



Foundation Skills

What are my targets?

Practical Targets

Rounds on 6
Call changes at handstroke
Call changes at backstroke
Leading
Place making at handstroke
Place making at backstroke
Dodging over at handstroke
Dodging over at backstroke
Mexican Wave
Call simple call changes
Call to Queens and back

What are we looking for?

Is the bell under control?
Is the bell rung without bumping the stay?
Listening to your bell in rounds
Adjusting rope lengths change speed
Catching sally higher or lower to change speed
Competent changes of place

Theory Targets

Understand concept of place in row
Ringing Jargon
•Back/front
•Lie/lead
•Cover
•Treble/Tenor
•Up/down
•Quick/slow