

Descriptions of the Nordic Class exercises

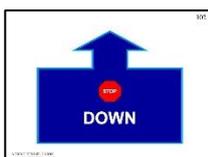
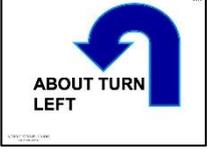
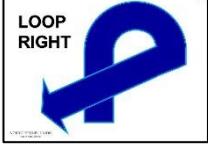
All exercises can be performed with the dog on the left or the right side of the handler.

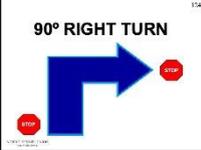
Fluent exercises from 1 point signs (105-113) can be performed in slow pace or fast pace. The sign before the fluent 1 point signs decides which pace the exercise is performed in.

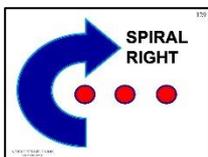
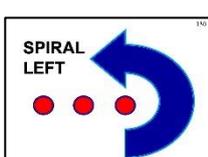
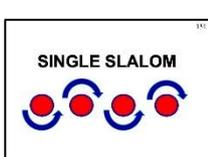
All exercises in which the dog is directed to the front of the handler, end with the dog on the left as instructed in the exercise.

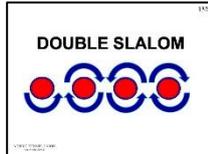
SIGN	DESCRIPTION
	<p>START. The dog sits at the handler's left or right side. When completed, the team moves forward.</p>
	<p>FINISH. The course is finished when the team has passed this sign. The team leaves the competition area in normal pace.</p>

1 POINT

SIGN	DESCRIPTION
	<p>101. DOWN The handler stops, and the dog lies down beside the handler. The dog stays down until the team moves forward.</p>
	<p>102. STOP, DOWN The handler stops, and the dog sits beside the handler. The dog is directed to a down position. The dog stays down until the team moves forward.</p>
	<p>103. STOP, WALK AROUND The handler stops, and the dog sits beside the handler. The handler walks forward around the dog, back to the side of the dog and makes a stop. The dog remains sitting until the team moves forward.</p>
	<p>104. STOP, DOWN, WALK AROUND The handler stops, and the dog sits beside the handler. The dog is directed to a down position. The handler walks forward around the dog, back to the side of the dog and makes a stop. The dog stays down until the team moves forward.</p>
	<p>105. ABOUT TURN RIGHT 180° tight turn to the right.</p>
	<p>106. ABOUT TURN LEFT 180° tight turn to the left.</p>
	<p>107. LOOP RIGHT The team loops right crossing the original path.</p>

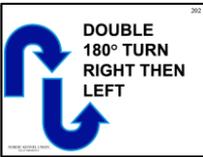
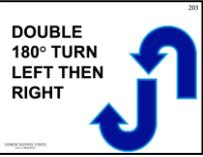
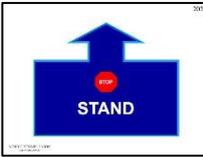
	<p>108. LOOP LEFT The team loops left crossing the original path.</p>
	<p>109. 270° RIGHT 270° tight turn to the right.</p>
	<p>110. 270° LEFT 270° tight turn to the left.</p>
	<p>111. 360° RIGHT 360° tight turn to the right.</p>
	<p>112. 360° LEFT 360° tight turn to the left.</p>
	<p>113. TURN AROUND DOG BEHIND The handler makes an about turn to the left, while the dog turns to the right, moving around the handler and back to the heel position to continue moving with the handler in the opposite direction.</p> <p>Right handling: The handler makes an about turn to the right, while the dog turns to the left, moving around the handler and back to the heel position to continue moving with the handler in the opposite direction.</p>
	<p>114. STOP, 90° RIGHT TURN, STOP The handler stops, and the dog sits beside the handler. The handler makes a 90° turn to the right on the spot and stops. The dog moves with the handler and resumes a sit when the handler stops.</p>

