



*GET*

**ON THE AIR**

**INT2 BOOTCAMP:  
EFFECTIVE SPEED  
(Hear Every Character)**

*Designed for students approaching, entering, or newly working within INT2*

*Designed for Intermediate 1 students preparing to enter the additional “flow pressure” phase of learning. The aim is to boost real-time Character Flow Proficiency, enhance recovery from errors, and minimize reliance on transcription.*

**STUDENT GUIDE**

VERSION 2.3



© 2022-2026 Long Island CW Club Inc. All rights reserved.

This work is the sole property of the Long Island CW Club Inc. It may be downloaded and printed for the use of Long Island CW Club Inc. instructors and students. It may not be reproduced on paper or digitally for other purposes without the expressed consent of the Long Island CW Club Inc.

NOTE: Boot Camp 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 2.3**

- More WLT "Flow Rate Range Training" (AKA 'Speed Racer')
- Corrected: MS Word paging, homework hyperlinks changed from "Student and Instructor Guide" to "Academic Reference Guide"
- More detailed descriptions of skills and transitions
- Introduction of "alertly scanning the flow" and "flow-listening" descriptions
- Strong emphasis on Character Flow Proficiency development



## **TABLE OF CONTENTS:**

REVISION HIGHLIGHTS:.....	2
TABLE OF CONTENTS:.....	3
AN INTRODUCTION: .....	4
LESSON 1: WHAT IS BOOT CAMP + HIERARCHY OF SKILLS .....	7
LESSON 2: INTRO TO FLOW + INSTANT FLOW RECOVERY .....	11
LESSON 3: FLOW RATES - PART 1.....	13
LESSON 4: FLOW RATES - PART 2.....	15
LESSON 5: CHARACTER FLOW PROFICIENCY - PART 1 .....	17
LESSON 6: CHARACTER FLOW PROFICIENCY - PART 2 .....	19
LESSON 7: INTRO TO EXTENDED FLOW.....	21
LESSON 8: TIER1 BOOTCAMP SUMMARY.....	23
SELF-ASSESSMENT GUIDE - WHERE ARE YOU TODAY? .....	28



## The Maximum Recognition Paradox

The **Maximum Recognition Paradox** is simple: focusing on perfect recognition forces the brain into slow, conscious thought. This "get every letter" focus wears you down and creates ongoing bottlenecks that block our super-fast subconscious pattern recognition. You can't think hard enough and fast enough to keep up.

### The "Recognition Train" vs. The "Flow Train"

***Boot Camp isn't about staying on a recognition train. It's about acquiring the Character Flow Proficiency skill needed to stay on the "flow train."***

The traditional Morse code mindset is mentally exhausting as students try to "get" every letter possible. Students feel that "missing" is failure, leading to a frantic cycle: they look back, slow down, and try harder to recognize what was missed—only to miss even more. By decoupling the emotional sting of "missing" from the physical act of listening, we bypass the frustrations that stall most learners.

**Project OverLearn's Boot Camp** flips this script. We understand that practicing with conversational character flows doesn't need permission from recognition success. If you wait until your recognition percentage "permits" you to speed up, you'll significantly delay progress!

### Building "Mental Muscle" through Alert Indifference

During Boot Camp you will replace the "recognition perfectionist" mindset with one of Alert Indifference. You will learn to "Alertly scan the Flow":

- **Prioritize Forward Momentum:** Keep your focus on the sound currently hitting your ears, not the one you just missed.
- **Equalize Outcomes:** Treat "missing" and "getting" as emotional equals.
- **Master Instant Flow Recovery (IFR):** Non-recognition isn't failure; it is the specific environment required to sharpen your flow recovery skills.



## The Zen of Morse Code

Traditional practice treats your brain like a serial processor—slow, linear, one letter at a time. Accomplished athletes and musicians don't focus on single athletic moves or individual musical notes; they relax and immerse themselves in the flow.

