

WCRL Exercise Videos



100 - Halt, Sit	https://youtu.be/Mhr0228ipn8
102 - Halt, Sit, Stand	https://youtu.be/sU0qBesQ8Pg
104 - Halt, Sit, Down	https://youtu.be/3mvDZgnqG-l
106 - Halt, Sit, Walk Around	https://youtu.be/FPAfXcZG7JU
108 - Halt, Turn 1 Step Right, Halt	https://youtu.be/gdQkX2kNvAY
110 - Halt, 90° Right Pivot, Halt	https://youtu.be/Lza00uCnJ_Y
112 - Halt, Sit, Down, Sit	https://youtu.be/AD2--9Lodmo
114 - Halt, Sit, Down, Walk Around	https://youtu.be/ngbwb4WL4Bg
116 - Call Front, Finish Right	https://youtu.be/JmxLIMrqWMU
118 - Call Front, Finish Left	https://youtu.be/EUtTn1loGL8
150, 152, 154 - Normal Pace, Slow Pace, Fast Pace	https://youtu.be/CeLR1aW10i0
156 - Moving Sidestep Right	https://youtu.be/rBQPAPdtxgg
158 - 90° Right Turn	https://youtu.be/XSmn2p9ugKs
160 - 90° Left Turn	https://youtu.be/qUPNhoJqJv4
162 - 180° Right Turn	https://youtu.be/ENtZhRtJsnk
164 - 180° Left Turn	https://youtu.be/urZaWKOGBHg
166 - 270° Right Turn	https://youtu.be/tmk8k0ZSspA
168 - 270° Left Turn	https://youtu.be/4TJqgg6_NQA
170 - 360° Right Turn	https://youtu.be/DHZrB33OCY8
172 - 360° Left Turn	https://youtu.be/EmYS-TG9uT0
174 - Veer 45° Right	https://youtu.be/ShlmP8zdsuU
176 - Veer 45° Left	https://youtu.be/OzrdAzSbA9A
178 - Call Front, Forward Right	https://youtu.be/UL6gln0u8iQ
180 - Call Front, Forward Left	https://youtu.be/qV2ecpWSiBc
182 - Mini Spiral Right	https://youtu.be/GOxhN3ffnJE
184 - Mini Spiral Left	https://youtu.be/LLhYpTRpG2I
186 - Figure 8	https://youtu.be/D6q4Pg_0qzE
188 - Serpentine	https://youtu.be/1BmOOj1JN8A
200 - Halt, 180° Right Pivot, Halt	https://youtu.be/wf7bd5b3oPc
202 - Halt, 90° Left Pivot, Halt	https://youtu.be/WzWK1xeQWN8
204 - Halt, Sidestep Right, Halt	https://youtu.be/6uNHJdwKSKo
206AB - Halt, Leave Dog. Call to Heel, Sit	https://youtu.be/gtIChAEBAme
208AB - Halt, Leave Dog, Veer Right. Turn, Offset Recall, Finish	https://youtu.be/7uBCoAWHXIM
210AB - Halt, Leave Dog, Veer Left. Turn, Offset Recall, Finish	https://youtu.be/4tGNcFESoT8
212AB - Halt, Leave Dog. Turn, Recall, Finish Right	https://youtu.be/eXcSzPtxHjA
214AB - Halt, Leave Dog. Turn, Recall, Finish Left	https://youtu.be/BDFI4Gja7IY
216AB - Halt, Leave Dog. Turn, Call Over Jump, Front, Finish	https://youtu.be/dsvonzuSvil
218 - Call Front, Sidestep-Finish Left or Sidestep-Finish Right	https://youtu.be/Poz4-sitYYg
250 - Halt, From Sit, 180° Right Turn, Forward	https://youtu.be/iWJg7sGCU4c

