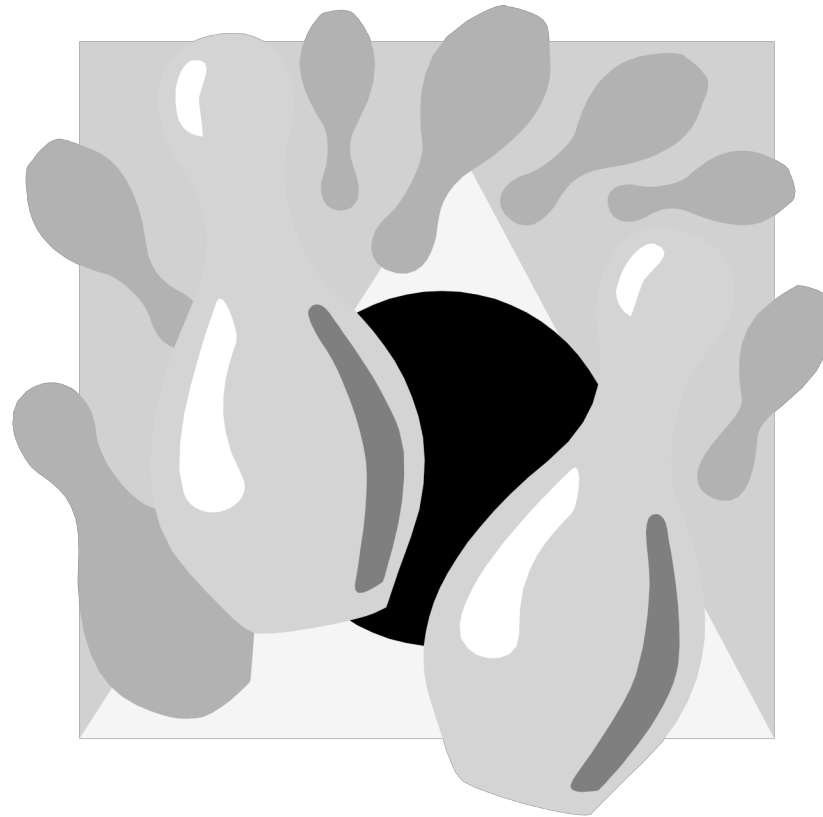


# Bowling Lesson



# The History of Bowling

- Bowling is one of the oldest and most widely played of the world's games. Its history has been traced back to the Stone Age, to the Egyptians, Romans, and right up to today's modern bowling centers. Chances are that the caveman's idea of bowling was to roll or throw a round stone at other stones or possibly logs.



