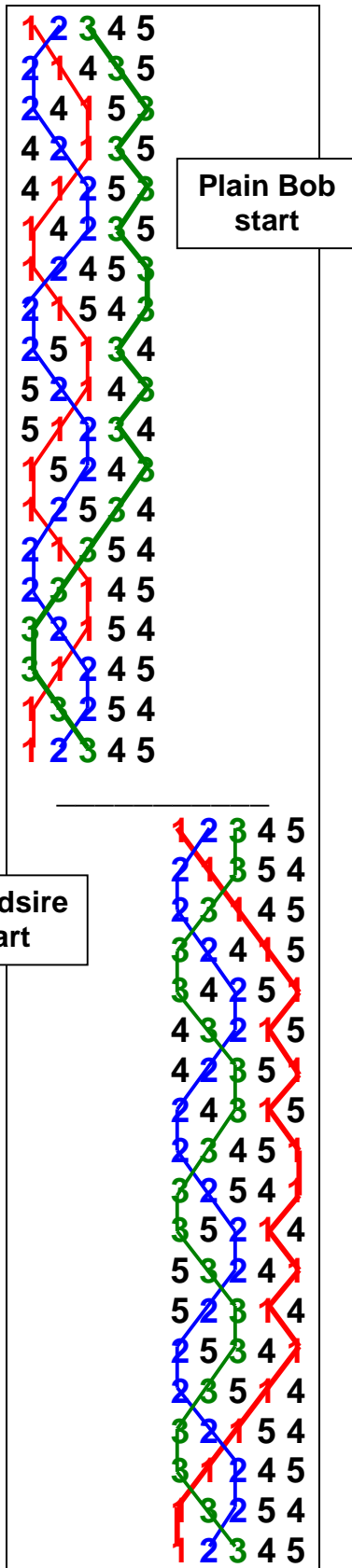


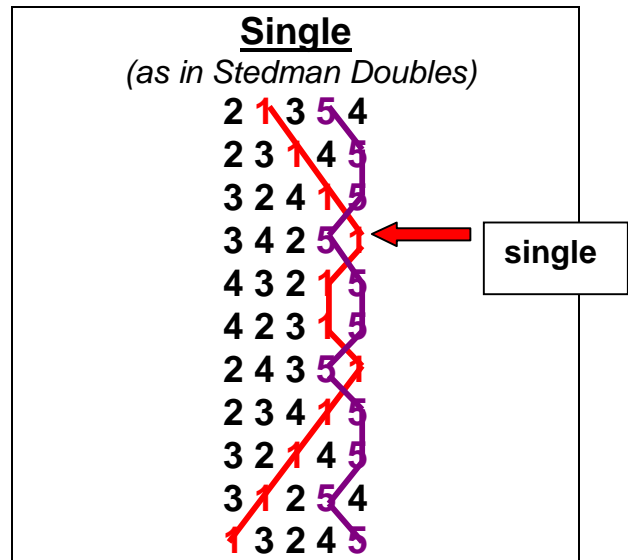
Stedman Quick Sixes (Cloister Doubles)



Cloister Doubles provides allows the ringer to practice ringing Stedman back work without having to think about other things

The bells at the back double dodge 4/5 up, lie and double dodge 4/5 down.

The *single* is the same as in *Stedman*, and provides an easier way to practise ringing *cat's ears* and *coat hangers* before ringing them in *Stedman*.



For a simple touch the conductor calls himself to make the single with the same bell twice