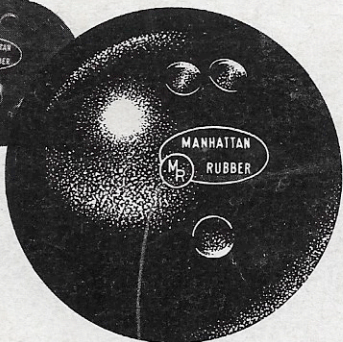
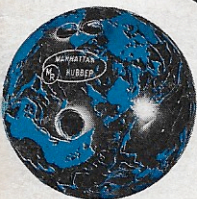
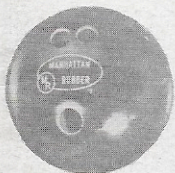


# LEARN



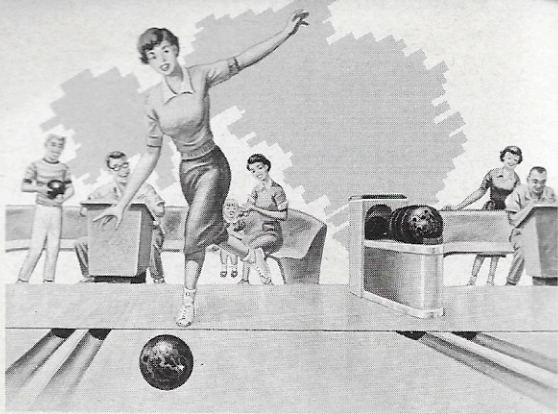
# TO BOWL



**Los Angeles Bowling & Billiard  
Supply, Inc.**

1642 West Vernon Avenue  
Los Angeles, California 90062

291-0425 & 294-4044



## Learn to Bowl

If you're a seasoned bowler, the tips in this booklet may serve as reminders to help you overcome those careless habits we all develop. If you're a newcomer, we hope this little book will shorten the time it takes for you to become proficient. In either case, we hope it will put more fun in your game!

Bowling is America's most popular participant sport. It offers healthful recreation, and a chance for fun and friendly competition with others, regardless of one's size, age, sex or skill. Anyone can become a good bowler! It's practice that makes a bowler proficient . . . if the practice is correct. So before we discuss the seven ways to improve your game, let's generalize a bit.

Copyright 1965—Raybestos-Manhattan, Inc.



—Ball of More Live Rubber

## FACT vs. FANCY

### HOW HEAVY?

Contrary to popular belief, a heavy ball is NOT essential for high scores! Regulation balls must not be more than 16 pounds in weight. However, many champion bowlers freely admit that their use of a sixteen pound ball is largely habit, and that equally satisfactory results can be had with a lighter ball. Women bowlers, of course, find that lighter bowling balls provide the same accuracy as the heavier ones, and are less tiring. In any case, the proper ball for you is one that is of comfortable weight and is properly fitted to YOUR hand by your Manhattan dealer.

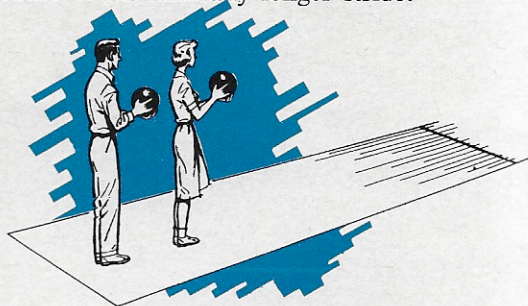
### HOW FAST?

Another popular fallacy is the belief that high speed is necessary for a high score. Actually, a ball that is too fast can chop the pins off the lane in a vertical position, thus failing to take the remaining pins with them. A ball that is needlessly slow, on the other hand, fails to “work” the pins properly. Thus the proper speed is that which provides the greatest working action with YOUR particular trajectory, without “chopping” the pins off the lane vertically.

Bowl Often for Fun and Companionship

## TIMING

Timing, too, is of critical importance to all bowlers, regardless of style of delivery. For example, the four step delivery described on pages 12 and 13, is well suited to either men or women, but the average woman would do well to start her delivery about 12 feet back of the foul line . . . whereas a man might start somewhat back of that point because of his naturally longer stride.