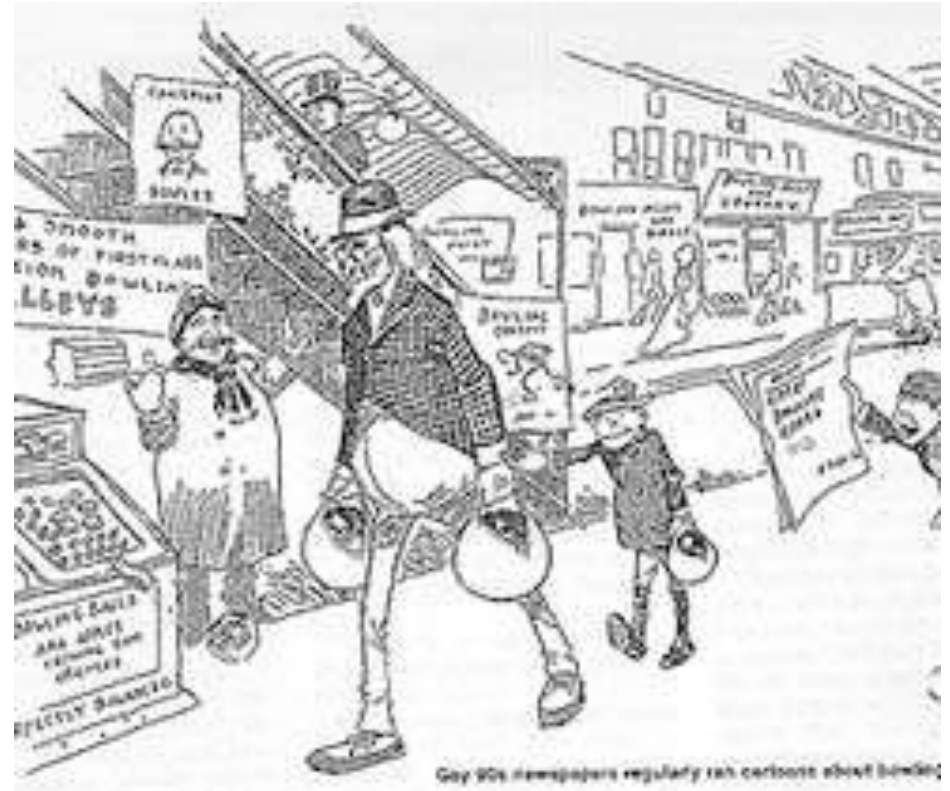
# The History of Bowling

- The earliest record of bowling goes back 7,000 years to ancient Egypt where a round object resembling a bowling ball, and marble bars, resembling bowling pins, were found in the ruins of a pyramid. From Egypt, bowling moved to ancient Babylonia and then to Northern Italy around Julius Caesar's time.



# The History of Bowling

- The Italian version of bowling, bocce, which is still played today, is somewhat similar to lawn bowling--an English game originating over 800 years ago. The English also played other games which can be considered variations of bowling--such as half-bowls, skittles, and nine pins.



# The History of Bowling

- The form of bowling we play today, bowling at pins, was first mentioned in a book about the city of London, England, written over 800 years ago. In those days, bowling was strictly an outdoor game. The first indoor bowling took place in London as far back as 1455. It was a popular game reserved mainly for the nobility. In Germany, the name of the game was kegling--and the participants were known as "keglers".

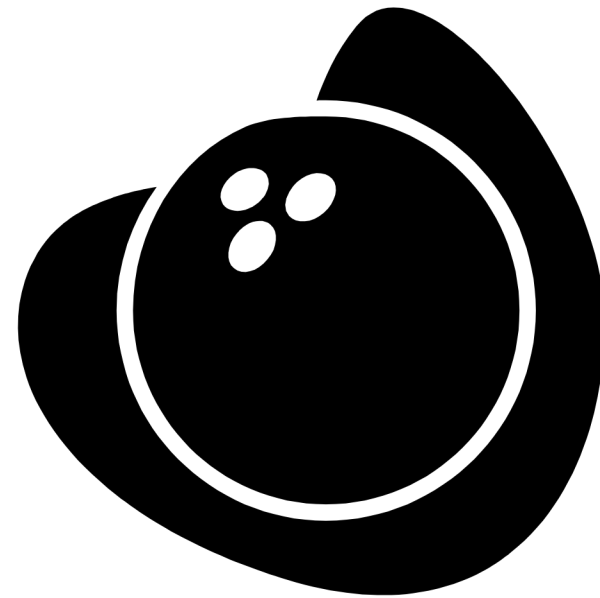


# The Bowling Lane

- Has dots to help you line up correctly.
- Has arrows to help you line up the ball with the bowling pins.
- Has a foul line – the black line.
- Is made from wood
- Is covered with wax
- Feet Long- 75 feet to the center of the head pin including the approach lane.
- Feet Wide-41 ½ inches
- The Gutter- 9 5/16 inches wide

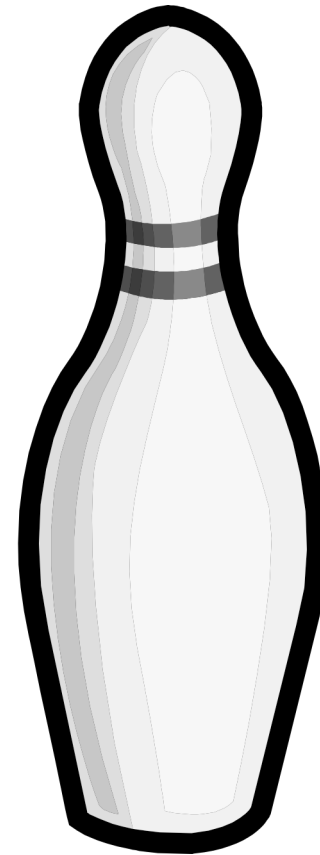
# The Bowling Ball

- A round sphere, 27 inches in diameter, weighing between 6 and 16 pounds.
- Has three holes:
  - Two fingers holes- ring finger and middle finger
  - One thumb hole



# The bowling pins

- There are ten bowling pins per lane.
- Made from wood and covered in plastic. The plastic coating is  $\frac{35}{1000}$  of an inch.
- 15 inches tall.
- Weighs between 3 pounds 6 ounces and 3 pounds 10 ounces.
- Our pins are made from plastic



