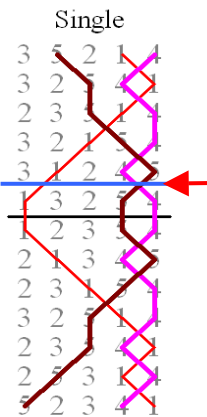
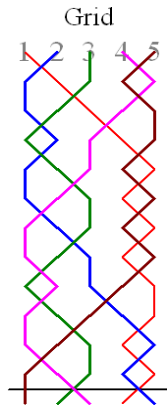
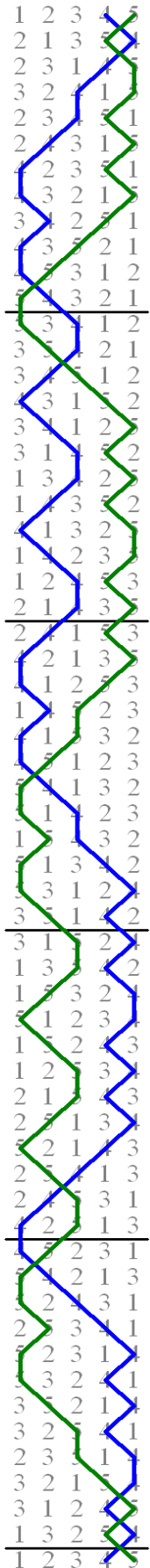


# Northern District

## "Beyond Bob Minor" Training Notes - Session J

STEDMAN  
SIMPLES



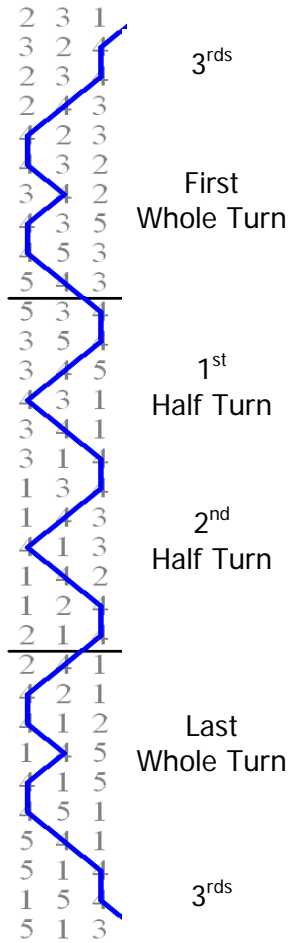
Single is called at backstroke

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

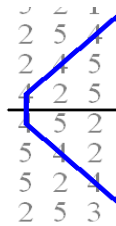
If 5<sup>th</sup> had come out **Quick** it would go back in **Quick**.

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

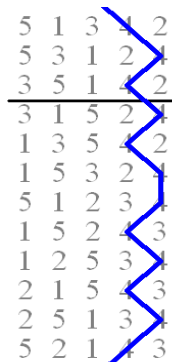
### Stedman Slow Work



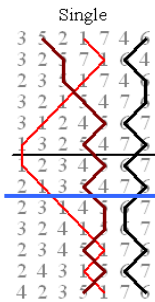
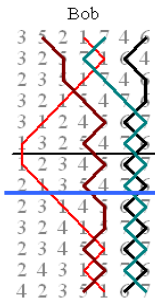
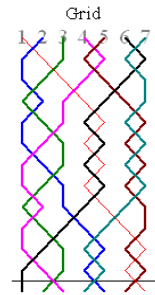
### Stedman Quick Work



### Stedman Back Work



STEDMAN  
TRIPLES



Bob and Single are called at handstroke

Note that bell making 7<sup>th</sup>s 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!