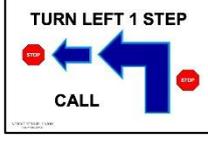
	<p>115. STOP, 90° LEFT TURN, STOP The handler stops, and the dog sits beside the handler. The handler makes a 90° turn to the left on the spot and stops. The dog moves with the handler and resumes a sit when the handler stops.</p>
	<p>116. SLOW PACE The team must slow down noticeably.</p>
	<p>117. RUN The team must speed up noticeably.</p>
	<p>118. NORMAL PACE The team returns to normal pace.</p>
	<p>119. SPIRAL RIGHT Three cones are placed in a straight line with spaces between them of 1,5–2 meters. The team must turn to the right to move around each of the cones.</p>
	<p>120. SPIRAL LEFT Three cones are placed in a straight line with spaces between them of 1,5–2 meters. The team must turn to the left to move around each of the cones.</p>
	<p>121. SINGLE SLALOM Four cones are placed in a straight line with spaces between them of 1,5–2 meters. The team must enter the exercise with the first cone on its left. The team weaves through the four cones.</p>

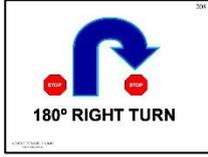
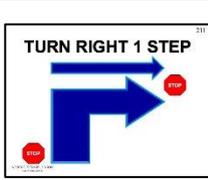
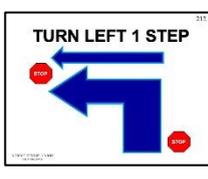
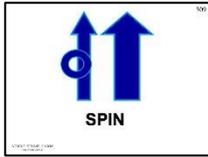
**122. DOUBLE SLALOM**

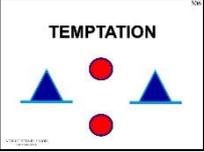
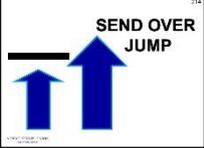
Four cones are placed in a straight line with spaces between them of 1,5–2 meters. The team must enter the exercise with the first cone on its left. The team weaves through the four cones, loops the end cone and weaves back.

2 POINTS

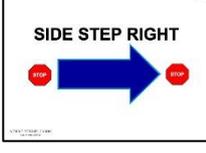
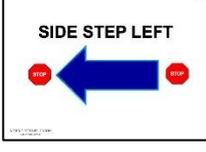
SIGN	DESCRIPTION
	<p>201. 2 x TURN AROUND DOG BEHIND</p> <p>The handler makes an about turn to the left, while the dog turns to the right, moving around the handler and back to the heel position. The team then takes 2–3 steps before repeating the about turn and continues in the same direction as before.</p> <p>Right handling: The handler makes an about turn to the right, while the dog turns to the left, moving around the handler and back to the heel position. The team then takes 2–3 steps before repeating the about turn and continues in the same direction as before.</p>
	<p>202. DOUBLE 180° TURN RIGHT THEN LEFT</p> <p>The team makes an about turn to the right, takes 2-3 steps and then makes an about turn to the left and continues in the same direction as before.</p>
	<p>203. DOUBLE 180° TURN LEFT THEN RIGHT</p> <p>The team makes an about turn to the left, takes 2-3 steps and then makes an about turn to the right and continues in the same direction as before.</p>
	<p>204. STOP, DOWN, SIT</p> <p>The handler stops, and the dog sits beside the handler. The dog is directed to a down position, followed by a sit position. The dog remains sitting until the team moves forward.</p>
	<p>205. STOP, STAND</p> <p>The handler stops and the dog sits beside the handler. The dog is directed to a stand position. The dog remains standing until the team moves forward.</p>
	<p>206. STOP, STAND, SIT</p> <p>The handler stops, and the dog sits beside the handler. The dog is directed to a stand position, followed by a sit position. The dog remains sitting until the team moves forward.</p>

