

Weight Loss Success Chess for Beginners – The Play at Home Rules

by Dr. Leigh Kibby



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Weight Loss Success Chess for Beginners

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This Booklet is FREE on the conditions that:

- **copyright and ownership of the intellectual property associated with the game is attributed to Dr. Leigh Kibby and**
- **the game is not used for commercial purposes, or commercial game, by any person(s) or parties, without the signed written approval of Dr. Leigh Kibby.**

Weight Loss Success Chess for Beginners

Introduction and Background

Playing Objective of the Beginner's Game

Object of the Game is to capture the Chairperson of the opposing company.

**NOTE : Weight Loss Success Chess is played on either a :
Chess Board with opposing Corporations at opposite ends OR
a specially designed ADVANCED Weight Loss Success Chess Game Board for teams
of 4 (four).**

The design of the ADVANCED version game board, and the rules for playing, can be purchased from Kinematic for AUS\$16.50* by emailing leigh@kinematic.com.au AND requesting the Advanced-Weight Loss Success Chess game board and rules.

* Price correct at the time of this publication.

Purpose of the Game

The purpose of the game is to have fun and learn how to lose weight by understanding the things that block Weight Loss and improved health. The workshop version of Weight Loss Success Chess is designed to teach how to "self-coach" and coach others.

"I have applied the principles of Weight Loss Success in my own life and lost 16 kilograms (35 pounds) in SIX weeks and it stayed off!" Dr. Leigh Kibby.

Kinematic's Business AND Personal Development Games

Weight Loss Success Chess is one of Kinematic's "SUCCESS CHESS" Games which also comes in:

**RELATIONSHIP SUCCESS
LIFE SUCCESS
CAREER SUCCESS
LEADERSHIP SUCCESS
SMALL BUSINESS SUCCESS**

and

COACH for professional coaches to use with clients and
WORKSHOP for players to learn with others.

Other games provided by Kinematic and developed by Dr. Kibby include:

- The Foresight Saga
- The Moral Dilemma
- The Destiny Game.

To learn more about these Kinematic programs, or Accreditation in the use of Kinematic training programs for those who want to use these games for commercial purposes, visit the Kinematic website (<http://www.kinematic.com.au>). The following pages let you know more about Weight Loss Success Chess or you can contact:

Dr. Leigh Kibby
leigh@kinematic.com.au

Weight Loss Success Chess for Beginners

Playing the Beginner's Game

Introduction to Playing the Game

The following explanation tells you how to set-up the board and arrange basic moves for the "Play at Home" version of Weight Loss Success Chess involving two players/teams.

Step 1: Choosing your playing opponent

To get the most from the game, you need to play against someone who knows you well – a close/intimate partner OR Mentor OR Weight Loss Coach.

You play the WHITE pieces and your opponent is your "fat factors" and plays the black pieces.

Step 2: Building Your Capability

You build personal capability using the following guidelines.

Roll two dice. Multiply the number you get by \$ 100 000. This is how much money you have for building your capability.

With the money you have available, using the cost of pieces on page 6 (see below), select the pieces you want and place them on the Board in the same positions as for normal Chess.

Remember to mark Bishops, Knights and Rooks as either 1 OR 2 or use a label from the table on page 5.

Step 3: Your Fat factors

Your opponent builds your "fat factors" i.e. the things that stop you being Weight Loss Successful, using the following guidelines.

Roll two dice. Multiply the number you get by \$ 200 000. This is how much money you have for building the "fat factors."

With the money you have available, using the cost of pieces on page 7 (see below), select the pieces you want and place them on the Board in the same positions as for normal Chess.

Step 4: Playing the Game

Each Player takes turns to move their pieces as for normal Chess.

Pieces can be taken in the same way as for ordinary Chess.

Every time the WHITE player loses as a “Right Weight” (RW – see below)” the player explains how the “fat factors” quality of piece that took this RW has impacted his/her Weight Loss.

Every time the WHITE player takes a piece, he/she must explain how to use the capability of that piece in his/her Weight Loss.

The Objective of the Game

The idea is for the white player to win by defeating his/her “fat factors” and discover: for himself/herself what capabilities are need for Weight Loss Success and what comprises his/her “fat factors” which prevent Weight Loss Success.