**Project OverLearn** understands your brain is a parallel processor—a powerful multi-tasking engine that's very good at high-speed pattern recognition.

### The "Recognition Priority" vs. "Flow Priority" Breakdown:

Feature	Traditional Mindset (Recognition Priority)	Boot Camp Mindset (Flow Priority)
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, smooth and fast
Speed Barrier	Hard ceiling at individual character "thinking" speeds	High ceiling: subliminal flow-based "recognition scanning" skills plus pattern recognition familiarity
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.

***By "normalizing missing," you aren't just being nice to yourself; you're preventing the "startle response" that breaks the flow state.***



## The Cognitive Shift: Thinking vs. Knowing

A great barrier to CW speed is the "Thinking Gap." In Boot Camp we learn to change how we listen, which changes how our brain processes CW.

- **Thinking (a slow process):** A dynamic process requiring lots of effort and energy. Striving hard for letter-by-letter recognition success is an excellent example of 'Thinking'. It's slow, exhausting, and unsustainable.
- **Knowing (a state):** As CW character sounds and meanings become synonymous (like spoken letters), recognition transitions from slow "Thinking" to effortless "Knowing" via pattern recognition. **Be patient;** familiarity is something you build, not something you learn.
- **The Spelling Hurdle:**
  - Try listening to [words spelled verbally](#) (CW without sidetones)

## Changing How We Listen

1. **From Code Elements to Character Sounds:** Each character has a dit and dah sequence, but they *also have a single and unique acoustic sound, especially at faster WPM speeds*. Learn to listen for and hear that single, unique sound rhythm of each letter during Character Flows.
2. **Transitioning to Pattern Recognition:** A high level of unique character sound familiarity *during flow* is required to transition most of our character recognition duties to pattern recognition. Over time this puts character recognition on 'Auto-pilot', freeing the mind to focus on words and meaning.

Prioritizing Flow Skills instead of letter-by-letter recognition success is how you can nudge your "conscious thinking mind" out of the way and begin to get your speedy and effortless pattern recognition brain into the game.

## The Power of Pattern Recognition

Pattern recognition is an amazing mental shortcut, letting you effortlessly identify *known* CW characters without effort (like spoken letters). This frees up mental bandwidth to understand words and what's being said. When we listen to someone speaking, we don't analyze every word, and we miss words from time to time. However, we stay relaxed and process the message. Character Flow Proficiency and Morse Code Fluency require a similarly high level of familiarity.



## LESSON 1: WHAT IS BOOT CAMP + HIERARCHY OF SKILLS

### Goals & Objectives:

- Understand Boot Camp
- Understand the Hierarchy of Skills
- Stay on the “Flow Train,” ignore the “Recognition Train.”
  - Character Flow Proficiency (CFP) *is your primary objective*
  - Recognition during character flow develops **after** CFP is achieved
- Practice hearing each letter’s single unique acoustic sound *during flow*

### What is Boot Camp:

- Learn the alphabet in a new way – as one unique sound rhythm per letter
- Listen fast – Synchronize your listening rate to the character flow rate
- Ignore misses – adopt an “Alert Indifference” mindset (try but don’t care)
- Never look back – be very alert for every character sound; hear them all
- Treat recognition and non-recognition as emotional equals

### Hierarchy of Skills:

1. **Alert Indifference:** Be ‘*Indifferent*’ to misses without disappointment, be ‘*Alert*’ for recognition without celebration; treat both outcomes as equals
2. **Instant Flow Recovery Skill (IFR)** Acquire the "mental and emotional muscle" to *completely* ignore misses and *always remain ‘in the flow’*
3. **Character Flow Proficiency (CFP):** “Alert Indifference” achieved, strong IFR skills achieved, and a high level of comfort with Flow Rates achieved
4. **Time To Recognize (TTR) Improvements:** Individual character recognition (without flow) is very different than recognition during flow. One uses slow conscious “thinking” efforts, the other requires CFP, *knowing* each letter’s single unique sound rhythm, and listening in a different way. Strengthening cognitive sound/meaning links during flow is best improved **after** Character Flow Proficiency is achieved. ***Paradoxically, the most useful and enduring TTR improvements are achieved by prioritizing ‘Flow’ skills over recognition success during Bootcamp practice sessions.***
5. **Subliminal Recognition:** The ability to synchronize listening rates to flow rates *plus* improved TTR *during flow* begins to offload character recognition duties to our high-speed pattern recognition brain. Over time, this puts character recognition on ‘Autopilot’, allowing us to focus on and predict words, follow trains of thought, and comprehend meaning.