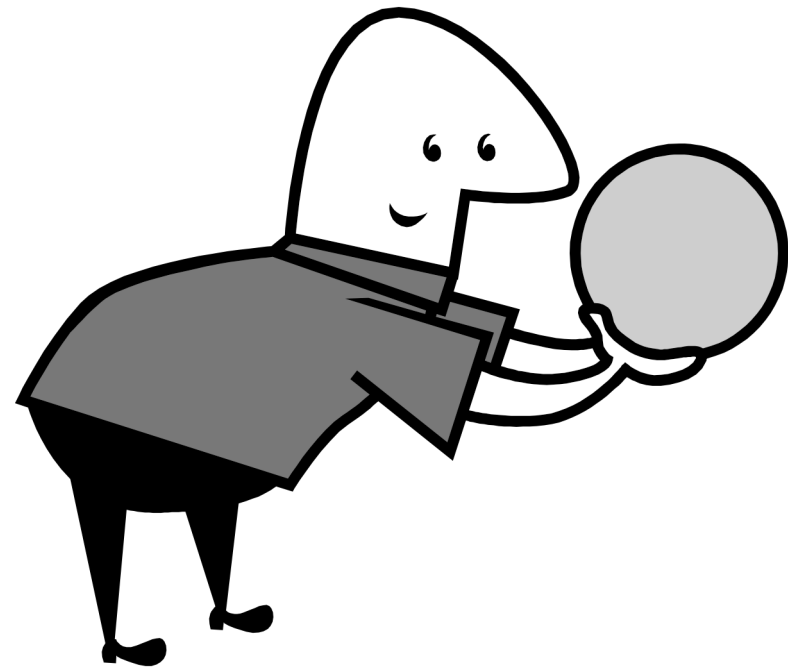


# Turns and Frames

- Each frame you get two rolls.  
(Unless you knock all the pins down on your first roll. That is called a strike.)
- There are 10 frames per game.
- On the tenth frame if you:
  - roll a strike you get two extra rolls.
  - roll a spare you get one extra roll.

# The Ready Stance

- Start from the foul line (black line) then walk forward three steps and turn around.
- To begin the roll hold the ball on your side at waist level with fingers facing up.
- Use arrows to help line up the ball with the head pin (#1 pin)



# The Three Steps

- If you are Left Handed:  
Right foot-Left foot-  
right foot
- If you are Right Handed:  
Left foot- right foot-  
left foot



# The Release

- Take your three steps.
- Swing the ball behind you as you walk forward towards the pins.
- Thumbs facing the pins.
- Palm facing up when you roll/release the ball.
- Release the ball at the foul line.
- Follow through with your arm up.
- Do not cross the foul line.



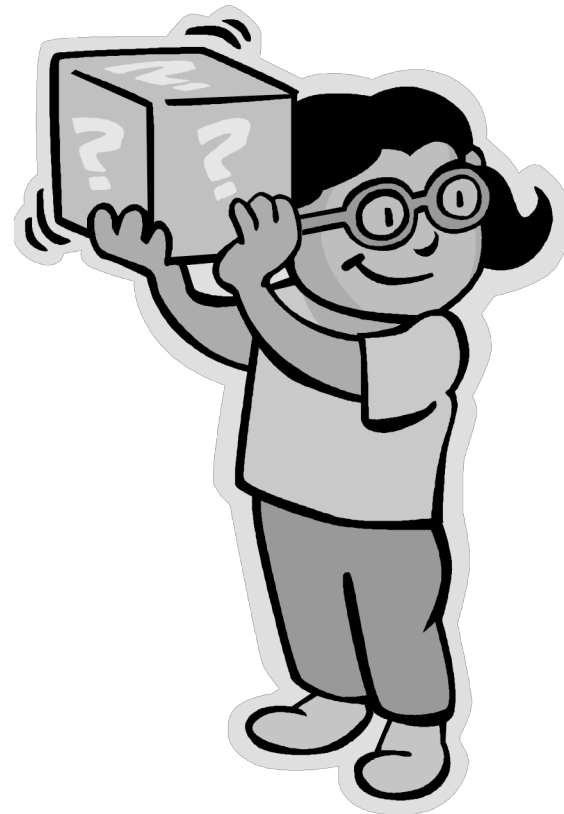
# Some Bowling Terms

- Strike  
Knock down all ten pins on first roll
- Spare  
Knock down all ten pins on second roll
- Gutter Ball  
When the ball rolls into the “gutter”. There is a gutter on each side of the lane.



# Question and Answer

- What is the score of a perfect game?
- How many steps should you take before you reach the foul line?
- How long is the bowling lane?
- Where did bowling begin?
- How many pins are there per lane?
- How many frames per game?



# Question and Answer

- How many rolls do you get if you bowl a strike?
- Describe the bowling process.
- Should you cross the foul line?
- How do you use the arrows?
- Where in Irving can you go bowling?
- Who can go bowling?



