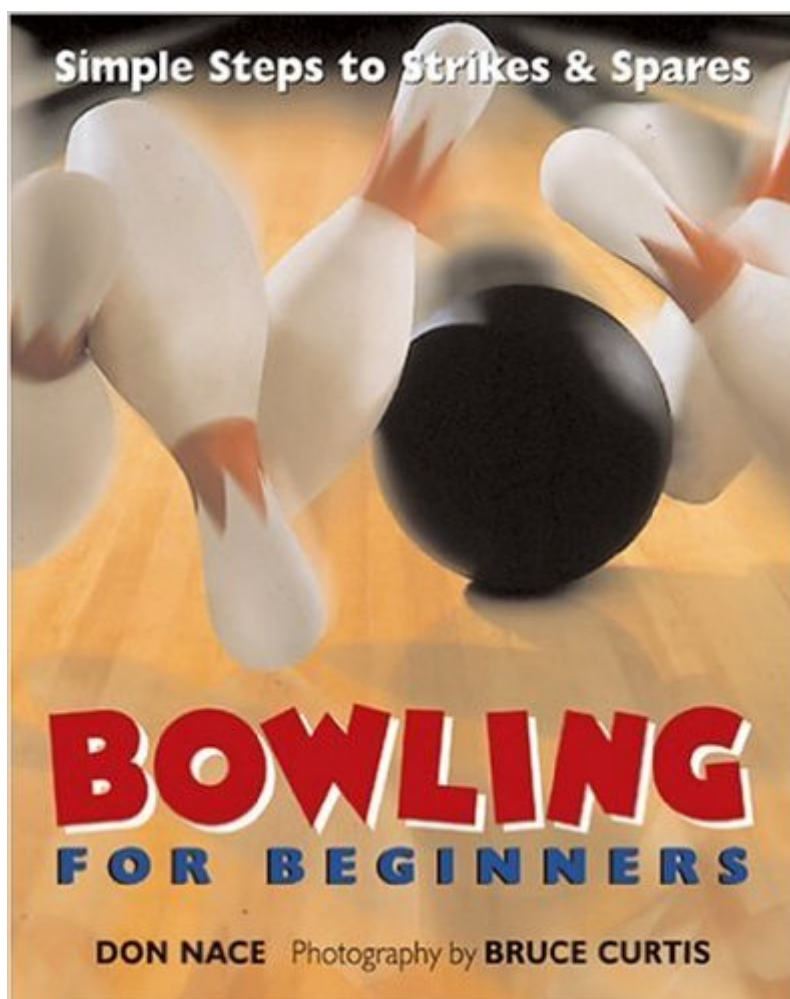


The book was found

Bowling For Beginners: Simple Steps To Strikes & Spares



Synopsis

You could learn to bowl by spending hours at the bowling alley, paying high equipment rental fees--or you could train with an expert who'll teach you simple, one-at-a-time techniques. Start by getting acquainted with the lane, the pins, and the ball. Learn scorekeeping and rules, as well as tips on warmup exercises and balance techniques. Most important is the section on choosing the right ball for you--getting the proper fit and grip, as well as gloves, wrist supports, and shoes. Then comes the special Four-Step approach that takes you through the disciplines of Setup, Stance, Release, and Follow-through. With the tactics section, you'll master strikes and spares, target pins, straight shots and hook shots, and troubleshoot your mistakes.

Book Information

Age Range: 9 and up

Hardcover: 96 pages

Publisher: Sterling (June 30, 2001)

Language: English

ISBN-10: 0806949686

ISBN-13: 978-0806949680

Product Dimensions: 10.3 x 8.3 x 0.5 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (10 customer reviews)

Best Sellers Rank: #1,946,544 in Books (See Top 100 in Books) #88 inÂ Books > Sports &

Outdoors > Individual Sports > Bowling #6240 inÂ Books > Children's Books > Sports & Outdoors

#20911 inÂ Books > Children's Books > Activities, Crafts & Games

Customer Reviews

It doesn't matter if you are a beginner bowler or "an expert" anyone can learn something new from this book. Well written and to the point it truly gives concrete steps to help you be a better bowler. This is a book appropriate for all ages. My children and I all use the techniques Don talks about in the book. It has improved our games all around. I highly recommend it to anyone who loves bowling.

There is some really good information in this book for beginning bowlers; however I recommend it for teenagers wanting to get into the sport. The author and photographer did a good job of putting a lot of photos in the book to demonstrate their points. I would give this book to a kid or teen wanting to get into the sport. If you are an adult wanting to try the sport or looking for fundamental advice

then buys Bowling Fundamentals, you'll be happy you did.

This book will tell you all the basics of Bowling. It was very instructive with graphics that helped explain some of the terminology that is not readily understood. I recommend it for anyone thinking about the sport to those already playing (like myself). It helped me with understanding the sport better.

This is an excellent book for beginners, it covers all the basics and is easy to understand. It tells you not just how to bowl, but all about the sport including equipment, types of lanes, scoring, even what pins and balls are made of.

bought this to help my grandchildren learn how to bowl. they are still very young and silly but I;m sure they will refer to it later on!

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