Square	Description	Performance Notes
01	<i>From</i> STAND Step away 1 pace & return	Starting with your dog standing at heel, show us that they are happy to remain in position while you take 1 pace forwards and return to their side.
02	SIT and DOWN at heel	Ask your dog to sit at heel and then show us that they can go straight down from the sit into a down whilst remaining at heel.
03	From STAND forward (min 1 pace)	Starting with your dog standing at heel, show us that they can move with you as you step forward a minimum of 1 pace.
04	PICKUP placed article (no present)	Show us that your dog will pick up a pre-placed article, they may drop the article once you have marked it. You may ask your dog to wait but this should not be from a formal setup. (We don't need to see you place the article).
05	<i>From</i> SIT Step away 1 pace & return	Starting with your dog sitting at heel show us that they are happy to remain in position while you take 1 pace forwards and return to their side.
06	SIT and STAND at heel	Ask your dog to sit at heel and then show us that they can go straight from the sit into a stand whilst remaining at heel.
07	Stop in STAND (min 1 pace)	We want to see your dog halt from heelwork in a stand. We need to see you moving together for at least 1 pace before you stop and that your dog understands to remain at heel in the stand when you stop.



Square	Description	Performance Notes
08	"TWIST" dog right	Show us that your dog can perform a tight circle to their right.
09	BACKUP 1 pace in front	With your dog facing, and in front of you, show us that they can back up 1 pace away from you.
10	Stop in SIT (min 1 pace)	We want to see your dog sit at heel as you halt from heelwork. We need to see you moving together for at least 1 pace before you stop.
11	From SIT to DOWN (Hinge down)	Starting with your dog in a sit show us that they can hinge (or fall) forward into a down with their hind legs remaining in the same place.
12	CALL to heel SIT	Show us that your dog can move to sit at heel when called. They do not need to start this in a formal wait or from directly in front of you. They can approach you from your left or circle around from your right. We need to see that your dog understands to go straight to your side rather than into a sit at front, therefore, they need to be ahead of you when you call them.
13	<i>From</i> DOWN to STAND (Cantilever)	Show us that your dog can stand straight up from a down. They should rise straight up into a stand remaining in their own body length.
14	CALL to front SIT	Show us that your dog can move to sit in front of, and facing, you when called. They do not need to start this in a formal wait and can approach from any direction.



Square	Description	Performance Notes
15	PICKUP thrown article (no present)	Show us that your dog will pick up a thrown article, they may drop the article once you have marked it. You may ask your dog to wait but this should not be from a formal setup.
16	From STAND sidestep right STAND	Starting with your dog standing at heel show us that they can move sideways with you as you take a sidestep to your right. They should remain in stand once your sidestep is complete.
17	SIT remove lead stand upright reattach lead	Starting with your dog on lead ask them to sit at heel. Show us that they are happy for you to remove and reattach their lead, so lean over and unclip their lead, then stand back upright before leaning forward to reattach their lead. Your dog should remain in the sit. You may slip a finger in your dogs' collar to assist in locating the ring however please do not restrain your dog with its lead or collar.
18	<i>From</i> STAND 90 left on the spot STAND Change	Starting with your dog standing at heel show us that they can move with you as you complete a 90 degree turn on the spot to your left. They should remain in stand as you complete the turn.
19	Catch treat OR food circuit	We'd like you to show us your dog enjoying a food reward so please either throw, or drop, a treat for your dog to catch; or you can show us a short treat chase game of either 2 food circuits or 2 food chases in opposite directions.
		Please be aware of your floor's surface so your dog does not slip.



Square	Description	Performance Notes
20	<i>From</i> STAND 360 left on the spot STAND	Starting with your dog standing at heel show us that they can move with you as you complete a 360 degree turn on the spot to your left. They should remain in stand as you complete the turn.
21	Take and HOLD article 3 secs RELEASE	Show us that your dog will take and then hold an article for 3 seconds before releasing it. They may drop the article once you have marked it.
22	<i>From</i> STAND 90 right on the spot STAND	Starting with your dog standing at heel, show us that they can move with you as you complete a 90 degree turn on the spot to your right. They should remain in stand as you complete the turn.
23	<i>From</i> STAND to DOWN (Cantilever)	Show us that your dog can drop straight down from a stand. They should stay in the same place and maintain a fairly level back.
24	<i>From</i> STAND 360 right on the spot STAND	Starting with your dog standing at heel show us that they can move with you as you complete a 360 degree turn on the spot to your right. They should remain in stand as you complete the turn.
25	<i>From</i> DOWN to SIT (Hinge up)	Starting with your dog in a down, show us that they can hinge up into a sit whilst keeping their hind legs in the same place.
26	From STAND send- around STAND	Starting with your dog standing at heel show us that they can do a clockwise circle around you, returning back to stand at heel. You should remain on the spot.



Square	Description	Performance Notes
27	BACKUP 1 pace at heel	Show us that your dog can heel back alongside you as you take 1 pace backwards. You may start from a stand or from heel work.
28	From STAND to SIT	Show us that your dog can go from a stand to sit whilst remaining in the same place.
29	From DOWN forward (min 1 pace)	Starting with your dog down at heel, show us that they can move with you as you step forward a minimum of 1 pace.
30	<i>From</i> SIT to STAND (Kickback)	Show us that your dog can "kickback" from a sit to a stand, without moving forwards. Ideally their front feet should remain in the place but they should not move backwards more than their bodylength.
31	<i>From</i> DOWN Step away 1 pace & return	Starting with your dog down at heel, show us that they are happy to remain in position while you take 1 pace forwards and then return to their side.
32	GIVE article to hand (informal)	Show us that your dog will release an article to your hand.
33	From SIT forward (min 1 pace)	Starting with your dog sitting at heel show us that they can move with you as you step forward a minimum of 1 pace.



Square	Description	Performance Notes
34	Stop in DOWN (min 1 pace)	We want to see your dog drop straight into a down as you halt from heelwork. We need to see you moving for at least 1 pace before you stop and that your dog understands to drop into a down without sitting first.
35	"TWIST" dog left	Show us that your dog can perform a tight circle to their left.

