

BOWLING KNOWLEDGE

TIPS & TRICKS

What should you do before bowling?

- Prepare a comfortable bowling ball
- Good bowling shoes are important
- Relax yourself before bowling
- Know How lane conditions you are facing
- Find the right mark on the lane for you
- Hold Your Bowling ball Properly

Now start bowling (Tips and Tricks)

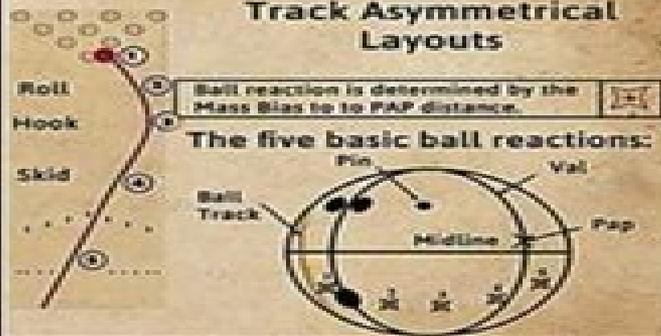
- For Beginners, Learn the 4-step approach Well
- Focus on your balance
- Don't pay much attention on speed, focus on accuracy is better
- Remember to bow your arm after the ball is released
- Keep the ball out to the right side, not in the middle of your body
- Adjust your starting position according to different spare
- Look at your mark instead of the Pins when release
- Try to hit the most pins possible during a split

Something you should know after bowling

- Understand how scoring works and try to plan your shots well
- Work on just one or two details at a time
- You need more practice, practice makes perfect

5 TYPES OF BOWLING STYLES

Track Asymmetrical Layouts



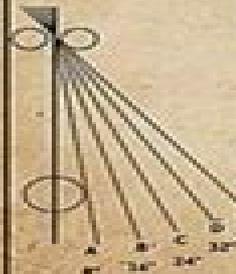
- BALL REACTIONS**
1. Late Revs or Control
 2. Sharp Break Point
 3. Hook and Set
 4. Forward Roll
 5. Maximum Early Revs

Bowler Type	Ball Motion Characteristics
1	Rev rate strongly dominates ball speed
2	Rev rate slightly dominates ball speed
3	Ball speed and rev rate match
4	Ball speed slightly dominates rev rate
5	Ball speed strongly dominates rev rate

BOWLING BALL FINGER PITCHES

For Right Hand Bowler

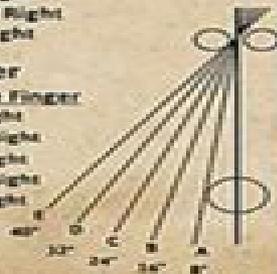
- | | |
|--------------------|--------------|
| Middle Finger | Ring Finger |
| Line A: 3/8" Left | 1/2" Right |
| Line B: 5/16" Left | 9/16" Right |
| Line C: 1/4" Left | 5/8" Right |
| Line D: 3/16" Left | 11/16" Right |
| Line E: 1/8" Left | 3/4" Right |



Diagram#1, For Right Hand Bowlers

For Left Hand Bowler

- | | |
|---------------------|---------------|
| Ring Finger | Middle Finger |
| Line A: 1/2" Left | 3/8" Right |
| Line B: 9/16" Left | 5/16" Right |
| Line C: 5/8" Left | 1/4" Right |
| Line D: 11/16" Left | 3/16" Right |
| Line E: 3/4" Left | 1/8" Right |



Diagram#2, For Left Hand Bowlers

TEN HARDEST SHOTS IN BOWLING

Configuration	Name	Spare Rate
	4-6-7-9-10 "Greek Church"	0.3%
	4-6-7	0.6%
	7-10 "Bed Post"	0.7%
	4-6-10	0.8%
	3-7-9	0.8%
	4-6-7-10 "Big Four"	1.0%
	4-6-7-8-10 "Greek Church"	1.3%
	2-8-10	1.4%
	4-6	1.8%
	7-9	2.4%

Bowling Knowledge Is The Key

George Richard Allen, Dick Ritger

Bowling Knowledge Is The Key:

Bowling Fred Borden, Jay Elias, 1986 A straightforward instructional program that is simple to follow thorough

BOWLING, KNOWLEDGE IS THE KEY. 2D ED. Fred Borden, 1987 *Historical Dictionary of Bowling* John Grasso, Eric R. Hartman, 2014-08-07 Loggats kayles quilles skittles half bowl and ninepins were all early forms of games in which the goal was to knock down small standing objects from a distance by rolling or throwing another object at them Archaeologists have found items from Egypt around 5200 B C that included small stone balls and narrow pins that were possibly used for a game Additional research has disclosed that Polynesians played a similar game using small elliptical balls and round flat stone disks and like modern day bowling a sixty foot throwing distance The Historical Dictionary of Bowling contains a chronology an introductory essay appendixes and an extensive bibliography The dictionary section has over 500 cross referenced entries on both male and female bowlers amateur and professional bowling coaches writers and other contributors to the sport of bowling descriptions and results of major tournaments and terminology of the sport This book is an excellent access point for students researchers and anyone wanting to know more about the sport of Bowling **The Intrinsic Bowler** Dennis Arden Hooker, 2025-01-01 Intrinsic Bowling Beyond The Zone Into The Inner Bowler with Dennis Hooker and Palmer Fallgren For Beginning to Advanced Bowlers Dennis and Palmer have taken the mental game to a new more workable level that of the Inner Bowler Past what many have called The Zone into a deeper more satisfying space Palmer was an Olympic Bowling Coach for Team USA a pro on tour and TV and a consultant for Brunswick Dennis is a retired counselor hypnotherapist psychologist and writer of books used by more than 1 million youth He now knocks over 20 40 more pins per game than before creating using Let It Go Each of us knows intuitively how to Let Go of the ball in a way to get strikes The wonderful thing about this program is the simplicity of it It is easy to learn and very enjoyable and satisfying to turn it over to something inside that knows better how to bowl Palmer Falgren s LET IT GO is a most interesting read I used it in my advance classes A great supplemental read to the classics I refered to in another post Allen s THE MENTAL GAME Hinitz s FOCUS ON BOWLING Lasser Borden and Edward s BOWLING The Handbook of Bowling Psychology This book is different as it reflects the psychology of bowling s most successful hippie Palmer Falgren It s functional theme is from the blending of Eastern Buddhist Taoist psychology philosophy with American naturalism that was derived from the American Counter Culture movement starting with Jack Kerouac s ON THE ROAD Beatnick philosophy psychology It is enjoyable and fun Gary Parsons **The Complete Guide to Bowling Principles** George Allen, Dick Ritger, 1982 **AB Bookman's Weekly** , 1998 **The Supplementary Cyclopedia of Universal Knowledge ...** , 1893 The American Comprehensive Encyclopedia of Useful Knowledge Arts, Sciences, History, Biography, Geography, Statistics, and General Knowledge William Harrison De Puy, 1898 **Mega-universities and Knowledge Media** John Daniel, 2013-05-13 A discussion of how the knowledge media can contribute to the renewal of universities particularly through the development of distance education It

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The Complete Guide to Bowling Strikes George Richard Allen, Dick Ritger, 1981

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A Dictionary of the English and German Languages Friedrich Köhler,1886

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Books in Print ,1994

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