



HANDOUT

JUMP 'N' RUN

A fun game that allows your high prey drive dog to explore the environment safely while staying in contact with you

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WELCOME!

THE STORY BEHIND THE JUMP 'N' RUN GAME

A PERSONAL JOURNEY

I originally created the 'Jump 'n' Run' Game because I was in the same situation as you are with my own dog. My first dog, Malinka, had an intense prey drive, which I found extremely difficult to manage. Whenever we entered the forest, she was immediately on high alert. Whenever she could, she would run into the woods or bushes to explore and search for wildlife. I lived in constant fear of her stumbling across wildlife, because if the opportunity came along, she would chase it. So it was a continuous struggle to try and prevent her from running into the forest, or to get her back to me if she did. Calm and connected walks were almost impossible and I was desperate to find a force-free, effective way to manage her predatory behaviour. This is where my journey with Predation Substitute Training started!



Hi, I'm Simone, Founder of **Predation Substitute Training™** and an expert in ethical, force-free training techniques for dogs with a strong prey drive. I'm passionate about helping dog owners find solutions that strengthen their bond with their dogs while respecting their natural instincts.

In this free Jump 'n' Run Game tutorial, I'll show you how to harness your dog's prey drive in a safe, effective way, so that you can enjoy calmer, more connected walks together.

Let's get started!

Simone

TESTIMONIALS

WHAT OUR PARTICIPANTS SAY

The Jump'n Run game was an instant hit with my four dogs, they all understood what to do almost immediately, which honestly surprised me. What surprised me even more was realising that it pays off! I'd never thought of something this simple as a way to channel prey drive, but in the material, Simone explains both how to play, with some great tutorials, and the mechanics behind it. Super useful and a great starting point for anyone curious about predation substitution training!



Caroline [redacted]

Practicing jump and run next to the sheep with their lambs! Brenin is picking this up really quickly 😊 and it is helping 🙌 There is a fence between us and the woolies 🐏 but this is helping him disengage and focus elsewhere.



17 Std. Love Antworten 1 ❤️



Putting the PST into practice. Target on the bench then a bit of stalking. It is quite incredible what a difference just a few of these strategies make. Walks are calm, fewer chases. Thank you @predation_substitute_training



Rudy
Vor 1 Std. aktiv



Having so many break throughs. Thank you again. Sometimes it comes to him so easily it's like he's always been doing it. Really I have tried many different training/trainers but your method has really hit me. You're a great teacher. I was

LET'S GET STARTED

PLAY A FUN GAME WITH YOUR HIGH PREY-DRIVE DOG

IT'S GOOD TO SEE YOU HERE!

You have come to the right place if you want to start working on your dog's prey drive using **fair and friendly training methods**.

The Jump 'n' Run Game teaches your dog **to focus their attention back on you** and that **cooperation with you is worthwhile** for them.

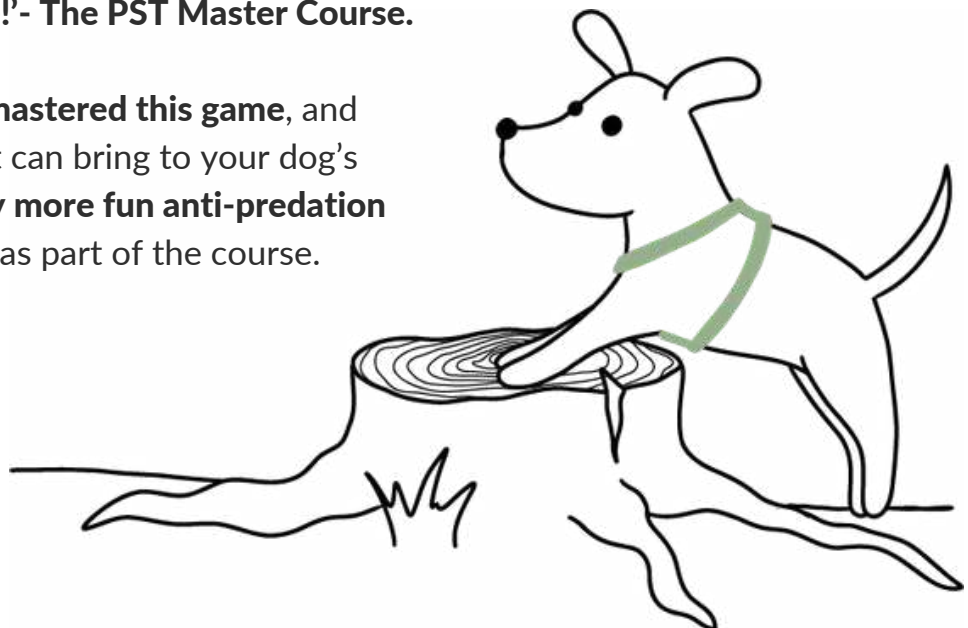
Whether you are new to Predation Substitute Training (PST), or you are an experienced dog professional, I am sure you will find the Jump 'n' Run Game helpful.

