

## **Boost Your Chess 1 - Guidance**

The “Yusupov Training Series” is an award winning collaboration between Artur Yusupov (former World number 3 ranked player) and Quality chess. The books contain light notes and examples followed by exercises at the end of each chapter.

*The colour of the triangle in the top right of the diagram indicates whose move it is.*

Boost Your Chess 1 contains 25 chapters covering 6 broad themes

- 1) Tactics
- 2) Strategy
- 3) Positional play
- 4) Openings
- 5) Endgames
- 6) Calculating variations

The final chapter is a test covering topics from each of the preceding chapters.

### **How to Solve**

The “score trackers” on the website contain the suggested schedule for completion of each section plus the total score available per page. The number of points available per puzzle is indicated by the number of black stars above the diagram.

The suggested schedule is as follows:

January 2020	Chapters 1 - 5
February 2020	Chapters 6 - 10
March 2020	Chapters 11 - 15
April 2020	Chapters 16 - 20
May 2020	Chapters 21 - 25

We recommend reading through the chapter thoroughly before attempting the puzzles at the end of the chapter. Try and solve the examples given in the chapter before you see the answer (you may find a separate piece of paper useful to cover up half of the page).

Ideally students should write down their solutions using standard chess notation in a separate notepad and workbook which is kept safe. Students should write down as many variations as they think is necessary. It is important to consider the best defence for the opponent and not just write down the first move that comes to mind.

For the puzzles students should take at least 30 minutes for a set of 12 but no longer than 2 hours. If an individual puzzle is taking longer than 10 minutes then write down your best answer and move on. Remember in a game of chess eventually you have to make a move!

Many students find the “positional” chapters much harder than the tactical ones. Not every position contains a winning move – some just require you to find a good move, or the move you would play in a game.

### **Additional material and support**

We will publish some supplemental material in the middle of each study month. This will include guidance notes, additional exercises and some video guides.

Students may prefer to complete the workbooks at their own pace – ie faster than the suggested schedule. This is fine!

### **Scoring**

Students (or parents) should mark their own answers – they can be found at the end of the chapter (be careful not to glance at them before you have written your answers down)!

It is important to be honest with yourself when marking. Yusupov describes exactly which moves and variations score points. If you haven’t written it down then you do not score the point (no “I would have seen that in an actual game” excuses)!

Use the “score tracker” (downloaded from the website) to input the score for each chapter.

<60%	-	Fail
60 – 74%	-	Pass
75 – 89%	-	Good
90%+	-	Excellent

When you have completed the book review how you scored on each chapter. Re-do the chapters you didn’t achieve a “pass” for. Some students may wish to re-do all the chapters they didn’t score an “Excellent” for until they achieve all “Excellents”.

### **Improvement Mentality**

Although the scoring system can be fun and is useful to track your progress – try to not focus on it too much during your studies. It is important to be honest with yourself and to use those incorrect answers to learn more about the game.

It is the process of disciplined study and trying your best that leads to long term gains – not whether you answered correctly or not. Systematically completing these books will lead to improvements in your game.

Have fun!