

**P**rogress With Chess is a non profit 501(c3) Ohio corporation, whose primary focus is to enable students to reap the intellectual and social benefits of chess participation. We are Ohio's largest chess teaching organization, administering chess programs in over 50 Northeast Ohio schools and recreation centers. We provide instruction for hundreds of local students, and conduct leagues, tournaments, and summer camps. For further details about all of our activities, please visit our website [www.progresswithchess.org](http://www.progresswithchess.org) or call the Progress with Chess office at (216) 321-7000.

**S**tudies have shown that chess improves critical thinking and decision making skills, resulting in increased proficiency scores, academic performance and self esteem. Chess will provide an enjoyable social outlet that will last a lifetime and foster interaction with people of diverse backgrounds.

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# Progress with Chess



Bishop



Queen



Knight



Pawn



King



Rook

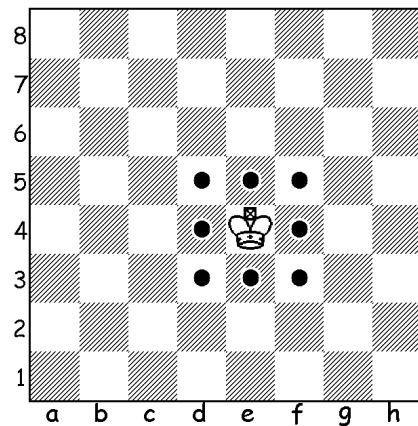
## Progress with Chess Workbook

### Fantastic Foundation

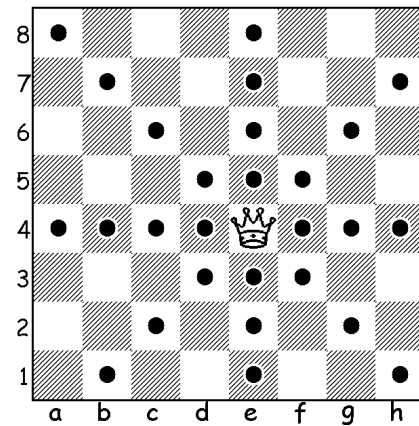
### Level Two

NAME \_\_\_\_\_

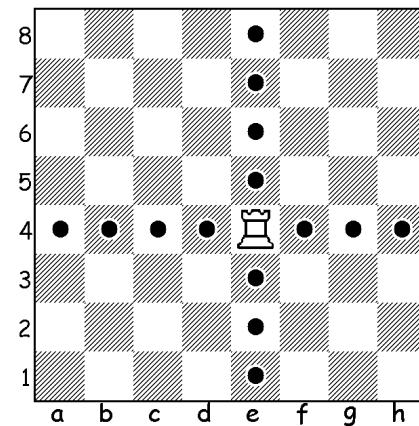
# HOW THE PIECES MOVE



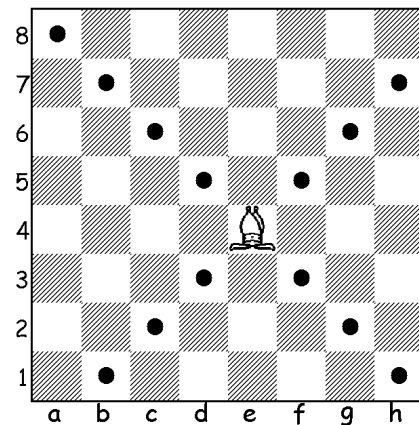
**KING:** This most important piece moves or captures only one space in any direction. Always protect your King!



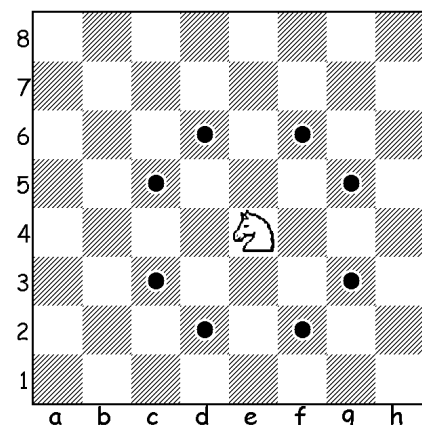
**QUEEN:** This most powerful piece moves or captures as far as she wants in any straight line or diagonal.



**ROOK:** This piece moves or captures as far as he wants in any straight line, up or down. Rooks love to work together!



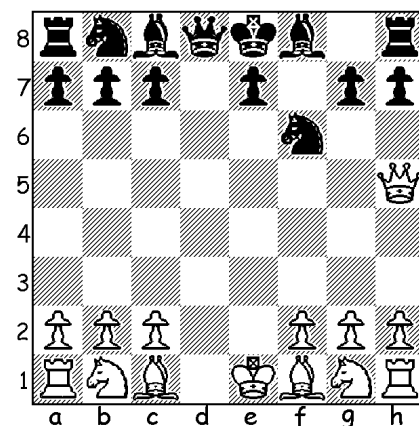
**BISHOP:** This piece moves or captures as far as he wants diagonally. Each bishop can only move on one color!



**KNIGHT:** This is the only piece that can jump over other pieces. He jumps in an L-shape-two squares, then one to the side!

**PAWN:** This piece moves one square forward (or two if it is his first move). Pawns can only capture on square diagonally.

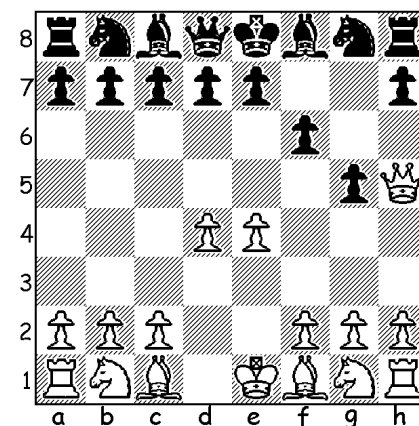
## CHECK & CHECKMATE



The King has 3 options to get out of check:

1. Capture the piece.
2. Block the piece.
3. Move away.

**CHECK:** The king is in check when he is threatened by an opposing piece. The king must get out of check.



**CHECKMATE:** If the King cannot escape check, he is in checkmate and the game is over. You don't capture the King.

Y V J W E I K K Z F K B H A R  
 R K V W H D D Y P O Z C O W J  
 K I N G E L I F E R X K E G E  
 Y N H X V P V A K K G W C H E  
 O C I R S T A L E M A T E K C  
 Q Y A P Z C J T Z I S Q N H O  
 U N F S F F A A G B V I D Q F  
 K U C I T M J R P N G Z P P K  
 D A D S K L N L M H S G L C K  
 Q Y U C U M E B T K C A T T A  
 A D E K M Q E I P V C R W X P  
 F H O Q V O U S J A C U Y U O  
 C O S M L Z Q H N A W F V Q V  
 R L E S N W Y O T S Q N P E O  
 W W Q X G W K P D U N U F E Z

ATTACK  
 CHECK  
 FORK  
 PAWN  
 RANK

BISHOP  
 CHECKMATE  
 KING  
 PIN  
 ROOK

CASTLE  
 FILE  
 KNIGHT  
 QUEEN  
 STALEMATE

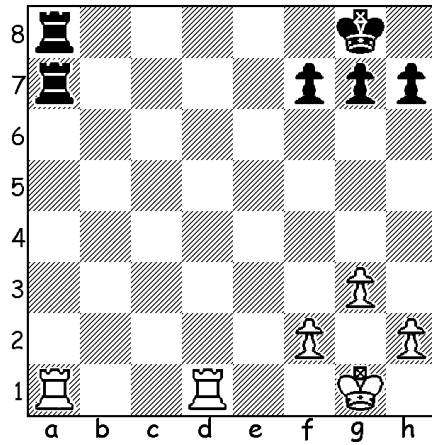
## Good Deals!

## Two for One!

Show the move for black that gains two pieces and only loses one!

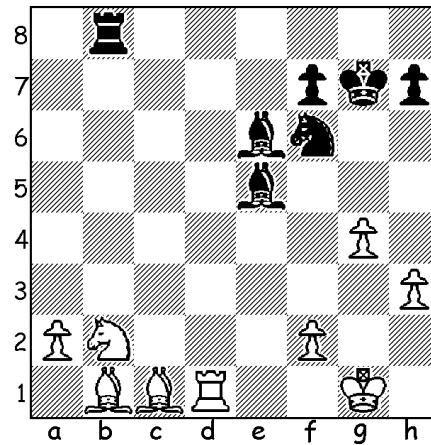
Use chess notation to write your answer in the box.

