



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 5.6



LICW™ is a trademark of the Long Island CW Club Inc.

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

This work is the sole property of the Long Island CW Club Inc. (LICW). 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 express consent of the Long Island CW Club Inc.

Ⓢ LICW is committed to ensuring digital accessibility for people with disabilities. We strive to continually improve our curriculum, teaching methods, and training devices to enhance the user experience for all. This document has been optimized for screen readers used by people who are visually impaired.

REVISION HIGHLIGHTS:

Version 5.6

- “Word Rhythm” exercises play each word at a selected baseline rate, then repeats it three times at a speed that reveals the word’s overall acoustic silhouette. Provides an early ‘on ramp’ to natural CW flows.
- Four new “Speed Racer” presets, and two new Flow Rate presets: a total of 5 Speed Racer speed ranges and 5 Flow Rate speeds
- A broader range of CW flow speed options address a broader range of skill sets in the new Unified BootCamp (INT1, INT2, INT3, ADV1)
- Natural Morse code’s “music of sounds and silences” shows why long-flow CW practice is needed now—not later—to build essential flow skills
- Exercises alternate between short-flow and long-flow Morse code practice sessions, ensuring a more balanced experience with both while strengthening Character Flow Proficiency skills
- Removed references to the Academic Reference Guide which is now The [LICW Curriculum Guide](#).



TABLE OF CONTENTS:

REVISION HIGHLIGHTS:	2
INTRODUCTION.....	4
LESSON 1: SKILLS HIERARCHY, TYPE 1 AND TYPE 2 REASONING....	5
LESSON 2: INTRO TO FLOW, INSTANT FLOW RECOVERY (IFR)	9
LESSON 3: FLOW RATES PART 1	12
LESSON 4: FLOW RATES PART 2	16
LESSON 5: CHARACTER FLOW PROFICIENCY	19
LESSON 6: CHARACTER FLOW PROFICIENCY – PART 2.....	22
LESSON 7: EXTENDED LONG-FLOW CONTENT	26
LESSON 8: A BOOTCAMP SUMMARY	29
SELF-ASSESSMENT GUIDE – WHERE ARE YOU TODAY?	36



INTRODUCTION:

BootCamp is a month-long immersion in fluent CW that reverses traditional Morse code practice by prioritizing flow skill development over recognition scores. By month's end, you'll know why long-flow Morse code sessions should not depend on those scores—or require their permission—before you start practicing essential flow-based skills.

BootCamp helps you replace habits and attitudes that block the flow-based skills needed to copy natural code. We challenge the common mindset that treats misses as failure, dwells on mistakes, looks backward, tries to “think” harder to copy faster, and only measures progress by recognition perfection.

BootCamp isn't a “silver bullet,” does not focus on immediate recognition gains, and is not the end of your journey. Through focused practice and guided experience, you'll learn to ignore misses, strengthen Instant Flow Recovery, leverage Character Flow Proficiency skills to stay relaxed and alert in the CW sound stream, and “listen forward” with greater confidence.

Welcome to a one-month jump-start for understanding the concepts, skills, and mindset shifts that support Morse code fluency.



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

Goals & Objectives

- Learn the flow-based “Hierarchy of Skills”
- Prioritize the “flow train”: relax, be alert, maintain forward momentum
- Synchronizing your listening rate to the flow rate
- **We Focus on Three Primary Skills:**
 - **An “Alert Indifference” attitude** - be alert, try, but develop the mental fortitude to treat recognition and misses as equals
 - **Instant Flow Recovery (IFR)** – maintain forward momentum
 - **Character Flow Proficiency (CFP)** – An Alert Indifference mindset *plus* excellent Instant Flow Recovery skills
- Expect Time-To-Recognize (TTR) improvements *during flow* to improve **after** achieving a high level of Character Flow Proficiency
- Learn to hear each character’s unique acoustic sound rhythm

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 skills.*
3. **Character Flow Proficiency (CFP):** Achieving the #1 and #2 skills; Alert Indifference and excellent IFR, plus having a high comfort level with natural CW flows accumulated over time
4. **Time-To-Recognize (TTR):** The best TTR improvements follow Character Flow Proficiency improvements
5. **Subliminal Recognition:** Over time, long-flow CW—such as QSOs, phrases, and sentences—helps automate character recognition. Each character’s unique acoustic sound becomes linked with its letter, making Type 1 recognition more effortless and allowing you to anticipate the next letter or word from context while following the conversation.



Type1 and Type 2 Reasoning

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

The Power of Pattern Recognition:

Type 1 reasoning or pattern recognition processing is an incredible mental shortcut, letting you effortlessly identify *known* characters with no effort (like spoken words). This frees up mental bandwidth, allowing you to start anticipating words using context and treating each letter as a word clue. We don't analyze every word when listening to someone talking, and we can do the same thing with Morse code. We can miss words from time to time with no concern, stay relaxed, remain in the flow, and comprehend the gist of what's being said. That's how CW fluency works.

Breaking the "Translation" Habit

We learn Morse code by dit/dah sequences, but if we continue to focus on that instead of learning to hear the unique acoustic sound rhythm of each character, we get stuck in Type 2 processing (slow and tiring):

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 sequence is a **P**"). You think '**P**' (head copy) or write down '**P**' (transcribing).

This is not only slow, but it also mentally repeats the dit/dah sequence and adds a third step to what should be a two-step process. Parsing dit/dah sequences is a Type 2 **Listen** → **Translate** → **Repeat** 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 natural CW while de-emphasizing recognition efforts and prioritizing flow skills. As familiarity with long-flow CW improves, flow-based "Type 1 Processing" will develop. Morse code's music of sounds and silence—letters, syllables, words, and spaces—will begin to carry meaning instead of being a series of dit/dah puzzles to solve.



Lesson 1 Homework:

- **Conduct a Self-Assessment** (the last page of this Guide)
- Practice exercises in column number order to alternate between long-flow and short-flow content
- OverLearn the Alphabet *during flow*
- Prioritize the 'Flow Train'; de-emphasize the 'Recognition Train'
- Accept misses and 'gets' with emotional tranquility
- 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 [LICW Curriculum Guide](#) (currently on pages 48-49).

