



GET

ON THE AIR

OVERLEARN BOOTCAMP

*ACCELERATING THE PATH TO MORSE CODE
FLUENCY*

STUDENT GUIDE

VERSION 4.1



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REVISION HIGHLIGHTS:

Version 4.1

- Three Flow Rates available on most exercises
- New Top 100 Words exercise added
- Natural “CW fist” word spacing in multi-word exercises
- Improved descriptions of skills and transitions



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Introduction to Project OverLearn

Practice Wisely. Flow Naturally.

Project OverLearn is built on a simple but powerful premise: fluency in Morse code isn't achieved through memorization, but through **deliberate cognitive conditioning**. We target specific mental transitions that move you from a "student" of CW to Morse code fluency.

The Cognitive Shift: Thinking vs. Knowing

The greatest barrier to CW speed is the "Thinking Gap." In Project OverLearn, you learn to distinguish between these two mental states:

- **Thinking (a process):** You hear a dit/dah sequence, identify it as "di-dah," search your memory, and conclude it was the letter 'A'. This *process* is slow; if you're *thinking*, you're lagging.
- **Knowing (a state):** You hear a unique sound, and your brain registers the character with no conscious middle step.

Over-learning unique character sound patterns *during* character flow builds solid neural links (Knowing), by-passing exhausting letter-by-letter translation efforts.

The Power of Pattern Recognition

Think of pattern recognition as our brain's "shortcut" department. Our minds are arguably the best pattern-recognition machines in existence. You match incoming information (unique character sounds) with data (the character) already stored in your memory through over-learning. This "shortcut" seems effortless and frees up mental bandwidth that will allow you to focus on more important tasks - such as words and meaning!

1. **From Elements to Characters:** Each character has a single, unique sound pattern. *Listen to the rhythm the code elements create.*
2. **From Characters to Word Discovery:** Just as you don't read the letters C-A-T individually to understand "Cat," the "Word Discovery" skill works the same way. It substitutes effortless pattern recognition (knowing) for intense letter-by-letter efforts (thinking).



3. **Pattern Recognition** also allows your brain to easily identify the "rhythmic signature" of multiple letters and common words (like *THE*, *FOR*, *CQ*, *DE*, and *5NN*) as a unified and single sound rhythm.
-

OverLearn Boot Camp: Embrace the Flow

A month of immersive overlearning with the right mindset can accelerate your transition from slow conscious character decoding to intuitive, flow-based comprehension. The objective of Boot Camp is to replace the "perfectionist" mindset with a **resilient, relaxed approach**. You will learn to prioritize **Character Flow Proficiency**, the ability to stay "in the moment" during the flow of code.

Normalizing Non-Recognition (The essential IFR Skill)

In practical terms, we teach you to normalize missing. A missed character is an opportunity for improving your **Instant Flow Recovery (IFR)** skills. **Emotional Equality**: You relax and learn to treat recognition and non-recognition as emotional equals. Being relaxed accelerates progress.

The Maximum Recognition Paradox: Focusing too much on recognition success slows your progress. Project OverLearn teaches you to flow through mistakes and remain alert for what comes next. Boot Camp builds your capacity to deal with natural on-air QSOs at conversational flow rates.

Three Pillars of Proficiency

1. **Time To Recognize (TTR)**: Reducing the mental gap between sound and meaning through intensive over-learning.
2. **Instant Flow Recovery (IFR)**: The "mental muscle" to ignore misses and remain 'in the flow' without breaking concentration.
3. **Character Flow Proficiency**: Building a high level of comfort and familiarity with conversational flow rates; always keeping up and never looking back regardless of missed characters or words.



"Thinking vs. Knowing" Self-Assessment

How do you process the code?

1. Identify "Recognition Gaps"

- **Thinking:** You hear a sound; imagine a "loading" icon in your head while you attempt to translate. You might find yourself visualizing the dits and dahs or repeating them mentally.
- **Knowing:** The letter or word pops into your mind instantly, like hearing a friend say 'Hi'. There is no "middleman" translation.

2. The "Echo" Test Check

- **Thinking:** Are you repeating the sound in your head ("*dah-di-di-dit... okay, that's a B*") to identify it? This slows speed and magnifies effort.
- **Knowing:** No need to repeat the dit/dah sequence because you effortlessly matched the unique *Sound Pattern* to a letter or word.

3. Handling "Gaps"

- **Thinking:** When you miss a letter, you "freeze" to try and figure it out, causing you to miss the next three (or more) letters.
- **Instant Flow Recovery (IFR)** acknowledges the "miss" without emotion and alertly hears the next unique sound pattern.

Mastery Levels: Where are you today?

Level	Mental State	Cognitive Action
Level 1: Analytical	Stressful/Fragile	Counting dits and dahs; frequent "stalling."
Level 2: Transitional	Tiring/Inconsistent	Recognize some letters instantly; "thinking" about others.
Level 3: Flow State	Relaxed/Resilient	Identifying sound patterns/rhythms; high Character Flow Proficiency .



In short: Evaluate yourself by how you kept going, not by how much you missed. Every missed letter or word is an opportunity to strengthen your Instant Flow Recovery (IFR) skill. Stay alert and remain present; maintain forward momentum without getting stuck.

