

HOW TO PLAY POKER LIKE A COMPLETE AMATEUR

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an amateur. I should know."

Chris Moneymaker



BY WES CUTSHALL

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Chris Moneymaker, WSOP Main Event Winner

"There are so many great sources to learn how to be a great professional poker player. This is the first and the best book to teach you how to be an amateur. A stunning display of all the worst poker skills in one. A masterpiece."

Jaime Staples, Professional Poker Streamer

"You'll get torched playing like this. I highly recommend this book."

Brad Owen, Poker Vlogger

"As if there's already not enough coaching at the \$1/\$2 tables. Now there's a book."

Vanessa Kade, PokerStars Sunday Million Winner

"A fish can feed a man. But a table of fish can feed my entire family. Thanks, Wes."

Bart Hanson, Poker Player and Coach

"When I first met Wes it was clear he was an amateur player. Now after knowing him for years, he still seems to be an amateur player. Now he wrote a book about it."

Kevin Martin, Professional Poker Streamer

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1. LIMPING



In the game of **No Limit Texas Hold’Em Poker** there are **169** different starting hand rankings (figure 1). These hands vary from pocket Aces down to three-deuce. Only ten of these starting hands are actually “good hands” (figure 1 - hands marked in yellow). The good hands are widely agreed upon to be pocket Tens, Jacks, Queens, Kings, Aces, Ace-King, Ace-Queen, and Jack-Ten suited. I call these the **Golden Ten**. These are the only hands you can raise preflop with which people will respect your poker play. The rest of the starting hand rankings can be fun to play, but it would be embarrassing if you were caught raising preflop with one of them. When’s the last time you saw a guy with a college degree raising Nine-Seven suited? Because of this it’s best to just limp preflop with all of the hands that you aren’t comfortable getting all-in preflop. When you limp, you allow yourself a chance to fold if anyone happens to wake up with one of the Golden Ten hand rankings.

AA	AKs	AQs	AJs	ATs	A9s	A8s	A7s	A6s	A5s	A4s	A3s	A2s
AKo	KK	KQs	KJs	KTs	K9s	K8s	K7s	K6s	K5s	K4s	K3s	K2s
AQo	KQo	QQ	QJs	QTs	Q9s	Q8s	Q7s	Q6s	Q5s	Q4s	Q3s	Q2s
AJo	KJo	QJo	JJ	JTs	J9s	J8s	J7s	J6s	J5s	J4s	J3s	J2s
ATo	KTo	QTo	JTo	TT	T9s	T8s	T7s	T6s	T5s	T4s	T3s	T2s
A9o	K9o	Q9o	J9o	T9o	99	98s	97s	96s	95s	94s	93s	92s
A8o	K8o	Q8o	J8o	T8o	98o	88	87s	86s	85s	84s	83s	82s
A7o	K7o	Q7o	J7o	T7o	97o	87o	77	76s	75s	74s	73s	72s
A6o	K6o	Q6o	J6o	T6o	96o	86o	76o	66	65s	64s	63s	62s
A5o	K5o	Q5o	J5o	T5o	95o	85o	75o	65o	55	54s	53s	52s
A4o	K4o	Q4o	J4o	T4o	94o	84o	74o	64o	54o	44	43s	42s
A3o	K3o	Q3o	J3o	T3o	93o	83o	73o	63o	53o	43o	33	32s
A2o	K2o	Q2o	J2o	T2o	92o	82o	72o	62o	52o	42o	32o	22

FIGURE 1. GOOD HANDS / GOLDEN TEN

Limping is the most common way to maintain your amateur poker player status. When you limp you are accepting the exact, precise, already calculated, mathematical odds behind how often your specific starting hand is **supposed** to win.

In order to maximize your ability to limp for hours at a time, you are going to have to perform a little social engineering. In order to maintain a limp-heavy poker game, be sure to groan and moan if other players raise preflop. It has been shown that shaming others for their aggressive preflop play is the best way to return an action poker game back to a passive limp-fest where we can see lots of flops for cheap.