Good Deals 13



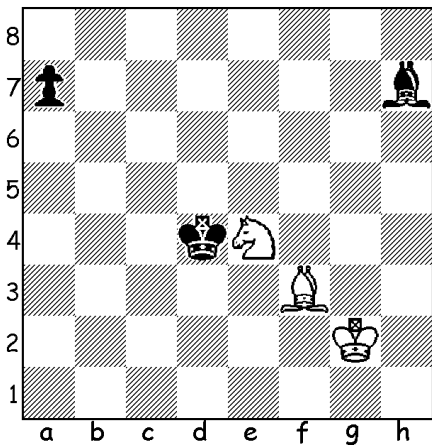
1 \_\_\_\_\_

Good Deals 14



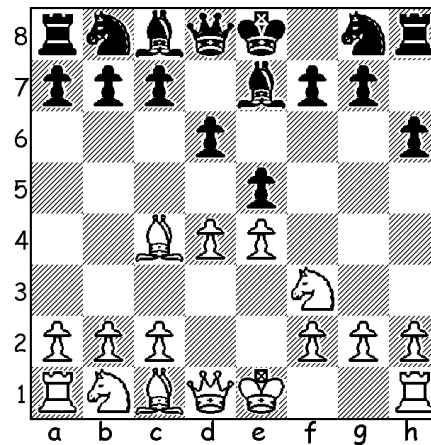
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Good Deals 15



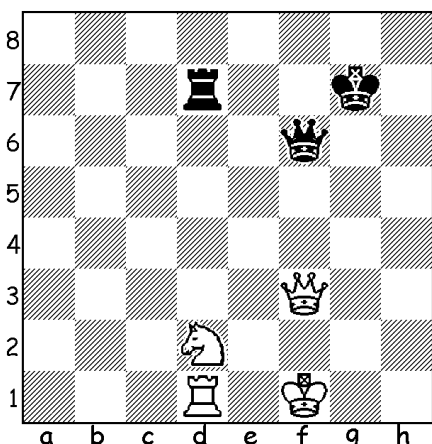
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Good Deals 16



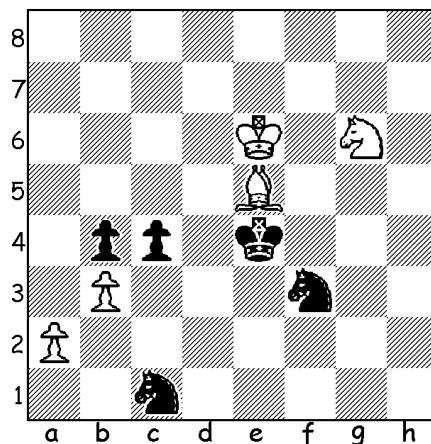
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Good Deals 17



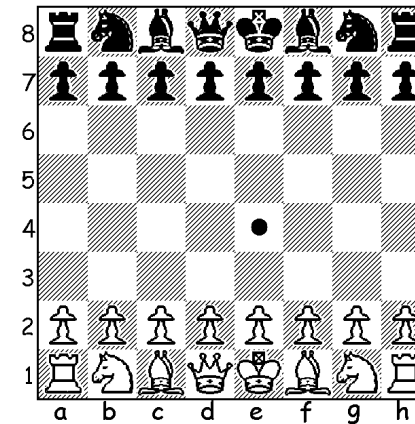
1 \_\_\_\_\_

Good Deals 18



1 \_\_\_\_\_

## ABOUT THE BOARD



### THE CHESSBOARD:

1. The pieces are setup as shown above.
2. The bottom right square must be white.
3. The Queens start on their own color.
4. White always moves first.
5. Up/Down columns are called "files"
6. Side/Side rows are called "ranks"
7. Ranks and files are numbered, and each square used coordinates (square shown above is called "e4")

### PAWN PROMOTION

When a pawn reaches the other side of the board it can be traded in for another piece. Here are the rules:

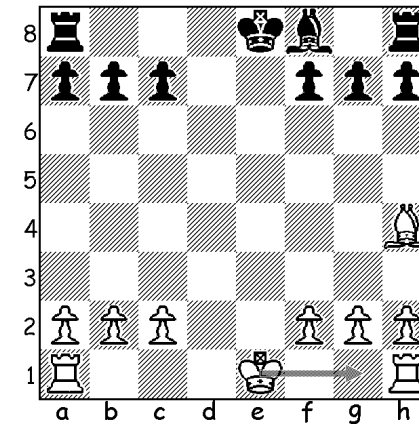
1. Pawn may be traded for any other piece, but it cannot be a King, and cannot stay a pawn.
2. It does not have to be exchanged for a captured piece (example-you could have 2 Queens on the board!).
3. The new piece must wait until the next turn to move.

### PIECE VALUES

Each chess piece has a relative value-this helps you know whether to trade or not.

	= GAME
King	
	= 9
Queen	
	= 5
Rook	
	= 3
Bishop	
	= 3
Knight	
	= 1
Pawn	

## CASTLING



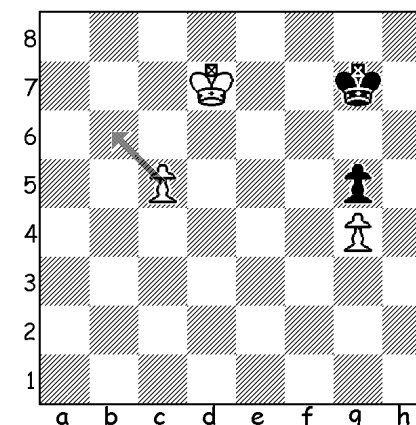
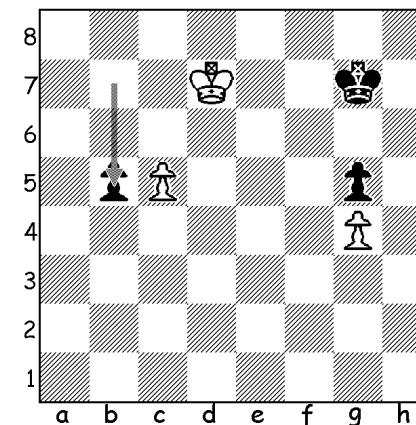
### CASTLING:

Castling gets the King to safety and the Rook into the game—all in one move!

In the diagrams above, White can castle, and Black can't.

1. The King moves over 2 spaces, and the Rook comes to the other side
2. There cannot be any pieces between the King and Rook.
3. It must be both the King's and Rook's first move.
4. You cannot castle when in check, through check, or into check.

## EN PASSANT

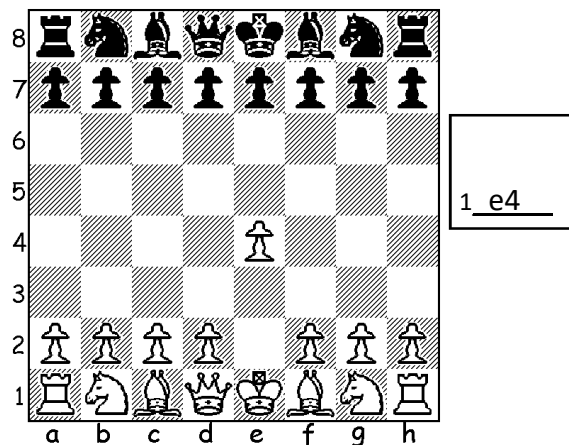


### EN PASSANT:

1. A pawn moves out two squares on its first move.
2. If it lands next to an opposing pawn, that opposing pawn can capture the first pawn. (White on the 5th rank, Black on the 4th)
3. The opposing pawn can only use en passant on its very next turn.
4. The opposing pawn captures the first pawn as if the first had only moved one space.

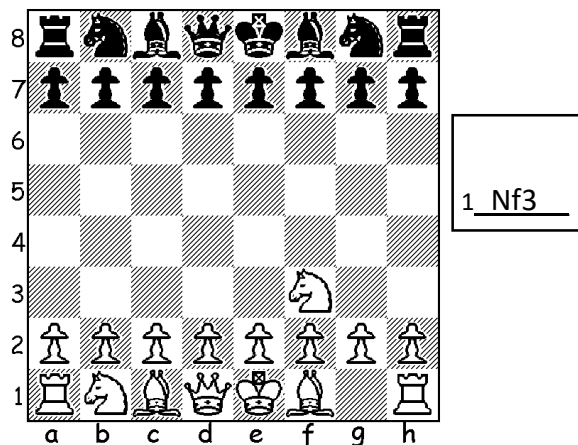
## GOOD STRATEGIES

- Control the center
- Protect your King
- Use all your pieces



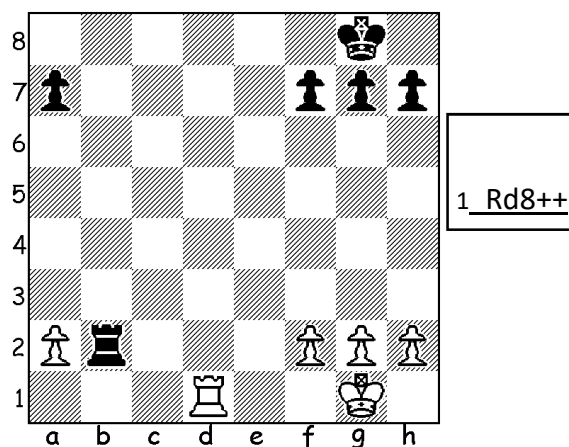
1\_e4

How we write white's first move.



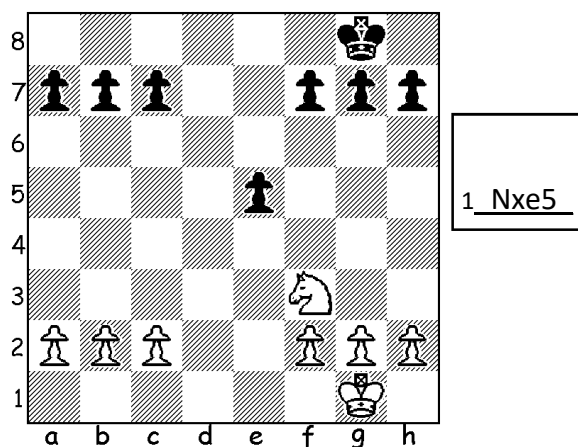
1\_Nf3

How we write white's first move.