## Exercise Guidance:

Relax, sit back, close your eyes, and hear every character's sound with an 'Alert Indifference' mindset (be alert for recognition but don't care). Match your listening rate to the flow rate – learn to “alertly scan the flow” (get on the Flow Train!)

As you progress through Boot Camp, you may sometimes recognize patterns and become more familiar with character sounds as you focus on the flow. Try to allow recognition to occur naturally as you synchronize with the flow—don't force it!

## Homework:

- **Conduct a Self-Assessment** (on the last page of this Guide)
- Don't abandon alphabetic familiarity building; it's foundational! Start each daily practice session with an Alphabet and/or Number drill; 'Think' of the letter **every time** as you hear its unique single sound rhythm
- Get on the 'Flow Train' – accepting misses is essential for IFR improvement
- Flow Sending” exercises also improve comprehension skills during flow
- Review [“The Path to Morse Code Fluency”](#)
- Read the Loose Focus and Alert Indifference section of the [Academic Reference Guide](#).
- Think about Alert Indifference and Instant Flow Recovery's value relative to your ability to alertly continue to scan the flow of character sounds without emotional turmoil



## MPP:

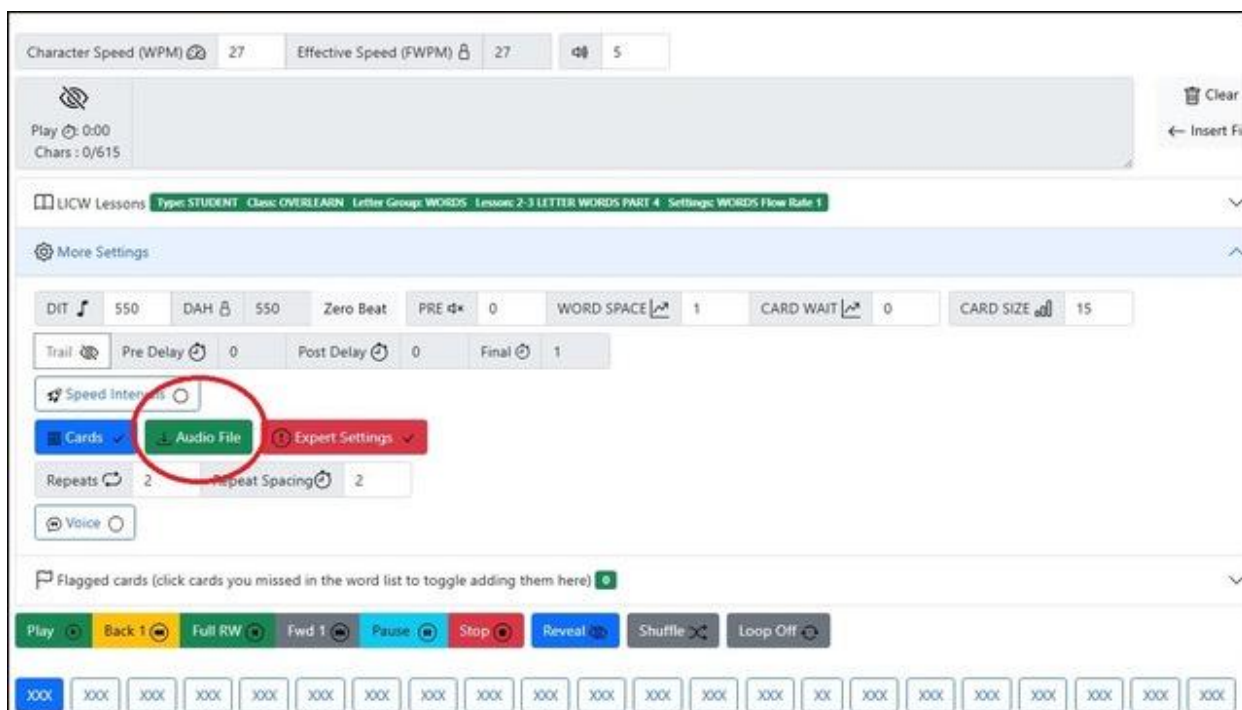
Use Ctrl-Click to jump directly to the exercise on a new browser tab:

- [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: (Now includes Flow Rate Range Training)**

**Ctrl-Click** on hyperlinks to jump directly into an exercise on a new browser tab. **Flow Rate Range Training** is introduced in the 2-letter word exercise. Each word is played at Flow Rate 3, Flow Rate 2, and Flow Rate 1.

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

## **Remember to conduct A Self-Assessment (last page of this Guide):**

Periodically reflect on your comfort level with imperfection, flow, and IFR. Note that your priority is staying on the “Flow Train” – recognition isn’t mentioned.



## LESSON 2: INTRO TO 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 Listening:

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

As you continue to strengthen neural sound/meaning associations during flow, try giving your subconscious a shot at character recognition duties. Wonder what word is being spelled, stop maximizing letter-by-letter efforts. Try your pattern recognition from time to time; it may begin to work for you sooner than you think!

### Homework:

- Maintain a relaxed yet alert attention mindset – desire recognition, but with no emotional urgency (Alert Indifference mindset).
- A miss is just a mystery sound – ignore it, blame it on a lack of familiarity if you wish, maintain forward momentum, never look back.
- Time To Recognize (TTR) reduction is a natural result of on-air QSOs and repetitive practice with character sounds **during** flow; it can't be rushed!
- Sending exercises are important; sending flow improvements benefit 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: (Now includes Flow Rate Range Training)**

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](#)



## LESSON 3: FLOW RATES - PART 1

### Goals & Objectives:

- Accept imperfection; missing is essential IFR practice, synchronize your listening rate with the character flow rate – “scan the flow”
- Enjoy recognition if it happens to occur, but also understand the importance of IFR and being comfortable with non-recognition; that’s how you’ll improve your Character Flow Proficiency

### Exercise Guidance:

Focus on hearing unique single acoustic sound units instead of dit and dah sequences; it’s how you’ll improve Character Flow Proficiency and (later) your sound/meaning retrieval speeds during flow. Avoid the maximum recognition mindset, just improve your ability to hear each character’s unique sound rhythm as they flow by. Familiarity, flow, and context will begin to enable occasional word recognition as Boot Camp progresses – relax, there’s no hurry. **‘Hear it - send it’** exercises are introduced in this lesson 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 - they are components of normal, relaxed practice
- Continue Instant Flow Recovery improvement: **miss** → **ignore** → **remain engaged with the flow**; never pause to rethink or echo a character in your mind
- Do the Sending exercises; there’s a significant benefit between “flow-sending” practice and comprehension improvements
- **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](#)

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

## **WLT: (Now includes Flow Rate Range Training)**

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



## LESSON 4: FLOW RATES - PART 2

### Goals & Objectives:

- Deepen your skill and familiarity with increased character flow; listen to longer words
- 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 "alertly scanning the flow" well above your current comfort zone. Mental fatigue with letter-by-letter concentration efforts by now (hopefully) may trigger a **capitulation shift** – helping you to completely give up on conscious recognition efforts. This is a significant breakthrough if/when it happens. You can finally relax, listen, maintain forward momentum and start relying on passive, intuitive reception – your lightning-fast subconscious pattern recognition is very good at that!

