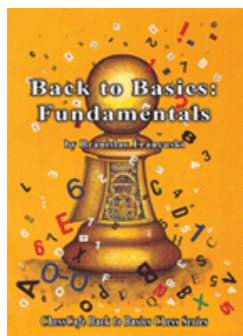




COLUMNISTS

Scholastic
Chess

Steve Goldberg



CHESTHEATRE

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Tournament Preparation

The SuperNationals mega-tournament takes place next month in Nashville, in which all three Spring scholastic championships (elementary, junior high and high school) occur at the same time and at the same location. Some 5,000 players are expected to attend this combined event that only takes place every four years.



In advance of this big event, I thought it would be interesting to hear from a variety of talented players, coaches and parents regarding how best to prepare for a chess tournament, physically, nutritionally and psychologically. Our esteemed "panel" members offer a number of interesting suggestions!

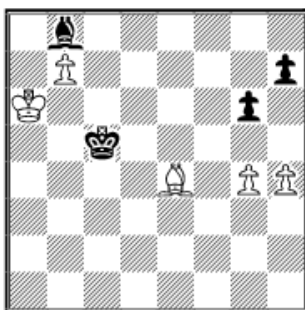
Everyman Quiz of the Month

Each month Everyman Chess sponsors our Everyman Quiz of the Month, offering a free chess book to three respondents with correct answers. This month, winners of our quiz will receive the CD *Starting Out: Chess Tactics and Checkmates*, by GM Chris Ward. Please note – winners within the last three months are ineligible for this month's contest.



We will accept all contest answers for *two weeks* following the appearance of this column, then randomly select our three winners from this group. In order to meet the two-week deadline, please e-mail your responses to me by March 25, 2009. Send your answers to scholasticchess@chesscafe.com. Good luck!

Problem #1



White to move and win.

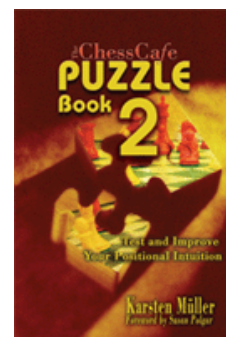
Problem #2

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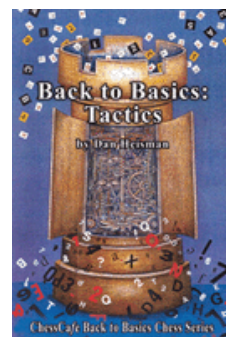
by Bruce Alberston



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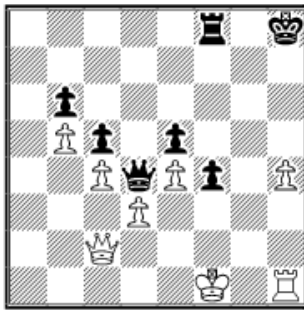
[Puzzle Book 2](#)

by Karsten Müller



[Back to Basics: Tactics](#)

by Dan Heisman



It is Black to play and win.

The Panel

- WFM Abby Marshall – prominent high school player.
- WGM Jennifer Shahade – editor of *Chess Life Online*.
- Jonathan Hilton – prominent high school player and editor of *World Chess Live* newsletter.
- Michael Goeller – author of *The Kenilworthian* blog.
- FM Darwin Yang – prominent scholastic player.
- IM Greg Shahade – founder of the U.S. Chess League and the U.S. Chess School
- Dan Heisman – full-time chess tutor and author of many books, as well as the popular ChessCafe.com *Novice Nook* column.
- Dr. Gary Robson, father of teenage IM Ray Robson.
- WIM Dr. Alexey Root – author and lecturer at University of Texas at Dallas.
- FM Robby Adamson – won multiple national scholastic championships and has coached multiple national championship teams at Tucson’s Catalina Foothills High School; he is featured on the cover of the March 2009 issue of *Chess Life*.

