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## **Foreword:**

Chess was not considered a sport for a long time. People thought that chess does not require any physical efforts, neither, hold the competitive aspects for chess to be considered a sport. But, recently the Olympic Committee has accepted chess a sport. The consideration was made because it involves all the aspects of athleticism, ranging from being competitive to having rules and etiquettes. Also, the professionals testify that chess does require quite a lot of physical effort; along with the mental muscles, but, individuals cannot observe that physical effort easily.

At Saswath Academy, we consider chess a sport and teach it to children with all the rules and etiquettes it requires. Chess is a demanding game when it comes to mind. Almost all people believe that chess can be tiring for the brain, so better to avoid it. However, our brains are programmed to adjust to the capacity of growth and pressure we decide to give it. So, our academy is a gym for the brains of your children.

According to Brainscape, chess plays a significant role in the child's growth by improving their focus and concentration. Also, it helps in the incrementation of their mental muscles to a great extent. (For further information, you can refer to this link: <https://www.brainscape.com/academy/does-chess-make-you-smarter/>),

This eBook has got you covered regarding almost everything you need to know about the importance of chess in the kid's life and how our coaching can help you with it.

## **How we teach chess:**

At Saswath Academy, we understand that chess is challenging for the brain. So, we ensure that the child learns in a relaxed environment to absorb the viewpoints of chess.

- **The classes:**

We have regular classes from Tuesday to Sunday every week with flexible coaching time slots. However, we recommend parents to let their child take two to three classes per week. If you are concerned that taking two or three sessions would be less for learning the game like chess, trust the professionals, it is not. As mentioned, chess is a mind game; hence experts advise to take it in a comfortable and smooth environment. We work on building the muscle memory of standard moves among children and the strategy.

One has to see any high-level chess tournament to understand this aspect. Both players make the first ten or so moves under a minute. After that, they settle down and play for long hours. It is because initial moves are usually the standard ones, and then after that, the understanding of yours and opponent's game strategy begins.

- **The Procedure:**

All our classes involve the ingredient of fun in them. We teach using games, puzzles, practice, and discussions. Our coaches ensure that children enjoy their learnings instead of getting bored with them. The learning process starts with the preparation and analysis of the child's performance, and then it progresses with the new insights of chess at each level.

*In sports, especially in chess, one of the hardest things to do is to close out and win a won game! Many sports teams fell apart in the final minutes and many chess players failed to win completely won positions. It requires calm nerves, patience, and objectivity!*

This quotation highlights the significance of absorbing chess rather than surface learning it.

- **The Analysis:**

Once the child has taken some classes; one of the main concerns of parents is that on which level their child is right now. Well, the learning of chess differs from child to child. Some children learn it fast, and some take their time. However, typically it takes about 2-3 months for a child who starts as an absolute beginner to become a decent player.

We categorize our classes into five levels, including Lower Beginner, Upper Beginner, Lower Intermediate, Upper Intermediate, and Advanced, respectively. At Advanced level, a FIDE rated GM will train the children.

## **How the child can learn chess:**

*Apart from logical thinking and planning ahead, children also learn from the feedback they get in playing chess. They can see their own thinking process in action and can start to feel responsible for their own decisions.-Jonathan Levitt, British grandmaster*

Considering chess, a sport, it requires the effort and practice just like every other sport does. When a child registers in our coaching academy, we help them learn in a way they enjoy.

- **ChessKid.com:**

As soon as children enrol in our academy, we provide them with the login details for the ChessKid.com portal. And he/she is added in our club. ChessKid.com is a known and secure portal for children learning chess. It allows children to play puzzles and games with bots or children. Parents can get feedback from the coach and ChessKid.com. The portal also has a long list of lessons that teach chess concepts with humorous cartoons. These lessons lighten up the notions and help the child understand them better. You can use this portal on mobile phones, tablets, or laptops.

However, our coaches recommend that the child should not use the portal for more than an hour per day. The children are encouraged to try 2-3 puzzles and play some games with the bots or their fellows daily to improve their muscle memory for chess.

- **Coaching:**

*Chess is not always about winning. Sometimes, it's simply about learning and so is life.*

Usually, coaching starts with one-on-one classes. The purpose of providing one-on-one sessions is to analyze the confidence level of a child; so, they can express their ideas and choices with ease. Once he/she is comfortable, they learn along with the team to gain better insights into the game. The idea behind learning in groups is that our experience proves that learning of child stands better in the team environment, rather than the alone ones.

- **Tournaments:**

*The only way to get smarter is by playing a smarter opponent-Fundamentals of chess, 1885.*

We hold weekly practice tournaments within the classes, and monthly ones across the student from all classes to uplift the competitive spirit of a child. Winners earn gifts and certificates to increment their motivation. Every child has a choice of participating in these tournaments.

## **Fun facts about chess:**

Let us take a look at some of the fun facts related to the game of chess:

- ❖ ***Before the internet, chess players used to play with each other all over the world by taking turns mailing postcards to their opponents describing the move they had made-ChessKid.com***

Even nowadays, chess requires a lot of patience and focus. But, this amount of passion and determination for chess at that time is commendable. No?

- ❖ ***The oldest recorded chess game in history is from the 900s, between a historian from Baghdad and his student. --TheChessWorld.com***

It highlights the existence of chess as a game since old times in this world.

- ❖ ***The first chessboard with alternating light and dark squares appears in Europe in 1090.***

It is quite early in history. What do you think?

- ❖ ***The second book ever printed in the English language was about chess! --TheChessWorld.com***

That is so cool. By the way, the name of the book was The Game of Chess.

- ❖ ***You know about bullet chess? It is a chess game that is very fast, played in the time of three minutes for both the players on the clock.--ChessKid.com***

How concentration and focus-requiring that could be, can you imagine? But yes, with the practice, all becomes easy.

- ❖ ***In 1985, Eric Knoppert played 500 games of 10-minute chess in 68 hours.--TheChessWorld.com***

That is so amazing. Right?

## **Tournaments – Preparing children for any outcome (victory/loss):**

*Results show that just one year of chess tuition will improve a student's learning abilities, concentration, application, sense of logic, self-discipline, respect, behaviour, and the ability to take responsibility for his/her actions.-Garry Kasparov, World Chess Champion*

Just like every other sport, chess can either result in a victory or a defeat. When it comes to children, it is significant to infuse the concept of coping with losses in their minds. At Saswath Academy, we abide by a simple strategy that can help the child in this scenario. We call this strategy as GBM-Guidance, Behaviour & Motivation.

- **Guidance:**

An essential part of making the child learn to cope with defeat is guidance. We converse with the children and make them understand that loss is a lesson and not a failure that they cannot overcome. And with more lessons; they can learn to be better than they were.

- **Behaviour:**

The responses of people after a child faces defeat in any area of life; holds a significant influence on their growth. We make sure that our behaviour is positive towards them. Our coaches also encourage the parents to let their children know that their love for him/her is more than this when the child is going through such time. We make them understand by our behaviour and teaching methods that this is another lesson in the journey of their life.

- **Motivation:**

We do not let the child play the blame-game. We allow them to take the responsibility of defeat without letting it get over their heads. And it all comes with the motivation to improve the components they lacked before, so that, they can get it done the next time in the best way.