



Women and girls in the chess world.
History. Inspiring stories. Achievements in
the Sport and in Education.



Making the Right moves

Dr. Carolina Blanco
Women's International Chess Master
Specialist in Orthodontics
Contact: info@drcarolinablanco.com
www.orthochess.com

Scholastic Chess Testimonies

- The magic of chess

<https://www.youtube.com/watch?v=Tr8F0Xp5Cq8>

4':44" min

Girls in chess

- <https://www.youtube.com/watch?v=9iOJ6QHHwmQ>

3':37 min

History of Women playing Chess

- **Between 14th -18th Century** Chess was a social pastime for both men and women of the upper classes in Europe. Among them : Mary, Queen of Scots, Queen Elizabeth I. The Duchess of Bourbon Bathilde d'Orleans was also a strong player and often played Benjamin Franklin . Thomas Jefferson has written about their matches.
- **19th century** Male Dominated the chess world
- **20th Century** Female players made significant progress in breaking male dominance on the game. Vera Menchik could compete successfully with men.

History of Women playing Chess

- **1978** Nona Gaprindashvili from the country of Georgia was the first female awarded the title of International Grandmaster.
- **2000** Judit Polgar from Hungary becomes the top woman player. Georgian and European female players are recognized as well in the overall (male and female) competition.
- **2010-Current time.** Hou Yifan from China, leads the female player ranking list. She is the only woman currently ranked in the top 100 overall chess player followed by Current Women World Champion from China Ju Wenjun ranked 285 on the overall world ranking.

Females with F.I.D.E Absolute Titles

- There are currently **37** female players who hold the title of **Grandmaster**.
- As of November 2019, the FIDE database lists **116** living women who hold the **International Master** title.

Source: Wikipedia, Fide.

Research and Publications

- In (Bilalic, 2009) the higher strength of top male chess players is attributed mostly to participation rate and male predominance at the top. (Bilalic, 2010) is a very interesting and visual research on the difference in pattern recognition (which is seen as the key strength factor of chess masters) between chess experts and novices. Female chess players were not included in the research group.
- Other variables attributed are memorization and psychological factors that lead different strategic decision-making between the two genders. This projects wants to create a homogeneous test for each of these variables to present a clear visualization of the specific strengths of both genders.

Research and Publications

- The choice to only look at male chess players leaves a wide research gap open to explore. In order to increase participation rate amongst female chess players, chess education needs to be tailored to their specific needs, like in many sports and disciplines.
- Measuring the differences in the above-mentioned variables between the two genders will lead to significant insights into the gender difference in perception of the game of chess, which can be used to improve training approach and raise the participation rate amongst females.
- In a psychological game like chess, it is of importance to research these differences. The insights could furthermore lead to evidence for further fMRI studies into generalizing gender brain differences in decision-making. Which at the moment there are some research in progress but with mixed groups of male and female.

How Chess Stimulates the brain

THE BRAIN

BY JACKSON MOHSENI

Made with love in Barcelona, Spain. Inspired by Colorbind for iPhone.

FRONTAL LOBE

The Frontal Lobe deals chiefly with cognition and memory. Ability to concentrate, judgement, consequence analysis, problem solve, plan, personality (including emotional traits).

TEMPORAL LOBE

The Temporal Lobe is the chief auditory receptive area and contains the Hippocampus, which is the chief region where long-term memory is formed. Also deals with high-level visual processing (faces & scenes).

PARIETAL LOBE

The Parietal Lobe plays an important role in integrating information from several senses. Also processes spatial orientation, some parts of speech, visual perception, and pain and touch sensations.