1\_Rd8++

Make white's best move



1\_Nxe5

Make white's best move

## Symbols for Writing Chess Notation

**K**=King **Q**=Queen **R**=Rook **B**=Bishop **N**=Knight

When moving a pawn no letter is needed which indicates a pawn move.

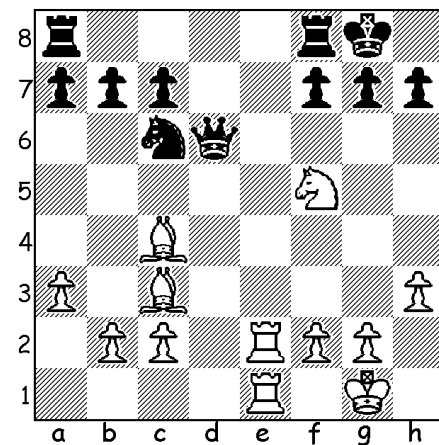
Other symbols to use are **0-0**=Kingside Castle **0-0-0**=Queenside Castle  
**+**=Check **++**=Checkmate and **=** means pawn promotion followed by the letter of the piece promoted.

## Good Deals! Take a more valuable piece!

Show the move that allows white to capture a more valuable by giving up a piece of lesser value.

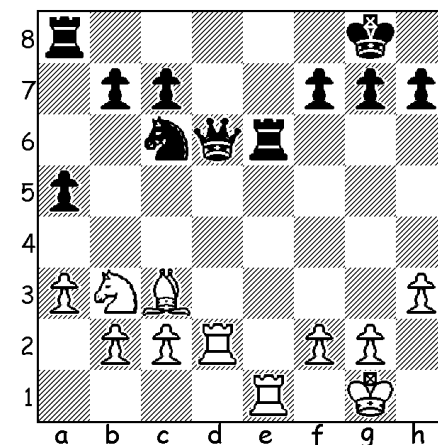
Use chess notation to write your answer in the box.

Good Deals 7



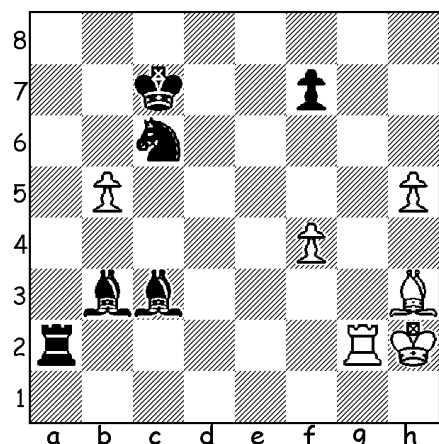
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Good Deals 8



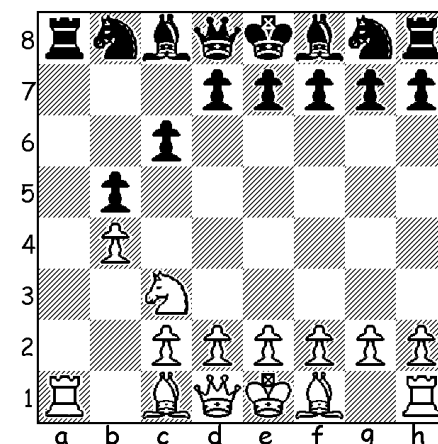
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Good Deals 9



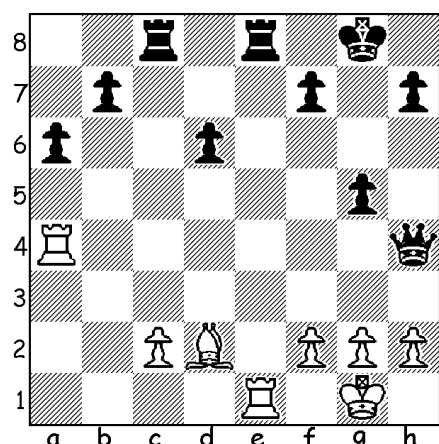
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Good Deals 10



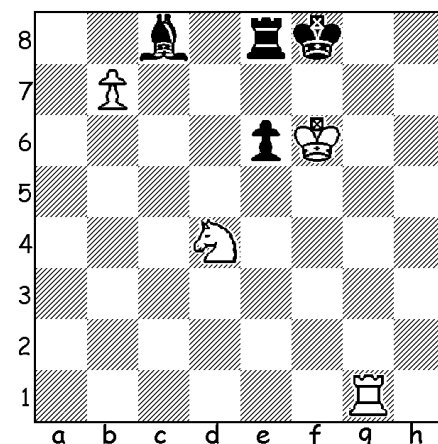
1\_\_\_\_\_

Good Deals 11



1\_\_\_\_\_

Good Deals 12



1\_\_\_\_\_

## Good Deals! Take a more valuable piece!

Show the move that allows white to capture a more valuable by giving up a piece of lesser value.

Use chess notation to write your answer in the box.

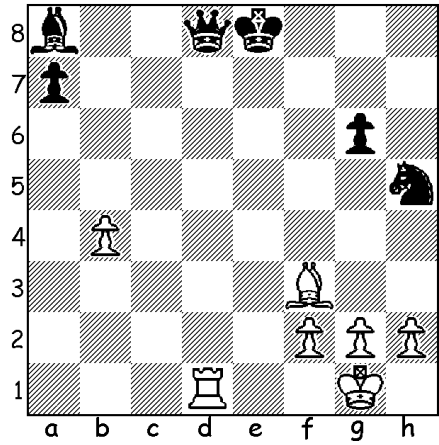
## A fresh look at stalemate!

## Is black in stalemate?

Circle the correct answer.

Stalemate occurs when the player moving is not in check and has no legal moves.

Good Deals 1

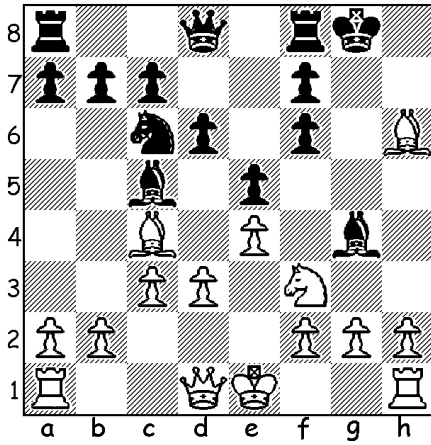


1 \_\_\_\_\_

Piece Values



Good Deals 2

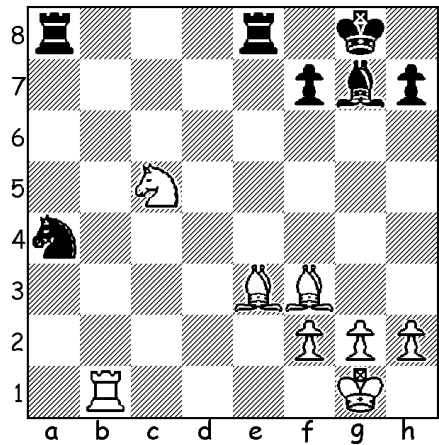


1 \_\_\_\_\_

Piece Values

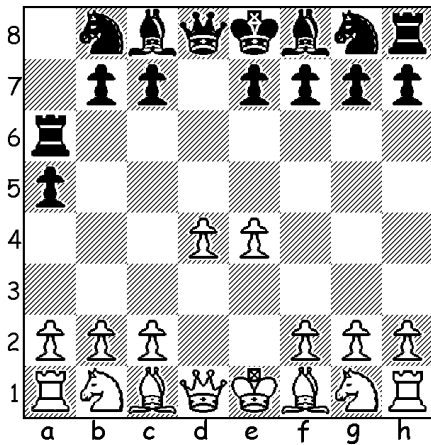


Good Deals 3



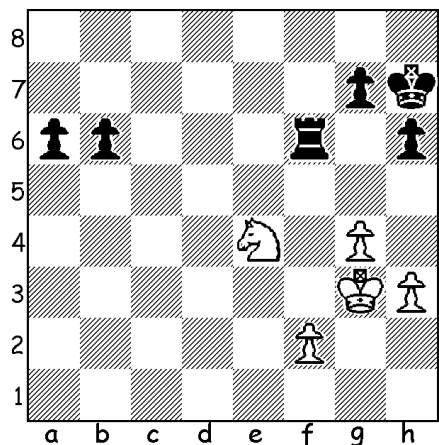
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Good Deals 4



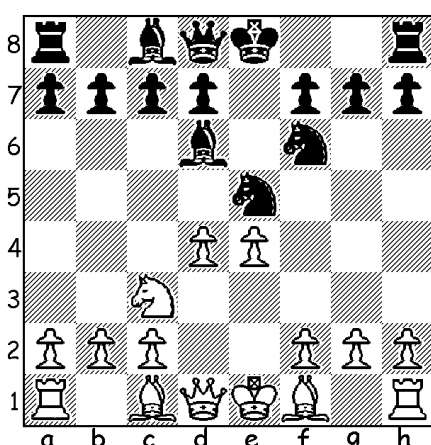
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Good Deals 5



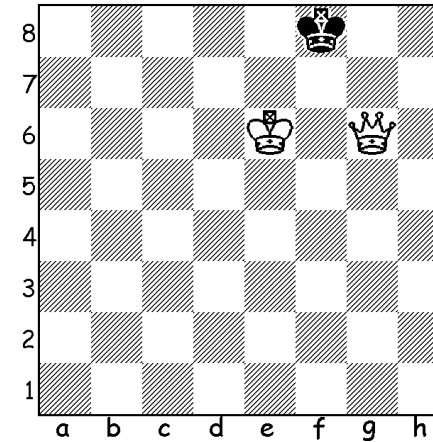
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Good Deals 6



