

Hunter Cichy

Hunter Cichy attended Century College in White Bear Lake, MN and graduated with an AAS in Paramedic Technology. By the time he finished his degree he was playing the largest cash games in the Midwest. Instead of pursuing a career in health care, he chose to move to South Florida to play bigger cash games and MTTs.

Since the move, Hunter has launched a one-on-one coaching program through checkshovepoker.com.

He frequently posts free training videos on his Youtube channel:



You can follow along at

www.facebook.com/checkshovepoker and twitter.com/checkshover

When he's not coaching and playing big cash games, Hunter travels to major MTT stops in Atlantic City, Las Vegas, Los Angeles, Montreal, Panama, and the Dominican Republic. He's also a big proponent of investing in stocks, bonds, and real estate to generate passive income.



TESTIMONIALS

"I've been playing poker for over twenty years. It took me less than twenty minutes to recognize that Hunter was the poker coach that could take my game to the next level. I can't recommend him strongly enough." -Steve

"Individual coaching with Hunter has advanced my game faster than any book, message board, or video in the past 18 months." -Jon

"Hunter teaches an aggressive style that is hard to exploit, easy to implement, and very profitable." -Hap

"I can say without doubt, Hunter helped increase my hourly by fixing crucial leaks in my game." -Martin

"I am much more comfortable playing against tough competition." -Scott

"Working with Hunter gave me a fresh perspective. He's done a ton of work off the table and it shows." -Josh

"Getting coached by Hunter was the best poker investment I've ever made." -Robert

"Working with Hunter has quickly given me the foundation needed to make strong, logical poker decisions. -Fausto

"Hunter has developed a pro-level playing style that he can also teach effectively. That's extremely rare." -Nathan

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INTRODUCTION

Hello. My name is Hunter Cichy. I was born on January 21st, 1993 and I grew up in Coon Rapids, Minnesota. My fascination with poker started at age 12 when my grandfather taught me how to play Five-Card Draw. My aptitude for the game was noticeable from the beginning. I loved it so much I quickly taught my friends and family how to play.

I discovered online poker shortly after. Play money stakes allowed me to gain all the experience I needed to win without risking a dollar. I read every article, bought every book and watched every training video I could find. When I found out that Chris Ferguson turned \$0 into over \$30,000 by winning a freeroll using play money chips, I set my sights on a new goal.

I used my play chips to take shots at freeroll tournaments with payouts as large as \$5 for first place. Eventually I won one of them and parlayed my \$2 score into a \$100 bankroll. Then Black Friday happened. I lost my whole bankroll and any opportunity to rebuild online. Devastated, I began researching the Minnesota state gambling laws.

I learned that, unlike most states, the legal gambling age in Minnesota is 18. Even better, a cardroom called Running Aces Harness Park was only 15 minutes away. So, I waited three weeks until I turned 18 and took \$500 worth of Christmas money over to the local cardroom. I sat down in a \$1/\$2NL game and quickly realized that I was a winning player. I played every weekend as I finished

my last semester of high school. Summer break allowed me to build my bankroll.

That fall I was accepted into the Century College Paramedic Program, where I completed an AAS in Paramedic Technology and became a nationally certified paramedic. I took classes through the summer and diligently averaged 17 credits a semester to finish early. After completing a grueling 1,400 hour internship, I was finally ready to begin my healthcare career. I just had one problem...

I was winning \$70/hour playing \$2/\$5NL and I wanted to see how much I could make playing \$5/\$10NL. In order to do that, I had to move out of state. But where? Atlantic City? Las Vegas? Los Angeles? The beaches, warm weather, beautiful women, and emerging poker scene in South Florida seemed to be the best choice. I packed up my things and made the transition.

It ended up working out. After the first year, my cash game hourly exceeded my wildest expectations and I also had a few deep tournament runs. In an effort to force myself to continue to learn, I started coaching students over Skype. I discovered that I enjoy teaching people about my favorite game and I also learned that many people value my insight.

This sparked my interest in producing concept videos and hand history reviews. I've worked for several training sites since I started playing professionally. In that time, I've coached 100+ students, written many articles and produced dozens of training videos. Frustrated with the lack of control over my content, I decided to create my own site. This resulted in the formation of Check Shove Poker.

Many people are eager to learn how to play this fascinating game. They see how much fun others are having and they want a piece of the action. The only problem is that they have no idea where to start. I would say it takes most people three years to go from learning the rules of poker to being a winning \$5/\$10 NL player. My goal with this book is to introduce a new framework for evaluating hands that allows experienced \$2/\$5 NL players to learn to beat \$5/\$10 NL in three months.

