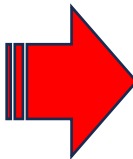


No Fear Bridge Practice

No Fear Bridge provides help and practice for the topics included in the 1st and 2nd year courses.

To save you the trouble of scrolling through the topic list to find practice activities at the right level, we've set up a support course on NFB that picks out suitable ones. There's a range of different types of activity: tutorials that repeat what you've learned but in a different way, quizzes, tips, and practice hands with explanations. There's a "Millionaire" quiz where you move up a ladder as you complete activities/quizzes correctly – but slip down if you get one wrong!

1. Go to the main No Fear Bridge website www.nofearbridge.co.uk and log in (or register, if you haven't already done so).
2. Go to Member's Home page.



The screenshot shows the 'Member's Home' page of the No Fear Bridge website. The page is divided into several sections:

- Left Sidebar (Dark Blue/Green):** Contains navigation links: Home, Reference (Topic Index, Handouts), My NFB (My Hands, My Progress), Teacher Resources (Teacher Zone, Teacher Courses), Other (Live Bridge, Advancer Zone, Gift Voucher, Shop, Site Map), and Log Out. At the bottom, it shows the username 'sigidur' and membership until '9th Sep 2027'.
- Top Bar:** Includes the UK (Acol) Bidding Check System logo, the 'Member's Home' title, and a 'My Account' dropdown.
- Main Content Area:**
 - Guided Learning:** Features a 'NEW' badge for 'Updated 30th August New Declarer Hands' (30 new declarer hands added) and 'Updated 3rd August Defence Practice Updated' (The defence practice activity is now updated to match the format of the other NFB activities. There are some new features: Autoplay the hand if you wish, View or hide the feedback at any time during the play, View or hide the other hands at any time during the play, Restart or skip the hand at any time during the play. Watch the [demo video here](#)).
 - Practice Hands and Quizzes:** Includes 'Today's Hands' (Declarer, Defence, Random Level), 'NEW Defence Quiz', 'Tips of the Day' (Tips), and 'Weekly Quizzes' (Beginners, Main, Look).
 - Putting It Into Practice:** Promotes 'Online bridge with other No Fear Bridge members' and 'Every day we post a short hint here about using No Fear Bridge' (Updated 18th September: Finding reference materials by keyword search. You can search reference materials for a specific bridge topic. You'll find the Search option from the Help and Search dropdown menu. The search feature searches key words in the titles of Handouts, Tutorials and Tips).
 - Bridge Near You:** Promotes 'Face to face learning and play is a great way to meet new friends.' with a [Bridge near you](#) link.

3. In the dark blue/green strip on the left, click Teacher Courses. These appear in an alphabetical list (by county).
4. On the list of Teacher Courses, click Northumberland then Christine Moorcroft.
5. Enter the access code hexbridge when asked.
6. Click the course BFA1.
7. Select Beginners 1st Year.
8. Then select the practice activity for the appropriate lesson. Where numbers are missed out, these are play sessions.

There are usually some notes to help. These pop up in a box at the start.