

Welcome to...

The Get on Up challenge

Aka the "James Brown" challenge



LEARNMORE
...because you can

Remember this James Brown song?



*Fellas, I'm ready to get up and do my thing (yeah go ahead!)
I wanta get into it, man, you know (go ahead!)
Like a, like a sex machine, man, (yeah go ahead!)
Movin' and doin' it, you know
Can I count it off? (Go ahead)
One, two, three, four!*

*Get up, (get on up)
Get up, (get on up)
Stay on the scene, (get on up), like a sex machine, (get on up)
Get up, get on up
Get up, get on up
Stay on the scene, (get on up), like a sex machine, (get on up)
Get up, get on up
Get up, get on up
Stay on the scene, (get on up), like a sex machine, (get on up)*

Don't recognise the lyrics? Listen to the song [here](#)

So let's follow the good man's advice...

... **get on up**

and let's do some fun training

Let's be literal and get our dogs up on to things.

Your challenge, should you wish to accept it:

Join [this challenge Facebook group](#).

Over the next 25 days, complete the exercises shown in the table below.

Video your exercises and share them in the group.

 Get on UP!		Object type			
		Stable	Unstable	Rounded or uneven	Slanted
Exercise	Front paws on object				
	Rear paws on object				
	All four paws on object				
	Sit-stand-down-stand-sit sequence on object				
	Spins (CW-CCW-CW-CCW) on object				

The rules of the challenge

- You can only use one object per exercise – be creative and use as many different objects as you can.
- Your dog has to stay on the object for one full chorus on James Brown's song (approximately 20 seconds) for each of the paw behaviours.
- The sit-stand-down-stand-sit sequence must be done in one attempt on the object.
- The spins must all be done on the object in one attempt.

Safety tips

- The objects don't have to be high – just higher than the floor.
- Make sure your dog can get on and off the object easily.
- Make sure your dog is balanced on the object – no wobbling around!
- Don't rush it – rather make sure your dog is positioning his paws mindfully.
- Warm your dog up before you start – a few minutes of brisk walking followed by a few fig-8s will help.
- Cool your dog down when you are finished – some slow walking for a few minutes.

Training tips

- Work SLOWLY – this isn't a speed contest.
- Lure your dog on to the object, mark and reward.
- Try rewarding off the object so that the dog has to get back on to get the next reward.
- Fade your lure as quickly as possible.
- If your dog already has cues for these behaviours, use them!