



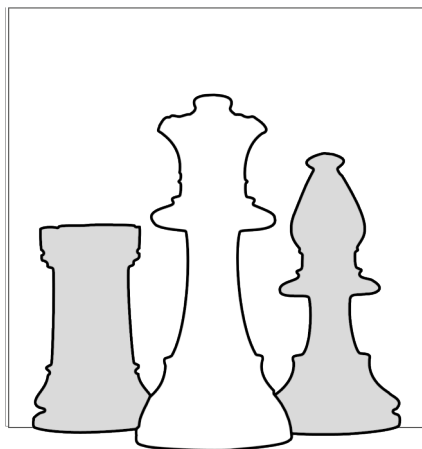
**Chess
University - 17**

Victor GOLENISHCHEV

TRAINING PROGRAM FOR CHESS PLAYERS

1ST CATEGORY (ELO 1600-2000)

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Translated from the Russian original by KEN NEAT

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Training Program for Chess Players: 1nd Category (ELO 1600–2000)
by Victor Golenishchev

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INDEX OF SIGNS

=	equal game
∞	unclear position
\pm	White is slightly better
\mp	Black is slightly better
\pm	White is better
\mp	Black is better
+—	White has a decisive advantage
—+	Black has a decisive advantage
$\overline{\infty}$	with compensation
→	with an attack
↑	with the initiative
↔	with counterplay
#	mate
!	very good move
!!	excellent move
?	bad move
!?	move deserving attention
?!	dubious move
??	blunder
△	with the idea
x	weak point
◐	better

SYLLABUS

This syllabus is made up of 50 lessons.

Each lesson consists of the checking of home assignments, an explanation of theoretical material, the recording of a new home assignment and a practical part. The average length of the theoretical part is one hour; solving tests can last slightly longer. The practical part includes tournament play, an analysis of games played, simultaneous displays – normal and thematic, blitz tournaments and an analysis of the results of tests.

Topics studied Number of lessons

TACTICS

1. Training in the technique of calculation..... 4

ENDINGS

I. Pawn endings

1. Instructive positions in pawn endings..... 1
2. Geometry of the board. ‘Shoulder-charging’ 1
3. Endings with passed pawns for both sides..... 2
4. Pawn breakthrough 1
5. Superior pawn formation 1
6. Reserve tempi 1
7. King activity 1
8. Transition into a pawn endgame
as a method of converting a material or positional advantage 1
9. About study composition. Some study ideas in practice 1
Total..... 10

II. Rook endings

1. Instructive positions in rook endings 1
2. Control of the 7th rank 1
3. Utilising an open file 1
4. Endings with passed pawns 2

5. Activity in rook endings	1
6. Exploiting pawn weaknesses	1
7. Some defensive resources	1
8. Conversion of a material advantage	1
9. Conversion of a positional advantage	1
10. Some rook studies	1
Total	11

TACTICS (PART TWO)

1. Combination, problem and study solving quizzes.....	11
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BASICS OF STRATEGY

1. Pawn majority on one of the wings.....	3
2. Pawn chain	2
3. Qualitative pawn majority.....	1
4. Restriction of mobility and blockade	2
5. The c3+d4 pawn pair on semi-open files	2
6. Isolated pawn in the centre of the board	4
Total	14

OVERALL TOTAL	50
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