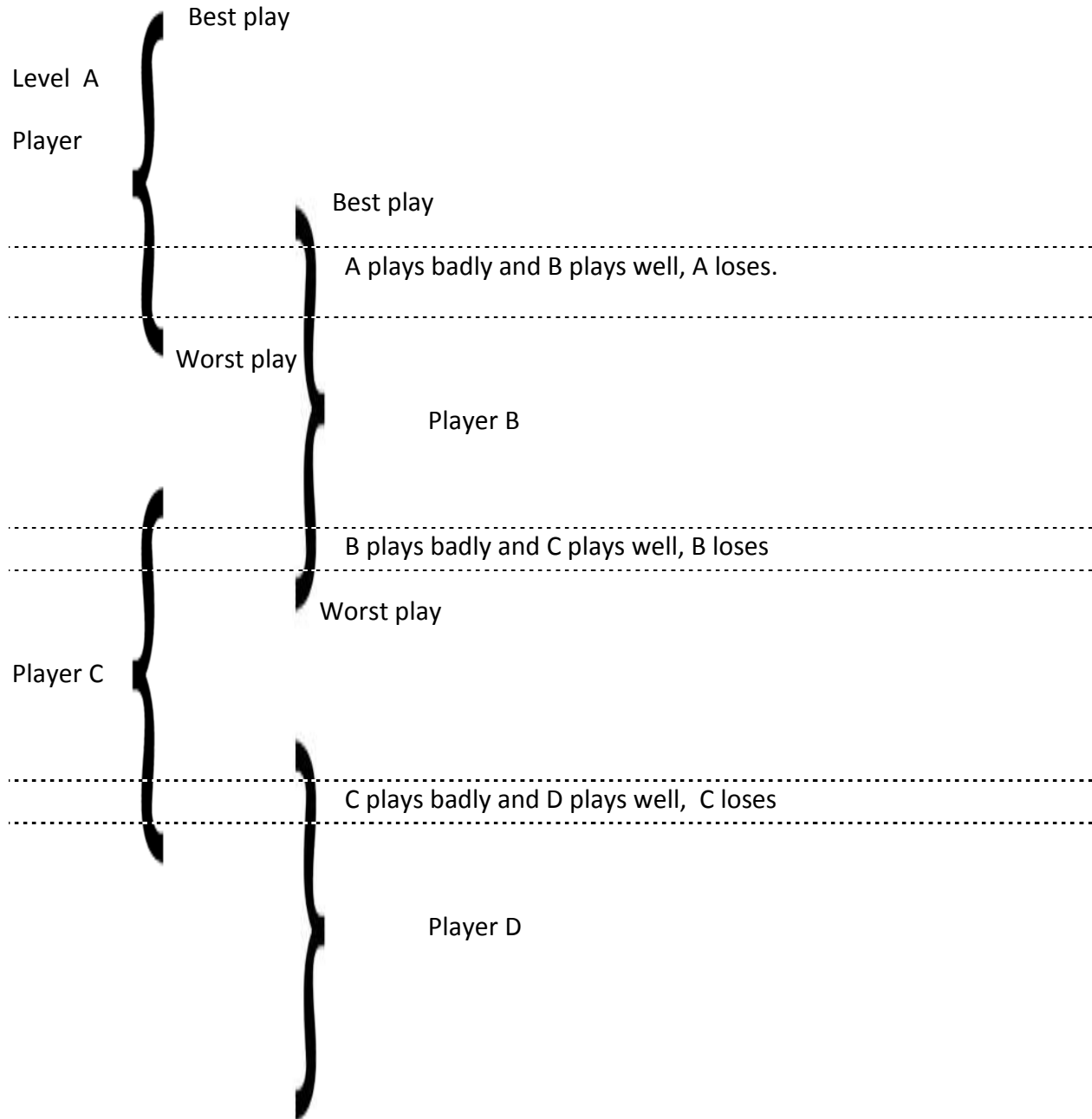


## ***Understanding wins and losses and How to move up a level***

Player A is better than player B, but if player A plays badly and player B plays well, player B could win. The way for a player to move his *higher level* up is to beat players that are better than him or herself and thereby gain the confidence and self belief that s/he can beat players at that level.



To move up a player level, you must beat better players. *Therefore play higher level tournaments at least 30% of the time* gaining the self confidence to compete at that level. Training improves your bottom level while beating better players improves your top level.