While we're talking about delivery, we'd do well to watch another careless habit. When waiting for delivery, the weight of the ball should NOT be held by the bowling hand, as is often supposed. Instead, the opposite hand should support the bulk of the weight, thereby leaving the bowling hand free to take up its correct delivery position. To do otherwise will only tire the wrist and force the delivery hand to assume an unnatural position which must be changed during the swing.

## EQUIPMENT

Now just a word about equipment. Bowling is fun . . . so make sure you're comfortable. As comfort starts with clothing, almost anything may be worn which doesn't interfere with freedom of movement. Whether you rent your shoes or buy your own, be certain they fit properly and are comfortable.

As we said earlier, no one can make a general rule about the weight of bowling ball that should be used — it's entirely a matter of personal preference — but DO make certain that it fits properly. On this point your Manhattan Rubber fitting expert can be extremely helpful. Being factory trained and having factory-approved equipment, he is in the best position to advise you on the many factors such as hole size, type of grip, span, pitch and bridge, all of which must be considered in fitting YOUR ball to YOUR hand for comfort and accurate control.

Because of the extreme value of proper fitting and drilling to your personal specifications, the importance of owning your own ball cannot be over emphasized.



—More Ten Strike Action

Bowl Often—Bowl the Year 'Round

## SEVEN WAYS TO IMPROVE YOUR GAME

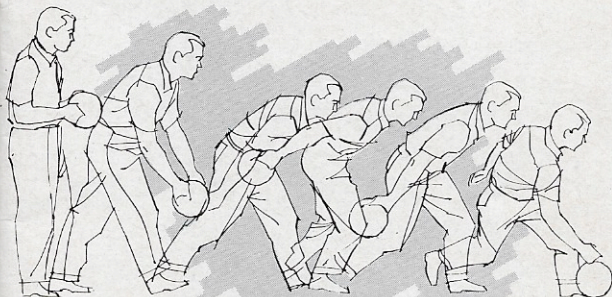
Because no two bowlers can possibly have the same form, it would be folly to try to set forth strict rules guiding each person's game. For instance, simply because a champion has been successful with a four-step delivery does not mean that others can't be just as proficient with a three-step or a five-step delivery.

Yet there are certain main essentials you should remember when you bowl, and we'd like to name the seven most important right here:

1. Footwork
2. Rhythm and Smoothness of Delivery
3. Release of Ball
4. Follow Through
5. How to "Play" Lanes
6. How to Shoot Spares
7. Temperament

● **FOOTWORK** — This may be likened to driving a car. Start slowly and gradually work up a natural speed. For instance, on a four-step delivery the first two steps should be half or three-fourths the length of the last two, regardless of whether you start with the right or left foot.

● **RHYTHM** — The rhythm of your arm and ball should be in perfect timing with your foot-work; to bring the left foot and right arm to the foul line at exactly the same time. (For a left handed bowler the opposite combination of course.) Only constant care and practice can develop your coordination.



● **RELEASE** — All the fancy twistings at the start or during the backswing don't put an ounce of extra stuff on the ball. The ball should always be released smoothly, naturally, and with as little jerking or snapping as possible. Style of delivery should be consistent, regardless of pins left standing.

The position of the hand at the instant of release is an important factor in determining the type of trajectory the ball will follow. A straight trajectory will result if the two finger holes are on a horizontal plane with the thumb hole leading toward the pins. A hook



—For Consistent Control

Bowl Often—Millions of Americans Do

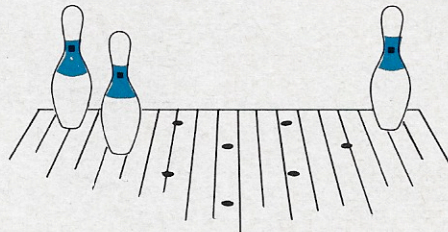
or curved trajectory will result if the two finger holes are on a vertical plane with the ball released in the normal “handshake” position.

● **FOLLOW-THROUGH** — After the ball is released, you should maintain your form throughout the follow-through. Left foot should be just back of the foul line pointing almost straight for the head pin; right foot should be in a natural position to maintain your balance. The right arm should follow through after delivery of the ball with your hand pointing directly at the target. Remember, the right arm should be directly in front of you, not pulled across your body to your left side — or angled off toward the right.

