



BOWLING BALL TYPES

PLASTIC

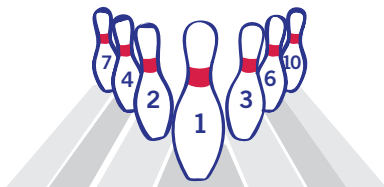
A plastic bowling ball is what beginners typically start with since it has a very hard outer surface and goes straight, which makes it ideal for picking up spares. Of the bowling balls available, it delivers the lowest amount of friction between the ball and lane.

RESIN

A resin bowling ball is designed to hook and create more angle into the pins for more hitting power. They're used by high-level players to skid in oil and create the highest amount of friction on the dry part of the lane.

PINS

They range in weight from 3 pounds, 6 ounces to 3 pounds, 10 ounces and are 15 inches tall.



PIN NUMBERS

Pins are numbered front-to-back and left-to-right from 1 through 10.

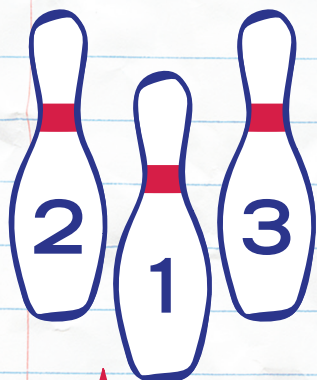


KEYWORDS

Spare - When a bowler knocks all of the pins off the lane in two deliveries.

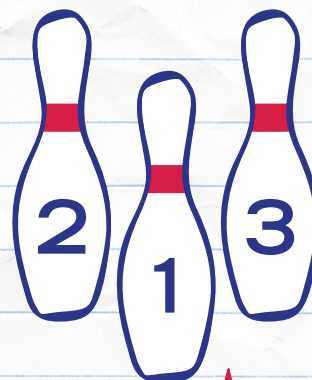
Splits - Any pin combination that doesn't include the head pin and has at least two or more non adjacent groups of pins. Examples include the 2-10, 4-6, 3-10 and 6-7-10.

POCKETS

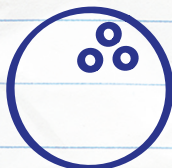


LEFT-HANDED

The two pins at the front of a set of pins that bowlers aim for so they have the best possibility to strike. For a right-handed player, the strike pocket is between the 1 and 3 pins. For a left-handed player, the strike pocket is between the 1 and 2 pins.



RIGHT-HANDED

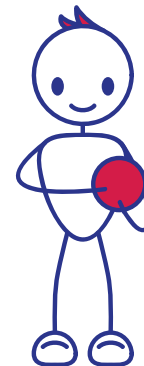


GETTING YOUR OWN BOWLING EQUIPMENT

Having your own ball will make bowling easier, since the ball will be fitted and drilled specifically for your hand.

When you are ready to purchase your own bowling ball, visit your local pro shop or visit IBPSIA.com to find a certified technician in your area. They have the training to help you choose the right ball (including type and weight) and give you a custom fit along with any fine-tuning that will be necessary. Pro shop personnel will be able to answer your questions and help you improve your game with individual lessons.

Don't forget you will need a pair of bowling shoes and bag to carry your ball, so you always have everything you need when you go bowling.



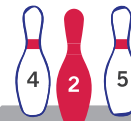


① ② ③ WEEK 3

BOWLER GUIDE

KEY PIN

When there's a cluster of pins standing, the pin closest to you will be the key pin. Hitting the key pin offers the best chance at knocking them all down.



2 IS THE KEY PIN



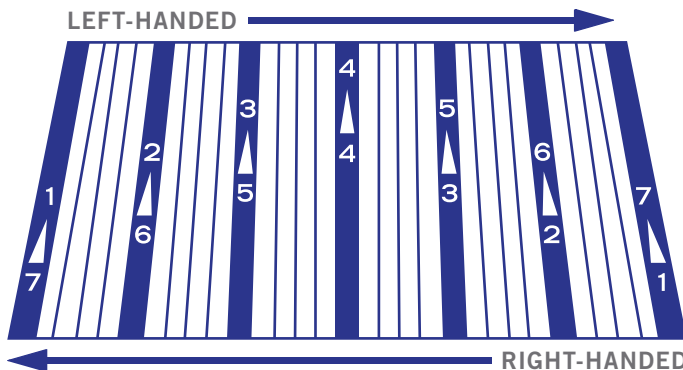
KEYWORDS

Arrows - Triangular marks on the lane surface used for targeting. There are seven arrows located every five boards, on each lane. The specific board locations are 5, 10, 15, 20, 25 and 35.

Range Finders - Specific dark markings on some lanes that are one board wide and several feet long. These are located close to the pins and are used to identify the location of a bowling ball while it's traveling down the lane.

TARGETING

Aligning the footwork and arm swing with one or more targets to knock down specific pins.



There are seven arrows approximately 15-17 feet from the foul line. Keep your shoulder in line with your target. Draw an imaginary line from where you want the ball to hit the pins back through the target. This will help

you with your strike and spare shots. Right-handers will use the arrows on the right side of the lane and left-handers will use the ones on the left side of the lane.

3-6-9 SPARE SYSTEM

A spare system based off the strike target. The adjustments are in three-board increments (or 3-6-9) for pins residing in the zones on the bowler's non-ball side and three-board increments (or 3-6-9) for pins residing in the zones on the bowler's ball side.

To understand spare shooting, you need to understand how the boards on a lane are numbered. Lanes are constructed with 39 1-inch boards. Each locator dot on the approach and at the foul line is five boards apart. Using the 3-6-9 Spare System, right-handers will count the boards from right to left, and left-handers will count from left to right.

