

ch #10 **PRINCIPLES**

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This chapter defines the principles of kata bowling.



1) **Define everything.**

Written definitions aid clear thinking and communication.



2) **Throw safely.**

Respect people and the green.

And aliens.



3) **Justify.**

Each element should be justified.

If an element is not required, remove it.

Before you add an element, justify its inclusion.

Also justify the execution of each element.

When teaching, allow for individual differences especially injuries, arthritis, and age but any divergence from the "correct" technique must be justified.



4) Be efficient.

Execute each element efficiently.

When in doubt, use the simplest method.



5) Be transferable.

The technique should be transferable to match bowling.



6) Be honest.

Be honest with yourself and others.

The kata is supposed to teach the correct technique but what is the correct technique?

Don't say "this is the correct technique".

Instead say "I think this is correct".

If someone criticizes your technique, spend at least 5s considering the possibility that they might be correct but do not agree with them just to be polite.



7) Consistency over accuracy.

Accuracy is good but consistency is better. Consistency leads to accuracy.



8) Be patient.

It will take years to become consistent and accurate especially if you throw L and R handed. To help keep your spirit high remember the following:

a) You get same amount of exercise however well or poorly you throw.

b) Kata is easier than match bowling.

c) It is possible to be consistently accurate using a flawed technique.

It is also possible to be consistently poor using a good technique. Your internal state changes.



9) Have 10 principles.



10) Be vigilant.

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