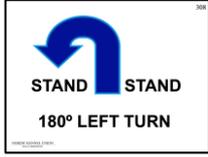
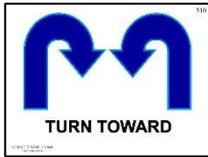
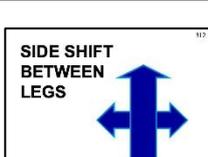
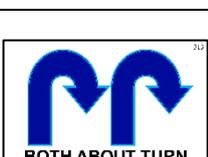
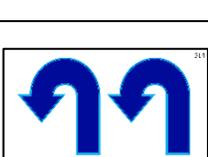
	<p>207. STOP, STAND, DOWN</p> <p>The handler stops, and the dog sits beside the handler. The dog is directed to a stand position, followed by a down position. The dog stays down until the team moves forward.</p>
	<p>208. STOP, STAND, WALK AROUND</p> <p>The handler stops, and the dog sits beside the handler. The dog is directed to a stand position. The handler walks forward around the dog, back to the side of the dog and makes a stop. The dog remains standing until the team moves forward.</p>
	<p>209. STOP, CALL FRONT, STOP, RIGHT TO LEFT, STOP</p> <p>The handler stops, and the dog sits beside the handler. The dog is directed to sit in front of the handler. After that the dog is directed to the handler's right and behind the handler to the left side. The dog sits before the team moves forward.</p>
	<p>210. STOP, CALL FRONT, STOP, LEFT TO LEFT, STOP</p> <p>The handler stops, and the dog sits beside the handler. The dog is directed to sit in front of the handler. After that the dog is directed to the handler's left side. The dog sits before the team moves forward.</p>
	<p>211. STOP, TURN RIGHT 1 STEP, CALL, STOP</p> <p>The handler stops, and the dog sits beside the handler. The dog remains sitting while the handler takes one step to the right and stops. The step can either be taken directly or the handler can turn on the spot and take the step. The dog is then recalled to sit at the handler's side.</p>
	<p>212. STOP, TURN LEFT 1 STEP, CALL, STOP</p> <p>The handler stops, and the dog sits. The dog remains sitting while the handler takes one step to the left and stops. The step can either be taken directly or the handler can turn on the spot and take the step. The dog is then recalled to sit at the handler's side.</p>
	<p>213. STOP, 180° RIGHT TURN, FORWARD</p> <p>The handler stops, and the dog sits beside the handler. The team makes a 180° turn to the right on the spot and continues forward.</p>

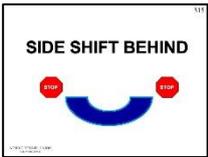
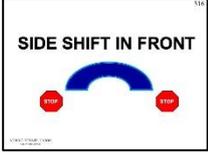
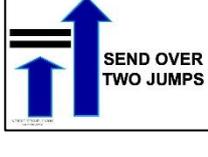
	<p>214. STOP, 180° LEFT TURN, FORWARD The handler stops, and the dog sits beside the handler. The team makes a 180° turn to the left on the spot and continues forward.</p>
	<p>215. STOP, 180° RIGHT TURN, STOP The handler stops, and the dog sits beside the handler. The team makes a 180° turn to the right on the spot, stops and the dog sits.</p>
	<p>216. STOP, 180° LEFT TURN, STOP The handler stops, and the dog sits beside the handler. The team makes a 180° turn to the left on the spot, stops and the dog sits.</p>
	<p>217. STOP, TURN RIGHT 1 STEP, STOP The handler stops, and the dog sits beside the handler. The handler takes one step to the right and stops. The step can either be taken directly or the handler can turn on the spot and take the step. The dog moves with the handler and resumes a sit when the handler stops.</p>
	<p>218. STOP, TURN LEFT 1 STEP, STOP The handler stops, and the dog sits beside the handler. The handler takes one step to the left and stops. The step can either be taken directly or the handler can turn on the spot and take the step. The dog moves with the handler and resumes a sit when the handler stops.</p>
	<p>219. STOP, 1 STEP, STAND, 2 STEPS, STOP, 3 STEPS, DOWN The handler stops, and the dog sits beside the handler. The handler takes one step forward, stops, two steps forward, stops, three steps forward, stops. The dog moves with the handler and resumes a stand, sit and down position in this order when the handler stops. The dog remains down until the team moves forward.</p>
	<p>220. SPIN While the team is moving, the dog spins a circle forward and alongside the handler.</p>

