



SUNRISE
chess & games

CHESS

GUIDE FOR BEGINNERS





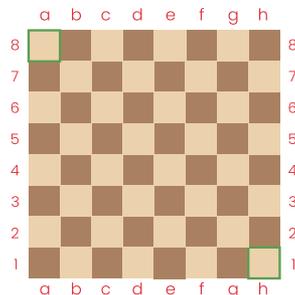
TABLE OF CONTENTS

01. Setting up the board.....	01
02. How the pieces move.....	02
03. Playing the game.....	03
04. Ending the game.....	04
05. Unique pawn moves.....	05
06. Castling.....	06
07. Basic chess concepts.....	07
08. Win with tactics.....	08
09. How to write down chess moves – a simple guide.....	09
10. Chess clock.....	12
11. A chess clock – why is it worth having and how to use it?.....	14
12. Chess puzzles.....	16

01 Setting Up the Board

BOARD ORIENTATION

Before placing the pieces, it's important to start with the proper orientation of the board. No matter which side of the board you're on, the bottom right square should be white.



PLACING THE PIECES



1. Pawns should fill the second ranks (rows) of each side of your board.



2. Rooks are placed in the corners, just like towers on a real castle.



3. Moving one file (column) inward, **knights** (the horses) go next to the rooks.



4. Bishops go between the knights and your royalty, the king and queen.

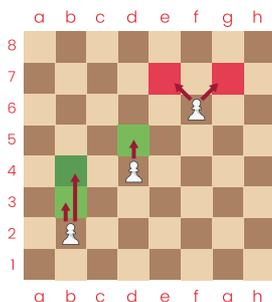


5. The queen goes on her own colored square.



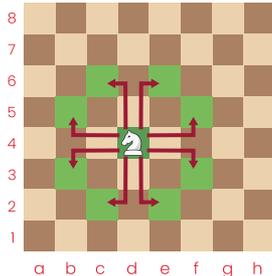
6. The king goes on the last available square.

02 How the Pieces Move



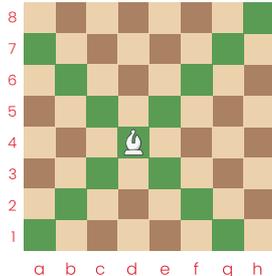
THE PAWN

- If it is a pawn's first move, it can move forward one or two squares.
- After the first move, it can move forward just one square at a time.
- It attacks (or captures) each square diagonally to the left or right.



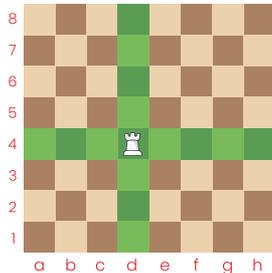
THE KNIGHT

The knight is the only piece in chess that can jump over another piece! It moves in an "L-shape."



THE BISHOP

The bishop can move diagonally as many squares as it likes. Therefore, each bishop only moves on squares of the same color as the one it starts on.

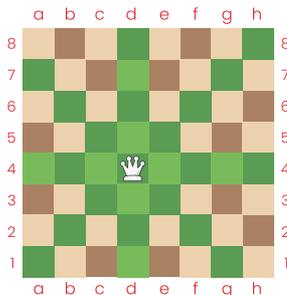


THE ROOK

The rook can move as many squares as it likes horizontally or vertically as long as it is not blocked by an occupied square.

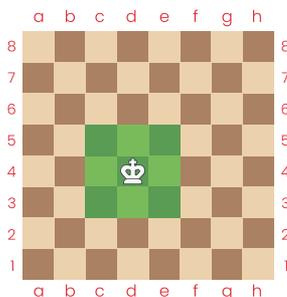
THE QUEEN

The queen is the most powerful piece. The queen can move like a rook or like a bishop.



THE KING

The king is the most important piece. However, it can only move one square at a time, in any direction it wants.



03 Playing the Game

TIME CONTROLS

Before you begin to play, it is important to decide how much time each player receives to play the entire game and if any time will be added to the clock after each move (increment). If a player runs out of time before making their move, they automatically lose the game.