Most people learn poker by trial and error and receive poor advice from friends. I am going to change that. I have identified, outlined, and elaborated on every component that goes into beating live cash games. My streamlined system will save players from wasting countless hours, losing countless dollars, and experiencing the frustration that new poker players have been subjected to for far too long. Your training starts now.

Isolation Ranges

We've firmly established that open-limping is terrible. If you see a lot of limping at the table, you're in the right place. It's so easy to dismantle a limping strategy, especially if you ask yourself these three questions...

- ◆ **Does Villain ever limp with malicious intent?** By that I mean, does he ever limp intending to raise with a big hand? This is a common tactic that can throw a wrench into a loose-aggressive isolation strategy. You must seek to identify and exploit these players.
- ◆ **Does Villain limp-call or limp-fold as a default?** You can isolate much wider than normal against a player who limp-folds as a default. However, you need to inject more value into your isolation range against someone that limp-calls as a default.
- ◆ **Is Villain's limp-calling range elastic or inelastic?** In other words, does he limp-fold more often to larger raise sizes? If not, is there a way you can exploit his inelasticity by using a larger sizing with your big hands?

If you can't answer these questions you should operate off of these two key assumptions until proven otherwise...

- ◆ **Without info, assume that Villain has no malicious intentions.** It's uncommon to run into a limp-raiser. It's rare to run into a Villain who limp-raises as a bluff. Assume that Villain is only limp-raising with monsters until proven otherwise.
- ◆ **Without info, assume that Villain will limp-call with most of his range.** Make sure that your isolation range has enough value to combat Villain's loose-passive tendencies. Then follow-up with well-sized value-bets.

Operating from these assumptions, there are six key metrics you should use when choosing your isolation range and size.

- ◆ As a default, isolate to your normal opening size plus one big blind per limper. So if you normally open to 3.5bb, you should isolate one limper by raising to 4.5bb, and two limpers by raising to 5.5bb.
- ◆ As a default, isolate one limper with the top 75% of your opening range from each position. So if you normally open with 36% of hands on the button, you should isolate one limper with 27% of your range.
- ◆ As a default, isolate two limpers with the top 50% of your opening range from each position. So if you normally open with 36% of hands on the button, you should isolate two limpers with 18% of your range.
- ◆ As a default, isolate three or more limpers with a range of 9-9+/A-Q+. It's important to inject value into situations where you will most likely have to go post-flop in a bloated, multiway pot. When in doubt, tight is right when isolating three or more limpers.
- ◆ As a default, never over-limp from a position earlier than the cut-off. It's important to minimize the chances of getting isolated by someone behind you. It's too difficult to fight back out of position with a capped range.
- ◆ As a default, it's okay to over-limp with small pocket pairs, suited connectors, and suited gappers against weak opponents. But it's important to avoid over-limping with weak Broadway hands. You need to be able to retain your equity on later streets.

Now that these metrics have been outlined, there's just one further thing I need to mention. There are way too many pre-flop isolation permutations for me to list all of them in this book – 36 just for single limpers! To compensate, I've chosen to show optimal ranges for situations where the limper is to your immediate right. These are common and most useful.

SB limp → 3x BB Isolation

	A	K	Q	J	T	9	8	7	6	5	4	3	2
A	93	65	93	93	93	93	93	93	93	93	97	94	34
K	75	93	93	93	93	93	93	81	78	60	85	93	14
Q	93	45	93	63	94	93							
J	75	75		93	63	87	69						
T	96	60	5		93	11							
9	93	93				93	80	91					
8	87						93	62	86				
7	87	52						93	62	94	78	78	83
6	86						12		93	83	93	16	25
5					87					93	93	90	85
4					4		97			48	93	64	
3					57		28	39	85	85		93	
2	21						58	13	85	85			93

Raise		Fold	
Call		% of Raise	XX
		Not in range	

Every box is call or raise because you're not allowed to fold when the small blind limps to you. Now that limping the small blind has become a more common strategy in bigger games, it is important to know how to utilize a well-constructed isolation range. To start, you should almost always be isolating with pairs, Broadways, suited connectors, suited gappers, A-x and suited K-x hands.

The small blind's limping range is usually so wide that you should start building a pot in position. It's so difficult for the small blind to defend out of position, without the initiative, that hands like K-3s become easy raises. Don't be afraid to inflate the size of the pot in position.

