



GET

ON THE AIR

INT2 BOOTCAMP FLOW FOUNDATIONS

Supports transition into Intermediate 2

Designed for students preparing to enter the “flow pressure” phase of learning, where the goal is real-time Character Flow Proficiency improvements, better recovery after misses, and reduced transcription dependency.

STUDENT GUIDE

VERSION 1.3



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NOTE: Bootcamp isn't a 'silver bullet', it's a month-long jump-start to your journey and your understanding of the skills and transitions that power Morse Code Fluency.

REVISION HIGHLIGHTS:

Version 1.3

- Three Progressive Flow Rates
- Introduce Flow Rate Range Training in WLT 'Alphabet Mix' exercises
- Natural "CW fist" word spacing in multi-word exercises
- Detailed descriptions of important skills and transitions
- Strong emphasis on Flow Skill Development



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Introduction to LICW's INT2 Bootcamp:

Typical Morse code drills can be thought of as a constant and mentally strenuous effort to stay on a 'Recognition Train'. Falling off is failure, which often leads to looking back and trying harder to recognize what was missing. Maintaining a 'maximum recognition' attitude is the primary goal, in other words, traditional code practice with a traditional mindset.

Project OverLearn was created on the realization that Flow practice sessions don't need permission from recognition success percentages. Waiting for recognition success rates to 'permit' flow practice is a great way to delay the acquisition of flow skills – sometimes for years!

INT2 Bootcamp isn't about staying on a recognition train. It's about acquiring the Flow Skills needed to stay on the flow train.

Flow skill improvements yield recognition improvements, not necessarily the other way around. Progress towards Morse code fluency accelerates as our brains learn to process CW in a new way using newly acquired flow skills. Trying to think hard enough and fast enough to keep up with rapid-fire "one letter at a time" processing isn't how Morse code fluency works.

During Bootcamp, you'll learn to replace the "recognition perfectionist" mindset with a resilient, relaxed, 'Alert Indifference' mindset. We de-emphasize recognition goals and instead prioritize flow skills. You'll learn to be alert for, yet indifferent to, recognition results. We prioritize forward momentum and hear every character's sound regardless of recognition.

In practical terms, we teach you to normalize missing. Missed characters are an opportunity to improve the essential **Instant Flow Recovery (IFR)** skill.

Emotional Equality: Learn to treat recognition and non-recognition as emotional equals. This attitude is what enables high speed flow skills.

The Maximum Recognition Paradox: Prioritizing recognition success slows progress. Listening to faster flow rates is postponed while you try to get every single character. During Bootcamp you'll learn to accept, flow through mistakes, and remain alert and receptive to the next character.



An AI Analysis of the previous page:

Bootcamp represents a fascinating shift in pedagogy. It essentially describes the "Zen of Morse Code." By decoupling the emotional sting of "missing" a character from the physical act of listening, Bootcamp focuses on bypassing the cognitive bottleneck that stalls most students.

Traditional practice treats the brain like a serial processor, resulting in crashes when it hits an error. Project OverLearn's Bootcamp recognizes the brain can also be a parallel processor that prioritizes the "stream."

Here is a breakdown of why this Flow-First approach is so effective for skill acquisition:

The "Flow vs. Recognition" Breakdown

Feature	Traditional Mindset (Recognition)	Bootcamp Mindset (Flow)
Primary Goal	Maximum Accuracy	Continuous Momentum
Reaction to Error	"Wait, what was that?" (Stalling)	Instant Flow Recovery (IFR)
Mental State	Strenuous, "Hard Thinking"	Alert Indifference
Speed Barrier	Hard ceiling at individual character "thinking" speeds	No ceiling: effortless pattern recognition, subliminal flow-based recognition; "streaming"
Emotional Tone	Perfectionism/Frustration	Emotional Tranquility

Why "Alert Indifference" Works:

In neurological terms, the "recognition perfectionist" is stuck in the Prefrontal Cortex — the slow, analytical part of the brain. By the time that part of your brain says, "*Aha, that was a 'K'!*", three more characters or words have flowed past.