OCCIPITAL LOBE

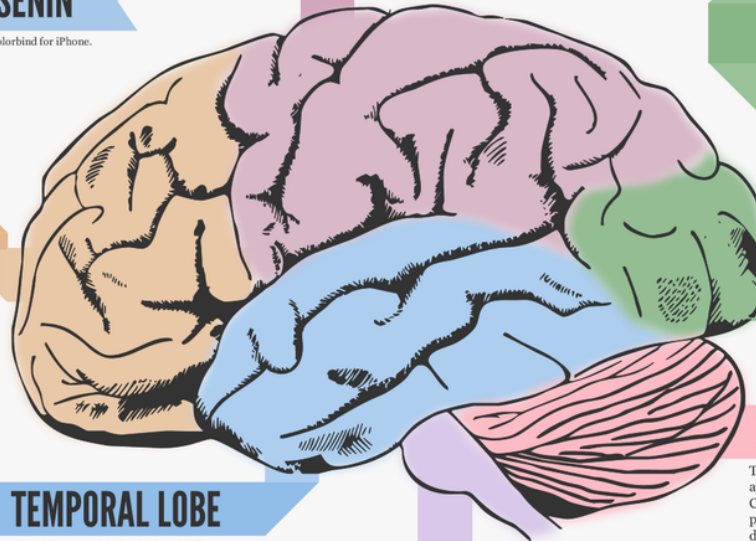
The Occipital Lobe is the visual processing center of the brain. It contains most of what is referred to as the "visual cortex". It is also the part of the brain where dreams originate.

CEREBELLUM

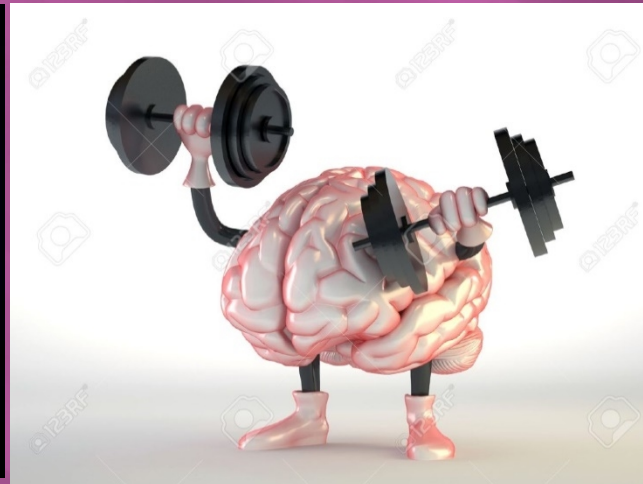
The Cerebellum chief function are motion-related activities. Contributes to coordination, precision, accurate timing, but does not initiate movement. Regulates fear and pleasure responses, and some cognitive functions such as attention and language.

BRAIN STEM

Serves as brain's warning system and sets alertness level.



**“Thinking the way that chessplayers
thinks can modify in a significant
way your brain structure” ...**





The architecture of the chess player's brain.

September 2014
University of
Zurich

Hänggi J¹, Brütsch K², Siegel AM³, Jäncke L

Abstract

The game of chess can be seen as a typical example for an expertise task requiring domain-specific training and experience. Despite intensive behavioural studies the neural underpinnings of chess performance and expertise are not entirely understood. A few functional neuroimaging studies have shown that expert chess players recruit different psychological functions and activate different brain areas while they are engaged in chess-related activities. Based on this functional literature, we predicted to find morphological differences in a network comprised by parietal and frontal areas and especially the occipito-temporal junction (OTJ), fusiform gyrus, and caudate nucleus. Twenty expert chess players and 20 control subjects were investigated using voxel-based and surface-based morphometry as well as diffusion tensor imaging. Grey matter volume and cortical thickness were reduced in chess players compared with those of control men in the OTJ and precuneus. The volumes of both caudate nuclei were not different between groups, but correlated inversely with the years of chess playing experience. Mean diffusivity was increased in chess players compared with that of controls in the left superior longitudinal fasciculus and the Elo score (a chess tournament ranking) was inversely related to mean diffusivity within the right superior longitudinal fasciculus. To the best of our knowledge we showed for the first time that there are specific differences in grey and white matter morphology between chess players and control subjects in brain regions associated with cognitive functions important for playing chess. Whether these anatomical alterations are the cause or consequence of the intensive and long-term chess training and practice remains to be shown in future studies.

