

An Easy Method to Change Axis Rotation

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 Saturday, 16 September 2006
 Last Updated Saturday, 30 September 2006

This tip will allow you to create 5 different reactions on the lane by changing your axis of rotation at release. If you want to improve this will help you tremendously. If you want more skid and increased backend, then do it. If you want earlier roll and a tamer backend, then do it. This will help you.

The goal a bowler is to change releases as needed. For example, a tennis player would not play the same at Wimbledon (grass) as they would in the French (clay) or US Opens (hard court). According, a bowler would like to adjust the amount of length, arc and backend reaction.

A general rule of thumb.... For heavier, flatter and longer patterns, you need to be up the back of the ball more in the 30 - 45 degree range. For lighter volume, shorter patterns and when the heads burn-out, you need higher axis of rotation in the 60 to 90 degree range. So, use this wisely. On sport patterns, you might begin with a 45 degree release and transition to 60 degrees as the lane begin to break and change. The main idea with this system is to use the reference points in the chart to help you alter ball reaction easily. To test the system, begin with your index and pinky close unless otherwise noted in the chart. Begin with your hand in the 6 o'clock position, or directly under the ball. As you release the ball, use the references listed in the focus point column to help you. **RELEASE DESIRED**

REACTION	FOCUSPOINT	RIGHT-HANDED FINGER PLACEMENT @ RELEASE	LEFT-HANDED FINGER PLACEMENT @ RELEASE
0 Straight Rolling Spread	Pinky with index finger in.	Lead with pinky to the target	If the ball doesn't go straight, lead with your elbow to the target
Ring and middle directly behind the ball	Ring and middle directly behind the ball	Ring and middle directly behind the ball	Ring and middle directly behind the ball
15-30 Early roll with weak backend	Lead with ring finger to the target	Middle at 5	Middle at 7
45 Medium to Early Roll with an arcing trajectory	Thumb to 1 o'clock in the follow-through	Ring at 5 and Middle at 4	Ring at 7 and Middle at 8
60 Longer Skid and Stronger backend	Thumb to 1 o'clock with the index finger spread wide	Ring at 4	Ring at 8
90 Skid-Snap	Longer skid and strong backend	Thumb to 12 o'clock in the follow-through	Ring and index at 3
Ring and Index at 9			

This system is described in detail in *Bowling This Month*, , November 2006