1 \_\_\_\_\_

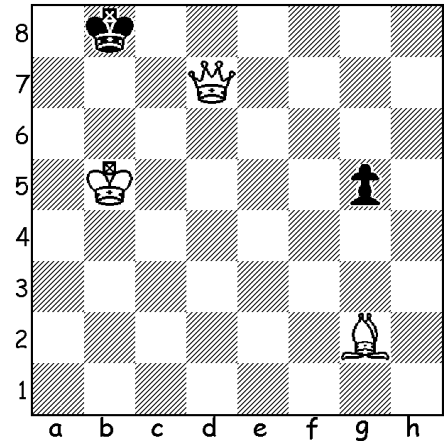
Stalemate 1



Yes

No

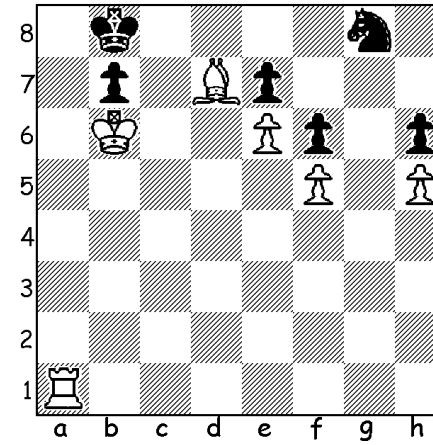
Stalemate 2



Yes

No

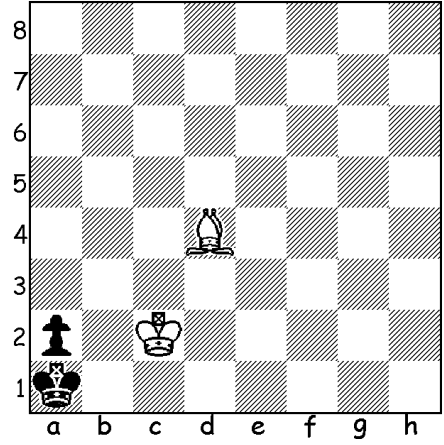
Stalemate 3



Yes

No

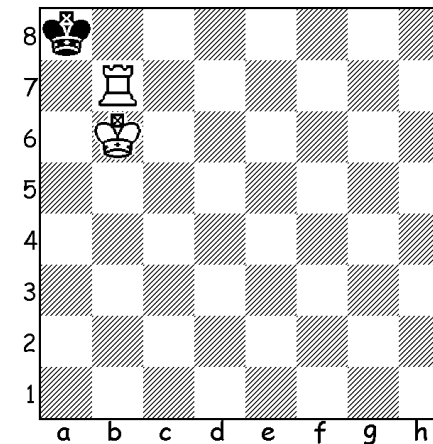
Stalemate 4



Yes

No

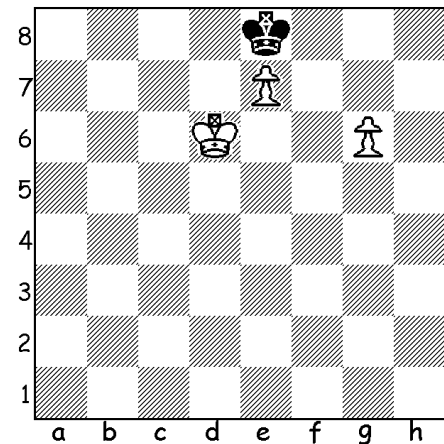
Stalemate 5



Yes

No

Stalemate 6



Yes

No

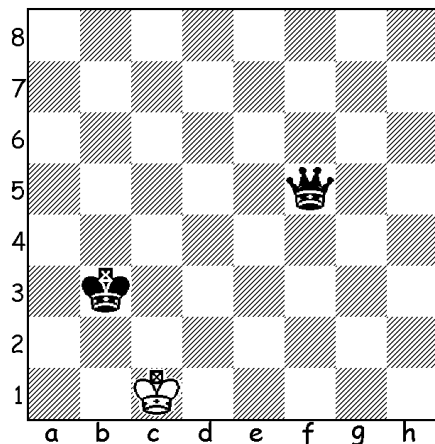
## A fresh look at stalemate!

## Create the stalemate!

Show the move for **black** that creates a stalemate.

Use chess notation to write your answer in the box.

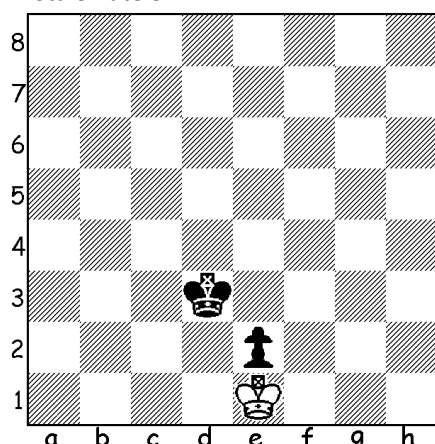
Stalemate 7



1 \_\_\_\_\_

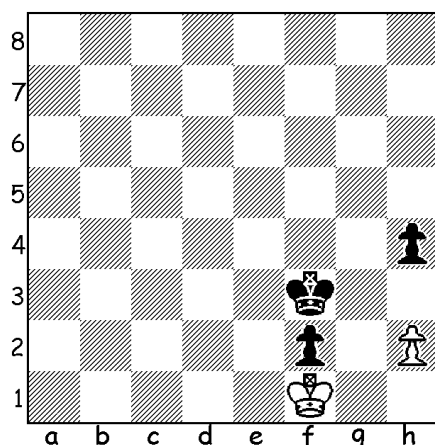
Remember, if you are winning make sure to avoid stalemate. If you are losing look for ways to make stalemate happen!

Stalemate 8



1 \_\_\_\_\_

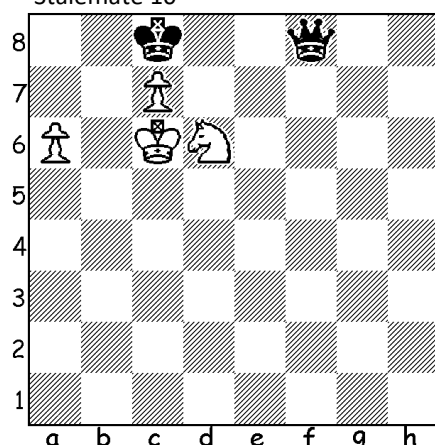
Stalemate 9



1 \_\_\_\_\_

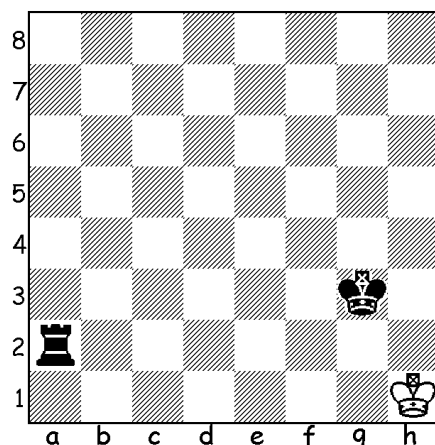
Stalemate is counted as a draw or tie-game in tournament play.

Stalemate 10



1 \_\_\_\_\_

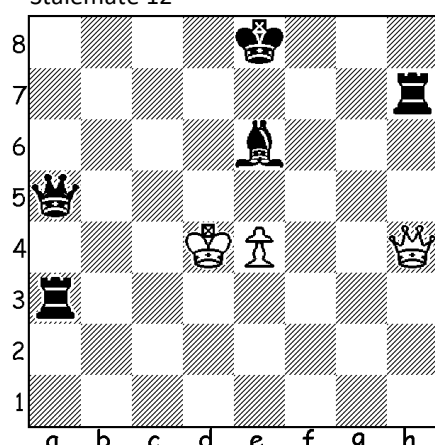
Stalemate 11



1 \_\_\_\_\_

If your opponent only has a king, make sure it is in check or has a legal move!

Stalemate 12



1 \_\_\_\_\_

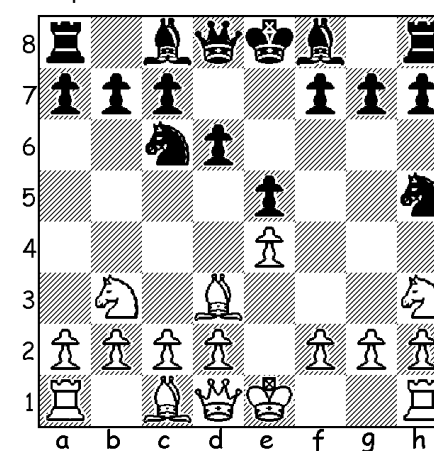
## Capturing Pieces!

En Prise - Take it for free!

Show the move for white that captures the black piece.

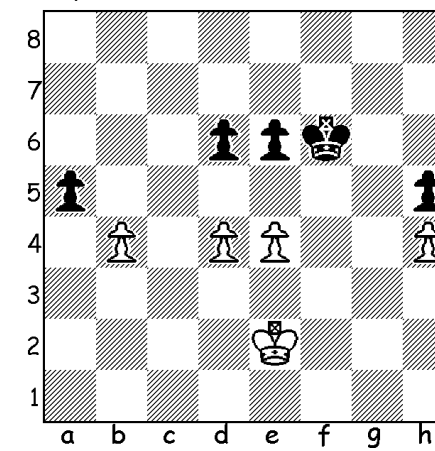
Use chess notation to write your answer in the box.

