



# Recruitment and Training

## Good Striking Tips

It's all about teamwork – everyone has to want to improve!

The whole band needs to:-

- a) Settle to a common speed
- b) Develop a common rhythm (especially on higher numbers)
- c) Make no method mistakes

You could enter a band in the District or Guild striking competition (to give yourselves a target)

Individuals may need to work on their:-

- a) Handling skills – you need to be in complete control of the bell
- b) Listening skills – you need to be able to pick out your bell to tell if you are striking too wide or too close.

Listen critically (both when ringing and sitting out)

- c) Sense of timing – don't let ropesight dominate your sense of timing especially when striking over odd struck or heavy bells (resist the temptation to “follow the ropes”)

Rhythm is very important so:-

- a. Try not to compensate for someone ringing too quickly or slowly as it will disrupt the rhythm
- b. Try to make only small corrections if needed as too much correction will destroy the rhythm
- c. Try not to get stuck on one bell – ringing different bells will help you to develop a sense of rhythm by adapting to their different rhythms (the natural swing of the bell)
- d. The conductor should let the bells settle into a rhythm in rounds before going into a method