BOOTCAMP FLOW:

- Lesson 1: Orientation - Loose Focus/Alert Indifference - Self-Assessment
- Lesson 2: Time To Recognize (TTR) & Instant Flow Recovery (IFR)
- Lesson 3: Increasing Effective Speed - Part 1
- Lesson 4: Increasing Effective Speed - Part 2
- Lesson 5: Character Flow Proficiency - Part 1
- Lesson 6: Character Flow Proficiency - Part 2
- Lesson 7: Word Discovery - Part 1
- Lesson 8: Word Discovery - Part 2 - Self-Assessment



LESSON 1: ORIENTATION - LOOSE FOCUS / ALERT INDIFFERENCE

Goals & Objectives:

- Understand Project OverLearn philosophy and structure.
- Relax through Loose Focus and an Alert Indifference mindset.
- Begin reconditioning your response to missed characters and words.
- Do several self-assessments during and after Boot Camp.

Class Notes:

Exercise Guidance:

Relax, sit back, close your eyes, adopt an 'Alert Indifference' mindset (be alert, try, but remain indifferent about results). During traditional learning we're taught that success = recognition. In Boot Camp, *success = exposure; misses aren't failure, they're practice!* Trying harder doesn't help; time and relaxed repetition is the key.

Boot Camp's goal is to shorten your TTR through pattern-recognition improvements. You will build your Letter and Number familiarity and become more comfortable with conversational character flows. You'll learn to prioritize relaxed and alert practice sessions, IFR skill improvements and Character Flow Proficiency.

Boot Camp isn't a 'silver bullet'; it's a month-long jump-start to your journey and your understanding of Morse Code Fluency.

Listen to Flow Rates 1, 2, and 3 to see what they feel like. Hear every character sound; recognition is desired but optional. Focus on sound patterns, IFR & Character Flow Proficiency improvements.



Priorities:

- Think of the letter every time you hear its sound during the alphabet exercise, and think of the number every time you hear its sound
- DO NOT abandon listening to the Alphabet and Number exercises; start and end each daily practice with them
- Relax about results, disregard non-recognition, celebrate recognition, and remember to build familiarity - recognition success comes later

Homework:

- Review [“The Path to Morse Code Fluency”](#)
- Read the Loose Focus and Alert Indifference section of the [Student and Instructor Guide](#).
- Think about Instant Flow Recovery’s value relative to your ability to de-emphasize recognition success. Ask yourself how IFR could help you listen to conversational character flows and accelerate Character Flow Proficiency.

MPP:

Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- | | |
|--|---------------------------------------|
| • Alphabet - Flow Rate 1 | • 2-3 letter words #1 |
| • Alphabet - Flow Rate 2 | • 2-3 letter words #2 |
| • Alphabet - Flow Rate 3 | • 2-3 letter words #3 |
| • Numbers Flow Rate 1 | • 2-3 letter words #4 |
| • Numbers Flow Rate 2 | • Sending Alphabet |
| • 2 letter words | • Sending Numbers |

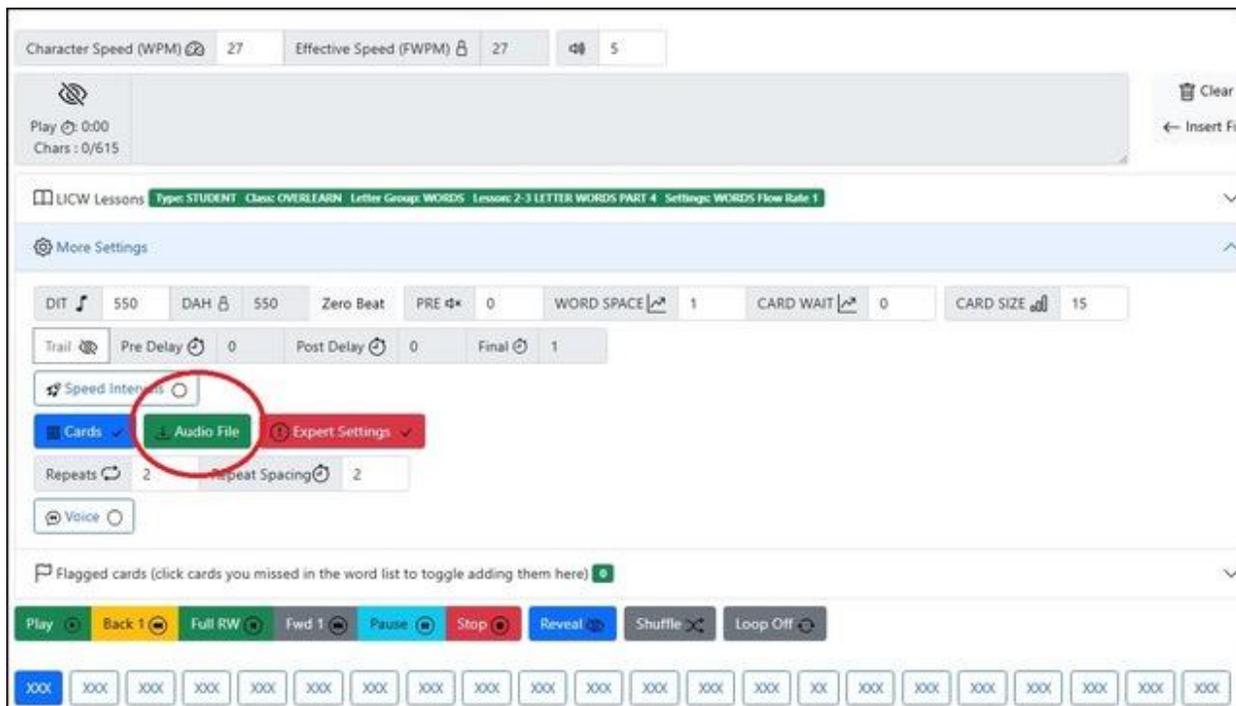
NOTE: Character or Word Flow Rate #2 may be selected under PRESETS.

