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In the plain course, if you “Went out Slow” (you went out from the Slow Work) you will “Go in Quick” next time and do the “Quick work”. A general rule in Stedman is that in the plain course, or if you have not been affected by calls, you “go in” to the front alternately “Quick” and “Slow”. In Stedman terminology you might be a “Quick bell” or a “Slow bell” depending on how you “go in”.

You can study the full “Blue line” in the Diagrams Book. Instead of “leads”, Stedman is divided into blocks of six changes each, known (surprisingly!) as “Sixes”. At each new six one bell leaves the front work and one bell enters the front work. If the bell going in is a “Quick bell” then this is a “Quick six”, if a “Slow bell” then it is a “Slow six

Stedman Triples

In Stedman triples all that has been discussed about Quick and Slow bells still holds good, likewise double-dodging. Now, after double-dodging 4-5 up, you dodge 6-7 up, lay full and double-dodge 6-7 down, then double-dodge 4-5 down. If you came out Quick you go in Slow - unless you have been affected by bobs as discussed later.

Given that you can ring Stedman doubles and have ropesight on eight bells, probably the trickiest bit when first ringing Stedman triples is to spot the bell to dodge with as you come down into 4-5. Like so many other things in ringing, a good sense of rhythm helps in this because, if your rhythm is right, it's easier to see which bell pulls in front of you as you come down into fifths place - and this is the bell you will dodge with. (If you progress to Stedman caters this holds good for the dodges in 6-7 down as well as 4-5 down. And if, by now, you have learnt to follow your course bell, this will lead you into each set of down dodges.)