



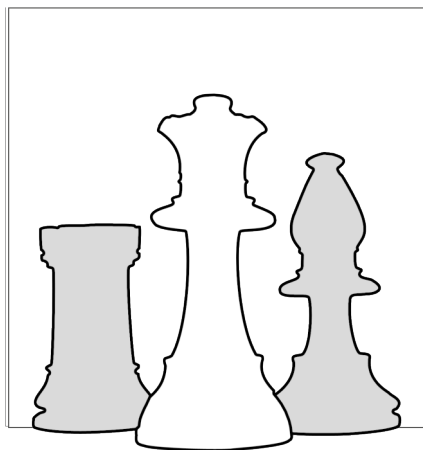
**Chess
University - 17**

Victor GOLENISHCHEV

TRAINING PROGRAM FOR CHESS PLAYERS

1ST CATEGORY (ELO 1600-2000)

EDITOR-IN-CHIEF:
ANATOLY KARPOV



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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Editor-in-Chief: Anatoly Karpov

Edited and translated by Ken Neat

Typeset by Andy Elkov

Design by

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e-mail: chessm.ru@ya.ru or andy-el@mail.ru

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CONTENTS

Index of signs	5
Syllabus	6
Guidelines for the syllabus	8
Guidelines for the topic ‘Training in the technique of calculation’	9
1st lesson. Training in the technique of calculation	10
2nd lesson. Training in the technique of calculation (continuation)	15
3rd lesson. Training in the technique of calculation (continuation)	17
4th lesson. Training in the technique of calculation (conclusion)	19
Guidelines for the topic ‘Endings’	21
5th lesson. Instructive positions in pawn endings	22
6th lesson. Geometry of the board. ‘Shoulder-charging’	27
7th lesson. Endings with passed pawns for both sides	30
8th lesson. Endings with passed pawns for both sides (conclusion)	34
9th lesson. Pawn breakthrough	38
10th lesson. Superior pawn formation	41
11th lesson. Reserve tempi	45
12th lesson. King activity	47
13th lesson. Transition into a pawn endgame as a method of converting a material or positional advantage	52
Guidelines for lessons 14, 25 and 36	56
14th lesson. About study composition. Some study ideas in practice	56
15th lesson. Instructive positions in rook endings	62
16th lesson. Control of the 7th rank	67
17th lesson. Utilising an open file	71
18th lesson. Endings with passed pawns	76
19th lesson. Endings with passed pawns (conclusion)	82
20th lesson. Activity in rook endings	86
21st lesson. Exploiting pawn weaknesses	91
22nd lesson. Some defensive resources	94
23rd lesson. Conversion of a material advantage	98
24th lesson. Conversion of a positional advantage	102
25th lesson. Some rook studies	105
Guidelines for test exercises	109

26th lesson. Combination solving quiz	110
27th lesson. Combination solving quiz (continuation)	114
28th lesson. Combination solving quiz (conclusion)	118
29th lesson. Blitz quiz	123
30th lesson. Problem solving quiz	127
31st lesson. Combination solving quiz	133
32nd lesson. Combination solving quiz (continuation).....	138
33rd lesson. Combination solving quiz (conclusion)	143
34th lesson. Blitz quiz	148
35th lesson. Problem solving quiz	152
36th lesson. Study solving quiz	157
 Guidelines for the topic ‘Basics of strategy’	 161
37th lesson. Exploitation of a pawn majority on the queenside	161
38th lesson. Exploitation of a pawn majority in the centre or on the kingside	 166
39th lesson. Fighting against a flank pawn majority	170
40th lesson. Pawn chain	176
41st lesson. Pawn chain (conclusion)	181
42nd lesson. Qualitative pawn majority	186
43rd lesson. Restriction of mobility and blockade	191
44th lesson. Restriction of mobility and blockade (conclusion)	197
45th lesson. The c3+d4 pawn pair on semi-open files	200
46th lesson. The c3+d4 pawn pair on semi-open files (conclusion)	205
47th lesson. Isolated pawn in the centre of the board	210
48th lesson. Isolated pawn in the centre of the board (continuation).....	214
49th lesson. Isolated pawn in the centre of the board (continuation).....	217
50th lesson. Isolated pawn in the centre of the board (conclusion).....	221
 Answers to assignments	 226

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
\triangle	with the idea
x	weak point
\cup	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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