

ch #13 **SAFE THROWS**

ver: 25/10/26

This chapter tell you how to respect other bowlers on the green .

levell is the **level of competence** required before you should be allowed to bowl unsupervised. It relates to the safety and respect of other bowlers on the green.

To achieve levell you must throw woods from TL to TL and keep them inside your lane when throwing forehand and backhand. I call such throws **safe**.

If you can already bowl safely, or you are going to be taught, skip this chapter



LANES (outbound)

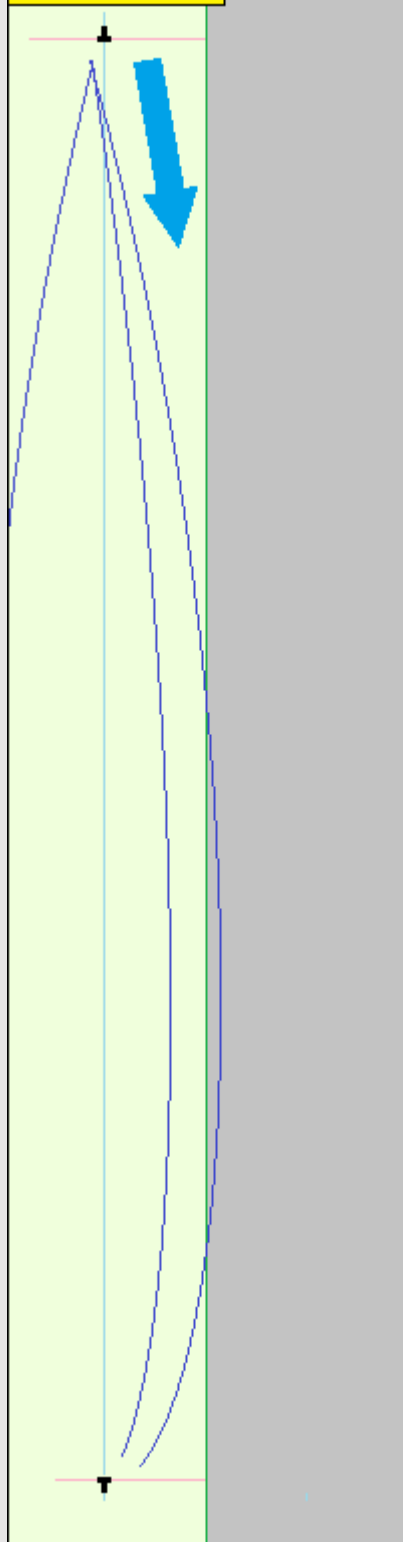
Use a lane that has a vacant adjacent lane or a lane next to the ditch. Hence visiting and invasive woods are less of a nuisance to other bowlers.

In FIG 101, the green lane is yours and the grey is a vacant lane or the ditch.

Throw forehand if you are Rhanded or backhand if you are Lhanded.

Path C was thrown with the wrong bias so it wanders off to the R which is ok if the grey is the ditch but can be a nuisance if it enters lanes further across.

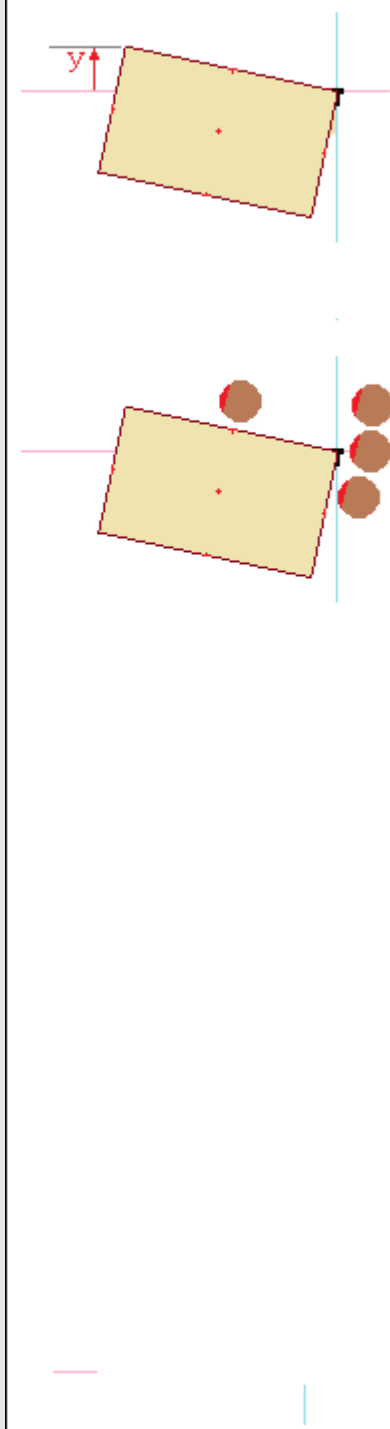
FIG 102



LANES (returns)

FIG 102 shows return throws.
Throw backhand if you are Rhanded
or forehand if you are Lhanded.