● **LANES** — To “play” lanes properly is a knack you acquire only from long experience, but these general rules may be observed:

Play your natural ball until you find out whether your particular lane hooks sharply or slowly. If your natural ball is finishing into the head pin too full, move over toward the center, and roll your ball a bit further out on the lane. If you have trouble getting

your ball up to the head pin, move to the right, aiming your ball more directly toward the 1-3 pocket.



● **SPARES** — Try to hit single pins dead center. For combination shots refer to the general guide for spare trajectories shown herein on page 14.

A recommendation for one-pin spares is based on the same principle as shooting a gun. You must have your right hand, after the release of the ball and the follow-through, pointed directly at the pin.

As a general rule, roll almost all spares at cross angles. In other words, when going after the number 10 pin get over very close to the left edge of the lane, and for the seven pin do just the opposite.

● **TEMPERAMENT** — This is an item that should never be left out of a bowling lesson.



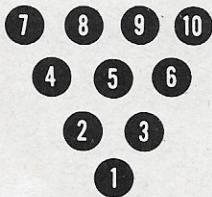
—Ball of Champions

Bowl Often—Improve Your Average

We're only human and prone to make mistakes, which means we have our bad games and bad nights. A bowler becomes more skilled only through profiting by his mistakes. It does no good to moan about our taps or what we should have had — our fellow bowlers aren't interested in our alibis. In fact, feeling sorry for ourselves only makes us feel worse for the next game coming up.

And just a word about temper. Bowling is a sport, and losing our temper in the heat of a game is robbing ourselves of 100 percent efficiency. Let's keep cool and calm — and we'll bowl better!

## KNOW THE PINS BY NUMBER



**Improve and speed up your game by  
Calling the Pins by Number**



— Perfectly Fitted

## BOWLING SPORTSMANSHIP

- Make it a point to be on time. Always notify your team captain if you can't make it. Lateness is a serious breach of bowling courtesy and will be resented by your team-mates and others.
- Be ready to bowl when your turn comes. Don't wander off and forget to come back. Don't delay the game.
- Always use proper equipment. Improper shoes will damage the lanes and impair your game. Your own ball, properly fitted, is essential to a consistently good game.
- Never use another bowler's ball without his permission. If he lets you, don't use resin or chalk your fingers.
- Try not to pick your ball from the rack when the bowler on the other side is about to make his delivery.
- Don't bowl at the same time as the player on your right or left. The bowler on the right is always given the courtesy of bowling first, if he's ready.
- Don't talk to a bowler after he's taken his position. It's distracting to the bowler, slows up the game, and is annoying to others. Give help to the beginner if he asks for it, but don't embarrass him.
- As soon as you've rolled your ball and noted your hit, get off the approach. Don't loiter on the approach, delay the game, or indulge in horse-play.
- Never argue if you're called on a foul. Be a good sport. If you really feel it was improperly called, notify both team captains and abide by the decision.
- Remember that bowling is fun. You help others enjoy the sport...and you have more fun... when you bowl according to the rules of the game.

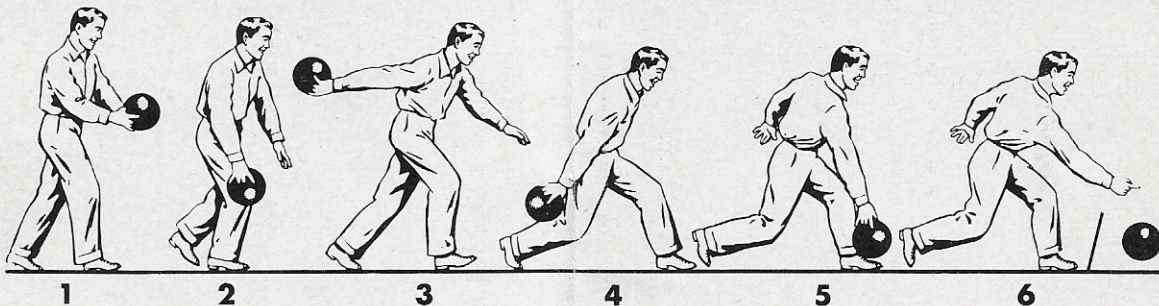
**Bowl Often – For Family Fun**

# FOUR STEP

The correct style of delivery for an individual bowler is his *natural* delivery which permits him to develop the greatest accuracy and consistency. The four step delivery shown here is recommended for the man or woman of average size. The tall bowler may prefer to use only three steps, while the shorter person may require five steps to develop the perfect balance and coordination necessary for consistent high scoring.