THE JUMP 'N' RUN GAME IS IDEAL FOR:

- **Any dog!** From puppies to adults
- Dogs with lots of **predatory motivation**
- **High-energy** dogs
- Dogs who get **lost** in their hunting desires

And, the best part is, the Jump 'n' Run Game is just a small taster of what you can expect from my step-by-step self-learning course; **'Call Off The Chase!'- The PST Master Course**.

So, **once you have mastered this game**, and see what benefits it can bring to your dog's life, **there are plenty more fun anti-predation games** to be played as part of the course.



THE PREDATORY MOTOR PATTERN

THE SCIENCE BEHIND PREDATION

The **predatory motor pattern for domestic dogs** looks like this:

Orient > Stalk > Chase > Grab-Bite > Kill- Bite > Possess > Dissect > Consume

This sequence is not always shown in full, **depending on the individual dog** and the environment they are in.

Chasing is the most obvious part of predatory behaviour, however, predation actually **starts with 'Orientation'**, which is when your dog is actively looking for something to hunt.

If you can successfully manage your dog's predatory behaviour at the Orientation stage, they will be less likely to progress through the other parts of the sequence, which are usually more intense and potentially dangerous.

Orientation behaviour can look like this:

- **Listening** – twigs snapping, rustling bushes, etc.
- **Air Scenting** – nose high in the air looking for scents in the wind.
- **Searching** – sniffing the ground for wildlife scents.
- **Scanning** – scanning the environment for potential prey.

Most conventional anti-predation training protocols **try to stop this orientation** behaviour using aversives. But, if you are constantly trying to stop your dog from displaying this genetically anchored behaviour, it **creates frustration**, which will actually make them **try harder!**

Suppressing behaviour > **frustration > intensified hunting efforts**

This PST anti-predation game shows you how to harness your dog's predatory motivation **to your advantage**, instead of constantly trying to battle against them.

JUMP 'N' RUN

■ A GAME FOR DOGS THAT LOVE TO ORIENT

WHY WE PLAY THIS GAME:

This game provides **an outlet for your dog's need to orient** in their environment. It utilises the orientation aspects of predatory sequence. It is formed on the basis of the **platform video games that you have to run and jump** on certain platforms to collect tokens. For your dog, if they look for objects to put their paws on, they get a token (treat).

This **keeps your dog busy, caters to their need to orient in the environment** and can decrease the likelihood of them going off on solo hunting missions because **you are involved as their hunting partner**, and they are always **successful when working together with you**.

HOW TO PLAY THIS GAME:

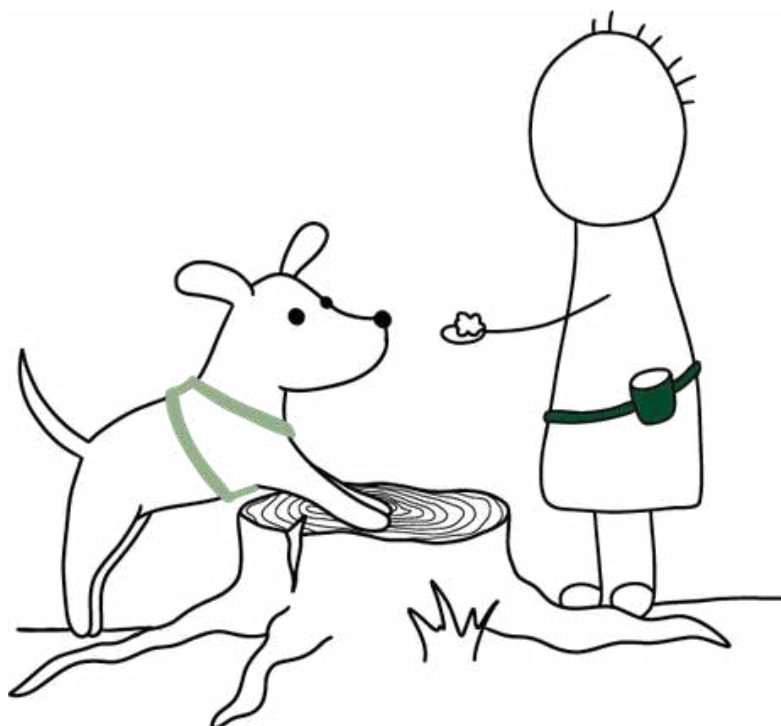
STEP 1

LOOK FOR AN OBJECT
THAT YOUR DOG CAN
SAFELY PUT THEIR
PAWS ON

LURE YOUR DOG
ONTO THE OBJECT
USING A TREAT

PAWS ON - MARK
AND RELEASE
TREAT

Repeat Step 1 10-15 times



STEP 2

LOOK FOR AN OBJECT THAT YOUR DOG CAN SAFELY PUT THEIR PAWS ON

LURE YOUR DOG ONTO THE OBJECT USING YOUR EMPTY HAND

PAWS ON - MARK AND GIVE A TREAT FROM YOUR TREAT POUCH

Repeat Step 2 10-15 times

STEP 3

STAND NEXT TO THE TARGET AND POINT ONTO THE OBJECT WITH YOUR EMPTY HAND

PAWS ON - MARK AND GIVE A TREAT FROM YOUR TREAT POUCH

GENERALISATION

GRADUALLY STAND FURTHER AWAY AND POINT AT THE TARGET

REWARD YOUR DOG FOR SCANNING THE ENVIRONMENT & PUTTING THEIR PAWS UP BY THEMSELVES

Eventually your dog will become proficient at looking out for targets to put their paws on to claim their "tokens".

