

Chapter 11 — Session Checklist & Move-Up Readiness

Before, during, and after. Consistency here builds the discipline that makes everything else work.

BEFORE EVERY SESSION

- Reread the Four Laws
- Set one specific focus (e.g., "UTG range discipline tonight")
- Set a stop-loss (2–3 buy-ins maximum)
- Am I rested, focused, and not tilted? If no — do not play
- Review any lesson from the last session

DURING EVERY SESSION

- Before every hand from UTG/HJ: "Is this hand on my chart?"
- Before every call to a 3-bet: "Is this hand on my response chart?"
- Before every c-bet: "What board family is this? Do I have range advantage?"
- Before every river call: "Does villain's line make sense as a bluff?"
- Flag any hand that felt confusing or high-impact
- If tilt begins — end the session. No exceptions.

AFTER EVERY SESSION

- Review flagged hands — focus on decision quality, not outcome
- Identify which of the Four Laws was violated (if any)
- Extract one actionable lesson
- Log session results and execution quality (1–10)
- Identify the one recurring leak most present this session

The compounding principle: One well-executed session teaches more than ten randomly-played sessions. Process discipline compounds. Results follow.

Pre-Session Checklist

Mentally fresh — not tired or emotionally compromised

Hard time limit set before opening a table

Reviewed one concept from this guide

Stop-loss confirmed: 2 buy-ins maximum

No distractions — focused environment

During Session

Not multitasking or distracted

Tilt check at –1.5 buy-ins

Flagging confusing hands for review

Post-Session Checklist

Logged result below (hands + P&L)

Identified one primary leak this session

Reviewed 5+ flagged hands off-table

Stop-loss was never violated

Extracted one actionable lesson

0%

Part 2 — Move-Up Readiness Test

Before moving to the next stake, every box must be checked. Not most of them — every one.

The Standard

Moving up stakes before you're ready is one of the most reliably expensive decisions in poker. This test exists to make "ready" concrete rather than a feeling. If you hesitate on any item, you're not ready — and that's the system working correctly.

SECTION 1 — BANKROLL REQUIREMENTS

- I have at least 30 buy-ins for the new stake (50 buy-ins preferred)
- Moving up will not put my current stake bankroll below 20 buy-ins
- I am treating this as a shot — if I lose 3 buy-ins at the new stake, I move back down immediately
- I have not moved money from non-poker funds to make this move

SECTION 2 — SAMPLE SIZE AND WINRATE

- I have played at least 50,000 hands at the current stake
- My winrate over that sample is positive (2+ bb/100 preferred)
- I have not been running significantly above EV (use a variance calculator if unsure)
- My winrate in the last 20,000 hands is consistent with my overall winrate

SECTION 3 — PREFLOP EXECUTION

- I know my RFI range for all 5 positions without checking the charts
- My VPIP is consistently 22–28% over my last 10,000 hands
- I can identify my 3-bet range (value and bluff) for BB vs BTN without hesitation
- I have eliminated limping from my preflop game entirely
- I am not flat-calling from the SB — I 3-bet or fold in that spot

SECTION 4 — POSTFLOP EXECUTION

- I can identify all 8 board families on sight and know the default c-bet frequency for each
- I calculate SPR before acting on the flop in every significant pot
- I can name the hand strength required to stack off at SPR 3, SPR 7, and SPR 13
- I am not auto-c-betting every flop — I check back more than I used to
- I have shutdown rules I follow — I do not barrel three streets without equity

SECTION 5 — MENTAL GAME

- I have not violated my session stop-loss (2 buy-ins) in the last 30 sessions
- I can identify Stage 2 tilt in myself before it becomes Stage 3
- I have never played a "make-up" session to recover losses from a previous day
- I review at least 3 hands per week in a structured off-table session
- I track results weekly and can describe my current leak without guessing

SECTION 6 — KNOWLEDGE CHECK

- I have scored 85%+ on the quiz for Chapter 1, Chapter 3, and the SPR section
- I understand why bluffing is less profitable multiway than heads-up
- I can explain what fold equity is and give an example of when it applies
- I know the difference between a value 3-bet and a bluff 3-bet, and why each exists
- I understand what the Four Laws are and can recite them without looking

The honest version of this test: Print this page. Read each item out loud. If you pause, hedge, or feel a slight internal resistance — that item is not checked. The purpose is not to find reasons to move up. It's to make sure when you do move up, you have a legitimate edge at the new level rather than just surviving variance at the current one.