

Ringling Up & Down in Peal

Objects of the Day

Each person will gain some understanding of the technique and have the opportunity to practice ringing up and down in peal.

Key Points for Ringling Up AND Down

Ringling up and down in peal is a TEAM EFFORT.

Smooth actions – don't take in or let out too much rope at any one time.

Co-ordinate your bell with others by **watching and listening**.

All bells must go up / down at the same speed.

Good **rope management is essential**.

All rope adjustments should be made between strokes.

Ringling Up

Speed changes all the time, and changes a lot.

Some effort required to physically raise the bells.

Ringers of small bells must exercise restraint – the tenors cannot raise as quickly as the trebles.

All bells must gradually increase the gap between them and the bell they are following.

Arms always at full reach. – allows long downward pull without checking the bell.

Rhythm is the key

Bells can only swing at the same rate if the lighter bells are swung higher than the heavy ones.

Starting is tricky – must allow the heavier bells to get striking.

Once all bells striking the correct spacing between bells can be judged.

To make it easier for the tenors it is best for the trebles to move up fairly smartly.

Leading up

Everyone follows you.

Start chiming and establish a rhythm.

Initially swing the bell quite vigorously until all the bells are striking.

Watch all the ringers and judge if they are having difficulty – adjust accordingly.

Pay attention to the heavier bells because they cannot adapt to speed change as quickly as the light bells.

Do not be confused by bells causing their own problems.

When all bells striking at both strokes ensure treble strikes immediately after its backstroke. You can now assume "leading mode".

Start opening the handstroke leads as the bell reaches the balance.

The lighter bells will be up a long time before the tenors.

Allow plenty of time for the tenors to be fully up. Encourage the band to space the bells to a normal ringing pace before stand is called.

Raising the Second

Sets the interval for the other bells.

Don't spread out too much – too much for the tenors and causes overlap of strokes.

Raising a "middle bell"

Evenly fill the space between the treble and tenor.

Harder than ringing rounds because ringing is faster and the speed changing.

When ringing below the balance, slight handling errors have a much larger effect.

Constantly monitor your own bell and those either side, by looking and listening.

If other bells wrong, try to stay in the right place. Do not try to move to fill a gap, as this can be confusing to other ringers. Try to be a stabilising influence.

Listen carefully to other bells. e.g. if near the front listen to the trebles.

Raising the Tenor

A key bell. potentially the most stable.

Check hard to make sure it is striking, but pull to gain momentum.

Watch all the bells and judge how quickly they are going up.

Three Types of Start

- Random – bells strike as soon as they can (but do so as neatly as possible)
- In sequence – 1, 1.2, 1.2.3, etc
- Simultaneously – 1.2.3.4.5.6.

Ringling down

Top hand (right with most people) is the hand which determines the rope length

Lower hand – backs up the upper hand when pulling and takes care of the spare rope.

Leading Down

Call them down e.g. "Downwards"

Close the handstroke leads

As the tenor stops striking at handstroke continue to come down.

Come down at a consistent pace.

Keep the trebles fairly high to allow the tenors to come down.

Allow enough swing on the bell at the end to help the tenor chime in.

Ringling the Tenor

Keep it close.

Momentum and weight of the bell will usually prevent any sudden changes.

Look ahead around the circle to judge when the smaller bells are going down.

Anticipate the need to check the bell in a little closer.

At the end get the bell chiming well but make sure you keep behind the others.

Ringling a Middle Bell

A steady downward pace is essential.

If you come down too quickly DO NOT try to pull the bell back up. Instead, hold it in that place until the others come down to you, then continue.

Follow the bell in front as if it were a life line, BUT WATCH in case it goes wrong, then be ready to follow the next bell along, allowing for the correct gap.

Catch at the End

It is usual to catch in Rounds at the end. This is preceded by the treble ringers calling "Miss after 3 and catch in rounds" or something similar. If it is desirable to catch in any other sequence e.g. Queens – 135246 it is best to agree this before commencing the fall. Many good falls have been spoiled by confusion at the end.

NO CHIMING AFTER THE CATCH. Hold the bells firmly, if they are still swinging slightly, let them do so.