### Homework:

- **Conduct a Self-Assessment (on Page 28, the last page)**
- Stay relaxed when fatigue sets in - don't fight it; this may invite your subconscious pattern recognition capabilities into the game
- Let sound patterns wash through you; just keep up and notice when and if recognition and/or meaning emerges without effort
- Get *completely* comfortable not catching much while staying fully engaged with the Flow
- Don't skip the "Flow-Sending" exercises!



**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](#)
- [2-3 letter words #3](#)
- [3-4 letter words #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: (Now includes Flow Rate Range Training)**

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](#)
- [States and Provinces – Voice](#)
- [2-3 letter words #1](#)
- [2-3 letter words #2](#)
- [2-3 letter words #3](#)
- [3-4 letter words #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 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)
- Drill on and increase your familiarity with the Alphabet’s unique single character sounds during flow!
- Drill on and increase your familiarity with the Top 100 words

### 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](#)
- [States and Provinces with 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](#)
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [Top 100 Words](#)
- [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: (Now includes Flow Rate Range Training)**

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](#)
- [States and Provinces](#) – 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](#)
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [Top 100 words](#)
- [Sending: Letters](#)
- [Sending Tri-Letters](#)
- [Sending: Numbers](#)
- [Sending 3 to 5-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
- This is how to open the door to subliminal recognition based on effortless pattern recognition 'fetches' of known data
- Listen to the Top 100 word exercise; remember – relax and “Scan the Flow.” Don't obsess about recognition success, practice your Character Flow Proficiency skills (Alert Indifference and IFR)!

### Exercise Guidance:

Mentally lean forward; Character Flow Proficiency improvements are important now – remember: missing isn't failure, never look back, maintain forward momentum!

### 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 highly 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; hearing every character's sound is the only way to give your subconscious a chance at recognition
- Step back and listen to short single word exercises again
- Do the Sending exercises
- **Review Character Flow Proficiency section of the [Academic Reference Guide](#) again!**



**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 #3](#)
- [2-3 letter words #4](#)
- [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](#)
- [Top 100 Words](#)
- [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: (Now includes Flow Rate Range Training)**

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 #3](#)
- [2-3 letter words #4](#)
- [Many 3-Ltr words](#)
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [Top 100 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](#)



## LESSON 7: INTRO TO EXTENDED FLOW

### Goals & Objectives:

- 3-word binomial expressions exercises are introduced:
  - (Up and down, this and that, yes or no, give and take, etc.)
- Stay on the 'Flow Train', ignore the 'Recognition Train'
- Hear every character's sound, be alert, remain equally indifferent with "gets" and "misses"
- Don't try too hard, give pattern recognition a chance

### Exercise Guidance:

High levels of character sound familiarity enable occasional recognition as you remain "in the Flow". Abandon tedious letter-by-letter recognition efforts yet remain highly alert. "Let" subliminal recognition and word anticipation to happen every now and then instead of trying to make it happen.

### Homework:

- Conduct a Self-Assessment (on Page 28, the last page)
- Each letter that arrives is a clue to the word; stay relaxed and "in the Flow"
- Context and previous word recognition enable predictions!
- Maintain forward momentum - never stop to "repair" what you missed (IFR skills are essential)
- Continue warming up with Alphabet and Number drills, spend more time on exercises with multiple word streams now
- Do the Sending exercises!
- **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](#)
- [2-3 letter words #3](#)
- [2-3 letter words #4](#)
- [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](#)
- [Top 100 Words](#)
- [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: (Now includes Flow Rate Range Training)**

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](#)
- [2-3 letter words #3](#)
- [2-3 letter words #4](#)
- [Many 3 Letter words](#)
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [Many 4-Ltr words](#)
- [Top 100 words](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [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](#)



## LESSON 8: A BOOTCAMP SUMMARY

The **cognitive shift** from letter-by-letter processing to “Word Discovery” mode is the “Great Barrier” of Morse code fluency. Transitioning from a discrete decoding mindset (letter→letter→letter) to a “Flow-First what’s the word” mindset involves transitioning character recognition duties from active, conscious processing (slow) to the super-fast pattern recognition area of the brain.