# DELIVERY

The position of the hand and wrist for the hook delivery is that of the normal handshake. The instant the ball reaches the foul line, you should start putting the lift or turn on the ball. All the fancy twistings at the start or during the backswing won't put an ounce of extra stuff on it. The release should be done smoothly and without lofting the ball onto the lane.



**1** Beginning the first step and the pushaway. The step itself is best described as a short half-step or shuffle with the right foot. The ball follows an out-and-downward arc, extending the arm to provide a full, natural pendulum action.

**2** Going into the second step, the backswing has brought the ball back even with the body. The length of the second step is somewhat longer than the first, but still not as long as the ones to follow. The body develops a slight, flexible forward lean.

**3** In the third step, which is a full stride, the ball reaches its peak in the backswing. Be careful, however, not to use too high a backswing. It's bad for the timing. The body and feet squarely face the target at all times.

**4** In the fourth step, the main object is to bring the ball and the left foot forward at the same time. Both knees are bent and the body is in a slight, well balanced crouch.

**5** In the fourth step there's usually a short slide, not exceeding 8 inches, to be done smoothly and naturally — leaving your left foot only an inch or two back of the foul line.

**6** The release of the ball toward the finish of the fourth step slide takes place with the weight of the body on the left leg. The right foot may drag or slide to act as a stabilizer to maintain form and balance.



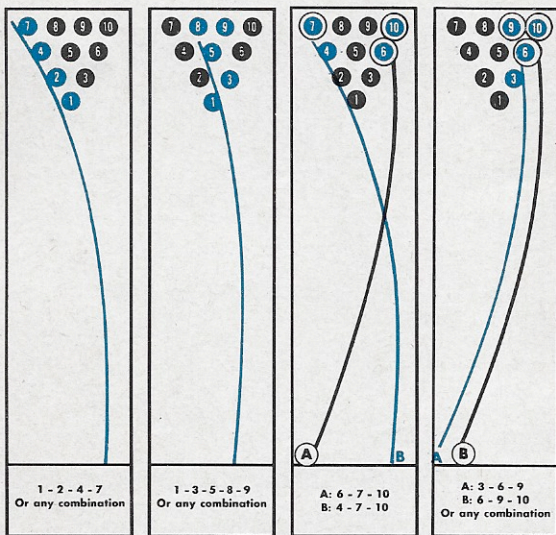
Precision Drilled

Bowl Often to Meet New Friends

## MAJOR SPARE TRAJECTORIES

Trajectories shown here are the more popular hook shots for use with 2 or more pins remaining for the spare. Single pin shots are minor variations of the positions and paths shown, to secure direct hits.

In general, pins in the center or remaining to left of head pin are rolled from right side of the lane; those to the right of the head pin are rolled from the left side.



## MANHATTAN FANTASIA . . .

The same exacting precision, manufacturing skill, top grade materials and quality control which made Manhattan Rubber Bowling Balls world famous as the "Ball of Champions" is available in the fabulous Manhattan Fantasia . . . most beautiful of all plastic bowling balls. Fantasia is a distinctive pearl-escence type ball with rich, attractive colors. The unending depth of swirling color brought to life with shimmering highlights gives every ball the sparkle and dimension of a finely cut diamond.

Highest quality plastics, experienced craftsmen and the extensive background of Manhattan Rubber has made possible the finest plastic bowling ball ever produced. And the same written warranty which stands behind every Manhattan Rubber Bowling Ball backs up each Fantasia. Choose multi-color Fantasia; "Tempest" (a combination of red, blue and yellow) or the "Wildcat" (a combination of brown, beige and orange). Also available in solid colors; charcoal, red, blue or green. 12 - 16 lbs. ABC and WIBC Regulation.

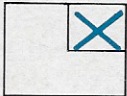


# SCORING

**GAME** . . . consists of 10 frames.

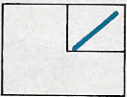
**FRAME** . . . is an individual set-up of 10 pins, with 2 balls permitted to knock all pins down.