BTN limp → 4x SB Isolation

	A	K	Q	J	T	9	8	7	6	5	4	3	2	
A						7	10	10		45	37		9	
K						73								
Q						17								
J	30	70	82			74								
T	5						79							
9							35	7						
8									76					
7									74	32				
6										62	15			
5											96	93	59	
4												9	27	7
3														
2														

Raise		Fold	
Call		% of Raise	
			Not in range
			

Compare the small blind's isolation range to the small blind's 3-betting range versus the button later in this book. It's very similar except that Snowie is calling with more hands because of the 5-to-1 pre-flop odds. Essentially, you should be isolating with most of the hands you would have 3-bet for value.

This is of utmost importance in \$2/\$5 NL games with a \$7 rake. It's mind-boggling that solid pros still limp, knowing that the \$15 pot will be decreased to \$12 after the rake. You have to isolate wider to overcome the \$2 jackpot drop.

CO limp → 4.5x BTN Isolation

	A	K	Q	J	T	9	8	7	6	5	4	3	2
A							94		71				
K		95											
Q						97							
J													
T	5					32							
9													
8													
7								5					
6									55				
5										3			
4													
3													
2													

Raise		Fold	
Call		% of Raise	XX
		Not in range	

This is where my isolation strategy begins to diverge from Snowie's suggestions. The problem with this range is that Snowie is assuming the cutoff is playing a perfect, balanced strategy when forced to limp. This is never the case in real life. I would isolate much wider.

Keep in mind there are two key assumptions that you need to make until proven otherwise:

- ◆ Without info, assume that Villain has no malicious intentions.
- ◆ Without info, assume that Villain will limp-call with most of his range.

I recommend isolating with any hand you feel comfortable playing post-flop.

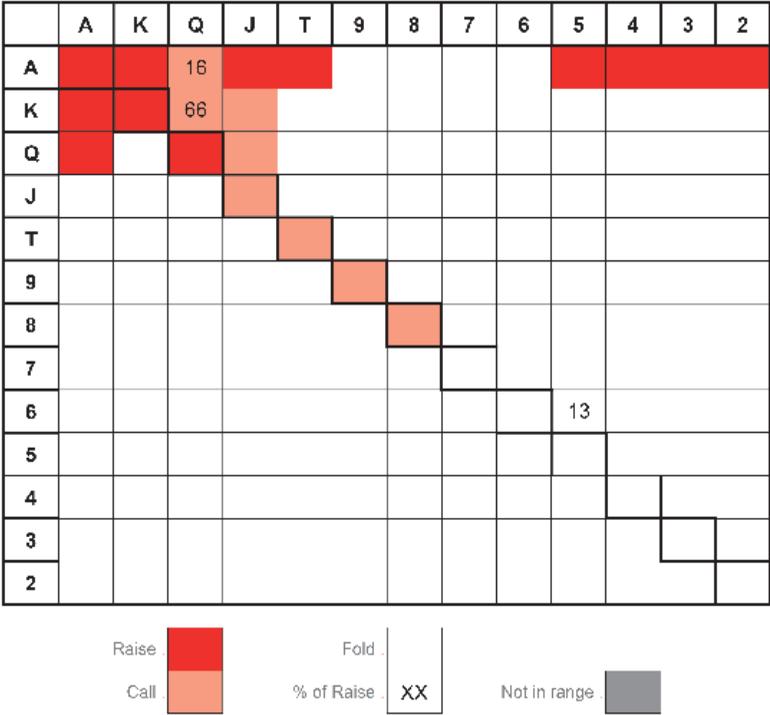
HJ limp → 4.5x CO Isolation

	A	K	Q	J	T	9	8	7	6	5	4	3	2
A			85						95				
K				96	3								
Q													
J	86			16									
T													
9													
8													
7									14				
6										74			
5											32		
4													
3													
2													27

Raise		Fold	
Call		% of Raise	
			Not in range
			

I feel the same way about this situation. I would isolate with all the pairs, Broadways, and suited connectors until Villain started limp-calling with strong hands or limp-raising. The worst thing you can do is over-limp and expose yourself to being isolated, out of position, with a capped range.

LJ limp → 4.5x HJ Isolation



I would still isolate wider than this from the hijack. The 8-8+/A-2s+ region of this range is going to be profitable long-term against the vast majority of opponents you face in live play. But just because I would isolate wider, that doesn't mean you have a green light to go crazy. The cutoff and button can still 3-bet you if you get out of line.

