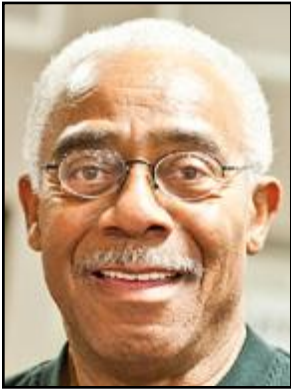


# The Best Bowling Tip I Ever Received

By Pete Gunn



The whole key to bowling really is stay behind your ball, roll the ball off your shoulder and follow through, and repeating the same things over and over and over. No matter how you play the shot, if you play it straight down, you've got to be behind the ball with your shoulder, and if you've gotta play an angle, you've still got to be behind the ball with your shoulder. So it's important to just concentrate and relax and don't try to do too much.

I picked this up by reading Dick Weber's old book on how to bowl from Point 1 to Point 2, and I learned a lot. And when I started bowling, I bowled with Dave Cohen, [and Hall of Famers] Larry O'Neill, Chuck Gannon, and Mike Hahn, and they taught me the basic things about bowling: Just keep it simple. That's how I base my game, and I've been averaging 200 ever since. I've got over 20 300s, and about 13 or 14 800s, and this is all by keeping it simple.

Today, the balls are so strong now that kids don't even learn how to bowl—they just throw it to a point and let it run back to the pocket. If they ever do away with these resin balls or go back to plastic and rubber, they'd be hurtin' because they wouldn't even know how to get back to the pocket!

And that's all bowling is: Hit the same spot and concentrate, and follow your shoulder to your mark.

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*Pete Gunn currently leads the Lunch Bunch senior league at Bowl America Shirley with a 210 average.*