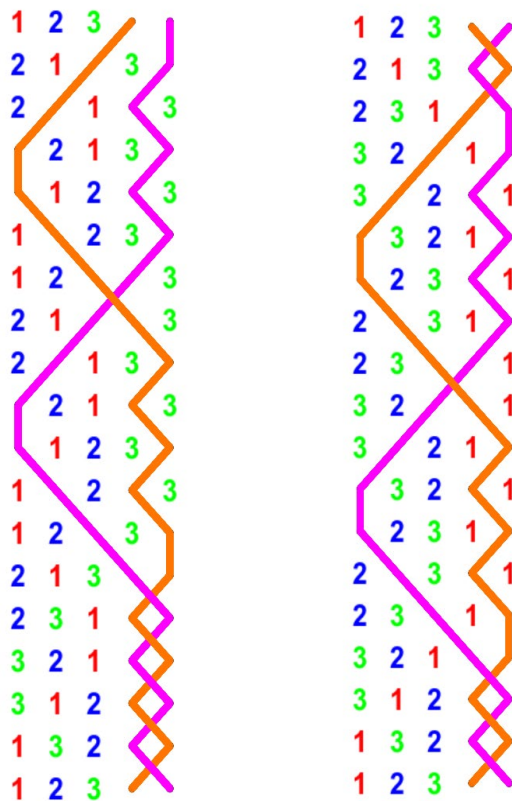


# Cloister Doubles

## Purpose

Cloister Doubles (sometimes known as St Helen's or Stedman Quick Sixes) is a preparatory exercise which allows ringers to practise the backwork of Stedman Doubles.

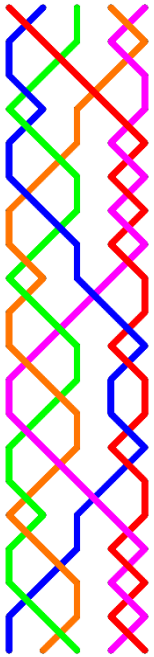
It can be rung either with a Plain Bob start, or a Grandsire start.



## Ringling Cloister Doubles

Depending on which start is used, two of the bells plain hunt to thirds place and back.

The other three bells hunt out to the back, double dodge 4-5 up, lie for two blows in fifth, then double dodge 4-5 down.



## Singles

As with Stedman Doubles, singles can be called in Cloisters, allowing ringers to practise making 'Cat's Ears' and 'Coathangers' within a much simpler method.

For a simple touch, the conductor calls themselves to make the single with the same bell twice.