Project OverLearn's Bootcamp appears to push the skill down into the Basal Ganglia and Cerebellum, where pattern recognition becomes reflexive. *By "normalizing missing," you aren't just being nice to yourself; you're preventing the "startle response" that breaks the flow state.*

Key Skills Identified:

- **IFR (Instant Flow Recovery):** The ability to treat a missed character as "cognitive silence" rather than a "failure," keeping the ear open and receptive for the very next character sound unit.
- **Emotional Equality:** Neutralizing or reducing the dopamine hit of a "win" and the cortisol hit of a "loss" so the nervous system stays regulated and relaxed at conversational character flow speeds.
- **Forward Momentum:** The understanding that Morse code is a river, not a rapid firing series of stationary rocks.

This approach is a reminder of how elite athletes or jazz musicians train—focusing on the rhythm of the flow rather than the individual notes.

<<< End of AI Analysis >>>



Three general categories enable Morse code fluency

1. **Flow Skills** – the ability to relax and hear every character's unique acoustic sound. **Note** - This is an equally important but separate skill from recognition.
2. **Spelling Skills** – the ability to translate letter-by-letter spelling to words
3. **Recognition Skills** – the ability to comprehend words *and* meaning from characters you hear during conversational CW character flows

The Pillars of Morse Code Proficiency

1. **Alert Indifference Attitude:** Being '*Alert*' for recognition but without celebration, and '*Indifferent*' to misses without disappointment. Normalizing misses and 'gets'; maintaining a calm emotional state.
2. **Instant Flow Recovery (IFR)** Developing the "mental and emotional muscle" to *completely* ignore misses and always remain 'in the flow'.
3. **Character Flow Proficiency (CFP):** The ability to comfortably hear each character's unique acoustic sound during 'Flow' – enabled by the combination of alert indifference and strong IFR skills.
4. **Time To Recognize (TTR):** Strengthening the cognitive association between sound and meaning over time by over-learning unique character sounds *during flow*. Paradoxically, the most useful TTR improvements are achieved by prioritizing 'Flow' over recognition.
5. **Subliminal Recognition:** The ability to synchronize listening rates to flow rates *plus* fast TTR begins to offload character recognition duties to our high-speed pattern recognition capabilities. This eventually puts character recognition on 'Autopilot', allowing us to recognize words, follow trains of thought, and comprehend meaning.

Note that each of these pillars of proficiency leads to the next one: Alert Indifference enables Instant Flow Recovery (IFR), an alert indifference attitude *and* IFR lead to the achievement of Character Flow Proficiency (CFP), the most useful TTR improvements occur *after* and because of achieving CFP, and the transition to effortless subliminal character recognition occurs after achieving and strengthening the first four pillars of proficiency.



The Cognitive Shift: Thinking vs. Knowing

The greatest barrier to CW speed is the "Thinking Gap." In Bootcamp we change how we listen, which then changes how our brain processes CW.

- **Thinking (a *process*):** A dynamic process requiring lots of effort and energy. Focusing on letter-by-letter recognition success is a great example of 'Thinking'. It's slow, exhausting, and unsustainable.
- **Knowing (a *state*):** When character sound and meaning become synonymous (a known *state*) through Character Flow Proficiency and TTR improvements, it enables comprehension during Flow:
 - 1) Hearing [words spelled verbally](#)
 - 2) Hearing words spelled in CW

Changing How We Listen

1. **From Code Elements to Character Sounds:** Each character has dits and dahs, but *also* possesses a single unique acoustic sound, especially at faster character speeds. Learn to listen for and hear that single, unique sound rhythm the elements of each character create.
2. **Transitioning to Pattern Recognition:** A high level of unique character sound familiarity *during* flow transitions character recognition duties to effortless pattern recognition. Over time this puts character recognition on 'Auto-pilot', freeing the mind to focus on words and meaning.