In the event that a preflop aggressor shows one of the Golden Ten starting hands, it's okay to let them know that raising with **that** hand is acceptable. Sometimes a player will raise with a Golden Ten hand that you yourself think is not that good of hand. When this occurs be sure to tell them, ***"I hate pocket Jacks"*** while nodding in agreement with their preflop raise.

"It works every time but the last time, bud." - You

Sometimes it's necessary to scare your opponents into not raising to ensure that you can continue to limp Queen-Jack under the gun. Let's say you have made a final table of the weekly freeroll at your bar and the young kid at the table keeps shoving his **10-15** Big Blind stack over and over. This is when you need to say, ***"It works every time but the last time, bud."*** This statement is one of the truest in all of poker. It works, and it works, and it works, and it works, and it works, and it works, and it works, and it works, and it works. But eventually...it doesn't work. Unless he wins the tournament. You'll learn in Chapter 16, Chopping Tournaments, how this type of maniac player makes it important to chop all tournaments as soon as you make the final table before this behavior can even begin.

2. OVERBETTING



To play like a Complete Amateur, you must master the **Scale of Disgust**. The Scale of Disgust (figure 2) is an increasing scale by which you must raise to a larger and larger amount preflop the more you despise a specific starting hand. Each player should have his or her own Scale of Disgust based on previous hands they've lost. It's important to track previous times you've lost with every Golden Ten hand so that you can establish your own Scale of Disgust.

