



**Chess  
University - 10**

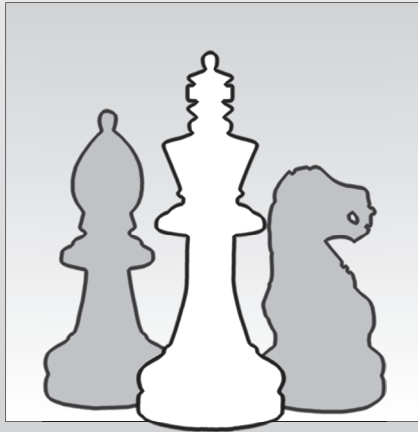
**Victor GOLENISHCHEV**

**TRAINING PROGRAM  
FOR CHESS PLAYERS**

---

**2<sup>ND</sup> CATEGORY (ELO 1400–1800)**

*EDITOR-IN-CHIEF: ANATOLY KARPOV*



Russian CHESS House  
[www.chessm.ru](http://www.chessm.ru)  
MOSCOW  
2018

Training Program for Chess Players: 2<sup>nd</sup> Category (ELO 1400–1800) by  
Victor Golenishchev

Copyright 2018 © Russian Chess House

All rights reserved. No parts of the publication may be reproduced, stored in retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the copyright owner.

Editor-in-Chief: Anatoly Karpov

Edited by Kiril Kuznetsov

Translated from the Russian original by Ilan Rubin

Typeset by Andy Elkov

Design by Alexey Belov

Russian Chess House

e-mail: [chessm.ru@ya.ru](mailto:chessm.ru@ya.ru) or [andy-el@mail.ru](mailto:andy-el@mail.ru)

[www.chessm.com](http://www.chessm.com)

**ISBN 978-5-94693-714-6**

This book can be ordered directly from the publisher at the website:

**[www.chessm.com](http://www.chessm.com)**

Or try your local bookshops.

## CONTENTS

Study Program.....	5
Methodological Instructions for the Study Program .....	7
Methodological Instructions for the Topic Attack against the King .....	9
<b>1st lesson.</b> Attacking an Uncastled King.....	9
<b>2nd lesson.</b> Attacking an Uncastled King (final part).....	13
<b>3rd lesson.</b> Attack Against the King when Castling on the Same Side .....	18
<b>4th lesson.</b> Attack Against the King when Castling on the Same Side (continued) .....	23
<b>5th lesson.</b> Attack Against the King when Castling on the Same Side (final part) .....	27
<b>6th lesson.</b> Attack Against the King when Castling on Opposite Sides .....	32
<b>7th lesson.</b> Attack Against the King when Castling on Opposite Sides (final part) .....	35
Methodological Instructions for Problems during the Competition.....	39
<b>8th lesson.</b> Combination Solving Competition.....	41
<b>9th lesson.</b> Combination Solving Competition.....	46
<b>10th lesson.</b> Blitz Competition .....	51
<b>11th lesson.</b> Competition to Solve Two-Move Problems.....	55
<b>12th lesson.</b> Combination Solving Competition.....	58
<b>13th lesson.</b> Combination Solving Competition.....	62
<b>14th lesson.</b> Blitz Competition .....	66
<b>15th lesson.</b> Competition to Solve Two-Move Problems.....	70
Combinations (additional material) .....	74
Examples for blitz competitions (additional material).....	81
Two-move problems (additional material) .....	84
Methodological Instructions for the Topic Strategy Fundamentals.....	88
<b>16th lesson.</b> Good and Bad Bishops.....	90
<b>17th lesson.</b> Bishop Stronger than a Knight .....	98
<b>18th lesson.</b> Knight Stronger than a Bishop .....	103
<b>19th lesson.</b> Opposite-Coloured Bishops in the Middlegame .....	108
<b>20th lesson.</b> Locking a Piece out of the Game.....	114
<b>21st lesson.</b> Exploiting Open and Semi-open Files .....	121
<b>22nd lesson.</b> Open and Semi-open Files and Attacking the King .....	128

