



CW Academy

INTERMEDIATE Level CW Curriculum

Practice Instructions and Homework Assignments

Version 2.0 – Apr 02, 2025

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Introduction

Welcome to CW Academy's Intermediate course. Before you take note of the homework assignments, below, you should understand how we expect you to practice during the eight-week course.

Your course is divided into 16 sessions, corresponding to a twice weekly on-line meeting with your advisors. You are expected to practice the assignment for Session 1, for example, before the on-line Session 1 so that the advisor can assess your progress and any problems. You should practice the Session 1 assignments, for the days preceding Session 1, and then practice the Session 2 assignment for the days preceding Session 2, and so on.

Most vital to the learning process is your personal practice between sessions. You are encouraged to practice at least 60 minutes per day, six days each week. The sessions are for coaching purposes, therefore, your disciplined approach to practice is a must.

In essence, then, Intermediate focuses on two popular areas of CW in ham radio – contesting and ragchewing while learning to copy in your head, without having to write things down. In contesting, callsign copy and entry are very necessary. Morse Runner, LCWO, RufzXP, and copying practice files enhance this effort. In ragchewing at speeds over 20 wpm, writing what you copy will quickly limit you. Learning to head copy and retain information without writing is a critical skill,

Equally important to copy skills is sending skills. You will be provided with exercises to emphasize good sending techniques and proficiency.

When you meet twice weekly with your advisor, he or she will be assessing how you are doing, using interactive exercises and other means. The idea is to provide you with feedback that will help you overcome any barriers or concerns you may encounter.

As with all our CW Academy courses, your success is ultimately tied to your commitment and willingness to daily practice. You will only get 'out' what you are willing to put 'in'. It is worth it.

We hope you enjoy the course and achieve noteworthy improvements in all aspects of your CW skills.

Note: This curriculum has been rewritten to put additional focus on 'listening skills' which are critical to helping you get more proficient at Instant Character and Word Recognition.

Tools for This Course

The following are key tools that we use to ensure your success in this course:

ZOOM – Enables us to meet in an online virtual training room for our classes. This will allow us to see and hear each other and the code being sent. Some advisors may choose to use an alternate on-line conference program such as Skype; Meet; Jitsi; etc. Subsequent references to ZOOM in this document are meant to include the possibility that an alternative may be used. Your advisor will discuss this with you before your sessions start.

Daily Morse Code ‘Scales’ – Will enhance your CW sending and comprehension.

CWA Student Resources – Additional Info document link: [Scales](#)

ICR – The problem most people have with decoding Morse Code, they do not have Instant Character Recognition. Miss a single letter, you miss the word or a whole group of words. Here are some programs you should use as directed by your advisor or on your own to improve your skills:

LCWO – We have added LCWO as a set of exercises to help you get better at Instant Character Recognition (ICR) and learning to copy behind. We recommend doing these exercises every day. basis. See webpage: [LCWO ICR Guidelines](#)

MorseCode.World – We have added ‘MorseCode.World’ as an optional ‘non-typing’ set of exercises to help you get better at Instant Character Recognition (ICR) and learning to copy behind. We recommend doing these exercises every day. See webpage: [MCW ICR Guidelines](#)

Morse Runner – A contest simulator and a great way to practice receiving callsigns and serial numbers. (Similar to the annual ‘Field Day’). It helps you be able to do instant recognition of letters and numbers. With this application, you enter the information via your keyboard, which helps you to become proficient at using contest logging programs... should you be interested in learning or improving your contesting skills. From the CWA website, download and read the ‘Using Morse Runner’ document before the sessions begin. Download at this webpage: [Morse Runner CE](#)

Morse Code Ninja – An enormous repository of learning guideline; practice files; ICR guidelines, including Callsign’s, QSO’s, sentences, speed-racing, etc.; lots of other materials. See webpage: [Morse Code Ninja](#)

Practice Audio Files – Audio files that you can listen to at different speeds. It is up to your Advisor which ‘sets’ to use. The current files consist of short stories, QSO, or CWT practice files. You can hear these directly from the CW Academy website: [Practice Files](#)

New Short Files – Are available at speeds of 10, 13, 15, 18, 20 and 25 WPM.

