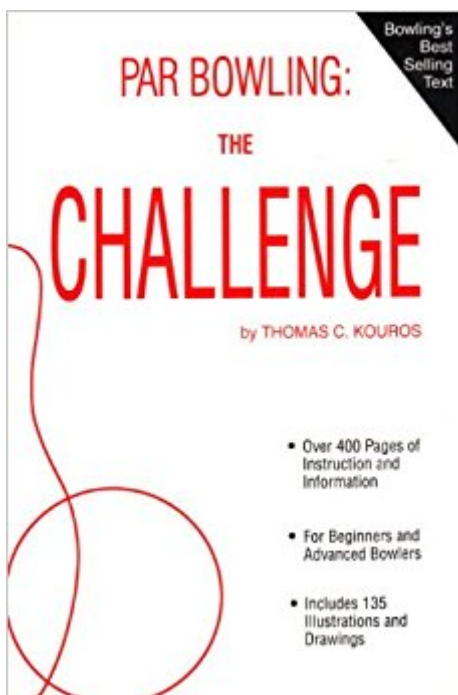


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# Par Bowling: The Challenge



## Synopsis

Book by Kouros, Thomas C.

## Book Information

Paperback: 394 pages

Publisher: Pin Count Enterprises; First Edition edition (August 1993)

Language: English

ISBN-10: 0963913603

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Product Dimensions: 0.8 x 6 x 9 inches

Shipping Weight: 8 ounces

Average Customer Review: 4.4 out of 5 stars 16 customer reviews

Best Sellers Rank: #1,496,057 in Books (See Top 100 in Books) #55 in [Books > Sports & Outdoors > Individual Sports > Bowling](#)

## Customer Reviews

Book by Kouros, Thomas C.

This is the BEST book there is if someone wants to be knowledgeable about how to deliver a bowling ball down a lane and consistently score well, i.e. get strikes and spares. It's all in the approach and Kouros explains it all.

Funny.

PRODUCT WAS AS ADVERTISED, VERY SATISFIED...

Way too technical for me, a video would be the only way to go for a beginner....bad buy, don't get it

helped immensiously in the technical aspect of bowling, filled in the "opens" in the other bowling books I've read. So by all means buy Thamas C Kouros book "Par Bowling"

This book is definately a must have for anyone who is seeking to learn more about the game of bowling and how to make their own games better. It covers EVERY aspect of the game.

The problem I have with this book, like so many other books written by professional athletes, is that the authors stray from their area of expertise while trying to explain the methodology of their sport. Not having any training in kinetics or kinematics (together, the science of dynamics), they improperly use the terminology of this science in trying to explain the actions involved in their respective sport. In this book, the author explains what a lever is and then uses the terms leverage as it might apply to the bowling action. However, there are no levers in the human body so the term does not apply to what the human body does. There may be useful and non-useful applications of force at various instants, but a useful application of force does not constitute leverage. It is simply the appropriate use of force. In another example, he uses the phrase "accelerate the gravitational energy exerted on the ball". This is a very incorrect phrasing. One cannot "accelerate" gravitational energy (normally called potential energy). The gravitational energy is purely determined by the height of the ball above its ultimate release height. It is what it is and cannot be accelerated. It is true that the additional application of force through the downswing (force multiplied by distance equals work applied (energy)) will increase the kinetic energy (energy of motion) of the ball over that gained by the conversion of the potential energy (gravitational) into kinetic energy alone. If that is what the author was attempting to state, he did not accomplish his goal correctly. I have a bachelor's and a master's of engineering degree so I know a thing or two about dynamics. The author claims he attended university, studying education. He obviously knows the methodology of the bowling swing and ball release so pay attention to what he says about it. In that regard, the book is excellent. But ignore his attempts to explain bowling in scientific terms.

Unfortunately this book is not available in e-reader format, Kindle, etc. This is an excellent reference book, it remains the very best TREATISE on the sport! If you are at all serious about your game, do not pass this one by, it is the best, nothing comes close. I've had several copies of Tom's book including the original 'Par Bowling'. They never seem to find their way back to me. While there are various reasons why this is so, the foremost reason is the value of the content. Carmen Salvino a true legend of the game is reputed to have called Kouros after the release of the initial book asking him how he could publish all of this knowledge for \$3.95 (original price). Actually, the term Tom used in the interview was that Carmen was livid (source: Phantom radio show). Personally, I've read, watched, listened, attended seminars, gotten certified as a coach, most of what I've learned and know has its genesis in Tom's book. Yes, it's encyclopedic in nature, he explains the how's, why's when's, discusses exceptions etc. While it's true that the game has changed due to an

evolving environment and equipment revolution, Tom's book remains a primary repository of bowling knowledge. Tom has been cited by other top coaches as being among if not the best. Truly if bowling had a Mount Rushmore Equivalent, Tom's image would be there.

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