameter) and must have low sides so the dog can easily step in and out without needing to jump. If the dog jumps it will not NQ the entry, provided it is clear the that box is low enough for the dog to step in. Be certain the interior of the box and the ground outside the box is not slippery.

8. Go Around: The dog leaves the handler and goes around an EF in each direction. The EF can be any size or shape. There is no distance requirement. After each direction, the handler may toss the reward, if desired.

9. Foundation Go Under: The dog goes under an EF that is above shoulder height but lower than head height, so the dog only needs to lower his/her head.

10. Balancing: Dog puts two front feet on a fitness cushion, pod, or any slightly moving object that is rounded. The EF must be no higher than the dog's stopper pad (hock for adult dogs). Reward continually on the EF as the dog finds his/her balance. No set time is required.

11. Foundation Between: Dog goes between two EFs that are spaced apart at least twice the dog's chest width.

12. Spins: Dog turns 360 degrees CW, gets reinforced, and then turns 360 degrees

CCW. You must reinforce in between the two turns. The dog must do the turns in a controlled manner, without throwing his/her body around, and without the nose high in the air. The turns should be done with the dog's head slightly lowered nearly level with the dog's back, and the handler must make certain that the legs do not slip.

13. Do a Trick: Demonstrate any trick (not done in other Foundation entries), suitable for the dog's age, in which at least two feet remain on the ground. Suggestions are a raised paw, crossing paws, Peek position (standing between handler's legs facing forwards or backwards), hand targeting, hand shake, and barking on cue. Adult dogs may jump over a low (elbow height or lower) EF.

14. Foundation Walk On: The dog walks on an EF, such as a plank, at least one body length (tip of nose to base of tail). The EF must be no higher than the dog's stopper pad (hock for adult dogs) and must be at least as wide as the dog's chest width. The EF may have a barrier on one side, such as a step riser or a wall. This exercise must be done with the rear clip harness and leash on the dog and the handler must demonstrate spotting throughout (holding the leash directly above the harness clip with very little slack in order to be able to support the dog if s/he slips) and the handler must also demonstrate supporting the dog when stepping off the EF. To do this exercise correctly, the handler must spot throughout and support off. Please watch the video "All Dogs Parkour - Teaching Spotting and Supporting" on YouTube at https://www.youtube.com/watch?v=w4yJbVVDM5s&t=43s . It is also accessible through the website on the Get Started page. It is the first video on the Spotting and Supporting Playlist.

15. Foundation Ground Straddle: The dog walks over a very low EF to put front feet on one side of the EF and leaves rear feet on the other side of the EF. The dog remains stable and focused for 2+ seconds. The EF must be no higher than the dog's stopper pad (hock for adult dogs). The EF must be no wider than about 1/4 the distance between the dog's front and rear feet.

FS Level 2

Age: Puppies must be at least 18 weeks old at the time of participation.

Exercise restrictions: This level does not include jumping, climbing, but may include getting in and on EFs and stepping (not jumping) off EFs. These restrictions do not apply to adult dogs (at least one year old).

Equipment: No leash or harness is required for this level, except when specified. Handlers may use a leash and rear clip (not front clip) harness for safety or comfort (such as when working at a public park or near a busy street). The dog may not have a leash attached to a collar for any exercises.

Reinforcing and Luring: Rewarding with food or toys, praising, and petting are permitted and encouraged, even while doing an exercise. The handler may not physically manipulate the dog, but luring is permitted for all exercises. Target sticks and hand targets may be used wherever a lure is permitted.

Requirements: Choose ten (10) exercises from the list below. Teams must complete all ten exercises safely, skillfully, and with willingness on the dog's part. All surfaces where the dog will step must be non-slippery, including surfaces of EFs.

FS Level 2 Exercises:

1. Release Cue: The dog takes a position (cued or not) and responds to a release cue to leave the position. No duration in the position is required, but it must be clear that the dog is waiting for the release cue. Rewards may be given while the dog is in the position or after the release. Instead of using a release cue, the handler may cue another behavior to release the dog from the position. For example, if the dog is sitting, the handler may cue a down or stand.