FIG 103



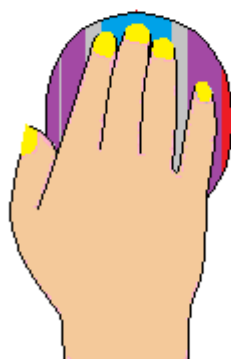
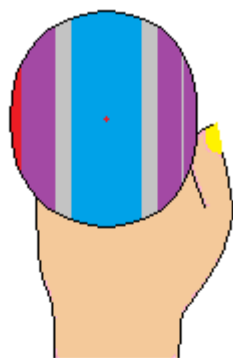
PREPARATION

Place the mat.

If in doubt, let $y = 12\text{cm}$.

Stack the woods.

FIG 104



GRAB & GRIP

1) Grab a wood.
Check orientation.

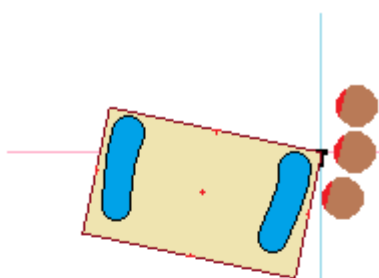
2) grip the wood.

<-- alternative

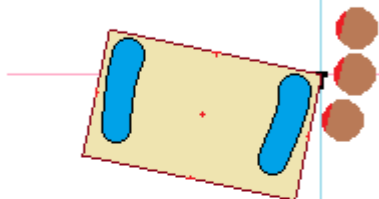
Move your thumb and pinky up the
sides for support.

FIG 105

STANCE & POSITION

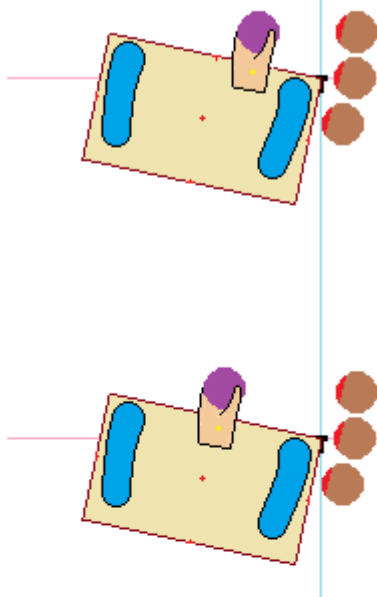


3) Stance.



4) Position.

FIG 106



SQUAT & HOVER

5) Palm beneath the wood.

Bend knees until the wood touches the floor.

Place your free hand on your knee (whatever is most comfortable - but execute same every throw).

Rotate your hand so the running strip is in the direction you wish to throw.

Last chance to check the orientation.

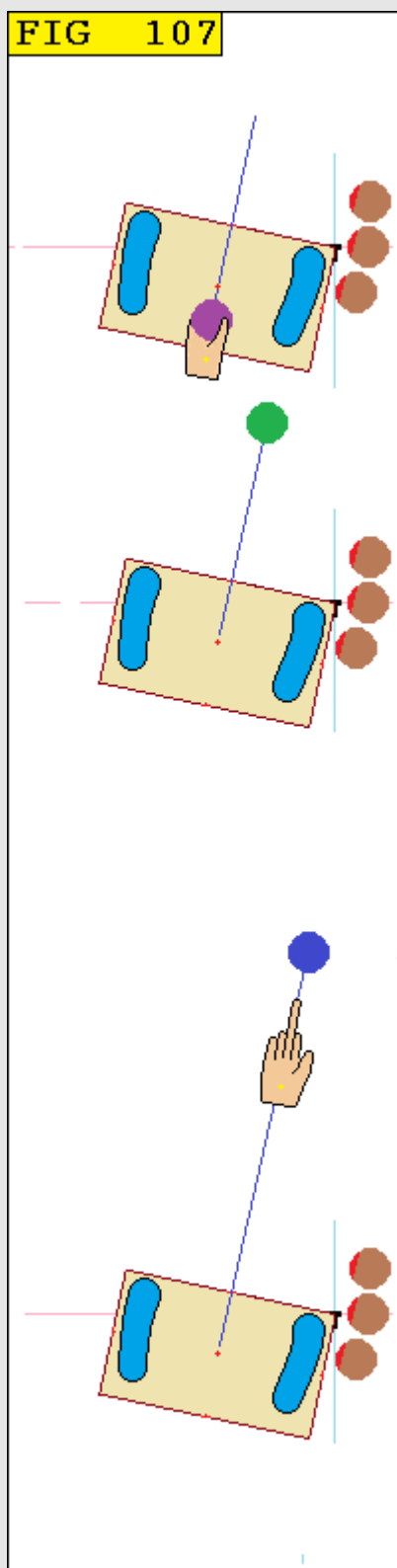
Adjust heading.

