

## **The Monthly Distance Challenge for Handlers Who Want to Expand Their Distance Handling Skills**

**January:** Groundwork for Distance Exercises to Clarify Cues

**February:** Go Forward Exercises

**March:** Turn Exercises

**April:** Out Exercises

**May:** Tunnel Circles, Hoop/Jump Circles

**June:** Switch, Drive Out of Tunnel, Lateral Distance

**July:** Pinwheel Exercises

**August:** Lateral Distance Exercises

**September:** Go, Turn, Lateral Distance

**October:** Lateral Distance, Turns

**November:** Go Tunnel, Pinwheel, Turn Off Tunnel Pinwheel

**December:** 180 vs Serpentine Exercises