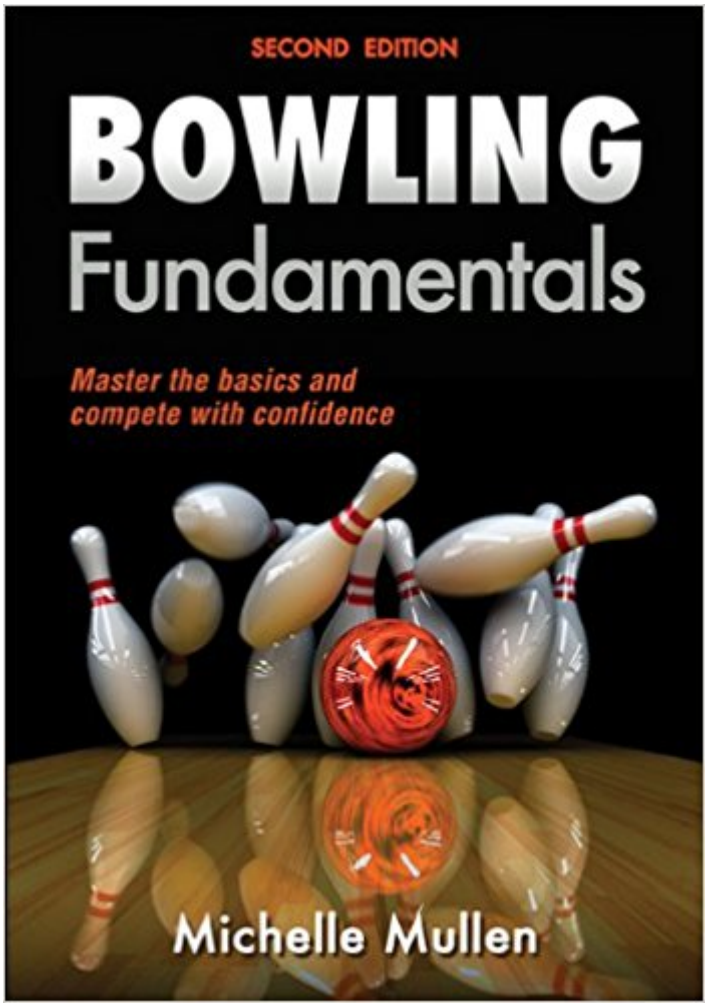
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Bowling Fundamentals 2nd Edition



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Synopsis

Hit the lanes and enjoy every frame! With Bowling Fundamentals, Second Edition, you'll learn the skills, and tactics so you can play and compete. With almost three decades of experience that includes multiple PWBA titles and collegiate championships, former Team USA Coach, Michelle Mullen shares the secrets that have made her one of the world's most highly sought-after instructors for bowlers of all ages and skill levels. Covering the latest equipment and the essentials of execution-footwork, arm swing, timing, finish position, and release-Mullen leaves no skill uncovered, including insight on making changes and specific instruction for left-handed bowlers. You'll find tactical tips for picking up the game's most common spares (in both a traditional and advanced spare-shooting system), advice for keeping emotions and focus in check, and basic and advanced lane-play strategies that will make a significant impact on the score sheet. Before you take to the lanes for your next league night or match or just for fun, add a copy of Bowling Fundamentals, Second Edition, to your bowling bag and turn those open frames into solid strikes and spares!

Book Information

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Average Customer Review: 4.6 out of 5 stars 67 customer reviews

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Customer Reviews

Ã¢â ¬Å“In the second edition of Bowling Fundamentals, Michelle combines her vast knowledge of the game and almost three decades of experience as a world-class player and premier coach to help bowlers of all ages and levels advance their skills and techniques.Ã¢â ¬Â• Rod Ross-- U.S. Head Coach Director of International Training Center Ã¢â ¬Å“Michelle MullenÃ¢â ¬â„¢s passion for bowling shines in the second edition of Bowling Fundamentals!Ã Â Regardless of your skill level, this great book provides the technique instruction and motivational tips so you can learn and enjoy the game.Ã¢â ¬Â• Liz Johnson-- Team USA member, Three-Time U.S. Open Champion (1996,