Capture 7



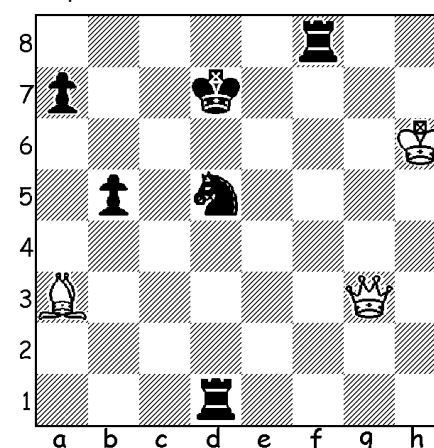
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Capture 8



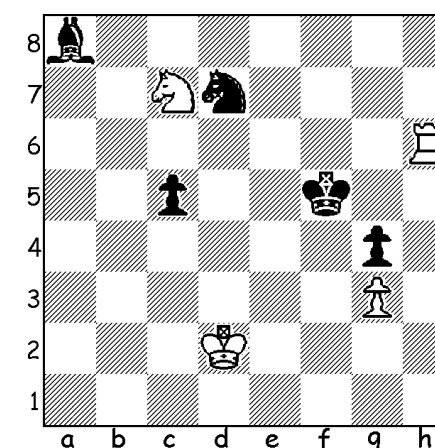
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Capture 9



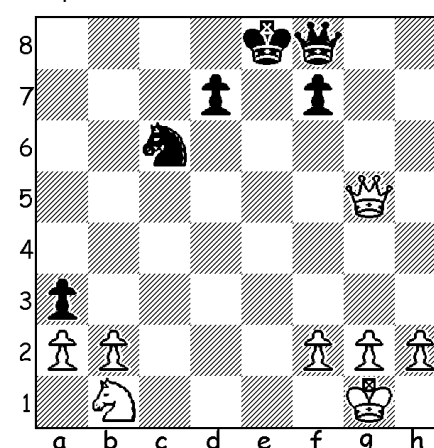
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Capture 10



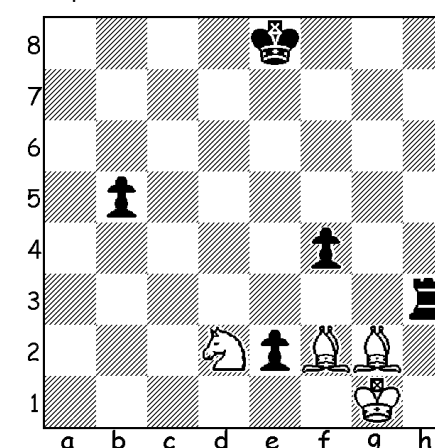
1 \_\_\_\_\_

Capture 11



1 \_\_\_\_\_

Capture 12



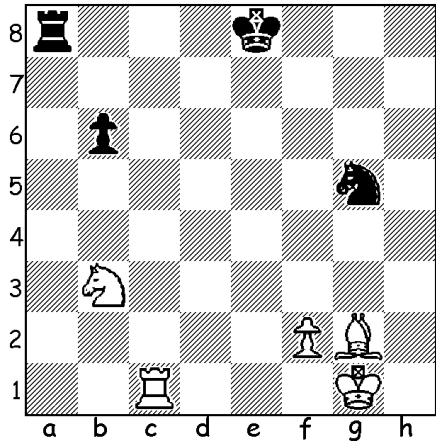
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# Capturing Pieces!

En Prise - Take it for free!

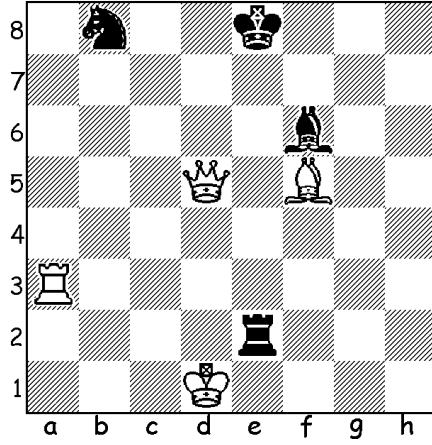
Show the move for white that captures the black piece.  
Use chess notation to write your answer in the box.

Capture 1



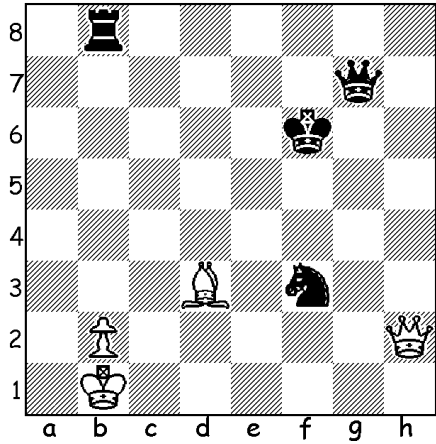
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Capture 2



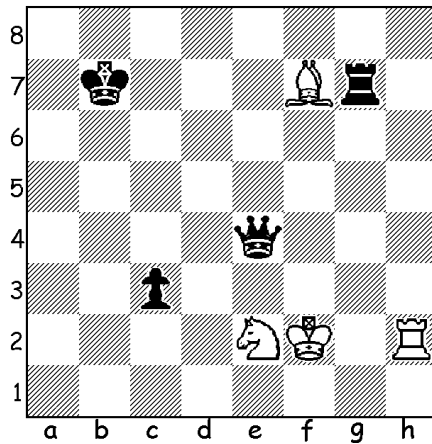
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Capture 3



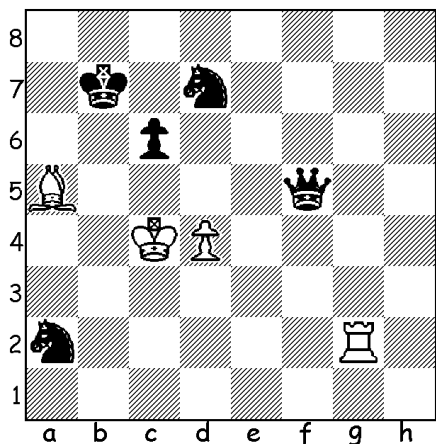
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Capture 4



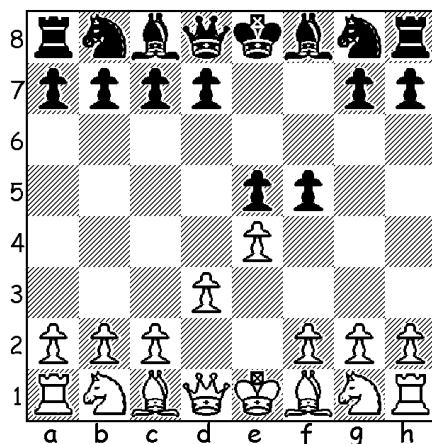
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Capture 5



1 \_\_\_\_\_

Capture 6

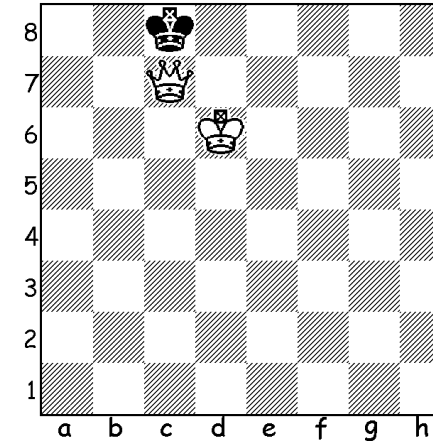


1 \_\_\_\_\_

# King Status

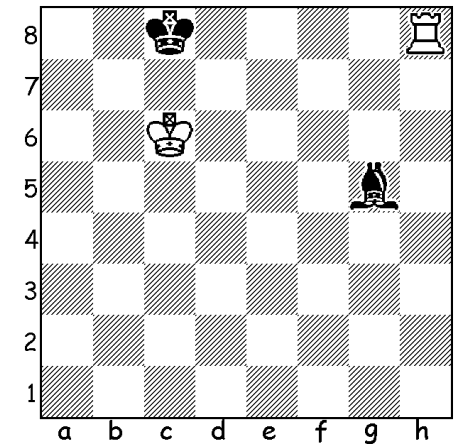
Circle the correct answer for each problem

