
The Best Bowling Tip I Ever Had

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Many years ago on the pro tour, Don Johnson told me to bend my left (sliding) knee. Yes—it was something that simple. He said that most bowlers bend from the waist, and thus have the tendency to top the ball. These people lose leverage and direction in their shots. By bending the knee and keeping your shoulders behind it, you can get underneath the ball, get more lift, and be more accurate.

Failing to bend the sliding knee is the biggest mistake made by more than 80 percent of the bowlers whom I've instructed. Once they try it, they soon realize the wonders it can do for their game.

