



GET

ON THE AIR

LICW BOOTCAMP

*DESIGNED TO HELP A BROAD RANGE OF SKILL
LEVELS ACQUIRE THE ESSENTIAL SKILLS INVOLVED
IN REACHING MORSE CODE FLUENCY*

STUDENT GUIDE

VERSION 3.6



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REVISION HIGHLIGHTS:

Version 3.6

- MPP = LICW's **M**orse **P**ractice **P**age
- WLT = Morse Code World's **W**ord **L**ist **T**rainer
- Exercises often use "Speed Racer" fast-to-slow playback to maximize exposure to all three BootCamp flow rates
- Type 1 and Type 2 reasoning help to explain why students encounter a difficult plateau during their journey to Morse code fluency
- Morse code's "rhythm of the pause"—the music of sounds and silences—is discussed
- Skills and transitions throughout the CW journey are explained in detail
- Character Flow Proficiency (CFP) with long-flow content is the priority, increased recognition success is not



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INTRODUCTION

Welcome to an immersive experience with fluent CW. BootCamp is not primarily about improving copy. It is about changing the attitudes and behaviors that interfere with your ability to copy during flow – especially the tendency to hold on to missed characters, look back, and judge yourself by recognition perfection.

Bootcamp is not a silver bullet, nor is it the end of the journey. It is a month-long jump-start intended to deepen your understanding of the concepts, skills, and mental transitions that support Morse code fluency. Through focused practice and guided experience, you will learn to let misses go, recover quickly, remain with the stream, and listen forward with greater confidence.



LESSON 1: SKILLS HIERARCHY, TYPE 1 AND TYPE 2 REASONING

Goals & Objectives

- Learn the “Hierarchy of Skills”
- Stay on the flow train (lean-forward, be alert, maintain forward momentum)
- Synchronize your listening rate to the flow rate
- Alert Indifference attitude (Try but don’t care; maintain forward momentum):
 - Instant Flow Recovery (IFR), and Character Flow Proficiency (CFP) are BootCamp’s primary skill objectives
 - Time To Recognize (TTR) during flow improves **after** you achieve CFP, and **after** BootCamp (if you continue to listen to fluent CW)
- Listen differently (unique character sounds, not dit/dah sequences)

Recommendation

- Treat recognition and non-recognition as emotional equals

Boot Camp Hierarchy of Skills

1. **Alert Indifference:** Be alert for recognition without celebration, be indifferent to misses without disappointment
2. **Instant Flow Recovery (IFR)** The "mental and emotional muscle" to ignore misses and remain *‘in the flow’*. Remain hopeful but normalize missing. ***Every miss is an opportunity to improve your IFR!***
3. **Character Flow Proficiency (CFP):** Requires the achievement of #1 and #2 skills; alert Indifference, a high comfort level with flow, and excellent IFR
4. **Time To Recognize (TTR):** The best TTR improvements are achieved **after** you make achieving Character Flow Proficiency your priority
5. **Subliminal Recognition:** Over time, long-flow listening (Boot Camp exercises, QSOs, phrases, sentences) will automate character recognition. After over-learning the alphabet, the sound IS the letter. This lets you focus on anticipating the next letter and word based on context while also following the meaning of the conversation.



Type1 and Type 2 Reasoning

Cognitive science distinguishes between two forms of reasoning. Type 1 is fast and intuitive, using experience-based pattern recognition. Type 2 is slower and more deliberate, applying learned knowledge step by step. *This distinction provides a useful framework for understanding and achieving Morse Code Fluency.*

The Power of Pattern Recognition:

Type 1 Reasoning (pattern recognition) is an incredible mental shortcut, letting you effortlessly identify *known* characters with no thought (like spoken words). This frees up mental bandwidth, allowing you to anticipate words (each letter is a clue) and follow what's being said. We don't analyze every word when listening to someone talking, and we miss words from time to time with no concern. We simply stay relaxed and comprehend the message if possible. Morse code fluency is just like that.

Breaking the "Translation" Habit

When we focus on dit/dah sequences instead of the unique acoustic sound of each character, we're using Type 2 deliberate reasoning:

You hear 'dit dah dah dit' and your brain pauses and accesses a mental look-up table: (*"Let's see... dit dah dah dit... that dit/dah sequence is a P"*). You think 'P' (head copy) or write down 'P' (transcription).

This mentally repeats the dit/dah sequence, adding a third step to a two-step process. Parsing dit/dah sequences is a Type 2 **Listen** → **Translate** → **Stop** loop that works at slow speeds but has a hard cognitive ceiling. Human brains can't process Type 2 reasoning fast enough to keep up with fluent conversational code.

Relax - strive to hear the rhythm of sounds and silences that define fluent CW while de-emphasizing recognition. As familiarity with long-flow CW improves, flow-based **"Type 1 Reasoning"** will develop. The music of sounds and silences—letters, syllables, words, and spaces—will finally begin to carry meaning instead of being a series of separate dit/dah puzzles to solve.



Lesson 1 Homework:

- **Conduct a Self-Assessment** (on the last page of this Guide)
- Listen to exercises in column order top to bottom to alternate between long-flow and short-flow content.
- OverLearn the Alphabet!
- Get on the 'Flow Train', ignore the 'Recognition Train' – accepting misses with emotional tranquility is how you improve Instant Flow Recovery, and
- Instant Flow Recovery skills improve Character Flow Proficiency
- Review [“The Path to Morse Code Fluency”](#)
- Read the Loose Focus and Alert Indifference section in the [Academic Reference Guide](#).

