

More precise is: 30.f5! ♖g7 (30...♖f6 31.♔f3 ♜hd8 32.♜h1± and Black's position is nearly lost due to the multiple threats and lack of counterplay) 31.♔f3 f6 32.e4 ♕c6 (32...♜hd8?! 33.♕d4 wins as the ♕c6 threat is deadly) 33.exd5±

30...gxf4†

30...f6? loses a pawn after 31.fxg5, since 31...fxg5?? fails to 32.♕e5†.

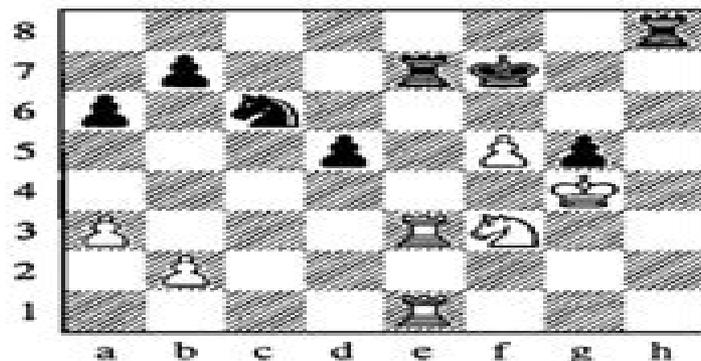
31.exf4 f6 32.f5±

Black cannot prevent White from creating a passed pawn on the kingside, and so Black is strategically lost.

32...♖f7 33.♜c1 ♜c7 34.♕d4 a6 35.♜de3 ♕c6 36.♕f3 ♜c7 37.g5 fxg5 38.♔g4?

This unfortunate mistake could have spoiled the entire game for White.

The accurate way was 38.♜xc7! ♕xc7 39.♕xg5† ♖f8 (if 39...♖f6 40.♔g4! when the pawn cannot be captured by 40...♕xf5? because 41.♜c6† wins) 40.f6 ♕c6 41.♖f4± when Black's defence is extremely difficult.



38...♜xc7 39.♕xg5† 40.♔g4?

Returning the favour. The strong 40...♜c4†! would have saved the game: 41.♖xg5 ♜c3! 42.♜h7† (or 42.♖f4 ♜c4†=) 42...♔g8 43.♜h3 ♕e5! White has nothing better than repeating after: 44.♖f4 ♜c4† 45.♔g5 ♜c3=

41.♕xg5† ♖f6 42.♖f4±

We are back to the plan, as White has managed to create a passed pawn and his excellent coordination gives him the win.

42...d3?

Making things easier. A better defence was 42...♖g7 43.♕c6† ♔g8 44.♜h3± and White has everything under control.

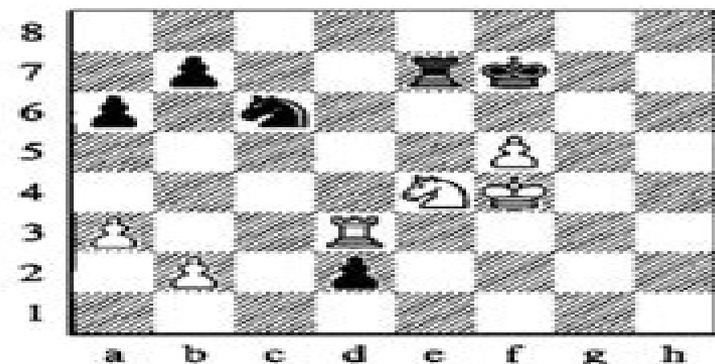
43.♕e4†

43.♜h6†!± was another winning method.

43...♖f7 44.♜h3! d2

Black cannot defend d3 with 44...♜d7? due to: 45.♜h7† ♖e8 46.♕f6†±

45.♜d3



Black resigned, as he will be a pawn down and cannot stop the advance of the f-pawn.

1-0

Final remarks

White won this endgame in a very methodical fashion. The steps he followed were:

1. Attack the d5-pawn to immobilize Black's pieces, preventing counterplay.
2. Gain space on the kingside, improve his pieces' positions.
3. Create a second prong to the attack, in this case a passed pawn on the kingside, to decide the game in due course.

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Rashid Ziyatdinov, Peter Dyson



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con questo libro imparerai a eseguire una vasta gamma di esercizi per tutto il corpo dai push up ai front lever dai pull up ai
plank utilizzando come resistenza solo ed esclusivamente il peso del corpo

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migliorare la tua forza la tua coordinazione e la tua composizione corporea imparando moltissimi esercizi da semplici ad
avanzati