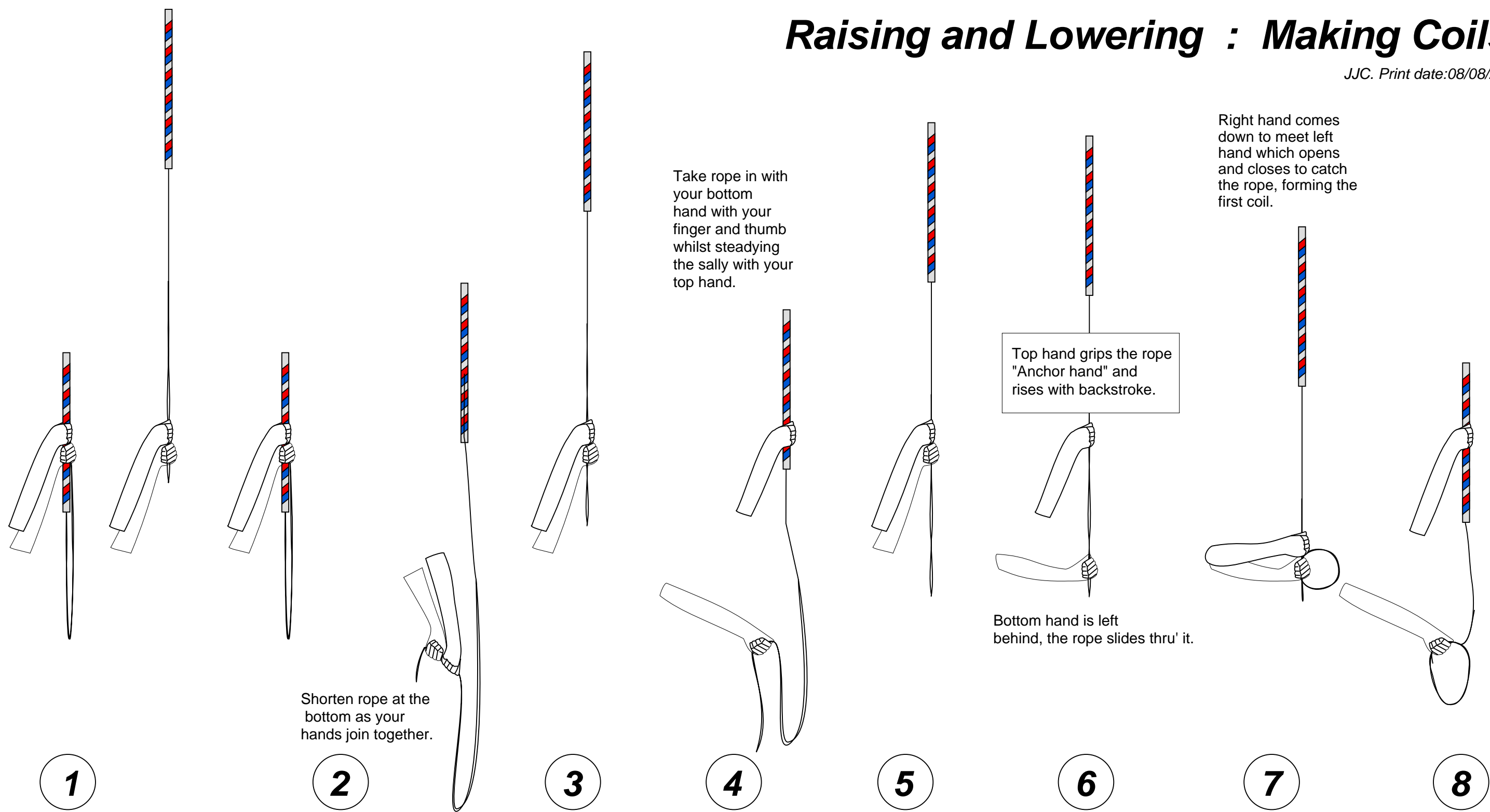


Raising and Lowering : Making Coils

JJC. Print date:08/08/25



1 Initial Rounds

- Handstroke
- Backstroke

2 Starting to lower

Hands straight down, adjust/shorten the rope as they join together at the bottom before the rope starts to rise for the backstroke.

(Hint: take in a small amount more than you really need and let it out as needed at the top of your backstroke. Remember to give a firm pull so that bell rises and pull it tight in behind the

bell you are following.)

- 3 Rope gets longer below the bottom (left) hand
- 4 Start ringing with one hand only on the sally - settle down to a decent rhythm. Continue to shorten the rope between you and the bell. Remember to continue to keep your rope tight by giving a firm pull for both strokes.
- 5 The length of rope below the bottom hand is now quite long; be ready to make a coil at the next backstroke. Do **NOT** make a coil until you have settled into ringing the sally with just

one hand

- 6 Keeping the top (right) hand firmly in the correct place, let it rise with the rope leaving the bottom (left) hand behind. Let the rope slide through it until it is near the end.
- 7 Bring the two hands together to make a coil, making sure the top hand does not go inside it.
- 8 Continue to shorten the rope, making the coil larger; you can do this by creeping along using your thumb and fingers with your bottom hand whilst your top hand is controlling the sally. At

some point you will find the sally does not rise far and that all you are doing is to steady it.

- (This happens more quickly on six bells than it does on 8, 10 or 12 when you are having to keep your bell about halfway down if you are on a front bell and particularly if there is a very heavy tenor.)
- 9 When the first coil is very large, make the next coil by leaving the left hand behind taking rope from the first coil you made. Do **NOT** take rope from above your top (anchor) hand.

10 Make more coils as needed, usually one or two more, the last as your hands reach the sally.

- 11 At the end make sure your hands are well up on the sally, as far as you can reach comfortably and your arms are fairly straight. Ideally you should be chiming when you reach the bottom but this will depend how far round the front you are and on how low the treble ringer finishes.