 <p>Diagram for TEMPTATION exercise showing two blue triangles and two red circles arranged in a square pattern.</p>	<p>221. TEMPTATION</p> <p>Two cones are placed 2,5–3 meters apart. The team must enter the exercise as decided by the judge. The team performs a complete figure 8 around the cones, crossing the centre line three times. Toys, treats or both may be used as temptations.</p>
 <p>Diagram for SEND OVER JUMP exercise showing two blue arrows pointing up, with the taller one labeled 'SEND OVER JUMP'.</p>	<p>222. SEND OVER JUMP</p> <p>The dog is sent over the jump at the earliest next to the sign that is two meters before the jump. At the same time the handler continues alongside the jump. The handler may increase the pace to catch up with the dog.</p>

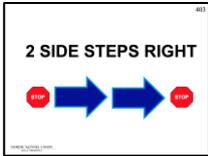
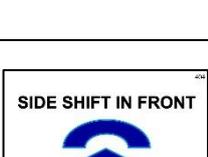
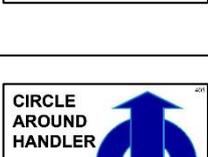
3 POINTS

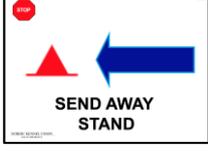
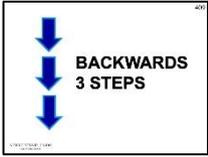
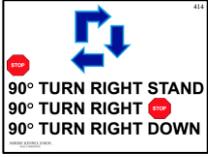
SIGN	DESCRIPTION
	<p>301. SIDE STEP RIGHT The handler takes one step to the right and the dog follows aligned with the handler. This exercise is performed after the sign.</p>
	<p>302. SIDE STEP LEFT The handler takes one step to the left and the dog follows, aligned with the handler.</p>
	<p>303. STOP, SIDE STEP RIGHT, STOP The handler stops, and the dog sits beside the handler. The handler takes one step to the right and stops. The dog moves aligned with the handler and resumes a sit when the handler stops. This exercise is performed after the sign.</p>
	<p>304. STOP, SIDE STEP LEFT, STOP The handler stops, and the dog sits beside the handler. The handler takes one step to the left and stops. The dog moves aligned with the handler and resumes a sit when the handler stops.</p>
	<p>305. STOP, 1 STEP BACK, STOP, 2 STEPS BACK, STOP The handler stops, and the dog sits beside the handler. The handler takes one step backward, stops, two steps backward and stops. The dog heels backward with the handler and resumes a sit when the handler stops. When completed, the team moves forward.</p>
	<p>306. CALL FRONT, STOP, 1 STEP BACK, STAND, 2 STEPS BACK, STOP, 3 STEPS BACK, DOWN The handler stops, and the dog is directed to sit in front of the handler. The handler takes one step backward, stops, two steps backward, stops, three steps backward and stops. The dog moves with the handler and resumes a stand, sit and down position in this order in front of the handler when the handler stops. The dog is then directed to the handler's left side and the team continues forward.</p>