MAKING MOVES

The player with the white pieces always makes the first move. After that, the players take turns making moves until the game ends. You may move your pieces to any square that is either unoccupied or occupied by an opponent's piece. When you move to an occupied square you capture that opposing piece and remove it from the board.

CHECK

When a king is attacked, it is called check. Check is like saying, "Watch out! The king is attacked!" Since a king can never be captured, the term "check" is used when a king is threatened. **If a player is in check, they must get out of check!**



THERE ARE 3 WAYS TO GET OUT OF CHECK:



1. Move the king out of check.



2. Block the check with another piece.



3. Capture the piece putting the king in check.

04 Ending the Game

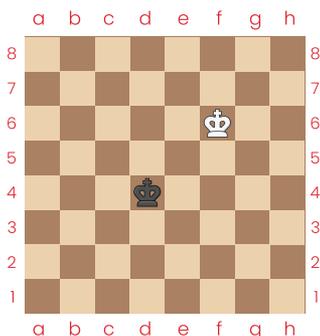
There are 3 common ways to win a game of chess.

- 1. Checkmate.** Your opponent's king has nowhere to run.
- 2. Resignation.** Your opponent gives up.
- 3. Flagging.** Your opponent runs out of time.

There are several ways for the game to end in a draw:



Stalemate



Insufficient Material

Every chess game ends in one of three results: a win for White, a win for Black, or a draw.

CHECKMATE

Checkmating your opponent is the most crucial goal in chess.

A checkmate occurs when a king is placed in check and has no legal moves to escape. When a checkmate happens, the game ends immediately, and the player who delivered the checkmate wins.



DRAW BY AGREEMENT

Both players agree to end the game in a draw.

STALEMATE

When the player who has to move has no legal moves available, the game ends immediately in a tie by stalemate.

THREEFOLD REPETITION

If the same exact position is repeated three times (though not necessarily three times in a row) the game is drawn. A position is repeated if all pieces of the same kind and color are on identical squares, and all possible moves are the same.

INSUFFICIENT MATERIAL

If there are not enough pieces on the board to force a checkmate, i.e. only two kings left, or if one player runs out of time but the other does not have the pieces left to produce a checkmate, the game is drawn.

FIFTY MOVE RULE

If fifty consecutive moves (one move being when both players have taken a turn) have been played where neither player has moved a pawn or captured a piece, the game ends in a draw.

05 Unique Pawn Moves

EN PASSANT

The en passant rule is a special pawn capturing move in chess. Normally, pawns can only capture pieces that are directly and diagonally in front of them on an adjacent file (column). With en passant, though, things are a little different. This type of capture is the only one in chess where the capturing piece doesn't land on the same square as its victim. Here is an example of an en passant capture for White, but know that colors may be reversed.



1. The black pawn **moves two squares** for its first move, landing right next to the white pawn.

2. On the next move, the white pawn captures the black pawn as if it had only advanced one square.

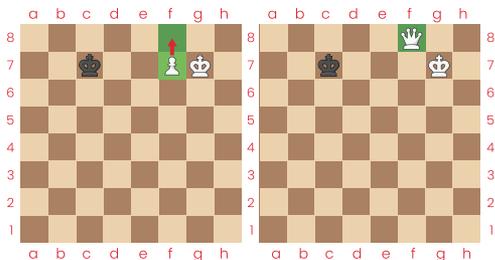
3. The white pawn lands on the square directly behind the black pawn and **the black pawn is captured.**

PAWN PROMOTION

Promoting a pawn is one of the main goals of chess during an endgame. **Pawn promotion occurs when a pawn reaches the farthest rank from its original square.** When this happens, the player can replace the pawn for a queen, a rook, a bishop, or a knight. Most of the time, players promote a pawn to a queen, which is popularly known as "queening the pawn."

