

## Balanced Hands

### Lesson Content

1NT – a special case.

Limited to 12-14 and for the first time, opener's bid shows defined shape and strength

Responder's bids are quite different; for example the weakness takeout

Stronger balanced hands of 15-19

Play Tip 2 – Establishing a side/long suit

**This lesson (and Lesson 6) are probably the most difficult lessons to absorb. If you have extra weeks available, you may like to take an extra week or two to teach these 2 lessons.**

### Main Points to Emphasise

Explain the concept of a balanced hand

1NT is limited and the shape is known, therefore the responder is usually in charge.

Stress that opener's first priority is to open 1NT if possible.

It's the cornerstone of the Acol system and is the most common 1-level opening bid.

After a weakness takeout, opener **must** not bid again

### Lesson Progression

Revise 1 of a suit opening – 12-19 and could be any shape and strength at all

1NT is totally different – 12-14 and balanced shape

### What is balanced? – elicit this from the class as much as possible

- No singleton/void
- Only one doubleton
- No 5-card major
- May have a 5-card minor

### Responder's actions - 2 decisions to make

- Are you happy to play in notrumps or want to play in a suit?
- Have you enough to bid or invite game?

Play hands 1-4 Drinks break

### Bidding Stronger Balanced hands

Put a hand on the board which is too strong for 1NT. What to do? Discuss that it is too strong to open 1NT so must revert to the old rules of choosing a suit to open.

**It is a 2-step process:**

- Bid lowest 4-card suit first
- Then rebid NT at appropriate level

Again responder is in charge and applies the same principles as over a 1NT opening

### Tip 3: Play of the Hand: Establishing a side/long suit

Use Boards 1, 5 and 8 to illustrate these concepts:

- You may have to lose a trick to establish extra winners
- You need to play the honour(s) from the short suit first

Play the remaining hands