AUDIO FILES: Students like to have audio files of the exercises to be able to play them when not connected to the internet. This can be done in the MPP for some of the exercises. It will not work with exercises that use VOICE or variable spacing. Use a program like Audacity in those cases to capture the computer audio output.

Select the exercise from the list above and click on it. When you arrive at the MPP make sure “More Settings” is open. If it’s not, just click on “More Setting”. You will see a green box called “Audio File”. Click on it and an



mp3 file will be sent to wherever you normally get downloads. This is usually either your desktop or a downloads folder. Use it with whatever music player you have available and/or copy it to your tablet or phone.



WLT:

Downloading exercises for use off-line will soon be available in Word List Trainer. **Ctrl-Click** to jump directly into an exercise on a new browser tab:

- [Alphabet](#) – Flow Rate 1
- [Alphabet](#) – Flow Rate 2
- [Alphabet](#) – Flow Rate 3
- [Numbers](#) – Flow Rate 1
- [Numbers](#) – Flow Rate 2
- [2 letter words](#)
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [2-3 letter words #3](#)
- [2-3 letter words #4](#)
- [Sending: Letters](#)
- [Sending: Numbers](#)

OverLearn Flow Rates in WLT may be selected under 'Playback style'

Self-Assessment:

At the end of this lesson, reflect on your comfort level with imperfection, flow, and IFR. Review "Thinking vs. Knowing" Self-Assessment on page 6.



LESSON 2: TIME TO RECOGNIZE (TTR) & INSTANT FLOW RECOVERY (IFR)

Goals & Objectives:

- TTR: understand recognition delays and learn how to shorten them
- Practice IFR: miss without pausing, remain unconcerned, no looking back, maintain forward momentum, hear the next character sound
- Prioritize matching your listening to the pace of the flow, accept imperfection, de-emphasize perfection, emphasize relaxed listening

Class Notes:

Exercise Guidance:

Settle into relaxed listening and continue to improve TTR through over-learning character sound patterns. Reducing the time between hearing a sound and matching it to a character (TTR) is achieved by building familiarity. 'Knowing' is built through exposure. Over-learning unique acoustic sound patterns is the way to transition from *Thinking to Knowing*.

As you continue to overlearn and effortless sound/meaning associations strengthen, let your subconscious have a shot at character recognition. Wonder what word is being spelled instead of what letter you're trying to decode. Trust pattern recognition even though it may not be ready yet!

Priorities:

- Keep a **relaxed yet alert attention mindset** – of course you still desire recognition, but with no emotional urgency
- A miss is just a mystery character sound – ignore it, blame it on lack of familiarity, continue to focus on the incoming flow
- Time To Recognize (TTR) reduction is a natural result of repetitive practice with character sounds **during** flow; trying harder won't help
- Listen to all three Flow Rates to improve familiarity and normalize non-recognition



Homework:

- Review Time To Recognize (TTR) and Instant Flow Recovery (IFR) sections of the [Student and Instructor Guide](#).

MPP:

Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [Alphabet - Flow Rate 1](#)
- [Alphabet - Flow Rate 2](#)
- [Alphabet - Flow Rate 3](#)
- [Numbers Flow Rate 1](#)
- [Numbers Flow Rate 2](#)
- [2 letter words](#)
- [States and Provinces with Voice](#)
- [States and Provinces No Voice](#)
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [2-3 letter words #3](#)
- [2-3 letter words #4](#)
- [2-word phrases #1](#)
- [Sending Alphabet](#)
- [Sending Numbers](#)
- [Sending 3-5 Letter Words](#)

NOTE: Character or Word Flow Rate #2 may be selected under PRESETS.

WLT:

Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [Alphabet](#) – Flow Rate 1
- [Alphabet](#) – Flow Rate 2
- [Alphabet](#) – Flow Rate 3
- [Numbers](#) – Flow Rate 1
- [Numbers](#) – Flow Rate 2
- [2 letter words](#)
- [States and Provinces](#) – Voice
- [States and Provinces](#) – No Voice
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [2-3 letter words #3](#)
- [2-3 letter words #4](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [Sending: Letters](#)
- [Sending: Numbers](#)
- [Sending 3 to 5-letter words](#)

OverLearn Flow Rates in WLT may be selected under 'Playback style'



LESSON 3: INCREASING EFFECTIVE SPEED - PART 1

Goals & Objectives:

- Shorten Time To Recognize (TTR) and Instant Flow Recovery (IFR) by increasing familiarity with both
- Accept imperfection; missing stuff is simply practice, synchronize your listening rate with the character flow rate
- Improved TTR, IFR, and non-recognition acceptance = improved Character Flow Proficiency

Class Notes:

Exercise Guidance:

Focus on hearing unique sound rhythm units and connect them to letters and numbers; this is how you improve sound/meaning retrieval speeds. The goal is **not** to maximize recognition, but to expand your comfort zone with hearing every character sound. Familiarity, flow, and context will enable occasional effortless comprehension (Knowing instead of Thinking). We also introduce ‘**hear it, send it**’ exercises that improve your sending rhythm and muscle memory over time.

