

ch #09 STYLES OF THROW

ver: 25/10/26

This chapter describes styles of throw aka throwing styles aka styles.

The **stance** is where you place your feet relative to each other.

The **throwing position** aka **position** is the stance at a particular angle and position relative to the mat or markings on the carpet.

A **factor** is something that can affect the outcome of your throws. Some factors cannot be changed for an individual throw.
eg your physique.

An **element** is a factor that you can change for each individual throw.
eg your stance.

The **execution of an element** is the manner in which you perform an element.

eg the distance apart of your feet (stance),
where you place your fingers (grip),
how far back you swing your arm (backswing),
how much force you exert (forwardswing).

The **sum execution** is the overall execution of the elements.

STYLES

The **style of throw** aka **style** relates to where you swing your arm.

The **outside style** is where you swing the wood outside your legs. Most bowlers use this style so it's regarded as the **standard style** or **standard throw**.

Throws are called **outside throws**.

Throwers are called **outsiders**.

The **inside style** aka **nutmeg** is where you swing the wood between your legs.

Throws are called **inside throws**.

Throwers are called **insiders**.

The **leg style** is where you use your leg as a backstop. You swing the wood back until your arm hits your leg, then swing the wood forwards.

Throws are called **leg throws**.

Throwers are called **leggers**.

I have never seen anyone use this style - so I claim to have invented it.

The **foot style** is where you start the swing with the wood resting on your foot.

Throws are called **foot throws**.

Throwers are called **footers**.

I claim this one too.

A **technique** is a particular combination of throwing style, method of aiming and execution of the elements.

For a Rhanded throw, the R side of your body is the **throwing side**. Vice versa for L.

Thus you have a **throwing hand**, a **throwing arm** a **throwing leg**, a **throwing foot** etc.

The other side is the **non-throwing side** aka **free side**.

Thus you have a **free hand** etc.

CRITERIA FOR STYLE

1) JUSTIFICATION

You should be able to justify each element.

justify means you can give a good reason why the element should be included. If an element cannot be justified, it should be removed. Justification is a form of efficiency. Think of each element as an error waiting to bite you.

2) EYE ALIGNMENT

Eye alignment is when your eyes are on line with the wood and the aiming line.

It is considered to be important in archery, darts and snooker. I therefore consider this when comparing styles.

3) HAND ALIGNMENT

Hand alignment is **XXXXXXXXXX**

4) CL

It should be possible to release the wood onto the CL at an angle β .

5) REPLICATION

It should be easy to **replicate** (repeat) your stance and position.

During a match you have to throw within 30s of arriving at the mat and you are not allowed to mark the carpet or use **gizmos** (tapes, lines, discs, felts, coins, "this way" arrows, etc).

6) ANGLE

It should be easy to stand at the required angle.

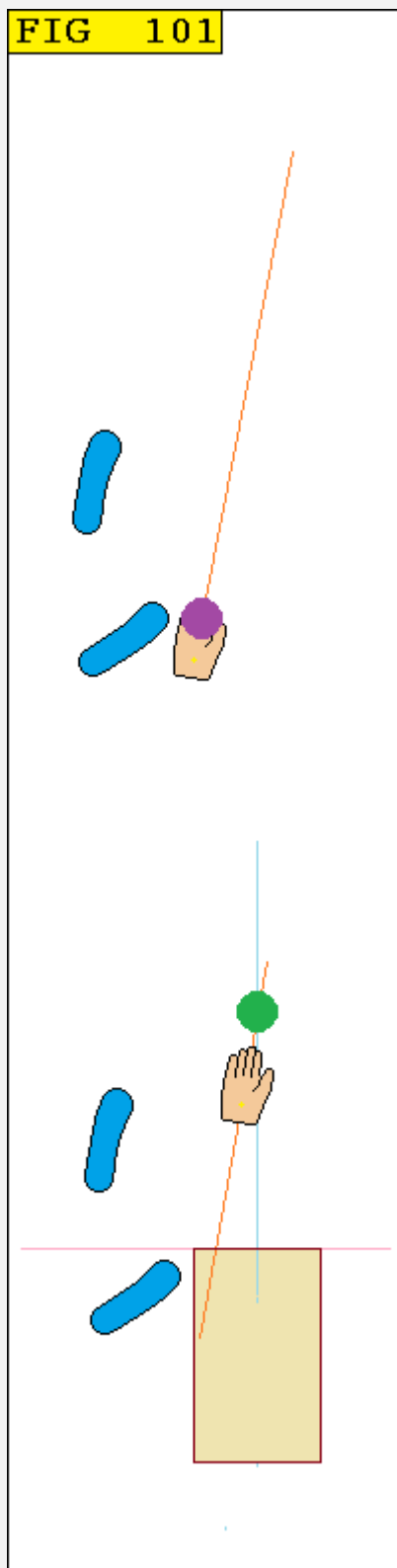
7) LENGTH

It should be easy to throw the required length.

8) COMFORT

It should be comfortable to repeat the throw many times. You might have to make $4 \times 21 = 84$ throws during a typical match.

FIG 101



OUTSIDE THROW

Drawing1 shows a typical stance for a RF throw.

COMMENTS

- 1) I cannot justify the step forward.
- 2) I cannot place my feet in same position every time.
- 3) My knee gets in the way during the swing.
- 4) Unable to get eye alignment.