6) Lift the wood a small distance above the floor.

Allow throwing arm to hang freely.

FIG 107

BSWING & FSWING



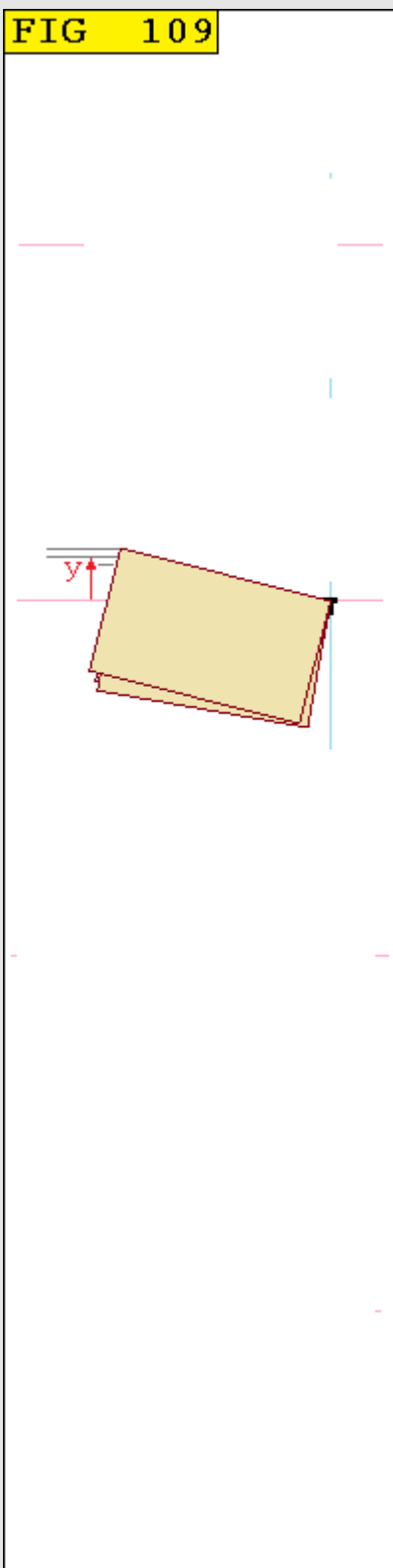
7) Swing your arm back and pause.

8) Swing your arm forwards and release the wood.

9) Follow-thru.

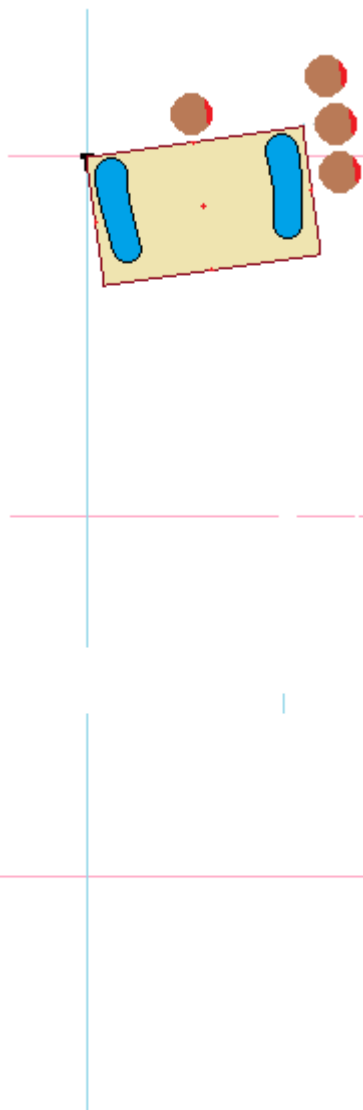
FIG 109

ADJUSTMENT



If woods stray into the lane on the R, reduce y.
If they arrive to the L of the CL, increase y.

FIG 110



BACKHAND THROWS

The y distance for a backhand throw is less than the y distance for a forehand throw.

Why ?

For a R-handed throw your throwing hand tends towards your Rleg during the backswing.

This pushes the wood to the L compared with a perfectly central swing. The difference is called the alpha error aka alpha angle (α).

For a forehand throw α reduces the throwing angle so you have to consensate by increasing the angle of your stance.

For a backhand throw α increases the throwing angle so you have to consensate by reducing the angle of your stance.
Simples.