MPP: Long Island CW Club Morse Practice Page (Level INT1&2 Exercises)

Use Ctrl-Click to open the exercise on a new browser tab, listen to exercises in top-to-bottom column order:

- | | |
|---|--|
| 1. Alphabet (23 WPM) | 9. 2-3 letter words #1 (31-27-23 WPM) |
| 2. Alphabet Mix #2 (23-27-23 WPM) | 10. 2-word phrases #3 (31-27-23 WPM) |
| 3. Alphabet Mix #1 (23-27-31 WPM) | 11. 2-3 letter words #2 (31-27-23 WPM) |
| 4. Numbers (23 WPM) | 12. States and Provinces - Voice |
| 5. 2 letter words (31-27-23 WPM) | 13. Sending: Letters (27 WPM) |
| 6. 2-word phrases #1 (31-27-23 WPM) | 14. Sending Tri-Letters (27 WPM) |
| 7. 2 letter words (31-27-23 WPM) | 15. Sending: Numbers (27 WPM) |
| 8. 2-word phrases #2 (31-27-23 WPM) | |



WLT: Morse Code World's Word List Trainer (Level INT1&2 Exercises)

Practice the exercises in top-to-bottom order to alternate between short-flow and long-flow practice. Click "Install App" in Word List Trainer (top right) to install WLT's training tools on your device. Be sure to *Ctrl-click* the hyperlinks to open each exercise on a new browser tab.

1. [Alphabet](#) (23 WPM)
2. [Alphabet Mix #2](#) (23-27-23 WPM)
3. [Alphabet Mix #1](#) (23-27-31 WPM)
4. [Numbers](#) (23 WPM)
5. [2 letter words](#) – (31-27-23 WPM)
6. [2-word phrases #1](#) (31-27-23 WPM)
7. [2 letter words](#) – (31-27-23 WPM)
8. [2-word phrases #2](#) (31-27-23 WPM)
9. [2-3 letter words #1](#) (31-27-23 WPM)
10. [2-word phrases #3](#) (31-27-23 WPM)
11. [2-3 letter words #2](#) (31-27-23 WPM)
12. [States and Provinces](#) - Voice
13. [Sending: Letters](#)
14. [Sending Tri-Letters](#)
15. [Sending: Numbers](#)



LESSON 2: INTRO TO FLOW, INSTANT FLOW RECOVERY (IFR)

Goals & Objectives:

- OverLearn the Alphabet by each character's unique acoustic sound
- You'll hear dit/dah sequences *and* unique character sounds; try to hear the unique sound of each letter more than the dits and dahs
- Improve the essential skill of Instant Flow Recovery (IFR)
- Get comfortable with long-flow CW (90% miss, 10% copy - maybe)

Recommendations:

- Accept misses, remain unconcerned, never look back, hear every character sound (dit/dah sequences exist, but so do sound rhythms!)
- Match your listening pace to the flow pace, de-emphasize perfection, focus on relaxed and alert listening

Instant Flow Recovery (why "Alert Indifference" works):

In neurological terms, the "recognition perfectionist" is stuck in the Prefrontal Cortex — the Type 2 analytical part of the brain. By the time that part of your brain says, *"Aha, that was a 'P'!"*, three more characters or words have passed by.

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

Morse code's "Music" of Sounds and Silences: In Morse code, the silence between characters and words is just as important as the sounds themselves:

Character space: 3 units of silence.

Word space: 7 units of silence.

When students practice with single words, letters, and numbers (short-flow CW) using Type 2 deliberate processing, they aren't getting exposed to the "rhythm of the pause" that separates ideas during longer flows of CW.

This helps the brain internalize Morse code's rhythmic pattern of sounds and silences - an essential skill for entering and maintaining a flow state.



Lesson 2 Homework:

- Be relaxed yet alert; desire recognition but with no emotional urgency
- Be Patient; Time To Recognize (TTR) improvements require on-air QSOs + long-flow practice over time - in Boot Camp and elsewhere
- Flow-sending exercises are more important than they seem; they improve both muscle memory and comprehension (TTR)
- **Review Time To Recognize (TTR) and Instant Flow Recovery (IFR) sections of the [Academic Reference Guide](#).**

MPP: LICW's Morse Practice Page (Level INT1&2 Exercises)

Listen to exercises in top-to-bottom column order.

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

- | | |
|---|--|
| 1. Alphabet (27 WPM) | 10. 2-3 letter words #3 (31-27-23 WPM) |
| 2. Alphabet Mix #1 (23-27-31 WPM) | 11. Many 2-word phrases (31-27-23) |
| 3. 2-word phrases #1 (31-27-23 WPM) | 12. 2-3 letter words #4 (31-27-23 WPM) |
| 4. Numbers (27 WPM) | 13. Many 3-Ltr words (31-27-23 WPM) |
| 5. 2-word phrases #1 (31-27-23 WPM) | 14. 3-4 letter words #1 (31-27-23 WPM) |
| 6. 2-3 letter words #1 (31-27-23 WPM) | 15. States and Provinces - Voice |
| 7. 2-word phrases #2 (31-27-23 WPM) | 16. Sending: Letters (27 WPM) |
| 8. 2-3 letter words #2 (31-27-23 WPM) | 17. Sending: Numbers (27 WPM) |
| 9. Many 2-word phrases (31-27-23) | 18. Sending Tri-Letters (27 WPM) |

WLT: Morse Code World's Word List Trainer (Level INT1&2 Exercises)

Listen to exercises in top-to-bottom column order.

Click "Install App" (top right) to install WLT's training tools on your device.