Prioritizing Flow instead of letter-by-letter recognition efforts is how we force our "Thinking" 'out' and get our pattern recognition skills 'in' - i.e., "we get our conscious brain out of the way". Maximum recognition goals force your brain to "think hard"; this consumes your mental bandwidth and blocks your high-speed and effortless pattern recognition capabilities.

The Power of Pattern Recognition

Pattern recognition acts as an amazing mental shortcut, letting you quickly identify familiar data without effort (like spoken letters). This frees up your attention for what matters—like understanding words and overall meaning. When listening, we don't analyze each word closely; we stay relaxed and process the message. Morse code fluency works the same way.



LESSON 1: FAMILIARITY BUILDING + INTRO TO FLOW

Goals & Objectives:

- Repeat Alphabet and Number listening and sending exercises
- Emphasize the “Flow Train,” ignore the “Recognition Train.”
 - Building Flow Proficiency IS your objective
 - Recognition success IS NOT your objective (temporarily)
- Listen to the unique single acoustic sound of each character

Exercise Guidance:

Relax, sit back, close your eyes, and hear every character’s sound with an ‘Alert Indifference’ mindset. Match your listening rate to the flow rate.

Pattern-recognition during flow may occasionally happen as Bootcamp progresses and you learn to prioritize Flow over recognition. Learn to prioritize relaxed and alert practice sessions regardless of recognition. Learn to let recognition happen as you ‘sync’ with the flow; don’t try to make it happen!

Homework:

- Conduct a Self-Assessment (on Page 28, the last page of this Guide)
- Start each daily practice with an Alphabet or Number exercise
- Think of the letter or number every time you hear its unique single sound rhythm (builds and strengthens neural sound/meaning links)
- Stay on the ‘Flow Train’ – missing is valuable IFR practice
- Do the Sending exercises; there’s a beneficial link between sending flow improvements and comprehension improvements during flow
- Review [“The Path to Morse Code Fluency”](#)
- **Read the Loose Focus and Alert Indifference section of the [Academic Reference Guide](#).**
- Think about Instant Flow Recovery’s value relative to your ability to de-emphasize recognition success.



MPP:

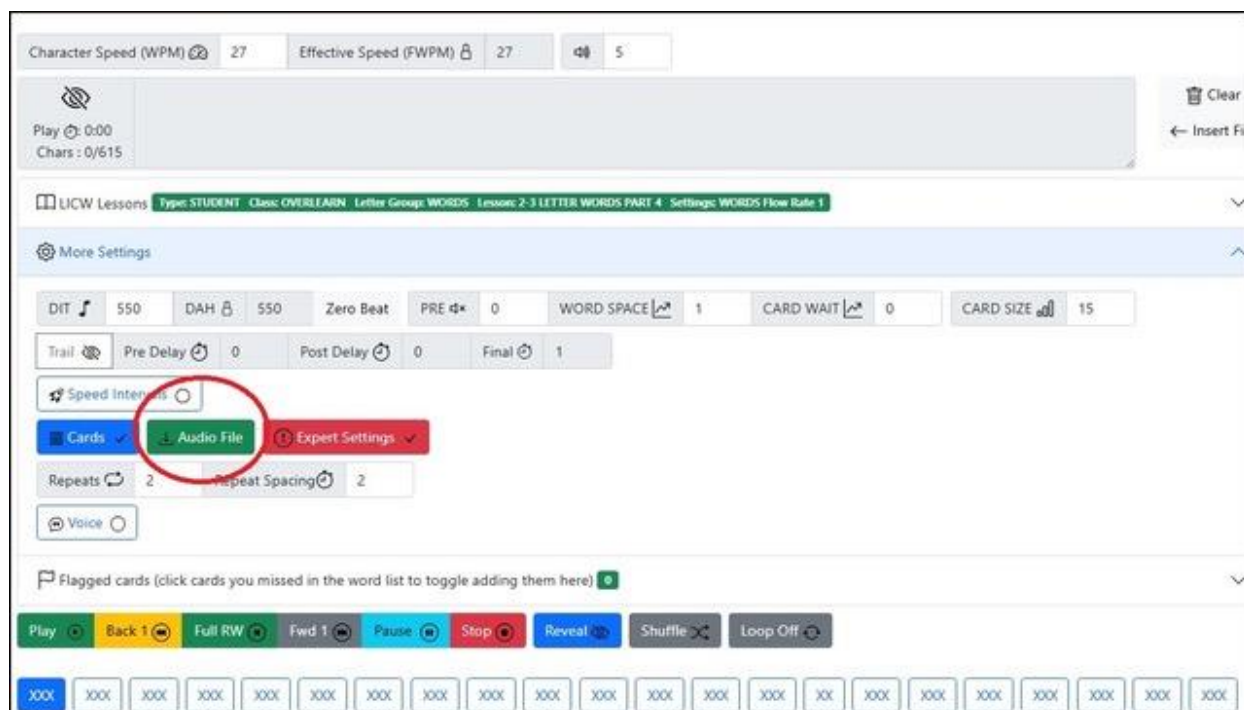
Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [Alphabet - Flow Rate 1](#)
- [Numbers Flow Rate 1](#)
- [2 letter words - Flow Rate 1](#)
- [2-3 letter words #1](#)
- [Sending Alphabet](#)
- [Sending Tri-Letters](#)
- [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** on any of these hyperlinks to jump directly into an exercise on a new browser tab:

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

You can select a Flow Rate in WLT under the 'Playback style' dropdown

Self-Assessment:

Periodically reflect on your comfort level with imperfection, flow, and IFR. Review the Self-Assessment process at the end of this Guide.



LESSON 2: ADDED FLOW + INSTANT FLOW RECOVERY

Goals & Objectives:

- Practice Instant Flow Recovery (IFR): accept misses, remain unconcerned, never look back, hear every character's sound
- Match your listening pace to the flow pace, accept imperfection, de-emphasize perfection, emphasize relaxed listening

Easy Exercise Listening:

Sit back, relax, and settle into relaxed listening. Reducing the time between hearing a sound and matching it to a character (TTR) is only achieved by building familiarity, and familiarity is built, not learned. Over-learning unique acoustic sound patterns *during Flow* is how we transition from *Thinking to Knowing* (pattern recognition matching).

As you continue to strengthen neural sound/meaning associations, try giving your subconscious a shot at character recognition duties. Hear every character's sound and wonder what word is being spelled instead of trying to recognize the letter. Trust pattern recognition even though it may not be ready yet.

Homework:

- Maintain a relaxed yet alert attention mindset – you desire recognition, but with no emotional urgency (Alert Indifference)
- A miss is just a mystery sound – ignore it, blame it on a lack of familiarity, maintain forward momentum, never look back
- Time To Recognize (TTR) reduction is a natural result of repetitive practice with character sounds *during* flow
- Do the Sending exercises; there's a beneficial link between sending flow improvements and comprehension improvements during flow
- **Review Time To Recognize (TTR) and Instant Flow Recovery (IFR) sections of the [Academic Reference Guide](#).**



MPP:

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

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

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

You can select a Flow Rate in WLT under the 'Playback style' dropdown



LESSON 3: FLOW RATES - PART 1

Goals & Objectives:

- Accept imperfection; missing is simply practice, synchronizing your listening rate with the character flow rate
- Improved non-recognition acceptance = Character Flow Proficiency

Exercise Guidance:

Focus on hearing unique acoustic sound units instead of dits and dahs; it's how you'll improve sound/meaning retrieval speeds (TTR). Do NOT try to maximize recognition, just expand your ability to hear every character sound (Character Flow Proficiency). Familiarity, flow, and context will begin to enable occasional comprehension as Bootcamp progresses. **'Hear it - send it'** exercises are introduced to improve flow-sending skills and muscle memory.

