

CPT COMBAT & PERFORMANCE TRAINING · MELBOURNE

CANINE PERSONAL TRAINING SYSTEM

THE 10-WEEK COMPLETE DOG
TRANSFORMATION BLUEPRINT
BASED ON THE 5 STSK9 CLASSICAL
PILLARS

01

MOVEMENT & S-
FLOW

02

VISUALS (FOCUS)

03

VOCALS &
MARKERS

04

DRIVE IGNITION

05

GRIP & OUT

DEVELOPED BY SOTIR KICHUKOV

ONE Championship Veteran · Bulgarian Striking & MMA Champion · Head Coach at CPT MMA & Canine Melbourne. Applying 19 years of elite championship athletic conditioning and canine behavioural science to family pets and working breeds.

THE 5 STSK9 PILLARS

A dog does not misbehave out of spite; it reacts to ambiguity. The CPT Canine system adopts the proven 5 STSK9 pillars to establish absolute communication, biological drive channeling, and emotional neutrality before introducing high-arousal public environments.

PILLAR	CORE MECHANISM	PET DOG REAL-WORLD APPLICATION
1. Movement & S-Flow	Linear walking triggers oppositional pulling. S-Flow uses curvilinear, lateral body shifts and loose leash geometry.	Eliminates lead pulling on Melbourne suburban sidewalks. Handler body leads; the dog follows naturally without neck wrestling.
2. Visuals (Source Focus)	The dog's retinas lock onto the handler's visual source (eyes/hands) rather than environmental scanning.	The dog ignores skateboards, prams, and other dogs at cafes because the primary reward source is locked on you.
3. Vocals & Markers	Clear 3-tier marker system: <i>YES</i> (terminal bridge), <i>GOOD</i> (duration bridge), and <i>BREAK</i> (dynamic release).	Removes shouting and emotion. The dog understands the exact microsecond a command is completed or when it is free to sniff.
4. Drive Modulation	Channeling genetic food drive and prey drive into work, rather than letting energy manifest as destructive anxiety.	All daily food is earned through focus and obedience. The dog wakes up eager to work with the family.
5. Grip & Play (The Out)	Full-mouth bite mechanics on tugs, followed by the conflict-free positive OUT (second toy / reward swap).	Prevents resource guarding and aggression over sticks, shoes, or balls. Teaches immediate clean release on command.

THE 3-STEP EXECUTION LOOP (HANDLER MECHANICS)

Every drill follows the strict sequence: **1. COMMAND** (Verbal cue once) → **2. LURE / S-FLOW** (Kinesthetic guidance) → **3. POSITION** (Dog locks into posture) → **4. REWARD** (Marker fires, then reward delivered). Never move food simultaneously with your voice during initial stages.

PHASE 1: DRIVE, FOCUS & LEASH HEEL

SESSION 1

PRACTICE: 2 WEEKS

Focus: Food Drive Ignition & Hand Magnet

Eliminate bowl feeding. The entire daily meal is converted into hand-chasing drive.

- **Magnet Hand:** Kibble held between thumb & palm. Dog pushes into hand while handler walks backward 3-5m.
- **Opposition Reflex Activation:** Handler pulls away slightly as dog commits to reinforce forward drive.
- **Zero Pressure Environment:** Conducted inside hallway or quiet room with zero distractions.

Homework: 2x 5-min sessions Goal: High-speed hand
daily push

SESSION 2

PRACTICE: 2 WEEKS

Focus: Visual Source Focus & BREAK Release

Teaching the dog that looking away from food and into the handler's eyes is the key that opens the lock.

- **The Power Stare:** Food held at chest in closed fist. Dog licks hand; when it shifts eyes to handler's face → YES & reward.
- **The BREAK Marker:** Step backward, announce cheerful *BREAK!*, and throw piece behind dog to release tension.
- **Impulse Ignition:** Dog learns self-control creates speed.

Homework: 10 eye-contact
reps daily

Goal: 5-sec locked eye
focus

SESSION 3

PRACTICE: 2 WEEKS

Focus: S-Flow Movement & 3 Kinesthetic Positions

Using hand lures and curved paths to shape Sit, Down, and Stand without verbal interference.

- **Puppy Push-Ups:** Upward lure for Sit → nose-to-paws downward for Down → forward draw for Stand.
- **S-Flow Contact Heel:** Lure pinned at left hip seam. Walk gentle figure-8s; dog wraps body into handler's leg.
- **Rhythm Over Repetition:** Smooth continuous motion.

Homework: 3x 8-min S-Flow Goal: Clean position
drills transitions

SESSION 4

PRACTICE: 2-3 WEEKS

Focus: Lure Fading, Duration & Street Heel

Removing the bribe from the hand, introducing the *GOOD* duration marker, and loose-lead walking.

- **Fading the Lure:** Hand mimics lure gesture empty; reward drawn from pocket post-marker.
- **GOOD Duration Marker:** Position held → *GOOD* → treat → pause 5s → treat → *BREAK*.
- **Loose Leash Street Heel:** Zero tension in the leash. Immediate directional U-turn upon any forward pull.

Homework: 15-min daily
street walk

Goal: 30s Sit-Stay + loose
leash

PHASE 2: BALL DRIVE, PROOFING & RECALL

SESSION 5

PRACTICE: 2 WEEKS

Focus: Prey Drive, Ball Engagement & Positive Out

Transitioning to high-arousal toy rewards with conflict-free release mechanics.