**STRIKE** . . . is scored when all pins are knocked down by the first ball rolled in a frame. It is marked with an "X" in the small box, as shown.



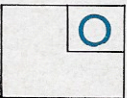
Because a strike earns a bonus of all the pins knocked down by the next two balls, no figure is entered in the large box until the next two balls are rolled. A strike in the 10th frame earns 2 extra rolls.

**SPARE** . . . is scored when all the pins are knocked down with the allotted two rolls. It is marked with a diagonal line in the small box, as shown.



Because a spare earns a bonus of all the pins knocked down by the next single ball, no score is entered in the large box until the first ball of the next frame is rolled. A spare in the 10th frame earns 1 extra roll.

**SPLIT** . . . occurs when the first ball rolled in a frame knocks down the head pin, while leaving other pins standing with space between them.

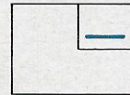


Although a split may be marked

# SCORING

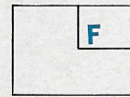
**SPLIT Cont'd** . . . with a circle, as shown, it frequently is left unmarked because a split becomes a spare if pins left standing are knocked over by the second ball.

**ERROR** . . . occurs when all the pins are not knocked down with two balls. There is no penalty for an error, other than that of failing to gain the bonuses for a strike or a spare. It is marked by a dash in the small box.



When an error is made, simply add those pins knocked down to the total in the previous frame.

**FOUL** . . . is charged against a player when any part of his body comes in contact with the lane bed or any part of the building on a line with or on the lane side of the foul line. It is marked with an "F" in the small



box, as shown. Though it counts as a ball bowled, any pins knocked down on a foul do not count.

If a player fouls on his first delivery of a frame, the pins are respotted and only pins knocked down on the second ball count. If 10 pins are scored on the second ball, it is a spare; if less than 10, an error. When the foul occurs on the second ball, only the pins knocked down by the first ball count.

## A TYPICAL GAME . . .

First Ball	8	10	7	10
Second Ball	2	—	2	—
Frame Score	10	10	9	10
Bonus	10	9	—	19

10	9	7	6	10	10	10
—	1	3	3	—	—	—
10	10	10	9	10	10	10
10	7	6	—	20	20	—

HERE IS HOW YOU MARK IT	8	X	7 2	X
	20	39	48	77

X	9	7	6 3	X	X	X	X
97	114	130	139	169	199	—	—



## TIPS ON BALL CARE

### Avoid Extremes of Heat or Cold

If your ball has been stored in the trunk of the car during cold weather (not a recommended practice), let it warm gradually for several hours before bowling. Never heat it artificially nor store it near a radiator or stove. Bowling with a chilled ball may promote chipping or cracking.

### Keep Your Ball Clean

We suggest cleaning it after you bowl, instead of before. In this way you can avoid carrying lane dirt or "pick-up" around in your bag. Most ball cleaning or polishing machines provided by the lanes are satisfactory. Keeping your bag clean and free of extraneous material will do much toward preserving the accurate finish of your ball.

### Surface Marring

Even though your MANHATTAN is made of the finest materials available, there are times when nails, screws in the lane bed, or in backstop and ball return, can produce severe scratches or gouges in your ball. Though surface scratches are inevitable in any working ball, long deep scars caused by loose nails or screws should be reported to the manager immediately.

### Refinishing Your Ball

When surface marring due to such conditions or to other accidents reaches the point where it affects the accuracy of the ball, it should be returned to an authorized MANHATTAN dealer who can refinish your ball at a nominal charge.



—True Direction

## Improve Your Score

With . . . "The Ball of Champions"

In bowling, three factors govern your score:

1. Your natural or developed ability
2. The condition of the lane
3. The accuracy of your ball

### BE SURE OF THE THIRD FACTOR

No bowling ball can possibly be better than the research, compounding skill and manufacturing know-how that produces it. And . . . no other bowling ball manufacturer in the world can match the laboratory resources, the backlog of precision grinding experience, and the immense rubber manufacturing facilities of Manhattan Rubber. This is backed up by an ironclad written warranty that accompanies your Manhattan Rubber ball.

The Manhattan Rubber Bowling Ball is produced under the most rigid standards of quality control beginning with its carefully researched core to the thickest, toughest cover. The resulting perfection found in every Manhattan Rubber ball is good reason why it has had such a prominent part throughout bowling history. What's more, it's available in greater color selections — more than offered by any other manufacturer!

