

Bowling



[Bowling_下载链接1](#)

著者: Douglas Wiedman

出版者: Human Kinetics

出版时间: 2005-11-1

装帧: Paperback

isbn: 9780736055284

The ultimate guide to tenpin success. Aimed at beginner and intermediate bowlers looking to become more proficient in the sport, readers will learn the basic skills and concepts, gradually developing a more complete understanding of advanced skill combinations and how to apply them. This book provides thorough, clear instruction on all aspects of the game including grip, stance, approach, footwork, swing, finish, release, shooting strikes and mental techniques. Each step includes an introduction to the skill or tactic, instruction on correct execution, illustrations for each phase, drills to practice the technique and a scoring system to gauge success.

作者介绍:

目录:

[Bowling_下载链接1](#)

标签

评论

[Bowling_下载链接1](#)

书评

[Bowling_下载链接1](#)