Priorities:

- Maintain forward momentum at faster speeds - **never** abandon the stream for the sake of a missed character(s)
- Allow **context, sound rhythm, and sometimes even the ‘shape’ of a common suffix or word** to help fill gaps
- Accept misses - these are components of normal, relaxed practice
- Continue Instant Flow Recovery improvement: **miss** → **ignore** → **remain engaged**; no ‘missing regrets’ or pausing to think

Homework:

- Review Increasing Effective Speed section of the [Student and Instructor Guide](#).



MPP:

Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [Alphabet - Flow Rate 1](#)
- [Alphabet - Flow Rate 2](#)
- [Alphabet - Flow Rate 3](#)
- [Numbers Flow Rate 1](#)
- [Numbers Flow Rate 2](#)
- [States and Provinces with Voice](#)
- [States and Provinces No Voice](#)
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [2-3 letter words #3](#)
- [2-3 letter words #4](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [2-word phrases #3](#)
- [Many 3 Ltr Words Flow Rate 1](#)
- [Many 3 Ltr Words Flow Rate 2](#)
- [Many 3 Ltr Words Flow Rate 3](#)
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [4 letter words #2](#)
- [Many 4 Ltr Words Flow Rate 1](#)
- [Many 4 Ltr Words Flow Rate 2](#)
- [Many 4 Ltr Words Flow Rate 3](#)
- [Sending Alphabet](#)
- [Sending Numbers](#)
- [Sending 3-5 Letter Words](#)

NOTE: Character or Word Flow Rate #2 may be selected under PRESETS.

WLT:

Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [Alphabet](#) – Flow Rate 1
- [Alphabet](#) – Flow Rate 2
- [Alphabet](#) – Flow Rate 3
- [Numbers](#) – Flow Rate 1
- [Numbers](#) – Flow Rate 2
- [States and Provinces](#) – Voice
- [States and Provinces](#) – No Voice
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [2-3 letter words #3](#)
- [2-3 letter words #4](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [2-word phrases #3](#)
- [Many 3-Ltr words](#) – Flow Rate 1
- [Many 3-Ltr words](#) – Flow Rate 2
- [Many 3-Ltr words](#) – Flow Rate 3
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [4 letter words #2](#)
- [Many 4-Ltr words](#) – Flow Rate 1
- [Many 4-Ltr words](#) – Flow Rate 2
- [Many 4-Ltr words](#) – Flow Rate 3
- [Sending: Letters](#)
- [Sending: Numbers](#)
- [Sending 3 to 5-letter words](#)

OverLearn Flow Rates in WLT may be selected under 'Playback style'



LESSON 4: INCREASING EFFECTIVE SPEED - PART 2

Goals & Objectives:

- Deepen your skill and familiarity with increased character flow; listening at Flow Rate #2 and 3 will be emphasized during this lesson
- Surrender control and listen alertly to the flow – relax, hear every character sound, never look back, maintain forward momentum
- If recognition occurs it's a surprise - because you **let it happen** instead of trying to **make** it happen (a gift of the subconscious)
- Trying hard prioritizes slow conscious mental efforts, effectively blocking the super-fast and effortless subconscious out of the game

Class Notes:

Exercise Guidance:

We're working well above your current comfort limit during this lesson. Mental fatigue with letter-by-letter concentration efforts will eventually trigger a **capitulation shift** – completely giving up on slow conscious decoding efforts and trying to maximize recognition success. This would be a significant breakthrough if/when it happens. You could relax, listen, maintain forward momentum and start relying on passive, intuitive reception (something the lightning-fast subconscious is very good at).

Priorities:

- Stay relaxed when fatigue sets in - don't fight it; this is how to **invite your subconscious into the game**
- Let sound patterns wash over and through you and notice if and when **meaning emerges without effort**
- Train yourself to be *completely* comfortable “not catching everything” while still staying fully engaged
- Hand character recognition over to your subconscious – **try putting letter-by-letter recognition duties on autopilot**
- Relying on over-learned letter sound/meaning associations lets your conscious mind focus on “**what's the word?**”



- Work with Flow Rate #2 and 3 for a 'go-with-the-flow' challenge – when recognition is a surprise, frustration won't happen

Homework:

- **Review Increasing Effective Speed section of the [Student and Instructor Guide](#).**

MPP: Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [Alphabet - Flow Rate 1](#)
- [Alphabet - Flow Rate 2](#)
- [Alphabet - Flow Rate 3](#)
- [Numbers Flow Rate 1](#)
- [Numbers Flow Rate 2](#)
- [States and Provinces with Voice](#)
- [States and Provinces No Voice](#)
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [2-3 letter words #3](#)
- [2-3 letter words #4](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [2-word phrases #3](#)
- [Many 3 Ltr Words Flow Rate 1](#)
- [Many 3 Ltr Words Flow Rate 2](#)
- [Many 3 Ltr Words Flow Rate 3](#)
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [4 letter words #2](#)
- [Many 4 Ltr Words Flow Rate 1](#)
- [Many 4 Ltr Words Flow Rate 2](#)
- [Many 4 Ltr Words Flow Rate 3](#)
- [4-5 letter words #1](#)
- [4-5 letter words #2](#)
- [Sending Alphabet](#)
- [Sending Numbers](#)
- [Sending 3-5 Letter Words](#)

NOTE: Character or Word Flow Rate #2 may be selected under PRESETS.

