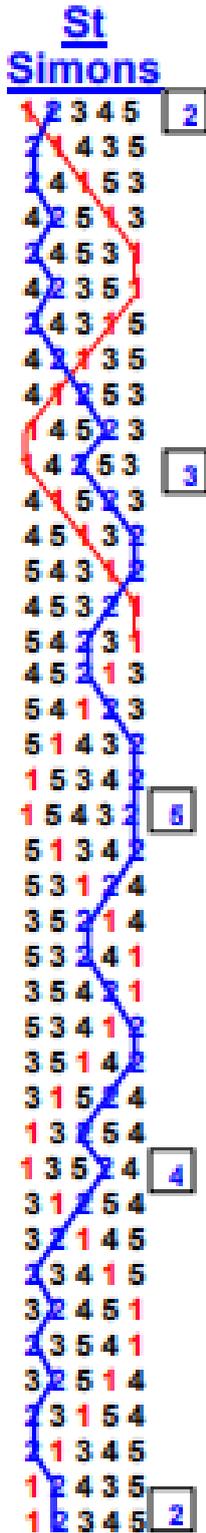


## St Simons Doubles Plain Course

St Simons Doubles is a variation of Plain Bob Doubles

The easiest way to learn St Simons is to use the table of work for Plain Bob. If you learn St Simons this way you will then easily be able to learn 3 other variations



Pass treble on way up	Work in Plain Bob	Work in St Simons
5ths	3-4 down and go in to lead	3-4 down and go in to do double dodge 1-2 down and lead (first half of front work)
4ths	Long 5ths and go in to lead	Long 5ths, go down to make 3rds and back out
3rds	3-4 up	3-4 up and go out, make 3rds and back
2nds	Make 2nds and lead again	Make 2nds, lead and double dodge 1-2 up (second half of front work)

Things to notice:

In St Simons where you pass the treble on the way up tells you what work to do and this is the same as for Plain Bob.

You also pass the treble in the same place as in Plain Bob on the way down after each piece of work.

**The work comes in the opposite order to Plain Bob** (because of making 3rds and back) but you don't really need to think about that if you ring it by where you pass the treble (assuming the treble is correct!)

St Simons has "front work".

The complete front work is **double dodge, lead, make 2nds over the treble, lead, double dodge**

Front work starts after dodging 3-4 down. If you are ringing the 2<sup>nd</sup> you will start with the second half of the front work.

Once you have left the front if you haven't dodged 3-4 down then you must make 3rds and go back out. In St Simons 3rds is made over a pair of bells because they are dodging below you.

The starts for each bell are the same as for Plain Bob. Understanding this will help with ringing Bobs.

The Bobs in St Simons are exactly the same as in Plain Bob and you then pick up the next piece of work.

## St Simons: Bobs

Just like Plain Bob Doubles there are only Bobs not Singles.

The calls are just the same as for Plain Bob:

<b>Work at a plain lead</b>	<b>Work at a bob</b>
3-4 down	Run in and become 2nds place bell (lead and double dodge 1-2 up)
Long 5ths	Unaffected but follow the bells in a different order as you do in Plain Bob
3-4 up	Make 4ths (make the Bob) and become 4ths place bell (straight down to do all the front work)
Make 2nds	Run out and become 3rds place bell (out to the back, make 3rds, and back out to long 5ths)

If you run out you become 3rds place bell

If you run in you become 2nds place bell

If you make the Bob you become 4ths place bell

Place bells are simply where each bell starts in the plain course and the work that bell does until the treble next leads at backstroke.

All the starts are marked on the plain course diagram.

Where you pass the treble will also tell you what work to do (so long as the treble doesn't go wrong!)