Short Words – Starts with few characters and words and increase up to five of each.

Short Phrases – Start with few characters and words and increasing to six and four.

Short QSOS – Introduces common exchanges. Begin fairly simple and then have increasing complexity.

Short POTA – Typical POTA exchanges. Begin fairly simple and then have increasing complexity.

New Prefix Files – are available at speeds of 10, 13, 15, 18, 20 and 25 WPM.

Contains the four most commonly use prefixes – DIS, IR, RE and UN

Each prefix is repeated three times, then it sends associated words from 4 to 8 characters in length.

New Suffix Files – are available at speeds of 10, 13, 15, 18, 20 and 25 WPM.

Contains the four most commonly use suffixes – ED, ES, ING and LY

Each suffix is repeated three times, then it sends associated words from 4 to 8 characters in length.

QSO Practice Files (QSO 201, etc.) – Are available at speeds of 10, 13, 15, 18, 20 and 25 WPM.

CWT Practice Files (CWT 201, etc.) – Are available at speeds of 20, 25 and 30 WPM. This is to give you experience in listening and getting ready to participate in CWT.

The weekly CWT – Is an ‘on-air’ higher-speed event, managed by CWops. These occur each Wednesday at 1300 UTC and 1900 UTC, and Thursday at 0300 UTC and 0700 UTC. Each is an hour long and provides a great opportunity to practice and learn techniques that can prepare you to work DX and/or become an effective contester. And they are fun.

RufzXP – Is an ‘optional’ practice application. It is a contest simulator and a great way to practice callsigns that come to you at different speeds. It ‘rewards’ or ‘penalizes’ based on the timing and accuracy of your response. A session is comprised of 50 callsigns, with two chances to get it correct.

Practice this as desired or assigned by your advisor. See webpage: [Using RufzXP](#)

Assignments

Objectives for Sessions 1 through 3 are to send and receive comfortably at 10 to 13 wpm

Session 1:

Day one:

Complete the sending '*Warm Up*' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD101-10** at least two times. Try to learn the words.

Copy **PR101-10** at least three times. Try to learn the words.

Using **LCWO**, set starting speed at **10** wpm and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Day two:

Complete the sending '*Warm Up*' and the '*Drill*' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **ING4-10** at least two times. Try to hear the sound, not the characters.

Copy **ES4-10** at least two times. Try to hear the sound, not the characters.

Using **Morse Runner**; uncheck all the 'boxes'; set speed at **10** wpm, select 'single call' mode (*pull down 'run' tab and select 'single calls'*). Set 'run for' time at **15** minutes. Note your results at the end of the session.

Day three:

Complete the sending 'Warm Up' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO101-10** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA102-10** at least three times. Try to hear both Callsigns and the Park Designators.

Using **LCWO**, set starting speed at **10** wpm and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Session 2:

Day one:

Complete the sending '**Warm Up**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD102-10** at least two times. Try to learn the words.

Copy **PR102-10** at least three times. Try to learn the words.

Using **Morse Runner**; uncheck all the 'boxes'; set speed at **10** wpm, select 'single call' mode (**pull down 'run' tab and select 'single calls'**). Set 'run for' time at **15** minutes. Note your results at the end of the session.

Day two:

Complete the sending '**Warm Up**' and the '**Drill**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **ED4-10** at least two times. Try to hear the sound, not the characters.

Copy **LY4-10** at least two times. Try to hear the sound, not the characters.

Using **LCWO**, set starting speed at **10** wpm and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Day three:

Complete the sending '**Warm Up**' and the '**Exercise**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO103-10** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA104-10** at least three times. Try to hear both Callsigns and the Park Designators.

