
Whole pull and stand

This is an activity which can be rung by new ringers, but it also provides a fun challenge for more experienced band members who would like to join in:

- Everyone rings one whole pull in rounds, attempting to set at the first handstroke.
- Once each ringer has set their bell, everybody moves round to the next bell and the exercise is repeated.
- Continue until everyone has rung every bell.

Notes:

- It is advisable for ringers to move round in the 'downwards' direction, so the ringer of the 2 goes to the treble next, with the treble ringer moving to the tenor. Asking an inexperienced ringer to move straight from setting a heavy tenor to a light treble may risk them overpulling the bell and breaking a stay.
- Look out for any handling issues at either hand or backstroke that might be causing problems, this is a good opportunity to help a ringer improve their ringing style.
- If your tower has a tin of chocolates, these can be awarded to ringers who manage to set their bell first time.
- If more experienced band members fail to set their bell first time, this can provide a source of great entertainment for new ringers.

Variations on whole pull and stand

As the game can quickly become repetitive, try mixing it up with any of the following, or invent your own variations:

- Everyone pulls off in a call change (such as Queens or Tittums), rings one whole pull and stands.
- Each ringer sets their bell every third blow, setting at alternate backstrokes and handstrokes (tricky!).
- Ring rounds and stand one bell at a time, starting with the treble, until the tenor rings the final two blows.
- Use dice – throw a die to indicate the number of blows everyone should ring before setting. Expect to hear cheers when it's an even number, or groans for an odd number (setting at backstroke).