

The “One Hand Rule”

Chess is a one-handed game. By that I mean that at NO TIME should you ever use both hands at the same time in any game of chess.

If you touch two pieces at the same time while playing “Touch Move”, your opponent has the right to choose which piece you touched first.

Castling is considered a “King” move. If you touch the rook first, you cannot castle. Using two hands to castle while playing “Touch Move” allows your opponent the opportunity to stop you from castling and force you to move the rook – thus preventing castling on that side for the entire game.

When using a clock, you must always use the same hand you moved with to hit the clock. Using the opposite hand allows the possibility of pressing the clock before you actually completed the move, thus, this is not allowed in chess tournaments.

Using two hands also tends to allow cheating and obscures the board even more than using one hand.

Thus the saying: **“Think with your head, not with your hands”**.