



DEUTSCHE SEITE
PÁGINA ESPAÑOLA

SHOP

CONTACT
DISTRIBUTORS

[Feedback](#)

Mail us your opinion

[Print](#)

Print out this report

Email

Print

Twitter

Facebook

Digg

[More](#)

Grivas Training: Getting to Know Ourselves

13.02.2011 - Young chess players need to be able to identify the assets and weaknesses of their chess personalities. Many trainers and trainees have wondered how this can be done properly. The basic resource are one's recent games, which are used to produce an "X-ray image" of one's chess-self. GM Efstratios Grivas, a world-class trainer, tells us how to go about it, in Part 2 of his lecture series.



Opening Encyclopaedia 2011

The ChessBase Opening Encyclopaedia 2011 features the complete coverage of all opening sectors, offering an optimal start for opening training. Many well-known specialists have made contributions in their field of expertise, such as Anand, Avrukh, Krasenkow, Kritz, Kuzmin, Marin, Moskalenko, Postny, Ribli, Rogozenko and Stohl. The DVD contains a separate directory with 580 special theory databases from the CBMs. For each of 500 opening sectors according to ECO standard there is at least one opening survey, so that the database is the ideal tool for building up a complete opening repertoire. [More...](#)

Advertisement

Training by GM & FST Efstratios Grivas

Schedule - **Hamburg, 22.01.2011**

10:30-10:50 [Physical and Psychological Factors](#); Getting to know Ourselves

11:00-11:50 Building a Repertoire; Chess Literature

12:00-12:50 Activity of Bishops and Knights

Break

14:00-14:50 The Backward Pawn

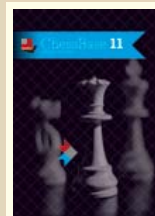
15:00-15:50 The Art of Exchanges

16:00-16:50 The Golden Rules of the Endgame; How to Think in Endgames

The aim of this series of lectures is to enable participants to teach young and gifted players in schools and chess clubs, and to educate trainers and chess teachers not only in their own countries but also on an international basis.



Successful chess trainer GM Efstratios Grivas



Ads

Books, boards, sets:

[Chess Niggemann](#)



Training session in the ChessBase office with young talents from Germany



Attentive students: FM Hagen Poetsch, 19, and Jonas Lampert, 13



IM Elisabeth Pähtz, 26, the highest ranked female player in Germany



WIM Melanie Ohme, 20, the poster girl for German chess



WGM Marta Michna, formally from Poland, now playing for Germany

The material started to develop in early 2004 and was used Grivas' personal training sessions, where he developed a system based on serious sport (chess is treated like a sport) and chess material (focusing on middlegame and endgame). "I use this material to make my students understand that health and other sport assets are valuable for a chess player's improvement, and not just never-end analysis in openings," says Stratos (as his friends call him). "For example in Turkey, where I am working on my program, all my trainees exercise some physical activity in accordance with their chess education." Since middle of 2006, when he started training youthful Turkish talents, three players have made their grandmaster norms and two more are close to this goal. And a number of IMs have also arisen in the process.

Trainers (and players) all over the world can use the series presented on the ChessBase news page freely. Any question can be addressed directly to the author: GrivasEfs (at) yahoo.co.uk.

Getting to Know Ourselves

By GM Efstratios Grivas

It is essential to become acquainted with ourselves chesswise so as to be able to identify and codify the assets and weaknesses of our chess personality. Many trainers and trainees have asked me how this can be done properly. Well, as when you 'feel the pain' you make the necessary examinations to identify the problem, the same you should do with your chess!

But how can this be done? Our basic source shall be the recent games we have played so far. We must re-examine this valuable and important material (yes, you should write down all your games!) and produce an 'X-ray' image of our chess-self. This examination must include all three parts of the game, opening, middlegame and endgame, for each of our games.