WLT: Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [Alphabet](#) – Flow Rate 1
- [Alphabet](#) – Flow Rate 2
- [Alphabet](#) – Flow Rate 3
- [Numbers](#) – Flow Rate 1
- [Numbers](#) – Flow Rate 2
- [States and Provinces](#) – Voice
- [States and Provinces](#) – No Voice
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [2-3 letter words #3](#)
- [2-3 letter words #4](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [2-word phrases #3](#)
- [Many 3-Ltr words](#) – Flow Rate 1
- [Many 3-Ltr words](#) – Flow Rate 2
- [Many 3-Ltr words](#) – Flow Rate 3
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [4 letter words #2](#)
- [Many 4-Ltr words](#) – Flow Rate 1
- [Many 4-Ltr words](#) – Flow Rate 2
- [Many 4-Ltr words](#) – Flow Rate 3
- [4-5 letter words](#) – Flow Rate 1
- [4-5 letter words](#) – Flow Rate 2
- [Sending: Letters](#)
- [Sending: Numbers](#)
- [Sending 3 to 5-letter words](#)



LESSON 5: CHARACTER FLOW PROFICIENCY - PART 1

Goals & Objectives:

- Begin to focus on more relaxed and fluent character flow perception as you become more accustomed to all Flow Rates
- Try moving to a more relaxed flow-based Word Discovery mindset; start thinking of each letter as a “word clue”
- Word Discovery mode is flow-current (what **is** the word) vs. running behind (what **was** that letter). I will also enable predictive recognition
- NOTE: Word Discovery mode needs more character sound/meaning familiarity than you probably have, but try to practice it anyway

Class Notes:

Exercise Guidance:

Now that speed, resilience, and Character Flow Proficiency are building, focus on occasionally capturing a thread of comprehension across multiple words and continuous character streams. Relax and keep moving forward despite multiple non-recognition setbacks (Instant Flow Recovery).

Priorities:

- Shift your recognition efforts from **individual letters** to **words in formation (Word Discovery)**
- Begin to leverage your subliminal recognition skills to start ‘giving’ you the letter, and consider how each letter reveals more of the word
- Recognize the “sound shape” of familiar suffixes (ING, ED, ER) and words (THE, FOR, CQ) without needing to focus on individual letters
- Maintaining IFR discipline is essential; never look back, missing a letter should never break your forward momentum
- Always warm-up with the Alphabet exercise, begin to spend more practice time with **longer words and short phrase flows**

Homework: Review Character Flow Proficiency section of the [Student and Instructor Guide](#).



MPP: Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [Alphabet - Flow Rate 1](#)
- [Alphabet - Flow Rate 2](#)
- [Alphabet - Flow Rate 3](#)
- [Numbers Flow Rate 1](#)
- [Numbers Flow Rate 2](#)
- [States and Provinces with Voice](#)
- [States and Provinces No Voice](#)
- [Many 3 Ltr Words Flow Rate 1](#)
- [Many 3 Ltr Words Flow Rate 2](#)
- [Many 3 Ltr Words Flow Rate 3](#)
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [4 letter words #2](#)
- [Many 4 Ltr Words Flow Rate 1](#)
- [Many 4 Ltr Words Flow Rate 2](#)
- [Many 4 Ltr Words Flow Rate 3](#)
- [4-5 letter words #1](#)
- [4-5 letter words #2](#)
- [5 letter words #1](#)
- [5 letter words #2](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [2-word phrases #3](#)
- [Many 2 Word Phrases FR 2](#)
- [Many 2 Word Phrases FR 3](#)
- [Word Building Basic](#)
- [Word Building Intermediate](#)
- [Sending Alphabet](#)
- [Sending Numbers](#)
- [Sending 3-5 Letter Words](#)
- [Sending 5-7 Letter Words](#)

NOTE: Character or Word Flow Rate #2 may be selected under PRESETS.

WLT: Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [Alphabet](#) – Flow Rate 1
- [Alphabet](#) – Flow Rate 2
- [Alphabet](#) – Flow Rate 3
- [Numbers](#) – Flow Rate 1
- [Numbers](#) – Flow Rate 2
- [States and Provinces](#) – Voice
- [States and Provinces](#) – No Voice
- [Many 3-Ltr words](#) – Flow Rate 1
- [Many 3-Ltr words](#) – Flow Rate 2
- [Many 3-Ltr words](#) – Flow Rate 3
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [4 letter words #2](#)
- [Many 4-Ltr words](#) – Flow Rate 1
- [Many 4-Ltr words](#) – Flow Rate 2
- [Many 4-Ltr words](#) – Flow Rate 3
- [4-5 letter words](#) – Flow Rate 1
- [4-5 letter words](#) – Flow Rate 2
- [5 letter words #1](#)
- [5 letter words #2](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [2-word phrases #3](#)
- [Many 2-word phrases](#) – Flow 2
- [Many 2-word phrases](#) – Flow 3
- [Word length builder #1](#)
- [Word length builder #2](#)
- [Sending: Letters](#)
- [Sending: Numbers](#)
- [Sending 3 to 5-letter words](#)
- [Sending 5 to 7-letter words](#)



LESSON 6: CHARACTER FLOW PROFICIENCY - PART 2

Goals & Objectives:

- Sustain character flow alertness under fatigue as you abandon intense, conscious, character-by-character recognition efforts
- Perhaps "capitulation" could move you into a more relaxed, flow-based, let-it-happen, subconscious reception

Class Notes:

Exercise Guidance:

We practice extending word-based comprehension into **conversational comprehension during flow** by listening to longer phrases and sentences at sustained OverLearn Flow Rates. Mentally lean forward into the message rather than looking back at missed details.