MPP: Long Island CW Club **Morse Practice Page** (Level INT1&2 Exercises). Please listen to exercises in column number order to alternate between short-flow and long-flow content. Use Ctrl-Click to open the exercise on a new browser tab:

- | | |
|---|---|
| 1. Alphabet (23) | 10. 2-word phrases #3 (25-23-20) |
| 2. Alphabet Mix #1 (23-27-31) | 11. 2-3 letter words #2 (28-24-20) |
| 3. Alphabet Mix #2 (23-27-23) | 12. States and Provinces - Voice |
| 4. Numbers (23) | 13. States and Provinces – No Voice |
| 5. 2 letter words (25-23-20) | 14. Sending: Letters (27) |
| 6. 2-word phrases #1 (25-23-20) | 15. Sending Tri-Letters Voice |
| 7. 2 letter words (28-24-20) | 16. Sending Tri-Letters No Voice |
| 8. 2-word phrases #2 (28-24-20) | 17. Sending: Numbers (27) |
| 9. 2-3 letter words #1 (25-23-20) | |

Advanced:

1. [3-4 letter words #1](#) (35-30-25)
2. [2-word phrases #1](#) (31-27-23)
3. [4 letter words #1](#) (35-30-25)
4. [2-word phrases #2](#) (35-30-25)
5. [3-4 letter words #2](#) (35-30-25)
6. [3-word phrases #1](#) (31-27-23)
7. [4-5 letter words](#) (35-30-25)



WLT: Morse Code World's **Word List Trainer** (INT1&2 level, plus Advanced speed options below). Please listen to exercises in column number order to alternate short-flow and long-flow content. Click "Install App" (top right) if you wish to install WLT's training tools on your device. Use Ctrl-Click to open the exercise on a new browser tab:

- | | |
|---|---|
| 1. Alphabet (23) | 10. 2-word phrases #3 (25-23-20) |
| 2. Alphabet Mix #1 (23-27-31) | 11. 2-3 letter words #2 (28-24-20) |
| 3. Alphabet Mix #2 (31-27-23) | 12. States and Provinces - Voice |
| 4. Numbers (23) | 13. States and Provinces - No Voice |
| 5. 2 letter words - (25-23-20) | 14. Sending: Letters |
| 6. 2-word phrases #1 (25-23-20) | 15. Sending Tri-Letters - Voice |
| 7. 2 letter words - (28-24-20) | 16. Sending Tri-Letters - No Voice |
| 8. 2-word phrases #2 (28-24-20) | 17. Sending: Numbers |
| 9. 2-3 letter words #1 (25-23-20) | |

Advanced:

1. [3-4 letter words #1](#) (35-30-25)
2. [2-word phrases #1](#) (31-27-23)
3. [4 letter words #1](#) (35-30-25)
4. [2-word phrases #2](#) (35-30-25)
5. [3-4 letter words #2](#) (35-30-25)
6. [3-word phrases #1](#) (31-27-23)
7. [4-5 letter words](#) (35-30-25)



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

Goals & Objectives:

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

Recommendations:

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

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 that's always monitoring for errors. By the time that part of your brain says, "*Aha, that was a 'P'!*", three more characters or words haven't even been heard!

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 as important as the sounds:

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's deliberate conscious processing, they aren't getting exposed to the "rhythm of the pause" that separates words and identifies 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
- **Top 100 Word Rhythms (new):** Each word plays at a customizable baseline rate, then repeats three times at a speed that highlights the word's overall acoustic "silhouette."
 - Learn to 'listen differently'; helps students to easily perceive word flow rhythms instead of only individual word components
- Be Patient; Time-To-Recognize (TTR) improvements require on-air QSOs + long-flow CW practice over time - in Boot Camp and after
- BootCamp's Flow-sending exercises are more important than you think
- **Review Time-To-Recognize (TTR) and Instant Flow Recovery (IFR) sections of the [LICW Curriculum Guide](#) (currently on pages 50-51).**

MPP: LICW's Morse Practice Page (INT1&2 Level exercises, plus Advanced speed options below). Please listen to exercises in column number order to alternate between short-flow and long-flow content. Use Ctrl-Click to open the exercise on a new browser tab:

- | | |
|--|--|
| 1. Alphabet (27) | 13. Top 100 Word Rhythms |
| 2. Alphabet Mix #1 (23-27-31) | 14. 2-3 letter words #4 (28-24-20) |
| 3. Alphabet Mix #2 (23-27-23) | 15. Many 3-Ltr words (25-23-20) |
| 4. 2-word phrases #1 (25-23-20) | 16. 3-4 letter words #1 (25-23-20) |
| 5. Numbers (27) | 17. Sending: Letters (27) |
| 6. 2-word phrases #1 (28-24-20) | 18. Sending: Numbers (27) |
| 7. 2-3 letter words #1 (28-24-20) | 19. Sending Tri-Letters Voice |
| 8. 2-word phrases #2 (28-24-20) | 20. Sending Tri-Letters No Voice |
| 9. 2-3 letter words #2 (28-24-20) | 21. Sending 3 to 5 letter words (27) |
| 10. Many 2-word phrases (25-23-20) | 22. Sending 3 to 5 letter words – No code (27) |
| 11. 2-3 letter words #3 (28-24-20) | |
| 12. Many 2-word phrases (28-24-20) | |

Advanced:

1. [Many 2-word phrases](#) (35-30-25)
2. [Many 4 letter words](#) (35-30-25)
3. [Short Phrases #1](#) (35-30-25)
4. [Top 100 words](#) (35-30-25)
5. [Top 100 Word Rhythms](#)



WLT: Morse Code World's **Word List Trainer** (INT1&2 Level exercises, plus Advanced speed exercise options below). Please listen to exercises in column number order to alternate short-flow and long-flow content. Click "Install App" (top right) if you wish to install WLT's training tools on your device. Use Ctrl-Click to open the exercise on a new browser tab:

- | | |
|--|--|
| 1. Alphabet (27) | 12. Many 2-word phrases (28-24-20) |
| 2. Alphabet Mix #1 (23-27-31) | 13. Top 100 Word Rhythms |
| 3. Alphabet Mix #2 ((23-27-31) | 14. 2-3 letter words #4 (28-24-20) |
| 4. 2-word phrases #1 (25-23-20) | 15. Many 3-Ltr words (25-23-20) |
| 5. Numbers (27) | 16. 3-4 letter words #1 (25-23-20) |
| 6. 2-word phrases #1 (28-24-20) | 17. Sending: Letters |
| 7. 2-3 letter words #1 (28-24-20) | 18. Sending Tri-Letters - Voice |
| 8. 2-word phrases #2 (28-24-20) | 19. Sending Tri-Letters - No Voice |
| 9. 2-3 letter words #2 (28-24-20) | 20. Sending: Numbers |
| 10. Many 2-word phrases (25-23-20) | 21. Sending 3 to 5-letter words |
| 11. 2-3 letter words #3 (28-24-20) | |

Advanced:

1. [Many 2-word phrases](#) (35-30-25)
2. [Many 4-Ltr words](#) (35-30-25)
3. [Short Phrases #1](#) (35-30-25)
4. [Top 100 words](#) (35-30-25)
5. [Top 100 Word Rhythms](#)



LESSON 3: FLOW RATES PART 1

Goals & Objectives

- Get on the “Flow Train”, de-emphasize recognition perfectionism, maintain forward momentum, synchronize listening rate to flow rate
- Accept imperfection; missing is normal and required for IFR practice
- Remain tranquil if recognition occurs, remain undisturbed while missing; be BootCamp cool!
- Binomial expression exercises are introduced as an on-ramp to random 3-word phrases. Examples:
 - (Up and down, this and that, yes or no, give and take, etc.)
 - The second word is nearly 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 *during flow* leads to “Knowing” (instant pattern recognition) instead of “Thinking” (a slow and tiring conscious process).

Type 2 reasoning helps us learn new skills, but after memorizing each Morse code character’s dit/dah sequence, shifting away from that analysis can be difficult. Learning to hear each letter as a unique acoustic sound—rather than decoding its dit/dah pattern—can be a challenging transition.

