

## Untitled

### Bowling Tips For Beginners - The 4 Step Approach

Here is a tip for those that are new to the sport of bowling and is one of the first things you should learn. This is the 4 step approach, it can be hard for some or awkward, but with a little practice can come rather quickly.

First, the examples below are for right handed bowlers, everything is reversed for the left handers. Remember the foot work goes right, left, right, slide on the left foot. Your foot work and arm swing go in sequence with each other.

Start by standing at about the first set of dots on the approach and holding your bowling ball at hip level and to the side. On the first step push the ball out a little, the second step the ball falls, the third step the ball falls in a pendulum swing toward your back (kind of like a ball hanging on a string), the fourth step you slide and roll the ball forward down the lane and toward the pins. Note: this is all done in one smooth motion.

This motion should not be choppy and should be fluent with rhythm, like a small dance in a way.

#### Now Once Again Outlined

1. Remember right, left, right, slide on the left.
2. Your foot work and arm swing go in sequence with each other.
3. Hold your bowling ball at hip level to start at the first set of dots on the approach.
4. First step you push the ball out a little.
5. The second step the ball falls.
6. The third step the ball falls in a pendulum swing.
7. The fourth step you slide and roll the ball forward down the lane and to the pins.
8. Practice and Have fun:)

Well this is a basic example of the four step approach in bowling.