**ASDF JKL;**

Asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl;

Asdf ;;lkj asdf ;lkj asdf jkl; asdf jkl; asdf j;lkj asd jkl; asdf jkl; asdjkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl;

Asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl;asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl; asdf jkl;

**Left Hand - using letters A S D F**

**ffff dddd ssss aaaa ffff dddd ssss aaaa ffff dddd ssss aaaa**

ffff dddd ssss aaaa ffff dddd ssss aaaa ffff dddd ssss aaaa

ffff dddd ssss aaaa ffff dddd ssss aaaa ffff dddd ssss aaaa

fff dddd ssss aaa ffff dddd ssss aaaa ffff dddd sssss aaaa

fff dddd ssss aaa ffff dddd ssss aaa ffff ddd sss aaaa

fff dddd ssss aaaa ffff ddd sssss aaa fff dddd sss aaa

ffff ddd ssss aaaa ffff dddd ssss aaaa fff ddd ssss aaaa

ffff dddd ssss aaaa ffff dddd ssss aaaaa ffff dddd ssss aaaa

fff dddd ssss aaaa ffff dddd ssss aaaa

**ff dd ss aa ff dd ss aa ff d ff d ff s ff s ff a ff a**

ff dd ss aa ff dd ss aa ff d ff d ff s ff s ff a ff a

ff dd ss aa ff dd ss aa ff d ff d ff s ffs ff a ff a

ff dd ss aa ff dd ss aa ff d ff d ff s ffs ff a ff a

ff dd ss aa ff dd ss aa ff d ff d ff s ffs ff a ff a

ff dd ss aa ff dd ss aa ff d ff d ff s ffs ff a ff a

ff dd ss aa ff dd ss aa ff d ff d ff s ff s ff a ff a

ff dd ss aa ff dd ss aa ff d ff d ff s ff s ff a ff a

ff dd ss aa ff dd ss aa ff d ff d ff s ff s ff a ff a

ff dd ss aa ff dd ss aa ff d ff d ff s ff s ff a ff a

ff dd ss aa ff dd ss aa ff d ff d ff s ff s ff a ff a

ff dd ss aa ff dd ss aa ff d ff d ff s ff s ff a ff a

ff dd ss aa ff dd ss aa ff d ff d ff s ff s ff a ff a

**fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa**

fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa

fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa

fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa

fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa

fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa

fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa fdsa

**asdf asdf asdf asdf asdf asdf asdf asdf asdf asdf**

asdf asdf asdf asdf asdf asdf asdf asdf asdf asdf asdf asdf

asdf asdf asdf asdf asdf asdf asdf asd asdf asdf asdf asdf

asdf asdf asdf asdf asdf asdf asdf asdf asdf asdf asdf asdf

asdf asdf asdf asdf asdf asdf asdf asdf asdf asdf asdf asdf

**fads dafs safd dsaf fasd adfs sdaf afds fdsa**

fads dafs safd dsaf fasd adfs sdaf afds fdsa

fads dafs safd dsaf fasd adfs sdaf afds fdsa

fads dafs safd dsaf fasd adfs sdaf afds fdsa

fads dafs safd dsaf fasd adfs sdaf afds fdsa

fads dafs safd dsaf fasd adfs sdaf afds fdsa

fads dafs safd dsaf fasd adfs sdaf afds fdsa

fads dafs safd dsaf fasd adfs sdaf afds fdsa

**ASDF JKL;**

ASDF JKL; ASDF JKL; ASDF JKL; ASDF JKL; ASDF JKL; ASDF JKL; ASDF JKL; ASDF JKL; ASDF JKL;

Asdf jkl; asdf jkl; asd fjkl; asdf;lkj asdf;lkj asdf;lkj asdf;lkj asdf;lkj asdf;lj asdf;lkj asdf;lkj