This **Listen** → **Translate** → **Repeat** “one dit/dah sequence at a time” habit can slow the transition to Type 1’s intuitive pattern recognition.

Comparing Type 1 pattern recognition with Type 2 conscious analysis helps explain why students often plateau as speeds increase. Many struggle to move from deliberate Type 2 thinking to intuitive Type 1 pattern recognition. Once translating dit/dah sequences becomes habitual, it can delay the ability to hear each letter as a distinct acoustic sound.

Boot Camp classes and homework use natural CW flows with faster character speeds to make each character’s unique sound easier to hear. Slow code emphasizes individual dits and dahs, which can obscure the distinctive acoustic rhythm of each character.



Using Context

Type 1 reasoning is built on experience and context. In everyday language we don't focus on one letter at a time; we focus on the flow while constantly anticipating what may come next based on context and other word clues.

When an experienced CW operator hears a phrase beginning GOOD FI..., Type 1's intuitive reasoning anticipates ST, predicts FIST, and understands "GOOD FIST" as a compliment—while also being ready to revise the prediction if needed. This intuitive, flow-based Type 1 process is central to Morse code fluency.

Repeated drills with isolated letters, numbers, and single words strengthen one-at-a-time Type 2 "thinking" (**Listen** → **Translate** → **Repeat**). Too much short-flow CW practice—CW without word spaces—can make that habit harder to break and slow the move to Type 1 "knowing" through pattern recognition. BootCamp counters this by alternating short-flow and long-flow CW, giving students balanced practice with both.

Morse code students do need single-character and single-word drills (short-flow CW) to build a basic sound vocabulary. They also need to practice CW as a language: ***you don't wait to memorize the whole dictionary before speaking short sentences.*** Practicing long-flow CW plus over-learning the alphabet can accelerate the transition from thinking to Type 1 pattern recognition.

The Cognitive Shift: Thinking vs. Knowing

A great barrier to CW fluency is the "Thinking Gap" of Type 2 reasoning. We'll help you change how you listen to natural CW, which will help you leverage the magic of intuitive Type 1 pattern recognition.

- **Thinking (a process):** Type 2 conscious processing requires lots of effort and energy, plus prioritizing maximum recognition generates disappointment and frustration. It's 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:**
 - Listen to [words spelled verbally](#) (CW without sidetones)



Lesson 3 Homework:

- **Conduct a Self-Assessment** (on the last page of this Guide)
- Misses are the only way to improve the Instant Flow Recovery skill!
- **Instant Flow Recovery:** miss → ignore → remain engaged. Never look back, rethink misses or mentally echo dit/dah sequences!
- Practice the flow-sending exercises regularly; they're important
- **Review Increasing Effective Speed section of the [LICW Curriculum Guide](#)** (currently on page 49).

MPP: Long Island CW Club's **Morse Practice Page** (INT2&3 Level exercises, plus Advanced speed options below). Please listen to exercises in column number order to alternate between short-flow and long-flow content. Use Ctrl-Click to open the exercise on a new browser tab:

- | | |
|---|--|
| 1. Alphabet Mix #1 (23-27-31) | 14. Binomial Expressions #1 (25-23-20) |
| 2. 2-word phrases #1 (25-23-20) | 15. Top 100 Word Rhythms |
| 3. Alphabet Mix #2 (23-27-23) | 16. Sending: Letters (27) |
| 4. 2-word phrases #2 (28-24-20) | 17. Sending: Numbers (27) |
| 5. Numbers (27) | 18. Sending Tri-Letters Voice |
| 6. 2-word phrases #3 (31-27-23) | 19. Sending Tri-Letters No Voice |
| 7. 3-4 letter words #1 (28-24-20) | 20. Sending 3 to 5 letter words (27) |
| 8. Short phrases #1 (25-23-20) | 21. Sending 3 to 5 letter words – No code (27) |
| 9. 3-4 letter words #2 (31-27-23) | 22. Sending 5 to 7 letter words (27) |
| 10. 4 letter words #1 (25-23-20) | 23. Sending 5 to 7 Letter words – No code (27) |
| 11. States and Provinces - Voice | |
| 12. States and Provinces – No Voice | |
| 13. 4 letter words #2 (28-24-20) | |

Advanced:

1. [4 letter words #2](#) (35-30-25)
2. [Binomial Expressions #1](#) (35-30-25)
3. [Short Phrases #2](#) (35-30-25)
4. [Top 100 words](#) (35-30-25)
5. [Top 100 Word Rhythms](#)



WLT: Morse Code World's **Word List Trainer** (INT2&3 Level exercises, plus Advanced speed options below). Please listen to exercises in column number order to alternate short-flow and long-flow content. Click "Install App" (top right) if you wish to install WLT's training tools on your device. Use Ctrl-Click to open the exercise on a new browser tab:

- | | |
|---|--|
| 1. Alphabet Mix #1 (23-27-31) | 12. States and Provinces – No Voice |
| 2. 2-word phrases #1 (25-23-20) | 13. 4 letter words #2 (28-24-20) |
| 3. Alphabet Mix #2 (31-27-23) | 14. Binomial Expressions #1 25-23-20 |
| 4. 2-word phrases #2 (28-24-20) | 15. Top 100 Word Rhythms |
| 5. Numbers (27) | 16. Sending: Letters |
| 6. 2-word phrases #3 (31-27-23) | 17. Sending Tri-Letters - Voice |
| 7. 3-4 letter words #1 (28-24-20) | 18. Sending Tri-Letters - No Voice |
| 8. Short phrases #1 (25-23-20) | 19. Sending: Numbers |
| 9. 3-4 letter words #2 (31-27-23) | 20. Sending 3 to 5-letter words |
| 10. 4 letter words #1 (25-23-20) | 21. Sending 5 to 7-letter words |
| 11. States and Provinces - Voice | |

Advanced:

1. [4 letter words #2](#) (35-30-25)
2. [Binomial Expressions #1](#) (35-30-25)
3. [Short Phrases #2](#) (35-30-25)
4. [Top 100 words](#) (35-30-25)
5. [Top 100 Word Rhythms](#)



LESSON 4: FLOW RATES PART 2

Goals & Objectives:

- Deepen your familiarity with natural CW flow
- Surrender control, listen alertly to the flow – relax, try to hear unique character sounds, maintain forward momentum, 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 stage, mental fatigue from trying to catch every letter may trigger a useful shift: giving up on Type 2 reasoning. If that happens, it's a breakthrough. You can relax, stay alert, and begin relying on Type 1 pattern recognition. Once you have overlearned the alphabet during natural CW flow by its unique character sounds and achieved Character Flow Proficiency, your fast Type 1 pattern recognition can begin automating character recognition.

Lesson 4 Homework:

- **Conduct a Self-Assessment** (on the last page of this Guide)
- Remain relaxed as fatigue sets in – let go, don't fight it; this can help to bring your Type 1 pattern recognition into the game!
- Let unique sound patterns flow by; just "surf the sounds and silences" and notice when and if recognition magically emerges without effort
- By now, you know you must become fully comfortable with non-recognition while staying engaged using Instant Flow Recovery (IFR).
- Remember to practice BootCamp's flow-sending exercises; ramp up your sending speed, don't c0r3ct 3r0rs, keep going!



