



Foundation Lessons (Level 1) PROGRAMME OVERVIEW

A programme of 20 lessons designed to take ~12 months to complete.

The lessons are taught in batches of 3 or 4 lessons with breaks in between to spend time consolidating the information in practice sessions.

By the end of the year, you will be able to play bridge independently. You will be in a perfect position to develop your skills further should you wish to or to play bridge with friends or even both!

OVERVIEW Touch on Everything		1 Introduction to Bridge	<i>You will learn the basics of card play and the mechanics of the game. Also some of the important terms and expressions in bridge. You will also start to learn how to evaluate your hand.</i>
		2 Playing different suit combinations	<i>One of the great pleasures of bridge is to make extra tricks. This lesson introduces the concept of a finesse and other ways for increasing the trick tally.</i>
		3 Introducing Bidding	<i>In this lesson, you will learn the concept of opening the bidding and responding. You will become familiar with the importance of the major suits and the potential for bidding game with suitable hands with the substantial bonus that is available if the game can be made.</i>
	Practice Sessions		
		4 Opening 1NT and Response	<i>Opening 1NT is one of the most common bids in bridge. In this lesson you will discover the hands where this is suitable and how to respond when partner makes this very descriptive bid.</i>
		5 Focus on Defence	<i>Half the time playing bridge you are defending. This lesson introduces some of the important basic principles in defence and also starts to reveal the excitement and opportunity to collaborate with your partner.</i>
BIDDING First Conversations		6 The Power of Trumps	<i>This declarer play lesson looks at how valuable your trumps are and also how dangerous they can be when held by the defence. It also looks at the concept of trumping in the short hand to increase the number of tricks that can be made with your trumps.</i>
	Practice Sessions		
		7 Responding to Partner	<i>This lesson starts a series of lessons focused on the bidding. It introduces the concept of starting a conversation and how to provide important information to partner about your hand with your first bid.</i>
		8 Opener's Rebid with Balanced Hands	<i>The conversation continues with opener's rebid. With balanced hands, you will see how to provide very accurate information about your hand with just one or two bids.</i>
		9 Opener's Rebid with Unbalanced Hands	<i>Some of the most exciting hands are where you have length in one of more suits. But how do you reveal this to partner and allow them to share in your excitement? This lesson contrasts with the previous lesson 8 and discusses how to bid with unbalanced hands.</i>

Practice Sessions		
BIDDING Common Scenarios		10 Opener has a Minimum Hand <i>This lesson looks at how to bid on when this is appropriate.</i>
		11 Opener has an Intermediate or Better Hand <i>Finding bids to show partner that you have a stronger hand and how to respond.</i>
		12 Knowing When to Bid to Game <i>This lesson rounds off the important principles of bidding to the 3-level and beyond when the partnership should be in game.</i>
Practice Sessions		
DEFENCE Basics		13 Opening Leads <i>The opening lead can provide the defence with a very useful advantage. Which suit to you lead and which card? Partner will gain useful information which can help with the defence of the hand.</i>
		14 Important principles for the defence <i>Following on from opening leads, how might the defence develop to maximise tricks and also not make it easy for declarer. This lesson looks at some important principles.</i>
DECLARER PLAY Basics		15 Playing in Trumps <i>Following on from Lesson 6, this will look at some important principles in deciding how to create extra tricks and reducing the number of losers where necessary.</i>
		16 Playing in No-Trumps <i>There are several ways of increasing the number of tricks in notrumps. The lesson will focus on the idea of setting up winners and also protecting you from losing tricks in the oppositions' long suit(s).</i>
		17 Planning the Play <i>This lesson will start the process of planning ahead when declaring a hand in trumps or notrumps. The skill is to work out winners and losers at the start of the play and also to play the hand in your head before playing to the first trick. Sometimes strange things happen in the later play and you need to keep flexible too!</i>
Practice Sessions		
BIDDING Competnig		18 Overcalling <i>Just because the opponents have started the bidding doesn't mean that you have to be quiet. When should you get involved in the bidding and what are the advantages and potential dangers?</i>
		19 Takeout Doubles (& Penalty Doubles) <i>This lesson introduces the use of the double during the bidding. This descriptive bid has many uses and in this lesson you will be introduced to the main opportunity to double when the opponents have opened the bidding.</i>
		20 Competitive Bidding <i>There is often bidding by the opponents to contend with. This can make it more challenging but can also add flexibility to tell partner what you have.</i>
	GRADUATION	<i>Play in a duplicate bridge competition with experienced players</i>