Using **Morse Runner**; uncheck all the 'boxes'; set speed at **10** wpm, select 'single call' mode (**pull down 'run' tab and select 'single calls'**). Set 'run for' time at **15** minutes. Note your results at the end of the session.

Session 3:

Day one:

Complete the sending '**Warm Up**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD103-13** at least two times. Try to learn the words.

Copy **PR103-13** at least three times. Try to learn the words.

Using **LCWO**, set starting speed at **13** wpm and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Day two:

Complete the sending '**Warm Up**' and the '**Drill**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **ING5-13** at least two times. Try to hear the sound, not the characters.

Copy **ES5-13** at least two times. Try to hear the sound, not the characters.

Using **Morse Runner**; uncheck all the 'boxes'; set speed at **13** wpm, select 'single call' mode (**pull down 'run' tab and select 'single calls'**). Set 'run for' time at **15** minutes. Note your results at the end of the session.

Day three:

Complete the sending '**Warm Up**' and the '**Exercise**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO105-13** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA106-13** at least three times. Try to hear both Callsigns and the Park Designators.

Using **LCWO**, set starting speed at **13** wpm and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Objectives for Sessions 4 through 6 are to send and receive comfortably at 13 to 15 wpm

Session 4

Day one:

Complete the sending '**Warm Up**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD202-13** at least two times. Try to learn the words.

Copy **PR202-13** at least three times. Try to learn the words.

Using **Morse Runner**: using single-call mode, do **15** minutes with a starting speed of **13** wpm.

Day two:

Complete the sending '**Warm Up**' and the '**Drill**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **ED5-13** at least two times. Try to hear the sound, not the characters.

Copy **LY5-13** at least two times. Try to hear the sound, not the characters.

Using **LCWO**, set starting speed at **13** wpm and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Day three:

Complete the sending '**Warm Up**' and the '**Exercise**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO107-13** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA108-13** at least three times. Try to hear both Callsigns and the Park Designators.

Using **Morse Runner**: using single-call mode, do **15** minutes with a starting speed of **13** wpm.

Session 5:

Day one:

Complete the sending '**Warm Up**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD203-13** at least two times. Try to learn the words.

Copy **PR203-13** at least three times. Try to learn the words.

Using **LCWO**, set starting speed at **13** wpm and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Day two:

Complete the sending '**Warm Up**' and the '**Drill**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **ING6-13** at least two times. Try to hear the sound, not the characters.

Copy **RE4-13** at least two times. Try to hear the sound, not the characters.

Using **Morse Runner**; same settings as Session 1; set speed at **13** wpm for **15** minutes.

Day three:

Complete the sending '**Warm Up**' and the '**Exercise**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO201-13** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA110-13** at least three times. Try to hear both Callsigns and the Park Designators.

Using **LCWO**, set starting speed at **13** wpm and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Session 6:

Day one:

Complete the sending '**Warm Up**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD205-13** at least two times. Try to learn the words.

Copy **PR205-13** at least three times. Try to learn the words.

Using **Morse Runner**; same settings as Session 1; set speed at **13** wpm for **15** minutes.

Day two:

Complete the sending '**Warm Up**' and the '**Drill**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **ES6-13** at least two times. Try to hear the sound, not the characters.

Copy **IR4-13** at least two times. Try to hear the sound, not the characters.

Using **LCWO**, set starting speed at **13** wpm and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Day three:

Complete the sending '**Warm Up**' and the '**Exercise**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO203-13** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA202-13** at least three times. Try to hear both Callsigns and the Park Designators.

Using **Morse Runner**; same settings as Session 1; set speed at **13** wpm for **15** minutes.

Objectives for Sessions 7 through 10 are to send and receive comfortably at 15 wpm

Session 7:

Day one:

Complete the sending '**Warm Up**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD301-15** at least two times. Try to learn the words.

Copy **PR301-15** at least three times. Try to learn the words.