EP3 limp → 4.5x LJ Isolation

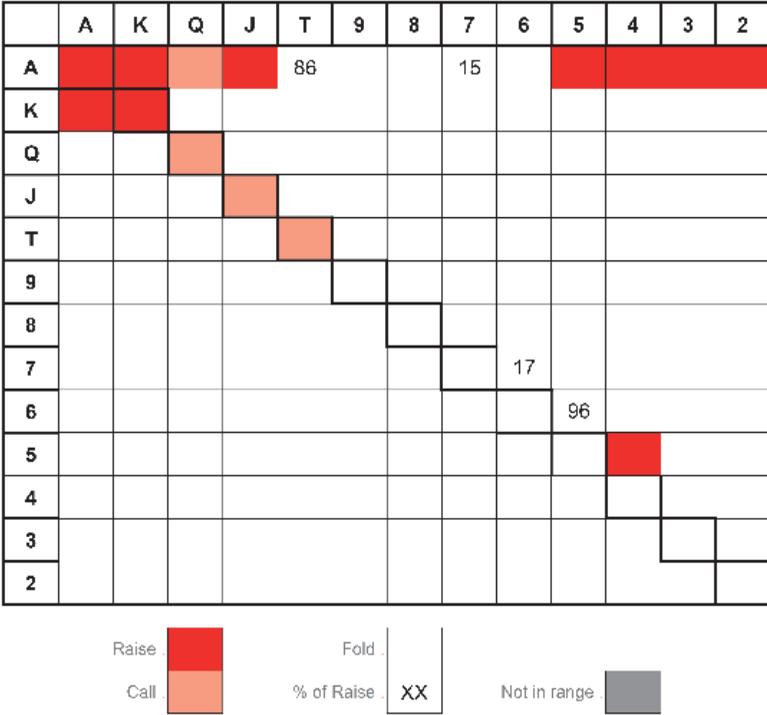
	A	K	Q	J	T	9	8	7	6	5	4	3	2
A	Raise	Raise	95	Raise	64					Raise	Raise	Raise	31
K	Raise	Raise	4										
Q			10										
J				Call									
T					Call								
9						Call							
8							Call						
7								Call					
6									Call				
5										Call			
4											Call		
3												Call	
2													Call

Raise		Fold	
Call		% of Raise	
			Not in range
			

Early position limpers create a weird dynamic in splashy games. They're all still terrible players, but some of them have adapted by limp-raising with big hands to squeeze out the raiser and all the flatters behind. I recommend using Snowie's suggestions if you suspect the early position limpers are plotting against you.

Against everyone else, you should be isolating with the majority of your opening range from each position. Resist the urge to over-limp with so many players behind you. Again, the worst thing you can do is expose yourself to being isolated, out of position, with a capped range.

EP2 limp → 4.5x EP3 Isolation



This situation is similar to the previous one. The only thing I want to point out is that this isolation range and over-limping range is almost identical to the range of hands Snowie suggests using to 3-bet an EP2 opener. This leads me to believe it views these limpers as a potential threat, instead of viewing them as the docile, loose-passive fish you typically see in live games.

EP1 limp → 4.5x EP2 Isolation

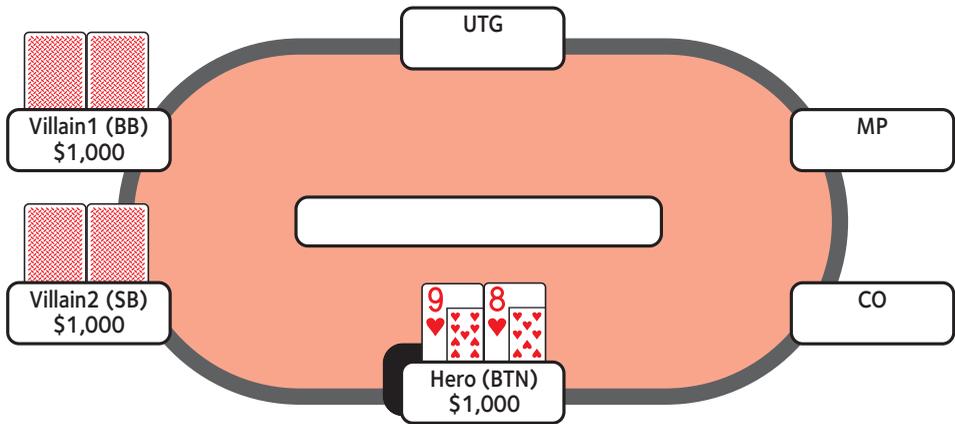
	A	K	Q	J	T	9	8	7	6	5	4	3	2
A	85												
K													
Q													
J													
T													
9													
8													
7									5				
6											90		
5													59
4													
3													
2													

Raise		Fold	
Call		% of Raise	XX
		Not in range	

I also think it's interesting that Snowie is frequently over-limping with Q-Q/J-J, intending to limp-call instead of limp-raising. I have to assume this is done for balance and deception. What's even more interesting is that I've seen Phil Hellmuth do this a couple times in bracelet events. Maybe he's on to something.

