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# Striking It Right

Thoughts, Ideas and Discussion



# Striking - What, When and How?

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## What is Striking?

- ✓ The 'quality' part of what we do as bell ringers
- ✓ It's how we do it

## When does learning to Strike start?

- ✓ At the very beginning
- ✓ Talk about striking from the first lesson
- ✓ Everyone needs to know what they are aiming for

## How is 'Good' Striking achieved?

- ✓ Read on .....

# Key 'Coachable' Skills for Striking

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- ✓ Good Handing & Bell Control – “Be the bell”
- ✓ Listening / Hearing
- ✓ Sense of the Rhythm - Coachable?
- ✓ Knowing what good is .... and what's bad

Ropesight?

# Attitude and Approach

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## Striking matters

- ✓ A desire to achieve and caring about the result.
- ✓ Competition is a good thing – where possible.
- ✓ **It's OK to talk about Striking**
  - ✓ If it's wrong, someone has to say something
  - ✓ Who is the judge?
- ✓ **Relentless approach at all levels**
  - ✓ Get the rounds right first
  - ✓ Every row counts

# Good Handling & Bell Control

To attain good and consistent striking, a ringer must be relaxed and have effective control of their bell.

- Coaching of good handling
  - ✓ Go on an ART M1 course – Job Done !
- Good bell control – Fun with Rounds and more !!
  - ✓ Backwards and Forwards (Handstroke and Backstroke)
  - ✓ Rallentando and Accelerando
  - ✓ Jump Changes – Up and Down
  - ✓ Kaleidoscope Ringing – ART M2 courses
  - ✓ Tunes – Twinkle Twinkle Little Star

# Good Handling & Bell Control

To attain good and consistent striking, a ringer must be relaxed and have effective control of their bell.

- Fun with Rounds and more – The Quality Control

- ✓ Correct striking errors at all stages and in 'real time'
- ✓ Was the quality of the ringing 'acceptable'?
- ✓ If not, what was wrong? - Feed it back constructively
- ✓ Practice makes perfect, builds confidence improves relaxation - Consolidate

# Listening & Hearing

To attain good and consistent striking, a ringer must be able to hear their bell within the row and know what they are trying to achieve

- When does listening & hearing start?
  - ✓ At the first lesson on an open bell (or simulated)
  - ✓ Promote listening to develop hearing from the outset – No Mobile Phones !!!
- Rounds Please! – and lots of them
  - ✓ Start on lower numbers and build slowly
  - ✓ Consolidate - Striking will struggle to mature if rushing from stage to stage
- The whole row and within it
  - ✓ Start with small changes to rounds and point out the differences

# Listening & Hearing

To attain good and consistent striking, a ringer must be able to hear their bell within the row and know what they are trying to achieve

- What does good sound like?

- ✓ Change Ringing on Handbells - CD
- ✓ Change Ringing from St Mary Redcliffe Bristol - CD
- ✓ Software



- What does bad sound like?

- It's a yes for Simulators !!

- ✓ Rounds again & Covering (bells changing underneath)
- ✓ Only one bell can be in the wrong place





# Sense of the Rhythm

To achieve the highest of standards in striking, a ringer must ring rhythmically as part of a team.

- Is Rhythm Coachable? ✓ Yes
  - ✓ Anyone can access their natural sense of a steady pulse (internal rhythm)
  - ✓ It may take some longer than others
- Finding a Rhythm
  - ✓ Follow a metronome – Physical or Software
  - ✓ Movement is a great way to ‘internalize’ a beat – Move to the rhythm
  - ✓ Listen to ‘good’ ringing and music with a strong underlying beat
  - ✓ Relax and keep it simple – The ringing beat is ‘simple’

# Sense of Rhythm

To achieve the highest of standards in striking, a ringer must ring rhythmically as part of a team.

- Handbells & Boomwhackers
  - ✓ No bell control concerns
  - ✓ Action and result are immediate (almost)
  - ✓ One or two each
  - ✓ Use a metronome
- It's a yes for Simulators !!
  - ✓ Especially if there is not a strong rhythmic band to be part of.
- Listen to the whole row

# Other Thoughts

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- Never start 'movement' before the rounds have settled
- Bad ringing leads to bad ringing
- Relentlessness – Every blow counts
- Feedback on striking as much as handling

# Summary of Strategies

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- Talk about striking from the very beginning
- Promote 'listening' all the time – Be specific
- Attain a good standard at each stage – Don't rush
- Good handling and bell control – ART M1 approach & more
- Move to the beat – Rhythm Exercises
- Know what good sounds like
- ROUNDS !!

# Thoughts, Observations & Questions?

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