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

- | | |
|---|--|
| 1. Alphabet (27 WPM) | 10. 2-3 letter words #3 (31-27-23 WPM) |
| 2. Alphabet Mix #1 (23-27-31 WPM) | 11. Many 2-word phrases (31-27-23) |
| 3. 2-word phrases #1 (31-27-23 WPM) | 12. 2-3 letter words #4 (31-27-23 WPM) |
| 4. Numbers (27 WPM) | 13. Many 3-Ltr words (31-27-23 WPM) |
| 5. 2-word phrases #1 (31-27-23 WPM) | 14. 3-4 letter words #1 (31-27-23 WPM) |
| 6. 2-3 letter words #1 (31-27-23 WPM) | 15. States and Provinces - Voice |
| 7. 2-word phrases #2 (31-27-23 WPM) | 16. Sending: Letters |
| 8. 2-3 letter words #2 (31-27-23 WPM) | 17. Sending: Numbers |
| 9. Many 2-word phrases (31-27-23) | 18. Sending Tri-Letters |



LESSON 3: FLOW RATES PART 1

Goals & Objectives

- Stay on the “Flow Train”, de-emphasize recognition perfectionism, maintain forward momentum, synchronize listening rate to flow rate
- Accept imperfection; missing is normal and essential IFR practice
- Remain tranquil if recognition happens, remain undisturbed while missing; be BootCamp cool!
- 3-word binomial expression exercises are introduced:
 - (Up and down, this and that, yes or no, give and take, etc.)
 - HINT: The second word is almost always “and” or “or”

The Long Island CW Club emphasizes learning CW characters by their unique acoustic sound right from the start instead of dit/dah sequences. Overlearning the alphabet leads to “Knowing” (instant pattern recognition) instead of ‘Thinking’ (a slower and tiring deliberate process).

Unfortunately, most of us rely on Type 2 reasoning when learning new skills. After working hard to learn the dit/dah sequence of each Morse code character, it can be difficult to shift away from deliberate Type 2 analysis. Hearing each letter as a unique acoustic sound—rather than identifying each dit/dah pattern—can be a hard transition.

The **Listen** → **Translate** → **Stop** “one-letter-at-a-time” dit/dah habit slows your transition from Type 2 deliberate reasoning to Type 1 intuitive pattern recognition.

Comparing Type 1 reasoning—intuitive pattern recognition—with Type 2 reasoning—more deliberate analysis—helps explain why students plateau as word per minute speeds increase. They have great difficulty switching from deliberate Type 2 “thinking analysis” to Type 1 pattern recognition. This is because they are used to translating dit/dah sequences and aren’t yet aware of each letter’s unique single sound.

Boot Camp promotes the transition to pattern recognition by immersing the student in fluent CW exercises that make unique character sounds easier to hear. Slow WPM speeds highlight every dit and dah which tends to overshadow the single unique sound rhythm of each character.



Using Context

As we've discussed, Type 1 reasoning relies heavily on experience and context. In everyday language, we don't focus on one word at a time; we focus on following the meaning while constantly anticipating what comes next.

When an experienced CW operator hears a phrase beginning GOOD FI..., Type 1's intuitive pattern recognition may anticipate ST, predict FIST, and understand "GOOD FIST" as a compliment—while also being ready to revise the prediction if needed. This top-down, intuitive, flow-based processing is central to Morse code fluency.

Repeated practice with isolated letters, numbers, and single-word drills can reinforce one-at-a-time Type 2 "thinking" (**Listen** → **Translate** → **Stop**). Over time and repetitive short-flow CW practice sessions, that habit becomes difficult to escape and can block the transition to Type 1 pattern recognition. BootCamp exercises alternate between short-flow and long-flow CW, ensuring equal exposure to both.

Morse code students need single-character and single-word drills to build a basic sound vocabulary. They also need to practice CW as a language: ***you do not wait to memorize the whole dictionary before speaking short sentences.*** Practicing long-flow CW plus over-learning the alphabet helps accelerate the transition from thinking to pattern recognition.

The Cognitive Shift: Thinking vs. Knowing

A great barrier to CW fluency is the "Thinking Gap" of Type 2 reasoning. In Boot Camp we learn to change how we listen to long-flow exercises, which help us leverage the magic of intuitive Type 1 pattern recognition.

- **Thinking (a process):** It's Type 2 deliberate reasoning, requiring lots of effort and energy. Continuing to strive for maximum recognition generates frustration. It's slow, exhausting, and unsustainable.
- **Knowing (a state):** As CW character sounds and meanings become synonymous through over-learning (like spoken letters), character recognition transitions to "Knowing" (Type 1 pattern recognition).
- **There's also the Challenge of Spelling:**
 - Try listening to [words spelled verbally](#) (CW without sidetones)



Lesson 3 Homework:

- **Conduct a Self-Assessment** (on the last page of this Guide)
- Maintain forward momentum at fluent CW Flow Rates - **never** abandon the stream for the sake of missed characters
- Misses are the only way to practice improving IFR!
- Instant Flow Recovery is **miss** → **ignore** → **remain engaged**. Never “pause to ponder” or rethink a miss, or echo a character, or repeat a dit/dah sequence in your mind.
- Practice sending exercises regularly; there’s a significant connection between sending practice and comprehension
- **Review Increasing Effective Speed section of the [Academic Reference Guide](#).**

MPP: Long Island CW Club Morse Practice Page (Level INT2&3)

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

- | | |
|---|---|
| 1. Alphabet Mix #1 (23-27-31 WPM) | 9. 3-4 letter words #2 (31-27-23 WPM) |
| 2. 2-word phrases #1 (31-27-23 WPM) | 10. 4 letter words #1 (31-27-23 WPM) |
| 3. Alphabet Mix #2 (23-27-23 WPM) | 11. States and Provinces - Voice |
| 4. 2-word phrases #2 (31-27-23 WPM) | 12. 4 letter words #2 (31-27-23 WPM) |
| 5. Numbers (27 WPM) | 13. Binomial Expressions #1 31-27-23 |
| 6. 2-word phrases #3 (31-27-23 WPM) | 14. Sending: Letters (27 WPM) |
| 7. 3-4 letter words #1 (31-27-23 WPM) | 15. Sending: Numbers (27 WPM) |
| 8. Short phrases #1 (31-27-23 WPM) | 16. Sending Tri-Letters (27 WPM) |

WLT: Morse Code World's Word List Trainer (Level INT2&3)

Listen to exercises in top-to-bottom column order.