Question 1 *Nutrition – which foods/drinks are to be avoided just prior to and during a tournament, and which may be helpful? Any thoughts on quick snacks during a game itself? The use of vitamins or other nutritional supplements?*

Abby Marshall

I recently found that for me, an ideal breakfast is coffee, an apple, and Pop-Tarts. It was my champion breakfast at nationals. I have heard almonds are very good during the game. I don’t take vitamins and think it would be crazy to add that just for tournaments. Of course, eating a huge meal or candy and drinking a ton of soda before a round is not advisable, but don’t make yourself miserable.

Jennifer Shahade

It’s hard in the SuperNationals because there is a tight schedule, but generally I don’t like eating immediately before a round. A fruit or powerbar is great for an energy boost toward the end of a game.

Jonathan Hilton

I’ve found that the most important thing is to allow as much time for digestion as possible before the round. When the body is under stress, energy is diverted away from slow processes like digesting food and used instead for fighting or fleeing. I’ve found I do best to eat my heaviest meal of the day at least an hour and a half before a game, but at Nationals that isn’t always possible, so I just make sure not to stuff myself. I don’t skip breakfast, but I also realize that there is no need for me to gorge either – it’s better to eat too little and need a snack during a game than to go in having beaten the hotel’s all-you-can-eat buffet. A quiet breakfast in the hotel room usually suffices for me; going to the buffet breakfast is more of a social event than a nutritional one. In terms of what to eat, just use common sense. Drink lots of water, avoid unnecessary “energy”

drinks, and don't tempt heartburn if you're prone to that. When I'm going into a game, I remember that I'm putting my body under stress, so I tend to eat accordingly – that is, plainly.

Michael Goeller

As we all know, “good nutrition and exercise” and “chess tournament” are not things that tend to go together. During a tournament, I munch on snack bars, drink lots of coffee, and generally eat [fast food] at least once each day. I am sure it affects my results.

Darwin Yang

You should eat what you normally eat, as eating unfamiliar foods can disrupt your playing rhythm. However, if you usually consume a lot of fatty foods, you should eat some more healthy foods. I personally do not eat snacks during games, although it seems a good idea to keep up your strength. Sometimes I drink some vitamin water.

Gary Robson

Avoid fast foods and junk food. We eat soups, salads, and other healthy meals and only resort to [fast food] when there is no time between rounds. Whenever possible, I get an extended stay room because they have full kitchens and I can prepare meals. Ray doesn't like to eat when he's playing, but I think it's a good idea to have a snack (fruit) during a long game. Ray drinks water when he plays.

Robby Adamson

I leave that up to the kids. I don't really talk about it too much. I do want to make sure they eat something, though – not during the game, but at least before the game. A 2:00 round is always a little tricky, because it's a little after lunch and they may get hungry during the game. But that's as far as we go – I don't have any special regimen.

Note: a number of respondents advised following the advice from the “Grandmaster Diet” article from the December 2008 issue of *Chess Life*.

Question 2 *Sleep – do you advise changing one's sleeping habits? Is more sleep than normal advisable just prior to and during a tournament? How about the importance of brief naps during an event?*

Abby

I rarely sleep at all during tournaments. My example would probably not be one to follow.

Jennifer

The more sleep the better, but sometimes it's hard because travel, nerves and excitement can make it less likely. One important thing is not to get too paranoid about how much sleep you got. I find naps too risky (sometimes I wake up extremely groggy and I also worry about oversleeping), but they might work for some people.

Jonathan

Whether or not a player needs to change his sleeping habits before a tournament depends, mainly, on whether the player normally has good sleep habits already. I try to get at least eight hours of sleep on the nights leading up to the tournament, and at the tournament, I try to guarantee myself at least seven. I can never sleep immediately after I've just finished a late-night game, or if I've lost any game at all so far in the tournament. Taking an hour to wind down before actually attempting to sleep can tremendously improve the amount of sleep I actually get in that case – I know I won't be waking up to an adrenaline rush every hour if I'm actually calm when I fall asleep. During a tournament, naps are critical for me. I'm a morning person, so if I can get up from a nap ten minutes before a round, I'll feel bright and refreshed, just as if I had gotten up from a good night's sleep. Also, if I've had a thirty minute nap before a round I can be sure not to fall asleep at the board, something

which happened to me at Nationals last year after I'd lost a late-night round the previous night and couldn't sleep afterwards.