<b>23rd lesson.</b> Outposts on Open and Semi-open Files .....	133
<b>24th lesson.</b> Fighting for an Open File .....	137
<b>25th lesson.</b> A Strong Pawn Centre.....	141
<b>26th lesson.</b> A Strong Pawn Centre (final part) .....	146
<b>27th lesson.</b> Undermining a Pawn Centre .....	150
<b>28th lesson.</b> Pieces Against a Pawn Centre.....	156
<b>29th lesson.</b> A Piece and Pawn Centre .....	161
<b>30th lesson.</b> Role of the Centre during Flank Operations .....	166
<b>31st lesson.</b> The Bishop Pair in the Middlegame .....	171
<b>32nd lesson.</b> The Bishop Pair in the Middlegame (final part).....	176
<b>33rd lesson.</b> The Bishop Pair in the Endgame .....	181
<b>34th lesson.</b> Successfully Countering the Bishop Pair.....	189
<b>35th lesson.</b> Weak Squares in the Enemy Camp .....	196
<b>36th lesson.</b> Weakness of a Set of Squares .....	202
<b>37th lesson.</b> More on Strong Squares.....	207
<b>38th lesson.</b> Pawn Weaknesses .....	211
<b>39th lesson.</b> Doubled Pawns .....	218
<b>40th lesson.</b> Backward Pawns on a Semi-open File .....	225
<b>41st lesson.</b> Passed Pawns.....	230
 Methodological Instructions for the Topic Fighting	
with Unbalanced Forces and Compensation for Material .....	238
<b>42nd lesson.</b> Queen Against Two Rooks .....	238
<b>43rd lesson.</b> Queen Against Rook and Minor Piece.....	245
<b>44th lesson.</b> Queen (Two Rooks) Against Three Minor Pieces.....	250
<b>45th lesson.</b> Compensation for the Queen.....	256
<b>46th lesson.</b> Two Minor Pieces Against a Rook (and Pawns).....	263
<b>47th lesson.</b> Rook Against a Minor Piece and Two Pawns.....	271
<b>48th lesson.</b> The Exchange Sacrifice.....	277
<b>49th lesson.</b> Minor Piece Against Three Pawns .....	284
<b>50th lesson.</b> Compensation for a Minor Piece.....	291
 Answers to Homework .....	
	297

# STUDY PROGRAM

Topic of study ..... Number of lessons

## TACTICS

1. Attack against the king .....	7
2. Competitions to solve combinations and miniature problems.....	8
Total.....	15

## STRATEGY FUNDAMENTALS

### I. Differing mobility (activity) of pieces

1. Good and bad bishops.....	1
2. Bishop stronger than a knight .....	1
3. Knight stronger than a bishop.....	1
4. Opposite-coloured bishops in the middlegame.....	1
5. Locking a piece out of the game .....	1

### II. Open and semi-open files

1. Exploiting open and semi-open files .....	1
2. Open and semi-open files and attacking the king .....	1
3. Outposts on open and semi-open files .....	1
4. Fighting for an open file .....	1

### III. The problem of the centre

1. A strong pawn centre.....	2
2. Undermining a pawn centre .....	1
3. Pieces against a pawn centre.....	1
4. A piece and pawn centre .....	1
5. Role of the centre during flank operations .....	1

### IV. The bishop pair

1. The bishop pair in the middlegame.....	2
2. The bishop pair in the endgame.....	1
3. Successfully countering the bishop pair .....	1

## V. Weak and strong squares

1. Weak squares in the enemy camp.....	1
2. Weakness of a set of squares.....	1
3. More on strong squares .....	1

## VI. Features of pawn setups

1. Pawn weaknesses.....	1
2. Doubled pawns .....	1
3. Backward pawns on a semi-open file .....	1
4. Passed pawns .....	1
Total.....	<b>26</b>

## **FIGHTING WITH UNBALANCED FORCES AND COMPENSATION FOR MATERIAL**

1. Queen (two rooks) against various material.....	3
2. Compensation for the queen .....	1
3. Two minor pieces against a rook (and pawns).....	1
4. Rook against a minor piece and two pawns .....	1
5. The exchange sacrifice .....	1
6. Minor piece against three pawns.....	1
7. Compensation for a minor piece.....	1
Total.....	<b>9</b>

## METHODOLOGICAL INSTRUCTIONS FOR THE STUDY PROGRAM

Although paying sufficient attention to tactics this study program spends more time on strategy and endings.

A major part of the Tactics section consists of various problem solving competitions. They should be held during the study year with a record kept of their cumulative results. It is also useful to organize additional competitions, for example at the New Year.

Material for the competitions and homework is included in the program: around 100 combinations, over 20 examples for blitz competitions and around 50 two-move miniatures.

The Strategy Fundamentals topic is aimed not only at teaching second category chess players; sections such as *Pawn advantage on a flank* and *Different pawn formations* are covered in the books *Training Program for Chess Players with Categories. 1st Category* and *Training Program for Chess Players with Categories. Candidate Masters*.

The Endings topic reviews two endgame types: pawn and rook endgames. Pawn endings can be considered the basis of the endgame, while rook endings are encountered the most frequently of all. As Rudolf Spielmann said, rook endings are a fact in 'nearly 50% of all practical cases'. When explaining the material the main focus should be not on all the different possible balances of material, as is usually the case in current endgame manuals (rook and pawn vs. rook, rook and two pawns vs. rook and so on), but on ideas and technical ploys that can be executed not only in the endgames considered, but which are a common feature of the final stage of chess games.

The content of each lesson is fairly large in size and is aimed at strong 2nd category players. Depending on the level of preparation and age of the pupils the teacher might want to reduce the number of examples considered, discuss a fragment rather than a whole game or use only the part of the game in the selected extract that is essential to examine the topic.

It's important to consider carefully in which order the topics are explained. Experience shows that studying any topic for long reduces interest in it.