

Working and Conditioning Your Dogs

Owner and trainer Daniel Taskov

From my love of Bull and Terriers every thing unfolds.

When talking about improving the physical condition of the dog, we must also take into account its mental condition. The activity you use must also be fun for both you and the dog. In doing this we can achieve soundness of limb, peak fitness and great looking dogs.

THERE IS NOTHING BETTER FOR BOTH YOU AND YOUR DOGS THAN SPENDING TIME TOGETHER OUT SIDE WITH NATURE AND IT GIVES ME GREAT SATISFACTION TO KNOW THAT MY DOGS ARE HEALTHY, HAPPY AND FULFILLED.

Diet also plays a big part in trying to achieve the above.

Weather depending I spend around five to eight hours per day in activity.

I split the activity into two sessions a day. In the morning we have a lighter relaxing walk along the track for around eight kilometers. We save the more demanding training for the afternoon session. I also feed my dogs twice a day after they have had their exercise.

I don't do any real training before fourteen months old just introducing them to walking and moving on different surfaces. Playing and running on different surfaces such as dirt, sand and ploughed fields helps its co ordination, stability and flexibility.

The first thing I do before the real physical work is started is to test the temperament of the dog, this would be done around thirteen months of age.

I would do this by introducing the dog to live bait (caged of course, safe from harm), this will indicate the true character of the dog before spending hours or work into attaining full physical fitness.

The original function of the Staffordshire Bull Terrier is often forgotten. I train my dogs with both live and inanimate bait, I prefer to train in woods and on difficult terrain.

Perseverance is key when trying to achieve full fitness.

Swimming is also an activity that I use, because it does put stress on the the dogs joints but is very good for coordination and building stamina.

I use a flirt pole as a fun activity, it is fun for both the owner and the dog as well as being very good exercise.

There are many activities that you can do with your dog, what you do is up to you so long as you are both having fun.

What is more important is that you do something consistently and regularly.

There is nothing better for both you and your dogs than spending time together out side with nature and it gives me great satisfaction to know that my dogs are healthy, happy and fulfilled.

PASO

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