

The Chess Column

Physical Conditioning Is Part Of Winner's Strategy

By R. E. Fauber with Frank J. Garosi
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Summer is the time par excellence for tournament chess. It is vacation time, and sensitive persons who do not want to pollute nature by visiting it, go to chess events.

This summer offers an unusually large number of tournaments with generous over-all and class prizes. There is the US Open at the La Salle Hotel in Chicago Aug. 12-24; the Days of '47 Open at the Hotel Utah in Salt Lake City from July 19-22; the National Chess Congress at the Pioneer Inn in Reno from July 23-26 and the California Chess Classic from July 27-29 at the International Hotel in Los Angeles.

Anyone can enter these tournaments simply by showing up the morning of the tourney and paying his entry fee. Smokers should be advised that the last two mentioned tournaments prohibit smoking in the tournament room.

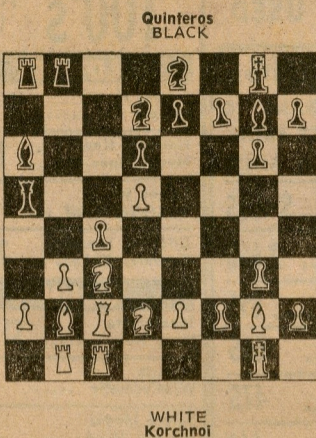
Many readers have inquired about the most efficient ways to manage yourself physically during a tournament. The aim is to allow the body to achieve a state of sustained, high-powered concentration and intellectual activity, and the three basic constituents are exercise, diet and sleep.

Physical conditioning through regular exercise is important for teen-age players. In their early years, people lack the stamina to go through five to eight rounds in two or three days unless they consistently drive their bodies. For older players, however, exercise will do no good unless it is already part of their lives' routine. We, ourselves, have tried exercise but find it only makes us tired. Possibly the best sport for chess players is table tennis, which promotes concentration while tuning the body.

We see no need for special nutrition in your chess playing diet, but it is important to pace your eating between rounds. Try to eat two hours before any time you are scheduled to play. Digestion in its early phases distracts the blood flow from the brain and so robs your cortex of nourishment. The two-hour lag also insures that the nourishment you take will start to be available for consumption when you face your most challenging chess problems.

If you play two rounds a day, eat bland, "cardboard" food between rounds.

The mind-bending drugs should be avoided. Wheth-



er uppers or downers, they seem to have the same effect on thought. Analysis of a single line gets pushed deeper, but in most situations what the mind should be doing is efficiently exploring a wide variety of opportunities.

An important item in the arsenal of a tournament player is his nerves. These little sensors have to be tautly tuned so the player will think many times faster than he habitually thinks; at the same time they cannot be so taut that they produce nothing but a high-pitched quiver.

It is very important to cultivate a controlled degree of nervous tension which promotes alertness and aggression. The nerves should be a little raspy but not so sensitive that you give way to panic or impatience.

Sleep is vital to nerve conditioning. For two days before a tournament try to get 12 good hours of sleep a night. During the tourney try to sleep an hour or two less than usual every night. Lack of sleep, taken in moderation, heightens the will to win; but be aware of the fine line between mild fatigue and creeping exhaustion.

All these suggestions aim to allow you to drive your body at its maximum pace. That may seem silly for a weekend of fun, but the result is that you will be able to feel that you have performed to your fullest, and you will return home at ease in mind and body in a way that fishing and sailing cannot match.

For those who fear the Benko Gambit the Interzon-

al in Leningrad has provided an instructive new recipe.

V. Korchnoi vs. A. Quinteros

1. P-Q4, N-KB3; 2. P-QB4, P-B4; 3. P-Q5, P-Q3; 4. P-KN3, P-KN3; 5. B-N2, B-N2; 6. N-KB3, P-QN4; 7. PXP, P-QR3; 8. PXP,0-0; 9. N-B3, BXP; 10. 0-0, QN-Q2; 11. Q-B2, Q-N3; 12. R-N1, KR-N1; 13. P-N3, N-K1; 14. N-Q2, Q-R4; 15. B-N2, P-B5.

See diagram.

(A dangerous looking thrust since 16. PXP, RXB gives Black the better of it)

16. KR-B1, N-K4; 17. B-QR1, R-N5, 18. PXP, NXP; 19. RXR, QXR; 20. NXN, BXN; 21. B-R3.

(The KB is going to get active and that changes the whole complexion of the game. Deployed in front of the P's this B vitiates Black's pressure and emphasizes White's material advantage.)

21. N-B2; 22. P-K4, B-Q5; 23. B-Q7, N-R3; 24. B-B6, R-R2; 25. R-N1, Q-R4; 26. N-N5, BXB; 27. QXB, Resigns.