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# The Best Bowling Tip I've Ever Had

By  
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TOP AREA BOWLER



During the 1985 PBA Fall Tour in Rochester, N.Y., Billy Hall had me on the lanes practicing. He explained to me that if your fundamentals are solid, part of your practice routine should include a total session on relaxation—how to practice relaxation. The more relaxed you are, the more shots will become like one another.

For instance, if you need a big shot in the tenth frame to win a game, you should just practice relaxation because your fundamentals should be strong enough through your practice sessions to carry you through.

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