Michael

I tend not to get nearly enough rest during a tournament, preferring to socialize and then go home to study and analyze into the late hours. I think I am doing everything wrong, so I don't know if I am in any position to be giving advice! But we know what works: eating right, sleeping well, and being in shape will have a big benefit to your success in tournaments.

Darwin

It is mostly bad, and not to mention difficult, to change one's sleeping habits. Of course, if you sleep like four hours a day, you need to change those habits to 7-10 hours. Generally though, you really shouldn't change your sleep patterns. It causes sleepless nights and makes you feel tired in the morning.

Greg Shahade

Lots of top coaches have many ideas of how much sleep, rest and exercise children need at big events like this. The problem is that I'm not so sure any of them are correct. I say this mainly because when I was a young player, it didn't matter how much sleep I got (within reason); I was ready to play all day. Once I turned maybe 18-22 or so, I needed to actually sleep a reasonable number of hours to play at my highest concentration level. I guess the main thing is that it's hard for an adult to remember just how they felt as a child, and so it results in them making suggestions based on their feelings and not on how they felt when they were young. Honestly, everyone is different, some kids will want lots of sleep if their goal is to do as well as possible, some won't need as much. There are no easy answers to any of these questions.

Dan Heisman

Full sleep strongly advised. Naps are good if tired.

Gary

It's not easy to change sleeping habits. Ray's used to sleeping a certain number of hours; I don't recommend sleeping more than you usually do. Naps are great, but Ray doesn't take them.

Alexey Root

With the two to three rounds-per-day schedule for SuperNationals, it is hard to imagine there would be time for naps. Since the morning round is at 9 a.m., and students should eat breakfast first, they should stick to their school-day sleep routine.

Robby

I tell them to get enough sleep Thursday night, and to go to bed a little early Friday night, or as soon as they can, because Saturday and Sunday are brutal days. Saturday we usually don't get to bed until at least midnight because we have to eat. The energy level has to be there – they can't get tired.

Question 3 *Exercise – are there any specific exercises or physical activities that you recommend prior to and during a tournament to help maintain a high energy level and sustained concentration? Anything in particular that should be avoided?*

Abby

I actually came upon an interesting idea that I think is very applicable to chess. The best kind of exercise is incremental. For example, instead of running 5K straight through at a steady pace without stopping, you can burn a lot more calories by running for maybe five minutes at a very fast pace, then walking for maybe a minute, then running at five minutes very fast and repeating. This is a lot harder than maintaining one steady pace and you get a lot more out of it. Also, it builds your body's recovering

time. Translating this to chess, instead of thinking for twenty minutes deeply and then finding that your thinking is repetitive/non-useful, you can think in bursts of say ten minutes very deeply, take a five-second break, then go back into deep thought, therefore maintaining a high level of thinking for thirty-forty minutes. Running is perhaps the best form of exercise. It is also a good complement to chess; it is mindless.

Jennifer

Exercise before a tournament is great. Before the rounds, I'd stick with a quick walk or swim, nothing too strenuous.

Jonathan

I rarely have time to actually exercise during a tournament, but recently I've found that I do better if I dress, act, and prepare for my games as if they were an athletic event. If it isn't too cold in the playing hall, I wear a workout outfit. I drink lots of water, stretch, pace a bit before games to get my heart rate slightly elevated, and try not to sit too still at the board for fear of falling into a "brain lock" and just staring at the position rather than thinking. If I'm agitated and I squirm, I play better than when I'm completely motionless, something which usually leads me to play passive moves and look only at dull variations.

Michael

Bobby Fischer may have been one of the first players to fully recognize the benefits of implementing a stringent health and fitness regimen. And you'll notice that current champions are all extremely fit. But trying to get in shape at the last minute is not going to contribute much. It has to be part of a long-term commitment to staying fit and sharp.