### Summary of the Cognitive Shift:

Feature	Letter-By-Letter	Word Discovery
Mental Action	Active decoding efforts	Passive Pattern Recognition
Focus Point	The Past (what was that letter?)	The Future (what’s the word)
Error Handling	<b>Stalling:</b> Every missed letter breaks the chain	<b>Resilience:</b> Missing a letter is a ‘lost clue,’ but the focus stays on “what’s the word”
Processing	<b>Serial:</b> One-by-one	<b>Parallel:</b> Seeking the word as individual components arrive

To bridge this gap and break away from the “one letter at a time” mindset and adopt a Word Discovery focus, students can use several specific mental and technical strategies:

1. **Passive “Flow First” Recognition:** Stop “chasing” characters one at a time. This puts students into a continuous “catch up” series of mental bottlenecks, slowing them down. “Thinking” hard enough and fast enough isn’t possible!
  - a. **The Technique:** Use Boot Camp’s Flow Rate Range Training to relax, listen to distinct sound patterns, and get comfortable with missing word clues (letters). Boot Camp flow rates are typically 8-10 WPM faster than students’ “75-90% accuracy” rate. Since you shouldn’t expect recognition at that speed, relax your letter-by-letter efforts and “alertly scan the flow.”
  - b. **The Mental State:** Learn to treat CW like background music or a foreign language you are just beginning to understand. Instead of panicking when a word clue is missed, ***don’t just let***



***it go, never hold onto it in the first place!*** This is the definition of Instant Flow Recovery (IFR).

- c. **The Result:** A “Flow First” goal trains us to stay “in the flow” (the present) rather than dwelling on missed letters (the past).

## 2. **High-Speed Character Flow/Low-Speed Word Spacing**

**(Wordsworth):** Using Wordsworth word spacing can help accelerate the shift to Word Discovery. By listening to high-speed Flows with longer gaps between words, students are given more time to perceive code as a series of words consisting of word clue groups (letters). Wordsworth spacing provides the time to relax and begin to adopt a Word Discovery mindset.

- a. **Transitioning:** Boot Camp helps students learn to “flow-listen” and “*let*” comprehension occur instead of trying to force it. Boot Camp’s WLT “Flow Rate Range Training” exercises at 31/27/23 WPM on each word or phrase repeat sequence helps students hear sound rhythms and perceive letters as word clues instead of continuing to focus on single letter recognition efforts.

## 3. **Contextual Anticipation and “Closing”:** Word Discovery relies heavily on closure – the brain’s remarkable ability to fill in the blanks.

- a. **Predictive Drills:** Practice with common syllables, common short words (2 and 3 letter word exercises), common Pro-Signs, and high-frequency words (Top 100-word exercise).
- b. **A “Reveal” Exercise:** Listen to a longer word and try to “shout it out” *mentally* as soon as you have enough clues (e.g., hearing B-E-C-A and concluding it’s BECAUSE, or hearing R-A-D and predicting RADIO). This rewards and trains the brain to look ahead for the word rather than looking back at letters.

## 4. **The “Copy Behind” Buffer:** Morse code fluency involves a “buffer” – the ability to comfortably hold several character sounds in your subconscious while your conscious brain focuses on and processes words and meaning.



- a. **The Shift:** Beginners try to copy “on top” of each character. Experienced CW operators prioritize “flow-listening”; they synchronize their listening rate with the Flow Rate, hear every character sound regardless of recognition, and are comfortable copying 2-3 characters or even a word or two behind.
- b. **The “Copy Behind” Exercise:** Try waiting until the second letter of a word starts before trying to identify the first. This exercise tactic teaches the mind to adopt a “copy behind” buffer rather than focus equally hard on multiple single letters.