After one player promotes a pawn, the other player has to move (unless they are checkmated). **There's no limit regarding the number of active pieces of the same kind on the board.**

UNDERPROMOTION is when the player promoting a pawn turns it into any piece other than a queen. This is usually done to avoid stalemate or to checkmate the king with a knight.



Castling

Castling is a special defensive move that protects your king and brings your rook into the game. Castling is the only move where you may move two pieces simultaneously. Castling is also the only time in chess when it is legal to move the king more than one square. Castling can be performed with either the kingside or queenside rook.

KINGSIDE CASTLE: The white king moves two squares to the right (the black king moves two squares to the left), and the white rook jumps over the king and lands on the square right next to it. On Chess.com, you can castle by dragging your king from its starting square and dropping it two squares to its right (or left if you're playing Black).



QUEENSIDE CASTLE: The white king moves two squares to the left (the black king moves two squares to the right), and the white rook jumps over the king and lands on the square right next to it. On Chess.com, you castle by dragging your king from its starting square and dropping it two squares to its left (or right if you're playing Black).



THE RULES OF CASTLING

1. You may only castle if you haven't moved your king or your rook.
2. No piece can be between your king and the rook on the side where you want to castle.



3. If you are in check, you cannot castle. You must first get out of check before you can castle (**fig. a**).

4. You cannot castle into check. This makes sense since moving into check is illegal in the first place! (**fig. b**)

5. You cannot castle if any square the king is moving through is attacked by your opponent's pieces.

Note: you can still castle if the rook is moving through an attacked square or if it's being attacked (**fig. c**).

07 Basic Chess Concepts

Now that you know all the rules of the royal game, it's time to learn a few key concepts that will help you win more games. Here are some of the most important things you need to know:



DEVELOP YOUR PIECES

Developing your pieces means moving them off of their starting squares to more active, strategic squares. The more pieces you develop, the more you can use the full power of your army. It's usually a good idea to develop your minor pieces (knights and bishops) first, castle, and only then develop your remaining major pieces (the other rook and the queen). It's also a good idea to avoid moving the same piece more than once in the opening unless you need to move it to avoid losing it. It's also important to avoid making too many pawn moves before you develop all your pieces.

CONTROL THE CENTER



The central squares in the middle of the board are the most important on the chessboard. When playing chess, one of your priorities should be trying to control the center by having the most pawns and pieces attacking those squares. The player who controls the center has more options to attack, make threats, and move their pieces around the board.

PROTECT YOUR KING



Protecting your king (and attacking your opponent's king) is the most critical aspect of chess. Protecting your king should be your top priority—if you get checkmated, you lose the game even if you have more pieces. That's why you should always try to castle as fast as possible at the start of the game. When you castle, your king moves to one of the sides of the board where less of your opponent's pieces will be able to reach it. Castling also brings one of your rooks closer to the center of the board, from where it will be able to help in your attacking and defensive efforts.

KNOW THE VALUE OF EACH PIECE

In chess, different pieces have different values based on how powerful they are. Knowing the value of the pieces is important to know when you should trade one piece for another. If you trade a piece of lesser value for one of your opponent's better pieces, you'll have a material advantage and it will be easier for you to attack and defend.

Note that the value assigned to each piece is just a tool to remind you of how strong the piece is. In chess, you don't really win a game by simply having more material points—you have to be able to checkmate your opponent.

- 1
- 3
- 3
- 5
- 9

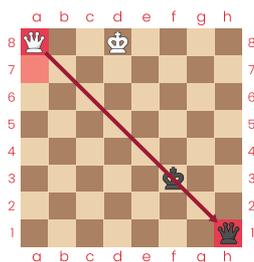
08 Win with Tactics

Now that you're familiar with the most important strategic concepts of chess, it's time for you to learn how to use tactics to win games. A tactic is a maneuver that a player can make to seize an immediate opportunity, such as material gain or checkmate. Here are the most common tactics in chess:



PINS

Pins happen when a piece attacks an opponent's piece aligned with another more valuable piece or critical square. The attacked piece is then "pinned" to the board since moving it would cause the attacked player to suffer a significant loss.