Priorities:

- Anchor your attention to **meaning when it 'happens' to unfold**; *this does not depend on the perfect memory of each word*
- **Word Discovery mode:** let previous words and sentence structure help predict incoming words and guide early comprehension
- Notice when comprehension happens despite non-recognition events and gaps as you remain alert and 'cruise' the flow (IFR skills)
- Improve your TTR by giving your subconscious a shot at recognition; get your conscious mind out of the way – stop trying so hard!
- Spend more time with all three OverLearn Flow Rates; go back and listen to shorter word exercises occasionally

Homework:

- **Review Character Flow Proficiency section of the [Student and Instructor Guide](#).**



MPP: Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [Alphabet - Flow Rate 1](#)
- [Alphabet - Flow Rate 2](#)
- [Alphabet - Flow Rate 3](#)
- [Numbers Flow Rate 1](#)
- [Numbers Flow Rate 2](#)
- [States and Provinces with Voice](#)
- [States and Provinces No Voice](#)
- [4 letter words #1](#)
- [4 letter words #2](#)
- [Many 4 Ltr Words Flow Rate 1](#)
- [Many 4 Ltr Words Flow Rate 2](#)
- [Many 4 Ltr Words Flow Rate 3](#)
- [4-5 letter words #1](#)
- [4-5 letter words #2](#)
- [5 letter words #1](#)
- [5 letter words #2](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [2-word phrases #3](#)
- [Many 2 Word Phrases FR 2](#)
- [Many 2 Word Phrases FR 3](#)
- [3 Word Phrases #1](#)
- [3 Word Phrases #2](#)
- [3 Word Phrases CW-Voice-CW](#)
- [Binomial Expressions #1](#)
- [Binomial Expressions #2](#)
- [Sending Alphabet](#)
- [Sending Numbers](#)
- [Sending 3-5 Letter Words](#)
- [Sending 5-7 Letter Words](#)

NOTE: Character or Word Flow Rate #2 may be selected under PRESETS.

WLT: Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [Alphabet](#) – Flow Rate 1
- [Alphabet](#) – Flow Rate 2
- [Alphabet](#) – Flow Rate 3
- [Numbers](#) – Flow Rate 1
- [Numbers](#) – Flow Rate 2
- [States and Provinces](#) – Voice
- [States and Provinces](#) – No Voice
- [4 letter words #1](#)
- [4 letter words #2](#)
- [Many 4-Ltr words](#) – Flow Rate 1
- [Many 4-Ltr words](#) – Flow Rate 2
- [Many 4-Ltr words](#) – Flow Rate 3
- [4-5 letter words](#) – Flow Rate 1
- [4-5 letter words](#) – Flow Rate 2
- [5 letter words #1](#)
- [5 letter words #2](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [2-word phrases #3](#)
- [Many 2-word phrases](#) – Flow 2
- [Many 2-word phrases](#) – Flow 3
- [3-word phrases #1](#)
- [3-word phrases #2](#)
- [3-word phrases](#) – CW/Voice/CW
- [Binomial Expressions #1](#)
- [Binomial Expressions #2](#)
- [Top 100 word sentences](#) – Flow 1
- [Top 100 word sentences](#) – Flow 2
- [Top 100 word sentences](#) – Flow 3
- [Sending: Letters](#)
- [Sending: Numbers](#)
- [Sending 3 to 5-letter words](#)
- [Sending 5 to 7-letter words](#)

OverLearn Flow Rates in WLT may be selected under 'Playback style'



LESSON 7: WORD DISCOVERY - PART 1

Goals & Objectives:

- Continue to shift towards early word recognition as they are being spelled (Word Discovery mode is powerful and predictive)
- Use context and your Character Flow Proficiency for occasional word anticipation and to comprehend more of what's being said

Class Notes:

Exercise Guidance:

We shift towards **anticipating meaning** from only partial recognition by having a “What word is this becoming” mindset. High levels of character familiarity enable flow-current and predictive recognition. Tedious character-by-character recognition efforts move to a speedy combination of subliminal recognition and word anticipation. This shift typically happens long after Boot Camp ends, so be patient!

