

## Kaleidoscope exercises – inventing your own

b	1	2		5	6
h	1	2		5	6
b	1	2		5	6
h	1	2		5	6
b	1	2		5	6
h	1	2		5	6
b	1	2		5	6
h	1	2		5	6
b	1	2		5	6
h	1	2		5	6
b	1	2		5	6
h	1	2		5	6
b	1	2		5	6
h	1	2		5	6
b	1	2		5	6

In addition to forming a useful part of foundation skills training, kaleidoscope ringing can be used and developed to practise more advanced ringing skills.

Inventing a kaleidoscope sequence to practise a tricky part of a method (e.g. Cambridge front work or 3-4 places) is a great way to perfect striking and gain confidence with ringing a piece of work.

Kaleidoscope sequences can be used in any sequence of bells, or with bells swapped over using call changes.

Different pairs of bells can ring different sequences and ringers of different levels of experience can ring together, so bells in 4-5 could ring long places whilst those in 2-3 ring something more challenging – for example the front work of a surprise method, or ringing a simpler sequence starting at backstroke.

### Moving from kaleidoscope to method ringing

b	1	2		5	6
h	1	2		5	6
b	1	2		5	6
h	1	2		5	6
b	1	2		5	6
h	1	2		5	6
b	1	2		5	6
h	1	2		5	6
b	1	2		5	6
h	1	2		5	6
b	1	2		5	6
h	1	2		5	6
b	1	2		5	6
h	1	2		5	6
b	1	2		5	6
h	1	2		5	6
b	1	2		5	6

Using kaleidoscope exercises to develop skills such as ringing by place, accurate striking, listening and ropesight are a helpful progression towards method ringing.

Developing kaleidoscope sequences and naming them can add variety to a practice night, and well-struck additions to service ringing.