SKEWERS

Skewers are like backward pins. They happen when a piece attacks a more valuable piece that is aligned with a weaker piece. The more valuable piece has to move and allow the attacker to capture the piece behind it.



FORKS

Forks happen when a single piece attacks two or more pieces simultaneously with no way for at least one of them to escape. Knights are especially useful for forking because of their unique movement.



DISCOVERED ATTACK

A discovered attack happens when a player moves one piece which reveals an attack from a different piece. If the uncovered piece attacks the enemy king, it's called a discovered check.

Scan the code to access the electronic version on TheChessSets.com
Download materials, additions and extensions.



How to Write Down Chess Moves – A Simple Guide

Have you ever wondered how professional chess players write down their games? This way they can analyze their game later and learn from their mistakes. You can learn from this too!

Chess notation is simple once you understand a few basic rules. Imagine that each move in a chess game is like a sentence in a book – it tells us what happened on the board.

THE CHESSBOARD AS A MAP

Each chessboard has eight columns (**a** to **h**) and eight rows (**1** to **8**). If you look at your chessboard, you will see that **a1** is the lower left corner and **h8** is the upper right corner. It's like coordinates in a computer game or on a map!



FIGURES AND THEIR SYMBOLS

In chess notation, each piece has its own letter:

Example K=king, Q=queen, R=rook, B=bishop, N=knight w języku angielskim).

-  K – King
-  Q – Queen
-  R – Rook
-  B – Bishop
-  N – Knight
-  The pawns do not have letters
– we only write down their movements.

So, for example: if the knight moves to the f3 square, we write it as **Nf3**. If the rook moves to d8, we write it as **Rd8**.

HOW TO RECORD MOVEMENTS?

We write down each move in short – we write the letter of the piece (if it is not a pawn), and then the square it moved to.

- If the pawn moves to e4, we simply write **e4**.
- If the bishop jumps to c5, we write **Gc5**.
- If the knight jumps to f6, we write **Nf6**.

EXAMPLE OF THE FIRST MOVES IN THE GAME:

- white always starts

Nr.		
1	e4	e5
2	Nf3	Nc6
3	Bc4	

Now both sides develop their pieces and prepare to attack!

BEATING THE FIGURES

If we capture an opponent's piece, we use the letter "x" to indicate a capture.

- If a knight captures a pawn on e5, we write it as **Nxe5**.
- If a queen captures a piece on h5, we write it as **Qxh5**.
- If a pawn captures a pawn, we give its starting column, e.g. **dxe5** (a pawn from column "d" captures a piece on e5).

EXAMPLE:

Nr.		
1	e4	e5
2	Nf3	Nc6
3	Bb5	a6
4	Bxc6	

A bishop captures a knight on c6

CHECKMATE

If the king is attacked, we add the + sign (check).

- **Qh5+** means that the queen checks the king on h5.

If it is checkmate, we write #.

- **Qh8#** means that the queen checkmates on h8.

CASTLING

Castle is a special move in which the king and rook switch places. It has two notations:

- **0-0** – short castling (the king moves two squares to the right)
- **0-0-0** – long castling (the king moves two squares to the left)

EXAMPLE IN THE GAME:

- white always starts

Nr.		
1	e4	e5
2	Nf3	Nc6
3	Bc4	Bc5
4	0-0	?

EXAMPLE CHESS GAME

Let's write down a simple game that you can play:

- white always starts

Nr.		
1	Nf3	Nf6
2	g3	d5
3	Bg2	c5
4	0-0	Nc6
5	d3	Bg4
6	h3	Bh5
7	0-0	?

And the game continues!



