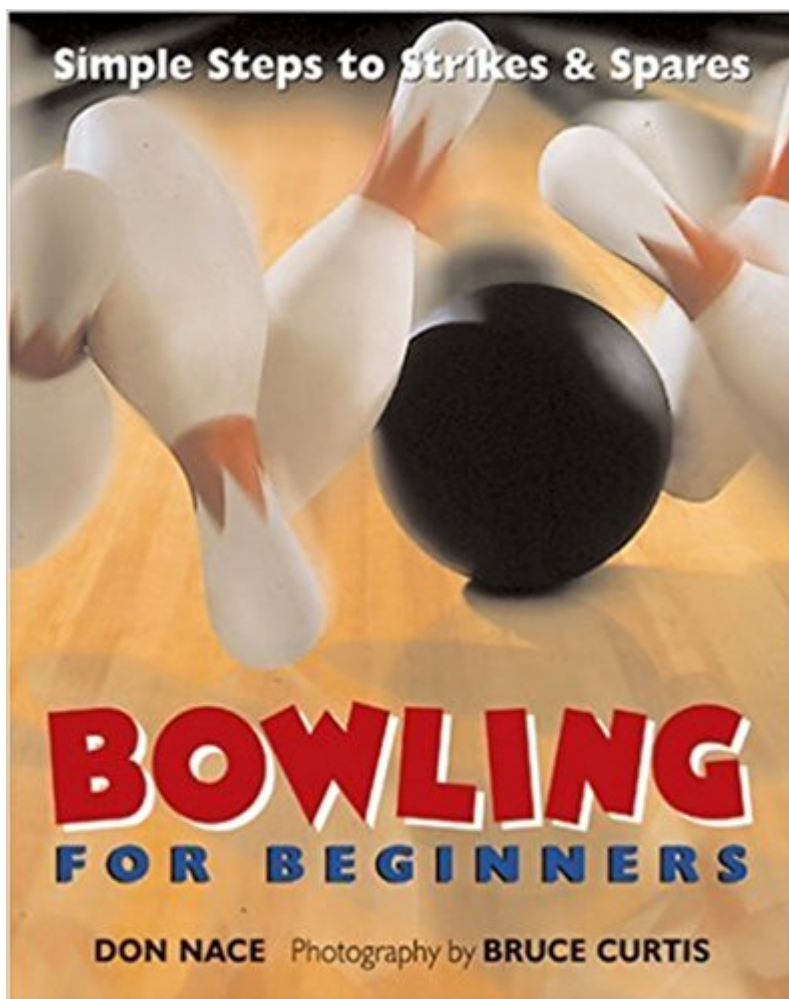


The book was found

# 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

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Average Customer Review: 4.4 out of 5 stars 10 customer reviews

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Outdoors > Individual Sports > Bowling #4656 in Books > Children's Books > Sports & Outdoors

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## Customer Reviews

Grade 5 Up-A comprehensive manual that would be helpful for any novice bowlers. Nace clearly and carefully explains equipment; etiquette; warm-up exercises; the delivery; scoring; and various techniques for making strikes, spares, and splits. He includes such fine points as how to read lane conditions, correct problems, and mentally prepare for competitions. The excellent-quality, full-color photos and diagrams are key to the instructions. No other book covers the sport so well for this audience. It scores a definite strike. Kate Kohlbeck, Randall School, Waukesha, WI Copyright 2001 Reed Business Information, Inc.

Gr. 6-12. In the 3,000 years since humans first bowled, the simple game of knocking pins over with

a ball has thrilled and frustrated millions of people. Nace's introduction to the sport begins with an overview of bowling etiquette, scoring, and a laundry list of the "extras" bowlers may want to acquire to improve their scores. Beginning bowlers will find much helpful information in the meticulously detailed description of ball delivery, including full-color captioned photos of a perfect approach and release of the ball. The text and illustrations may be dry, but plenty of kids just want to bowl well enough to prevent embarrassment at the lanes (especially on first dates), and this handbook will provide a nice start. With few books for young bowlers available, this one deserves a spot on the shelf. John GreenCopyright © American Library Association. All rights reserved

I got this book as a joke for a bowling themed birthday. However, the adult person loved it. Good price, quick shipping.

Basic instructions. simple to follow.

Great product. Covers all the basics. Perfect for the true beginner.

Lots of diagrams that is helpful for a beginner.

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!

This book is simply written but explains and illustrates a wealth of information for beginners. I highly recommend this book.

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.

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.

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