MPP: Long Island CW Club **Morse Practice Page** (INT2&3 Level exercises, plus Advanced speed options below)

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

- | | |
|---|--|
| 1. Alphabet Mix #1 (23-27-31) | 13. 4-5 letter words (25-23-20) |
| 2. Short phrases #1 (28-24-20) | 14. Top 100 Word Rhythms |
| 3. 3-4 letter words #1 (31-27-23) | 15. Sending: Letters (27) |
| 4. Short phrases #2 (28-24-20) | 16. Sending: Numbers (27) |
| 5. 4 letter words #1 (28-24-20) | 17. Sending Tri-Letters Voice |
| 6. Binomial Expressions #1 (25-23-20) | 18. Sending Tri-Letters No Voice |
| 7. 4 letter words #2 (28-24-20) | 19. Sending 3 to 5 letter words (27) |
| 8. Binomial Expressions #2 (28-24-20) | 20. Sending 3 to 5 letter words – No code (27) |
| 9. 3-4 letter words #2 (31-27-23) | 21. Sending 5 to 7 letter words (27) |
| 10. 3-word phrases #1 (25-23-20) | 22. Sending 5 to 7 Letter words – No code (27) |
| 11. Many 4-Ltr words (31-27-23) | |
| 12. 3-word phrases #2 (28-24-20) | |

Advanced:

1. [4-5 letter words](#) (35-30-25)
2. [3-word phrases #1](#) (35-30-25)
3. [5 letter words #1](#) (35-30-25)
4. [3-word phrases #2](#) (35-30-25)
5. [5 letter words #2](#) (40-35-30)
6. [Binomial Expressions #2](#) (35-30-25)
7. [Many 4 letter words](#) (40-35-30)
8. [Word Length Builder #1](#) (35-30-25)



WLT: Morse Code World's Word List Trainer (INT2&3 Level exercises, plus Advanced speed options below). Please listen to exercises in column number order to alternate short-flow and long-flow content. Click "Install App" (top right) if you wish to install WLT's training tools on your device. Use Ctrl-Click to open the exercise on a new browser tab:

- | | |
|---|--|
| 1. Alphabet Mix #1 (23-27-31) | 11. Many 4-Ltr words (31-27-23) |
| 2. Short phrases #1 (28-24-20) | 12. 3-word phrases #2 (28-24-20) |
| 3. 3-4 letter words #1 (31-27-23) | 13. 4-5 letter words (25-23-20) |
| 4. Short phrases #2 (28-24-20) | 14. Top 100 Word Rhythms |
| 5. 4 letter words #1 (28-24-20) | 15. Sending: Letters |
| 6. Binomial Expressions #1 (25-23-20) | 16. Sending Tri-Letters - Voice |
| 7. 4 letter words #2 (28-24-20) | 17. Sending Tri-Letters - No Voice |
| 8. Binomial Expressions #2 (28-24-20) | 18. Sending: Numbers |
| 9. 3-4 letter words #2 (31-27-23) | 19. Sending 3 to 5-letter words |
| 10. 3-word phrases #1 (25-23-20) | 20. Sending 5 to 7-letter words |

Advanced:

1. [4-5 letter words](#) (35-30-25)
2. [3-word phrases #1](#) (35-30-25)
3. [5 letter words #1](#) (35-30-25)
4. [3-word phrases #2](#) (35-30-25)
5. [5 letter words #2](#) (40-35-30)
6. [Binomial Expressions #2](#) (35-30-25)
7. [Many 4-Ltr words](#) (40-35-30)
8. [Word Length Builder #1](#) (35-30-25)



LESSON 5: CHARACTER FLOW PROFICIENCY

Goals & Objectives:

- Continue to focus on fluent character flow proficiency
- Wonder what word is being spelled instead of focusing on one letter at a time; each letter is a “word clue” (an important mindset shift)
- Build familiarity with the Top 100 words (familiarity is accumulated, not learned)

Exercise Guidance:

As your TTR, IFR, flow resilience, and Character Flow Proficiency improve, notice when you begin to catch threads of meaning in long-flow character streams. Stay relaxed, keep moving forward through non-recognition, and never look back.

Recommendations:

1. **The Tactic:** “Speed Racer” exercises can help you relax and listen for unique sound patterns. Since flow rates are often 8-10 WPM faster than your comfort zone, you shouldn’t expect recognition. Abandon recognition perfection efforts 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 the transition to flow-based Type 1 reasoning 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) builds as familiarity increases, allowing you to focus on “what’s the word”
- Warm-up with Alphabet exercise occasionally, but spend most of your practice time with long-flow content (phrases and sentences)
- There’s a beneficial link between sending flow improvements and comprehension improvements *during flow!*
- **Review Character Flow Proficiency and Word Discovery section of the [LICW Curriculum Guide](#). (currently on pages 52-53)**



MPP: Long Island CW Club Morse Practice Page (INT2&3 Level exercises, plus Advanced speed options below)

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

- | | |
|---|--|
| 1. Alphabet Mix #1 (23-27-31) | 15. Top 100 words (25-23-20) |
| 2. 3-word phrases #1 (25-23-20) | 16. Top 100 Word Rhythms |
| 3. 3-4 letter words #1 (28-24-20) | 17. Sending: Letters (27) |
| 4. Binomial Expressions #1 (25-23-20) | 18. Sending: Numbers (27) |
| 5. 3-4 letter words #2 (31-27-23) | 19. Sending Tri-Letters Voice |
| 6. Binomial Expressions #2 (28-24-20) | 20. Sending Tri-Letters No Voice |
| 7. States and Provinces - Voice | 21. Sending 3 to 5 letter words (27) |
| 8. States and Provinces – No Voice | 22. Sending 3 to 5 letter words – No code (27) |
| 9. 3-word phrases #2 (28-24-20) | 23. Sending 5 to 7 letter words (27) |
| 10. 4 letter words #1 (25-23-20) | 24. Sending 5 to 7 Letter words – No code (27) |
| 11. 4 letter words #2 (28-24-20) | |
| 12. Short phrases #1 (25-23-20) | |
| 13. 4-5 letter words (25-23-20) | |
| 14. Short phrases #2 (28-24-20) | |

Advanced:

1. [Top 100 words](#) (35-30-25)
2. [3-word phrases #1](#) (35-30-25)
3. [Word length builder #2](#) (35-30-25)
4. [3-word phrases #2](#) (35-30-25)
5. [3-word phrases](#) CW/Voice/CW (35-30-25)



WLT: Morse Code World's Word List Trainer (INT2&3 Level exercises, plus Advanced speed options below). Please listen to exercises in column number order to alternate short-flow and long-flow content. Click "Install App" (top right) if you wish to install WLT's training tools on your device. Use Ctrl-Click to open the exercise on a new browser tab:

- | | |
|---|--|
| 1. Alphabet Mix #1 (23-27-31) | 12. Short phrases #1 (25-23-20) |
| 2. 3-word phrases #1 (25-23-20) | 13. 4-5 letter words (25-23-20) |
| 3. 3-4 letter words #1 (28-24-20) | 14. Short phrases #2 (28-24-20) |
| 4. Binomial Expressions #1 (25-23-20) | 15. Top 100 words (25-23-20) |
| 5. 3-4 letter words #2 (31-27-23) | 16. Top 100 Word Rhythms |
| 6. Binomial Expressions #2 (28-24-20) | 17. Sending: Letters |
| 7. States and Provinces - Voice | 18. Sending Tri-Letters - Voice |
| 8. States and Provinces – No Voice | 19. Sending Tri-Letters - No Voice |
| 9. 3-word phrases #2 (28-24-20) | 20. Sending: Numbers |
| 10. 4 letter words #1 (25-23-20) | 21. Sending 3 to 5-letter words |
| 11. 4 letter words #2 (28-24-20) | 22. Sending 5 to 7-letter words |

Advanced:

1. [Top 100 words](#) (35-30-25)
2. [3-word phrases #1](#) (35-30-25)
3. [Word length builder #2](#) (35-30-25)
4. [3-word phrases #2](#) (35-30-25)
5. [3-word phrases](#) CW-Voice-CW (35-30-25)



LESSON 6: CHARACTER FLOW PROFICIENCY – PART 2

Goals & Objectives:

- **Character Flow Proficiency tip:** fatigue can work in your favor by helping you relax and let go of character-by-character recognition. This gives your effortless Type 1 pattern recognition a chance to take over.
- **Stepping away:** from trying so hard to get every letter can open the door to subliminal recognition based on Type 1's ability to instantly and effortlessly 'fetch' *known* unique characters via their sounds
- **Abandon recognition perfection efforts:** start trusting the growing strength of your familiarity with character sounds and meanings; that can help accelerate your journey to CW fluency

Exercise Guidance:

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

Recommendation:

1. **The Tactic:** Try a Wordsworth word space adjustment under the "Morse" menu in Word List Trainer. It enables adding extra space between words. Using Wordsworth settings provides a little more "get ready" time between words.
2. **The Feeling:** Wordsworth word spacing emulates the human fist; CW operators often add a little extra space between words as a courtesy to their QSO partners.
3. **The Result:** Generous word spacing in long-flow CW makes Morse code's rhythm of sounds and silences easier to hear, helping you distinguish words instead of experiencing an endless stream of letters.



The Zen of Morse Code

Type 2 reasoning treats the brain like a slow, linear processor, handling one letter at a time. Skilled athletes and musicians do not focus on individual movements or notes; they relax into the flow. Morse code fluency depends on 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
- As your Character Flow Proficiency improves, non-recognition events and gaps no longer disrupt your engagement with the flow.
- Give Type 1 pattern recognition a chance, even if your character-sound familiarity is still developing; let your conscious mind step aside.
- **Review Character Flow Proficiency section of the [LICW Curriculum Guide](#) again! (currently on page 52)**



MPP: Long Island CW Club Morse Practice Page (INT3 and ADV1 Level exercises, plus more Advanced speed options below)

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

- | | |
|--|--|
| 1. Alphabet Mix #1 (23-27-31) | 13. 3-word phrases CW/Voice/CW (31-27-23) |
| 2. 3-word phrases CW/Voice/CW (31-27-23) | 14. ING suffix exercise #2 (31-27-23) |
| 3. 4-5 letter words (31-27-23) | 15. Sending: Letters (27) |
| 4. 3-word phrases #1 (31-27-23) | 16. Sending Tri-Letters Voice |
| 5. 5 letter words #1 (31-27-23) | 17. Sending Tri-Letters No Voice |
| 6. Binomial Expressions #1 (31-27-23) | 18. Sending: Numbers (27) |
| 7. 5 letter words #2 (31-27-23) | 19. Sending 3 to 5 letter words (27) |
| 8. Binomial Expressions #2 (31-27-23) | 20. Sending 3 to 5 letter words – No code (27) |
| 9. ING suffix exercise #1 (31-27-23) | 21. Sending 5 to 7 letter words (27) |
| 10. Many 4-Ltr words (31-27-23) | 22. Sending 5 to 7 Letter words – No code (27) |
| 11. 3-word phrases #2 (31-27-23) | |
| 12. Top 100 words (31-27-23) | |

Advanced:

1. [ING suffix exercise #1](#) (35-30-25)
2. [Common Suffixes](#) (35-30-25)
3. [ING suffix exercise #2](#) (35-30-25)
4. [Top 100 word sentences](#) CW/Voice/CW (31-27-23)
5. [Top 100 words](#) (40-35-30)
6. [Top 100 Word Rhythms](#)
7. [5 letter words #2](#) (40-35-30)



WLT: Morse Code World's **Word List Trainer** (INT3&ADV1 Level exercises, plus more Advanced speed options below). Please listen to exercises in column number order to alternate short-flow and long-flow content. Click "Install App" (top right) if you wish to install WLT's training tools on your device. Use Ctrl-Click to open the exercise on a new browser tab:

- | | |
|---|---|
| 1. Alphabet Mix #1 (23-27-31) | 11. 3-word phrases #2 (31-27-23) |
| 2. 3-word phrases CW/Voice/CW | 12. Top 100 words (31-27-23) |
| 3. 4-5 letter words (31-27-23) | 13. 3-word phrases CW/Voice/CW |
| 4. 3-word phrases #1 (31-27-23) | 14. ING suffix exercise #2 (31-27-23) |
| 5. 5 letter words #1 (31-27-23) | 15. Sending: Letters |
| 6. Binomial Expressions #1 (31-27-23) | 16. Sending Tri-Letters - Voice |
| 7. 5 letter words #2 (31-27-23) | 17. Sending Tri-Letters - No Voice |
| 8. Binomial Expressions #2 (31-27-23) | 18. Sending: Numbers |
| 9. ING suffix exercise #1 (31-27-23) | 19. Sending 3 to 5-letter words |
| 10. Many 4-Ltr words (31-27-23) | 20. Sending 5 to 7-letter words |

Advanced:

1. [ING suffix exercise #1](#) (35-30-25)
2. [Common suffixes](#) (35-30-25)
3. [ING suffix exercise #2](#) (35-30-25)
4. [Top 100 word sentences](#) (31-27-23)
5. [Top 100 words](#) (40-35-30)
6. [Top 100 Word Rhythms](#)
7. [5 letter words #2](#) (40-35-30)



LESSON 7: EXTENDED LONG-FLOW CONTENT

Goals & Objectives:

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

Exercise Guidance:

Strong familiarity with each character's unique sound makes comprehension easier while you remain in the flow. Stop trying to recognize letters one by one. Instead, begin relying on subliminal recognition and word prediction, even before you feel fully ready. If you miss something, you simply get more IFR practice. Treat each letter as another clue in the Word Discovery mindset.

