

# Anatomy of a Finger Tip Fit

## Key principles

- Fingers are inserted to first joint
- Thumb is seeded all the way into the bowling ball, up to the base of the thumb
- More advanced grip
- Higher revolution rate at point of release
- Stronger ball reaction which allows the bowler to achieve larger entry angles



---

Revision #5

Created 6 February 2025 20:48:29

Updated 6 February 2025 20:54:21