SUMMARY

Now you know how to write down moves in chess! You can practice by writing down your own games and analyze them later. This will help you understand your mistakes better and see how to improve your game. Try playing a game and writing down every move – good luck! 🧑🏻♟️😊

TOURNAMENT	ROUND	PACE OF THE GAME
------------	-------	------------------

<input style="width: 95%; height: 20px;" type="text"/> <input style="width: 95%; height: 20px;" type="text"/>	DATA <input type="checkbox"/> 1-0 <input type="checkbox"/> ½ <input type="checkbox"/> 0-1
--	---

Nr.			Nr.			Nr.		
1			1			1		
2			2			2		
3			3			3		
4			4			4		
5			5			5		
6			6			6		
7			7			7		
8			8			8		
9			9			9		
10			10			10		
11			11			11		
12			12			12		
13			13			13		
14			14			14		
15			15			15		
16			16			16		
17			17			17		
18			18			18		
19			19			19		
20			20			20		

	/	
--	---	---

10 CHESS CLOCK

HOW TO USE A CHESS CLOCK – SIMPLE INSTRUCTIONS

When playing chess at a tournament or even at home, you can use a chess clock. It helps to measure time fairly, so that both people have the same amount of time and no one plays for too long. It may seem complicated, but it's really simple!

HOW DOES A CHESS CLOCK WORK?

A chess clock has two displays or dials – one for you, one for your opponent. After you make a move, you press the clock button, which stops your time and starts your opponent's time. And so on – if your clock is running, your opponent is thinking, and if your opponent's clock is running, it's your turn to think!

BASIC RULES FOR USING THE CLOCK

1. **The clock starts before the game starts.**
2. **The player with the white pieces always makes the first move** – only then does he press the clock.
3. **After each move, you must press your button** so that your opponent can think.
4. If your time **runs out first**, you lose the game (unless your opponent does not have enough pieces to checkmate – then it is a draw).

Please remember that our manual contains basic information and there are many nuances and exceptions. We encourage you to deepen your knowledge and purchase chess literature at ThechessSets.com

DIFFERENT CLOCK MODELS – WHICH ONE IS THE BEST?

DGT clocks are often used in tournaments and at home. Here are three popular models and how they differ:

-  **DGT 2010** – this is **the official tournament clock used at the world championships!** It has **many different settings, such as adding seconds after each move (Fischer time)**, but at home it can be a bit complicated.
-  **DGT 1001 – a simple clock for beginners.** It doesn't have any complicated functions – it just counts down the time and shows "0:00" after it has elapsed. Just set the time and play!
-  **DGT 1002** – similar to DGT 1001, but with one important difference – **it adds 2 seconds after each move** (so-called bonus). This gives you a little more time and you won't lose if you run out of seconds.

HOW TO SET THE CLOCK? (E.G. ON DGT 1001 AND DGT 1002)

1. **Turn on the clock** – – press the **ON** button.
2. **Set the time**, e.g. 10 minutes for each player.
3. Press **START** and start the game!

! If you have DGT 2010, setting it up can be more difficult because there are so many options – it's best to ask someone for help or check the instructions.

SUMMARY

A chess clock helps to measure time honestly and makes the game more dynamic. The simplest models, such as the DGT 1001 or DGT 1002, are ideal for learning. If you play tournaments, it is worth getting to know the DGT 2010, but you don't have to use it at home. Try it and you will see that the clock adds excitement to the game!   

IMPORTANT TIPS

- ✓ Don't forget to press the clock after the move! If you don't, your time will continue to pass.
- ✓ Don't hit the clock too hard – a gentle press will suffice.
If you don't know how to set the clock – ask! There's nothing wrong with that.

A CHESS CLOCK – WHY IS IT WORTH HAVING AND HOW TO USE IT?

If you want to play chess even better, a chess clock is a great addition! It makes the game more exciting and you learn to make decisions faster. It is not a gadget meant only for professionals – the clock will work well at home, at school and at tournaments.

HOW DOES A CHESS CLOCK WORK?

A chess clock **measures time for both players**. It works very simply:

1. **The player with white starts the game** and after their move presses a button on the clock.
2. **Now the opponent's time starts running**, and yours stops.
3. After each move, **you press your button** – and so on, alternating.

If someone **runs out of time before their opponent**, they lose (unless there is no more checkmate on the board – then it is a draw).