Using **LCWO**, set starting speed at **15 wpm** and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Day two:

Complete the sending '**Warm Up**' and the '**Drill**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **ED6-15** at least two times. Try to hear the sound, not the characters.

Copy **DIS4-15** at least two times. Try to hear the sound, not the characters.

Using **Morse Runner**; same settings as Session 1; set speed at **15 wpm** for **15** minutes.

Day three:

Complete the sending '**Warm Up**' and the '**Exercise**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO205-15** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA204-15** at least three times. Try to hear both Callsigns and the Park Designators.

Using **LCWO**, set starting speed at **15 wpm** and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Session 8:

Day one:

Complete the sending '**Warm Up**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD302-15** at least two times. Try to learn the words.

Copy **PR302-15** at least three times. Try to learn the words.

Using **Morse Runner**; same settings as Session 1; set speed at **15 wpm** for **15 minutes**.

Day two:

Complete the sending '**Warm Up**' and the '**Drill**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **LY6-15** at least two times. Try to hear the sound, not the characters.

Copy **UN4-15** at least two times. Try to hear the sound, not the characters.

Using **LCWO**, set starting speed at **15 wpm** and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Day three:

Complete the sending '**Warm Up**' and the '**Exercise**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO207-15** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA206-15** at least three times. Try to hear both Callsigns and the Park Designators.

Using **Morse Runner**; same settings as Session 1; set speed at **15 wpm** for **15 minutes**.

Session 9

Day one:

Complete the sending '**Warm Up**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD303-15** at least two times. Try to learn the words.

Copy **PR303-15** at least three times. Try to learn the words.

Using **LCWO**, set starting speed at **15 wpm** and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Day two:

Complete the sending '**Warm Up**' and the '**Drill**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **ING7-15** at least two times. Try to hear the sound, not the characters.

Copy **RE5-15** at least two times. Try to hear the sound, not the characters.

Using **Morse Runner**; same settings as Session 1; set speed at **15 wpm** for **15 minutes**.

Day three:

Complete the sending '**Warm Up**' and the '**Exercise**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO301-15** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA208-15** at least three times. Try to hear both Callsigns and the Park Designators.

Using **LCWO**, set starting speed at **15 wpm** and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Session 10:

Day one:

Complete the sending '*Warm Up*' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD304-15** at least two times. Try to learn the words.

Copy **PR304-15** at least three times. Try to learn the words.

Using **Morse Runner**; same settings as Session 1; set speed at **15** wpm for **15** minutes.

Day two:

Complete the sending '*Warm Up*' and the '*Drill*' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **ES7-15** at least two times. Try to hear the sound, not the characters.

Copy **IR5-15** at least two times. Try to hear the sound, not the characters.

Using **LCWO**, set starting speed at **15** wpm and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Day three:

Complete the sending '*Warm Up*' and the '*Exercise*' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO303-15** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA210-15** at least three times. Try to hear both Callsigns and the Park Designators.

Using **Morse Runner**; same settings as Session 1; set speed at **15** wpm for **15** minutes.

Objectives for Sessions 11 through 13 are to send and receive comfortably at 18 wpm

Session 11:

Day one:

Complete the sending '*Warm Up*' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD305-18** at least two times. Try to learn the words.

Copy **PR305-18** at least three times. Try to learn the words.

Using **LCWO**, set starting speed at **18 wpm** and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Getting Better with Harder Files

Short Story head copy practice file **SS 101–18**. Listen to it once or twice and just pick out words.

QSO head copy practice file **QSO 201–18**. It is a whole QSO simulation – jot down notes.

Day two:

Complete the sending '*Warm Up*' and the '*Drill*' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **ED7-18** at least two times. Try to hear the sound, not the characters.

Copy **DIS5-18** at least two times. Try to hear the sound, not the characters.

Using **LCWO**, set starting speed at **18 wpm** and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Getting Better with Harder Files

Short Story head copy practice file **SS 101–18**. Listen to it once or twice and just pick out words.

