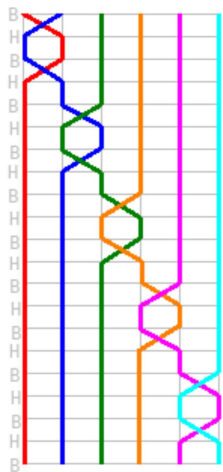


Bellringing Exercises

Mexican Wave



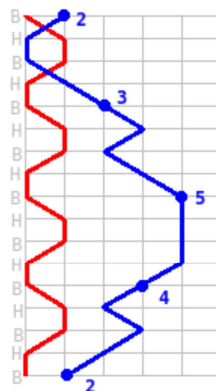
A step up from call changes.

The position changes are more rapid, and are not instructed.

It helps develop bell-handling skill to get the 8 sequential speed changes right.

It helps develop awareness, as the ringer has to pay attention to both of the bells in front of them, and be aware of when they start and finish their exchange, in order to be able to do their own exchanges at the right time.

Bistow Little Doubles



For the treble, this is plain hunt on 2.

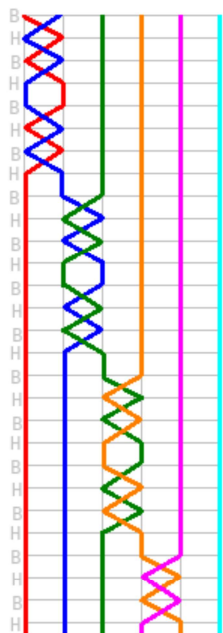
The same work as for the treble in mexican wave, but repeated over and over, with the additional challenge of it being a different bell to make seconds over each time.

For more experienced ringers, its a lot of the work of Plain Bob Doubles, but in quick succession.

Another good dodging practice method.

The challenge for the working bells is the start BEFORE the dodge and at the beginning of 4 blows in 5ths.

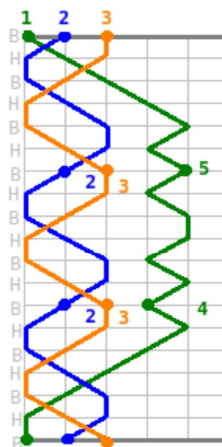
Dodgey Mexican



A development on the regular Mexican Wave.

All of the benefits, but now the ringer gets to practice dodging as well ... both up and down.

Cloisters



Cloisters allows 2 bells to ring hunt on 3 allowing one of them to be a learner, and the other more experienced, as an anchor.

There are 2 possible versions of Cloisters, with the other having the 1 and 3 in plain hunt, but the reason we ring this version, is that 1, 4 and 5 all have a Stedman Doubles start.

For more experienced ringers, this is practice at the Stedman quick-bell, and with the double dodges in 4/5.