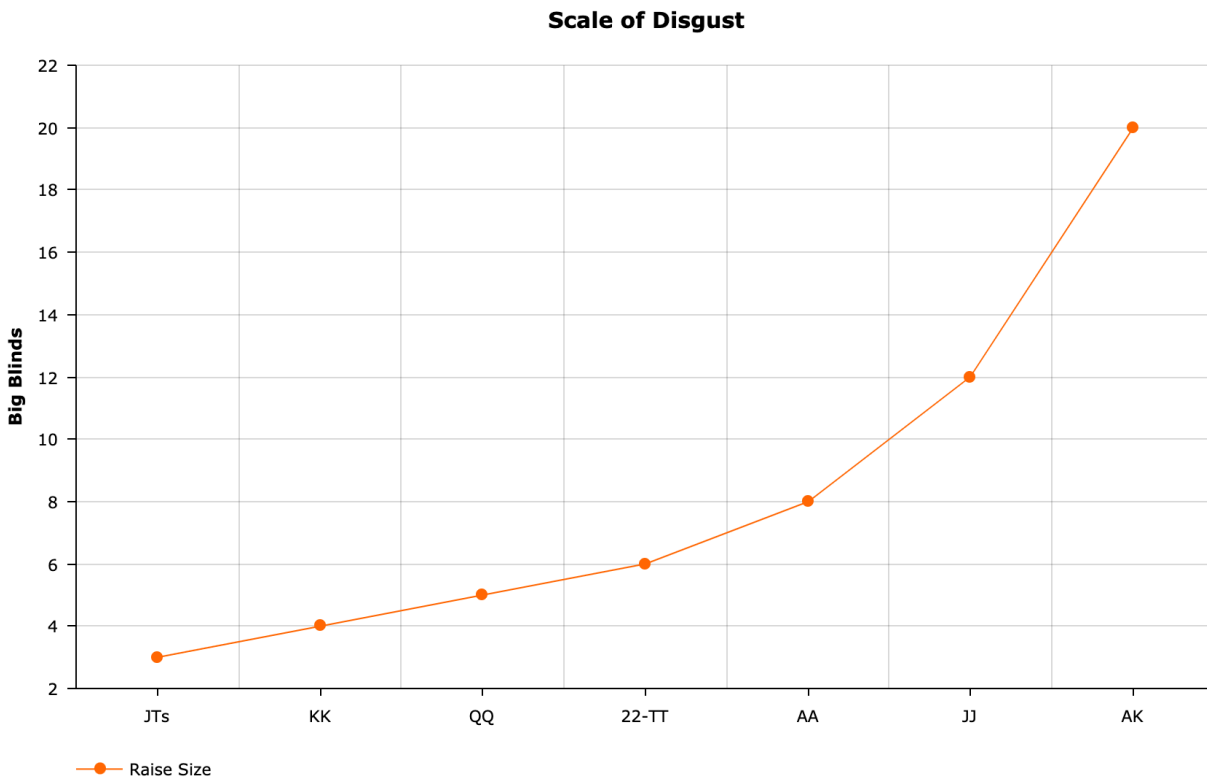


FIGURE 2. SCALE OF DISGUST

To properly implement your own Scale of Disgust, you will start by raising pocket Aces to **5-8x** the Big Blind. As you go down the list of the Golden Ten hands, you should raise larger and larger the more you dislike a certain starting hand. If you've lost the last

five times you've had pocket Jacks, you should increase the scale to raising to **10-12x** the Big Blind. Hands like Ace-King, which are completely unplayable post flop, can even be raised to up to **20** Big Blinds so that nobody ever calls you. Once you've over-raised your hand of disgust, and the entire table snap-folds, be sure to show everyone the hand so that they understand your over-sized raise and they will continue to respect your poker play. It would be embarrassing if the table thought you were making this large raise with Ace-Jack or pocket Nines.

Hands like Ace-King, which are completely unplayable post flop, can even be raised to up to 20 Big Blinds so that nobody ever calls you.

Sometimes it's important to overbet post flop. Let's say you make the nut straight on the turn, but the turn also brought along a backdoor flush draw. If your opponent suddenly leads into you after check-calling the flop you should over-raise to "protect your hand." We'll discuss this more in Chapter 8, Making Them Fold Their Draws.

3. ACE-KING IS A DRAWING HAND



Ace-King isn't a pair. Of all the starting hands, Ace-King is behind all **13** starting hand pairs. Ace-King is just "flipping" against **11** of those **13** pairs. This means you can only win **1/2** of the time against those **11** starting hand pairs.

In Chapter 1, Limping, we talked about the **169** different starting hand ranks. Ace-King is only ahead of **156** of those starting hands. But the real problem with Ace-King is that we know our opponents aren't playing any of the other **156** unpaired starting hands. This leaves us up against Ace-Queen, Ace-Jack, King-Queen, Queen-Jack, King-Jack, Jack-Ten, pocket Tens through pocket Aces, and some small pairs that players accidentally limped in with not realizing there was a raise and were forced to call the full raise or fold.

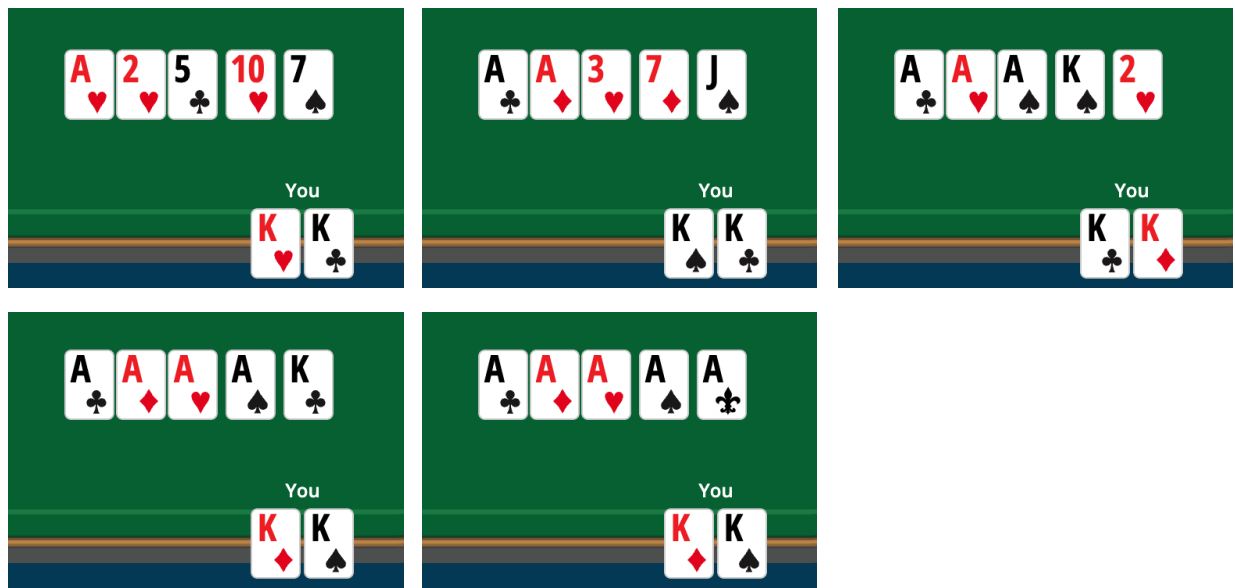
Ace-King isn't a pair.

