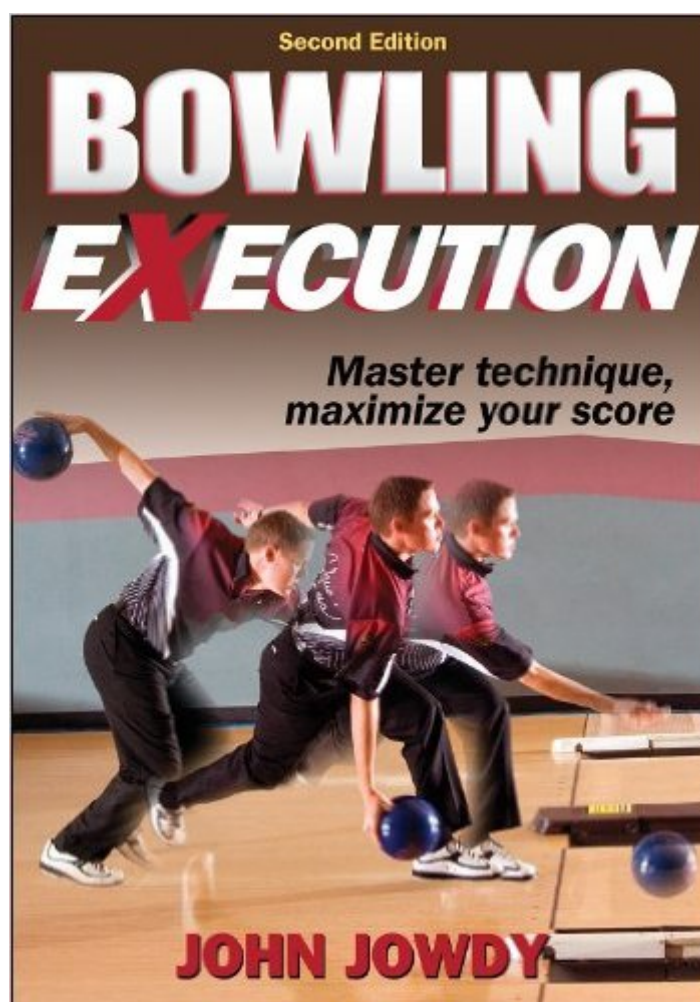


The book was found

Bowling Execution - 2nd Edition



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 to improve 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; and develop 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

John Jowdy is well-known as a master bowling guru to many professional bowlers. When a PBA or PWBA member has needed assistance in elevating his or her game, John Jowdy has done so with proven results. John Jowdy is the familiar gentleman sitting with a foot long cigar in the first row of many televised matches watching, many time, his students. Therefore, Mr. Jowdy come to this book with much credibility. Many, but not all, bowling books are either too elemental for the intermediate or better bowler, or are filled with outdated information. Mr. Jowdy has bridged the gap between beginners and the better, experienced bowler with this book. For example, I guess I would be considered a better than average league bowler with a 215 average. The night before my last league night, I read the chapters regarding the free armswing and the outward, rather than upward, follow-through, and put it into practice. The following night, I bowled a 299 game with a total of 16

strikes in a row over 2 games. I would recommend this book if you are serious about improving your game.

I read the book in one sitting. My first impression was that the game is just not this simple. then I read the book again more carefully and made notes where my game was out of whack. I went to a local house and tried two major changes; and threw the ball better than I have in years, if not ever. Part of John's genius is his unique ability to capture just the essential elements of his sport, but then to describe the common deviations and their effects such that you can discover your problems. I guess the game IS that simple to John.

I purchased this book after missing the second cut in a tournament that I roll in every year. John Jowdy's reputation speaks for itself. After reading the first four chapters on the free armswing, leverage point, hand grips and follow through, I bowled my first ever 700 series in league play (I currently have a yearbook average of 175) and I broke my personal best score twice in the same week (269 followed by 278 two nights later). Anyone, and I mean ANYONE who is serious about improving their game must buy this book

of all the bowling books i've flicked through, Jowdy's was the most contemporary for addressing the advances in today's game, and the content is geared towards bowlers who want to improve upon their existing knowledge and understanding of modern bowling techniques. it is not written for the beginner, and it assumes some prior knowledge to be built upon. i read the book in one sitting, and it consolidated all the info i had been gleaning from various sources on the net and from other bowlers and coaches over the years. As for the content, all the info is there, and the descriptions are sufficient if you can visualise what he is writing about, which isn't difficult with some of the basic drills he explains. Some of the tips in this book are invaluable and it is the first place i go to clarify some element of my game when it goes off the boil.

"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).

I bought this book 6 months ago and it helped me to improve my game to an 185 average. It is a must for every bowler who wants to have great fundamentals in bowling. I am a league player, and now I am working to take my game to the next level (over 190) and I keep reviewing this book. Good luck.

From describing the basics of bowling (armswing, approach, release) to going into some of the more advanced techniques (hand position, equipment, lane play) Mr. Jowdy's book is one of the best out there on the subject IMO. Bowling has evolved a incredible amount since the days of rubber balls and lacquered lanes, and you must have a through knowledge of today's equipment and styles to be successful at a high level. Advanced bowlers perhaps might get the least out of this book, since if they are averaging 220+ they already have a fairly good grasp on bowling fundamentals, but I do think this book is a MUST have for those below that level. There simply are not many books out there regarding bowling that are as thorough as Mr. Jowdy's. I also thoroughly recommend the companion book, "Focused on Bowling". This book covers the mental game of bowling, which is what higher level average and competition bowling becomes and combining these books with coaching and practice will make you the most complete bowler you can be.

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.

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