



RINGING DOWN IN PEAL GUIDANCE

PRODUCED BY DCA TRAINING OFFICER



1. You must be competent in ringing a bell down on your own.
2. Do not attempt to lead down on the Treble until you can do it perfectly on an inside bell.
3. On the command 'Look To, Treble's going, She's gone', start ringing 'Rounds'. (Keep ears and eyes open and stay alert! Listen to the Bells and watch the one that you are following. Count them round all the time in your head. It should sound like this :-**1 2 3 4 5 6 1 2 3 4 5 6 - 1 2 3 4 5 6 1 2 3 4 5 6 - 1 2 3**etc.
4. When the 'Rounds' are good and steady, the Treble ringer will say 'Lower Away' or "Downwards". Don't panic but concentrate hard on your bell control. The rounds will speed up. To obtain this new speed you will have been nibbling in the backstroke, inch by inch, just enough to stay close to the bell you are following. As the tail end below your bottom hand gets longer you will at some time have to make the first coil. Don't be too eager, if you make it prematurely the bell will come down too quickly and you will be way in front of everyone. Wait until you have a flapping rope below your bottom hand. Immediately you start to come down from the top of the stroke, leave your right hand in the same place on the tail end, drop your left hand down to the end of the rope, simultaneously bringing your right hand down to join it and so making a nice coil. **BUT BEWARE YOU MUST** focus on the person in front, not your rope and continue to pull **HARD** on the sally to keep the bell in the right place and not ringing down under its own weight! Stick like glue to the one in front by pulling firmly on the sally at all times. Still listening round from the Treble, the effect will be:-
123456123456123456123456....etc.
5. Still concentrating hard on listening to the bells, pulling hard on the sally keep up with the bell in front. Continue nibbling in the rope to maintain your position. Once the first coil is large enough to be made into two, you can make the second coil on the down stroke as described in 4 above.
6. Now the bell is about half-way down there is no further control with the sally. If your coils are the right size you should **NOT NEED TO TOUCH THE SALLY AGAIN**. At the same time - keep listening and nibbling in that rope to keep in time. You only need to watch the one in front's tail end pull and follow it as the bell will come down under its own weight/momentum now. **STILL PULL THE TAIL SLIGHTLY**.
7. As the bells come down to the chiming position, contrary to what you may think, this is where you really have to work on the sally. The rate will have come right down. The fastest you can go is the rate at which the Tenor (or heaviest bell) can chime when fully down, so the lighter bells must be kept swinging more to accommodate this. This becomes most noticeable on peals of ten or twelve bells where the treble is say 2cwt. and the tenor maybe 30cwt. Check the sally hard to keep the clapper striking, and then pull hard enough to maintain your position in rounds. **LISTEN 123456123456....etc**
8. When all the bells are chiming in rounds the treble will call "Count 3 and miss and catch". The treble then count three pulls. On the fourth pull you do not catch the sally until it comes down again then catch it firmly and let go immediately. (If you do not it will double chime).

N.B. It is not expected that novices should be immediately perfect. (Only those who think they are!) If possible start by trying to follow an experienced ringer lowering at a steady rate. Or if you are all learners start with ringing 4 down in peal to begin with as this is less rapid than just 3 but enables it to be easier to get back in time. The last 2 bells in a 6 can be rang down together with the second person working on their following skills and sticking like glue to the bell in front. Be prepared when ringing at other towers away from your local area, the words of command may vary.

Ring down in peal can be beautiful but it doesn't just happen! So why not dedicate the first part of a practice night to ringing up and down until your team has mastered it. If you have a heavy ring of 8 bells consider bringing down the front six in peal

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