What exactly are we going to do when we have Ace-King and the flop comes Nine-high and our opponent holds Jack-Ten? We're swimming in the ocean without floaties. About **70%** of the time we flat call Ace-King preflop we're going to miss the flop completely. That means we'll have no pair **70%** of the time. When this happens our opponent is going to win the hand. This means that we will lose with Ace-King **70%** of the time. This is why it's important to understand that with Ace-King we're just gambling. We're trying to get lucky and hit something so that we can bet our opponents off of whatever they have.

4. POCKET KINGS ARE ACE MAGNETS



All amateur players know that when holding pocket Kings preflop, an Ace comes on the flop every time. This makes it very difficult to play pocket Kings as your opponent might have played a hand like Ace-King or Ace-Queen and now you're behind. Since pocket Kings is such a strong preflop holding, we simply have to call every bet our opponent makes post flop even once an Ace comes out. Below are a few examples of how pocket Kings are Ace magnets.



5. FIND YOUR FAVORITE HAND



Every amateur player needs a favorite hand, and I don't mean pocket Aces, my God. It might take a few years of playing before you can identify your favorite hand. Your favorite hand might simply be a hand that you think plays well like Jack-Ten. Your favorite hand might be a hand that you think you've won with often, like Queen-Nine. Or your favorite hand could be that hand you won a really big pot with that one time and now you play it all the way to the river every time because this hand owes it to you, like Five-Six suited.

Be sure to engage in camaraderie by always telling other players, **"Ohh, that's my favorite hand!"** when they somehow get all in vs Aces with your favorite hand.

"Ohh, that's my favorite hand!" - You

6. CHECKING DARK



In all of poker there is one move that only amateurs use to put fear into their opponents. This move is the **Dark Check**, also know and **Checking Dark**. To check dark a player must announce, ***“I check”*** or ***“Check dark”*** preflop before the dealer has a chance to spread the flop. Be sure to confidently announce your inaction to impose fear into your opponents.

It's important to understand what image checking dark will display to your opponent. First of all, they will have no idea what cards you are holding when you do this. This will leave **them** in the dark post flop. Secondly, they will have no idea if you would have bet the flop if you hadn't checked dark. This hides your intentions. When you check dark you can literally have any hand after the flop comes out. You could have top-top. You could have bottom set. You could have Aces. You could have top two pair. You could have flopped a straight. You could have Kings (if there is an Ace on the flop). You could have flopped a flush. You could have missed completely with Ace-King (see Chapter 3, Ace King is a Drawing Hand).

Once you check dark, should you decide to check-raise, know that your opponent will immediately start kicking themselves for being foolish enough to fall for this well-laid trap. You will often win the hand right there because opponents are afraid if they call the flop that you might simply check dark again and they won't know what to do on the turn. Should you check dark and then decide to just call a bet, you should check dark a second time around **1/3** of the time. The other **2/3** of the time, you should lead the turn for full pot even if it doesn't seem to be a card that could have possibly helped your hand. Checking dark gives **you** the advantage. Make sure to make the most of it.