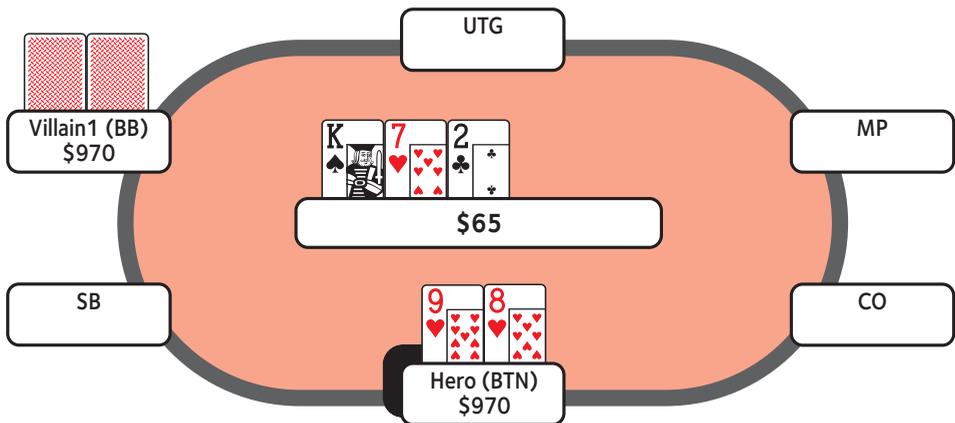
Double Barreling

Pro tip: You should almost always fire a second barrel if you pickup equity.



\$5-\$10NL: Hero raises to \$30. The Big Blind calls.

Don't worry about getting check-raised off a draw. That happens so infrequently that it shouldn't even be a part of your thought process. Very few players actively seek to check-raise turns. As a result, you can follow through on the turn with impunity.



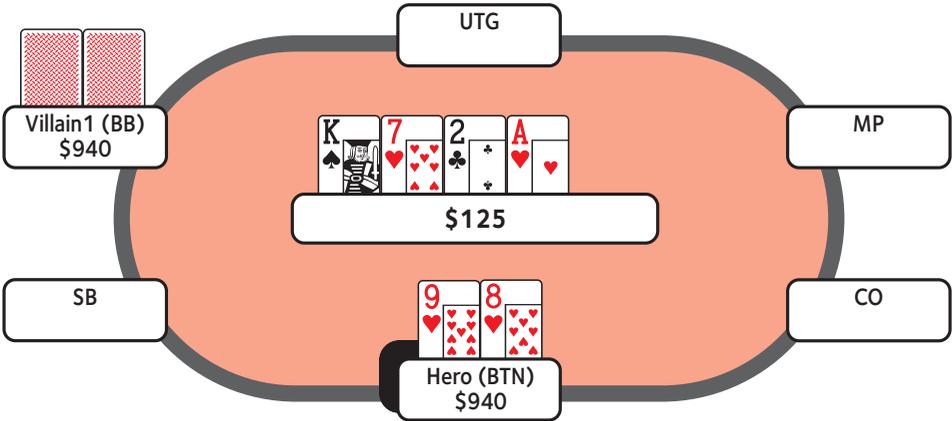
Villain checks. Hero bets \$30. Villain calls.

Hero has a big range advantage on this flop. He has A-A, A-K, K-K, and K-7s. Villain usually doesn't have these combos because he would have 3-bet the first three and folded K-7s. Hero should c-bet at a high frequency to put pressure on Villain's weak Broadway hands, suited connectors that didn't hit the flop, and small pocket pairs.

Just like last hand, Hero should focus on c-betting with hands that have backdoor equity. As always, there are 47 unseen turn cards. Six of them give Hero a pair with decent showdown value. Of the rest, 22 of them give Hero a draw. It's good to start thinking a couple moves ahead.