Women Chess Initiative, Community and Events

- <https://new.uschess.org/give/women-chess-initiative/>
- <https://new.uschess.org/community/women-events/>

Inspiring Stories

Hou Yifan first learnt chess at the age of five.

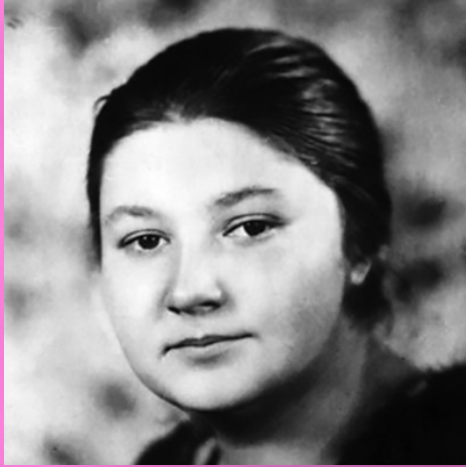
At 16 Hou became the youngest-ever female world champion, on account of her winning the Women's World Chess Championship. She held on to the tile from 2010 to 2011, and won it again in 2013 and 2016.

While Hou is currently the highest-ranking female player by nearly 100 points, she lost the title of Women's World Champion when she chose not to compete in the women's tournament in 2016. This was a conscious decision to protest the differences between the open and women's world championship systems. While the world champion gets to defend his title against an official challenger, the incumbent female champion can get knocked out without even playing the new champion.

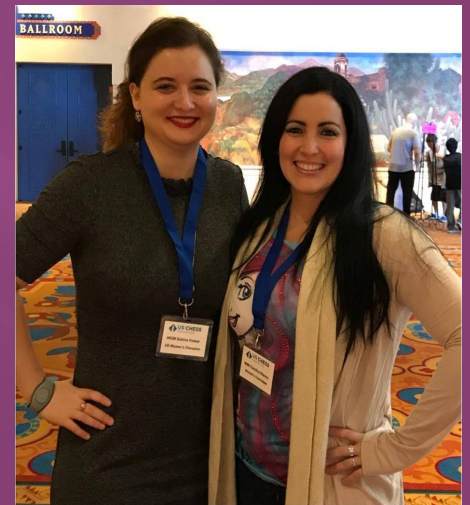


While chess is still a priority, Hou intends to study an MSc in Education at the University of Oxford in 2018.

Inspiring Stories



USCF Girl Club Initiative



Chess: a Family Tradition



Chess and Career: Personal Experience

TIEMPO UNIVERSITARIO, 11 de diciembre de 2002

¿Quién dijo que el deporte y el estudio no son compatibles?

Carolina Blanco: Maestra Internacional y Estudiante a Tiempo Completo

Rafael Medina Seila

Ser deportista y estudiante a la vez son actividades bastante difíciles, pero si se aprovecha el tiempo al máximo y se le pone gran dedicación a ambas, todo se puede lograr.

Carolina Blanco estudia 3er año de Odontología, en la Universidad de Carabobo, es ajedrecista y viene de representar a nuestra casa de estudios en los recién finalizados Juveniles 2000, juegos a los que llegó tarde por encontrarse cumpliendo compromisos en las olimpiadas ajedrecísticas de Estambul.

Sostuvimos una amplia conversación con esta destacada estudiante universitaria, quien en su corta edad ha recorrido varios países representando a Venezuela en el tablero. En los pasillos de la Facultad de Odontología, la joven hace algunas reflexiones y nos habla de su historia como deportista y estudiante.

¿Cómo catalogas tu actuación en los recientes Juegos Nacionales de Institutos de Educación Superior?