Winning the Game

A player wins when she/he captures the opposition Soul - King.

Being MORE Successful

You can be more successful by being MORE CAPABLE – learn how by playing Advanced Weight Loss Success.

CUSTOMISED GAMES

You can have a game customised to your personal needs. Customisation fees start at AUS \$250.00.*

Weight Loss Success Chess for Beginners

Your Capability Beginner's Pieces

Beginner's Pieces and Their Costs – White Player

Name of Chess Piece	The Name of this piece in Weight Loss Success Chess Terms	Cost
King	Soul	FREE
Queen	Self-Love	\$500 000
Bishop – first	Forgiveness	\$250 000
Knight – first	Positive Approach	\$ 200 000
Rook – first	Commitment	\$300 000
Bishop – second	Contentment	\$50 000
Knight – second	Success records	\$ 100 000
Rook – second	Perseverance	\$30 000
Pawns	Right Weight - RW	FREE

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Weight Loss Success Chess for Beginners

Your Capability Beginner's Pieces and Their Moves

Pieces and Their Moves

Name of Piece	Movement
Soul	Same as for King in normal Chess
Self-Love	Same as for Queen in normal Chess
Forgiveness	Same as for Bishop on white squares in normal Chess
Positive Approach	Same as for Knight in normal Chess
Commitment	Same as for Rook in normal Chess
Contentment	Same as for Bishop in normal Chess but only 4 squares in any direction diagonally
Success records	Same as for Knight in normal Chess but only a 1x1 L shape in any direction
Perseverance	Same as for Rook in normal Chess but only 4 squares in any direction except laterally
Right Weight - RW	Same as for Pawns in normal Chess

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Weight Loss Success Chess for Beginners

Your FAT FACTORS Beginner's Pieces

Beginner's Pieces and Their Costs – White Player

Name of Chess Piece	The Name of this piece in Weight Loss Success Chess Terms	Cost
King	Dark Soul	FREE
Queen	Self-Hate/dislike	\$500 000
Bishop – first	Personal Emptiness / Sadness	\$250 000
Knight – first	Cravings	\$ 200 000
Rook – first	Avoidance of Commitment	\$300 000
Bishop – second	Lack of personal direction	\$50 000
Knight – second	Aloneness and “Withholding” of Self	\$ 100 000
Rook – second	Giving-up	\$30 000
Pawns	Discouragements and Losses	FREE

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Weight Loss Success Chess for Beginners

Your FAT FACTORS Beginner's Pieces

Pieces and Their Moves

Name of Piece	Movement
Dark Soul	Same as for King in normal Chess
Self-Hate/dislike	Same as for Queen in normal Chess
Personal Emptiness / Sadness	Same as for Bishop on white squares in normal Chess
Cravings	Same as for Knight in normal Chess
Avoidance of Commitment	Same as for Rook in normal Chess
Lack of personal direction	Same as for Bishop in normal Chess but only 4 squares in any direction diagonally
Aloneness and "Withholding" of Self	Same as for Knight in normal Chess but only a 1x1 L shape in any direction
Giving-up	Same as for Rook in normal Chess but only 4 squares in any direction except laterally
Discouragements and Losses	Same as for Pawns in normal Chess

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SC for Beginners Creator: Dr. Leigh Kibby

Dr. Kibby, known as “Dr. Leigh,” is one of the world’s truly creative geniuses having:

- founded the Noetic Psychology movement
- developed numerous new paradigms such as:
 - the Sustainability Triangle (Psychology-Sociology-Ecology),
 - L.E.T. (Language-Emotion-Thought) framework,
 - Affective-Cognitive Integration Model (the NEW Emotional Intelligence),
 - “The Intelligence of Emotions” and
 - Psychological Genome concept.

He is also of one of Australia’s leading trainers having taught Noetic techniques to over 2500 people including General Practitioners (Family Physicians), Police, teachers, youth workers and the Weight Loss Success sector.

Dr. Leigh also devised some of the most Weight Loss Successful development programs for the unemployed - Empower Plan and Making the Change. His Paradigm Shift seminar has been described by senior executives as the most personally profound and professionally uplifting programs they have attended in their entire careers.

Other Games by Dr. Kibby include:

- Take- 2
- The Destiny Game
- Spellcheck
- The Money Game
- Snap PLUS.