

KINGPIN

The seven-ten split

THE MOMENT

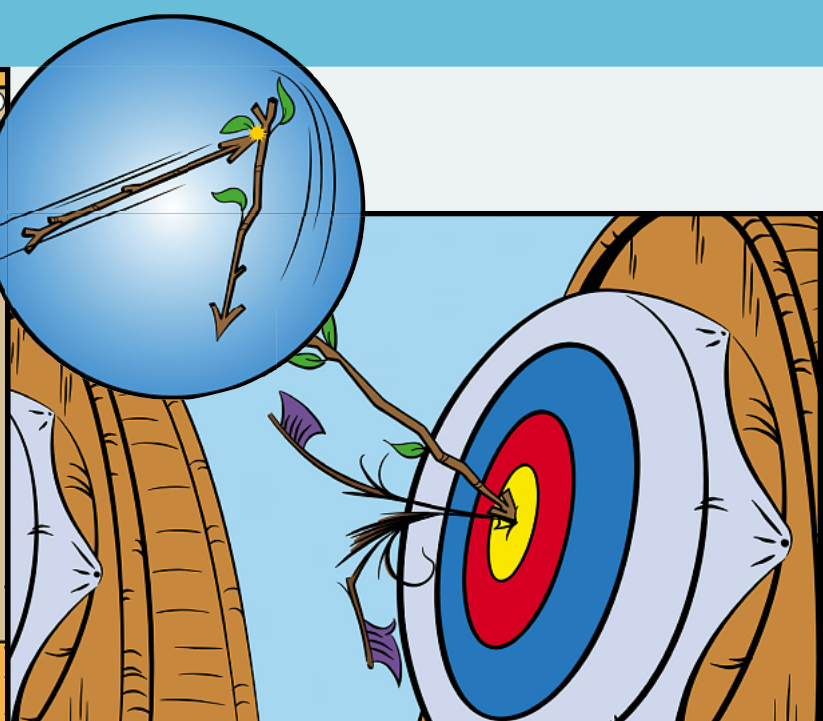
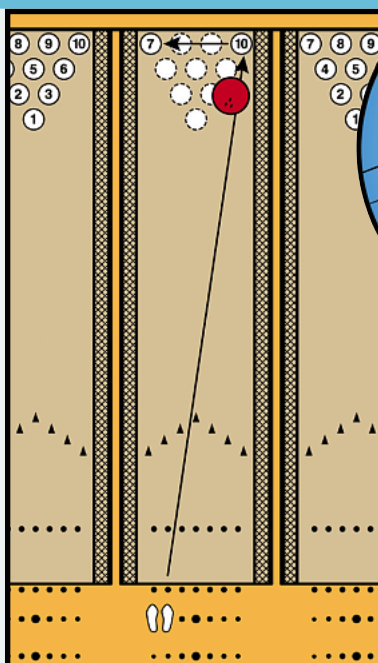
Roy Munson (Woody Harrelson) has made it to the final of a \$1m bowling tournament and is up against his old rival Ernie McCracken (Bill Murray). With his first ball of the final frame Roy leaves himself the seven-ten split, the hardest shot in bowling. But he gets it, knocking one pin into the other, to leave 'Big Ern' needing three strikes to win.

WHAT THE EXPERT SAYS

Scott Norton has won three Professional Bowlers Association (PBA) titles

Seven-ten splits are very hard to pick up because they require good execution and a little bit of luck. You can't slide the seven into the ten, so you have to hit it hard and rely on the pin bouncing off the side wall or out of the pit at the right angle.

Difficulty 7/10



ROBIN HOOD

Knock an arrow back on course

THE MOMENT

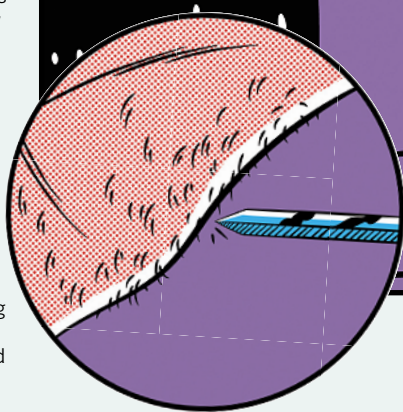
When the Sheriff of Nottingham knocks Robin's bow during his shot, his arrow arcs skywards. But quick as a flash Robin fires off a second arrow to knock the first back on course to the target. It works a treat, winning him the tournament and a kiss from Maid Marian who is, literally, a fox.

WHAT THE EXPERT SAYS

Kim Soo-nyung won four archery gold medals for South Korea at the Olympic Games in 1988, 1992 and 2000

It's impossible in real life because of the time between the two arrows being fired. The arrow behind couldn't catch the first arrow. Even if two archers fired at the same time, they would have to have the same trajectory for even a slight touch but not enough to change direction like that.

