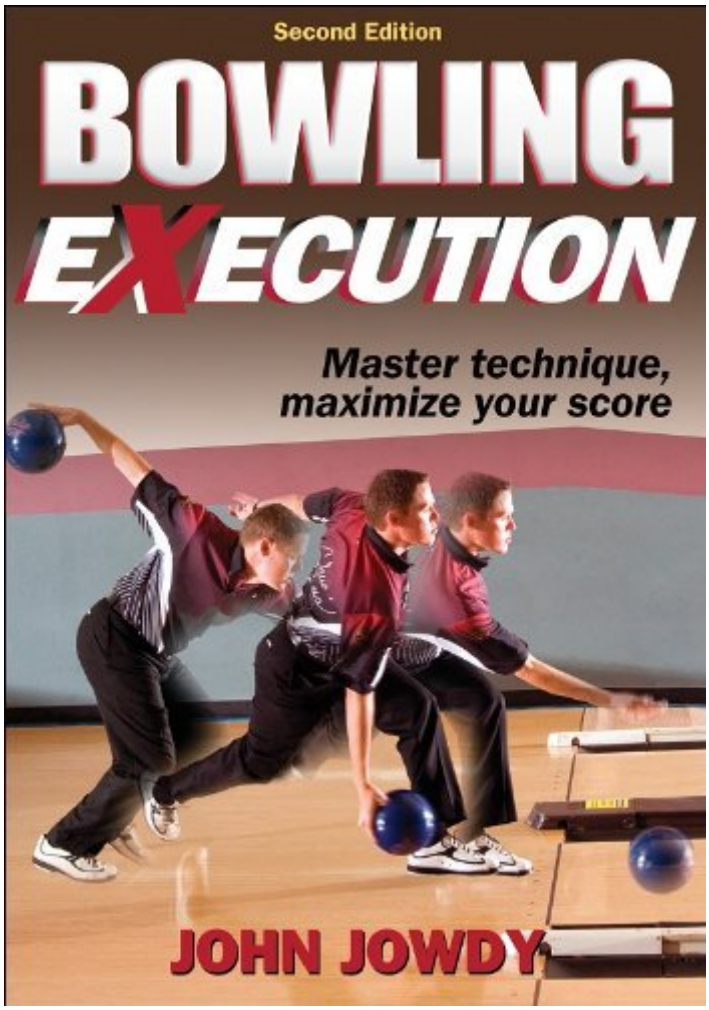
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Bowling Execution - 2nd Edition



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Synopsis

The sport’s definitive work, from the game’s master instructor. In Bowling Execution, legend and PBA Hall of Fame coach John Jowdy shares his expertise on every aspect of the sport, from developing skills to refining techniques for improved consistency. Bowling Execution will show you how toimprove each phase of your shot, from stance to follow-through;increase the accuracy of your hook;incorporate the free armswing for smoother mechanics;generate more power behind your shot to create greater pin action;analyze lane conditions and adjust your game accordingly; anddevelop strategies for achieving your personal best.Whether your style is power or finesse, Bowling Execution will raise your game and your scores. It’s the bowling resource you will turn to again and again.

Book Information

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Customer Reviews

Since purchasing this great book my average has increased by 10 to 15 pins and I’m just getting started. I am a 60 years old male that has had multiple operations on my back and am now gingerly trying to bowl again. I was a 195 average bowler in the late nineties but now carry a 145 average in two leagues. I find the instructions by Mr. Jowdy to be up to date and they have filled me in on the changes to the game that I have to now make to be able to get the amount of enjoyment that I want

to acheive.I rate this book highly for anyone interested in having a fun time in league bowling and tournaments.

I consider this to be a very good instructional manual of bowling overall. Jowdy is something of a coaching legend, considered to be one of the very best ever, so what he has to say is very worthwhile. His 'over-under drill' (a drill to teach a free arm swing) may be the heart of the book, but I agree with other reviewers that diagrams and more precise language would make the instruction more valuable. His emphasis overall is on accuracy and shotmaking, not power. His intended audience is serious competitive bowlers who compete on challenging 'sport compliant' lane conditions, not on easy 'house shots' which most bowl on. There are many very valuable pointers interspersed throughout the book, but you have to dig to find them. Mr. Jowdy is extremely knowledgeable about the sport of bowling, but his writing style would benefit greatly from a better editor or even a ghost writer. His prose is interesting, but too rambling at times, and again, instructional points could be presented more clearly. Ideally, you need to clarify things with a qualified coach anyway, but it is more important than ever with this text. Not a manual for beginners or casual bowlers, but worthwhile for the serious bowler who is willing to do some thinking about his approach to the game.

I started league bowling again three years ago after a 25 year interval.This book is clearly written with many pictures illustrating the importantfundamental techniques for good bowling on today's lanes with the modern high performancebowling balls. After reading this book and practicing, I was able to raise my leaqgue averagethe first year from 158 to 178. This year, my average is in th 190's.

"Bowling Execution" is a useful book to study, AFTER one has absorbed Tom Kouros' "Par Bowling: The Challenge." In effect, "Bowling Execution" reminds one to pay particular attention to some key aspects of execution, while "Par Bowling" explains those aspects and many others in great detail. In my case, the advice that was of particular value was to begin one's approach as soon as one is comfortably positioned in the stance (since delaying beyond that time tends to result in becoming tensed up, preventing a free, fluid execution of the approach and delivery).

because the subjects discussed will be of interest to bowlers with competitive experience. I found this book well organized and very detailed with EMPHASIS notedthrough-out book to indicate the MUST-DO techniques if you expect results to be had from practicing Jowdy's straight-forward

thoughts on a lifetime of teaching and observing bowlers.....JOWDY has the answer to being a consistent bowler....the first thing you must do to improve is believe what he says and make the change....I found it strange but the feeling and the results have me understanding my reasons for not being consistent during league play previously.

Received in timely manner. Thanks! Looks to be an interesting, informative book. Given as a gift to a 16 year old bowler who is being offered bowling scholarships. He seemed interested and appreciative.

Good information and tips on how to improve your bowling based on today’s modern methods. This book and Mark Baker’s "Game Changer" are important to read if you are looking to advance your bowling level.

My kindle library has nearly 100 books. This is only the second review I’ve written, because all other 98 books were actually good. They had logical order, they were written clearly, they didn’t use confusing jargon, and so on. This book is terrible in so many ways.First of all, do not purchase if you are a beginner, like me. You will only get confused. There is jargon a plenty, poorly articular ideas scattered into different sections, and many other problems. However, I haven’t purchased any other bowling books. It’s possible all bowling books are the same, I have no idea.

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