2. Recall: The dog responds to a recall cue by going to the handler upon hearing or seeing the cue. This may be done while the dog is engaged in another activity, while the dog is waiting in a position cued by the handler, or while the dog and handler are moving around separately. A helper may be used to hold the dog's harness, releasing it when the dog is called. No position is required when the dog reaches the handler.

3. Spotting: With the dog on the ground wearing his/her rear clip harness and a leash, show and/or explain how to spot the dog on an elevated EF. Demonstrate how to handle the leash so it does not tangle in the dog's feet or in the EF.

4. Supporting: With the dog on a slightly elevated EF (no higher than elbow height), demonstrate how to support the dog off the EF. This may be done by taking weight off the dog's legs by holding the leash taut above the harness clip or by holding the harness

handle if there is one. The handler may also show how s/he would carry the dog off an EF, but that is not required in this exercise and the video must show supporting by the harness or harness handle. Please watch the video "All Dogs Parkour - Teaching Spotting and Supporting" on YouTube at https://www.youtube.com/watch?v=w4yJbVVDM5s&t=43s . It is also accessible through the website on the Get Started page. It is the first video on the Spotting and Supporting Playlist.

5. Elevated Front Paw Target: The dog puts one or two front feet on a target which is held in a slightly elevated position by the handler. The target must be held no higher than the dog's elbow. The dog remains stable and focused for 2+ seconds.

6. Backing onto a Low EF: the dog backs both rear legs onto a low EF, no higher than the dog's stopper pad (hock for adult dogs). The dog remains stable and focused for 2+ seconds and is then released to move forward. The handler may move with the dog if the handler is beside the dog. The handler may NOT move with the dog if the handler is in front of the dog.

7. Get On a Low EF (4 Feet): The dog puts all four feet on an elevated EF and remains stable and focused for 2+ seconds. The EF must be no higher than the dog's stopper pad (hock for adult dogs) and can be up to twice the dog's length (tip of nose to base of tail) in each direction (or diameter). The handler must carry the dog down or support the dog down with the leash above the harness or by holding the harness handle. There is no required position while the dog is on the EF. Please watch the video "All Dogs Parkour - Teaching Spotting and Supporting" on YouTube at https://www.youtube.com/watch?v=w4yJbVVDM5s&t=43s . It is also accessible through the website on the Get Started page. It is the first video on the Spotting and Supporting Playlist.

8. Get In a Box: The dog puts all four feet inside a box-shaped EF and remains stable and focused for 2+ seconds. The sides of the EF must be low enough for the dog to step in and out without jumping. The EF length and width must not exceed the length of the dog (tip of nose to base of tail).

9. Figure 8 Around the Legs: The dog does a figure 8 using the handler's legs as the EFs. No speed is required and going more slowly is better for the dog's body and will create more body awareness. One complete figure 8 is all that is required (between the legs, around one leg, between the legs, around the other leg, between the legs, around the first leg again).

10. Foundation Go Under: The dog goes under an EF that is no higher than the dog's shoulder/withers and is wider than chest width. The EF should not be so low that the dog needs to crawl. It is fine to use two or more EFs set close together to meet the width requirement.

11. Foundation Loops: The dog performs the ADP Landscape/Hardscape Loops exercise using no more than three EFs. It is suggested that the EFs be lower than the dog's head height. The handler may use a lure, target stick, or hand target to direct the dog through the loop pattern, keeping the hand, target stick, or lure low enough so the dog is looking forward and not upwards while performing the exercise.

12. Between: The dog goes between two EFs that are spaced chest width to 1.5 chest widths apart.

13. Spins on a Low EF: The dog spins in both directions on a mat or a slightly elevated platform. The EF can be flat to the ground (like a mat) or raised, but no higher than the dog's stopper pad (hock for adult dogs). If elevated, the EF must be at least twice the dog's length (tip of nose to base of tail) in all directions (or diameter). If flat to the ground (like a mat, blanket, or rug), it can be smaller. Whether the EF is raised or flat, the dog must stay completely on the EF while doing the spins. The dog must do the spins in a controlled manner, without throwing his/her body around, and without the nose high in the air. The spins should be done with the dog's head slightly lowered (nearly level with the dog's back), and the handler must make certain that the legs do not slip.