Draw	Cards	Equity	Fold Equity
Gutshot	J♠, J♣, J♦, 5♠, 5♥, 5♦	9%	24%
OESD	10♠, 10♣, 10♦, 6♠, 6♥, 6♦	17%	14%
Flush Draw	A-J♥, 4-2♥	20%	9%
Gutshot+FD	J♥, 5♥	26%	0%
OESD	10♥, 6♥	33%	0%

Here is a turn card that gives Hero equity and allows him to represent more value hands. This is a great spot to continue barreling.



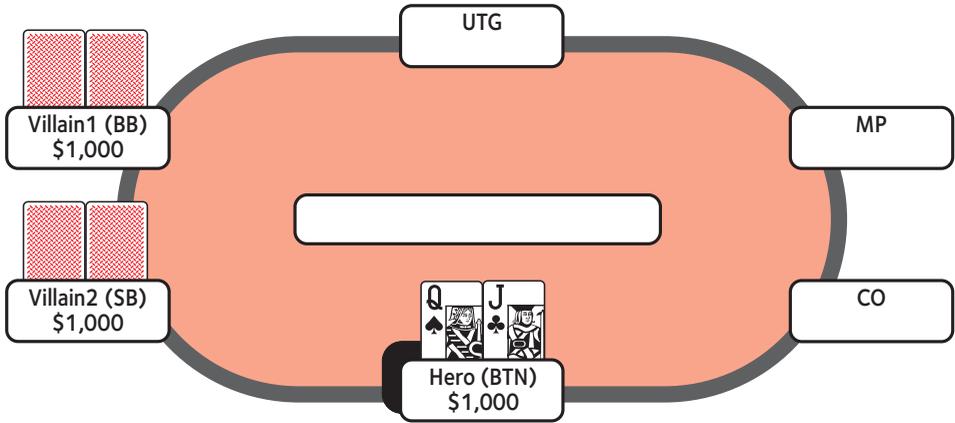
Villain checks. Hero bets \$60. Villain folds.

It's easy to see that he can generate more than 9% fold equity. Villain has plenty of weak pairs for Hero to target: 10-10 - 8-8/6-6 - 3-3/8-7s/7-6s.

Villain will often fold the turn to avoid a very difficult river decision.

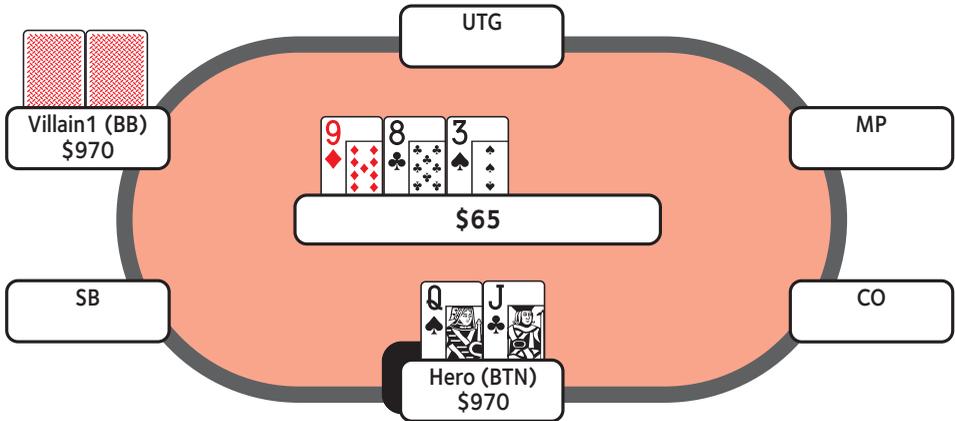
Triple Barreling

Pro tip: You need blockers and a range advantage to go for a triple barrel bluff.



\$5-\$10NL: Hero raises to \$30. The Big Blind calls.

Q-J is the hand with which you can most frequently empty the clip. There are so many boards where it flops at least a gutshot, with two over-cards and six scare cards that you can represent on the turn. Follow through with this equity a huge percentage of the time and occasionally, you are given an opportunity to represent scare cards on the river.



