

Handling Tips for Tutors

Recruitment and Training



* Instruction given assuming person is ringing with left hand holding tail end

		Good handling points	Handling faults
Handstroke	Pull off	<ul style="list-style-type: none"> Arms at comfortable stretch Hands together (left hand below right hand *) All fingers of both hands (& thumbs!) around salley 	<ul style="list-style-type: none"> Arms too bent (or over stretched) Hands apart or over lapping (or right hand below left) All/some fingers of left hand grasping tail end
	Transition to backstroke (hands transfer from salley to tail end)	<ul style="list-style-type: none"> Both hands release salley simultaneously Right hand drops straight down to tail end 	<ul style="list-style-type: none"> Left hand leaves salley too early Right hand "waves" about (or remains on rope running down to tail end)
Backstroke	Bottom of backstroke	<ul style="list-style-type: none"> Both hands on rope (no gap) Both hands down low 	<ul style="list-style-type: none"> Right hand joins tail end as rope begins to rise
	Hands moving up towards top of backstroke	<ul style="list-style-type: none"> Hands together on bottom of tail end Rope "pulls" arms up 	<ul style="list-style-type: none"> Hands apart on rope Hands "pushing" rope up Arms remain stiff and straight forcing rope off vertical
	Top of backstroke	<ul style="list-style-type: none"> Arms at comfortable stretch 	<ul style="list-style-type: none"> Arms too bent Hands apart or over lapping Arms over extended (& bending head forward through arms)
	Hands moving down towards bottom of backstroke	<ul style="list-style-type: none"> Gentle, long and vertical "pull" Rope travels straight down in front of ringer Both hands stay on rope (to bottom of pull) Thumbs point downwards at bottom of backstroke 	<ul style="list-style-type: none"> Short pull to waist only Straight/stiff arms force rope off vertical Right hand leaves rope too early to catch salley
	Transition to handstroke	<ul style="list-style-type: none"> Tail end held in "V" between thumb & forefinger (of left hand) 	<ul style="list-style-type: none"> All/some of fingers remain around tail end
Handstroke	Catching salley	<ul style="list-style-type: none"> Both hands rise together to catch salley smoothly Arms bent at first then straighten to comfortable stretch 	<ul style="list-style-type: none"> Right hand catches salley first Hands "snatch" at salley Arms remain bent stopping bell from rising to balance Bumping the stay due to over-pulling, catching the salley too late/low or over extending the arms
Where and how to stand		<ul style="list-style-type: none"> Facing centre of circle Comfortable but balanced foot position (one foot slightly forward?) 	<ul style="list-style-type: none"> Too close to rope/ too far away from rope Feet too close together/far apart Shuffling about
Where to look		<ul style="list-style-type: none"> Forward and around at eye level (or slightly above) 	<ul style="list-style-type: none"> Looking up at backstroke (or handstroke)
Any other tips		Watch other people while they ring as more experienced ringers will have developed their own styles (not necessarily perfect but hopefully effective!). Listen to the help offered by other ringers as they may explain things differently to your tutor	