Darwin

I find it helpful to jog or walk during chess tournaments. Especially important in my opinion is taking short walks in the fresh air before or after the game. Of course, this really only works for tournaments where you have one game a day, not for short Swisses. You should jog every day to keep up your strength even if you do not have a tournament coming up.

Dan

During a tournament don't sit all game – walk around, get water, etc. Of course physical fitness needs to be established long before the event!

Gary

We always do something – throwing a football, playing with a Frisbee, or taking a walk. We do this lightly before the round, if time, and play harder after the round.

Alexey

Based on my experiences playing tournament chess, it is important to get up and walk around during some of the times that your opponent is thinking. Walking around gives your eyes and your body a break from keeping the same focus and position. In between rounds, many players find it helpful to visit the hotel gym or swim pool, or to walk around the host city.

Robby

I'm more likely to tell them if you get too tense, just walk around, go to the bathroom and splash some water on your face, go look at someone else's game, but that's to remove the nervous edge. I don't think it has anything to do with energy per se.

Question 4 *A rather touchy subject, but any thoughts on how best to avoid excessive bathroom breaks during a game?*

Abby

I always get in trouble for going to the wrong bathroom instead of the one that players are supposed to use. I try not to drink a lot – not very

profound, but what are you going to do?

Jennifer

When the bathrooms are too far or it's a rapid time control, it's just common sense to try to avoid too many liquids!

Jonathan

Don't try to avoid bathroom breaks. If I'm going to the restroom once every half-hour, I consider that a good sign – I'm staying hydrated and getting an opportunity to walk around. When I'm walking to the bathroom, however, I try not to stop and look at other people's games. Even on the way there and back, I'm totally focused on my game. Calculating variations away from the board often leads to increased creativity and spontaneity for me; when I get back from the restroom, I can check those variations out again with the board in front of me and see if they were actually any good. Usually, they aren't. But it's good to get out of set thinking patterns from time to time during a game and just play around with moves and lines and variation, just to see what happens.

Darwin

I really do not have excessive bathroom breaks during the games, even though I am more nervous than a mouse running from an owl. You should spend time walking around and calming yourself even it loses you a minute or two of time. By calming down and relaxing slightly, when you get back to the board you can focus for several hours.

Greg

Bathroom breaks can be useful for some players. Sitting at the board can create a lot of nervous tension, for some personality types it may be useful to get up, go for a walk, etc. and rest their brain for a minute or two.

Dan

If in doubt, stop by before you have twenty minutes or less on your clock.

Gary

I don't think it's healthy to avoid bathroom breaks, regardless of the frequency, and I think it's harmful to not drink water during a long game. Going to the bathroom gets one up and moving and away from the board – and this is a good thing sometimes.

Alexey

In my opinion, multiple bathroom breaks are fine during a round. Such breaks serve the additional purpose of stretching your legs as you walk to the bathroom. Of course, one cannot take such breaks if one is in time trouble.

Question 5 *Specific chess preparation – in general, prior to a tournament, do you stress opening study, tactics practice, endgame study, or something different?*

Abby

I study tactics and do calculation exercises.

Jennifer

Tactics, maybe a little opening refreshment, definitely some physical training. Like GM Yury Shulman, I think it's a good idea to solve tactics that are slightly easier than normal just prior to a competition, because I strongly believe in the importance of confidence prior to an event.

Jonathan

The only thing that matters before a tournament is the study of one's own games. I hold the physical scoresheets of all my past games from the previous year in my hands on the day before an event and look at them, trying to remember what each of those games felt like, and what I learned from them. Then, I analyze them into the ground. If I made a mistake in the opening, I do not switch to a different opening: I fix the mistake. I

must be honest with myself, tough, and disciplined in correcting my past problems: without this, there is no way I can feel confident going into the tournament.

