

ch #14 BREATHING

ver: 26/10/26

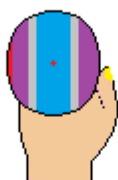
This chapter tells you when to inhale and when to exhale.

For kata bowling, stack woods first.

For match bowling, grab a wood before approaching the mat.

FIG 101

GRAB & GRIP



INHALE

During inhale:
Check orientation.



EXHALE

During exhale:
Check angle of fingers.



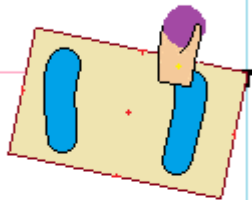
Askew ?
up to you.

FIG 102

POSITION

INHALE

During inhale:
Stand on the mat at approx
correct position



STANCE

EXHALE
During exhale:
Adopt your stance in the correct
position.

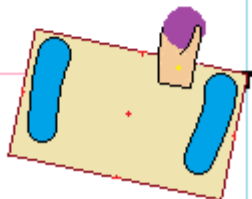
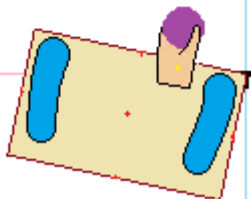
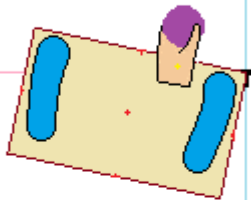


FIG 103



VISUALIZE

INHALE

Think of the wood.

You might never see it again.

Alternatively, visualize the path of the wood.

SQUAT

EXHALE

During inhale:

Palm beneath the wood.

Bend knees until the wood touches the floor. Place hand on knee.

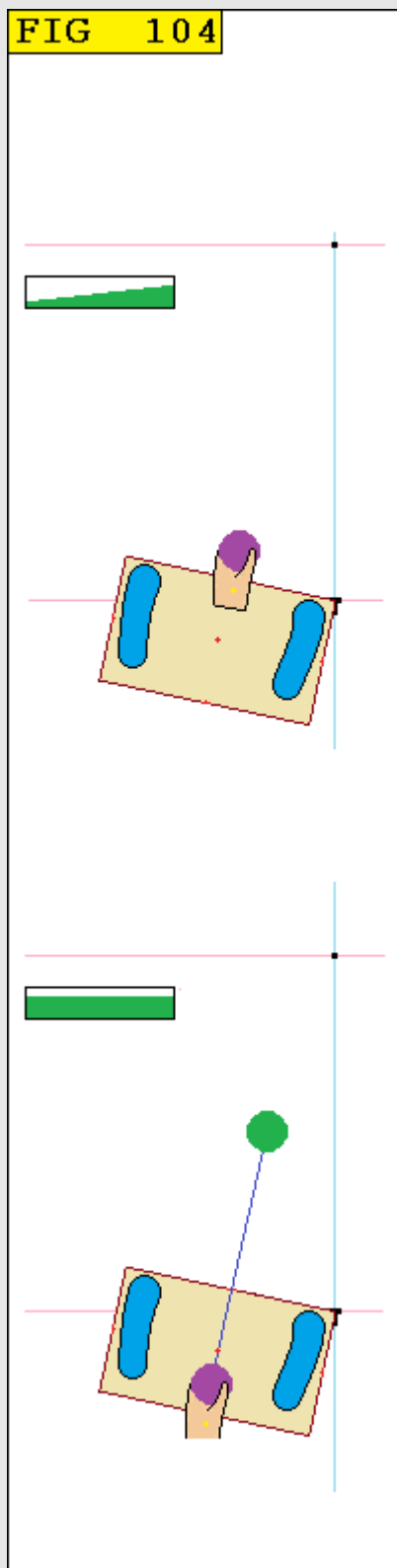
Rotate your hand so the running strip is in the direction you wish to throw.

Check bias.

Why does breathing change ?

Bending down compresses our lungs which is uncomfortable if they are full of air.

FIG 104



HOVER

INHALE

During inhale:

Use the inhalation to lift the wood a few mm off the floor. Allow your throwing arm to hang freely.

You are now hovering.

Yes.

BSWING

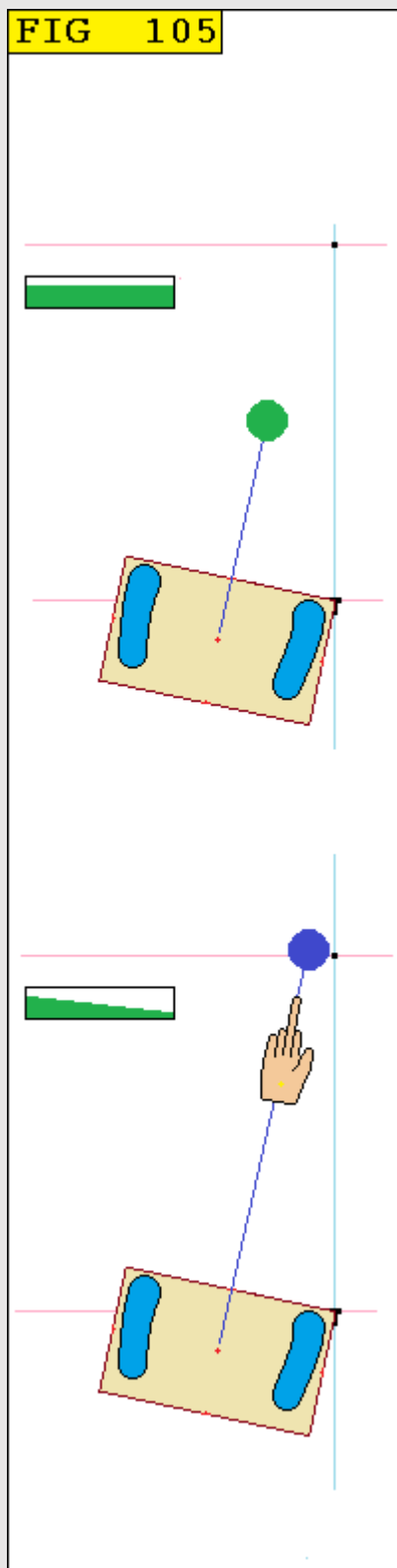
HOLD BREATH

Swing the wood back and pause.

Why don't you exhale ?

Exhaling would lower the wood back to the floor.

FIG 105



FSWING

HOLD BREATH

Swing the wood forward
and release.

FOLLOW-THRU

EXHALE

During exhale:
Follow thru and pause.

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