7. SHOW THEM YOU'RE NOT BLUFFING



All amateurs know that **only bad players bluff**. You do not want to look like a bad player, but an amateur player. Good players wait, and wait, and wait for premium holdings (see Golden Ten in Chapter 1) and pray that they hold up (Google “Jerry Yang Praying”). In order to establish that you are one of those good players you want to make sure that no one ever thinks you are bluffing.

Here's what happens when people think you're bluffing: they start calling you with second and third pair. They might even call you with just two over cards to the board. When players start to call your c-bets with second pair, third pair, or just two overs to the board they will sometimes make a bigger pair, two pair, or even trips without you realizing it. Now the predator becomes the prey. We definitely don't want that, so we want everyone to fold their second and third pairs right on the flop.

You do not want to look like a bad player, but an amateur player.

If you raise preflop with Ace-Jack and subsequently flop a pair of Aces, you should show the Ace after betting everyone out of the pot. Let them know the you're not betting without an Ace. Or else they might call you next time. On a board of AT9, for example, it would be detrimental to leave our opponents thinking that we could have King-Queen or Jack-Ten when we actually have Ace-Queen. Show them that Ace and make sure they don't play back at you in future pots.

Occasionally, you will raise Ace-King and c-bet a flop of QJT and you will be left with no pair of Aces to show. You are left with two options in this scenario. You can either show both cards so people can be impressed that you had the guts to raise Ace-King. Or you can just muck both cards face down and act as if maybe you flopped top set of Queens, middle set of Jacks, or even bottom set of Tens. They'll never know.

8. MAKING THEM FOLD DRAWS



In the event you raise a Golden Ten hand like pocket Queens and you happen to flop top set on a **Qc 8c 5h** board, it's imperative to make sure you don't get called by Ace-high or King-high flush draws. Since your hand is so strong now that you've flopped a set, you are "married" to your hand and you will not be able to fold even if two more clubs come on the turn and river. Due to this, you should attempt to bet enough that your opponents fold all possible draws on the flop. In order to achieve this you should bet at least the size of the pot, and sometimes more.

Often, betting just once against some amateurs won't get them to fold their draw. This is when bet sizing comes into play. Let's say you're early in a tournament with pocket Kings on a two spade flop. The pot is **500**. Your opponent always has a spade flush draw. The problem is the blinds are still low enough that betting **500** won't get them to fold their flush draw. This is what the game theory optimal play of overbetting was developed for. It's time to overbet the pot. A good size here is probably **1,500**. If the player looks super sticky (you know what I mean), go ahead and bump that c-bet up to **2,000**. If the guy is wearing a hoodie or a poker t-shirt your only option is to go all-in.

This is what the game theory optimal play of overbetting was developed for.

Remember what we learned in Chapter 7, Show Them You're Not Bluffing, and don't forget to show them you aren't bluffing. This will help get them to fold to a smaller bet later in the tournament when they are again on a flush draw.

9. PLAYING PASSIVE OUT OF POSITION



Playing out of position is the hardest thing in poker outside of making a pair with Ace-King. Players in position will always have an advantage since they get to see what the other players do on each street (unless you check dark. See Chapter 6, Checking Dark). Because of this, it's important to play very passively when out of position. We've already discussed limping in Chapter 1, Limping. This chapter covers what to do next.

Once you've limped your favorite hand, you're going to have to check-call until the river. If you limp Ace-Jack UTG and flop an Ace, you must carefully check-call since everyone else in the hand probably has Ace-King.

The worst thing about playing out of position is that on the river you always have to lead out after check-calling. This can be awkward. The best way to combat this is to say something like, ***"I know that card didn't help anyone"*** before betting. Some other useful sayings are, ***"Well, if no one else wants it,"*** or ***"How much do you have?"*** and then just bet before they answer.