Michael

The one piece of advice you always hear about test-taking is that last-minute cramming is not going to make a difference. That is definitely one piece of advice most of us ignore (to our detriment), because if we did not cram at the last minute we generally wouldn't have studied at all! But pulling an "all-nighter" to study for a test is going to have a significant negative impact on performance. Better to get your rest and be prepared to try your best than to stay up all night studying a line of the Giuoco Piano that might not arise in any of your games. Kids should do their best to study ahead of time and then get the rest they need. Most players (myself included) spend too much time on opening preparation. Openings are important and studying the opening (especially picking up some sharp lines) can often be a quick route to higher ratings, and you'll hear many stories about players who had success because they studied a particular line (usually for a particular opponent) just before a crucial game. Some of that can be useful, especially if you know in advance that "it's likely to be on the test." But having a simplified repertoire with thematic coherence is generally easier to manage and learn from long term. Especially for scholastic and developing players, having specific opening knowledge is less important than practicing the art of solving problems.

One good way to practice solving problems at the board is to solve chess problems with books like Bernd Rosen's [*Chess Endgame Training*](#), Maxim Blokh's [*Combinative Motifs*](#) or Paata Gaprindashvili's wonderful [*Imagination in Chess*](#). Probably better practice, though, is to try solving problems in the course of a real game, since no one is going to tell you (as they do in the books) that it's suddenly "mate in two." Kids should play through lots of games with a board in front of them where they have to actually think and make plans. Probably the best training for a tournament for young players is to play "solitaire chess" while going through master games related to their repertoires. A book like [*Chess Combat Simulator*](#) or the classic [*Solitaire Chess*](#) is one way, but any good book of games (or even an opening book with complete games) can be turned to task with just a sheet of paper to cover up the next move. And playing your own games with a similarly rated peer, to be examined together with a coach, is probably the best practice. Then what opening, middle-game, or endgame study you do will be directly connected to your practice at the board.

I think too many of us think education is about storing up knowledge so that we will be ready to deliver when called upon. But we are more likely to remember things that relate to experiences we have had in the first place. I think practically everything I ever learned about Rook endings, for example, came after the fact. I would play a rotten rook ending where I blew a draw or a win and then afterward I'd study the drawing or winning technique that I failed to grasp. I can't tell you how strongly the lesson takes when you have the consequences of failure still fresh in your mind. Even learning in the context of solitaire chess is more powerful because we are actively engaged in trying to solve problems.

Darwin

I do not practice specifically for chess tournaments, though I tend to work a little bit harder. I sometimes find that excessive opening study or endless tactics can disrupt your play during the tournament and clutter your mind, making it hard to concentrate. You will also feel tired and weary of chess (unless you are a chess professional, but they probably don't need advice from me).

Dan

Can't cram for tournaments. Either you are good or you are not. You can do some games at the same time limit (but not enough to make you feel stale or not wanting to play). You can do some basic tactics. You can

review your opening tabiyas, especially with a friend.

Gary

Ray doesn't do anything special before an event. Openings, middlegames, and endgames are a part of his usual routine.

Robby

With my private students, to get them ready, I do tell them to do simple tactics, to increase their confidence. Maybe do puzzles they've done before where they don't remember the answer but it's still challenging enough. I have them play online a lot, but a couple days before a tournament I tell them to relax. If they want to play, that's fine, but I don't make them do any of that stuff. When you get to a certain level, you can't change a person. They have to do what they're going to feel comfortable with. There's no magic formula for preparing for a tournament.

Question 6 *Psychological elements are part of the game at times – do you recommend anything in particular to assist players in combating annoying or irritating opponents?*

Abby

Use the anger that you feel towards that opponent into positive energy. Now you have extra motivation to beat them.

Jennifer

Get in the zone!

Jonathan

I used to be bothered by “annoying” opponents, but then I realized that this was costing me games. Now, I block everything out by staying so focused on my games that I feel like I might explode. I'm a ball of energy, hovering over the board, my two feet rarely on the ground – I usually keep at least one in my seat – moving my body around a bit to keep the energy flowing and to keep from mentally stagnating at the board. In the end, perhaps I am the one who is coming across as the “annoying” opponent! The will to win and the energy to feed that will are the key things that will overcome one's annoyance at one's opponent.

