



DEFENDING CHAMPION

The practical part: How to stop losing material

The first task in the practical course is about **how to stop losing material**. If you stop losing material then you will boost your chess performance. The practical part will help you to train this new skill.

In the “Games” folder, you will find 14 instructive games which illustrate the main ideas of the video lesson.

1) Your task is to open the file: “Task - Stop losing material”. Use a real chessboard and re-create the position there. Study each position for 3-5 minutes.

2) Check the solutions: Open the folder: “Answer - Stop losing material” and check the solutions carefully.

Note: If you have problems finding the solutions, then please watch the second video lesson again.

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