"How much do you have?" and then just bet before they answer.

10. MATH IS FOR CHESS



Math has no part in the game of poker. Math is for chess. Poker is a feel game. Nobody **actually** knows what cards are coming out, but you can sometimes **feel** it. You just have to keep track and see if your flush draws are hitting today.

Some days hearts are hitting like crazy. Some days Ace-King just isn't making pairs. Pay attention to this. If you see a board with Q55, J55, or 455 all within one orbit, then you know that 5's are hot. Your opponents won't be paying attention so you should start playing all hands with 5's looking to stack a player who raised **8x** with pocket Jacks. To best set the trap, make sure to follow Chapter 1, Limping, and just limp your hands with a Five in them.

Math has no part in the game of poker. Math is for chess.

If you really want to get good at keeping track of the hot suits, you should engage in side betting on red or black. This way you'll have proof of which way the cards are falling that day. Winning a **\$500** pot with a flopped flush and then collecting your **\$5** "black" side bet is the best feeling in poker.

Some people rely on math for making call or fold decisions. But these players aren't amateurs. Don't get caught in this trap. GTO is for players with only God knows how much money.

11. DECK CHANGES



If you haven't won any hands for **2-3** orbits it's time to request a deck change. Especially if this deck is favoring one player at the table. It's okay to ask for a deck change once an hour. I once saw a guy announce ***"Last hand for me,"*** and then ask for a deck change. He didn't even play the last hand. But at least he made us all wait so that maybe he could find a magical double up hand to get him unstuck.

I once saw a guy announce "last hand for me" and then ask for a deck change.

Overall, red-backed decks are better for loose-aggressive players and blue-backed decks are better for tight-aggressive players. You're neither of these so you should play in casinos that have those puke green-backed or brown-backed decks that nobody even wants to steal.

If this doesn't work, you can always ask for a wash as often as every hand.

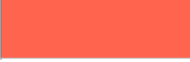
12. BEING UNBALANCED



In poker there is no need to be balanced. If you attempt to be balanced you're going to be stuck wondering, ***"What do they think I have?"*** Sometimes you'll have bottom pair and they'll think you have top pair. Sometimes you'll have top set and they'll think you just have a flush draw. This is no way to live life.

Don't get stuck guessing at what they're guessing you have.

When you have a good hand you should raise big and let everyone know you're not messing around. When your hands are weaker you should limp and try to see a flop for cheap. See the chart below for how strongly to bet all of your possible hand strengths.

Hand Strength	Bet Size
Top Set	
Kings on Ace-high Board	
Top Top	
Favorite Hand	
Draws	
Bricks	
Ace-King	
The Nuts	

Establish your actual range by adjusting your bet sizes to the strength of your hand. Don't get stuck guessing at what they're guessing you have.

13. BETTING IN ODD NUMBERS



In both cash games and tournaments, it's best to always bet odd amounts.

Cash Games

Let's say you're playing in a **\$1/\$3** game where everyone has only **2-3** white chips. Make sure you bet amounts such as **\$13, \$19, \$23, \$27, \$33, \$39, \$41, \$47, \$53, \$57, \$59, \$61, \$69, or \$73**. These bet sizes make it appear as if you did some sort of mathematical calculation before you came up with your bet amount (but don't. See Chapter 7, Math is for Chess). When you're betting a specific odd number, your opponents will know that you have the best hand and won't try to bluff you. If you bet amounts like **\$10, \$20, \$30, \$40, \$50, or \$60**, it looks like you're just taking a stab at the pot and you might get raised with nothing.

Tournaments

In tournaments, you can bet odd by simply adding any random amount of green **25** denomination chips on top of whatever you want to bet. Imagine that the pot is 1K and you think you should bet **1/2** pot. Add **1-3** green chips on top of a **500** chip to make sure you're not encouraging too many players to call when you have flopped top pair top kicker. We have no idea what happens once the green chips have been removed from play as we've never made it that far in any tournament. You're on your own (see Chapter 21, Trying to Go Pro).

