

How to Practice BootCamp Sending Exercises

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Our mindset regarding sending practice flips traditional skill building on its head in the best way possible. By prioritizing rhythmic tempo and speed over immediate accuracy (ignore errors – keep going – beat the computer!), our ‘flow sending’ exercises train the nervous system to process sending as a fluid kinetic motion rather than a series of micro-decisions.

When senders pause to correct an error mid-word, they break the cadence, introduce hesitation, and reinforce tension in their hand and arm. Stopping to fix a missing or malformed element teaches the brain to second-guess itself. This keeps you in Type 2 Reasoning (deliberate, conscious analysis, error monitoring). By contrast, forcing yourself to keep moving—even when a character comes out messy—offers several key advantages:

- **Neuromuscular Automation:** Pushing speed past your comfort zone (4 to 5 WPM faster) forces your hand to rely on muscle memory rather than conscious analytical control. You stop thinking about individual dits and dahs and start thinking about executing complete character and rhythmic word shapes.
- **Cadence as a Safety Net:** Keeping a steady, metronomic rhythm creates a natural structure. Even when a letter is malformed, maintaining steady letter-to-letter tempo keeps the overall character spacing legible and predictable.
Predictable rhythm and consistent word spacing = a great ‘fist’!
- **Desensitization to Mistakes:** Fear of making an error is one of the biggest causes of tension at the key. Treating errors as meaningless noise during your sending drills removes that damaging psychological brake, allowing smooth motor habits to take over.

Success in flow sending isn't about avoiding errors; it's about conditioning your motor skills so that clean, effortless sending becomes automatic at higher speeds down the road. Focus on building your muscle memory through momentum during BootCamp.

Single or dual-lever paddles or bugs that make sending fast code easier are of course recommended for BootCamp flow sending drills. However, the concepts outlined here also apply for students who still send with a straight key.