Click “Install App” (top right) to install WLT’s training tools on your device.

Ctrl-click hyperlinks to jump directly to each exercise on a new browser tab.

- | | |
|---|---|
| 1. Alphabet Mix #1 (23-27-31 WPM) | 9. 3-4 letter words #2 (31-27-23 WPM) |
| 2. 2-word phrases #1 (31-27-23 WPM) | 10. 4 letter words #1 (31-27-23 WPM) |
| 3. Alphabet Mix #2 (23-27-23 WPM) | 11. States and Provinces – Voice |
| 4. 2-word phrases #2 (31-27-23 WPM) | 12. 4 letter words #2 (31-27-23 WPM) |
| 5. Numbers (27 WPM) | 13. Binomial Expressions #1 31-27-23 |
| 6. 2-word phrases #3 (31-27-23 WPM) | 14. Sending: Letters |
| 7. 3-4 letter words #1 (31-27-23 WPM) | 15. Sending: Numbers |
| 8. Short phrases #1 (31-27-23 WPM) | 16. Sending Tri-Letters |



LESSON 4: FLOW RATES PART 2

Goals & Objectives:

- Deepen your familiarity with fluent CW
- Surrender control, just listen alertly to the flow – relax, hear every character sound, lean forward, never look back
- If recognition occurs it's a surprise - ***let it happen*** instead of trying to ***make it happen***

Exercise Guidance:

You're learning to "alertly scan the flow" beyond your comfort zone. At this point, perhaps your mental fatigue of trying to get every letter may trigger a capitulation shift, helping you to give up on Type 2 reasoning. If this happens, it's a breakthrough! You can now relax, be alert, and begin to simply rely on Type 1 pattern recognition. After you've over-learned the alphabet by unique character sounds and achieved CFP, your super-fast Type 1 pattern recognition can automate character recognition!

Lesson 4 Homework:

- **Conduct a Self-Assessment** (on the last page of this Guide)
- Stay relaxed when fatigue sets in – let go, don't fight it; this can bring your Type 1 pattern recognition into the game
- Let unique sound patterns flow by; just keep up and notice when and if recognition and/or meaning emerges without effort
- By now you should start getting *completely* comfortable with non-recognition events while staying fully engaged with the flow (IFR)
- Remember to do the sending exercises!



MPP: Long Island CW Club Morse Practice Page (Level INT2&3)

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

- | | |
|---|--|
| 1. Alphabet Mix #1 (23-27-31 WPM) | 10. 3-word phrases #1 (31-27-23) |
| 2. Short phrases #1 (31-27-23 WPM) | 11. Many 4-Ltr words (31-27-23) |
| 3. 3-4 letter words #1 (31-27-23 WPM) | 12. 3-word phrases #2 (31-27-23) |
| 4. Short phrases #2 (31-27-23 WPM) | 13. 4-5 letter words (31-27-23) |
| 5. 4 letter words #1 (31-27-23 WPM) | 14. Sending: Letters (27 WPM) |
| 6. Binomial Expressions #1 (31-27-23) | 15. Sending Tri-Letters (27 WPM) |
| 7. 4 letter words #2 (31-27-23 WPM) | 16. Sending: Numbers (27 WPM) |
| 8. Binomial Expressions #2 (31-27-23) | 17. Sending 3 to 5-letter words (27) |
| 9. 3-4 letter words #2 (31-27-23 WPM) | |

WLT: Morse Code World's Word List Trainer (Level INT2&3)

Listen to exercises in top-to-bottom column order.

Click "Install App" (top right) to install WLT's training tools on your device.

Ctrl-click hyperlinks to jump directly to each exercise on a new browser tab.

- | | |
|---|---|
| 1. Alphabet Mix #1 (23-27-31 WPM) | 10. 3-word phrases #1 (31-27-23) |
| 2. Short phrases #1 (31-27-23 WPM) | 11. Many 4-Ltr words (31-27-23) |
| 3. 3-4 letter words #1 (31-27-23 WPM) | 12. 3-word phrases #2 (31-27-23) |
| 4. Short phrases #2 (31-27-23 WPM) | 13. 4-5 letter words (31-27-23 WPM) |
| 5. 4 letter words #1 (31-27-23 WPM) | 14. Sending: Letters |
| 6. Binomial Expressions #1 (31-27-23) | 15. Sending Tri-Letters |
| 7. 4 letter words #2 (31-27-23 WPM) | 16. Sending: Numbers |
| 8. Binomial Expressions #2 (31-27-23) | 17. Sending 3 to 5-letter words |
| 9. 3-4 letter words #2 (31-27-23 WPM) | |



LESSON 5: CHARACTER FLOW PROFICIENCY

Goals & Objectives:

- Focus on relaxed and fluent character flow proficiency
- Wonder about what word is being spelled; think of each letter as a “word clue” (this is a very important mindset shift)
- Increase your familiarity with the Top 100 words

Exercise Guidance:

As your TTR, IFR, resilience, and Character Flow Proficiency are building, notice if you occasionally capture a thread of comprehension across long-flow character streams. Relax and keep moving forward despite non-recognition setbacks; remember to never look back.