QSO head copy practice file **QSO 201–18**. It is a whole QSO simulation – jot down notes.

Day three:

Complete the sending '*Warm Up*' and the '*Exercise*' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO305-18** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA301-18** at least three times. Try to hear both Callsigns and the Park Designators.

Using **Morse Runner**; same settings as Session 1; set speed at **15 wpm** for **15 minutes**.

Session 12:

Day one:

Complete the sending '**Warm Up**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD401-18** at least two times. Try to learn the words.

Copy **PR401-18** at least three times. Try to learn the words.

Using **Morse Runner**; same settings as Session 1; set speed at **18** wpm for **15** minutes.

Day two:

Complete the sending '**Warm Up**' and the '**Drill**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **LY7-18** at least two times. Try to hear the sound, not the characters.

Copy **UN5-18** at least two times. Try to hear the sound, not the characters.

Getting Better with Harder Files

Short Story head copy practice file **SS 103–18**. Please listen to it once and just pick words.

QSO head copy practice file **QSO 203–18**. It is a whole QSO simulation – jot down notes.

Practice other 'Harder Files' on your own to improve!

Day three:

Complete the sending '**Warm Up**' and the '**Exercise**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO307-18** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA302-18** at least three times. Try to hear both Callsigns and the Park Designators.

Morse Runner: WPX competition mode – do for **15** minutes, then stop – starting speed of **18**, activity level **1**. **Note: Be sure to Send CQ**

Session 13:

Day one:

Complete the sending '*Warm Up*' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD402-18** at least two times. Try to learn the words.

Copy **PR402-18** at least three times. Try to learn the words.

Using **LCWO**, set starting speed at **18** wpm and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Day two:

Complete the sending '*Warm Up*' and the '*Drill*' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **ING8-18** at least two times. Try to hear the sound, not the characters.

Copy **RE6-18** at least two times. Try to hear the sound, not the characters.

CWT practice **CWT 201-20**. Try to capture his call, his name, his number. Listen multiple times.

Using **Morse Runner**; same settings as Session 1; set speed at **18** wpm for **15** minutes.

Day three:

Complete the sending '*Warm Up*' and the '*Exercise*' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO401-18** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA304-18** at least three times. Try to hear both Callsigns and the Park Designators.

Using **LCWO**, set starting speed at **15** wpm and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Objectives for Sessions 14 through 15 are to send and receive comfortably at 20 wpm

Session 14:

Day one:

Complete the sending '**Warm Up**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD403-20** at least two times. Try to learn the words.

Copy **PR403-20** at least three times. Try to learn the words.

CWT practice **CWT 202-20**. Try to capture his call, his name, his number. Listen multiple times.

Day two:

Complete the sending '**Warm Up**' and the '**Drill**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **ES8-20** at least two times. Try to hear the sound, not the characters.

Copy **IR6-20** at least two times. Try to hear the sound, not the characters.

CWT, any sessions Wed (1300 UTC, 1900 UTC or [Thu] 0300 UTC, 0700 UTC)

Monitor and try to capture callsign, name and number from 5 'running' stations.

Day three:

Complete the sending '**Warm Up**' and the '**Exercise**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO403-20** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA306-20** at least three times. Try to hear both Callsigns and the Park Designators.

Using **Morse Runner**; same settings as Session 1; set speed at **20** wpm for **15** minutes.

Session 15:

Day one:

Complete the sending '**Warm Up**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD404-20** at least two times. Try to learn the words.

Copy **PR404-20** at least three times. Try to learn the words.

CWT practice **CWT 209-20**. Try to capture his call, his name, his number. Listen multiple times.

Day two:

Complete the sending '**Warm Up**' and the '**Drill**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **ED8-20** at least two times. Try to hear the sound, not the characters.

Copy **DIS6-20** at least two times. Try to hear the sound, not the characters.