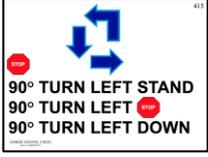
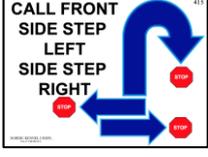
	<p>307. STAND, 180° RIGHT TURN, STAND The handler stops, and the dog stands beside the handler. The handler makes a 180° turn to the right on the spot and stops. The dog moves with the handler and resumes a stand when the handler stops.</p>
	<p>308. STAND, 180° LEFT TURN, STAND The handler stops, and the dog stands beside the handler. The handler makes a 180° turn to the left on the spot and stops. The dog moves with the handler and resumes a stand when the handler stops.</p>
	<p>309. STAND, CIRCLE AROUND HANDLER, STAND The team stops and the dog stands beside the handler. The handler directs the dog to circle forward around the handler. The dog then resumes a stand at the handler's side.</p>
	<p>310. TURN TOWARD While moving, the team makes a 180° tight, simultaneously turn toward each other and continue in the opposite direction. The heeling side is changed.</p>
	<p>311. SIDE SHIFT BEHIND While moving, the dog makes a side shift behind the handler. The heeling side is changed. The dog is not allowed to spin to make the shift.</p>
	<p>312. SIDE SHIFT BETWEEN LEGS While moving, the dog makes a side shift between the handler's legs. The handler may stop when the dog performs the exercise. The heeling side is changed.</p>
	<p>313. BOTH ABOUT TURN RIGHT While moving, the team makes a 180° tight, simultaneously turn to the right and continue in the opposite direction. The heeling side is changed.</p>
	<p>314. BOTH ABOUT TURN LEFT While moving, the team makes a 180° tight, simultaneously turn to the left and continue in the opposite direction. The heeling side is changed.</p>

	<p>315. STOP, SIDE SHIFT BEHIND, STOP</p> <p>The handler stops, and the dog sits beside the handler. The dog makes a side shift behind the handler and resumes a sit on the other side. When completed, the team moves forward. The heeling side is changed. The dog is not allowed to spin to make the side shift.</p>
	<p>316. STOP, SIDE SHIFT IN FRONT, STOP</p> <p>The handler stops, and the dog sits beside the handler. The dog makes a side shift in front of the handler and resumes a sit on the other side. When completed, the team moves forward. The heeling side is changed. The dog must spin to make the side shift.</p>
	<p>317. MOVING STAND, WALK AROUND</p> <p>While moving, the dog is directed to a stand and the handler, without pausing, walks forward around the dog, back to the side of the dog and stops. The dog remains standing until the team moves forward.</p>
	<p>318. MOVING DOWN, WALK AROUND</p> <p>While moving, the dog is directed to a down and the handler, without pausing, walks forward around the dog, back to the side of the dog and stops. The dog stays down until the team moves forward.</p>
	<p>319. STOP, STAND, WALK FORWARD</p> <p>The handler stops, and the dog sits beside the handler. The dog is directed to a stand and the handler walks forward to the recall cone and recall the dog. The recall cone is a part of the exercise.</p>
	<p>320. SEND OVER TWO JUMPS</p> <p>The dog is sent over two jumps at the earliest next to the sign that is two meters before the jump. At the same time the handler continues alongside the jumps. The handler may increase the pace to catch up with the dog. The jumps can be in a straight line or in an angle up to 90°. The jumps must be four meters apart. After the jumps the handler directs the dog to heel.</p>

4 POINTS

SIGN	DESCRIPTION
	<p>401. 2 SIDE STEPS RIGHT The handler takes two steps to the right and the dog follows, aligned with the handler. This exercise is performed after the sign.</p>
	<p>402. 2 SIDE STEPS LEFT The handler takes two steps to the left and the dog follows, aligned with the handler.</p>
	<p>403. STOP, 2 SIDE STEPS RIGHT, STOP The handler stops, and the dog sits beside the handler. The handler, starting with the right leg, takes two side steps to the right and stops. The dog moves aligned with the handler and resumes a sit when the handler stops. The exercise is performed after the sign.</p>
	<p>404. STOP, 2 SIDE STEPS LEFT, STOP The handler stops, and the dog sits beside the handler. The handler, starting with the left leg, takes two side steps to the left and stops. The dog moves aligned with the handler and resumes a sit when the handler stops.</p>
	<p>405. TURN APART While moving, the team makes a 180° tight, simultaneously turn away from each other and continue in the opposite direction. The heeling side is changed.</p>
	<p>406. SIDE SHIFT IN FRONT While moving, the dog makes a side shift in front of the handler and resumes heel position on the other side. The dog is not allowed to spin to make the side shift.</p>
	<p>407. CIRCLE AROUND HANDLER While the team is moving, the dog circles forward around the handler and returns to heel position.</p>