Starting with the opening, we shall fill up two charts, one for the white and one for the black pieces. These charts will provide very clear-cut information about ourselves (provided of course that we do this work with strong self-criticism) and will show how well we understand the openings we have chosen or, in the bottom line, whether these openings really suit our style (difference between opening outcome and game result). The bigger the sample, the more accurate the conclusions (it is advisable to twice photocopy the following – one for white / one for black).

Opening examination									
Games with white				Opening outcome			Game result		
	Opponent	Rating	Opening	+	=	-	1	½	0
1									
2									
3									
4									
5									

6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
Totals									

Opening examination									
Games with black				Opening outcome			Game result		
	Opponent	Rating	Opening	+	=	-	1	½	0
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									
Totals									

In the 'Opening outcome' column, '+' means that we got a better position in the opening, '=' means that we had an about equal position in the opening and '-' means that we did not really knew the opening or just that we got a bad position out of it. It is advisable that you should fill the charts alone and then ask the help of a trainer in case you feel uncertain or simply you need a second opinion. Here is an example of how to fill up these charts:

Opening examination									
Games with white				Opening outcome			Game result		
	Opponent	Rating	Opening	+	=	-	1	½	0
1	Shirov,Alexei	2732	Sicilian Defence		?			?	
2	Gelfand,Boris	2690	King's Indian	?				?	
3									

Next, we shall move on to a similar chart in order to examine our performance in the middlegame. This chart will contain our games with both white and black, and requires (as usual) a sample of at least 40 games (20 with white and 20 with black pieces) to produce reliable results.

Middlegame Examination									
Games with white and black				Handling			Game result		
	General type	Middlegame type		+	=	-	1	½	0
1		Open position							
2	Strategy	Semi-Open position							
3		Closed position							
4		Attack against the king							
5	Tactics	Defence of the king							
6		Combinative play							
Totals									

An example of how to fill up the middlegame chart:

Middlegame Examination									
Games with white and black				Handling			Game result		
	General type	Middlegame type		+	=	-	1	½	0

	General type	Middlegame type	+	=	-	1	½	0
1	Strategy	Open position	4	2	0	5	0	1
2		Semi-Open position	2	3	3	3	2	3
3		Closed position	0	3	3	0	0	6
4	Tactics	Attack against the king	5	0	0	5	0	0
5		Defence of the king	1	0	4	1	1	3
6		Combinative play	6	2	2	5	4	1
Totals			18	10	12	19	7	14

We will then work similarly to create our endgame chart:

Endgame Examination							
	Games with white & black	Handling of the endgame			Result of the game		
	Endgame type	+	=	-	1	½	0
1	Pawn endgame						
2	Queen endgame						
3	Rook endgame						
4	Bishop endgame						
5	Knight endgame						
6	Combinations of the above						
Totals							

After completing this work we will have a much clearer picture of both our weaknesses and our strengths. It is recommended to repeat this process at frequent intervals, provided of course that we have gathered enough material from recent games. In this way we can evaluate our improvement or discover other hidden aspects of ourselves.

Grivas lecture series

- [Part 1: physical and Psychological Factors](#)
- *Further lectures to follow...*

Efstratios Grivas

Efstratios Grivas is a grandmaster and highly experienced chess trainer and chess author.

He lives in Athens, and he is also a FIDE Senior Trainer (Secretary of the FIDE Trainers' Commission), an International FIDE Chess Arbiter and an International FIDE Chess Organizer. He has represented his country on a great many occasions, winning the fourth position in the World Junior Championship 1985, an individual gold medal at the 1989 European Team Championship and an individual silver medal at the 1998 Olympiad.

In 2010 he was awarded the worldwide highly important FIDE TRG Awards – the Boleslavsky Medal (best author) for 2009.



Copyright Grivas/ChessBase, photos by Frederic Friedel



 You like ChessBase.com - Chess News - Grivas Training: Getting to Know Ourselves. · [Add Comment](#) · [Admin Page](#) · [Insights](#) · [Error](#)