



Zoro Chess Academy

Zorochess.com | contact@zorochess.com | +91877 846 2355

Social Media Pages: | https://www.instagram.com/zoro_chess_academy/ | <https://x.com/zorochess> | <https://www.facebook.com/zorochessacademy>

Level 1: Pawn (0–800) – Fundamentals & Habits

Objectives:

- Learn rules, piece movement, and board setup
- Build single-move tactical awareness
- Develop focus, discipline, and posture

Content:

Opening Principles & Openings:

- Control center, develop pieces, castle early
- Avoid unnecessary pawn moves and piece repetition
- Openings: Ruy Lopez (intro), Queen's Pawn Game (intro), Italian Game basics

Middlegame Planning:

- Basic piece coordination, avoid hanging pieces

Tactics & Calculation (Lichess Themes):

- Fork, Pin, Skewer, Hanging Piece, Capture Defender
- Back Rank Mate, Smothered Mate
- Puzzle lengths: 1-move & 2-move short puzzles
- Puzzle sources: Master games, Player games

Essential Checkmates:

- K+Q vs K, K+R vs K, Ladder Mate, Two Bishops Mate

Endgames:

- K+P vs K (opposition & promotion)
- Recognizing stalemate and drawn positions
- Specialized: Rook, Bishop, Pawn basics

Game Experience:

- Play 10 slow (untimed) games/month
- Review 2 games with trainer

ZORO
Chess Academy



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Tournament Guide:

- Introduction to friendly mini-tournaments
- Learn basic rules and turn-taking

Technology:

- Lichess / Chess.com setup
- Solve beginner puzzles matching above themes

Mental & Emotional Training:

- Breathing techniques, mindfulness
- Learning from losses
- Sportsmanship & mindset

Physical Training:

- Posture drills, eye-hand coordination
- Light Zumba/stretching once per week
- GMCKS's Super Brain Yoga

Career Path:

- Focus on learning; no trainer or Arbiter role yet

Learning Outcome:

Your child will confidently command the board — mastering rules, piece coordination, and essential checkmates — while developing focus, discipline, and passion for chess.

References:

Primary:

- *Learning Chess Step 1* (Brunia & van Wijgerden)
- *Chess Fundamentals* (Capablanca)

Secondary:

- *Bobby Fischer Teaches Chess* – basic tactics

Puzzle / Tactical / Annotated Games:

- *1001 Chess Exercises for Beginners* (Masetti & Messa)
- *Chess Tactics for Beginners* (John Bain)