Asdf jkl; asdf jkl; asdf jkl; asdf ;lkj asdf ;lkj asdf ;lkj asdf;lkj asdf ;lkj asdf;lkj asdf;lkj asdf;lkj

Asdf ;lkj asdf;lkj asdf;lkj asdfd;lkj asdf;lkj fasdf;lkj asdf;lkj asdf;lkj asdf;lkj asdf;l;kj asdf;lkj asdf;lkj

**Right Hand - using letters J K L and punctuation;**

**jjj kkk lll ;;; jjj kkk lll ;;; jjj kkk lll ;;;jj kk ll ;; jj kk ll ;;**

jjj kkk llll ;;;; jjjj kkk llll ;;;; jjjj kkkk llll ;;;; jjjj kkk lll ;;; jj kk ll ;;

jjj kkk lll ;;; jjjj kkk llll ;;;; jjjj kkkk llll ;;;; jjjj kkkk llll ;;;; jj kk ll ;;

jjj kkk lll ;;; jjjj kkkk llll ;;; jjj kkkk llll ;;; jjjj kkkk lll ;;; jjj kkk lll ;;;

jjj kkk lll ;;; jjjj kkkk lll ;;; jjj kkkk lll ;;;; jjjj kkkk lll ;;; jjj kkkk lll ;;;

jjj kkk lll ;;; jjj kkk lll ;;; jjjj kkkk lll ;;; jjjj kkk lll ;;; jjj kkk lll ;;;

jjj kkk lll ;;; jjj kkk llll ;; jjj kkk lll ;;; jjjj kkkk lll ;;; jjj kkk lll ;;;

**jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl;**jjkl; jkl; jkl; jkl; jkl; jkl; jlkj jkl; jkl; jkl; jlkl jkl; jkl; jkl;

jjkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl;

jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jl; jkl; jkl; jkl; jkl;

jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl; jkl;

**;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj**

;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj;lkj ;lkj;lkj;

;lkj ;lkj; ;lkj ;;lkj ;lkj ;;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj; ;lkj ;lkj ;lkj

;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj **;lkj**

**;lkj** ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj;lkj ;;lkj ;lkj

**j;kl k;jl ljk; kj;l ;jlk ;ljk jlk; l;kj kj;l ;kjl jl;k l;jk**

j;kl; k;jl ljk; kj;l ;jlk ;ljk jlk; l;kj kj;l ;kjl jl;k l;jk

j;kl;k;jl ljk; kj;l ;jlk ;ljk jlk; l;kj kj;l ;kjl jl;k l;jk

j;lk k;jl ljk; kj;l ;jlk ;ljk jlk; l;kj kj;l ;lkj jl;k l;jk

j;lk k;jl ljk; kj;l ;jlk ;ljk jlk; l;kj kj;l ;lkj jl;k l;jk

j;lk k;jl ljk; kj;l ;jlk ;ljk jlk; l;kj kj;l ;lkj jl;k l;jk

j;lk k;jl ljk; kj;l ;jlk ;ljk jlk; l;kj kj;l ;lkj jl;k l;jk

## Both Hands

**ds dsl ld; fs ks; sl lk; lks kj jd; jds ja jak sk; fa la as jf jk js**

ds dsl ld; fs ks; sl lks; lks kj jd; jds ja jak sk; fa la as jf jk js

ds dsl ld; fs ks; sl lks; lks kj jd; jds ja jak ask; fa la as jf jk js

ds dsl ld; fs ks; sl lks; lks kj jd; jds ja jak ask; fa la as jf jk js

ds dsl ld; fs ks; sl lks lks kj jd; jds ja jal ask; fa la as jf jk js

ds dsl ld; fs ks; sl lks lks kj jd; jds ja jal ask; fa la as jf jk js

ds dsl ld; fs ks; sl lks lks kj jd; jds ja jal ask; fa la as jf jk js

ds dsl ld; fs ks; sl lks lks kj jd;jds ja jal ask; fa la as jf jk js

da dsl ld; fs ks; sl lks lks kj jd; jds ja jal ask; fa la as jf jk js

da dsk ld; fs ks; sl lks lks kj jd; jds ja jal ask; fa la as jf jk js

da dsk ld; fs ks; sl lks lks kj jd; jds ja jal ask; fa la as jf jk js

**ds dsl ld; fs ks; sl lk; lks kj jd; jds ja jak sk; fa la as jf jk js**

ds dsl ld; fs ks; sl lk; lks kj jd; jds js jak sk; fa la as jf jk js

ds dsl ld; fs ks; sl lk; lks kj jd; jds js jak sk; fa la as jf jk js

ds dsl ld; fs ks; sl lk; lks kf jd; jds js jak sk; fa la as jk jk js

ds dsl ld; fs ks; sl lk; lks kf jd; jds js jak sk; fa la as jk jk js

ds dsl ld; fs ks; sl lk; lks kf jd; jds js jal sk; fa la as jk jk js

ds dsl ld; fs ks; sl lk; lks kf jd; jds js jal sk; fa la as jk jk js

ds dsl ld; fs ks; sl lk; lks kf jd; jds js jal sk; fa la as jk jk js

ds dsl ld; fs ks; sl lk; lks kf jd; jds js jal sk; fa la as jk jk js

ds dsl ld; fs ks; sl lk; lks kf jd; jds js jal sk; fa la as jk jk js

**ad add ads adds as ask asks la lad lads lass da dad dada dada sa sad salad**

ad add ads adds as ask asks la lad lads lass da dad dada dada sa sad salad

ad add ads adds as ask asks la lad lads lass da dad dada dada sa sad salad

ad add ads adds as ask asks ls lad lads lass ds dsd dada dada sa sad salad

ad add ads adds as ask asks ls lad lads lass ds dsd dada dada sa sad salad

ad add ads adds as asks asks ls lad lads lass ds dsd dada dada sa sad salad

ad add ads adds as asks asks ls lad lads lass ds dsd dada dada sa sad salad

**all fall falls alf alfa alfas fad fads salsa ska skald skalds flak flask flasks**

all fall falla alf alfa alfas fad fads salsa ska skalds flak flask flasks

all fall falla alf alfa alfas fad fads salsa ska skalds flak flask flasks

all fall falla alf alfa alfas fad fads salsa ska skalds falk flask flasks

all fall falla alf alfa alfas fad fads salsa ska skalda falk flask flasks

all fall falla alf alfa alfas fad fads salsa ska skalda falk flask flasks

all fall falla alf alfa alfas fad fads salsa ska skalda falk flask flaks

all fall falla alf alfa alfas fad fads salsa ska skalda falk flask flasks

all fall falla alf alfa alfas fad fads salsa ska skalda falk flask flasks

all fall falla alj alfa alfas fad fads salsa ska skalda falk flask flasks

all fall falla alj alfa alfas fad fads salsa ska skalda falk flask flasks

**f r f r f r f r**.

fr fr fr fr fr fr

fr fr fr fr fr fr

fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr

fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr

fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr

fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr fr

**d e d e d e d e.**

de de de de de

de de de de de

de de de de de

de de de de de de de de de de de de de de de de de de de de de de de de de de de de de de de de de de de de de de de de de de

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**d f d f d f d**

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df df df df df df df df df df df df df df df df df df df df df df df df df df df

**e r e r e r e r.**

ere r ere r ere r

ere r ere r er rer

ere r ere r er rer

ere r ere r er rer

ere r ere r er rer

ere r ere r er rer

ere r ere r er rer

ere r ere r er rer

ere r ere r er rer

ere r ere r er rer

ere r ere r er rer

e r e r ere r ere r er

ere r ere r ere r

ere r ere r ere r

ere r ere r ere r

ere r ere r ere r

**de ed re er.**

De ed re er

De ed re er

De ed re er

De ed re er

De ed re er

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De ed re er

Exercises

Do each exercise two times - twice in a row.  Repetition is your best friend.   Repetition is your best friend.  Did we say that repetition is your best friend.  It's true.  Repetition...

*Note: The purpose of the blue arrows is revealed in our eBook, "Touch Type Like a Pro".*

## Left Hand - words using F R E D

**deed frrf deer reed red deed frrf deer reed red deed frrf deer reed red**

deed frrf deer reed red deed frrf deer reed red deed frrf deer reed red

deed frrf deer reed red deed frrf deer reed red deed frrf deer reed red

deed frrf deer reed red deed frrf deer reed red deed frrf deer reed red

deed frrf deer reed red deed frrf deer reed red deed frrf deer reed red

deed frrf deer reed red deed frrf deer reed red deed frrf deer reed red

deed frrf deer reed red deed frrf deer reed red deed frrf deer reed red

**free freed fred feed fed free freed fred feed fed free freed fred feed fed**  
free freed fred feed fed free freed fred feed fed free freed fred feed fed

free freed fred feed fed free freed fred feed fed free freed fred feed fed

free freed fred feed fed free freed fred feed fed free freed fred feed fed

free freed fred feed fed free freed fred feed fed free freed fred feed fed

free freed fred feed fed free freed fred feed fed free freed fred feed fed

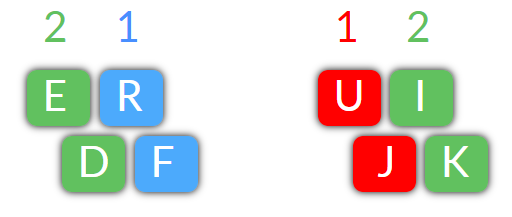
 reef reef ref ref refer refer defer defer referred deferred refereed

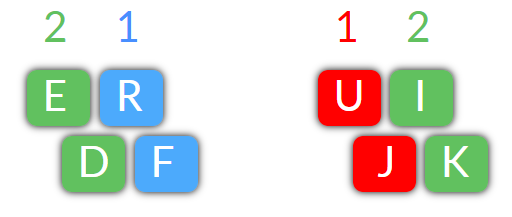
reef reef reg ref refer refer defer defer referred deferred refereed

reef reef reg ref refer refer defer defer referre deferred refereed

reef reef reg ref refer refer defer defer referre deferred refereed

reef reef reg reg ref refer refer defer defer referre deferred refereed





## Right Hand - fingers 1 and 2 using letter J U I K

**juuj juuj juju juju kiik kiik kiki kiki juki juki kiju kiju jiku jiku juik juik ijku**

juju jujj juju juju kiik kiik kiki kiki juki juki kiju kiju jiku jiku juik juik ijku

juju jujj juju juju kiik kiik kik kiki juki juki kiju kiju jiku jiku juik juik ijku

juju jujj juju juju kiik kiik kik kikj jukj juki kjju kiju jiku jiku juik juik ijku

juju jujj juju juju kiik kiik kik kikj juku juki kjju kiju jiku jiku juik juik ijku

juju jujj juju juju kiik kik kikj juku juki kjju kiju jiku jiku juik juik ijku

juju jujj juju juju kiik kik kikj juku juki kjju kiju jiku jiku juik juik ijku

juju jujj juju juju kiik kik kikj juku juki kjju kiju jiku jiku juik juik ijku

juju jujj juju juju kiik kik kikj juku juki kjju kiju jiku jiku juik juik ijku

juju jujj juju juju kiik kik kikj juku juki kjju kiju jiku jiku juik juik ijku

juju jujj juju juju kiik kik kikj juku juki kjju kiju jiku jiku juik juik ijku

juju jujj juju juju kiik kik kikj juku juki kjju kiju jiku jiku juik juik ijku

**jj uu kk ii jj uu kk ii jk jk ui ui jk jk ui ui jk ui jk ui ijku ujik ukij ujik ikij ikiu**

jj uu kk ii jj uu kk ii jk jk ui ui jk jk ui ui jk ui jk ui ijku ujik ukij ujik ikjj ikiu

jj uu kk ii jj uu kk ii jk jk ui ui jk jk ui ui jk ui jk ui ijku ujik ukij ujik ikjj ikiu

jj uu kk ii jj uu kk ii jk jk ui ui jk jk ui ui jk ui jk ui ijku ujik ukij ujik ikjj ikiu

jj uu kk ii jj uu kk ii jk jk ui ui jk jk ui ui jk ui jk ui ijku ujik ukij ujik ikjj ikiu

jj uu kk ii jj uu kk ii jk jk ui ui jk jk ui ui jk ui j ui ijku ujik ukij ujik ikjj ikiu

jj uu kk ii jj uu kk ii jk jk ui ui jk jk uil ui jk ui j ui ijku ujik ukij ujik ikjj ikiu

jj uu kk ii jj uu kk uu jk jk ui ui jk jk uil ui jk ui j ui ijku ujik ukij ujik ikjj ikiu

jj uu kk ii jj uu kk uu jk jk ui ui jk jk uil ui jk ui j ui ijku ujik ukij ujik ikjj ikiu

**jkjlj jkjljl liku liku liku jilk jilk julk julk lulu lulu julu julu iklu ilku ilkj ilkj**

jkjlj jkjljl liku liku liku liku jilk jilk julk julk lulu lulu julu julu iklu ilku ilkj ilkj

jkjlj jkljl liku liku liku jilk jilk julk julk julk lulu lulu julu julu iklu ilku ilkj ilkj

jkjlj jkljl liku liku liku jilk jilk julk julk julk lulu lulu julu julu iklu ilku ilkj ilkj

jkjlj jkljl liku liku liku jilk jilk julk julk julk lulu lulu julu julu iklu ilku ilkj ilkj

jkjlj jkljl liku liku liku jilk jilk julk julk julk lulu lulu julu julu iklu ilku ilkj ilkj

jkjlj jkljl liku liku liku jilk jilk julk julk julk lulu lulu julu julu iklu ilku ilkj ilkj

## Both Hands - words

**jude jude dud dud dude dude rude rude due due rudder rudder**

jude jude dud dud dude dude rude rude due due rudder rudder

jude jude dud dud dude dude rude rude due due rudder rudder

jude jude dud dud dude dude rude rude due due rudder rudder

jude jude dud dud dude dude rude rude due due rudder rudder

jude jude dud dud dude dude rude rude due due rudder rudder

jude jude dud dud dude dude rude rude due due rudder rudder

jude jude dud dud dude dude rude rude due due rudder rudder

jude jude dud dud dude dude rude rude due due rudder rudder  
jude jude dud dud dude dude rude rude due due rudder rudder

jude jude dud dud dude dude rude rude due due rudder rudder

**fur fur fir fir fire fire fired fired ride ride fried fried rider rider**

fur fur fir fir fire fire fired fired ride ride fried fried rider rider

fur fur fir fir fire fire fire fired fired ride ride fried freid rider rider

fur fur fir fir fire fire fire fired fired ride ride fried fried rider rider

fur fur fir fir fire fire fire fired fired ride ride fried fried rider rider

fur fur fir fir fire fire fire fired fired ride ride fried fried rider rider

fur fur fir fir fire fire fire fired fired ride ride fried fried rider rider

fur fur fir fir fire fire fire fired fired ride ride fried fried rider rider

fur fur fir fir fire fire fire fired fired ride ride fried fried rider rider

fur fur fir fir fire fire fire fired fired ride ride fried fried ride rider

fur fur fir fir fire fire fire fired fried ride ride fried fried ride rider

   **»**

**kid kid did did die die died died dried dried ride ride drier drier**

kid kid did did die die died died dried dried ride ride drier drier

kid kid did did die die died died dried dried ride ride drier drier

kid kid did did die die died died dried dried ride ride drier drier

kid kid did did die die died died dried dried ride ride drier drier

kid kid did did die die died died dried dried ride ride drier drier

kid kid did did die die died died dried dried ride ride drier drier

kid kid did did die die died died dried dried ride ride drier drier

kid kid did did die die died died died dried dried ride ride drier drier

kid kid did did die die died died died dried dried ride ride drier drier

kid kid did did die die died died died dried dried ride ride drier drier

kid kid did did die die died died died dried dried ride ride drier drier

kid kid did did die die died died died dried dried ride ride drier drier

kid kid did did die die died died died dried dried ride ride drier drier

kid kid did did die die died died died dried dried ride ride drier drier

kid kid did did die die died died died dried dried ride ride drier drier

**udder judder jerked dried rife dune kidder kiddie dire drier jeer jeered**

udder judder jerked dried rife dune kidder kiddie dire drier jeer jeered

udder judder jerked dried rife dune kidder kiddie dire drier jeer jeered

udder judder jerked dried rife dune kidder kiddie dire drier jeer jeered

udder judder jerked dried rife dune kidder kiddie dire drier jeer jeered

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udder judder jerked dried rife dune kidder kiddie dire drier jeer jeered

udder judder jerked dried rife dune kidder kiddie dire drier jeer jeered

udder judder jerked dried rife dune kidder kiddie dire drier jeer jeered

udder judder jerked dried rife dune kidder kiddie dire drier jeer jeered

udder judder jerked dried rife dune kidder kiddier dire drier jeer jeered

**reek reeked tried tire retire retired kirk june feud fuji deride juried**

reek reeked tried tire retire retired kirk June feud fuji deride juried

reek reeked tried tire retire retired kirk junr feud fuji deride juried

reek reeked tried tire retire retired kirk junr feud fuji deride juried

reek reeked tried tire retire retired kirk junr feud fuji deride juried

reek reeked tried tire retire retired kirk junr feud fuji deride juried

reek reeked tried tire retire retired kirk junr feud fuji deride juried

reek reeked tried tire retire retired kirk junr feud fuji deride juried

reek reeked tried tire retire retired kirk junr feud fuji deride juried

reek reeked tried tire retire retired kirk junr feud fuji deride juried

reek reeked tried tire retire retired kirk junr feud fuji deride juried

**red deer feeder; feed freddie; red fire; free feed; fried deer; dier ride;**

red deer feeder; feed Freddie; red fire; free feed; fried deer; dier ride;

red deer feeder; feed Freddie; red fire; free feed; fried deer; dier ride;

red deer feeder; feed Freddie; red fire; free feed; fried deer; dier ride;

red deer feeder; feed Freddie ;red fire; free feed; fried deer; dier ride;

red deer feeder; feed Freddie; red fire; free feed; fried deer; dier ride;

red deer feeder; feed Freddie; red fire; free feed; fried deer; dier ride;

red deer feeder; feed fredie; red fire; free feed; freied deer; dier ride;

red deer feeder; feed fredie; red fire; free feed; fried deer; dier ride;

red deer feeder; feed fredie; red fire; free feed; fried deer; dier ride;

 **»**

**eddie died; free ride; eddie fired fred; did eddie die; dier rider fried;**

eddie died; free ride; eddie fired fred; did eddie die; dier rider fried;

eddie died; free ride ; eddie fired fred; did eddie die; dier rider fried;

eddie died; free ride; eddie fired fred; ded eddie die; dier rider fried;

eddie died; free ride; eddie fired fred; ded eddie die; dier rider fried;

eddie died; free ride; eddie fired fred; ded eddie die; dier rider fried;

eddie died; free ride; eddie fired fred; ded eddie die; dier rider fried;

eddie died; free ride; eddie fired fred; ded eddie die; dier rider fried;

eddie died; free ride; eddie fired fred; ded eddie die; dier rider fried;

**edifier rider dude freed red fur deer; kidder eddie rudder fed red deer;**

edifier rider dude freed red fur deer; kidder eddie rudder fed red deer;   
 edifier rider dude freed red fur deer ; kidder eddie rudder fed red deer;

edifier rider dude freed red fru deer; kidder eddie rudder fed red deer;

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edifier rider dude freed red fru deer; kieer eddie rudder fed red deer;

edifier rider dude freed red fru deer; kieer eddie rudder fed red deer;

edifier rider dude freed red fru deer; kieer eddie rudder fed red deer;

edifier rider dude freed red fru deer; kieer eddie rudder fed red deer;

edifier rider dude freed red fru deer; kieer eddie rudder fed red deer;

**freed fed red deer died; referrer fred fuji fried freed fed red deer;**

freed fed red deer died; referrer fred fuji fried freed fed red deer;

freed fed red deer died; referrer fred fuji fried freed fed red deer;

freed fed red deer died ; referrer fred fuji fried freed fed red deer;

freed fed red deer died ; referrer fred fuji fried freed fed red deer;

freed fed red deer died; referrer fred fuji fried fed red deer;

freed fed red deer died; referrer fred fuji fried fed red deer;

freed fed red deer died; referrer fred fuji fried fed red deer;

freed fed red deer died; referrer fred fuji fried fed red deer;

freed fed red deer died; referrer fred fuji fried fed red deer;

freed fed red deer died; referrer fred fuji fried fed red deer;

Introducing 3 Key Letters:

T G & H

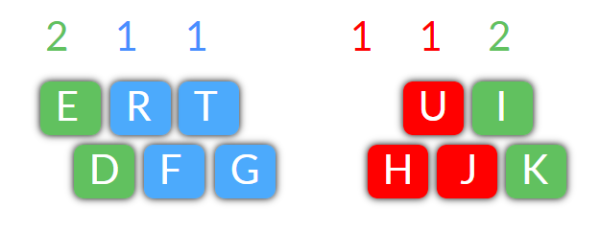
*"I have an average typing speed, but I used to type looking at the keyboard. But ever since I have been following your tutorials, I have improved a lot.*

*And my typing speed too, has increased!*

*Thank you so much for your guidelines!"*

After some quick drills you will be diving in to more typing practice with real words and phrases.

​Flex your fingers to loosen them. Notice the two keys G and H in the centre of the keyboard. Sit so that these are in front of the centre of your body. Use fingers as shown.