«Me fue bien porque realmente yo llegué a los juegos seis días después de iniciadas las competencias. Llegué a ayudar al equipo y pude obtener medalla individual en la modalidad de Blitz, mi intención era ganar la medalla de oro, pero logramos la de bronce en equipo. No pude hacer mucho por mi universidad, pero era lógico, ya que me presenté tarde por los compromisos internacionales que estaba cumpliendo, en representación de los colores de Venezuela.

Carolina Blanco es doce veces campeona nacional en todas las categorías, desde los diez años hasta la categoría juvenil. En los pasados Juegos Nacionales Juveniles logró cosechar ocho medallas, cinco de oro y cuatro de plata, en individual, y tres plata por equipos. Su actuación en estos juegos se remonta al año 91 y desde entonces, hasta ahora, ha obtenido los títulos de 129 títulos.

Fuiste atleta profesional de 20 años, residente en El Vieques, en la actual campeona juvenil.



Carolina Blanco: "Si soy buena en una actividad soy buena en la otra". (Foto de Rafael Gonzalez)

junto a otra compañera mía. Allí recibí invitaciones y representé a Venezuela en el campeonato mundial de Río de Janeiro, donde ocupé la tercera casilla y de verdad me fue bastante bien.

Fuiste ajedrecista desde el año 96, pero el mundo internacional tenía dos normas, este año hice la tercera en julio, que me permitió lograr este título, realmente importante para los que amamos este deporte.

Comenzó a jugar ajedrez desde los ocho años y su primer instructor fue su padre, el doctor "Cristóbal" Blanco, docente de la Facultad de Medicina de la Universidad de Carabobo. El la motivó a iniciarse en esta difícil disciplina deportiva, que le ha permitido crecer en todo el país en representación de

competencias, pero realmente puedo dedicar todo el tiempo a las dos, por lo que en muchas o me he visto en la obligación de algunas competencias por los en.

«Por lo menos en la actualidad, teniendo en ambas actividades, con la de mi padre, de mi hermano y fineros de la Facultad de la quienes me han dado un gran re que pueda cumplir tanto con el de con los estudios.

Carolina Blanco confiesa que si do reprobada en ninguna materia d dice y añade que es el ajedrez lo que le da capacidad de atención y de precisión en una actividad soy buena y eso es directamente proporcional a me manejo en las dos».

¿Cuál es tu máxima aspiración ajedrecista?

«La máxima aspiración de todos es ser gran maestro, que es lo que tienen Kasparov y otros grandes tal mundo, pero a corto plazo es hacer ranking internacional, que es lo que en la actualidad le falta del juego y mi intención es seguir creciendo ganando torneos ahora, pero definitivamente quiero ser primero odontólogo deista. Cuando me gradúe tengo que más tiempo al deporte, porque él me gusta en mi poder y puedo dedicarme en la actividad deportiva.

¿Al graduarte piensas irte al extranjero a estudiar y seguir ajedrecista?

«Definitivamente sí. Me gusta viajar, voy sin que me vaya un valioso, yo sé que en otros no me da».

«Dices en tu entrevista de da»?

ELCARABOBERO CUERPO B Valencia, Ciudad Industrial, Lunes 19 de Agosto de 2002

PARTICIPAR www.participar.com.ve

Carolina Blanco

Ajedrez y Odontología: mi gran equilibrio

Acaba de llegar del Open Internacional de Curaçao, donde ocupó la sexta posición empatada. Iba a los Juveniles por la UC y después marchará a Eslovenia. Todo esto en medio de la culminación de su carrera universitaria.



