

THE NATURAL WEIGHT

WHAT EXACTLY IS NATURAL WEIGHT?

***Stand on the mat...take your starting position...the starting position is the one you repeat constantly, the one that's automatic...your posture is always the same; you know the position of your arms, your feet, your knees, etc. This position isn't new; it's the one you've internalized.**

***Once you're in your starting position, take a mental snapshot of your entire posture. You should be able to describe it to someone who asks you: What's your starting position?...You're taking an automatic action and making it conscious.**

***Once you've internalized the starting position, you now need to integrate your delivery. So, without the bowl in your hands, practice your delivery and pay attention to the smallest details as you bend down to roll the ball. Your movement should be simple, stable, and fluid. Here too, you should be able to describe it in details to anyone who asks.**

***Once you have a good grasp of the starting position and delivery, roll about ten bowls towards the green with no jack. The goal isn't to hit a specific target, but simply to ensure that each bowl is delivered in the same way, with the same rhythm and ease. Your attention isn't focused on the outside; you're not looking at where your bowls are going. You're more in touch with the feeling, the perception of your body in space. It's not your vision that guides the game, but the awareness of your body in motion.**

***Once you've rolled all 10 bowls in the same way, with the same feeling, go to your bowls and note where you find the greatest concentration of bowls separated by a maximum of 1 meter.**

***Repeat the exercise a second time to be sure you've understood it correctly. At the end of the second exercise, note where the greatest concentration is and mark the distance in meters from the 21-meter mark. This distance represents your *natural weight*...that is, the point where you are most likely to be close to the jack.**

***Finally, place the jack in the area you have chosen and roll your bowls towards it. You can look at the jack, but with detachment...the goal is to be**

able to reproduce the movement without setting a specific target, without being preoccupied, and to finish within your natural weight range.

When you regularly practice at your natural weight, you learn to combine a precise objective with feeling or intuition. Often, it is the target goal that influences the weight, whereas if you play from your natural weight, you learn to trust your instincts...after all, it's your body that's playing, not all the questions you might ask yourself to reach the target.

Once you know your natural weight, practice repetitions, changing the jack's position by 1 meter. Roll your bowls with the same movement, the same ease. Gradually internalize that it's always the same movement, the same intuition, the same feeling... the only thing that will change is the technical adjustment you choose to make to achieve the desired distance!

Weight Control Drill

