

Drop Your Damn Shoulder: The Benefits of Lateral Trunk Bend Revealed

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Saturday, 22 September 2012
Last Updated Saturday, 22 September 2012

As an advocate of lateral spine tilt, I created an initiative simply entitled Drop Your Damn Shoulder (DYDS) in March 2012. Contrary to what many have been told, dropping your shoulder is an important asset to improve one's bowling. When you drop your shoulder, you increase your lateral spine tilt which creates more space for the swing. When you increase the space for your swing, the ball swings more freely. Moreover, increased side bend leads to an improved hand position in the downswing that increases the potential for a stronger release and more ball motion. Finally, with more lean, the trail leg moves away from the body naturally increasing balance at the foul line. Dropping your shoulder is fundamental to great bowling.

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