Difficulty 9/10



a short run-up before smashing it 400 yards onto the green. Not bad, considering the average drive for male pro-golfers is around 300 yards. His response to a hole-in-one? "That was so much easier than putting. I should just try to get the ball in one shot every time."

WHAT THE EXPERT SAYS

Simon Garner is Head Professional at the Palmerston Golf Academy

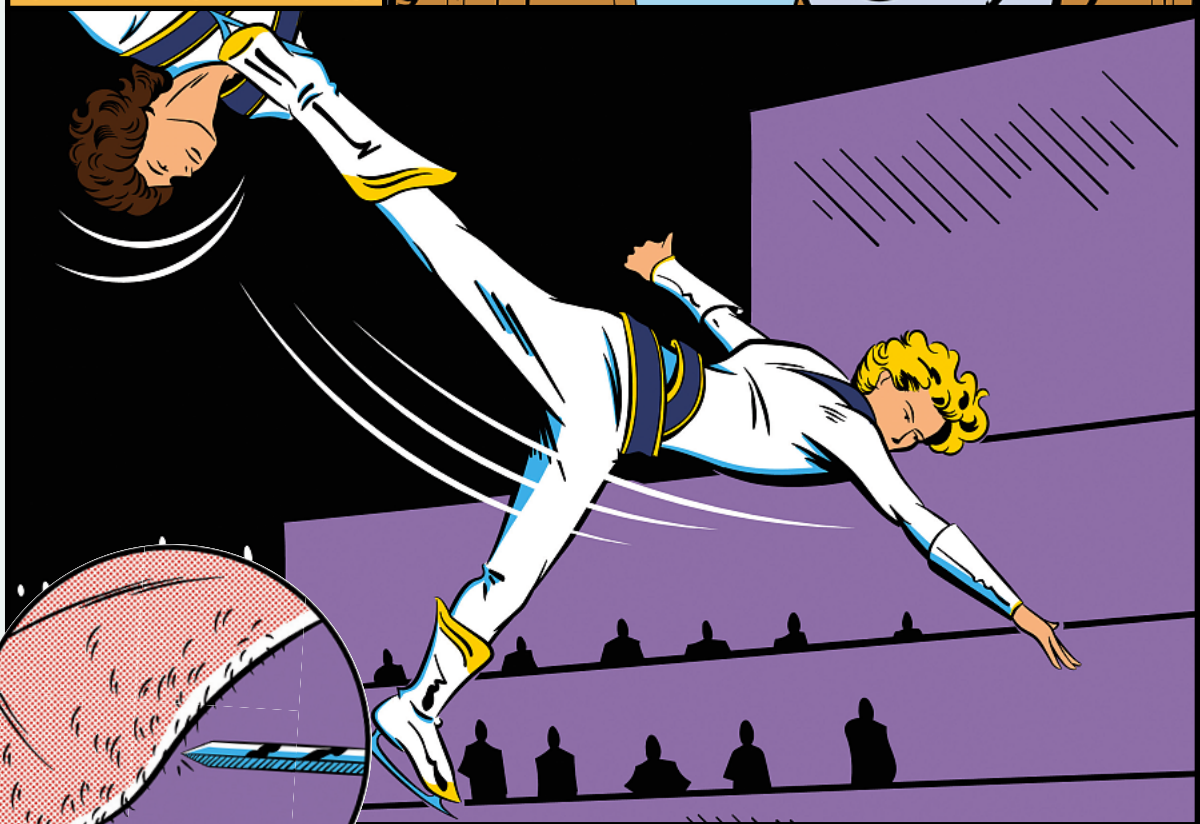
The golf swing generates force by planting two feet on the ground, in the same way that a boxer gets power when throwing a punch.

HAPPY GILMORE

The 400-yard run-up drive

THE MOMENT

Happy Gilmore (Adam Sandler) takes a unique approach to the tee-shot. Rather than stand over the ball in the time-tested manner, he prefers



A run-up won't give you a 400-yard drive. I know golfers who hit 400-yards drives and don't take a run-up.

Difficulty: 3/10

BLADES OF GLORY

The Iron Lotus

THE MOMENT

"I swear to God, if you cut my head off..." is the warning Chazz (Will Ferrell) issues to Jimmy (Jon Heder) just before they attempt fictional figure skating move the Iron Lotus. Jimmy has to launch Chazz high into

the air and perform a butterfly jump underneath him before catching him by the ankles. Jimmy's skate will pass within an inch of Chazz's neck. No pressure then.

WHAT THE EXPERTS SAY

Nicholas Buckland and ice-dancer Penny Coomes are European bronze medallists, and competed at the 2014 Olympics

Some of the individual elements are possible but that throw would never get the height required to perform a butterfly underneath the thrown partner. There isn't enough time for the one doing the butterfly to be ready to catch their partner by the ankles.

Difficulty: 9/10