Manhattan balls have helped bowlers win practically every top honor known to bowling since 1939! A.B.C. — W.I.B.C. — National All-Star — World's Invitational — and others. At times more national titles have been won rolling Manhattans than with all other balls combined.

Bowl Often to Bowl Better

## The "INSIDE" Story

... explains why only **MANHATTAN RUBBER** can provide the ultimate in:

**RESEARCH** ... to make your ball the best of its kind — in workmanship — in materials — in performance.

**COMPOUNDING** ... of "MORE LIVE RUBBER" for both core and cover that provides absolute control of weight, strength and balance. Split-second accuracy at this point is essential for maximum durability, resiliency, pleasing color and a better lane-gripping surface.

**VULCANIZING** ... with exact cycling time and temperature, electronically controlled, that welds Manhattan Rubber's many components into a strong, uniform structure, for years of rugged service.

**MACHINING** ... lathe cutting for the rough finish, plus the unmatched skill of precision grinding, assures dimensional accuracy and control of balance in the undrilled ball.

**POLISHING** ... that adds more than just appearance! It helps to provide the most satisfactory finish for gripping the lanes and gives you a true "working" ball.

**BALANCING** ... to determine the exact points of balance in the undrilled ball so that drilling of grip holes will result in perfect balance ... superior tracking and control!



Grips the Lanes

of

"The Ball of Champions"

### PERFECTLY ROUND

Manhattan's true roundness—so perfectly round that even a micrometer has a tough time finding a split-hair deviation — results in amazing accuracy and true direction.

### PERFECTLY BALANCED

The balance and weight of each Manhattan Rubber ball is much closer to positive accuracy than required by the American Bowling Congress.

### PERFECTLY FITTED

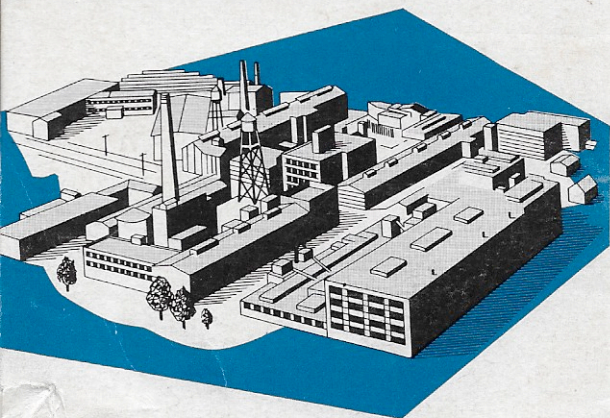
Custom fitted by factory trained specialists to provide the proper span, pitch and hole sizes for complete comfort and perfect control ... game after game!

### PERFECTLY DRILLED

Every Manhattan drilling is measured and drilled by craftsmen on special machines of Manhattan's own design, to assure you of the exact grip for which you were so carefully fitted.

Bowl Often to Bowl Better

# The Home of Manhattan Rubber Bowling Balls



## Certificate of Warranty

Your MANHATTAN RUBBER BOWLING BALL is unconditionally warranted to be manufactured to the highest standards of workmanship, of the finest materials, and to equal or exceed all standards established by the American Bowling Congress and the Women's International Bowling Congress.

For a period of 5 years from the date of purchase your MANHATTAN RUBBER AGENCY will replace, without charge, any ball found to be defective in manufacturing workmanship or materials if examination indicates that the ball, when used under normal conditions, has failed to comply with this warranty.

This warranty is limited to the original purchaser of our ball provided it was drilled by an authorized MANHATTAN RUBBER AGENCY and is void if the ball has been plugged, misused, abused or subjected to induced damage.



**MANHATTAN RUBBER DIVISION**  
RAYBESTOS-MANHATTAN, INC.      PASSAIC, NEW JERSEY

This certificate, issued with every purchase of an A.B.C. Regulation Manhattan Rubber Bowling Ball, is your assurance that the ball you buy is manufactured to the highest standards of workmanship, of the finest materials, and that it equals or exceeds all standards of the A.B.C. or W.I.B.C.



**MANHATTAN RUBBER DIVISION**  
RAYBESTOS-MANHATTAN, INC., PASSAIC, N. J.