TROUBLESHOOTING:

Problem: Your dog doesn't try and look for objects themselves, without your assistance.

Solution: Some dogs are naturally more capable of this game than others, so it doesn't matter if you need to actively help your dog to look for suitable objects.

So long as they are interested in finding objects with you, that's great!

Your dog can either put their front paws onto the target or hop onto it.

WELL DONE!

CONGRATULATIONS

You are now fulfilling your dog's predatory need to scan the environment for prey by replacing it with a safely managed activity, by playing The Jump 'n' Run Game.

Congratulations on taking a great first step towards successfully managing your dog's predatory behaviour without using force or aversives and adding a successful PST game to your repertoire.

Please let me know how you get on when you play the Jump 'n' Run Game with your dog! Tag me in your videos on social media using [#predationsubstitutetraining](#)

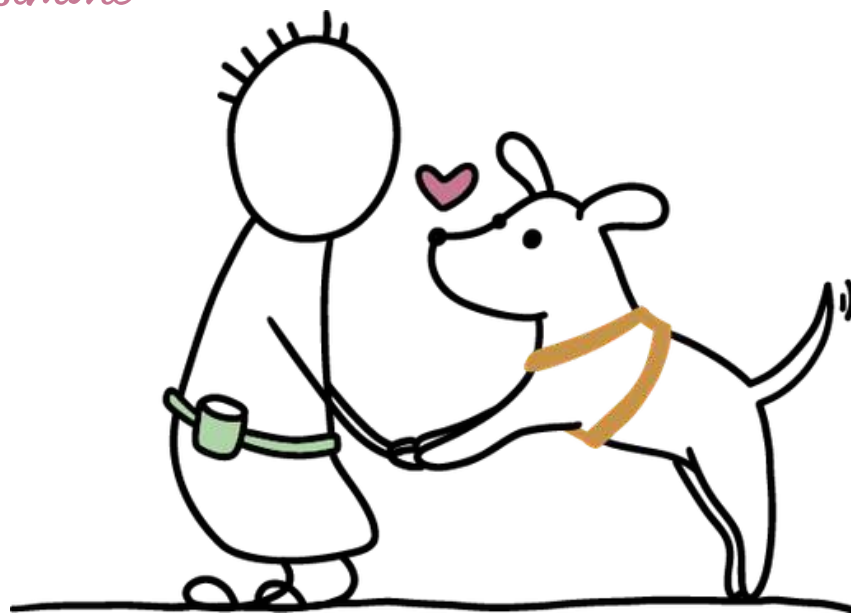
Ready to build on your progress?

Take the next step in your journey with my **'PST-Principles' - Transform Chase Into Connection**. Discover even more tools, techniques, and games to help your prey-drive dog thrive in a positive, supportive way.

👉 Learn more here: www.predation-substitute-training.com/pst-principles/

Warm woofs,

Simone



TRANSFORM CHASE INTO CONNECTION!

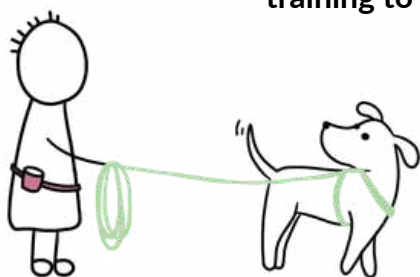
Discover how to channel your dog's prey drive with Predation Substitute Training Principles



YOU'VE STARTED SOMETHING AMAZING!

By playing the Jump 'n' Run Game, you've already taken a big step toward positively managing your dog's predatory instincts. Imagine how much more progress you can make with the full toolkit of proven, force-free techniques!




PST Principles is a step-by-step program designed to help you take your training to the next level with confidence and joy.








JOIN US HERE
www.predation-substitute-training.com/pst-principles/



LEARN HOW TO:

-  Redirect your dog's chasing urges by cueing specific parts of their predatory sequence.
-  Play fun and enriching games to safely satisfy your dog's predatory energy.
-  Manage uncontrolled predatory chasing without suppressing your dog's needs.

WHAT YOU'LL GET:

-  Deeper understanding of your Dog
-  Hands-on games
-  Interactive Learning: Step-by-step videos
-  Worksheets, checklists, and detailed instructions
-  Grow and earn a certificate, with guidance from Simone.