

The C-Betting Blueprint

The GTO baseline — and where the pool leaves the map

Medium-to-deep-stack play ($\sim 25\text{bb}+$). Short-stacked it's push/fold — this doesn't apply.

C-Bet Is a Tool, Not a Reflex

The myth: “I raised, so I bet.”

GTO c-bets **~60–70%** after an open — betting more is habit or myth. 30–40% of the time, betting is a mistake.

Two pillars decide it:

- **Range Advantage** — more overall equity (grows toward the button, vs the blinds).
- **Nut Advantage** — more 2-pair-and-better (depends on the flop).

Range × Nut → Frequency & Size

High Range · Low Nut (A72r)

Bet OFTEN, SMALL — realize equity, protect

High Range · High Nut (KQ9)

Bet OFTEN, LARGE — extract max value

Low Range · Low Nut (922)

CHECK — preservation mode

Low Range · High Nut (987hhd)

Bet RARELY, LARGE — polarized

NUT ADVANTAGE →

R
A
N
G
E
→

Position & Texture Set the Rules

Out of position — constricted: check-heavy in single-raised pots.

In position — expansive: bet dry/high boards and 3-bet pots.

Dry / high-card / 3-bet pots → **small (25–33%)**.

Wet / low / connected → **large & polarized (66–75%)**.

3-bet pots: the IP raiser owns ~85% of the nut advantage.

When GTO Hits the Brakes

Even with the range lead, the solver CHECKS when:

- Extreme ICM pressure — a bigger stack can bust you.
- The pot is multiway — equity drains fast.
- A low, connected board favors the caller.
- Betting invites a costly check-raise.

Knowing when to check is how tournaments are won.

That's GTO. Now — the pool.

The solver assumes a defender who plays back correctly.

This pool doesn't. Five deviations — and each one is money.

They Just Fold

The pool folds to a flop c-bet **~50% of the time**.

The solver never prices that in — it assumes correct defense. So fold equity is a THIRD driver the two pillars miss.

EXPLOIT: c-bet more often — a bet that isn't "correct" vs a balanced player still prints against a folder.

But check first if a trap earns more: betting folds them out — a check can keep them firing (see Deviation 2).



They Stab Our Checks

Check as the raiser and the pool bets into us ~42% — often with nothing.

So checking OOP isn't surrender — it's a TRAP: let them stab, then take it away.

When they check back instead → probe the turn.

Still range-c-bet where we keep the nuts (the rifle):

- High-card dry
- Two-broadway
- Paired — except ace-catch-up (**AQQ, AKK**) + low blanks (**AA2, KK2**)



They Fold to SIZE, Not Strength

The pool calls “normal” bets to see cards — but folds to pressure.

(Remember when we did this: “second pair, they bet half — I call.”)

Same hand vs a 3-bet: folds **37%** to a small one, **62%** to a big one.

The middle sizes ($\frac{1}{3}$ – $\frac{1}{2}$) get called and deny nothing.

EXPLOIT: bet pot / overbet for folds, or check. Skip the medium bet.



Their Check-Raise Is Rare & Honest

The pool check-raises a c-bet only **~14%** — value-heavy, almost no bluffs.

The “24% trap” the books warn about is half the size — and it isn’t bluffing.

EXPLOIT: when it comes, believe it — overfold our bluff-catchers. Until then, keep firing.



The Pool Barely Changes by Stake

Fold-to-c-bet is flat across buy-ins: **~50% at the micros, the mid, and up.**

If anything the bigger game is SAFER — it raises c-bets less and stabs checks more.

So the same exploits travel UP in stakes. No different game per level.



GTO is the servant. The pool is the exam.

The baseline tells us the default. The deviations tell us where the profit is.

Build the engine — then read the room.