

Notes on Abel tutorial

How to start Abel (Quick reference):

Open Abel

Check you are in the right file - File-Open select bells 3-22 or some special packs.

Select number of bells (at least the number of bells in the file, any excess are cover bells)

Check your "peal speed". About 3.00 (3hrs per 5000 rows) is about right to start. A lower number is faster.

Click on the bell number you want to ring to move that bell to the bottom right.

Use the "J" key to ring the bell that is bottom right.

(If you want to try to ring two bells, "F" rings the bottom-left bell)

Use the button in the centre to begin, start method and "stand". (Or use shortcuts*)

Most options you'll need initially are in the Ringing Menu. E.g. Calling "That's All" and "Stand" at rounds.

* Use menus to find functions and many have a shortcut indicated.

On-line documentation - http://www.abelsim.co.uk/doc/main_index.htm

Suggestions for practicing:

Ring the last bell to rounds starting with low number of bells.

Keep checking your scores to see the results improving.

Slowly increase the number of bells ringing the last bell.

Ring the last bell whilst Abel rings a method - concentrate whilst distracted.

Ring an inside bell to rounds.

Why? More difficult to pick out the note, concentrates more on counting to a position.

Ring an inside "covering" bell. E.g. ring 4 of 6 whilst Abel rings a method on the front 3

Why? Combines the difficulty of an inside bell with the distraction of unfamiliar sounds.

Ring the treble to rounds. This is really difficult on a low number of bells.

Really focus on Handstroke leading gap. (Side note: I think 0.6 is slightly too small on low numbers and you shouldn't use less than 1 on higher numbers)

Ring more bells whilst not ringing methods.

Try to ring inside bells, so you are not dependent on just being first or last or recognising the highest or lowest note. Develop more place counting and rhythm.

Investigate the Exercises on low numbers.

Focus on getting the changes sharp

Always check scoring for handstroke and backstroke separately and try to understand any anomalies

Try with looking and try without.

Always check your score whether good or bad and try to understand it.

The main percentage is the percentage of the average inter-bell gap. So this is more lenient on lower numbers of bells and slower ringing and appears to get more critical with more bells and faster ringing.

Whilst ringing, try to visualise what you expect to see and then see if you were right.

Keep trying to improve on this anticipation.