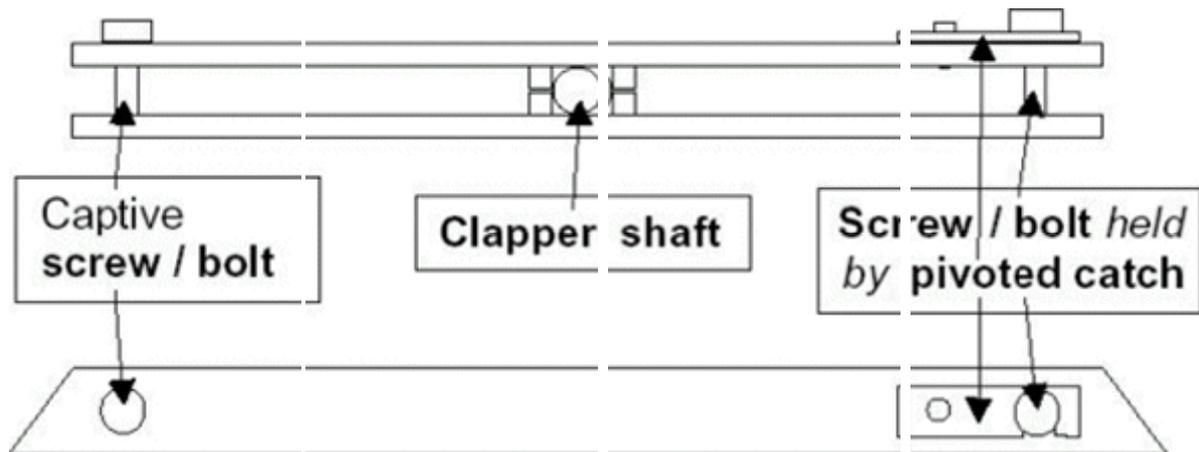


## TEACHING BELL HANDLING

### One way...

- CCCBR booklet "One Way to Teach Bell Handling"
- Bell handling can be taught from a down bell, as well as on an up bell
- Any method has to be adapted to the learner

### Clapper Tie



For more details, see *Clapper Tie* on the Education – Documents page

### Setting Up

- Hearing the bell is helpful
  - car tyre muffles
  - simulator
  - 'dingler'
- Safe box(es)
- Dummy tail end

### Before you start

- Introduce the bell
  - Garter hole & pulley; bounce
  - Stay
  - Safety - bell in motion
- What's the rope for?
- Can't push
- Can't tell up from down by the rope
- If things go wrong...
- Which hand on top?
- Little finger demo

## Safety

- Need awareness - keep low key
- Already done:
  - Bell in motion
  - Can't tell up from down by the rope
  - If things go wrong...
- Point out the obvious
  - Don't go near an up bell
  - Check up or down before pulling a rope
- Watch for hands above and behind



## General comments

- Avoid or explain jargon
- Don't suggest mistakes
- Give positive instructions
- Don't try to cure everything at once
- Always revise last lesson
- Don't try to perfect each stage before moving on - revision works better
- Mild distraction, or a break, cures a lot of faults
- Hands above the learner's DO NOT help

## Add on extras

- Tying up the rope
- Taking in rope
- Letting rope out
- Changing speed
- Raising
- Lowering
- Theory - call changes & method

## One way - backstroke

- Rope length
- Thumb across rope
- RELAX!
- Explain what's going to happen - and that may not be able to stop first time
- Remind to pull GENTLY
- Keep your hands to yourself!
- Use to develop feel

## Backstroke faults

- Looking up
- Anticipating
- Stopping pulls short
- Stiff elbows / not pulling straight
- Elbows stuck out to the side
- Tugging
- Holding rope too high / too low
- **Hands behind at top of stroke**



## One way - handstroke

- Pull off slowly
- Keep pulling - more gently
- Let go!
- At waist level
- Teacher keep a short tail end

## One way - catching

- Handstroke pull-off with tail end
  - Start on tail, teach transfer to sally
  - Short tail end
  - Check for tidy hand transfer to tail end
- Introduce timing
- Need to catch from backstroke pull (not teacher's)
- Wait for safe backstroke pulls - suggest a single catch
- Increase numbers and frequency of catches

## Another way - catching

- Previous approach nearly always works
- For the very rare, very nervous learner:
- Teacher has tail end, learner has sally.
- Teacher needs to control strength of backstroke to safeguard stay (and learner!)
  - teacher may need to practice!

## Handstroke faults

- Catching at the wrong height
- Slipping sally
- Late hand on tail end
- Stopping pulls short
- Fumbling for the rope
- One or two lower hand fingers on sally
- Tail end over thumb
- Lower hand on top on sally
- Hands separated
- Pushing up

**What next?**

- Lots of practice!
- Introduce to ringing with others (*rounds on simulator first if possible*)
- Keep one to one sessions going
  - watch for faults developing
  - teach speed changes
  - aiming for complete control of bell
  - relaxed handling of rope

***Then your learner is ready to start teaching!***

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