



HONG KONG TENPIN BOWLING CONGRESS LTD.

Room 2004, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, H.K.
Tel: (852) 2891 9786 Fax: (852) 2575 2145
web-site: www.hktbc.org.hk e-mail: hktbc@netvigator.com

Member of World Bowling

Member of the Sports Federation
& Olympic Committee of
Hong Kong, China

Hong Kong Tenpin Bowling Congress – Instructors Accreditation Level I

June 28 to 28, 2014 at SCAA Bowling Centre and Thunder Bowl

We cordially invite bowling enthusiasts and those interested in becoming junior coaches to participate in this course. Please fill in the application form, together with a cheque mailed to the Hong Kong Tenpin Bowling Congress. Only 20 per slots available at each centre and is on a first-served basis.

Course Content:

Part 1 Theories (第一部分理論課)
<ol style="list-style-type: none">1. Introduction 保齡球場地及球具介紹2. Safety Notes 場地安全及注意事項3. Bowling Manners 保齡球禮儀4. Warm Up Exercise 針對性暖身運動5. Bowling Ball & Equipment 球具選擇6. Basic Aiming(Arrow) 基本瞄準 (箭頭)7. Ball Swing & Steps 擺球與腳步8. Approach Tempo 節奏9. Basic Release (Easy Thumb Out) 放球10. Spare System (3-6-9) 補中系統
Part 2 Practical (第二部分保齡球實踐課)
<ol style="list-style-type: none">1. Proper Ball Fit 握球及準備2. Free Arm Swing 自由擺臂3. Squeeze and Relax 握球力度4. Finish Position 完成動作5. Foul Line Delivery 送球練習 (犯規線)6. Two Step Delivery 踏步送球練習 (兩步)7. Stance Position 預備動作8. Ball Start (Timing 推球)9. 4 steps coordination (4 步動作)10. Spare Shooting 補中



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香港保齡球總會

香港銅鑼灣掃桿埔大球場徑1號奧運大樓2004室





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<input type="checkbox"/> First choice: Date : June 28, 2014, Saturday Time : 0900 – 1300 (Theory) Location : Studio 4, 1 st Floor, Olympic House, 1 Stadium Path, So Kon Po Causeway Bay, Hong Kong Time : 1400 – 1600 (Practical) Location : SCAA Bowling Centre, 88 Caroline Hill Road, Causeway Bay, Hong Kong	<input type="checkbox"/> Second choice: Date : June 29, 2014, Sunday Time : 1000 – 1400 (Theory) Time : 1500 – 1700 (Practical) Location : Thunder Bowl, Basement B1, Whampoa Gourmet Place (Site 8), Whampoa Garden, Hung Hom, Kowloon
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Course Instructors : Kent Li, Vanessa Fung

Registration Fees : \$500 (Once registered no refund)

- Participants must be members of Hong Kong Tenpin Bowling Congress 2014-2015
- Students need to complete a minimum of 12 hours of training to be entitled to the Instructor Certificate issued by HKTBC which will be presented by the primary instructor.

Completed registration application form together with a cheque must be submitted by mail or in person to the Hong Kong Tenpin Bowling Congress
Room 2004, Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong.

Please make cheque payable to: Hong Kong Tenpin Bowling Congress Limited

- Other payment arrangements are not acceptable. Inconvenience cause regretted.

Registration: Only 20 slots are available and they are on a first-come-first-served basis.

- Course is conducted in Cantonese with English used where ever necessary
- Participants with bowling knowledge preferred

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Email : hktbc@netvigator.com

Website : www.hktbc.org.hk



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Registration Form

Hong Kong Tenpin Bowling Congress – Instructors Accreditation Level I

Full Name : (English) _____ (Chinese) _____

Date of Birth (Day-Month-Year) : _____ Gender : _____

ID Number : _____ No. of participants : _____

Email Address : _____ Bowling Club (If any) : _____

Mailing Address : (Office) _____

(Home) _____

Telephone : (Home) _____ (Mobile) _____

Signature of applicant : _____ Date : _____

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