The transition to “**Flow-First**” listening and **Word Discovery** is less about “trying to think harder and faster” and more about “trusting the ear,” or “learning to trust your familiarity with the CW alphabet.” By removing the sting of missed word clues (letters), you create the mental space and comfort level necessary for words to emerge naturally during Flow.

Boot Camp defines **Morse Code Fluency** as the ability to comprehend words and meaning during conversational character flow rates without emotional disruption from non-recognition. It has four components: **Alert Indifference, Instant Flow Recovery (IFR), Character Flow Proficiency (CFP), and Time To Recognize (TTR) improvements.** Building strong neural sound/meaning links *during flow* (improving TTR through repetition and familiarity) is a good description of Boot Camp’s goal. The combination of Alert Indifference, excellent Instant Flow Recovery skills, and flow-based TTR improvements results in the achievement of Word Discovery mode, Character Flow Proficiency and ultimately, Morse Code Fluency.

### Ongoing Homework Assignments After Boot Camp:

- **Flow-First Mindset** — 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 via pattern recognition during flow while you focus on what word is being revealed
- Trying to **force** recognition is slow and exhausting. Cognitive sound/meaning associations will strengthen through repetition.
- Learn to trust Word Discovery — let each letter predict the word, continue to confirm or disprove it as each letter arrives



- Automate Instant Flow Recovery: **miss** → **ignore** → **continue**. Don't allow the dopamine hit of success or the cortisol hit of missed word clues derail your continuing engagement with The Flow.
- Embrace imperfect comprehension — relax; you'll begin to get the 'gist' of what's being said as 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](#)
- [2-3 letter words #3](#)
- [2-3 letter words #4](#)
- [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](#)
- [Top 100 Words](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [2-word phrases #3](#)
- [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: (Now includes Flow Rate Range Training)**

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 #3](#)
- [2-3 letter words #4](#)
- [Many 3 Letter words](#)
- [3-4 letter words #1](#)
- [3-4 letter words #2](#)
- [4 letter words #1](#)
- [Many 4-Ltr words](#)
- [Top 100 words](#)
- [2-word phrases #1](#)
- [2-word phrases #2](#)
- [2-word phrases #3](#)
- [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 binoculars, Project OverLearn's Boot Camp helps you aim at the right targets!

Focus on:

- Your response to non-recognition – Are you able to stay calm as you remain “in 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 flow-based pattern recognition become more relaxed with less letter-by-letter efforts?
- Reduced Emotional Trauma - Are you consistently recovering smoothly and remaining fully engaged while flowing through 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 achieving 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. As you prepare for Intermediate 2 classes, remember to register and attend Project OverLearn's INT2 Boot Camp! Engage in on-air QSOs and rag chews, practice with Project OverLearn exercises, and enjoy Long Island CW Club classes. Fearlessly engage with character flow rates beyond your comfort zone – never allow missing to hold you back!

***Congratulations Boot Camp 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 (alertly scan the flow).

### 2. The "Echo" Test

- **Echoing:** Are you repeating character elements in your head (“*dah-di-di-dit... okay, that’s a B*”)? This adds an extra and unnecessary step 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 hesitate and try to look back and figure it out; you’re too concerned with recognition!
- **Character Flow Proficiency (CFP):** You flow through misses and remain highly alert for the next character’s unique sound rhythm. You’re focused yet relaxed, maintaining forward momentum, and staying “*in the flow*”.

***To Summarize:*** Use this self-assessment guide to periodically evaluate yourself by how well you remain “*in the Flow*”, not by how much you ‘get’. One is smooth and easy, the other is difficult, slow, and frustrating. Learn to treat recognition and non-recognition as equals during practice.

***Recognition during flow (Flow TTR) is best improved after Alert Indifference, Instant Flow Recovery, and Character Flow Proficiency have been achieved.***