Tip from Wes: Tree-fiddy is also a widely accepted bet size.

14. EXPLAINING YOUR PLAY



Everybody who plays poker thinks they are smart. But you are going to **show** everyone that you are smart. Make sure at showdown, when you win a hand, that you explain how you processed all of the information they gave off to make the best decision. Once your opponent shows their hand, you can interject how you **knew** they had said hand. Simply saying, ***“I put you on Ace-King”*** or ***“I knew you didn’t have an Ace”*** will go a long way in showing your opponents that you’ve mastered the skill of hand reading.

“I put you on Ace-King.”

Another way to explain everything is to constantly show your hands when you don’t even go to showdown so that other players will respect your play. Folding Kings on an Ace-high flop? Show everyone that Pocket Kings are Ace Magnets (Chapter 4) by mucking your hand **face up**. If you flop a set and check-raise from the blinds, you’ll need to show them why (see Chapter 7, Show Them You’re Not Bluffing). This is what we call “keeping them honest.”

Poker Terms to Boost Your Cred.

Range	Pockets	Float	Full Boat
3-bet	Over Call	Squeeze	GTO
Donk Lead	C-bet	Equity	Bump It Up
Ace-Face	Jiggities	Down Bet	Flat
Cold 4-bet	All Day	Bet Dark	Probe Bet

15. HOW TO TILT



Tilt is defined as an emotional reaction to the outcome of a poker hand that causes a player to play sub-optimally in the following hands. In order to “tilt” you must first start with being results oriented. You will learn how to be results oriented in this chapter.

Results oriented means that you evaluate whether a hand was played correctly based on the end result. I don’t know what other option exists. If you check pocket Aces on the flop and your opponent hits a gutshot on the turn, then clearly checking on the flop was a mistake. This should tilt you.

In order to “tilt” you must first start with being results oriented.

Now that you’ve recognized your mistake, not bombing the flop, it’s time to ramp it up with the following hands. If you are dealt any pair on the very next hand you should raise **4-5x** the Big Blind and shove on any flop that has an Ace. Once you get **2-3** wins back under your belt, it’s okay to go back to limping and checking dark.

When an opponent flops a set on your pocket Jiggities, your tilt should be directed at the dealer. The dealer is the only one responsible for this. You might want to sit out until the dealer change takes place.

16. CHOPPING TOURNAMENTS



Before we get into discussing chopping tournament prize pools, we need to discuss the **bubble**. The bubble is the part of a tournament where the very next person to bust will be the only player remaining that doesn't get paid. Nobody wants to be the bubble. So you should work to eliminate the bubble entirely.

When you get down to where there is only one more person to bust before you're in the money, be sure to ask, ***"Are we going to pay the bubble?"*** Even if you just pay the bubble their buy-in back, they'll be happy they got something and they can tell their friends that they "cashed" in the tournament. Don't be the jerk who insists on playing the tournament out the way it was designed.

Nobody wants to play poker all night long.

Once you're in the money, you need to start paying attention to who is scared and who is playing with reckless abandon. Once you have eliminated all of the recklessly aggressive players it's time to discuss a chop. A chop is when you take the prize pool and create an even distribution of the money, completely ignoring stack sizes, to pay all remaining players the same amount. The goal here is to just stop playing poker. Nobody wants to play poker all night long. There is no skill once you get to a final table so you're just risking being knocked out and not getting a decent payout if you keep playing. At a final table, even the shortest stack is just **3** double-ups away from being the chip leader. This is not fair.

When you start a tournament you should set your eyes on that final table and envision how good it will feel to **5x** your buy-in instead of playing out a rollercoaster final table for an unlikely chance to **20-30x** your money.