14. Foundation Walk On: The dog walks on an EF, such as a plank, at least two body lengths (tip of nose to base of tail). The EF must be no higher than the dog's stopper pad (hock for adult dogs) and must be at least as wide as the dog's chest width. The EF may have a barrier on one side, such as a step riser or a wall. This exercise must be done with the rear clip harness and leash on the dog and the handler must demonstrate spotting throughout (holding the leash directly above the harness clip with very little slack in order to be able to support the dog if s/he slips) and the handler must also demonstrate supporting the dog when stepping off the EF. To do this exercise correctly, the handler must spot throughout and support off. Please watch the video "All Dogs Parkour - Teaching Spotting and Supporting" on YouTube at https://www.youtube.com/watch?v=w4yJbVVDM5s&t=43s . It is also accessible through the website on the Get Started page. It is the first video on the Spotting and Supporting Playlist.

15. Do a Trick: Demonstrate any trick (not done in other Foundation entries), suitable for the dog's age, in which at least two feet remain on the ground. Suggestions are a raised paw, crossing paws, Peek position (standing between handler's legs facing forwards or backwards), a paw on the dog's eyes, bowing, praying, hand targeting, hand shake, and barking on cue. Adult dogs may jump over a low (elbow height or lower) EF.

16. Foundation Sequence: Using any two different exercises in this level, the handler will choreograph a sequence and the team will perform the exercises in succession, without stopping between exercises. The exercises may be those that use EFs and/or those that don't. The handler should experiment with various combinations of exercises to find the sequence that flows best. Only one performance of the final sequence is required.

FS Level 3

Age: Puppies must be at least 24 weeks old at the time of participation.

Exercise restrictions: Dogs may jump on and off EFs that are no higher than stopper pad (elbow for adult dogs). Dogs may not climb onto EFs, but may step up onto them. These restrictions do not apply to adult dogs (at least one year old).

Equipment: No leash or harness is required for this level, except when specified. Handlers may use a leash and rear clip (not front clip) harness for safety or comfort (such as when working at a public park or near a busy street). The dog may not have a leash attached to a collar for any exercises.

Reinforcing and Luring: Rewarding with food or toys, praising, and petting are permitted and encouraged, even while doing an exercise. The handler may not physically manipulate the dog. Luring is not permitted.

Requirements: Choose ten (10) exercises from the list below. Teams must complete all ten exercises safely, skillfully, and with willingness on the dog's part. All surfaces where the dog will step must be non-slippery, including surfaces of EFs.

FS Level 3 Exercises:

1. Wait and Stay with Release Cue: Dog is cued to a position (sit, down, or stand). Handler cues the dog to stay, and the dog holds the position for 2+ seconds. Handler give the release cue and the dog moves from the position.

2. Commitment to EF and Forward Focus: From a distance of at least three feet, the dog targets a mat (or similar EF) with two front, two rear, or four feet, or goes around a cone or other EF. If using the targeting option, the dog must wait on the EF until released. The handler must remain at least three feet from the EF so it is clear that the dog is able to do the exercise from the required distance.

3. Stop and Wait: With the dog on a rear clip harness and leash, the dog and handler walk forward. The handler cues the dog to stop and both dog and handler stop. The handler cues the dog to wait and takes a step forward. The dog must wait while the handler takes the step forward. The handler gives the release cue or calls the dog and the dog comes to the handler and they walk forward again.

4. Teaching in Increments: Choose either the Straddle (Elevated) or the Get On (Send) exercise from the ADP Exercise Descriptions document. Using appropriate EFs, explain how you would teach the exercise to your dog, making it very easy at first and then adding more difficulty until the dog can do the entire exercise. Do not use the dog in this demonstration. Video limit is two minutes.

5. Foundation Get On (2 Front Feet): The dog puts two front feet on an EF and remains stable and focused for 2+ seconds. The EF must not be higher than the dog's elbow.

