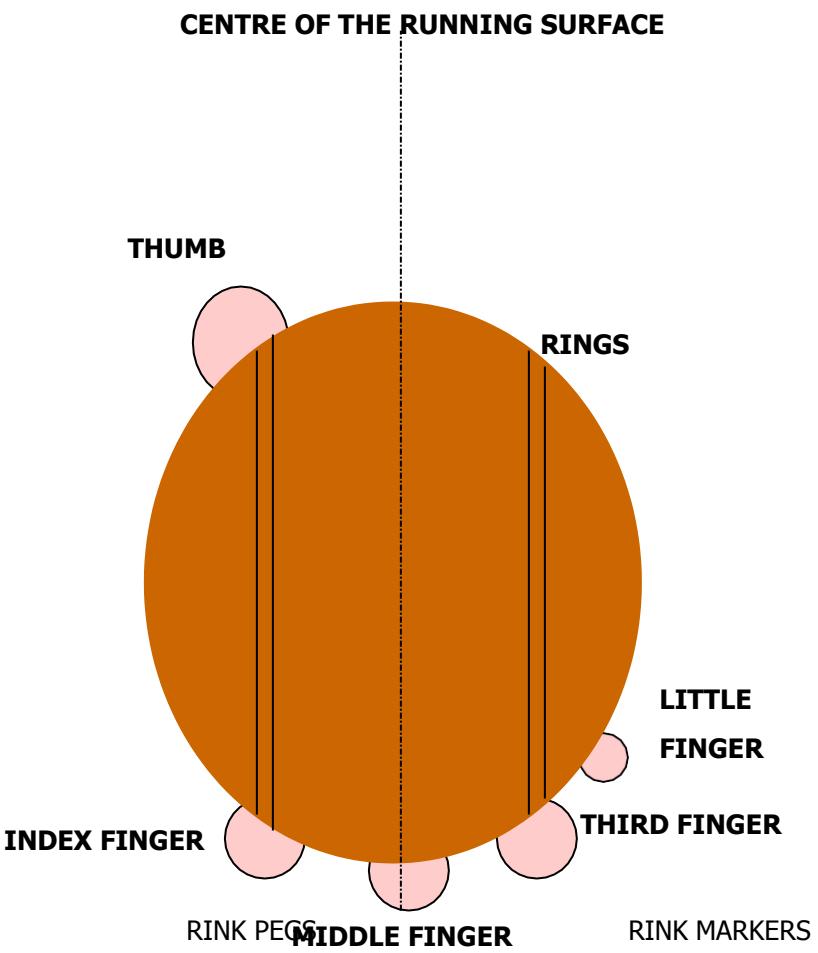
HOLDING THE BOWL

(DIAGRAM INDICATES RIGHT HANDED BOWLER)



CORRECT POSITIONING OF THE BOWL IN THE BOWLING HAND.

To get correct and consistent positioning of the bowl in the hand:

1. Take up the bowl in the NON bowling hand and hold it out in front of the body.
2. Place the bowling hand on *top* of the bowl with the fingers positioned as follows:-

- **Middle** finger is along the ***center of the running surface*** of the bowl.
- **Index and Third fingers** placed comfortably so they are evenly spaced and either **on or just inside the rings**.
- Allow the **thumb** to rest **no higher than the rings.**
- **Let the little finger rest** comfortably on the side of the bowl with **no pressure**.

3. **Flip** the bowl over into the delivery position outside the line of the body, with the bowl **resting on the three fingers** as shown in the diagram.
4. **Keep the bowl vertical** and do not allow the fingers to shift from the set position.