A chess clock is not just an accelerated game – it is learning time management and decision-making under pressure!

WHICH CLOCK TO CHOOSE?

DGT 2010 and **DGT2500** –versatile clocks that will work well both **at home, in the club and at tournaments**. You can play at a classic tempo, but also use modes with added time (e.g. "+30 seconds after each move" – the so-called Fischer tempo). **Easy to use** and recommended for anyone who wants a universal device!

DGT 1001 – **ideal for beginners**, as well as for social games and learning. Just set the time and start playing. **Simple, clear and reliable** – a great choice for the first chess clocks!

DGT 1002 – looks like DGT 1001, but has an additional function: **it adds 2 seconds after each move**. Thanks to this, even if you are short on time, you will always get "extra seconds", which helps you avoid losing to time.

In our offer you will also find all other DGT clocks – write to us and we will advise you which clock is best for you.

WHAT ARE POPULAR GAME TIME SETTINGS?

Chess clocks can be set to different game tempos, depending on how long the game is to last:

- ♦ **Classic chess (90 min + 30 sec per move)** – used in official tournaments. Each player has 90 minutes for the game, and after each move they get **30 extra seconds**.
- ♦ **Rapid chess (10 min per player)** – a dynamic game in which everyone has 10 minutes for the entire game. Great for home games and school tournaments.
- ♦ **Blitz (5 min per player)** – a very fast game where reflexes and quick decision-making count!
- ♦ **Bullet (1 min per player)** – extremely fast chess for those who like lightning-fast games.
- ♦ **Chess with added time (e.g. 5 min + 3 seconds per move)** – popular tempo on the Internet and in tournaments. Thanks to added seconds, **you won't lose just because you're a few seconds short on the clock!**

! Each DGT clock allows you to set different game times, so you can adjust it to your needs!

Write to us at team@crafts.pl and we will advise you on which clock is right for you

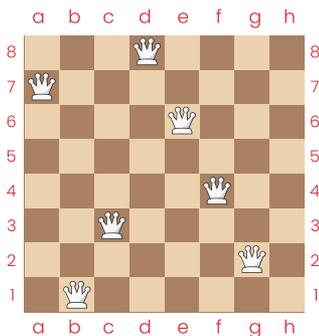
SUMMARY – WHY IS IT WORTH HAVING A CHESS CLOCK?

- ☑ It teaches you how to manage time – you won't think about your move forever!
- ☑ It makes chess more exciting – there's no boredom, reflexes count!
- ☑ It prepares you for tournaments – even if you're just playing for fun, it's worth getting used to playing against the clock.
- ☑ Gives the game a professional character – even at home you will feel like you are at a real competition!

! Don't wait

Play chess like a champion and see how much fun a game with a clock can be! 📧 👤 😊

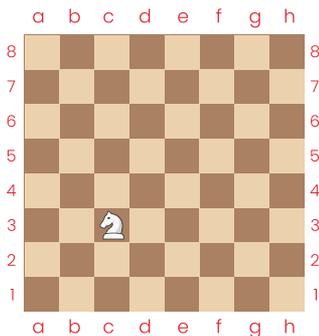
12 Chess puzzle



EIGHT QUEENS PROBLEM

The task is to find such an arrangement of eight queens on the chessboard so that they do not attack each other (none of them can stand on the same line or diagonal). Below is one of the solutions, in total we have 12 of them, not counting mirror images and rotations of the chessboard.

Book "Chess Basic Course"



CHES KNIGHT'S PROBLEM

The task is to visit all the squares on the chessboard with the knight. The initial position of the knight is optional, but the knight can only be on each square once!

Book "Chess Basic Course"



More puzzles can be found in the **downloadable materials section** on the **TheChessSets.com** website



SUNRISE
chess & games

Scan the QR code and view
the latest Sunrise catalog:



You can find us on social media:



Sunrise Chess & Games
szachowo.pl



sunrise_chess

Our YouTube channel:



Price: 8,00 EUR



team@crafts.pl



TheChessSets.com