Morse Runner: WPX competition mode – run for **15** minutes – starting speed of **20**, activity 2

Note: Be sure to Send CQ

Day three:

Complete the sending '**Warm Up**' and the '**Exercise**' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO405-20** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA308-20** at least three times. Try to hear both Callsigns and the Park Designators.

Using **LCWO**, set starting speed at **20** wpm and follow the guidelines in [LCWO ICR](#) or [MCW ICR](#)

Objective of Sessions 16 is to give you a 'flavor' of 25 wpm

Session 16:

Day one:

Complete the sending '*Warm Up*' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **WD405-25** at least two times. Try to learn the words.

Copy **PR405-25** at least three times. Try to learn the words.

Morse Runner: using single-call mode, do **15** minutes with starting speed of **25** wpm.

CWT practice **CWT 213-25**. Try to capture his call, his name, his number. Listen multiple times.

Day two:

Complete the sending '*Warm Up*' and the '*Drill*' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **LY8-25** at least two times. Try to hear the sound, not the characters.

Copy **UN6-25** at least two times. Try to hear the sound, not the characters.

CWT, any sessions Wed (1300 UTC, 1900 UTC or [Thu] 0300 UTC, 0700 UTC)

Try to work 5 QSOs or at least copy their info.

Day three:

Complete the sending '*Warm Up*' and the '*Exercise*' section of the Daily Morse Code [Scales](#)

Hearing Sounds:

Copy **QSO407-25** at least two times. Try to hear the Callsign, Name and QTH.

Copy **POTA310-25** at least three times. Try to hear both Callsigns and the Park Designators.

Using **Morse Runner**; same settings as Session 1; set speed at **25** wpm for **15** minutes.

Appendix A: CW Daily Practice Log

Class: _____

Student Name: _____

DATE	TIME	SESSION	TIME SPENT	NOTES

Document Revision History and Copyright Notice

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Revision History:

2016 – Original Version by Rob Brownstein, K6RB

2016 – Rev. 1.1 by Rob Brownstein, K6RB (Misc Corrections and Updates)

2017 – Revs. 1.2 and 1.3 by Jerry Weisskohl, AC4BT (Misc Corrections and File References)

2018 – Rev. 1.4 by Alan Dewey, K0AD (Add References for New QSO and Short Story Files plus other minor revisions)

2018 – Rev. 1.5 by Bob Carter, WR7Q; T.H. Bauer, WA3AER (Minor revisions to course objectives; provide balanced speed and progress and incorporate more sending practice)

2019 – Rev. 1.6 by Bob Carter, WR7Q; T.H. Bauer, WA3AER (Increase week Two speed to 13 wpm)

2019 – Rev. 1.7 by Bob Carter, WR7Q; (Change course name from Level 2 to Intermediate)

2020 – Rev. 1.8 by Rob Brownstein, K6RB; (minor changes to assignment instructions)

2020 – Rev. 1.9 by Bob Carter, WR7Q; (minor corrections to assignment instructions)

2021 – Rev. 1.10 by Bob Carter, WR7Q; (minor corrections; added optional RufzXP Trainer Mode)

2022 Jul – Rev. 1.11 by Bob Carter, WR7Q; (added LCWO as optional exercises)

2022 Sep – Rev. 1.12 by Bob Carter, WR7Q; (added Send CQ on Morse Runner Competition mode)

2022 Dec – Rev. 1.13 by Bob Carter, WR7Q; (added the easier 100 series of Short Stories; emphasize LCWO and optional use of RufzXP)

2024 Apr – Rev. 1.14 by Bob Carter, WR7Q; (added MorseCode.World as a non-typing option and Morse Runner CE)

2024 Jul Rev. 1.15 by Gary Johnson, NA6O; Reformatted for blind accessibility. Added student log.

2025 Apr Rev. 2.0 by Bob Carter, WR7Q; Major rewrite adding Short Files and rearranged practice files