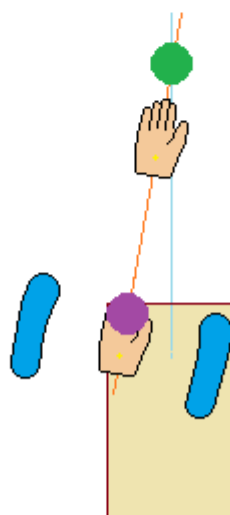
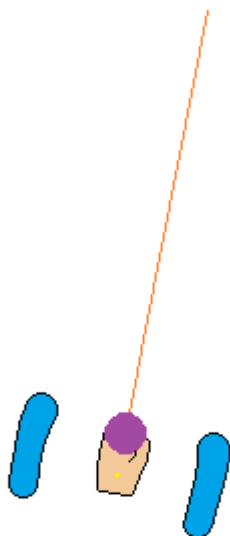
5)

Drawing2 shows how difficult it is to make a legal forehand throw and land the wood on the CL.

NOTE

For me, the CP is approx 80cm ahead of the TL
or approx 30cm ahead of my front foot.

FIG 102



INSIDE THROW

The simplest stance possible.

COMMENTS

- 1) No step forwards.
One less thing to worry about.
- 2) Eye alignment is easy.
- 3) Does not allow a full arm swing but I have no problem throwing the full length of the green.

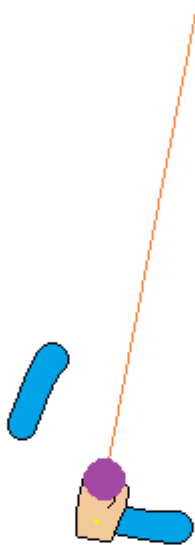
What about firing ?

An inside throw allows me to run the wood straight for 20m.

An outside throw allows 25m.

- 4)
Drawing2 shows how easy it is to make a legal forehand throw and land the wood on the CL.

FIG 103



LEG THROW

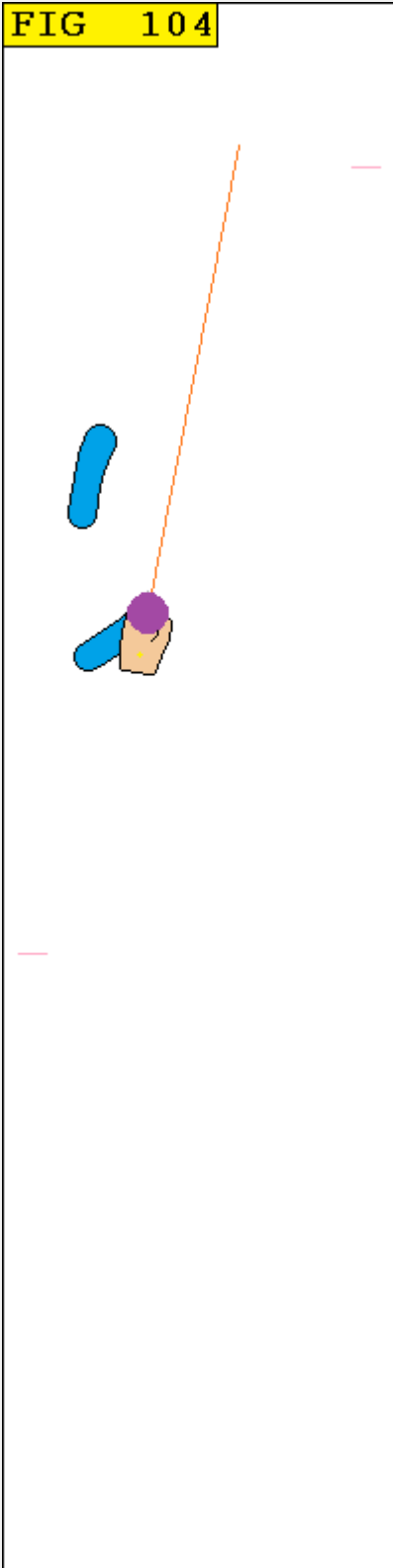
This style is an attempt to control the range. Your throwing leg acts as a backstop.

In theory, you move your leg back to increase the range, or forward to decrease the range.

COMMENTS

- 1) My body refuses to place my feet in same position every time.
- 2) Uncomfortable for max range.
- 3) Eye alignment is better than outside style.
- 4) Not as good as I had hoped for controlling the range.

FIG 104



FOOT THROW

Another attempt to control the range.

COMMENTS

- 1) Similar to leg throw.

RESULT

THE WINNER OF THE STYLE CONTEST



is THE INSIDE STYLE because:

- 1) It's simpler.
- 2) There is no step.
- 3) My knee doesn't get in the way.
- 4) Eye alignment is better.
- 5) It allows the CP to be on the CL.

So why doesn't every bowler use this style ?

I think it's inertia.

Beginners are taught the outside style.

Almost every bowler they see is an outsider.

Frances Drake was an outsider.

Every website that tells you how to throw teaches the outside style.

I have never seen any other style mentioned anywhere I have looked.

I've been expecting to discover the hidden flaw with this style since 2024 and the only possibility I can think of is that it's difficult to throw far enough on grass (I've never bowled on grass) .

I've heard bowlers say the contest is "rigged".

I have tried my best not to be biased.

Originally I assumed the standard style was the only style and therefore correct. I then started to have doubts so I searched for an alternative. After using the inside style for several weeks I returned to the outside style. Still didn't like it, so returned to inside.

For the rest of the book I consider only inside throws.

<eof>