6. Backing onto Low EF with Four Feet: The dog backs onto a low EF with all four feet. The EF must be no higher than the dog's stopper pad (hock for adult dogs). The handler may move with the dog if the handler is beside the dog. The handler may NOT move with the dog if the handler is in front of the dog.

7. Get On (4 Feet), Wait, and Release: The dog puts all four feet on a raised EF and remains on a Wait/Stay cue, stable and focused for 3+ seconds. The handler then cues the release and supports (or carries) the dog off the EF. The EF must be hock height or lower and may be up to twice the length of the dog (tip of nose to base of tail) in all directions (or diameter). Please watch the video "All Dogs Parkour - Teaching Spotting and Supporting" on YouTube at https://www.youtube.com/watch?v=w4yJbVVDM5s&t=43s . It is also accessible through the website on the Get Started page. It is the first video on the Spotting and Supporting Playlist.

8. Get In a Box: The dog puts all four feet inside a box-shaped EF and remains stable and focused for 2+ seconds. The sides of the EF must be low enough for the dog to step in and out without jumping. The EF length and width must not exceed one-half the length of the dog (tip of nose to base of tail).

9. Foundation for Jumping: For this exercise, use any EFs that the dog can easily walk or trot over (cavalettis, PVC pipe lengths, wooden rods, etc.). The dog walks or trots over 6 to 8 very low EFs without running or jumping. The EFs should be approximately stopper pad height (up to hock height for adult dogs). The dog must demonstrate good balance and proprioception while moving across the EFs.

10. Foundation Get On (Moving): The dog puts two front feet on a fitness cushion or any slightly moving EF. The dog remains stable and focused for 2+ seconds. The EF must be no higher than elbow height. This exercise must be done with a rear clip harness and leash so the handler can spot and support the dog during the exercise. Please watch the video "All Dogs Parkour - Teaching Spotting and Supporting" on YouTube at https://www.youtube.com/watch?v=w4yJbVVDM5s&t=43s . It is also accessible through the website on the Get Started page. It is the first video on the Spotting and Supporting Playlist.

11. Between: The dog goes between two EFs that are spaced about chest width apart.

12. Pivot: The dog pivots around an elevated EF (no higher than hock height) with two front feet on the EF. 180 degrees in each direction is required. The handler may move with the dog but may not "push" the dog by moving into the dog's space.

13. Foundation Walk On: The dog walks on an EF, such as a plank, at least three body

lengths (tip of nose to base of tail). The EF must be no higher than the dog's stopper pad (hock for adult dogs) and must be at least as wide as the dog's chest width. The EF may have a barrier on one side, such as a step riser or a wall. This exercise must be done with the rear clip harness and leash on the dog and the handler must demonstrate spotting throughout (holding the leash directly above the harness clip with very little slack in order to be able to support the dog if s/he slips) and the handler must also demonstrate supporting the dog when stepping off the EF. To do this exercise correctly, the handler must spot throughout and support off. Please watch the video "All Dogs Parkour - Teaching Spotting and Supporting" on YouTube at https://www.youtube.com/watch?v=w4yJbVVDM5s&t=43s . It is also accessible through the website on the Get Started page. It is the first video on the Spotting and Supporting Playlist.

14. Do a Trick: Demonstrate any trick (not done in other Foundation entries) that is suitable for the dog's age. Suggestions are a raised paw, crossing paws, Peek position (standing between handler's legs facing forwards or backwards), a paw on the dog's eyes, bowing, praying, hand targeting, hand shake, and barking on cue. Adult dogs may jump over a low (elbow height or lower) EF.

15. Foundation Send to an EF: From a distance of at least five feet, the dog leaves the handler and gets on an EF with two or more feet. The EF may be level with the ground, or it may be raised. The EF must be no higher than the dog's stopper pad (hock for adult dogs). The EF may be any size but must be distinguishable to the dog as something other than the ground itself.

16. Foundation Sequence: Using any three different exercises in this level, the handler will choreograph a sequence and the team will perform the exercises in succession, without stopping between exercises. The exercises may be those that use EFs and/or those that don't. The handler should experiment with various combinations of exercises to find the sequence that flows best. Only one performance of the final sequence is required.