



R & T Notes

Ten ways to increase your progress

1. Do homework – if only a few minutes a day.
2. Constantly review your own handling and striking.
3. Always listen critically, even when sitting out.
4. Try to always maintain a constant rhythm whilst ringing, which should be the same as the rest of the band.
5. Stand behind ringers for your own benefit. You can quite often see more without the worry of having to ring.
6. Go out to other towers where they ring what you are learning. Go to *Guild* and *District* ringing events.
7. Attend *Training Days* and *Ringing Courses*.
8. Organise your own special practises or quarter peals if you have a particular need.
9. Find out about books, tapes, videos and fact sheets that may help you and get hold of them.
10. Do not be afraid to ask for help.