

CAPE TOWN CHESS ACADEMY

CHESS TRAINING CURRICULUM

BEGINNER (ELO 0 - 900)	INTERMEDIATE (ELO 900 - 1500)	ADVANCED (ELO 1500 - 2000)
Introduction to the pieces	Typical tactical motifs in the middlegame: Scotch Gambit, Gruenfeld, Sicilian, Queen's Indian, Ruy Lopez	Pawn sacrifice in the middle game - attack and initiative
Central plan in chess - attack/defend	Rook Endings - How to build a bridge; Philidor's Position; Activity of the rooks is worth sacrificing a pawn	Endings- bishops vs knights; bishop pair
Understanding the board - the battlefield	Typical pawn structures, plans and ideas - Maroczy bind; Carlsbad; French; Isolated pawn; Symmetrical positions	Weak square d5 - how to use it, how to protect it, eg Sicilian
3 Opening Principles of the Opening stage of chess	Endings:- Bishop+pawn vs bishop; good bishop vs bad bishop; opposite colour bishops	Focus on the isolated queen's pawn - strengths and weaknesses
Do's and Don't's of chess	Open files, outposts and opposition weaknesses	Queen sacrifice
Identifying the opponent's plan	Material advantages in chess; variations; combinations in chess	How to use advantage in development in the opening
Effective opening development - Guioico Piano Opening; files, ranks and diagonals, centre control	Initiative- middle game weapon	Endings - including elementary endgames
Notation in chess	Endings - activity in endings; active king; active pieces	Zugzwang
Centre Control and centralization of pieces	Isolated pawns - strengths and weaknesses with examples	Typical mistakes in calculating variations
Pawn structures and the role of pawns	Carlsbad - ideas for white and black; illustrative games	Opening repertoire for white - French Defence; Opening repertoire for black - against d4
Introduction to chess tactics	Strategy in chess - Developing an opening repertoire	Dragging the king out - attacking the king in the centre
Introduction to chess tactics (continued)	Chess tactics: Windmill; double attack; gambits	Reti/English Opening; A look at flank openings
Mating patterns	Combinations involving promotion	Typical mistakes in the endgame
Centre - types of centre, taking over the centre, central pawn sacrifices	Combinations involving files	Counterplay
Common opening traps and sacrifices - Positions to know, how to avoid, wise use of opening traps	Combinations involving diagonals	Hanging pawns c3-d4
Endings - activity of the King, fracture, opposite colour bishops	Combinations with knights	The technique of calculating variations
Attack on the King - with pawns and pieces, planning an attack	Combinations with the major pieces	Prophylactic thinking
Attack on the King - the uncastled King, Opposite side castling	Basic King's pawn openings	Defence and counter-attack
Attack on the King - Same side castling; Identifying Defensive weaknesses	Basic queen's pawn openings	Queenside pawn majority
Pawn endings - "opposition", quadrante of the pawn, narrow escape	Stalemate combinations	Central pawn majority