



Limited Time Barkour Title Through January 31, 2025 – 12 Days of Holiday Fun!

Celebrate the December Holidays with Barkour Canine Fitness' **12 Days of Holiday Fun** title. Themes include colors (green, red, blue, white), textures (tree, wood), and holiday-centric objects (star, gift, 2025). Complete the exercise requirements via video to earn a title certificate and holiday-themed title charm (shipping included in continental US only). Price is \$20 and additional rules regarding the exercises, video requirements, and submission can be found at barkourcaninefitness.com under "Rules and Regulations." Please remember to show the entire exercise from start (before interacting with the obstacle) to finish (after interacting with the obstacle) and ensure at least your hands are visible in the video – thanks!

Exercise Requirements:

1. **2 Feet On a Vertical Surface** – dog places two front feet on a tree (bonus points if it's an evergreen) and stays in position for at least 3 seconds.
2. Have your dog **interact** with a star or stars for 5 seconds. The star(s) can be any size or material & the interaction is your choice – be creative!
3. **In** – 4 feet in a "gift" (cardboard box - bonus if it has wrapping paper or a bow) for 5 seconds.
4. **4 Feet On** an object that is primarily* red for 5 seconds.
5. **Over**** an object that is primarily green.
6. **Around** an object that is primarily blue from at least two body lengths away.
7. **Pivot** (2 front feet on) at least 180 degrees in one direction on a wooden object – no restriction on handler movement.
8. **2 Feet On** a "snowball" (primarily white ball) for 5 seconds.
9. **4 feet On** a wooden object for 5 seconds. May be the same object used in exercise 7 or a new one.
10. **Straddle** two "gifts" (cardboard boxes) – dog places front two feet in one and back two feet in another for at least 3 seconds, boxes must be at least one-third the dog's body length apart.
11. **Moving Obstacle** – dog places at least two feet on a moving obstacle of your choice for 3 seconds. Bonus if the obstacle is green, red, blue, or white.
12. **Three Obstacle Sequence** – dog performs three different behaviors on three new obstacles in a row. Obstacles must be green, red, blue, white or any combination thereof.
13. **Bonus** – Take a picture of your pup(s) with 2025 New Year's Eve décor (photoshopped accessories okay).

*Primarily is defined as more than 50%.

**Please be cognizant of your dog's growth plates if they are under 18 months old and prevent injury by limiting the Over exercise to no higher than wrist height.