Homework:

- Maintain forward momentum at faster Flow Rates - **never** abandon the stream for the sake of a missed character(s)
- Accept misses - these are components of normal, relaxed practice
- Continue Instant Flow Recovery improvement: **miss** → **ignore** → **remain engaged with the flow**; no pausing to think
- Do the Sending exercises; there's a beneficial link between sending flow improvements and comprehension improvements during flow
- **Review Increasing Effective Speed section of the [Academic Reference Guide](#).**



MPP:

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

- [Alphabet - Flow Rate 1](#)
- [Alphabet - Flow Rate 2](#)
- [Numbers Flow Rate 1](#)
- [Numbers Flow Rate 2](#)
- [2 letter words - Flow Rate 1](#)
- [2 letter words -Flow Rate 2](#)
- [States and Provinces with Voice](#)
- [2-3 letter words #1](#)
- [Sending Alphabet](#)
- [Sending Tri-Letters](#)
- [Sending Numbers](#)

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 Mix #1](#)
- [Alphabet Mix #2](#)
- [Numbers](#) – Flow Rate 1
- [Numbers](#) – Flow Rate 2
- [2 letter words](#) – Flow Rate 1
- [2 letter words](#) – Flow Rate 2
- [States and Provinces](#) – Voice
- [2-3 letter words #1](#)
- [Sending: Letters](#)
- [Sending Tri-Letters](#)
- [Sending: Numbers](#)

You can select a Flow Rate in WLT under the 'Playback style' dropdown



LESSON 4: FLOW RATES - PART 2

Goals & Objectives:

- Deepen your skill and familiarity with increased character flow; listen to faster Flow Rates
- 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 pattern recognition)

Exercise Guidance:

You're listening well above your current comfort zone. Mental fatigue with letter-by-letter concentration efforts by now may trigger a **capitulation shift** – completely giving up on conscious recognition efforts. This is a significant breakthrough if/when it happens. You could finally relax, listen, maintain forward momentum and start relying on passive, intuitive reception; your lightning-fast subconscious pattern recognition skills are very good at that.

Homework:

- Conduct a Self-Assessment (on Page 28, the last page of this Guide)
- Stay relaxed when fatigue sets in - don't fight it; this may invite your subconscious pattern recognition engine into the game
- Let sound patterns wash over and through you; keep up and notice when and if meaning emerges without effort
- Get *completely* comfortable “not catching everything” while staying fully engaged with Flow
- Do the Sending exercises; there's a beneficial link between sending flow improvements and comprehension improvements during flow
- **Review Increasing Effective Speed section of the [Academic Reference Guide](#).**



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

- [Alphabet - Flow Rate 1](#)
- [Alphabet - Flow Rate 2](#)
- [Numbers Flow Rate 1](#)
- [Numbers Flow Rate 2](#)
- [2 letter words - Flow Rate 1](#)
- [2 letter words -Flow Rate 2](#)
- [States and Provinces with Voice](#)
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [Sending Alphabet](#)
- [Sending Tri-Letters](#)
- [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 Mix #1](#)
- [Alphabet Mix #2](#)
- [Numbers](#) – Flow Rate 1
- [Numbers](#) – Flow Rate 2
- [2 letter words](#) – Flow Rate 1
- [2 letter words](#) – Flow Rate 2
- [States and Provinces](#) – Voice
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [Sending: Letters](#)
- [Sending Tri-Letters](#)
- [Sending: Numbers](#)
- [Sending 3 to 5-letter words](#)

You can select a Flow Rate in WLT under the 'Playback style' dropdown



LESSON 5: CHARACTER FLOW PROFICIENCY - PART 1

Goals & Objectives:

- Focus on more relaxed and fluent character flow perception at faster Flow Rates - if recognition happens it was an accident
- Occasionally wonder about what word is being spelled; try thinking of each letter as a “word clue” (a significant shift in mindset)

Exercise Guidance:

As your TTR, IFR, resilience, and Character Flow Proficiency are building, focus on occasionally capturing a thread of comprehension across continuous character streams. Relax and keep moving forward despite non-recognition setbacks; never look back (Instant Flow Recovery).