- **Prey Activation:** Ball on string dragged erratically like prey; never pushed into dog's face.
- **Full Grip & Tug:** Allow deep molar grip; 5 seconds of confident, controlled tugging.
- **Two-Ball Positive Out:** Ball 1 goes dead → Command *OUT* → Ball 2 explodes alive as reward.

Homework: 3x 5-min 2-ball sessions

Goal: Instant release on *OUT*

SESSION 6

PRACTICE: 2 WEEKS

Focus: Environmental Distractions During Positions

Teaching mental impulse control when high-value stimuli enter the dog's peripheral field.

- **Food Drop Denial:** High-value treat dropped 1m away during Down-Stay. Block forward lunge with foot; reward eye contact.
- **Toy Fly-By:** Ball rolled past dog while in Sit. Reward calmness and patience.
- **Handler Orbit:** Walking complete 360-degree circle around dog in Stay.

Homework: 10 dropped food trials Goal: 100% ignore of fallen food

SESSION 7

PRACTICE: 2 WEEKS

Focus: The Magnet Recall (10m Long Line)

Building an unbreakable reflex where returning to the handler is the most exciting event in the dog's day.

- **Restrained Recall:** Helper holds dog by chest; handler hypes up, sprints away 15m & shouts *COME!* Helper releases for sprint finish.
- **Jackpot Reinforcement:** 5 consecutive high-value treats or high-drive ball game upon arrival into front sit.
- **Never Recall to Discipline:** Recall must never precede a bath or kennel lockup.

Homework: 5x long-line recalls daily

Goal: Maximum sprint speed back

SESSION 8

PRACTICE: 2 WEEKS

Focus: The Super Recall (Emergency Stop / High Arousal)

Specialized emergency whistle or distinct cue (*SUPER!*) reserved for life-saving turnarounds.

- **Charging Recall:** Triggering recall while dog is actively running away from handler.
- **Prey Call-Off:** Calling dog off a rolling ball or fleeing helper; 180-degree emergency turnaround.
- **Mega Reward Vault:** Fresh roast chicken, liver treats or unique high-value tug kept exclusively for this cue.

Homework: 2 tests per week only

Goal: Instant 180° snap turnaround

PHASE 3: THE CRUCIBLE & BUNNINGS GRADUATION

SESSION 9: THE NEUTRALITY
CRUCIBLE

PRACTICE: 2
WEEKS

Focus: Threshold Management & Environmental
Neutrality

The missing link before retail spaces. The dog learns complete indifference toward passing dogs, bikes, and children.

- **Parallel Pass:** Walking past another dog or trigger on opposite sidewalk (3-5m gap) in locked Contact Heel.
- **Cafe Settle:** 20 minutes Down-Stay under outdoor table while pedestrians walk within 1m. No sniffing strangers.
- **Arousal De-Escalation:** Rapid transition from high drive back into calm physiological rest.

Homework: 3x 20-min
cafe/park settles

Goal: Zero
vocalization/fixation

SESSION 10: BUNNINGS
WAREHOUSE CHALLENGE

GRADUATION
FIELD TEST

Focus: Real-World Public Retail Mastery

The ultimate test of canine nerve stability: polished concrete, reverberating forklifts, garden fertilizers, and rattling trolleys.

- **Sliding Door Entry:** Calm passage through automatic sliding doors without hesitation or lunging.
- **Narrow Aisle Heeling:** Perfect loose-lead walking down hardware aisles with zero product sniffing.
- **Trolley Down-Stay:** 3-minute Down-Stay in timber/nursery department as heavy metal flatbeds roll past.
- **CPT Graduation Tag:** Official sign-off by Sotir Kichukov.

Evaluation: 45-min
walkthrough

Standard: 100% loose leash
& calm

HANDLER CODE OF CONDUCT (SOTIR'S GOLDEN RULES)

1. **Never Repeat a Command:** Say it once. If the dog does not comply, guide kinesthetically with the leash or lure. Repeating words breeds noise.
2. **Reward Speed, Not Just Completion:** A recall that takes 45 seconds is not a recall. Reward the explosive initial turn and sprint velocity.
3. **Calm Handlers Create Calm Dogs:** If your pulse is racing, the leash conducts your anxiety straight down to the dog's collar. Breathe and execute.

OFFICIAL TRAINING LOG

Track daily repetitions and note threshold challenges for Coach Sotir to review during weekly audits.

SESSION	CORE MILESTONE	TARGET CRITERIA	HANDLER FIELD NOTES	DONE	SIGN
Session 1	Food Drive & Hand Magnet	5m forward push, zero bowl food		☐	
Session 2	Source Focus & BREAK	5s locked eye contact, snappy release		☐	
Session 3	S-Flow & 3 Positions	Clean Sit/Down/Stand push-ups		☐	
Session 4	Lure Fading & Leash Heel	Empty hand gesture + loose lead street heel		☐	
Session 5	Ball Drive & Positive OUT	Deep molar bite + clean 2-ball swap		☐	
Session 6	Distraction Proofing	Zero reaction to dropped meat/toy		☐	
Session 7	Magnet Long-Line Recall	15m sprint return under low arousal		☐	
Session 8	The Super Emergency Recall	180° snap turnaround mid-flight		☐	
Session 9	Neutrality Crucible (Trigger Pass)	Calm pass by reactive dogs & 20m Cafe Settle		☐	
Session 10	Bunnings Warehouse Final Walk	45-min hardware walk with trolley Down-Stay		☐	

CPT CANINE GRADUATION CERTIFICATION

Official authorization signed by Head Coach Sotir Kichukov upon Session 10 walkthrough.

Sotir Kichukov / Date