

Camp Rally Mania Presents  
Tellington TTouch® and  
the Athletic Dog  
with practitioner Marnie Montgomery, CPDT-KA

Tellington TTouch® is a thoughtful combination of touches, body wraps, and movement, which contributes to balance at both ends of the leash. With its potential to effect positive changes in stress levels, and enhance communication, focus and connection, TTouch is a wonderful suite of tools for the athletic dog and his person.



### THREE BASIC TOUCHES

#### Circle and a Quarter

This foundational, skin-deep, touch moves the dog's skin gently, activating the nerves, providing a novel stimulus which builds body awareness, and helps overcome negative patterns. This touch takes from 1 to 3 seconds to complete.

#### ZigZag

This connecting touch slides from shoulder to hip in a back-and-forth pattern, offering calming sensations. *(left photo)*



#### Python Lift

A gentle lift and release of skin brings awareness of the placement of body weight over legs and paws, often leading the dog to adjust her posture and placement to a more balanced position. *(right photo)*



### BODY WRAPS

#### The Half Wrap

The basic TTouch Ace Bandage wrap contributes to calming and confidence in the same way that swaddling calms babies. Wrap configurations are adjusted to support a dog's particular needs.



## LEADING INTO CONFIDENCE

### Two Points of Contact

Much TTouch leash work uses two points of contact on the leash, providing clearer feedback for greater communication between dog and handler. Any pressure is gentle and is quickly released, like an easy pulse, creating a nuanced conversation.

The lead is usually connected to two points on a body harness, but could also be clipped to a body harness and a head halter, or to a harness and collar.

### The Balance Leash

If the dog is wearing only a flat collar, or if a different sort of information is desired, the leash can be looped across the chest in the configuration known as a Balance Leash. The handler takes care that pressure is removed from the collar and neck, so that it is the loop of leash across the chest that provides information to dog and handler.



### The Playground of Higher Learning

Also known as the Confidence Course, this combination of paths, patterns, and textures is designed to be explored by dog and handler in such a way that the journey *is* the destination. Thoughtful movement through the novel stimulus of the course enhances physical and behavioral balance, while the successful encounter with new challenges builds a confidence that carries over to other situations.



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