King Status 1



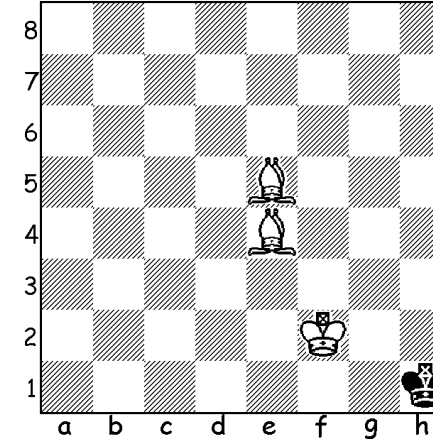
- Check
- Checkmate
- Stalemate
- None

King Status 2



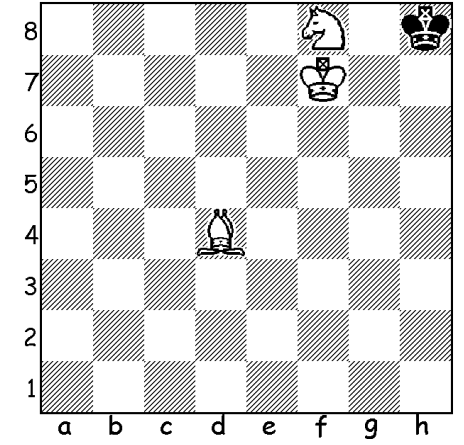
- Check
- Checkmate
- Stalemate
- None

King Status 3



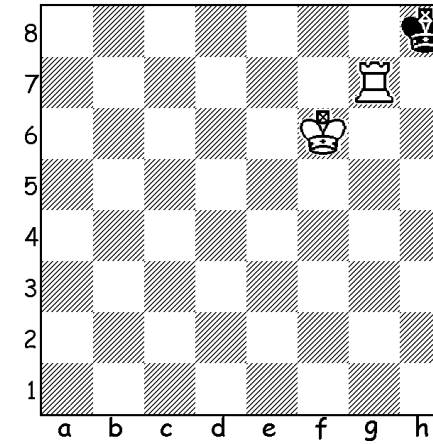
- Check
- Checkmate
- Stalemate
- None

King Status 4



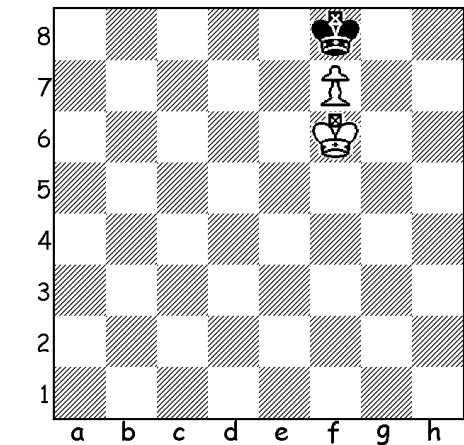
- Check
- Checkmate
- Stalemate
- None

King Status 5



- Check
- Checkmate
- Stalemate
- None

King Status 6

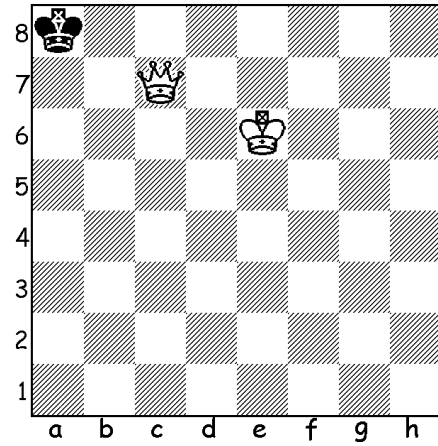


- Check
- Checkmate
- Stalemate
- None

## King Status

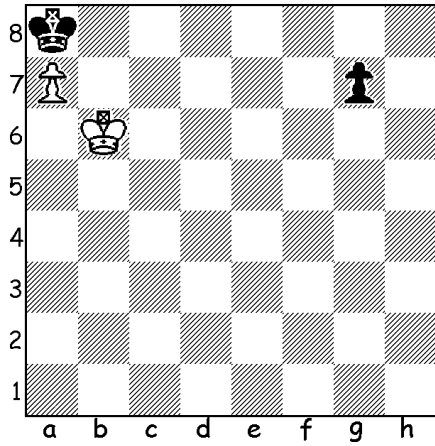
Circle the correct answer for each problem

King Status 7



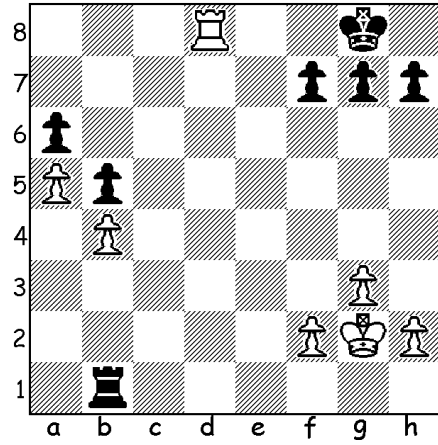
- Check
- Checkmate
- Stalemate
- None

King Status 8



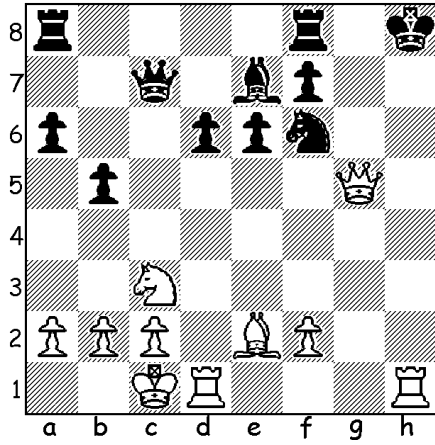
- Check
- Checkmate
- Stalemate
- None

King Status 9



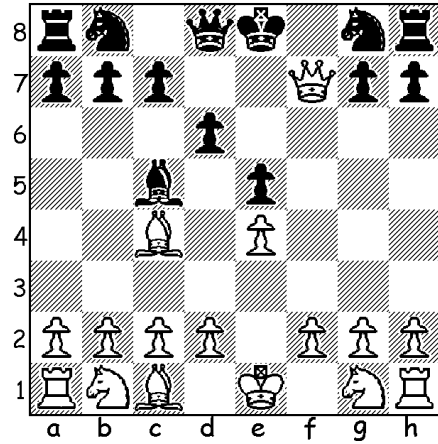
- Check
- Checkmate
- Stalemate
- None

King Status 10



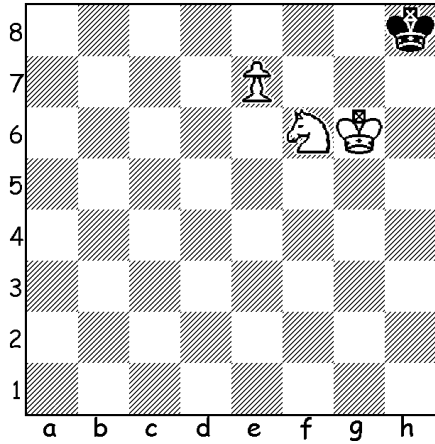
- Check
- Checkmate
- Stalemate
- None

King Status 11



- Check
- Checkmate
- Stalemate
- None

King Status 12

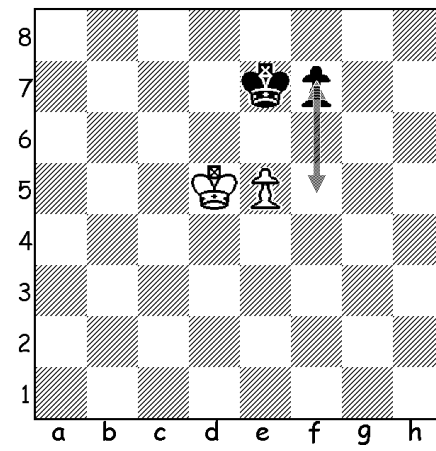


- Check
- Checkmate
- Stalemate
- None

## En Passant!

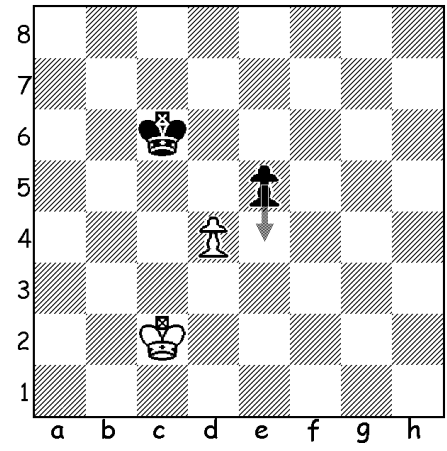
The arrow indicates black's last move. It is now white's turn to move.  
Is white allowed to capture en passant?