Recommendations:

1. **The Tactic:** Use the “Speed Racer” exercises to relax and listen for unique repeating sound patterns. Our flow rates are often 8-10 WPM faster than your comfort zone, so you shouldn’t expect recognition. Abandon maximum recognition goals and enter the flow state!
2. **The Feeling:** Try treating CW like background music or a foreign language you’re just beginning to understand. ***Don’t let misses go, never hold onto them in the first place!***
3. **The Result:** Prioritizing Type 1 pattern recognition goals will train you to stay alert and “in the flow” (the present) rather than dwelling on misses (the past).

Lesson 5 Homework:

- Subliminal character recognition (Type 1 pattern recognition) happens best when you don’t try too hard and don’t care that much
- Warm-up with an Alphabet exercise, but spend more practice time with long-flow content (phrases and sentences)
- There’s a beneficial link between sending flow improvements and comprehension improvements during flow – do sending exercises!
- **Review Character Flow Proficiency section of the [Academic Reference Guide](#).**



MPP: Long Island CW Club Morse Practice Page (Level INT2&3)

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

- | | |
|---|--|
| 1. Alphabet Mix #1 (23-27-31 WPM) | 11. Short phrases #1 (31-27-23 WPM) |
| 2. 3-word phrases #1 (31-27-23 WPM) | 12. 4-5 letter words (31-27-23 WPM) |
| 3. 3-4 letter words #1 (31-27-23 WPM) | 13. Short phrases #2 (31-27-23 WPM) |
| 4. Binomial Expressions #1 (31-27-23) | 14. Top 100 words (31-27-23 WPM) |
| 5. 3-4 letter words #2 (31-27-23 WPM) | 15. Sending: Letters (27 WPM) |
| 6. Binomial Expressions #2 (31-27-23) | 16. Sending Tri-Letters (27 WPM) |
| 7. States and Provinces - Voice | 17. Sending: Numbers (27 WPM) |
| 8. 3-word phrases #2 (31-27-23 WPM) | 18. Sending 3 to 5-letter words (27) |
| 9. 4 letter words #1 (31-27-23 WPM) | 19. Sending 5 to 7-letter words (27) |
| 10. 4 letter words #2 (31-27-23 WPM) | |

WLT: Morse Code World's Word List Trainer (Level INT2&3)

Listen to exercises in top-to-bottom column order.

Click "Install App" (top right) to install WLT's training tools on your device.

Ctrl-click hyperlinks to jump directly to each exercise on a new browser tab.

- | | |
|---|---|
| 1. Alphabet Mix #1 (23-27-31 WPM) | 11. Short phrases #1 (31-27-23 WPM) |
| 2. 3-word phrases #1 (31-27-23 WPM) | 12. 4-5 letter words (31-27-23 WPM) |
| 3. 3-4 letter words #1 (31-27-23 WPM) | 13. Short phrases #2 (31-27-23 WPM) |
| 4. Binomial Expressions #1 (31-27-23) | 14. Top 100 words (31-27-23 WPM) |
| 5. 3-4 letter words #2 (31-27-23 WPM) | 15. Sending: Letters |
| 6. Binomial Expressions #2 (31-27-23) | 16. Sending Tri-Letters |
| 7. States and Provinces – with voice | 17. Sending: Numbers |
| 8. 3-word phrases #2 (31-27-23 WPM) | 18. Sending 3 to 5-letter words |
| 9. 4 letter words #1 (31-27-23 WPM) | 19. Sending 5 to 7-letter words |
| 10. 4 letter words #2 (31-27-23 WPM) | |



LESSON 6: CHARACTER FLOW PROFICIENCY – PART 2

Goals & Objectives:

- Sustain character flow alertness under fatigue as you abandon intense, conscious, Type 2 character-by-character recognition efforts
- Open the door to subliminal recognition based on Type 1 pattern recognition 'fetches' of known unique character sounds
- Don't obsess with recognition perfection, focus on improving your Character Flow Proficiency skills (Alert Indifference + IFR)

Exercise Guidance:

Character Flow Proficiency improvements are most important now – missing is normalized and just a necessary part of Instant Flow Recovery practice.

Recommendation:

1. **The Tactic:** Try Wordsworth settings, which provides extra space between words. This setting is available in Word List Trainer (WLT) under the "Morse" menu. Using Wordsworth provides extra mental "get ready" time between words and helps us transition to Word Discovery (instead of "what's the letter", it's "what's the word").
2. **The Feeling:** Wordsworth word spacing emulates the human fist. CW operators often add a little extra space between words as a courtesy to QSO partners. For example, the 3 Word Phrases (CW/Voice/CW) exercise in WLT sends characters at 27 WPM with 25 WPM word spacing (27/25). The "Sentences" exercise plays at 27/25, and the three Top 100 word sentences (#1, #2, and #3) play at 23/21, 27/25, and 31/28 respectively.
3. **The Result:** Listening to long-flow content with generous word spacing makes it easier to perceive the music of sounds and silences separating words instead of a never-ending series of letters.



The Zen of Morse Code

Type 2 reasoning 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! Morse code fluency requires the same mindset.