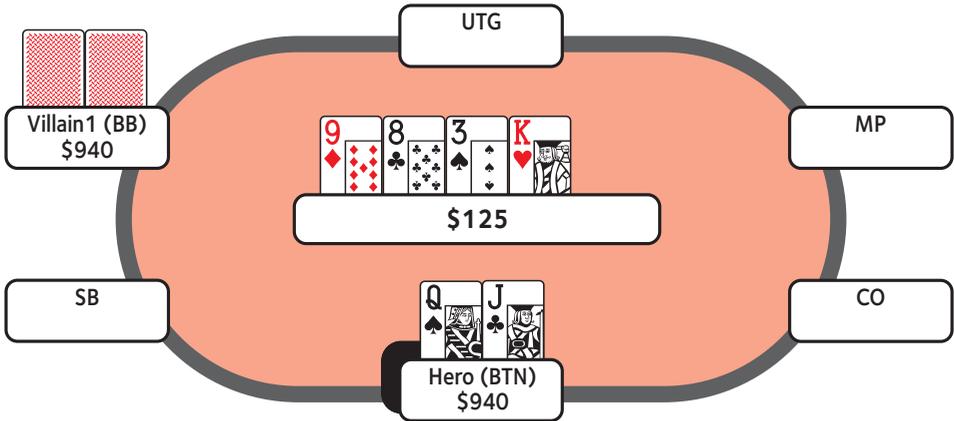
Villain checks. Hero bets \$30. Villain calls.

As usual, Hero has a range advantage on this flop because he's in position, with card edge, skill edge and initiative. He should c-bet because Villain has a lot of air, ace high, and vulnerable pairs in his range. On top of

that, Hero has a great deal of equity and favorable turn cards that he can represent against Villain’s range.

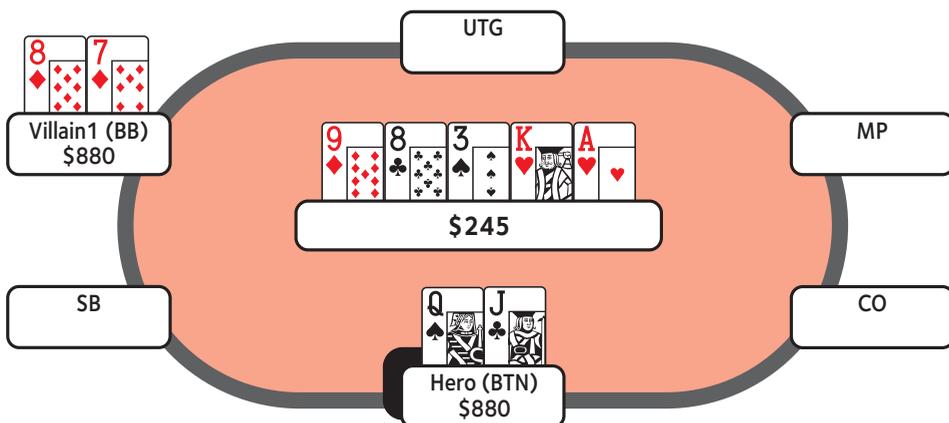
Draw	Cards
Pair	Q♥,Q♣,Q♦,J♠,J♥,J♦
Straight	10♠,10♥,10♣,10♦
Represent on turns and rivers	K♠,K♥,K♣,K♦
Represent on river	A♠,A♥,A♣,A♦

Ten of the 47 unseen turn cards improve Hero’s hand. Hero is also guaranteed to have equity on turns that don’t pair the board. That being said, Hero shouldn’t try to represent an ace on the turn because Villain should be check-calling with a lot of A-x combos. Hero should only try to represent the ace on the river (after Villain has check-folded the turn with ace high).



Villain checks. Hero bets \$60. Villain calls.

The K♥ benefits Hero’s range much more than Villain’s. It’s important for him to keep betting. His Q and J outs are probably still good. He can fold out a lot of A-x hands in Villain’s range and setup a river barrel.

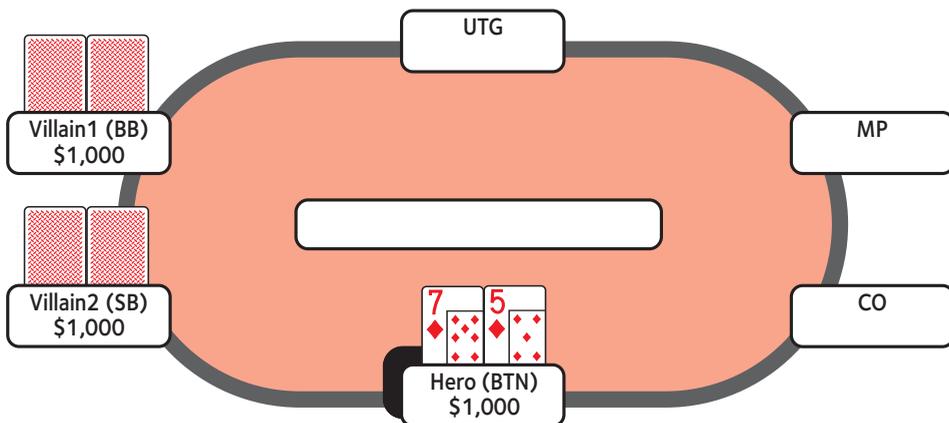


Villain checks. Hero bets \$120. Villain folds.