En Passant 1



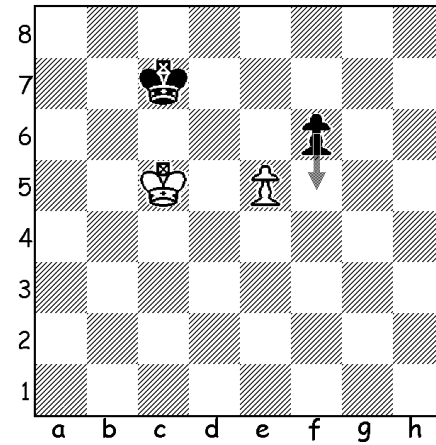
- Yes
- No

En Passant 2



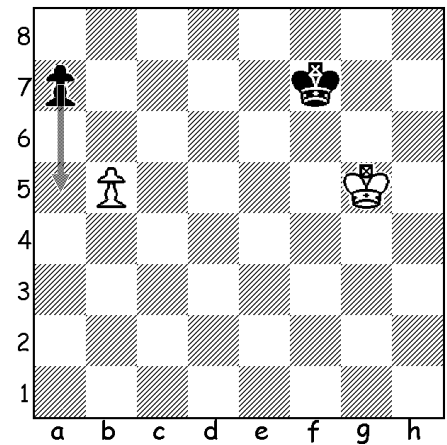
- Yes
- No

En Passant 3



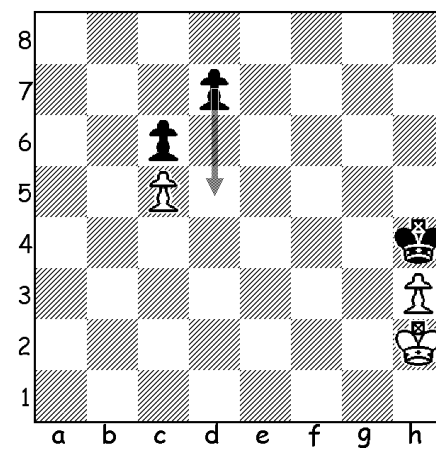
- Yes
- No

En Passant 4



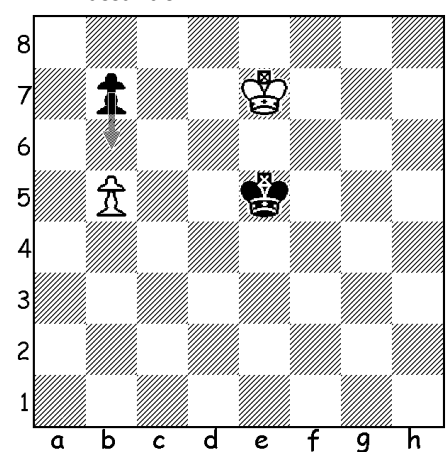
- Yes
- No

En Passant 5



- Yes
- No

En Passant 6



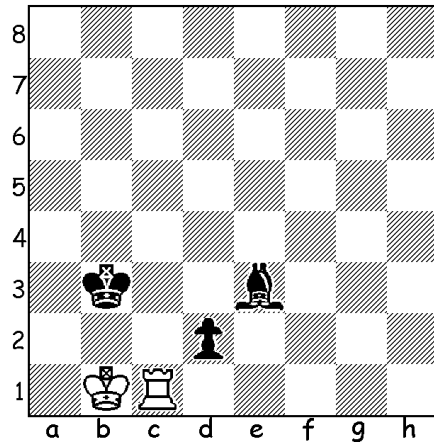
- Yes
- No



## Pawn Promotion!

Indicate the move for black that promotes a pawn in the best way.  
Use chess notation to write your answer in the box.

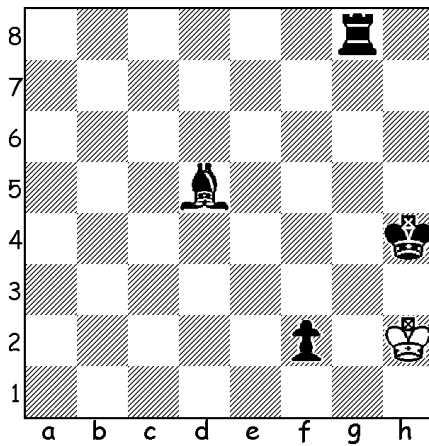
Promotion 1



1 \_\_\_\_\_

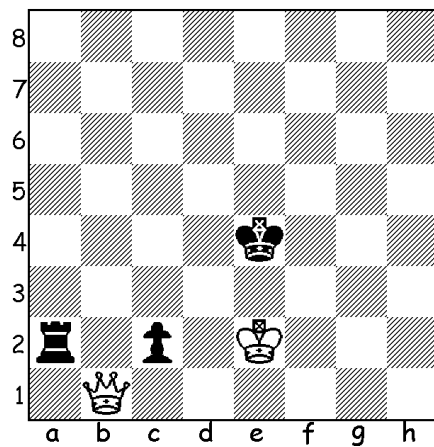
Remember ....  
A pawn that reaches the last row can become any piece except a king.

Promotion 2



1 \_\_\_\_\_

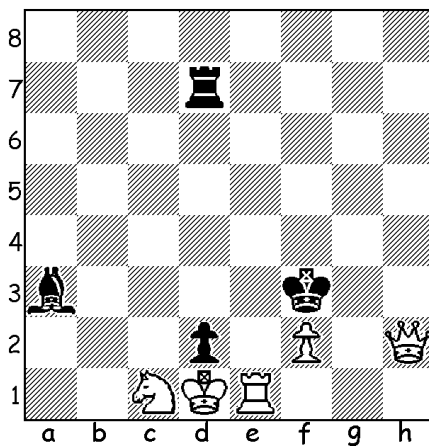
Promotion 3



1 \_\_\_\_\_

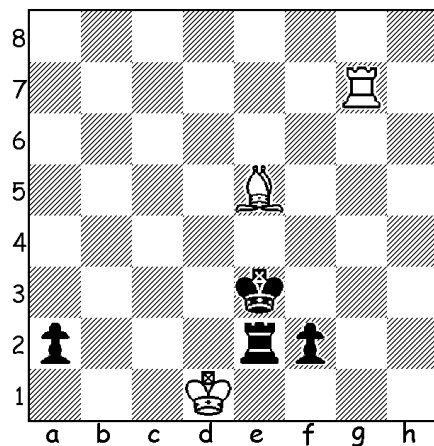
Did you know...?  
It is possible to have 9 queens!

Promotion 4



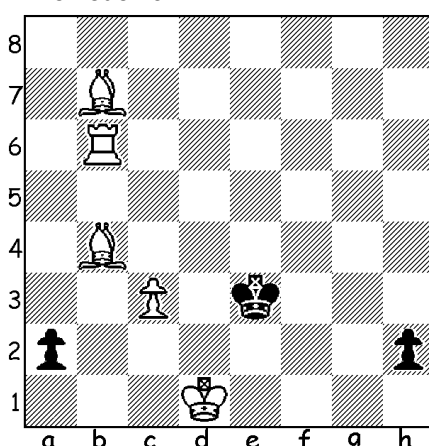
1 \_\_\_\_\_

Promotion 5



1 \_\_\_\_\_

Promotion 6



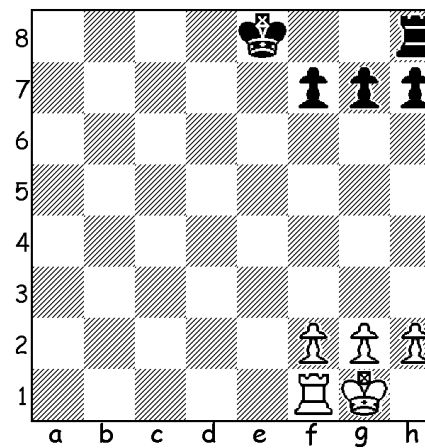
1 \_\_\_\_\_

## Castling Rules

White castled on his last move. Are the king and rook on the correct squares?

Circle the correct answer for each problem

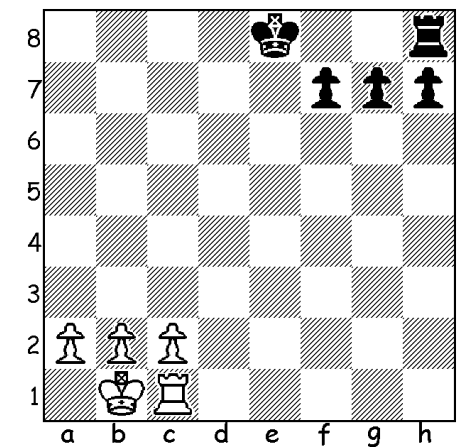
Castling Rules 1



Yes

No

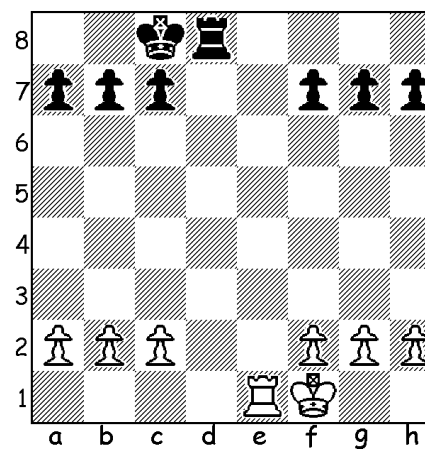
Castling Rules 2



Yes

No

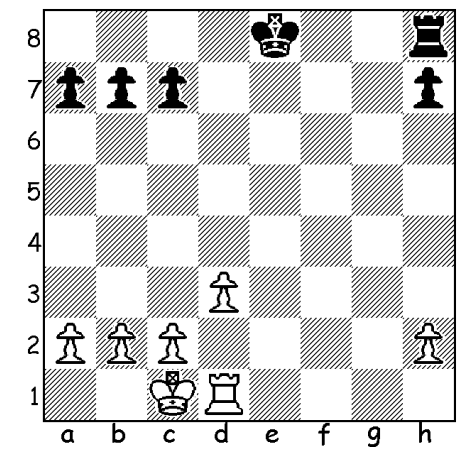
Castling Rules 3



Yes

No

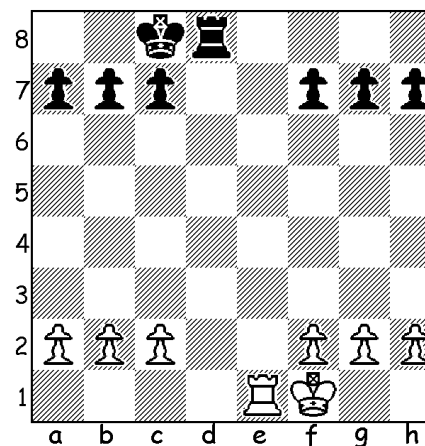
Castling Rules 4



Yes

No

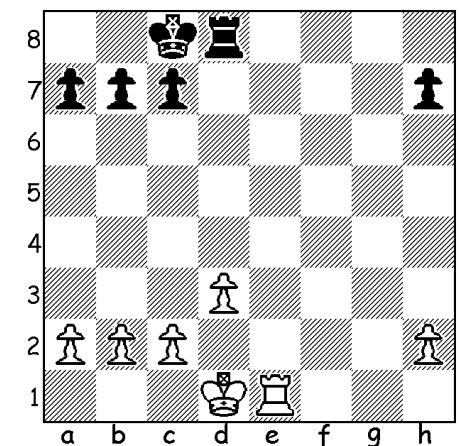
Castling Rules 5



Yes

No

Castling Rules 6



Yes

No

## Castling Rules

White's turn to move. Is it legal for white to castle?