Priorities:

- Each letter can be treated as a **clue to the word**, not an isolated target
- Let **context and previous words** improve predictions and anticipations
- Maintain forward momentum - never stop to “repair” what you missed (IFR skills are essential)
- Practice with both known and new exercises at all three Character Flow Rates to strengthen adaptability
- Continue warming up with Alphabet drills, spend extra time on OverLearn exercises with **multiple word streams**

Homework:

- **Review the Word Building and Word Discovery sections of the [Student and Instructor Guide](#).**



MPP: Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [Alphabet - Flow Rate 1](#)
- [Alphabet - Flow Rate 2](#)
- [Alphabet - Flow Rate 3](#)
- [Numbers Flow Rate 1](#)
- [Numbers Flow Rate 2](#)
- [5 letter words #1](#)
- [5 letter words #2](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [2-word phrases #3](#)
- [Many 2 Word Phrases FR 2](#)
- [Many 2 Word Phrases FR 3](#)
- [3 Word Phrases #1](#)
- [3 Word Phrases #2](#)
- [3 Word Phrases CW-Voice-CW](#)
- [Sentences CW-Voice-CW](#)
- [One-liners \(jokes\)](#)
- [Binomial Expressions #1](#)
- [Binomial Expressions #2](#)
- [Short Phrases #1](#)
- [Short Phrases #2](#)
- [3 Word Phrases #1](#)
- [3 Word Phrases #2](#)
- [Word Building Basic](#)
- [Word Building Intermediate](#)
- [Common suffixes](#)
- [States and Provinces with Voice](#)
- [States and Provinces No Voice](#)
- [Sending Alphabet](#)
- [Sending Numbers](#)
- [Sending 3-5 Letter Words](#)
- [Sending 5-7 Letter Words](#)

NOTE: Character or Word Flow Rate #2 may be selected under PRESETS.

WLT: Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [Alphabet](#) – Flow Rate 1
- [Alphabet](#) – Flow Rate 2
- [Alphabet](#) – Flow Rate 3
- [Numbers](#) – Flow Rate 1
- [Numbers](#) – Flow Rate 2
- [5 letter words #1](#)
- [5 letter words #2](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [2-word phrases #3](#)
- [Many 2-word phrases](#) – Flow 2
- [Many 2-word phrases](#) – Flow 3
- [3-word phrases #1](#)
- [3-word phrases #2](#)
- [3-word phrases](#) – CW/Voice/CW
- [Top 100 word sentences](#) – Flow 1
- [Top 100 word sentences](#) – Flow 2
- [Top 100 word sentences](#) – Flow 3
- [Sentences](#) – CW/Voice/CW
- [One-Liner Jokes](#) – CW/Voice/CW
- [Binomial Expressions #1](#)
- [Binomial Expressions #2](#)
- [Short phrases #1](#)
- [Short phrases #2](#)
- [3-word phrases #1](#)
- [3-word phrases #2](#)
- [Word length builder #1](#)
- [Word length builder #2](#)
- [Common suffixes](#)
- [States and Provinces](#) – Voice
- [States and Provinces](#) – No Voice
- [Sending: Letters](#)
- [Sending: Numbers](#)
- [Sending 3 to 5-letter words](#)
- [Sending 5 to 7-letter words](#)



LESSON 8: BOOTCAMP SUMMARY

Goals & Objectives:

Today you'll experience longer conversational flows. As you work through them, **pause for another self-assessment (Page 6)**. This isn't about perfection or scoring yourself - it's about noticing your improved comfort level with character flow and maintaining forward momentum (IFR) since your first Boot Camp class.

This final lesson consolidates everything you've begun to build - relaxed alertness, Time To Recognize, Instant Flow Recovery skills, Character Flow Proficiency, and the cognitive shift to Word Discovery mode powered by a gradual transition to Subliminal Recognition. Expect improvements to continue as you practice with Project OverLearn content after Boot Camp.

Be patient – these transitions take time. We recommend you continue to practice with OverLearn exercises that combine alphabetical, numerical, and character flow over-learning. Exercises that focus on the foundations of Morse Code Fluency: **Time To Recognize (TTR)**, **Instant Flow Recovery (IFR)**, **Character Flow Proficiency (CFP)**, and **Subliminal Character Recognition** that powers all of the above.

Your familiarity with character sound patterns during speedy character flows has improved. You may have even tried putting individual character recognition efforts on autopilot - even though your pattern recognition capabilities may not support subliminal recognition yet.

If you're beginning to focus more on what words are being formed than one letter at a time recognition efforts, great! In time you'll also be able to focus on what's being said. Additional Project OverLearn practice time and on-the-air QSOs with new attitudes and a new mindset you've acquired in Boot Camp will accelerate your progress.

We designed Project OverLearn's Boot Camp to explain the foundational skills of Morse Code Fluency and to provide you with effective exercises that focus on those skills (Practice Wisely). Continue to relax, have fun, and build that all-important character sound familiarity through enjoying on-the-air QSOs with new friends. Practice Wisely!



Class Notes:

Priorities:

- **Flow priority** — stay engaged with meaning as it unfolds regardless of misses (be alert, remain indifferent about results)
- Let **context, familiarity, and short-word shapes** guide recognition instead of conscious character decoding (subliminal recognition)
- Trust your **anticipation skills** — predict the word, confirm or disprove with each incoming character (word discovery mindset)
- Automate Instant Flow Recovery: **miss** → **ignore** → **continue** with no hesitation or emotional trauma; keep up, hear every character
- Embrace imperfect comprehension — get the ‘gist’ of what’s being said (character flow proficiency → Morse code fluency)

Ongoing Homework After Boot Camp:

MPP:

Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [Alphabet - Flow Rate 1](#)
- [Alphabet - Flow Rate 2](#)
- [Alphabet - Flow Rate 3](#)
- [Numbers Flow Rate 1](#)
- [Numbers Flow Rate 2](#)
- [2 letter words](#)
- [States and Provinces with Voice](#)
- [States and Provinces No Voice](#)
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [2-3 letter words #3](#)
- [2-3 letter words #4](#)
- [Many 3 Ltr Words Flow Rate 1](#)
- [Many 3 Ltr Words Flow Rate 2](#)
- [Many 3 Ltr Words Flow Rate 3](#)
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [4 letter words #2](#)
- [4 letter words #3](#)
- [Many 4 Ltr Words Flow Rate 1](#)
- [Many 4 Ltr Words Flow Rate 2](#)
- [Many 4 Ltr Words Flow Rate 3](#)
- [4-5 letter words #1](#)
- [4-5 letter words #2](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [2-word phrases #3](#)
- [Many 2 Word Phrases FR 2](#)
- [Many 2 Word Phrases FR 3](#)
- [3 Word Phrases #1](#)
- [3 Word Phrases #2](#)
- [3 Word Phrases CW-Voice-CW](#)
- [Sentences CW-Voice-CW](#)
- [One-liners \(jokes\)](#)
- [5 letter words #1](#)



- [5 letter words #2](#)
- [5 letter words #3](#)
- [Short Phrases #1](#)
- [Short Phrases #2](#)
- [Word Building Basic](#)
- [Word Building Intermediate](#)
- [Word Building Advanced](#)
- [Binomial Expressions #1](#)
- [Binomial Expressions #2](#)
- [ING Suffix exercise #1](#)
- [ING Suffix exercise #1](#)
- [ING Suffix exercise #2](#)
- [Common suffixes](#)
- [Sending Alphabet 1](#)
- [Sending Numbers 1](#)
- [Sending 3-5 Letter Words](#)
- [Sending 5-7 Letter Words](#)

NOTE: Character or Word Flow Rate #2 may be selected under PRESETS.

WLT:

Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [Alphabet](#) – Flow Rate 1
- [Alphabet](#) – Flow Rate 2
- [Alphabet](#) – Flow Rate 3
- [Numbers](#) – Flow Rate 1
- [Numbers](#) – Flow Rate 2
- [2 letter words](#)
- [States and Provinces](#) – Voice
- [States and Provinces](#) – No Voice
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [2-3 letter words #3](#)
- [2-3 letter words #4](#)
- [Many 3-Ltr words](#) – Flow Rate 1
- [Many 3-Ltr words](#) – Flow Rate 2
- [Many 3-Ltr words](#) – Flow Rate 3
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [4 letter words #2](#)
- [Many 4-Ltr words](#) – Flow Rate 1
- [Many 4-Ltr words](#) – Flow Rate 2
- [Many 4-Ltr words](#) – Flow Rate 3
- [4-5 letter words](#) – Flow Rate 1
- [4-5 letter words](#) – Flow Rate 2
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [2-word phrases #3](#)
- [Many 2-word phrases](#) – Flow 2
- [Many 2-word phrases](#) – Flow 3
- [3-word phrases #1](#)
- [3-word phrases #2](#)
- [3-word phrases](#) – CW/Voice/CW
- [Top 100 word sentences](#) – Flow 1
- [Top 100 word sentences](#) – Flow 2
- [Top 100 word sentences](#) – Flow 3
- [Sentences](#) – CW/Voice/CW
- [One-Liner Jokes](#) – CW/Voice/CW
- [5 letter words #1](#)
- [5 letter words #2](#)
- [Short phrases #1](#)
- [Short phrases #2](#)
- [Word length builder #1](#)
- [Word length builder #2](#)
- [Binomial Expressions #1](#)
- [Binomial Expressions #2](#)
- [ING suffix exercise #1](#)
- [ING suffix exercise #2](#)
- [Common suffixes](#)
- [Sending: Letters](#)
- [Sending: Numbers](#)
- [Sending 3 to 5-letter words](#)
- [Sending 5 to 7-letter words](#)



Remember to Self-Assess (on Page 6):

At the end of this final Boot Camp class, reflect on your improved comfort level with imperfection, flow, and your ability to maintain forward momentum. Take a moment and appreciate how much your skills have grown and your mindset has improved. Like aiming for binoculars, Project OverLearn's Boot Camp has helped you aim at the right targets!

Focus on:

- Your response to non-recognition - Can you now stay calm as you continue to alertly 'cruise' the flow and maintain forward momentum?
- Your comfort level - Are you more at ease with imperfection at conversational flow rates than you were at the start of Boot Camp?
- Time to Recognize (TTR) - Has your character sound pattern recognition become more relaxed with less letter-by-letter effort?
- Emotional Trauma reduction - Can you consistently recover smoothly and remain engaged after misses with no stress?

Celebrate your progress – you've earned it! You can maintain a steady comprehension mindset in challenging conditions. You're creating a strong foundation for Morse Code Fluency – you're on your way!

A Final Takeaway:

Project OverLearn's Boot Camp provides a structured approach for ongoing improvement. You've learned to remain alert and eager for comprehension but in a relaxed way with a new mindset. Continue with on-air QSOs and rag chews, practice with Project OverLearn exercises, and attend Long Island CW Club classes. Fearlessly engage with character flow rates beyond your comfort zone – don't allow missing to hold you back anymore!

Congratulations Boot Camp graduates. Enjoy your CW journey, make new friends, and have fun!