The ace benefits Hero's range much more than Villain's. There are very few hands in Villain's range that connect with this card: A-9/A-8/A♣-3♣/A♦-3♦. Hero's hand also blocks combos of Q-8s and J-8s. It would be criminal for Hero to give up.

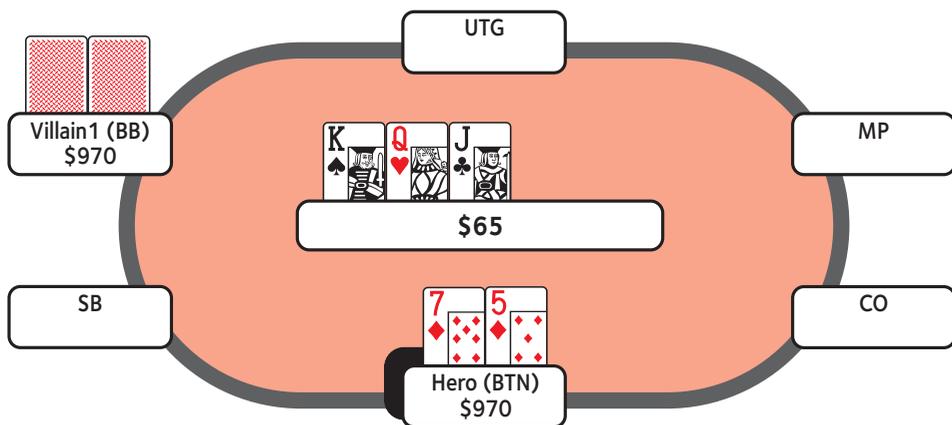
Delayed C-Betting as a Bluff

Pro tip: Check the flop with no equity bluffs and consider stabbing turns.



\$5-\$10NL: Hero raises to \$30. The Big Blind calls.

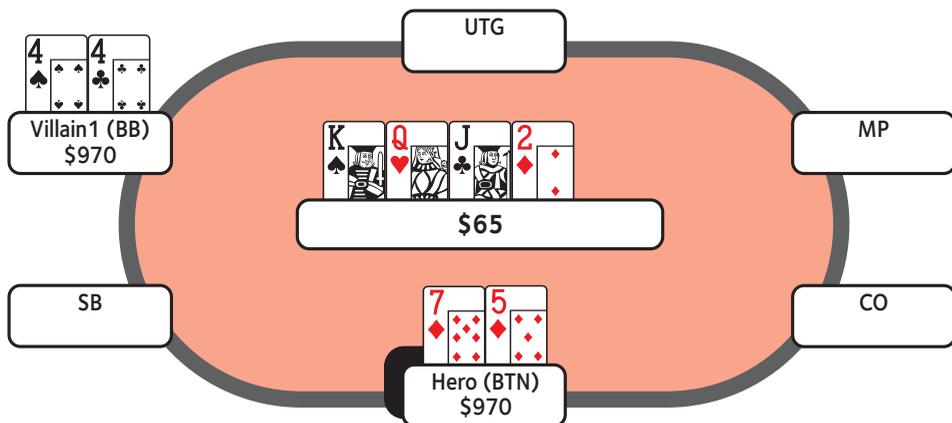
There are times when you flop no equity of any kind. It's okay to just give up and forfeit your \$30 pre-flop investment. The good news is that the boards you should give up on are usually the same boards that Villain should give up on. If he checks to you twice, you can use your position and informational advantage to steal a couple of extra pots.



Villain checks. Hero checks.

Reasons for checking...

- ♦ Hero has no equity of any kind.
- ♦ Hero has better hands with which to bluff.
- ♦ Villains tend to get sticky with A-x and 10-x on flops like this.
- ♦ Villain won't stab the turn with air.
- ♦ Villain has to check-fold 8-8 - 2-2/9-8s - 4-3s on the turn.



Villain checks. Hero bets \$30. Villain folds.

I'm not a huge fan of delayed c-betting. If Villain is folding too much, I prefer to buy his equity before he has a chance to catch up. I also like to make sure Villain can't bluff me off my hand on the turn. Don't get me wrong, there are times when delayed c-betting is okay. But it's only when Villain has few outs and little opportunity to stab turns.