"Maximum Recognition Priority" vs. "Flow Priority"

Feature	Type 2 Mindset (Recognition Success)	Boot Camp's Type 1 Mindset (Flow Success)
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; intuitive, smooth and fast
Speed Barrier	Hard ceiling at individual character "thinking" speeds	High ceiling: subliminal flow- based recognition skills plus intuitive pattern recognition
Emotional Tone	Perfectionism/Frustration	Emotional Tranquility

Lesson 6 Homework:

- Stay relaxed and alertly indifferent, notice meaning if it happens
- Non-recognition events and gaps have no effect as you remain highly engaged with the flow – your CFP skill is improving!
- Give Type 1 pattern recognition a chance; get your conscious mind out of the way - abandon Type 2 reasoning!
- **Review Character Flow Proficiency section of the [Academic Reference Guide](#) again!**



MPP: Long Island CW Club Morse Practice Page (Level INT3 & ADV1)

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

- | | |
|---|---|
| 1. Alphabet Mix #1 (23-27-31 WPM) | 11. 3-word phrases #2 (31-27-23 WPM) |
| 2. 3-word phrases CW/Voice/CW | 12. Top 100 words (31-27-23 WPM) |
| 3. 4-5 letter words (31-27-23 WPM) | 13. 3-word phrases CW/Voice/CW |
| 4. 3-word phrases #1 (31-27-23 WPM) | 14. ING suffix exercise #2 (31-27-23) |
| 5. 5 letter words #1 (31-27-23 WPM) | 15. Sending: Letters (27 WPM) |
| 6. Binomial Expressions #1 (31-27-23) | 16. Sending Tri-Letters (27 WPM) |
| 7. 5 letter words #2 (31-27-23 WPM) | 17. Sending: Numbers (27 WPM) |
| 8. Binomial Expressions #2 (31-27-23) | 18. Sending 3 to 5-letter words (27) |
| 9. ING suffix exercise #1 (31-27-23) | 19. Sending 5 to 7-letter words (27) |
| 10. Many 4-Ltr words (31-27-23 WPM) | |

WLT: Morse Code World's Word List Trainer (Level INT3 & ADV1)

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

- | | |
|---|---|
| 1. Alphabet Mix #1 (23-27-31 WPM) | 11. 3-word phrases #2 (31-27-23) |
| 2. 3-word phrases CW/Voice/CW | 12. Top 100 words (31-27-23 WPM) |
| 3. 4-5 letter words (31-27-23 WPM) | 13. 3-word phrases CW/Voice/CW |
| 4. 3-word phrases #1 (31-27-23 WPM) | 14. ING suffix exercise #2 (31-27-23) |
| 5. 5 letter words #1 (31-27-23 WPM) | 15. Sending: Letters |
| 6. Binomial Expressions #1 (31-27-23) | 16. Sending Tri-Letters |
| 7. 5 letter words #2 (31-27-23 WPM) | 17. Sending: Numbers |
| 8. Binomial Expressions #2 (31-27-23) | 18. Sending 3 to 5-letter words |
| 9. ING suffix exercise #1 (31-27-23) | 19. Sending 5 to 7-letter words |
| 10. Many 4-Ltr words (31-27-23 WPM) | |



LESSON 7: EXTENDED LONG-FLOW CONTENT

Goals & Objectives:

- Hear every character sound, remain emotionally tranquil
- Don't try too hard; relax - let Type 1 pattern recognition happen

Exercise Guidance:

High levels of unique character sound familiarity make comprehension easier as you remain “in the Flow”. Abandon letter-by-letter recognition efforts! Start relying on subliminal recognition and word prediction, even if you're not quite ready! What's the worst that could happen – more IFR practice? Consider each additional letter as another word clue.

Homework:

- **Conduct a Self-Assessment (on the last page)**
- Context and previous word recognition enable predictions!
- Maintain forward momentum - never stop to “repair” what you missed
- Get good at BootCamp's Sending exercises!
- **Review the Word Building and Word Discovery sections of the [Academic Reference Guide](#).**

Recommendation:

1. **The Tactic:** Try to “shout out” words mentally as soon as you have enough clues (e.g., hearing B-E-C-A and predicting BECAUSE, or hearing R-A-D and predicting RADIO). Practice with common syllables, common words, common Pro-Signs, the Top 100 words, and common QSO words.
2. **The Feeling:** An ‘Attitude Adjustment’ practice that pushes you to rely on subliminal character recognition (Type 1 pattern recognition) while you focus more on what word is being spelled instead of trying to get every letter.
3. **The Result:** This is a fun exercise that trains the brain to have a word focus, use letters as word clues, and predict words rather than focusing only on letters.



MPP: Long Island CW Club Morse Practice Page (Level INT3 & ADV1)

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

- | | |
|---|--|
| 1. Many 4-Ltr words (31-27-23 WPM) | 11. States and Provinces – No Voice |
| 2. 3-word phrases CW/Voice/CW | 12. Word length builder #1 (31-27-23) |
| 3. 4-5 letter words (31-27-23 WPM) | 13. Word length builder #2 (31-27-23) |
| 4. 3-word phrases #2 (31-27-23 WPM) | 14. Binomial Expressions #2 (31-27-23) |
| 5. 5 letter words #1 (31-27-23 WPM) | 15. Sending: Letters (27 WPM) |
| 6. Sentences CW/Voice/CW | 16. Sending Tri-Letters (27 WPM) |
| 7. Top 100 words (31-27-23 WPM) | 17. Sending: Numbers (27 WPM) |
| 8. Top 100 word sentences #1 Voice | 18. Sending 3 to 5-letter words (27) |
| 9. 5 letter words #2 (31-27-23 WPM) | 19. Sending 5 to 7-letter words (27) |
| 10. Top 100 word sentences #2 Voice | |

WLT: Morse Code World's Word List Trainer (Level INT3 & ADV1)