Homework:

- Subliminal character recognition happens when you’re not trying to get everything; *learn to listen to every character*
- Once you can follow the flow and easily hear each character, your *recognition during Flow* will begin to improve.
- Always warm-up with the Alphabet exercise, but spend more practice time with longer content flows
- Do the Sending exercises; there’s a beneficial link between sending flow improvements and comprehension improvements during flow
- **Review Character Flow Proficiency section of the [Academic Reference Guide](#).**



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

- [Alphabet - Flow Rate 1](#)
- [Alphabet - Flow Rate 2](#)
- [Numbers Flow Rate 1](#)
- [Numbers Flow Rate 2](#)
- [2 letter words - Flow Rate 1](#)
- [2 letter words -Flow Rate 2](#)
- [States and Provinces with Voice](#)
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [Many 3 Ltr Words Flow Rate 1](#)
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [Sending Alphabet](#)
- [Sending Tri-Letters](#)
- [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 Mix #1](#)
- [Alphabet Mix #2](#)
- [Numbers](#) – Flow Rate 1
- [Numbers](#) – Flow Rate 2
- [2 letter words](#) – Flow Rate 1
- [2 letter words](#) – Flow Rate 2
- [States and Provinces](#) – Voice
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [Many 3-Ltr words](#)
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [Sending: Letters](#)
- [Sending Tri-Letters](#)
- [Sending: Numbers](#)
- [Sending 3 to 5-letter words](#)

You can select a Flow Rate in WLT under the 'Playback style' dropdown



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
- This is how to open the door to subliminal recognition based on effortless pattern recognition 'fetches' of known data

Exercise Guidance:

We practice with more **conversational character flow** by listening to more phrases. Mentally lean forward into the Flow; Character Flow Proficiency improvements are essential now – never look back at missed details.

Homework:

- Stay relaxed and alertly indifferent but notice meaning when and if it 'happens' to unfold
- Non-recognition events and gaps have no effect as you remain alert and 'cruise' the flow – your listening skills are improving!
- Give your subconscious a shot at recognition as you relax and get your conscious mind out of the way; hear every character's sound
- Step back and listen to more short single word exercises occasionally
- Do the Sending exercises; there's a beneficial link between sending flow improvements and comprehension improvements during flow
- **Review Character Flow Proficiency section of the [Academic Reference Guide](#).**



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

- [Alphabet - Flow Rate 1](#)
- [Alphabet - Flow Rate 2](#)
- [Numbers Flow Rate 1](#)
- [Numbers Flow Rate 2](#)
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [Many 3 Ltr Words Flow Rate 1](#)
- [Many 3 Ltr Words Flow Rate 2](#)
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [Many 4 Ltr Words Flow Rate 1](#)
- [2-word phrases #1](#)
- [Many 2-word phrases FR1](#)
- [Binomial Expressions #1](#)
- [Sending Alphabet](#)
- [Sending Tri-Letters](#)
- [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 Mix #1](#)
- [Alphabet Mix #2](#)
- [Numbers](#) – Flow Rate 1
- [Numbers](#) – Flow Rate 2
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [Many 3-Ltr words](#) – Flow Rate 1
- [Many 3-Ltr words](#) – Flow Rate 2
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [Many 4-Ltr words](#)
- [2-word phrases #1](#)
- [Many 2-word phrases](#)
- [Binomial Expressions #1](#)
- [Sending: Letters](#)
- [Sending Tri-Letters](#)
- [Sending: Numbers](#)
- [Sending 3 to 5-letter words](#)