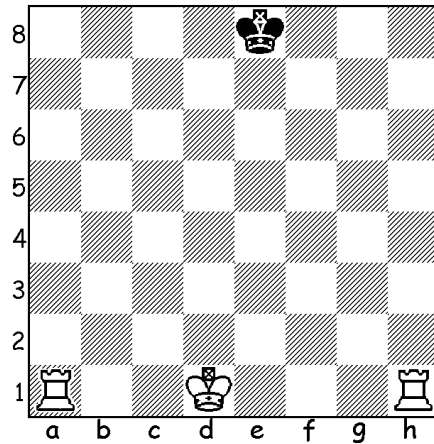
Circle the correct answer.

## Castling Rules

White's turn to move. Is it legal for white to castle?

Circle the correct answer.

Castling Rules 7

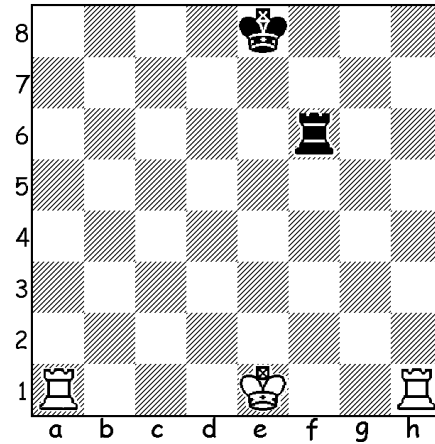


Yes

No

Remember, you are only allowed to castle if it is the first move for both the king and the rook.

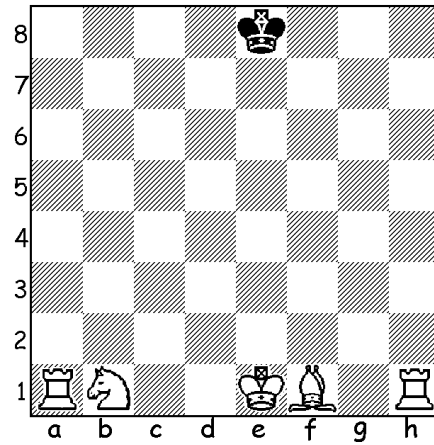
Castling Rules 8



Yes

No

Castling Rules 9

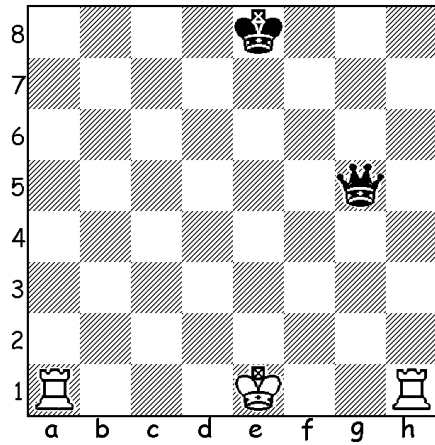


Yes

No

Did you know....? You cannot castle when you are in check, through check or into check!

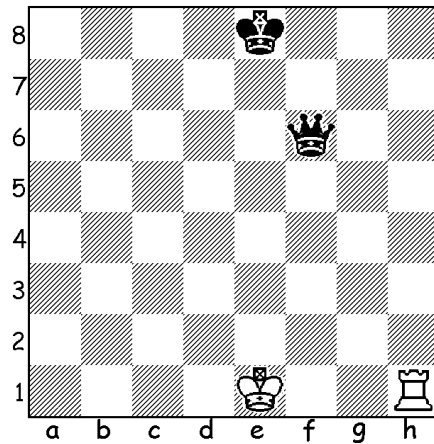
Castling Rules 10



Yes

No

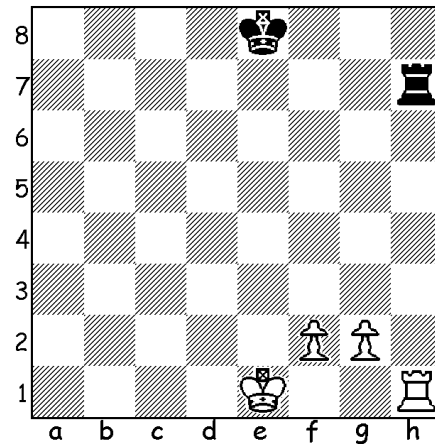
Castling Rules 11



Yes

No

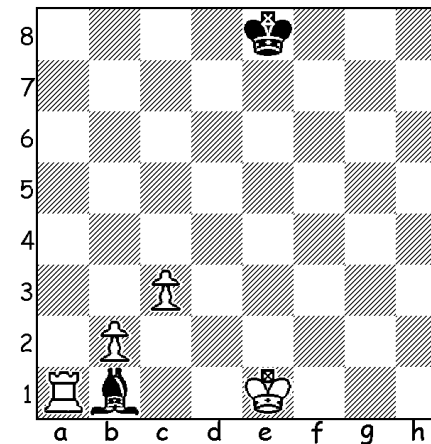
Castling Rules 12



Yes

No

Castling Rules 13

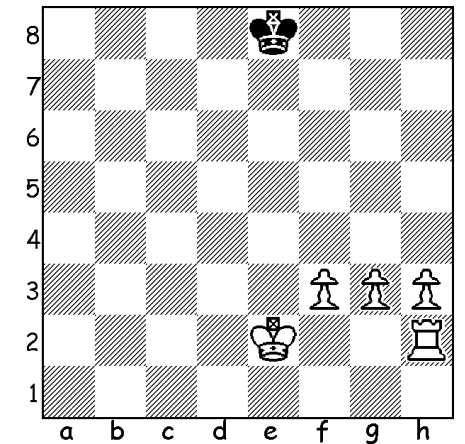


Yes

No

Did you know ...? The king and the rook both move two squares when you castle on either side.

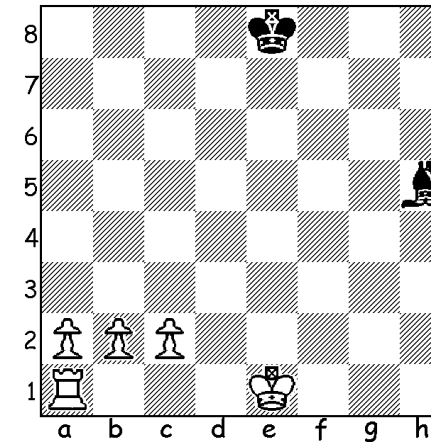
Castling Rules 14



Yes

No

Castling Rules 15

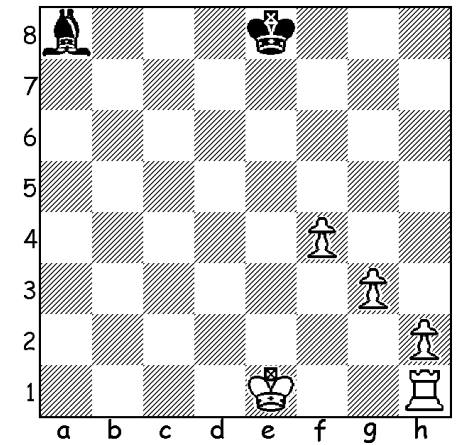


Yes

No

Castling can help to safeguard the king and make the rooks more active all in one move!

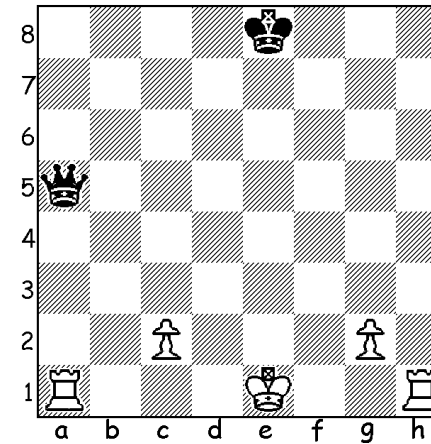
Castling Rules 16



Yes

No

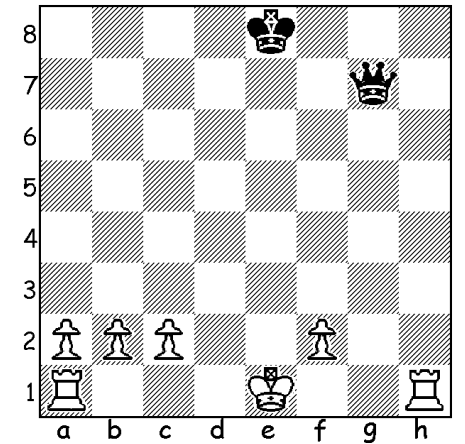
Castling Rules 17



Yes

No

Castling Rules 18



Yes

No