



# UP

Goal - Your cat lifts both front paws UP above their head when you ask. You ask for UP when you want your cat to focus on you and not another house cat, person, or pet. By engaging with your cat in this way, you can shift their emotional state from fearful to positive.

## STEPS FOR UP

1. **Start your cat in the SIT position.**
2. **Pinch treat between thumb and forefinger, palm facing the floor.**
3. **Hold pinched treat an inch from the cat's nose, lure the cat up by moving treat directly above your cat's head, just out of reach of the cat.**
4. **CLICK the instant your cat looks up at the treat, then deliver reward.**
5. **Repeat steps 1 through 3.**
6. **CLICK the instant your cat lifts their paws off the floor, then deliver reward.**
7. **Repeat steps 1 through 3.**



**Hand Cue** - Pinch treat between thumb and forefinger with your palm facing to the floor, moving your hand straight up.

8. **CLICK the instant your cat's paws touch your hands, then deliver reward.**

9. **Once you and your cat feel confident with UP, add the verbal cue "UP" when you present your hand cue.**

# BEST PRACTICES



## TIPS AND BEST PRACTICES

-  Click for small movements in the right direction toward what you are asking for. For example, if they look up at the treat, click and reward. If they are lifting their paws, click and reward. We want their job to be easy and for them to get rewarded.
-  Be sure to click the instant the cat does the behavior you are looking for. Think of it as taking a picture and capturing the moment.
-  If your cat is becoming impatient and pawing at your hand before you have asked for UP, wait for them to have all paws on the ground before you ask for UP.
-  Reset between asking for UP by removing your hand and treat.

## PREPARE FOR SUCCESS

-  Have the tools needed: high value rewards (generally treats, play, or petting), and a clicker.
-  If using treats, break into pea-sized pieces. Keep treats safe and out of sight during training; use a container, pocket, or pouch that enables you to grab the treats quickly.
-  Be sure your cat is hungry and has not eaten for 2 to 3 hours before your session.
-  Prepare a quiet place with no distractions or other cats around.
-  Practice holding the items all at once in your hands. How do you plan to present the target, click, and then give the treat fluid motion for the cat to understand? Practice by yourself until you feel comfortable.

## How to End the Session:

- Sessions should last only 2 to 3 minutes at a time.
- End on a positive note.
- Be sure to go at your cat's speed—after all, they are a cat. By following their lead both of you will be relaxed, enjoying each other's company, and having fun! Be prepared to be impressed.