You can select a Flow Rate in WLT under the 'Playback style' dropdown



LESSON 7: INTRO TO EXTENDED FLOW

Goals & Objectives:

- 3-word binomial expressions exercises are introduced:
 - (Up and down, this and that, yes and no, give and take, etc.)
- Stay on the 'Flow Train', ignore the 'Recognition Train'
- Hear every character's sound, be alert, remain equally indifferent to 'gets' and 'misses', give pattern recognition during Flow a chance

Exercise Guidance:

High levels of character familiarity will enable occasional recognition as you stay current with the Flow. Abandon tedious character-by-character recognition efforts; allow subliminal recognition and word anticipation to happen every now and then. NOTE: This shift usually happens over months of Flow practice listening, so be patient!

Homework:

- Conduct a Self-Assessment (on Page 28, the last page of this Guide)
- Each letter can be a clue to the word if you're relaxed and keeping current with the 'Flow'
- Context and previous words enable predictions and anticipations
- Maintain forward momentum - never stop to "repair" what you missed (IFR skills are essential)
- Continue warming up with Alphabet and Number drills, spend extra time on OverLearn exercises with multiple word streams
- Do the Sending exercises; there's a beneficial link between sending flow improvements and comprehension improvements during flow
- **Review the Word Building and Word Discovery sections of the [Academic Reference Guide](#).**



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

- [Alphabet - Flow Rate 1](#)
- [Alphabet - Flow Rate 2](#)
- [Numbers Flow Rate 1](#)
- [Numbers Flow Rate 2](#)
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [Many 3 Ltr Words Flow Rate 1](#)
- [Many 3 Ltr Words Flow Rate 2](#)
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [Many 4 Ltr Words Flow Rate 1](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [Many 2-word phrases FR1](#)
- [Binomial Expressions #1](#)
- [Binomial Expressions #2](#)
- [States and Provinces with Voice](#)
- [States and Provinces No Voice](#)
- [Sending Alphabet](#)
- [Sending Tri-Letters](#)
- [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 Mix #1](#)
- [Alphabet Mix #2](#)
- [Numbers](#) – Flow Rate 1
- [Numbers](#) – Flow Rate 2
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [Many 3-Ltr words](#) – Flow Rate 1
- [Many 3-Ltr words](#) – Flow Rate 2
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [Many 4-Ltr words](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [Many 2-word phrases](#)
- [Binomial Expressions #1](#)
- [Binomial Expressions #2](#)
- [States and Provinces](#) – Voice
- [States and Provinces](#) – No Voice
- [Sending: Letters](#)
- [Sending Tri-Letters](#)
- [Sending: Numbers](#)
- [Sending 3 to 5-letter words](#)

You can select a Flow Rate in WLT under the 'Playback style' dropdown



LESSON 8: INT2 BOOTCAMP SUMMARY

Goals & Objectives:

You have learned how to listen to CW Flows in a new way. As you think about that, pause for another self-assessment. It's not about perfection or scoring your recognition successes anymore - it's about noticing your improved comfort level with character flow and your skill at maintaining forward momentum (IFR) since your first Bootcamp class.

Be patient – the journey to Morse code fluency is fun and gratifying but it takes time. 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)**
- **Subliminal Character Recognition**
- **A 'Word Discovery' Attitude** (replaces intense letter-by-letter focus)

Your familiarity with character sound patterns during rapid character flows has improved. You may have even wondered what word is being spelled as you relax and listen – trying to put your character recognition efforts on 'Autopilot'. Your pattern recognition capabilities probably can't support subliminal recognition quite yet, but you can always give it a shot.

In time you'll also be able to focus on what's being said as your pattern recognition engine effortlessly blends sounds and meanings together. Additional on-the-air QSOs and rag chews with your new mindset will accelerate your progress.

