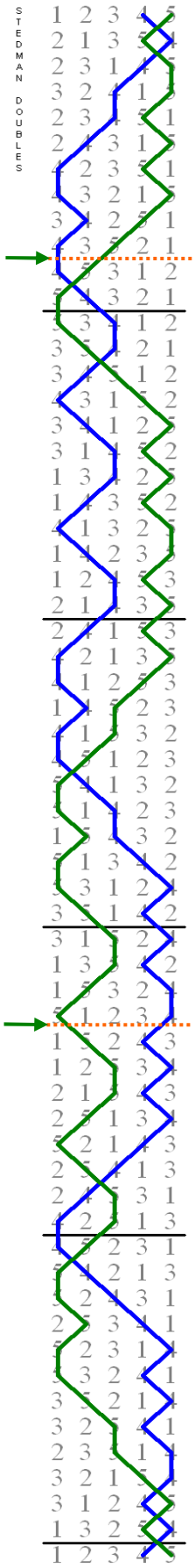
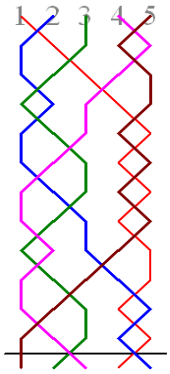
Northern District

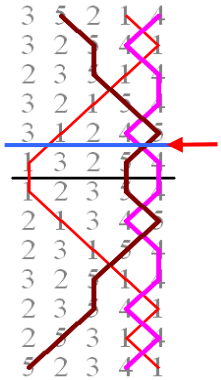
"Beyond Bob Minor" Training Notes - Session J



Grid



Single



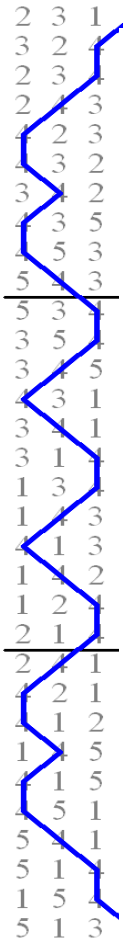
Single is called at backstroke

*Above shows the 5th leaving the **Slow** work, making the Single ("Cat's Ears") and going back in **Slow**.*

*If 5th had come out **Quick** it would go back in **Quick**.*

*The 4th lies in 5ths place for 2 blows ("Viaducts" or "Coat Hangers") and also goes in the **same** way it came out.*

Stedman Slow Work



3rds

First Whole Turn

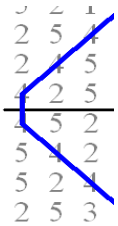
1st Half Turn

2nd Half Turn

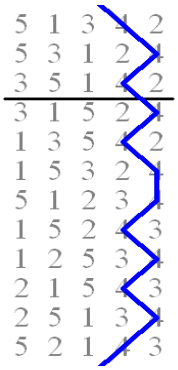
Last Whole Turn

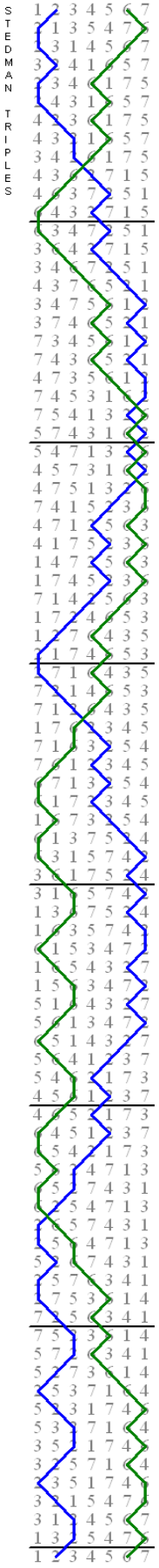
3rds

Stedman Quick Work

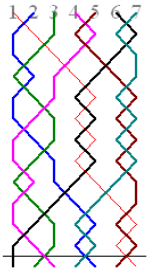


Stedman Back Work

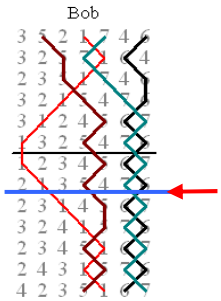




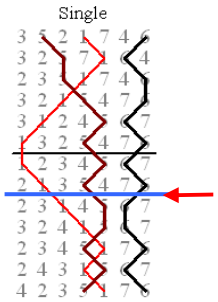
Grid



Bob



Single



Bob and Single are called at handstroke

Note that bell making 7ths in Single is unaffected.

*If a bell is affected at a call it will go in the **same** way it came out.*

This is often forgotten as calls are usually made in pairs – so do not get caught out if a solo call is made!

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Diagrams produced with Method Master - Web site www.shropshirelad.idps.co.uk