	<p>408. MOVING SIT, WALK FORWARD</p> <p>While moving, the dog is directed to a sit and the handler walks forward to the recall cone to recall the dog. The recall cone is part of the exercise.</p>
	<p>409. MOVING DOWN, WALK FORWARD</p> <p>While moving, the dog is directed to a down and the handler walks forward to the recall cone to recall the dog. The recall cone is part of the exercise.</p>
	<p>410. STOP, SEND AWAY, STAND</p> <p>The team stops, turns toward the cone and the dog sits. The handler then sends the dog to a stand next to the cone, which is 4–5 meters away. The dog must stand within one meter of the cone. The dog remains standing at the cone while the handler walks to the recall cone to recall the dog. The recall cone is part of the exercise.</p>
	<p>411. CALL FRONT, STAND, BACK AWAY, STAND</p> <p>While moving, the dog is directed to stand in front of the handler. The dog is then directed to back away at least three doglengths from the handler to a stand. The handler walks forward and next to the dog recalls the dog to the handler's left side.</p>
	<p>412. BACKWARDS 3 STEPS</p> <p>While moving, the handler takes at least three steps back while the dog heels backward aligned with the handler. When completed, the team moves forward.</p>
	<p>413. STOP, 1 STEP BACK, STAND, 2 STEPS BACK, STOP, 3 STEPS BACK, DOWN</p> <p>The handler stops, and the dog sits beside the handler. The handler takes one step backward, stops, two steps backward, stops, three steps backward, stops. The dog moves backward with the handler and resumes a stand, sit and down position in this order when the handler stops. The dog remains down until the team moves forward.</p>
	<p>414. STOP, 90° RIGHT TURN, STAND, 90° RIGHT TURN, STOP, 90° RIGHT TURN, DOWN</p> <p>The handler stops, and the dog sits beside the handler. The handler makes a 90° turn to the right on the spot and stops, another 90° turn to the right on the spot and stops and a third 90° turn to the right on the spot and stops. The dog moves with the handler and resumes a stand, sit and down position in this order when the handler stops. The dog remains down until the team moves forward.</p>

	<p>415. STOP, 90° LEFT TURN, STAND, 90° LEFT TURN, STOP, 90° LEFT TURN, DOWN</p> <p>The handler stops, and the dog sits beside the handler. The handler makes a 90° turn to the left on the spot and stops, another 90° turn to the left on the spot and stops and a third 90° turn to the left on the spot and stops. The dog moves with the handler and resumes a stand, sit and down position in this order when the handler stops. The dog remains down until the team moves forward.</p>
	<p>416. CALL FRONT, STOP, SIDE STEP LEFT, STOP, SIDE STEP RIGHT, STOP</p> <p>The handler stops and the dog is directed to sit in front of the handler. The handler moves one step to the left, stops, one step to the right, stops. The dog moves face to face with the handler and resumes a sit every time the handler stops. The dog is then directed to the handler's left side and the team continues forward.</p>
	<p>417. 90° LEFT TURN, AROUND CONE</p> <p>The exercise starts in left handling. While moving, the handler sends the dog around the cone, which is 1 meter away. The dog circles the cone clockwise while the handler turns 90° left before reaching the cone. The handler can slow down while the dog is going around the cone. The exercise ends with the dog returning to the handler's right side.</p>
	<p>418. 90° RIGHT TURN, AROUND CONE</p> <p>The exercise starts in right handling. While moving, the handler sends the dog around the cone, which is 1 meter away. The dog circles the cone counterclockwise while the handler turns 90° right before reaching the cone. The handler can slow down while the dog is going around the cone. The exercise ends with the dog returning to the handler's left side.</p>
	<p>419. TUNNEL</p> <p>The dog is sent through the tunnel at the earliest next to the sign that is two meters before the tunnel. At the same time the handler continues alongside the tunnel. The handler may increase the pace to catch up with the dog. The tunnel can be either straight or bowed.</p>
	<p>420. STOP, RECALL OVER JUMP</p> <p>The handler stops next to the sign that is two meters before the jump and the dog sits beside the handler. The handler walks forward and recalls the dog after having passed the jump to heel at the same side as before.</p>