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

- | | |
|---|---|
| 1. Many 4-Ltr words (31-27-23 WPM) | 11. States and Provinces – No Voice |
| 2. 3-word phrases CW/Voice/CW | 12. Word length builder #1 (31-27-23) |
| 3. 4-5 letter words (31-27-23 WPM) | 13. Word length builder #2 (31-27-23) |
| 4. 3-word phrases #2 (31-27-23 WPM) | 14. Binomial Expressions #2 |
| 5. 5 letter words #1 (31-27-23 WPM) | 15. Sending: Letters |
| 6. Sentences CW/Voice/CW | 16. Sending Tri-Letters |
| 7. Top 100 words | 17. Sending: Numbers |
| 8. Top 100 word sentences #1 Voice | 18. Sending 3 to 5-letter words |
| 9. 5 letter words #2 (31-27-23 WPM) | 19. Sending 5 to 7-letter words |
| 10. Top 100 word sentences #2 Voice | |



LESSON 8: A BOOTCAMP SUMMARY

The cognitive shift from letter-by-letter processing to “Word Discovery” mode is another “Great Barrier” of Morse code fluency. Transitioning from serial Type 2 decoding (letter→letter→letter) to the “what’s the word” mindset offloads character recognition duties to the super-fast and nearly effortless Type 1 pattern recognition process.

The Cognitive Shift from Type 2 to Type 1 Reasoning:

Feature	Letter-By-Letter	Word Discovery
Mental Action	Type 2 decoding efforts	Type 1 Pattern Recognition
Focus Point	The Past (often looking back; what was that?)	The Future (word prediction based on clues and context)
Error Handling	Stalling: Missed letters break the flow state	Resilience: Missing a letter is one lost clue but the focus stays on “what’s the word”
Processing	Serial: One-by-one	Parallel: Seeking the word as its letters arrive (multi-tasking)

The Recognition Buffer: Morse code fluency involves the constant use of your “memory buffer”; the ability to hold multiple character sounds in your subconscious while you remain focused on words and meaning.

The Shift: Beginners try too hard to copy each character. Experienced CW operators prioritize Type 1 “flow-listening”. They relax, hear every character sound and rely on the combination of their recognition buffer, their familiarity with each character’s unique sound, and rely on Type 1 pattern recognition.

The Tactic: Wait for the second or third letter of a word without focusing on the first or the second. This exercise teaches the mind to use its memory buffer instead of trying so hard on every letter.

The transition to “**Flow-First**” listening and **Word Discovery** mode isn’t about “trying to think harder and faster”. It’s about “trusting the ear,” and learning to trust your familiarity with unique character sounds. By removing



the sting of missed word clues (letters), you create the mental space and comfort level necessary for words to emerge naturally during fluent CW.

Morse Code Fluency is the ability to comprehend words and meaning during fluent “conversational” CW without emotional disruption from non-recognition.

Morse code fluency has one main attitude (**Alert Indifference**), and three main skills: **Instant Flow Recovery (IFR)**, **Character Flow Proficiency (CFP)**, and **Time To Recognize (TTR)** improvements that develop subliminal character recognition through unique character sounds.

Building strong neural sound/meaning links (AKA Familiarity) *during flow* will improve TTR through time and practice. Be patient; familiarity isn’t something you learn, it’s something you build!

The combination of Alert Indifference, Instant Flow Recovery, and Type 1 TTR pattern recognition improvements results in the shift to Word Discovery mode and ultimately, Morse Code Fluency.

Ongoing Recommendations after Boot Camp:

- **Maintain a Flow-First Priority** — stay engaged with the flow and alert for meaning as it occasionally unfolds (be alert but remain indifferent about results). Don’t prioritize maximum recognition perfectionism over Character Flow Proficiency.
- **Let** subliminal character recognition happen via Type 1 pattern recognition while you remain focused on words and meaning — you need to start trusting your ear sooner or later; why not now?
- Trust Word Discovery — as letters arrive the word clue strengthens, additional letters confirm or disprove the prediction
- Adopt the Instant Flow Recovery habit: **miss** → **ignore** → **continue**. ***Don’t allow the dopamine hit of success or the cortisol hit of a miss to derail your constant engagement with The Flow.***
- Embrace imperfection — relax; you’ll begin to get the ‘gist’ of what’s being said as you continue your journey to Morse code fluency.



MPP: Long Island CW Club Morse Practice Page (All Exercises)

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

Level INT1 & 2 Exercises

1. [Alphabet](#) (23 WPM)
2. [Alphabet](#) (27 WPM)
3. [Alphabet](#) (31 WPM)
4. [Alphabet Mix #1](#) (23-27-31 WPM)
5. [Alphabet Mix #2](#) (23-27-23 WPM)
6. [Numbers](#) (23 WPM)
7. [Numbers](#) (27 WPM)
8. [2 letter words](#) (31-27-23 WPM)
9. [2-3 letter words #1](#) (31-27-23 WPM)
10. [2-3 letter words #2](#) (31-27-23 WPM)
11. [2-3 letter words #3](#) (31-27-23 WPM)
12. [2-3 letter words #4](#) (31-27-23 WPM)
13. [Many 3-Ltr words](#) (31-27-23 WPM)
14. [2-word phrases #1](#) (31-27-23 WPM)
15. [2-word phrases #2](#) (31-27-23 WPM)
16. [2-word phrases #3](#) (31-27-23 WPM)
17. [Many 2-word phrases](#) (31-27-23 WPM)
18. [States and Provinces](#) – No Voice
19. [States and Provinces](#) - Voice
20. [Sending: Letters](#) (27 WPM)
21. [Sending Tri-Letters](#) (27 WPM)
22. [Sending: Numbers](#) (27 WPM)