Darwin

If your opponent is annoying or irritating you, ignore him. Walk away from the board or don't look at him. If you attempt to fight back or something, you will lose concentration and begin to lose your grasp of the game. Your opponent will feel frustrated that you are not being affected. Also know that when your opponent is doing this, he is not concentrating fully on the position. Some of this concentration is bent on you. If you ignore him he is just wasting some brain power, and this is an advantage, however slight.

Dan

Get the tournament director for anything mildly serious. TDs can't read minds. Letting it fester is worse. If there is something mild, try asking your opponent first. Be aware of the rules!

Gary

For most psychological situations, I've given Ray the same advice: play good moves. He's followed that advice and had good results.

Robby

We talk about it, but I tell them you can't let that affect you, and you just need to block it out. If you have a problem that's over the top, get the TD and let them take care of it.

Question 7 *Any thoughts on minimizing the effects of being depressed after a loss or overly excited after a win?*

Abby

Enjoy a win and spend time with friends to forget a loss. You can think about how much that agonizing lost cost you after the tournament.

Jennifer

Try to call a relative or friend who doesn't play chess if you're really depressed after a loss. If you feel over-excited, allow yourself to enjoy it. It takes so much work to play a great chess game or to score an upset victory, and on the occasions it happened to me, I feel that I often didn't that emotion ride out as long as I could. Just don't let a seemingly easy win make you play too quickly in the following game.

Jonathan

Losing in the second round at Nationals last year, and then in the fourth round at the Denker Tournament of High School Champions last August, has made me keenly aware of the devastating psychological impact a chess loss has on me. In round robin play, GMs sometimes take an early draw after losing to recover some mental stability. At both of those two tournaments, I wound up drawing a lower-rated opponent following a loss for mainly psychological reasons (bad chess judgment was still a factor, though). At Nationals, however, drawing a game is not an option for top players hoping to at least score 6-1 after a loss. At the moment, I honestly do not know any other good strategy for coping with a loss that will enable one to suddenly jump back and win the rest of his or her games; from my experience, not very many other top players at Nationals do, either. The only thing I can say is that, in order to win, you have to be willing to put a tremendous amount of effort into a game; if losing "demotivates" you and causes you to quit caring about your game, you're sunk.

Darwin

After losses, you need to be sad and depressed; yes, that's what I said. You need to feel that so you remember the game, and you remember what you did wrong. Some people just brush off losses and make the same mistake over and over. After your down period, you must bring your spirits up and think about what can happen next. If you cannot do this, don't even bother with my advice to be sad. You'll just ruin your tournament. I myself have had many failures. You just need to look over the next hill; you'll find some light there. After winning, look over your games and find mistakes. Nobody's perfect, so you will have some. Think, even though you won, you still have some problems. If you concentrate on your next game and work to fix your mistakes, you can avoid being overexcited, then be burned out, and finally lose your fighting spirit before the next round. You should, even when basking in victory, look for directions to improve in. Once you get these ideas in your mind, you will be on the road to understanding, success, and chess mastery.

Greg

Almost everything is relative. For some players it may help them play well in their future games if they get excited after wins (giving them more confidence), for others it may have the opposite effect by making them overconfident. I don't believe that I can quickly summarize most of these points to a wide and varied audience. Every kid should probably just try to do what makes them feel comfortable.

Dan

I am depressed if I don't learn anything and happy when I do. I would rather lose and learn than beat a much weaker player and learn nothing. Remember, in the long run your rating only goes to your playing strength, so wins and losses are not as big a deal – do things to maximize your playing strength and in the end your wins and rating will come eventually.

Gary

After a loss, we toss the football or take a walk, eat a meal, and then talk about what can be learned from the game. We always move towards the future with a positive attitude: what can we do for the next game? Ray

doesn't get overly excited after a win. If he wins, we do the same routine as if he had lost: play football, eat a meal, and talk about the game to see what can be learned and what needs to be done for the next game.

