



WHAT IS A FITNESS CHAMPION?

The goal of fitness is not to be necessarily the strongest, fastest, most agile dog in the room. The goal of fitness is to perform to the best of your abilities at the level you are at, and to exert yourself and push your limits while maintaining proper technique and form.

By achieving your CCF4 title, your dog has already demonstrated understanding and execution of various exercises in flexibility, balance, stamina, coordination, and strength. The CCF Champion title is intended to prove their excellent technique. A CCF Champion could be featured in a fitness presentation as an example of the proper way to perform an exercise. As with all Champion titles, this title (noted as CCFCH) is appended to the prefix of your dog's name.

What is Good Form?

An observer can often tell if one dog is performing an exercise with better form than another dog. It just "looks better." The aesthetics of proper form are intuitive; the body angles and steady execution are simply pleasing to the eye.

Good form can look different depending upon the individual dog's needs and limitations. Proper technique is a combination of body stability and mobility. If everything is "loosey goosey," the dog's form will fall apart. If everything is too rigid, the dog's movement will be unnecessarily restricted. When the dog moves with good form, their body works together as a unit rather than as a collection of parts. There are two important characteristics of good form:

1. It minimizes the chances of injury
2. It employs efficient body mechanics which maximize available strength and target a body region

TRAINING TIPS:

Momentum Versus Control

Most dogs can't move fast and well at the same time, so first focus on slowing down their movement. Rather than moving with momentum, the dog should move with control. This stresses the targeted areas of the body rather than the areas which are prone to break down and injure.

Take it Down a Notch

Sometimes your dog will need to take a step back to improve their form. Don't be afraid to drop down a level of difficulty, decrease their speed, increase their volume, or any variation in between. Breaks in proper technique indicate that you need to scale back a movement.

Use safety and efficiency as your guides. If those key points are happening, your dog is ready to progress, even if their form isn't perfect.

Focus on One Thing at a Time

If you have multiple things to work on while striving for better form, focus on just one or two at a time, so as not to overwhelm your dog.

HOW TO EARN YOUR CCFCH TITLE:

The CCF4 title is a prerequisite to the Champion title.

Your Champion title shall be evaluated by a CCFC Coach either in-person or via pre-recorded video, and need not be performed on the same day. Free, online CCF Spark Teams offer a convenient way to have your videos evaluated by a Coach.

SCORING CRITERIA:

You and your CCF Coach will work together to identify exercises on the opposite page to perform for your dog's evaluation. **Very basic exercises are intended for senior and limited mobility dogs; healthy, active dogs should strive for the more difficult ones.** Remember to warm up and cool down.

When evaluating for your title, your dog will be scored with the following eight criteria. In order to pass, the dog must achieve all eight criteria for all exercises.

1. ☐ Dog has trust in their safety
2. ☐ Dog performs willingly and actively
3. ☐ Dog is mentally focused on task at hand
4. ☐ Movement is deliberate and controlled (not squirming, falling, or flying off equipment)
5. ☐ Dog performs "textbook" form (symmetrical, proper angles)
6. ☐ Movement goes through full range of motion
7. ☐ Dog has rhythm and flow; every rep is consistent; as if they have done this exercise many times
8. ☐ Dog is exerting his/herself

SUBMIT APPLICATION:

Online: <http://domorewithyourdog.com>

Mail: Do More With Your Dog!®
44503 16th St. W. Suite 101
Lancaster, CA 93534

Fax: (206) 600-6852 Tel: (661) 942-2429

Email: application@domorewithyourdog.com



TITLE APPLICATION FOR:

Dog Owner: _____

Dog's Call Name: _____

Email or phone: _____

Date the last skill was performed: _____

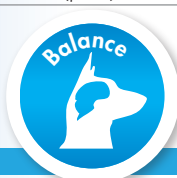
CCF Coach who evaluated: _____



*"Never underestimate
the heart of a Champion!"*



SKILL	DATE	CCFC
1 Shoulder Stretch: choose 1 of the following		
Extension Stretch: Shoulder Dip (p.66)		
Extension Stretch: Bow (p.104)		
Dynamic Stretch: 2-on/2-off Extreme Bow (p.140)		
2 Neck and Spine Stretch: choose 1 of the following		
Rotation Stretch: Neck and Spine (p.62,64)		
Flexion: Spine (p.102)		
Functional: Slant Board Swimmer's Turn (p.142)		
3 Assisted Stretch: this section is optional; perform if dog permits		
Passive Range of Motion (p.22)		
Static Stretch: Front & Hind Limbs (p.24)		

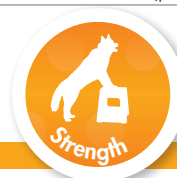


SKILL	DATE	CCFC
4 Static Balance: choose 1 of the following		
Square Posture: Stacking Pods (p.110)		
Small Stance Balance: Balance on a Block (p.150)		
5 Dynamic Balance: choose 1 of the following		
Wobble Board (p.70)		
Teeter-Totter (p.148)		
6 Lateral Balance: perform the following		
Lateral Balance: Balance Beam (p.74)		
7 Instability Training: choose 1 of the following		
Balance Disc or Fit Bones (p.32,34)		
Stand/Walk on a Peanut (p.72,146)		
2-on/2-off Peanut (p.108)		



SKILL	DATE	CCFC
8 Choose 1 of the following		
Rhythmic Movement: Treadmill (p.38)		
Resistance Training: Weight Pull (p.78)		
Cardio: Trotting, Jogging, Walking		
Low Impact: Hydrotherapy (p.114)		

SKILL	DATE	CCFC
Limb Awareness: perform all 5 of the following		
9 Rainbow Ladder (p.48)		
10 Lateral Movement: Rainbow Ladder Front Paws (p.88)		
11 Hind-End Awareness: Rainbow Ladder Back Paws (p.126)		
12 Hind-End Awareness: Back-up Chute (p.122)		
13 Hind-End Awareness: Side-Step Drill (p.162)		
14 Coordination for Balance: choose 1 of the following		
Small Stance Balance: Tight Circle (p.86)		
Small Stance Balance: Barrel Roll 4-Paws (p.160)		
15 Complex, Precise, or Asymmetric: choose 1 of the following		
Asymmetric: Irregular Cavalettis (p.118)		
Complex: Barrel Roll 2-Paws (p.120)		
Limb Isolation: Rear Leg Hike (p.158)		
Precision Foot Placement: Double Rail Beam (p.164)		



SKILL	DATE	CCFC
16 Core Strength: choose 1 of the following		
Crawl Tunnel (p.52)		
Sit up High (p.132)		
Roll Over (p.134)		
Inverted: 2-on/2-off Pull Back on (p.170)		
17 Neck Strength: choose 1 of the following		
Resistance Training: Push a Carpet or Fit Ball (p.92,130)		
Resistance Training: Tug (p.98)		
18 Limb Strength: choose 1 of the following		
Bar Jump/ Platform Jump (p.54,96)		
Wall Stand (p.58)		
Assisted Upright Walking (p.136)		
Inverted: Handstand (p.172)		
Shoulder: Paw Swipe at Muzzle (p.174)		



Page numbers refer
to Kyra's Canine
Conditioning book