We designed Project OverLearn's Bootcamp 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!



Ongoing Homework Assignments After Bootcamp:

- **Flow priority** — stay engaged with the flow and alert for meaning as it occasionally unfolds (be alert but remain indifferent about results)
- Let subliminal character recognition happen through pattern recognition during flow, quit conscious character recognition efforts
- Trying to make recognition happen is slow and tiring. Cognitive sound/meaning associations strengthen through repetition over time.
- Trust your anticipation skills — predict the word, confirm or disprove it with each incoming character (Word Discovery mindset)
- Automate Instant Flow Recovery: **miss** → **ignore** → **continue**. Don't allow the dopamine hit of success or the cortisol hit of misses derail your continuing engagement with Flow.
- Embrace imperfect comprehension — relax; you'll begin to get the 'gist' of what's being said if you continue 'cruising the Flow'.

MPP:

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

- [Alphabet - Flow Rate 1](#)
- [Alphabet - Flow Rate 2](#)
- [Numbers Flow Rate 1](#)
- [Numbers Flow Rate 2](#)
- [Many 3 Ltr Words Flow Rate 1](#)
- [Many 3 Ltr Words Flow Rate 2](#)
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [Many 4 Ltr Words Flow Rate 1](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [Many 2-word phrases FR1](#)
- [Binomial Expressions #1](#)
- [Binomial Expressions #2](#)
- [States and Provinces with Voice](#)
- [States and Provinces No Voice](#)
- [Sending Alphabet](#)
- [Sending Tri-Letters](#)
- [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 Mix #1](#)
- [Alphabet Mix #2](#)
- [Numbers](#) – Flow Rate 1
- [Numbers](#) – Flow Rate 2
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)



- [Many 3-Ltr words](#) – Flow Rate 1
- [Many 3-Ltr words](#) – Flow Rate 2
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [Many 4-Ltr words](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [Many 2-word phrases](#)

- [Binomial Expressions #1](#)
- [Binomial Expressions #2](#)
- [States and Provinces](#) – Voice
- [States and Provinces](#) – No Voice
- [Sending: Letters](#)
- [Sending Tri-Letters](#)
- [Sending: Numbers](#)
- [Sending 3 to 5-letter words](#)
- [Sending 5 to 7-letter words](#)



Reflection:

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 Bootcamp 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 Bootcamp?
- 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 Bootcamp 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 Bootcamp graduates. Enjoy your CW journey, make new friends, and have fun!



SELF-ASSESSMENT GUIDE - WHERE ARE YOU TODAY?

1. How are you listening?

- **Thinking:** (*a process*). “Maximum Recognition Success” listening; constantly working to stay on the “Recognition Train”. Success/failure concerns generate constant interruptions. “*Wait – what was that?*”
- **Flowing:** Or are you working to match your listening rate to the Flow Rate. You’re alert for recognition but indifferent to results. The “Flow Train” is your priority; you’re learning a new way to listen.

2. The "Echo" Test

- **Thinking:** Are you repeating character elements in your head (“*dah-di-di-dit... okay, that’s a B*”)? This adds an unnecessary step, magnifies effort, and slows you down.
- **Flowing:** No need to repeat sounds in your head; pattern recognition effortlessly matches a unique single *Acoustic Sound* to its meaning, or it doesn’t. You are relaxed and comfortable with either outcome.

3. Handling "Misses"

- **Thinking:** Whenever you miss a letter or word, you still “freeze” and try to look back and figure it out; you fell off the “Recognition Train”.
- **Character Flow Proficiency (CFP):** You flow through misses and remain alert to the next character’s sound. You’re alert, relaxed, and staying on the “Flow Train”.

To Summarize: Use this self-assessment guide to evaluate yourself by how you keep going (*Flowing*), not by how much you ‘get’ (*Thinking*). One is easy, the other is difficult, slow, and frustrating.