Level INT2 & 3 Exercises

23. [3-4 letter words #1](#) (31-27-23 WPM)
24. [3-4 letter words #2](#) (31-27-23 WPM)
25. [4 letter words #1](#) (31-27-23 WPM)
26. [4 letter words #2](#) (31-27-23 WPM)
27. [Many 4-Ltr words](#) (31-27-23 WPM)
28. [4-5 letter words](#) (31-27-23 WPM)
29. [Binomial Expressions #1](#) (31-27-23 WPM)

30. [Binomial Expressions #2](#) 31-27-23
31. [Short phrases #1](#) (31-27-23 WPM)
32. [Short phrases #2](#) (31-27-23 WPM)
33. [Sending 3 to 5-letter words](#) (27)
34. [Sending 5 to 7-letter words](#) (27)

Level INT3 & ADV1 Exercises

35. [3-word phrases #1](#) (31-27-23 WPM)
36. [3-word phrases #2](#) (31-27-23 WPM)
37. [3-word phrases](#) CW/Voice/CW
38. [Sentences](#) CW/Voice/CW
39. [Word length builder #1](#) (31-27-23 WPM)
40. [Word length builder #2](#) (31-27-23 WPM)
41. [5 letter words #1](#) (31-27-23 WPM)
42. [5 letter words #2](#) (31-27-23 WPM)
43. [ING suffix exercise #1](#) (31-27-23 WPM)
44. [ING suffix exercise #2](#) (31-27-23 WPM)
45. [Common suffixes](#) (27 WPM)
46. [Top 100 words](#) (31-27-23 WPM)
47. [Top 100 word sentences #1](#) CW/Voice/CW (23/21 WPM)
48. [Top 100 word sentences #2](#) CW/Voice/CW (27/25 WPM)
49. [Top 100 word sentences #3](#) CW/Voice/CW (31/28 WPM)
50. [One-Liner Jokes – CW/Voice/CW](#) (23/21 WPM)



WLT: Morse Code World's Word List Trainer (All Exercises)

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

Level INT1&2 Exercises:

1. [Alphabet](#) (23 WPM)
2. [Alphabet](#) (27 WPM)
3. [Alphabet](#) (31 WPM)
4. [Alphabet Mix #1](#) (23-27-31 WPM)
5. [Alphabet Mix #2](#) (23-27-23 WPM)
6. [Numbers](#) (23 WPM)
7. [Numbers](#) (27 WPM)
8. [2 letter words](#) – (31-27-23 WPM)
9. [2-3 letter words #1](#) (31-27-23 WPM)
10. [2-3 letter words #2](#) (31-27-23 WPM)
11. [2-3 letter words #3](#) (31-27-23 WPM)
12. [2-3 letter words #4](#) (31-27-23 WPM)
12. [Many 3-Ltr words](#) (31-27-23 WPM)
13. [2-word phrases #1](#) (31-27-23 WPM)
14. [2-word phrases #2](#) (31-27-23 WPM)
15. [2-word phrases #3](#) (31-27-23 WPM)
16. [Many 2-word phrases](#) (31-27-23)
17. [States and Provinces](#) – No Voice
18. [States and Provinces](#) – Voice
19. [Sending: Letters](#) (27 WPM)
20. [Sending: Numbers](#) (27 WPM)
21. [Sending Tri-Letters](#) (27 WPM)

Level INT2&3 Exercises:

22. [3-4 letter words #1](#) (31-27-23 WPM)
23. [3-4 letter words #2](#) (31-27-23 WPM)
24. [4 letter words #1](#) (31-27-23 WPM)
25. [4 letter words #2](#) (31-27-23 WPM)
26. [Many 4-Ltr words](#) (31-27-23 WPM)

27. [4-5 letter words](#) (31-27-23 WPM)
28. [Binomial Expressions #1](#) 31-27-23
29. [Binomial Expressions #2](#) 31-27-23
30. [Short phrases #1](#) (31-27-23 WPM)
31. [Short phrases #2](#) (31-27-23 WPM)
32. [Sending 3 to 5-letter words](#) (27)
33. [Sending 5 to 7-letter words](#) (27)

Level INT3&ADV1 Exercises:

34. [3-word phrases #1](#) (31-27-23 WPM)
35. [3-word phrases #2](#) (31-27-23 WPM)
36. [3-word phrases](#) CW/Voice/CW (27/25 WPM)
37. [Sentences](#) CW/Voice/CW (27/25)
38. [Word length builder #1](#) (31-27-23)
39. [Word length builder #2](#) (31-27-23)
40. [5 letter words #1](#) (31-27-23 WPM)
41. [5 letter words #2](#) (31-27-23 WPM)
42. [ING suffix exercise #1](#) (31-27-23)
43. [ING suffix exercise #2](#) (31-27-23)
44. [Common suffixes](#) (27 WPM)
45. [Top 100 words](#) (31-27-23 WPM)
46. [Top 100 word sentences #1](#)
CW/Voice/CW – (23/21 WPM)
47. [Top 100 word sentences #2](#)
CW/Voice/CW – (27/25 WPM)
48. [Top 100 word sentences #3](#)
CW/Voice/CW – (31/28 WPM)
49. [One-Liner Jokes](#) – CW/Voice/CW (23/21 WPM)

Celebrate your progress – you've earned it! You're better able to maintain a steady emotional mindset in challenging conditions. You've created a strong foundation for achieving Morse Code Fluency and 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 attitude. As you prepare for more classes, remember to engage in on-air QSOs and rag chews.

Continue to practice with Project OverLearn BootCamp 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; we respect your intellectual courage and your efforts! Enjoy the 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.