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 [LICW Curriculum Guide](#) (currently on pages 53-54).**

Recommendation:

1. **The Tactic:** Mentally "call out" words as soon as you have enough clues—for example, hearing B-E-C-A and predicting BECAUSE, or hearing R-A-D and anticipating RADIO. Practice this with common syllables, words, ProSigns, the Top 100 words, and familiar QSO vocabulary.
2. **The Feeling:** This attitude-adjustment practice helps you rely on subliminal character recognition while focusing on the word being spelled instead of each individual letter.
3. **The Result:** This challenging but enjoyable exercise trains your brain to focus on words, use letters as clues, and predict meaning instead of concentrating on one letter at a time.



MPP: Long Island CW Club Morse Practice Page (INT3 and ADV1 Level exercises, plus more Advanced speed options below)

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

- | | |
|--|--|
| 1. Many 4-Ltr words (31-27-23) | 13. States and Provinces – No Voice |
| 2. 3-word phrases CW/Voice/CW (31-27-23) | 14. Word length builder #1 (31-27-23) |
| 3. 4-5 letter words (31-27-23) | 15. Word length builder #2 (31-27-23) |
| 4. 3-word phrases #2 (31-27-23) | 16. Binomial Expressions #2 (31-27-23) |
| 5. 5 letter words #1 (31-27-23) | 17. Sending: Letters (27) |
| 6. Sentences CW/Voice/CW (31-27-23) | 18. Sending Tri-Letters Voice |
| 7. Top 100 words (31-27-23) | 19. Sending Tri-Letters No Voice |
| 8. Top 100 Word Rhythms | 20. Sending: Numbers (27) |
| 9. Top 100 word sentences #1 CW/Voice/CW (25-23-20) | 21. Sending 3 to 5 letter words (27) |
| 10. 5 letter words #2 (31-27-23) | 22. Sending 3 to 5 letter words – No code (27) |
| 11. Top 100 word sentences #2 CW/Voice/CW (31-27-23) | 23. Sending 5 to 7 letter words (27) |
| 12. States and Provinces - Voice | 24. Sending 5 to 7 Letter words – No code (27) |

Advanced:

1. [Word Length Builder #1](#) (35-30-25)
2. [Word length builder #2](#) (40-35-30)
3. [Top 100 words](#) (40-35-30)
4. [Top 100 word sentences #2](#) CW/Voice/CW (31-27-23)
5. [Top 100 word sentences #3](#) CW/Voice/CW (35-30-25)
6. [Top 100 word sentences #4](#) CW/Voice/CW (40-35-30)
7. [Sentences](#) CW-Voice-CW (28-24-20)
8. [Sentences](#) CW-Voice-CW (35-30-25)



WLT: Morse Code World's **Word List Trainer** (INT3 and ADV1 Level exercises, plus more Advanced speed options below). Please listen to exercises in column number order to alternate short-flow and long-flow content. Click "Install App" (top right) if you wish to install WLT's training tools on your device. Use Ctrl-Click to open the exercise on a new browser tab:

- | | |
|---|--|
| 1. Many 4-Ltr words (31-27-23) | 12. States and Provinces - Voice |
| 2. 3-word phrases CW/Voice/CW | 13. States and Provinces – No Voice |
| 3. 4-5 letter words (31-27-23) | 14. Word length builder #1 (31-27-23) |
| 4. 3-word phrases #2 (31-27-23) | 15. Word length builder #2 (31-27-23) |
| 5. 5 letter words #1 (31-27-23) | 16. Binomial Expressions #2 (31-27-23) |
| 6. Sentences CW/Voice/CW | 17. Sending: Letters |
| 7. Top 100 words (35-30-25) | 18. Sending Tri-Letters - Voice |
| 8. Top 100 Word Rhythms | 19. Sending Tri-Letters - No Voice |
| 9. Top 100 word sentences #1 Voice | 20. Sending: Numbers |
| 10. 5 letter words #2 (31-27-23) | 21. Sending 3 to 5-letter words |
| 11. Top 100 word sentences #2 Voice | 22. Sending 5 to 7-letter words |

Advanced:

1. [Word length builder #1](#) (35-30-25)
2. [Word length builder #2](#) (40-35-30)
3. [Top 100 words](#) (40-35-30)
4. [Top 100 word sentences#2](#) CW-Voice-CW (31-27-23)
5. [Top 100 word sentences #3](#) CW-Voice-CW (35-30-25)
6. [Top 100 word sentences #4](#) CW-Voice-CW (40-35-30)
7. [Sentences](#) CW-Voice-CW (28-24-20)
8. [Sentences](#) CW-Voice-CW (35-30-25)



LESSON 8: A BOOTCAMP SUMMARY

The cognitive shift from letter-by-letter processing to Word Discovery mode is one of the great barriers to Morse code fluency. Moving from serial Type 2 decoding—letter to letter to letter—to a “what’s the word?” mindset lets the fast, nearly effortless Type 1 pattern-recognition system take over much of the work of character recognition.

The Cognitive Shift from Type 2 to Type 1 Processing:

	Letter-By-Letter	Word Discovery Mode
Recognition:	Type 2 Reasoning (thoughtful and tiring)	Type 1 Processing (smooth 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: Misses ignored, remain alert and in the flow
Mental Action:	Linear, sequential, One-by-one	Parallel: Seeking the word as its letters arrive (multi-tasking)

The Comprehension Memory Buffer: Morse code fluency depends on your conscious memory buffer: the ability to hold multiple character sounds long enough to combine them into words and meaning.

The Shift: Beginners try hard to copy every letter one at a time. Experienced CW operators give priority to flow-based Type 1 processing: they relax, hear each character sound, but use their memory buffer and their familiarity with each character’s unique acoustic sound to understand words and the message.

Tactic: Try hearing but not trying to recognize the first letter of a word or even hear the first two letters with no recognition efforts and start with the third letter. This tactic can activate your subliminal memory buffer which may surprise you with a word!

The shift to **Flow-First** listening and **Word Discovery** mode is not about trying to think harder or faster. It is about trusting your ear and your growing familiarity with each character’s unique sound. When missed word



clues lose their sting, you create the mental space and comfort needed for words to emerge naturally during natural CW flows.

Morse code fluency is the ability to understand words and meaning during natural, conversational CW without emotional disruption. Fluency develops by adopting an Alert Indifference attitude and achieving two core skills: Instant Flow Recovery (IFR) and Character Flow Proficiency (CFP).

Sound-to-meaning connections built *during flow*—familiarity—subsequently support Time-To-Recognize improvements. Be patient: deep familiarity with sound/meaning connections are not “learned”; they accumulate over time.

As familiarity grows, Subliminal Character Recognition develops, automating character recognition to the point where it no longer requires your thoughtful attention ([Automaticity](#)). This frees up your mind to anticipate what words are being spelled, follow trains of thought, and comprehend what’s being said – that’s Morse Code Fluency!

Knowing all this doesn’t get you there, but we hope learning about these important attitudes, transitions, and skills during BootCamp has helped to demystify and perhaps accelerate your progress.