17. FINDING THE HOT SEAT



One of the best things about cash games is that you can choose your table and your seat. If you discover that your seat is unlucky, find a luckier seat! Should a player win a lot of money and then decide to leave before they lose it all (see Chapter 18, Locking Up a Win), take their seat. The advanced amateur players will ask for a seat change button the second they sit down so that they can lock up that hot seat before anyone else does.

Don't overlook the value of sitting in the same seat week after week. That seat knows you and how you like to play. It can feel weird sitting on the other side of the table. Stick with what you know.

Sometimes in a tournament your table will be broken and you will be moved to a new table. Be sure to bring that lucky chair to your new table. Maybe just stack it on top of your new chair to make that super-tall Game of Thrones chair so nobody questions why you're bringing a chair to a table already full of chairs.

18. LOCKING UP A WIN



One of the worst things that can happen to a cash game player is to run up a big stack only to lose it all. We're going to teach you how to avoid this entirely. If you are playing a cash game and you get up **200** Big Blinds, it's time to leave. Everyone knows that you can't be this lucky forever. You've done the best you can do and now it's time to lock up a win. Get out of that card room as soon as you can. Get some racks. Ask to not be dealt in. And head quickly to the cage. Do not play out of the rack!

DO NOT PLAY OUT OF THE RACK!

I once knew a player who won 30 straight cash game sessions. This guy was smart enough to leave around midnight before all the stuck players started straddling **\$100** preflop. While he was snug in bed with his newfound riches tucked away in a sock drawer, the rest of us were left putting **\$1,000** in the middle with Seven-Deuce because we were trying to win a **\$100** side bet.

Don't gamble. Scramble.

19. BANKROLL MISMANAGEMENT



Your bankroll is the amount of money you have set aside for poker. This often comes from the ATM. For cash games you should have (withdraw) **2-3** buy-ins for the stakes you want to play. You will only ever need **2-3** buy-ins since you will be locking up all of your wins as we just learned in Chapter 18, Locking Up a Win. **5-6** buy-ins ought to do it for tournaments since you're going to be chopping most of the time (see Chapter 16, Chopping Tournaments).

You will only ever need 2-3 buy-ins since you will be locking up all of your wins.

If you happen to go busto, don't worry. It happens to every player at some point during the month. Just wait for that tax refund, job performance bonus, or birthday check your grandmother still sends you at the age of 44 to jumpstart your bankroll again.

Every once in a while you're going to need to "take a shot" in a tournament with your entire bankroll or else you'll never be able to play in the games where they respect your raises.

20. TIPPING



It's considered tradition in poker cash games to tip dealers if they do a good job. In the scenario that a dealer allows you to suck out on your opponent, you should tip them. There is no need to tip if you do all the work and bluff your opponent off of a better hand. When you have pocket Kings and the dealer puts an Ace on the flop and you have to bet half your stack just to get everyone to fold, the dealer knows they're not getting tipped.

21. TRYING TO GO PRO



If you have a good month of running above expectation, it's time to consider becoming a pro and leaving this amateur life behind. Or at the very least, talk about it constantly at the table. You've finally stopped being unlucky and are now running like you think everyone else does, so it's time to make a tough decision. Vegas or Macau?

Once you have decided which town full of poker professionals you want to move to, it's time to choose your first tournaments as a poker pro. Since you recently ran well you should assume that this will continue. It's a good idea to play tournaments that are roughly **5-10x** your previous buy-ins. So if you were playing **\$400** WSOP Circuit events, it's time to find a good **\$2,000** event to buy into.

But don't expect to win right away. You will probably still need to chop a few tournaments before you adjust to the new players. They won't know how you play and will probably end up accidentally sucking out on you more than you're used to at your previous local casino, card room, or home game.

As a pro, it's time to invest in massages at the poker table. The massage fees will immediately reduce your hourly win rate, but you're a pro now so money isn't an issue. Your shoulders, back, and scalp (for some reason) won't be all sore after playing an entire **8** hours of poker and then sleeping **10-12** hours on a futon. Plus this is the only way you'll meet a woman.