



The Wood Dog continued...

Wood Dogs are fast learners. They love challenges, competition, and variety. When training, they may become impatient or irritable if there is too much repetition. Honoring their need to move will make any training easier, so first give them a good run, play, or a long walk and they will be more focused and less impatient with the methodical acts of training. Competition is their main goal so find ways to fill that need. Agility has all the components they love: challenge, speed, movement, variety, and competition. If your Wood Dog is competing he will most certainly be pushing himself to the absolute limits of his body so be sure you are supporting his performance with massage, chiropractic, acupuncture and supplements, particularly after competitions.

On a physical level the most important health need for the Wood Dog is movement. Give them plenty of walks or runs. Don't skimp on their time working or training or you will have an over-active and impatient dog on your hands. They are athletically gifted animals and need that movement and challenge to create balance and harmony within the Wood element.

The common ailments and body parts affected by imbalances in the Wood Dog are tendon and ligament injuries, muscle soreness, liver issues, digestive issues, eye conditions, and right sided issues like muscle tension and stiffness. Movement can both help and hinder most of these. Keeping muscles strong will mean less tendon/ligament tears and less stiffness. Active movement helps the liver flush toxins better and aids digestion as it balances the Wood element Qi. Balancing the Wood element Qi encompasses both solid leadership from the handler, regular movement that meets their need for challenge and activity, and utilizing supportive therapies for the amazing athletes that they are.

The default emotion for the Wood Dog is anger, causing aggression, impatience, and frustration. Many Wood element dogs become working police dogs. Anger is their archetypal stress response and can be balanced by giving clear, firm, and consistent boundaries, competent leadership, challenging work and exercise, variation to life experiences, and of course, praise and kindness.