## 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).

