

See!



- Pull down gently, evenly, keeping the rope tight ALL the way down until your thumbs point to the floor
- Follow the rope up to hand stroke, keeping it just tight.
- Things to remember and do:
 - Keep hands together
 - Arms straight
 - Look ahead
 - Feet slightly apart, one slightly in front of the other
 - Lean forward slightly onto the balls of your feet
 - Pull down straight, close to you

Backstroke



- Things to remember and do:
 - Keep hands together
 - Arms straight
 - Look ahead
 - Feet slightly apart, one slightly in front of the other
 - Lean forward slightly onto the balls of your feet
 - Pull down hard, straight and close
 - As soon as you let go of the sally, put your top hand above the bottom hand on the tail end BEFORE your arms follow the rope up
 - Follow the rope up to back stroke, keeping it just tight when it gets to the top.

Feel!

General Safety Tips

- Always do as you're asked
- Think about what you're doing
- Bell ropes are dangerous—be careful!
- Avoid getting too close to someone ringing
- If using a box to ring, keep your feet away from the box edge to avoid being tripped up by the rope
- Similarly, if sitting near someone who is ringing, keep both feet flat on the floor.

Ringing Times

The bells are rung every Sunday morning between 9.15am and 10.30am. We teach and practise every Monday night between 6.30pm and 9.15pm.

If you would like to know more...

Please contact Bernard Taylor who is the Training Officer for the Cathedral's Bellingers.

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Worcester Cathedral

Guild of Bellingers



Ringing Teaching Centre

Stage 1—Bell Handling

Name: _____

Contact Telephone No: _____

www.worcesterbells.co.uk

Bell Handling (on simulator)	Date
Raise bell and ring backstrokes (aided – no coils)	
Raise bell using coils	
Hold bell on balance at backstroke	
Set bell at backstroke	
Pull off bell at handstroke (without tail-end)	
Catch sally at handstroke (without tail-end)	
Set bell at handstroke	
Pull off sally and ring backstroke	
Ringing bell both strokes with assistance	
Ringing bell both strokes unaided	
Lower bell (aided – no coils)	
Lower bell using coils	
Setting bell/Holding bell on balance at will	
Adjust length of tail-end whilst ringing	
Cope after missing sally	
Ringing at different speeds on command	

Bell Handling (on real bell – maybe tied)	Date
Ringing bell both strokes with assistance	
Ringing bell both strokes unaided	

Aural	Date
Analyse errors in computer generated rounds	
Analyse errors in tutor’s ringing with ABEL	
Spotting errors in own ringing on simulator	

Theory	Date
Write out call changes	
Write out plain hunt	
Understand notation for change ringing	
Know some basic history and practice of bellringing	

Practical	Date
Tie a bell rope ‘knot’	
Visit bell chamber (accompanied)	
Describe how a bell ‘works’/identify the bell parts	
Visit some bell ringing websites	

Service	Date
Attended every week (except for illness)	
Attended Sunday service ringing as an observer	

Lessons			
Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:
Date:	Date:	Date:	Date:

