



CW Academy

ADVANCED Level CW Curriculum

Practice Instructions and Homework Assignments

Prototype

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Appendix A: CW Daily Practice Log32

Introduction

Welcome to CW Academy's Advanced 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 advisor. You are expected to practice the assignment for session 1, for example, before on -line session 1, so that the advisor can assess your progress and any problems. So, you 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. The sessions are for coaching purposes, therefore, your disciplined approach to practice is a must.

There are a number of key tools we use to ensure your success in this course.

One is Zoom, Meet, or other type of conferencing software, which enables us to meet in a virtual training room two times per week for approximately an hour, on-line. We can see and hear each other and can hear any code being sent. Your advisor will discuss this with you before your sessions start.

A second tool is the use of Practice Audio Files (headcopy-oriented) that you can download from the [CWops Advanced Practice Files](#) . These help build head copy skill . These are meant to be listened to and copied in one's head.

A third tool will be special assignments that emphasize areas we are working on each week. These will be assigned by your Advisor.

An optional tool is the weekly CWT on-air events managed by CWops. These occur each Wednesday at 1300 UTC, 1900 UTC, Thursday 0300 UTC and 0700 UTC . Each one is an hour long and provides a great opportunity to practice and learn contesting techniques.

Equally important to copy skills is sending skills. Your advisor will provide you 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 you encounter.

As with all our CW Academy courses your success is intimately tied to your daily practice. We hope you enjoy the course and achieve noteworthy improvements in all aspects of your CW skills.

Preliminary Preparation

The assignments that follow are based on a Monday/Thursday on-line schedule.

All documents and applications referenced below can be downloaded from the “CWA Student Resources” area under “CW Academy” on the [CW Academy website](#).

There are essentially six types of files used for practicing head-copy skills. They are all accessed by selecting “Advanced Practice Files” from the CWA Student Resources area.

The **First** type of files are designated as “**Advanced Short Word Files**”. These Short WORD Practice Files each have a unique name (such as WD 101) and are available at speeds of 20, 25 and 30 words per minute.

The **Second** type of files are designated as “**Advanced Short Phrases Files**”. These Short Phrase Files each have a unique name (such as QSO 301) and are available at speeds of 20, 25, 30, and 35 words per minute.

The **Third** type of files are designated as “**Advanced Short QSO Files**”. These Short Practice Files each have a unique name (such as QSO 101) and are available at speeds of 20, 25, 30, and 35 words per minute.

The **Fourth** type of files are designated as “**Advanced Short POTA Files**”. These Short POTA Practice Files each have a unique name (such as POTA 101) and are available at speeds of 20, 25, 30 and 35 words per minute.

The **Fifth** type of files are designated as “**Advanced Suffix Practice Files**”. There are six types of Suffix files (ED, ES, ING and LY) These Suffix Practice Files each have a unique name (such as ING4, or ED7) and are available at speeds of 20, 25, 30 and 35 words per minute.

The **Sixth** type of files are designated as “**Advanced Prefix Practice Files**”. There are four types of Prefix files, DIS, IM, IN, IR, RE and UN). These Prefix Practice Files each have a unique name (such as RE4, or UN7) and are available at speeds of 20, 25, 30 and 35 words per minute.

Regardless of the type of Practice File, all copy should be done as headcopy (no writing or typing) other than jotting down notes where indicated. This is essential to building copy proficiency.

Conversational CW is where “Phonics” is most useful.

Conversational CW is best carried out using multiple techniques, not just phonics.

Using multiple techniques is mostly useful for advanced Ops.

Assignments

Session 1:

Day one:

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

Advanced Short Phrase File PR101-20.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don't write anything – just listen and absorb.

Advanced Short Word File WD101-20.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS301-20

1. Listen to the entire file straight through without stopping.

Don't pause or rewind—just let it play from beginning to end.

2. Try to read the words in your mind as they unfold.

Focus on recognizing whole words, not just spelling out individual letters.

3. Say the letters smoothly, not spaced out.

Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.

4. Don't worry if you only catch a few words.

If you can copy even a few by recognizing them as a flowing stream (like reading), you're on the right path.

5. Use all your tools:

- Guess when necessary.
- Relax and trust your unconscious mind.
- Listen for the overall sound of words.
- A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Bonus:

Try playing the same file at different speeds to challenge yourself and build flexibility.

Day two:

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

Advanced Short QSO File QSO101-20. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Suffix Files ING4-20. Listen to the "ING" Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Suffix Files ED4-20. Listen to the "ED" Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS301-20 Listen to the entire file straight through without stopping.

Day three:

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

Advanced Short POTA File POTA101-20.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Suffix Files ES4-20. Listen to the "ES" Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Suffix Files LY4-20. Listen to the "LY" Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS301-20 Listen to the entire file straight through without stopping.

Session 2:

Day one:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short Phrase File PR102-20.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don't write anything – just listen and absorb.

Advanced Short Word File WD102-20.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS302-20

1. **Listen to the entire file straight through without stopping.**

Don't pause or rewind—just let it play from beginning to end.

2. **Try to read the words in your mind as they unfold.**

Focus on recognizing whole words, not just spelling out individual letters.

3. **Say the letters smoothly, not spaced out.**

Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.

4. **Don't worry if you only catch a few words.**

If you can copy even a few by recognizing them as a flowing stream (like reading), you're on the right path.

5. **Use all your tools:**

- Guess when necessary.
- Relax and trust your unconscious mind.
- Listen for the overall sound of words.
- A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Bonus:

Try playing the same file at different speeds to challenge yourself and build flexibility.

Day two:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short QSO File QSO102–20. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Suffix Files ING5-20. Listen to the "ING" Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Suffix Files ED5-20. Listen to the "ED" Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS302-20 Listen to the entire file straight through without stopping.

Day three:

Complete the sending 'Warm Up' and the 'Exercise' section of the Daily Morse Code Scales

Advanced Short POTA File POTA102-20.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Suffix Files ES5-20. Listen to the "ES" Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Suffix Files LY5-20. Listen to the "LY" Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS302-20 Listen to the entire file straight through without stopping.

Session 3:

Day one:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short Phrase File PR103-20.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don't write anything – just listen and absorb.

Advanced Short Word File WD103-20.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS303-20

1. **Listen to the entire file straight through without stopping.**
Don't pause or rewind—just let it play from beginning to end.
2. **Try to read the words in your mind as they unfold.**
Focus on recognizing whole words, not just spelling out individual letters.
3. **Say the letters smoothly, not spaced out.**
Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.

4. **Don't worry if you only catch a few words.**

If you can copy even a few by recognizing them as a flowing stream (like reading), you're on the right path.

5. **Use all your tools:**

- Guess when necessary.
- Relax and trust your unconscious mind.
- Listen for the overall sound of words.
- A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Bonus:

Try playing the same file at different speeds to challenge yourself and build flexibility.

Day two:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short QSO File QSO103-20. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Suffix Files ING6-20. Listen to the "ING" Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Suffix Files ED6-20. Listen to the "ED" Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS303-20 Listen to the entire file straight through without stopping.

Day three:

Complete the sending 'Warm Up' and the 'Exercise' section of the Daily Morse Code Scales

Advanced Short POTA File POTA103-20.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Suffix Files ES6-20. Listen to the “ES” Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Suffix Files LY6-20. Listen to the “LY” Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS303-20 Listen to the entire file straight through without stopping.

Session 4:

Day one:

Complete the sending ‘Warm Up’ section of the Daily Morse Code Scales

Advanced Short Phrase File PR104-20.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don’t write anything – just listen and absorb.

Advanced Short Word File WD104-20.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don’t write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS304-20

1. **Listen to the entire file straight through without stopping.**
Don’t pause or rewind—just let it play from beginning to end.
2. **Try to read the words in your mind as they unfold.**
Focus on recognizing whole words, not just spelling out individual letters.
3. **Say the letters smoothly, not spaced out.**
Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.
4. **Don’t worry if you only catch a few words.**
If you can copy even a few by recognizing them as a flowing stream (like reading), you’re on the right path.
5. **Use all your tools:**
 - Guess when necessary.
 - Relax and trust your unconscious mind.
 - Listen for the overall sound of words.

- A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Bonus:

Try playing the same file at different speeds to challenge yourself and build flexibility.

Day two:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short QSO File QSO104-20. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Suffix Files ING7-20. Listen to the "ING" Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Suffix Files ED7-20. Listen to the "ED" Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS304-20 Listen to the entire file straight through without stopping.

Day three:

Complete the sending 'Warm Up' and the 'Exercise' section of the Daily Morse Code Scales

Advanced Short POTA File POTA104-20.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Suffix files ES7-20. Listen to the "ES" Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Suffix files LY7-20. Listen to the "LY" Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS304-20 Listen to the entire file straight through without stopping.

Session 5:

Day one:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short Phrase File PR105-20.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don't write anything – just listen and absorb.

Advanced Short Word File WD105-20.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS305-20

1. Listen to the entire file straight through without stopping.

Don't pause or rewind—just let it play from beginning to end.

2. Try to read the words in your mind as they unfold.

Focus on recognizing whole words, not just spelling out individual letters.

3. Say the letters smoothly, not spaced out.

Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.

4. Don't worry if you only catch a few words.

If you can copy even a few by recognizing them as a flowing stream (like reading), you're on the right path.

5. Use all your tools:

- Guess when necessary.
- Relax and trust your unconscious mind.
- Listen for the overall sound of words.
- A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Bonus:

Try playing the same file at different speeds to challenge yourself and build flexibility.

Day two:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short QSO File QSO105–20. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Suffix Files ING8-20. Listen to the “ING” Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Suffix Files ED8-20. Listen to the “ED” Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS305-20 Listen to the entire file straight through without stopping.

Day three:

Complete the sending 'Warm Up' and the 'Exercise' section of the Daily Morse Code Scales

Advanced Short POTA File POTA105-20.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Suffix Files ES8-20. Listen to the “ES” Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Suffix Files LY8-20. Listen to the “LY” Suffix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS305-20 Listen to the entire file straight through without stopping.

Session 6:

Day one:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short Phrase File PR201-20.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don't write anything – just listen and absorb.

Advanced Short Word File WD201-20.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS306-20

1. **Listen to the entire file straight through without stopping.**
Don't pause or rewind—just let it play from beginning to end.
2. **Try to read the words in your mind as they unfold.**
Focus on recognizing whole words, not just spelling out individual letters.
3. **Say the letters smoothly, not spaced out.**
Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.
4. **Don't worry if you only catch a few words.**
If you can copy even a few by recognizing them as a flowing stream (like reading), you're on the right path.
5. **Use all your tools:**
 - Guess when necessary.
 - Relax and trust your unconscious mind.
 - Listen for the overall sound of words.
 - A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Bonus:

Try playing the same file at different speeds to challenge yourself and build flexibility.

Day two:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short QSO File QSO106–20. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Prefix Files IN4-20. Listen to the "IN" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Prefix Files RE4-20. Listen to the "RE" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS306-20 Listen to the entire file straight through without stopping.

Day three:

Complete the sending 'Warm Up' and the 'Exercise' section of the Daily Morse Code Scales

Advanced Short POTA File POTA106-20.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Prefix Files IM4-20. Listen to the "IM" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Prefix Files DIS4-20. Listen to the "DIS" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS306-20 Listen to the entire file straight through without stopping.

Session 7:

Day one:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short Phrase File PR202-20.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don't write anything – just listen and absorb.

Advanced Short Word File WD202-20.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS307-20

- 1. Listen to the entire file straight through without stopping.**

Don't pause or rewind—just let it play from beginning to end.

- 2. Try to read the words in your mind as they unfold.**

Focus on recognizing whole words, not just spelling out individual letters.

- 3. Say the letters smoothly, not spaced out.**

Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.

4. **Don't worry if you only catch a few words.**

If you can copy even a few by recognizing them as a flowing stream (like reading), you're on the right path.

5. **Use all your tools:**

- Guess when necessary.
- Relax and trust your unconscious mind.
- Listen for the overall sound of words.
- A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Bonus:

Try playing the same file at different speeds to challenge yourself and build flexibility.

Day two:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short QSO File QSO107–20. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Prefix Files IN5-20. Listen to the "IN" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Prefix Files RE5-20. Listen to the "RE" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS307-20 Listen to the entire file straight through without stopping.

Day three:

Complete the sending 'Warm Up' and the 'Exercise' section of the Daily Morse Code Scales

Advanced Short POTA File POTA107-20.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Prefix File IM5-20. Listen to the “IM” Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Prefix File DIS5-20. Listen to the “DIS” Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS307-20 Listen to the entire file straight through without stopping.

Session 8:

Day one:

Complete the sending ‘Warm Up’ section of the Daily Morse Code Scales

Advanced Short Phrase File PR203-20.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don’t write anything – just listen and absorb.

Advanced Short Word File WD203-20.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don’t write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS308-20

1. **Listen to the entire file straight through without stopping.**
Don’t pause or rewind—just let it play from beginning to end.
2. **Try to read the words in your mind as they unfold.**
Focus on recognizing whole words, not just spelling out individual letters.
3. **Say the letters smoothly, not spaced out.**
Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.
4. **Don’t worry if you only catch a few words.**
If you can copy even a few by recognizing them as a flowing stream (like reading), you're on the right path.
5. **Use all your tools:**
 - Guess when necessary.
 - Relax and trust your unconscious mind.

- Listen for the overall sound of words.
- A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Bonus:

Try playing the same file at different speeds to challenge yourself and build flexibility.

Day two:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short QSO file QSO108-20. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Prefix File IN6-20. Listen to the "IN" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Prefix File RE6-20. Listen to the "RE" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS308-20 Listen to the entire file straight through without stopping.

Day three:

Complete the sending 'Warm Up' and the 'Exercise' section of the Daily Morse Code Scales

Advanced Short POTA File POTA108-20.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Prefix File IM6-20. Listen to the "IM" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Prefix File DIS6-20. Listen to the "DIS" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS308-20 Listen to the entire file straight through without stopping.

Session 9:

Day one:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short Phrase File PR204-25.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don't write anything – just listen and absorb.

Advanced Short Word File WD204-25.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS309-25

1. **Listen to the entire file straight through without stopping.**

Don't pause or rewind—just let it play from beginning to end.

2. **Try to read the words in your mind as they unfold.**

Focus on recognizing whole words, not just spelling out individual letters.

3. **Say the letters smoothly, not spaced out.**

Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.

4. **Don't worry if you only catch a few words.**

If you can copy even a few by recognizing them as a flowing stream (like reading), you're on the right path.

5. **Use all your tools:**

- Guess when necessary.
- Relax and trust your unconscious mind.
- Listen for the overall sound of words.
- A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Bonus:

Try playing the same file at different speeds to challenge yourself and build flexibility.

Day two:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short QSO file QSO109-25. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Prefix File IN7-25. Listen to the "IN" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Prefix File RE7-25. Listen to the "RE" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS309-25 Listen to the entire file straight through without stopping.

Day three:

Complete the sending 'Warm Up' and the 'Exercise' section of the Daily Morse Code Scales

Advanced Short POTA File POTA109-25.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Prefix File IM7-25. Listen to the "IM" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Prefix File DIS7-25. Listen to the "DIS" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS309-25 Listen to the entire file straight through without stopping.

Session 10:

Day one:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short Phrase File PR205-25.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don't write anything – just listen and absorb.

Advanced Short Word File WD205-25.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS310-25

1. Listen to the entire file straight through without stopping.

Don't pause or rewind—just let it play from beginning to end.

2. Try to read the words in your mind as they unfold.

Focus on recognizing whole words, not just spelling out individual letters.

3. Say the letters smoothly, not spaced out.

Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.

4. Don't worry if you only catch a few words.

If you can copy even a few by recognizing them as a flowing stream (like reading), you're on the right path.

5. Use all your tools:

- Guess when necessary.
- Relax and trust your unconscious mind.
- Listen for the overall sound of words.
- A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Bonus:

Try playing the same file at different speeds to challenge yourself and build flexibility.

Day two:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short QSO file QSO110–25. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Prefix File IN8-25. Listen to the “IN” Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Prefix File RE8-25. Listen to the “RE” Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS310-25 Listen to the entire file straight through without stopping.

Day three:

Complete the sending ‘Warm Up’ and the ‘Exercise’ section of the Daily Morse Code Scales

Advanced Short POTA File POTA110-25.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Prefix File IM8-25. Listen to the “IM” Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Prefix File DIS8-25. Listen to the “DIS” Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS310-25 Listen to the entire file straight through without stopping.

Session 11:

Day one:

Complete the sending ‘Warm Up’ section of the Daily Morse Code Scales

Advanced Short Phrase File PR301-25.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don’t write anything – just listen and absorb.

Advanced Short Word File WD301-25.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don’t write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS311-25

1. **Listen to the entire file straight through without stopping.**

Don’t pause or rewind—just let it play from beginning to end.

2. **Try to read the words in your mind as they unfold.**

Focus on recognizing whole words, not just spelling out individual letters.

3. **Say the letters smoothly, not spaced out.**

Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.

4. **Don't worry if you only catch a few words.**

If you can copy even a few by recognizing them as a flowing stream (like reading), you're on the right path.

5. **Use all your tools:**

- Guess when necessary.
- Relax and trust your unconscious mind.
- Listen for the overall sound of words.
- A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Bonus:

Try playing the same file at different speeds to challenge yourself and build flexibility.

Day two:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short QSO file QS0201–25. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Prefix File IR4-25. Listen to the "IR" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS311-25 Listen to the entire file straight through without stopping.

Day three:

Complete the sending 'Warm Up' and the 'Exercise' section of the Daily Morse Code Scales

Advanced Short POTA File POTA201-25.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Prefix File UN4-25. Listen to the “UN” Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS311-25 Listen to the entire file straight through without stopping.

Session 12:

Day one:

Complete the sending ‘Warm Up’ section of the Daily Morse Code Scales

Advanced Short Phrase File PR302-25.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don’t write anything – just listen and absorb.

Advanced Short Word File WD302-25.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don’t write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS312-25

1. **Listen to the entire file straight through without stopping.**
Don’t pause or rewind—just let it play from beginning to end.
2. **Try to read the words in your mind as they unfold.**
Focus on recognizing whole words, not just spelling out individual letters.
3. **Say the letters smoothly, not spaced out.**
Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.
4. **Don’t worry if you only catch a few words.**
If you can copy even a few by recognizing them as a flowing stream (like reading), you're on the right path.

5. Use all your tools:

- Guess when necessary.
- Relax and trust your unconscious mind.
- Listen for the overall sound of words.
- A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Bonus:

Try playing the same file at different speeds to challenge yourself and build flexibility.

Day two:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short QSO file QS0202-25. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Prefix File IR5-25. Listen to the "IR" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS312-25 Listen to the entire file straight through without stopping.

Day three:

Complete the sending 'Warm Up' and the 'Exercise' section of the Daily Morse Code Scales

Advanced Short POTA File POTA202-25.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Prefix File UN5-25. Listen to the "UN" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS312-25 Listen to the entire file straight through without stopping.

Session 13:

Day one:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short Phrase File PR303-30.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don't write anything – just listen and absorb.

Advanced Short Word File WD303-30.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS313-30

1. Listen to the entire file straight through without stopping.

Don't pause or rewind—just let it play from beginning to end.

2. Try to read the words in your mind as they unfold.

Focus on recognizing whole words, not just spelling out individual letters.

3. Say the letters smoothly, not spaced out.

Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.

4. Don't worry if you only catch a few words.

If you can copy even a few by recognizing them as a flowing stream (like reading), you're on the right path.

5. Use all your tools:

- Guess when necessary.
- Relax and trust your unconscious mind.
- Listen for the overall sound of words.
- A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Bonus:

Try playing the same file at different speeds to challenge yourself and build flexibility.

Day two:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short QSO file QSO203-30. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Prefix File IR6-30. Listen to the "IR" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS313-30 Listen to the entire file straight through without stopping.

Day three:

Complete the sending 'Warm Up' and the 'Exercise' section of the Daily Morse Code Scales

Advanced Short POTA File POTA203-30.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Prefix File UN6-30. Listen to the "UN" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS313-30 Listen to the entire file straight through without stopping.

Session 14:

Day one:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short Phrase File PR304-30.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don't write anything – just listen and absorb.

Advanced Short Word File WD304-30.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS314-30

1. Listen to the entire file straight through without stopping.

Don't pause or rewind—just let it play from beginning to end.

2. Try to read the words in your mind as they unfold.

Focus on recognizing whole words, not just spelling out individual letters.

3. Say the letters smoothly, not spaced out.

Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.

4. Don't worry if you only catch a few words.

If you can copy even a few by recognizing them as a flowing stream (like reading), you're on the right path.

5. Use all your tools:

- Guess when necessary.
- Relax and trust your unconscious mind.
- Listen for the overall sound of words.
- A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Bonus:

Try playing the same file at different speeds to challenge yourself and build flexibility.

Day two:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short QSO file QSO204-30. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Prefix File IR7-30. Listen to the "IR" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS314-30 Listen to the entire file straight through without stopping.

Day three:

Complete the sending 'Warm Up' and the 'Exercise' section of the Daily Morse Code Scales

Advanced Short POTA File POTA204-30.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Prefix File UN7-30. Listen to the "UN" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS314-30 Listen to the entire file straight through without stopping.

Session 15:

Day one:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short Phrase File PR305-35.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don't write anything – just listen and absorb.

Advanced Short Word File WD305-35.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS315-35

1. **Listen to the entire file straight through without stopping.**
Don't pause or rewind—just let it play from beginning to end.
2. **Try to read the words in your mind as they unfold.**
Focus on recognizing whole words, not just spelling out individual letters.
3. **Say the letters smoothly, not spaced out.**
Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.
4. **Don't worry if you only catch a few words.**
If you can copy even a few by recognizing them as a flowing stream (like reading), you're on the right path.
5. **Use all your tools:**
 - Guess when necessary.
 - Relax and trust your unconscious mind.
 - Listen for the overall sound of words.
 - A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Day two:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short QSO file QSO205–35. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Prefix File IR8-35. Listen to the "IR" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS315-35 Listen to the entire file straight through without stopping.

Day three:

Complete the sending 'Warm Up' and the 'Exercise' section of the Daily Morse Code Scales

Advanced Short POTA File POTA205-35.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Prefix File UN8-35. Listen to the "UN" Prefix sound and the words that contain it. Try to hear the sound, not the characters. Add these sounds to your CW Vocabulary.

Advanced Long Short Story – File SS315-35 Listen to the entire file straight through without stopping.

Session 16:

Day one:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short Phrase File PR401-35.

Listen and see what letter/two-letter combinations you can copy. Then listen to it a second time to see if you can get more of it. Don't write anything – just listen and absorb.

Advanced Short Word File WD401-35.

Listen to it once and just pick out the words that pop out for you. Then listen to it a second time to see if you can capture the essence of it. Don't write anything – just listen and absorb.

Homework: Advanced Long Short Story – File SS316-35

1. **Listen to the entire file straight through without stopping.**
Don't pause or rewind—just let it play from beginning to end.
2. **Try to read the words in your mind as they unfold.**
Focus on recognizing whole words, not just spelling out individual letters.

3. **Say the letters smoothly, not spaced out.**

Instead of pausing between each letter, let one flow into the next until a word forms. The goal is to hear words, not isolated characters.

4. **Don't worry if you only catch a few words.**

If you can copy even a few by recognizing them as a flowing stream (like reading), you're on the right path.

5. **Use all your tools:**

- Guess when necessary.
- Relax and trust your unconscious mind.
- Listen for the overall sound of words.
- A little spelling is fine too.

This approach is key to developing **Advanced Head Copy** skills and reaching higher speeds in conversational CW (rag chewing).

Day two:

Complete the sending 'Warm Up' section of the Daily Morse Code Scales

Advanced Short QSO file QSO206-35. It is a one side of a QSO simulation – a CQer, someone who responds, CQer sends RST, QTH and name info etc. Don't write everything you hear but you can jot down notes.

Who is calling CQ? Who answers the CQ? RST, QTH and Name info for CQer?

Advanced Long Short Story – File SS316-35 Listen to the entire file straight through without stopping.

Day three:

Complete the sending 'Warm Up' and the 'Exercise' section of the Daily Morse Code Scales

Advanced Short POTA File POTA206-35.

Who is the POTA Station calling CQ? Who answers the CQ? What does the POTA Station send? What does the calling station respond?

Advanced Long Short Story – File SS316-35 Listen to the entire file straight through without stopping.

Appendix A: CW Daily Practice Log

Class: _____

Student Name: _____

[illegible]

Document Revision History and Copyright Notice

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Revision History:

2016 – Original Version by Rob Brownstein, K6RB

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

2017 – Revisions 1.2 by Jerry Weisskohl, AC4BT (Misc Corrections and File References)

2018 – Revision 1.3 by Glenn Norman, W4YES and Alan Dewey, K0AD (Add References for New QSO and Short Story Files plus other minor revisions)

2019 – Revision 1.4 by Bob Carter, WR7Q (Change course name from Level 3 to Advanced)

2020 – Revision 1.5 by Rob Brownstein, K6RB (minor changes to assignment instructions)

2020 - Revision 1.6 by Bob Carter, WR7Q (minor correction to Session 16)

2021 - Revision 1.7 by Bob Carter, WR7Q (minor correction about Zoom and CWT)

2022 - Revision 1.8 by Bob Carter, WR7Q (correction to chapter sequence and some file names)

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

2025 - Apr Rev. 2.0 by Joe Spencer, KK5NA, Rewritten to include Short Files; Suffixes and Prefixes

2025 - Apr Rev. 2.1 by Bob Carter, WR7Q, Added and rearranged Suffixes and Prefixes