Carolina supo amoldar su carrera y su deporte. (Foto Alvaro Acosta)

"Mi meta es graduarme y hacer un postgrado en el exterior, pero continuando con mi ajedrez". (Foto Alvaro Acosta)



Caracas, junio 20 (REDACTA).- El Presidente de la República, Rafael Caldera, recibió este viernes en la Residencia de La Casaca, a un grupo de dirigentes, atletas y periodistas relacionados con el deporte nacional y, al condecorar el pabellón de Fundadeporte, indicó que Carabobo ha contribuido con su esfuerzo, a estimular las otras dimensiones territoriales del país, para elevar la calidad y la competencia de los juegos nacionales. El jefe del Estado entregó la Orden "Brígido Briarte" a la ajedrecista Carolina Blanco, acompañada por el gobernador del estado Carabobo, Henrique Fernando Salas Rómer; el presidente de Fundadeporte, Rafael Palacio; el presidente del IND, Julio Alexander Cortez, y el ministro de la Familia, Carlos Altamir. (Gráfica de Ubaldo Medina) - Deportes -

28/27 de noviembre de 1991

TRAZOS DE AJEDREZ

Por Judith Solizar

CAROLINA BLANCO CONSTANCIA CON LOS TREBEJOS

PERSONAJE:

- Participante del Campeonato Nacional Pre-infantil e Infantil '89' en los años 88, 89, 90, y 91, obteniendo el Primer Lugar, representando al Edo. Carabobo.
- Tercer lugar en el Campeonato Panamericano (Puerto Rico, 1988)
- Sub-Campeona Nacional en Categoría de Chalecos, realizado en Maturín en 1989
- Campeona del Torneo Panamericano, celebrado en Brasil en 1990
- En Ajedrez Activo, Sub-Campeona Nacional Infantil "A" (Barinas, 1991).



Carolina Blanco

Chess and Career: Personal Experience

Chess and Dentistry:

- *Highly motivated

- *Learned to keep an organized schedule from primary school years.

- *Maintained a high grade (GPA 3.0 and above) in school and completed school requirements before or after chess competitions.

- *School and Organizations recognition for sport and academic achievements.

- *Sponsorship

Chess in the school as an educational tool



Chess in the school as an educational tool





Chess and emotional intelligence.

“The ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions”

“The ability to perceive emotion, integrate emotion to facilitate thought, understand emotions, and to regulate emotions to promote personal growth”

Training Schedule and Organization

A) Time available

B) Resources:

- Material resources: Books, Magazines, chess database, computer and Internet
- Human Resources: Coach, sponsorship for tournaments

C) Training plan

D) Goals

E) Execution

F) Evaluating results

Training resources recommended

Chess Websites:

- [Chessbase.com](https://www.chessbase.com)
- [Chess.com](https://www.chess.com)
- [Chesskid.com](https://www.chesskid.com)
- [Lichess.com](https://lichess.org)
- [Decodechess.com](https://www.decodechess.com)
- [Uscchess.org](https://www.uschess.org)

Books recommended:

Journey to the Chess Kingdom by Yuri Averbakh and Mikhail Beilin

Chess Tactics for Kids by Murray Chandler

Chess Opening for kids by John Watson

Chess Endgame for Kids by Karsten Muller

My great predecessors by Garry Kasparov

Judit Polgar- How I beat Fischer's Record by Judit Polgar

All Girls Summer Camp July 13-17th 2020

“All-Girls”
Chess Camp of GA

Learn
Train
Play
Persevere

www.orthochess.com

Awards
Discipline
Sportsmanship
Multicultural

www.orthochess.com

OrthoChess
Chess for **all** girls

Conclusion

Only one woman is in the world's top 100; there are seven in the top 500.

Just 16% of US Chess Federation members are female from youth competition and up; that might seem low, but it's a record high, reached just last year.

With women's world championship, women's state, national and continental tournaments used to qualify; There is room for female players to cultivate the game on their own terms and enjoy being part of an elite in the National and international Chess environment.

Females that have included chess as part of their curriculum have succeeded in other professional careers applying the benefits of critical thinking and emotional intelligence learned through playing the game.

**“Love what you do. Work hard
and your perserverance will pay
off”**



you!

Thank

Contact: info@drcarolinablanc.com