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 meanings. You need to start trusting your ear sooner or later; why not now?
- **Trust Word Discovery** — as letters arrive the clues strengthen, additional letters confirm or disprove the prediction
- Adopt an Instant Flow Recovery habit: **miss** → **ignore** → **continue**.
- **Don’t allow** the dopamine hit of success or the cortisol hit of a miss 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 to enjoy your journey



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

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

Level INT1 & 2 Exercises

1. [Alphabet](#) (23)
2. [Alphabet](#) (27)
3. [Alphabet](#) (31)
4. [Alphabet Mix #1](#) (23-27-31)
5. [Alphabet Mix #2](#) (23-27-23)
6. [Numbers](#) (23)
7. [Numbers](#) (27)
8. [2 letter words](#) (25-23-20)
9. [2 letter words](#) (28-24-20)
10. [2 letter words](#) (31-27-23)
11. [2-3 letter words #1](#) (25-23-20)
12. [2-3 letter words #1](#) (28-24-20)
13. [2-3 letter words #1](#) (31-27-23)
14. [2-3 letter words #2](#) (28-24-20)
15. [2-3 letter words #2](#) (31-27-23)
16. [2-3 letter words #3](#) (28-24-20)
17. [2-3 letter words #3](#) (31-27-23)
18. [2-3 letter words #4](#) (28-24-20)
19. [2-3 letter words #4](#) (31-27-23)
20. [Many 3-Ltr words](#) (25-23-20)
21. [Many 3-Ltr words](#) (28-24-20)
22. [Many 3-Ltr words](#) (31-27-23)
23. [Many 3-Ltr words](#) (35-30-25)
24. [2-word phrases #1](#) (25-23-20)
25. [2-word phrases #1](#) (28-24-20)
26. [2-word phrases #1](#) (31-27-23)
27. [2-word phrases #2](#) (28-24-20)
28. [2-word phrases #2](#) (31-27-23)
29. [2-word phrases #2](#) (35-30-25)
30. [2-word phrases #3](#) (25-23-20)
31. [2-word phrases #3](#) (28-24-20)
32. [2-word phrases #3](#) (31-27-23)
33. [Many 2-word phrases](#) (25-23-20)
34. [Many 2-word phrases](#) (28-24-20)
35. [Many 2-word phrases](#) (35-30-25)
36. [States and Provinces](#) – No Voice
37. [States and Provinces](#) - Voice
38. [Sending: Letters](#) (27)
39. [Sending: Numbers](#) (27)
40. [Sending Tri-Letters](#) Voice

41. [Sending Tri-Letters](#) No Voice

Level INT2 & 3 Exercises

42. [3-4 letter words #1](#) (25-23-20)
43. [3-4 letter words #1](#) (28-24-20)
44. [3-4 letter words #1](#) (31-27-23)
45. [3-4 letter words #1](#) (35-30-25)
46. [3-4 letter words #2](#) (31-27-23)
47. [3-4 letter words #2](#) (35-30-25)
48. [4 letter words #1](#) (25-23-20)
49. [4 letter words #1](#) (28-24-20)
50. [4 letter words #1](#) (31-27-23)
51. [4 letter words #1](#) (35-30-25)
52. [4 letter words #2](#) (28-24-20)
53. [4 letter words #2](#) (31-27-23)
54. [4 letter words #2](#) (35-30-25)
55. [Many 4-Ltr words](#) (31-27-23)
56. [Many 4 letter words](#) (35-30-25)
57. [Many 4 letter words](#) (40-35-30)
58. [4-5 letter words](#) (25-23-20)
59. [4-5 letter words](#) (31-27-23)
60. [4-5 letter words](#) (35-30-25)
61. [Top 100 Word Rhythms](#)
62. [Binomial Expressions #1](#) (25-23-20)
63. [Binomial Expressions #1](#) (31-27-23)
64. [Binomial Expressions #1](#) (35-30-25)
65. [Binomial Expressions #2](#) (28-24-20)
66. [Binomial Expressions #2](#) (31-27-23)
67. [Binomial Expressions #2](#) (35-30-25)
68. [Short phrases #1](#) (25-23-20)
69. [Short phrases #1](#) (28-24-20)
70. [Short phrases #1](#) (31-27-23)
71. [Short Phrases #1](#) (35-30-25)
72. [Short phrases #2](#) (28-24-20)
73. [Short phrases #2](#) (31-27-23)
74. [Short Phrases #2](#) (35-30-25)
75. [Sending 3 to 5 letter words](#) (27)
76. [Sending 3 to 5 letter words – No code](#) (27)
77. [Sending 5 to 7 letter words](#) (27)
78. [Sending 5 to 7 Letter words – No code](#) (27)



Level INT3 & ADV1 Exercises

79. [3-word phrases #1](#) (25-23-20)
80. [3-word phrases #1](#) (31-27-23)
81. [3-word phrases #1](#) (35-30-25)
82. [3-word phrases #2](#) (28-24-20)
83. [3-word phrases #2](#) (31-27-23)
84. [3-word phrases #2](#) (35-30-25)
85. [3-word phrases](#) CW/Voice/CW (31-27-23)
86. [3-word phrases](#) CW/Voice/CW (35-30-25)
87. [Sentences](#) CW-Voice-CW (28-24-20)
88. [Sentences](#) CW/Voice/CW (31-27-23)
89. [Sentences](#) CW-Voice-CW (35-30-25)
90. [Word length builder #1](#) (31-27-23)
91. [Word Length Builder #1](#) (35-30-25)
92. [Word length builder #2](#) (31-27-23)
93. [Word length builder #2](#) (35-30-25)
94. [Word length builder #2](#) (40-35-30)
95. [5 letter words #1](#) (28-24-20)
96. [5 letter words #1](#) (31-27-23)
97. [5 letter words #1](#) (35-30-25)
98. [5 letter words #1](#) (40-35-30)
99. [5 letter words #2](#) (31-27-23)
100. [5 letter words #2](#) (40-35-30)
101. [ING suffix exercise #1](#) (31-27-23)
102. [ING suffix exercise #1](#) (35-30-25)
103. [ING suffix exercise #2](#) (31-27-23)
104. [ING suffix exercise #2](#) (35-30-25)
105. [Common suffixes](#) (27)
106. [Common Suffixes](#) (35-30-25)
107. [Top 100 words](#) (25-23-20)
108. [Top 100 words](#) (28-24-20)
109. [Top 100 words](#) (31-27-23)
110. [Top 100 words](#) (35-30-25)
111. [Top 100 words](#) (40-35-30)
112. [Top 100 word sentences #1](#)
CW/Voice/CW (25-23-20)
113. [Top 100 word sentences #2](#)
CW/Voice/CW (31-27-23)
114. [Top 100 word sentences #3](#)
CW/Voice/CW (35-30-25)
115. [Top 100 word sentences #4](#)
CW/Voice/CW (40-35-30)
116. [One-Liner Jokes](#) CW/Voice/CW
(28-24-20)



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

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

Level INT1&2 Exercises:

1. [Alphabet](#) (23)
2. [Alphabet](#) (27)
3. [Alphabet](#) (31)
4. [Alphabet Mix #1](#) (23-27-31)
5. [Alphabet Mix #2](#) (31-27-23)
6. [Numbers](#) (23)
7. [Numbers](#) (27)
8. [2 letter words](#) – (25-23-20)
9. [2 letter words](#) – (28-24-20)
10. [2 letter words](#) – (31-27-23)
11. [2-3 letter words #1](#) (25-23-20)
12. [2-3 letter words #1](#) (28-24-20)
13. [2-3 letter words #1](#) (31-27-23)
14. [2-3 letter words #2](#) (28-24-20)
15. [2-3 letter words #2](#) (31-27-23)
16. [2-3 letter words #3](#) (28-24-20)
17. [2-3 letter words #3](#) (31-27-23)
18. [2-3 letter words #4](#) (28-24-20)
19. [2-3 letter words #4](#) (31-27-23)
20. [Many 3-Ltr words](#) (25-23-20)
21. [Many 3-Ltr words](#) (28-24-20)
22. [Many 3-Ltr words](#) (31-27-23)
23. [Many 3-Ltr words](#) (35-30-25)
24. [2-word phrases #1](#) (25-23-20)
25. [2-word phrases #1](#) (28-24-20)
26. [2-word phrases #1](#) (31-27-23)
27. [2-word phrases #2](#) (28-24-20)
28. [2-word phrases #2](#) (31-27-23)
29. [2-word phrases #2](#) (35-30-25)
30. [2-word phrases #3](#) (25-23-20)
31. [2-word phrases #3](#) (28-24-20)
32. [2-word phrases #3](#) (31-27-23)
33. [Many 2-word phrases](#) (25-23-20)
34. [Many 2-word phrases](#) (28-24-20)
35. [Many 2-word phrases](#) (35-30-25)
36. [States and Provinces](#) - Voice
37. [States and Provinces](#) – No Voice
38. [Sending: Letters](#) (27)
39. [Sending: Numbers](#) (27)
40. [Sending Tri-Letters](#) - Voice
41. [Sending Tri-Letters](#) - No Voice

Level INT2&3 Exercises:

42. [3-4 letter words #1](#) (25-23-20)
43. [3-4 letter words #1](#) (28-24-20)
44. [3-4 letter words #1](#) (31-27-23)
45. [3-4 letter words #1](#) (35-30-25)
46. [3-4 letter words #2](#) (31-27-23)
47. [3-4 letter words #2](#) (35-30-25)
48. [4 letter words #1](#) (25-23-20)
49. [4 letter words #1](#) (28-24-20)
50. [4 letter words #1](#) (31-27-23)
51. [4 letter words #1](#) (35-30-25)
52. [4 letter words #2](#) (28-24-20)
53. [4 letter words #2](#) (31-27-23)
54. [4 letter words #2](#) (35-30-25)
55. [Many 4-Ltr words](#) (31-27-23)
56. [Many 4-Ltr words](#) (35-30-25)
57. [Many 4-Ltr words](#) (40-35-30)
58. [4-5 letter words](#) (25-23-20)
59. [4-5 letter words](#) (31-27-23)
60. [4-5 letter words](#) (35-30-25)
61. [Top 100 Word Rhythms](#)
62. [Binomial Expressions #1](#) (25-23-20)
63. [Binomial Expressions #1](#) (31-27-23)
64. [Binomial Expressions #1](#) (35-30-25)
65. [Binomial Expressions #2](#) (28-24-20)
66. [Binomial Expressions #2](#) (31-27-23)
67. [Binomial Expressions #2](#) (35-30-25)
68. [Short phrases #1](#) (25-23-20)
69. [Short phrases #1](#) (28-24-20)
70. [Short phrases #1](#) (31-27-23)
71. [Short phrases #1](#) (35-30-25)
72. [Short phrases #2](#) (28-24-20)
73. [Short phrases #2](#) (31-27-23)
74. [Short phrases #2](#) (35-30-25)
75. [Sending 3 to 5-letter words](#) (27)
76. [Sending 5 to 7-letter words](#) (27)

Level INT3&ADV1 Exercises:

77. [3-word phrases #1](#) (25-23-20)
78. [3-word phrases #1](#) (31-27-23)
79. [3-word phrases #1](#) (35-30-25)



80. [3-word phrases #2](#) (28-24-20)
81. [3-word phrases #2](#) (31-27-23)
82. [3-word phrases #2](#) (35-30-25)
83. [3-word phrases](#) CW/Voice/CW (31-27-23)
84. [3-word phrases](#) CW/Voice/CW (35-30-25)
85. [Sentences](#) CW/Voice/CW (28-24-20)
86. [Sentences](#) CW/Voice/CW (31-27-23)
87. [Sentences](#) CW/Voice/CW (35-30-25)
88. [Word length builder #1](#) (31-27-23)
89. [Word length builder #1](#) (35-30-25)
90. [Word length builder #2](#) (31-27-23)
91. [Word length builder #2](#) (35-30-25)
92. [Word length builder #2](#) (40-35-30)
93. [5 letter words #1](#) (28-24-20)
94. [5 letter words #1](#) (31-27-23)
95. [5 letter words #1](#) (35-30-25)
96. [5 letter words #1](#) (40-35-30)
97. [5 letter words #2](#) (31-27-23)
98. [5 letter words #2](#) (40-35-30)
99. [ING suffix exercise #1](#) (31-27-23)
100. [ING suffix exercise #1](#) (35-30-25)
101. [ING suffix exercise #2](#) (31-27-23)
102. [ING suffix exercise #2](#) (35-30-25)
103. [Common suffixes](#) (27)
104. [Common suffixes](#) (35-30-25)
105. [Top 100 words](#) (25-23-20)
106. [Top 100 words](#) (28-24-20)
107. [Top 100 words](#) (31-27-23)
108. [Top 100 words](#) (35-30-25)
109. [Top 100 words](#) (40-35-30)
110. [Top 100 word sentences](#) #1
CW/Voice/CW – (25-23-20)
111. [Top 100 word sentences](#) #2
CW/Voice/CW – (31-27-23)
112. [Top 100 word sentences](#) #3
CW/Voice/CW – (35-30-25)
113. [Top 100 word sentences](#) #4
CW/Voice/CW – (40-35-30)
114. [One-Liner Jokes](#) – CW/Voice/CW
(28-24-20)

Celebrate your progress – you’ve earned it! You’ve learned to maintain a steady emotional mindset in challenging conditions. You’ve created a strong foundation for achieving Morse Code Fluency - you’re on your way!



A Final Takeaway:

Project OverLearn's Boot Camp offers a structured path to continuous improvement in natural, conversational CW. Stay calmly alert for recognition while applying your new mindset and stronger Character Flow Proficiency skills. As you prepare for future classes, continue practicing BootCamp long-flow exercises and, more importantly, participate in on-air QSO chats and rag chews.

BootCamp graduates are welcome to attend future BootCamps. During future Long Island CW Club classes, keep listening confidently to character streams and enjoying QSOs beyond your comfort zone!

Congratulations, Boot Camp graduates! We admire your commitment to achieving Morse code fluency and the courage and perseverance this journey requires. Enjoy your progress, 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", and a TTR Improvement Tip

- **Thinking:** If you miss a letter or word and then 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 and remain “*in the flow*”.
- **Time-to-Recognize (TTR):** Character recognition improves most effectively when practiced *during flow*, and *after* strengthening Alert Indifference, Instant Flow Recovery, and Character Flow Proficiency.

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. Experience recognition and non-recognition with emotional tranquility.