2013, 2007), PBA MenÃ¢â ¬â„¢s Tour Member Ã¢â ¬Å“After reading this book, I came to the conclusion that itÃ¢â ¬â„¢s the greatest book on bowling that I have ever read, and at age 73, IÃ¢â ¬â„¢ve read a lot of them! I have been using the book as an instructional guide for three years, and it has helped me change my bowling game for the better. This book focuses on both the physical and mental aspects of the game, which makes it the most comprehensive book on the techniques of bowling.Ã¢â ¬Â• Jeff Garver-- Plymouth, Michigan

Michelle Mullen, a United States Bowling Congress (USBC) Gold coach, has coached bowlers of all skill levels for almost three decades. She is co-owner of Your Bowling Coach with renowned pro bowler Aleta Sill and they operate Aleta SillÃ¢â ¬â„¢s Bowling World, a premier pro shop in Metro Detroit. Mullen has competed and won championships at every level, including high school and collegiate bowling and Professional WomenÃ¢â ¬â„¢s Bowling Association (PWBA) regional and national bowling. She holds four national titles and a record nine regional titles in the PWBA. She was also the 1990-1999 PWBA Regional Player of the Decade. In 1985 she represented the United States in the World Cup in Seoul, Korea, and is a former coach for the U.S. team. Mullen is also an established international writer and author. She has been published in BowlerÃ¢â ¬â„¢s Journal, Bowling Magazine, Bowling This Month, Asian Bowling Digest, and various other publications. The first edition of Bowling Fundamentals was translated in Russian and Simplified Chinese. She is a member of the International Bowling Media Association. Mullen enjoys working out, gardening and cooking, but her greatest passion is to help homeless animals in need. She and Sill run an annual fundraising event, called Ã¢â ¬Å“Bowl-4-Animal RescueÃ¢â ¬Â• (bowl4animalrescue.org), with 100% of the proceeds benefitting local animal charities. Mullen is from Chicago and lives in Livonia, Michigan, along with her 3 dogs and four cats, who insist that Ã¢â ¬Å“rescued is her favorite breedÃ¢â ¬Â•.

I have been bowling occasionally all my life. Have always loved it and at 58 yrs old said to myself "I want learn how to bowl like a real bowler." I bought a ball, shoes, this book and some lessons. Let me tell you that this book is so jam packed with good information that it should sell for double the price. Oops! Sorry future customers. Really,I am at square 2 of 10 and developing due to my lessons and the book, but my understanding of bowling as a physical art vs a "chuck it and hope" game is due to this book. Thank you Michelle for a well written, understandable and useful guide to learning to bowl.

I have learned a ton by reading this book. The folks at the bowling alley laugh because of all the yellow highlights I have in it. My game has improved and I cant believe how much I was doing wrong. The book is easy to understand and well written. Its a perfect book for anyone wanting to improve their game or just learn more about the different aspects of bowling.

Early timing and Late timing are explained and depicted on p.35 and p.36. Other books talk about it as your supposed to know what early and late timing is! Also finish should be at 1:00 o'clock (right-handed) or 11:00 o'clock (left-handed). Also a good tip, your weight should be centered over you base, with your weight slightly on your on your non starting foot. This book is well written and covers all the basics of bowling. A very good reference, I highly recommend it.

I had to get the 2nd edition to get updated on reactive and newer balls and techniques as I was getting back into bowling after many years of not participating. I've had the 1st edition which is very informative and well organized, for many years. So I knew the 2nd edition would be as well written and informative as the 1st edition and bring me up to date on the newer balls and equipment. A must own for any bowler wanting to improve their game as just one bit of information can transform your game.

This is a useful text. Of course, the writer has to cover all types of bowlers and all knowledge levels and all parts of bowling. This leaves it a bit repetitive, simplistic and general. But I don't see how to get around that. In the end, it is a useful guide in its own right, and a useful adjunct to one-on-one lessons. Thus, well worth the buying!

I started up bowling again after 40 years and this book was a great refresher for me. The sport has changed quite a bit since I last bowlesd and this book quickly brought me up to speed. I highly recommend this book.

Has a lot of helpful hints in bowling for all ages.

A very well written instructional manual. Lots of good tips and how to not only use the information given but also how to overcome the "old habits". This is an old dog with ingrained habit who has already learned some new tricks and improved his delivery and pin count just by practicing what has been preached. I highly recommend this book for old timers as well as beginners to what can be a

lifetime sport. One of my team members (91 years young) just had a 503 series last week.. Hope I can do as well at his age.

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