Alexey

My students participate in a city-wide, non-rated middle school tournament each May. I explain the Swiss system, so they understand how their wins and losses affect how tough their pairings are. In other words, a loss may have the "benefit" of an easier pairing the next round. So there is no reason to be overly upset about losses. A loss does not eliminate you from the tournament! I remind them that each point they score, whether a draw or win, can help our team's total. If they lose a game, they should pull themselves together and try again in the next round. If they win, they need to keep level-headed for the next round. I think emphasizing the team aspect helps them worry less about their individual results. Most important, I tell students that they are representing our school. Therefore, good sportsmanship is absolutely essential. In other words, they need to act graciously whether they win, lose, or draw.

Robby

I think it's important to stay focused on why you're there. You're there to do well, and you're there to have fun. So you need to balance those things. If they need to go visit the hotel, to go walking around, go see the fish in the pond, go for it. As long as they're doing things together, I'm really happy.

Concluding Comments

Abby

Relaxation and good times are the most important parts of a tournament. The rest will come.

Jennifer

Enjoy yourself and take advantage of all the stars who plan to make appearances at the SuperNationals. This is your chance to get tips from some of the best players and some of the most inspiring intellectual figures in the world! Garry Kasparov, Alexandra Kosteniuk, Maurice Ashley, reigning champs Zatonskih and Shulman, plus Stripunsky and Shabalov. This is a once-in-a-lifetime opportunity and I'm very psyched to be there.

Jonathan

Calculate as much as possible. Calculate everything, and work hard over the board. Ultimately, however, trust your intuition and positional judgment, and spend your clock time looking at positions that actually matter. If you have two equally good moves, play one! You cannot expect to win many games against your peers by being indecisive.

Michael

I have often remarked to parents that playing in a chess tournament is one of the best preparations for doing well on a serious test (like the SAT, GRE, LSAT, or professional exams). Like the SAT, a tournament requires a level of sustained mental intensity over a long period of time. A three-day tournament is even more intense than any test (except maybe professional exams), since you have to be able to sustain your focus not just for part of a day but for several in a row. But just as chessplaying is good preparation for exam-taking, so everything we know about how to do well on tests applies to doing well at chess.

Alexey

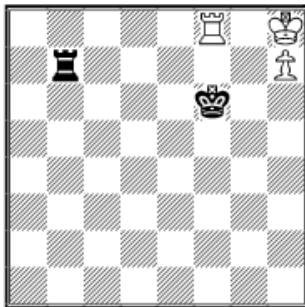
Major tournaments such as SuperNationals are a chance to meet chessplayers from all over the country. Take time to socialize and you may make some new chess friends.

Robby

I'm completely stressed out of my mind at tournaments. I would love it if I just went to sleep and I woke up and someone told me who won. But I don't want there to be pressure on the kids. I will take all that pressure myself, if I can. So I'll do anything I can do to deflect it off them, so they can just go in and relax.

Answers to Last Month's Quiz

Problem #1

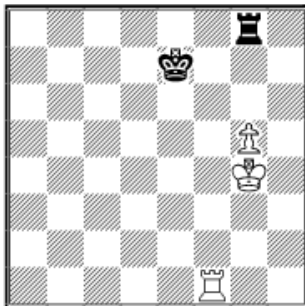


White has just played 1.Rf8+.

- a) Where should the black king move in order to ensure the draw?
- b) In the actual game, Black played 1...Rf7??. How did White punish this mistake?

Answer: Had Black played 1...Kg6, the draw is safe. Instead, he moved 1...Rf7 and White followed with 2.Kg8 and the pawn cannot be stopped. This position arose in Judd-Johnston, Cleveland, 1871.

Problem #2



It is White to play and win. How does he accomplish this?

Answer: 1.Kh5 Rh8+ 2.Kg6 Rg8+ 3.Kh6 Rh8+ 4.Kg7 Rh2 5.g6 Rg2 Black is trying to avoid the Lucena position (king on g8 and pawn on g7), but all he can achieve is to slightly delay its appearance. 6.Kh7 Rh2+ 7.Kg8 Rg2 8.g7 White has achieved the Lucena position and wins. (Position and commentary from [Practical Endgame Play – Mastering the Basics](#), by GM Efstratios Grivas)

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