252 - Halt, From Sit, 180° Left Turn, Forward	https://youtu.be/amd8wulUDew
254 - Halt, Fast Forward from Sit	https://youtu.be/liKl6k-aWWg
256 - Moving Down, Forward	https://youtu.be/SsocymWZZhs
258 - Left About Turn	https://youtu.be/EkNKFSEqAwc
260 - Send Over Jump, Handler Runs By 3' (1m)	https://youtu.be/Y9SyLQbmuO8
262AB - Halt, Leave Dog. Turn, Call Over Jump, Front, Forward	https://youtu.be/zZE5Fck_GzU
264AB - Halt, Leave Dog While Running. Return Behind, Forward	https://youtu.be/RTTj-PZ5P9c
266 - Moving Stand, Walk Around	https://youtu.be/VjpcBmvNRXQ
268 - Spiral Right	https://youtu.be/trLqJjS6R3I
270 - Spiral Left	https://youtu.be/TvrzLzF8qY0
272 - Offset Figure 8 (No Food)	https://youtu.be/cNnK-QFFfk
274 - Double Serpentine (Double Figure 8)	https://youtu.be/84LXqQ10f1w
300 - Halt, 1-2-3 Steps Forward with Halts	https://youtu.be/mx3kivYDAAk
302 - Halt, 180° Left Pivot, Halt	https://youtu.be/tT8KH3uercU
304AB - Moving Stand, Leave Dog. Turn, Call to Heel, Sit	https://youtu.be/-YSuLEUBADg
306AB - Moving Stand, Leave Dog. Turn, Down, Sit, Front, Finish	https://youtu.be/zyRJweK5nQM
308AB - Moving Down, Leave Dog. Turn, Front, Finish	https://youtu.be/gZmONT0kuh4
310AB - Halt, Leave Dog. Blind Front, Finish Left	https://youtu.be/lv382fZZgcE
312AB - Halt, Leave Dog. Turn, Directed Jump, Front, Finish	https://youtu.be/R9ivdJRfCmE
350 - Double Left About Turn	https://youtu.be/VEij2jgubvg
352 - Reverse Heel 3 Steps, Forward	https://youtu.be/9taOKau4N90
354 - Front, 1-2-3 Steps Backward, Forward	https://youtu.be/3oihdoQHhhc
356 - Call Front, Dog Back Up 3 Steps, Return, Forward	https://youtu.be/5I9d8bEKdMM
358 - Front, 180° R/L Pivot, Forward	https://youtu.be/MaCa2Tk5mMY
360 - Right Turn, 1-2 Steps, Down, Forward	https://youtu.be/cbumeXC0kPQ
362 - Left Turn, 1-2 Steps, Down, Forward	https://youtu.be/sOMLQXID5Cc
364 - Halt, Stand with Distraction, Return Behind, Forward	https://youtu.be/WXOZuG4tUv0
366AB - Moving Stand, Leave Dog. Turn, Call to Heel, Forward	https://youtu.be/nSkpyqabRMO
368AB - Halt, Leave Dog. Turn, Down on Recall, Front, Return, Forward	https://youtu.be/lgkv_Eq7oDE
370AB - Halt, Leave Dog. Turn, Down, Return Behind, Forward	https://youtu.be/5NOuViuDGDw
372AB - Halt, Leave Dog. Turn, Call Over 2 Jumps, Front, Forward	https://youtu.be/3tIzIqXfxbE
374 - Send Over Jump, Handler Runs By 6' (1.8m)	https://youtu.be/Uhn7AeV9EL4
376 - Offset Figure 8 (With Food)	https://youtu.be/wHgiXdMbkI4
400 - Front, Finish R/L to Right Side	https://youtu.be/qF2KrFKupAI
402 - Halt, Retrieve, Front, Finish	https://youtu.be/ZVPI7XO91ZA
450 - Switch Side 180° Pivot	https://youtu.be/lh48XkFzE_s
452 - Switch Side 180° Right Turn	https://youtu.be/kuA7gPrriPI
454 - Switch Side 180° Left Turn	https://youtu.be/HOPgVtOPbP0
456AB - Halt, Leave Dog. Right Turn, Call to Heel	https://youtu.be/Fb1TIsJb110
458AB - Halt, Leave Dog. Left Turn, Call to Heel	https://youtu.be/W3p9BZkkj1w
460 - Moving Down, 2-4 Steps, Moving Stand	https://youtu.be/m67cThaOads
Example: Resolving Right-Side Heel to Left Side Heel	rallydogs.com/binary/videographics/RSH.mp4