## Left Hand - letter drills

**fg fg fg fgf fgt fg ft ft ft dfg dfgt dft dft’**

**fg fg fg fgf fgt fg ft ft ft dfg dfgt dft dgt’**

**fg fg fg fgf fgt fg ft ft ft dfg dfgt dft dgt**

**fg fg fg fgf fgy fg ft ft ft dfg dfgt dft dgt**

**fg fg fg fgf fgt fg ft ft ft dfg dfgt dft dg**

**fg fg fg fgf fgt fg ft ft ft dfg dfgt dft dgt**

**fg fg fg fgf fgy fg ft ft ft dfg dfgt dgt dgt**

**fg fg fg fgf fgy fg ft ft ft dfg dfgt dgt dgt**

**fg fg fg fgf fgy fg ft ft ft dfg dfgt dgt dgt**

**fg fg fg fgf fgy fg ft ft ft dfg dfgt dgt dgt**

**fg fg fg fgf fgy fg ft ft ft dfg dfgt dgt dgt**

**fg fg fg fgf fgy fg ft ft ft dfg dgft dgt dgt**

**fg fg fg fgf fgy fg ft ft ft dfg dgft dgt dgt**

**fg fg fg fgf fgy fg ft ft ft dfg dgft dgt dgt**

**fg fg fg fgf fgy fg ft ft ft dfg dgft dgt dgt**

 frt frt frt frtg frtg frtg fgt fgt fgt

frt frt frt frtg frtg frtg fgt fgt fgt

frt frt frt frtg frtg frtg fgt fgt fgt

frt frt frt frtg frtg frtg fgt fgt

frt frt frt frtg frtg frtg fgr fgt

frt frt frt frtg frtg frtg fgr fgt

frt frt frt frtg frtg frtg fgr fgt

frt frt frt frtg frtg frtg fgr fgt

frt frt frt frtg frtg frtg fgr fgt

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frt frt frt frtg frtg frtg fgr fgt

 dfrt dfrt dfrt dfrt dert dert dert dert’

dfrt dfrt dfrt dfrt dert dert dert dert

dfrt dfrt dfrt dfrt dert dert dert dert

dfrt dfrt dfrt dfrt dert dert dert dert

dfrt dfrt dfrt dffrt dert dert dert dert

dfrt dftrt dfrt dffrt dert dert dert dert

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dfrt dfrt dfrt dffrt dert dert dert dert

dfrt dfrt dfrt dffrt dert dert dert dert

## Right Hand - letter drills

 jhj jhj jhj jhj jujhj jujhj jujhj jujhj hijk hujk hijk hujk

jhj jhj jhj jhj jujhj jujhj jujhj jujhj hijk hujk hijk hujk

juj juj juj juj jujhj jujhj jujhj jujhj hijk hujk hijk hujk

juj juj juj juj jujhj jujhj jujhj jujhj hijk hujk hijk hujk

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 jhjkik jhjkik jhjkik kikjuj kikjuj kikjuj jujkik jujkik

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 jhik jhik jhik jihk jihk jihi jihi jihi kih kih kih huhi huhi

jhik jhik jhik jihk jihk jihi jihi jihi kih kih kih huhi huhi

jhik jhik jhik jihk jihk jihk jihi jihi kih kih kih huhi huhi

jhik jhik jhik jihk jihk jihk jihi jhi kih kih kih huhi huhi

jhik jhik jhik jihk jihk jihk jihi jhi kih kih kih huhi huhi

jhik jhik jhik jihk jihk jihk jihi jhi kih kih kih huhi huhi

jhik jhik jhik jihk jihk jihk jihi jhi kih kih kih huhi huhi

jhik jhik jhik jihk jihk jihk jihi jhi kih kih kih huhi huhi

jhik jhik jhik jihk jihk jihk jihi jhi kih kih kih huhi huhi

jhik jhik jhik jihk jihk jihk jihi jhi kih kih kih huhi huhi

jhik jhik jhik jihk jihk jihk jihi jhi kih kih kih huhi huhi

## Both Hands - letter drills

 fg jh fg jh ft jh fgt fgt fgt ght ght ght th th th

fg jh fg jh ft jh fgt fgt fgt ght ght ght th th th th

fg jh fh jh ft jh fgt fgt fgt ght ght ght th th th th

fg jh fh jh ft jh fgt fgt fgt ght ght ght th th th th

fg jhfh jh ft jh fgt fgt fgt ght ght ght th th th th

fg jhjh jh ft jh fgt fgt fgt ght ght ght th th th th

fg jhjh jh ft jh fgt fgt fgt ght ght ght th th th th

fg jhjh jh ft jh fgt fgt fgt ght ght ght th th th th

fg jhjh jh ft jh fgt fgt fgt gft gft gft th th th th th

fg jhjh jh ft jh fgt fgt fgt gft gft gft th th th th th

fg jhjh jh ft jh fgt fgt fgt gft gft gft th th th th th

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fg jhjh hj ft jh fgt fgt fgt gft gft gft th th th th th

fg jhjh hj ft jf fgt fgt fgt gft gft gft th th th th th

fg jhj hj ft jf fgt fgt fgt gft gft gft th th th th th

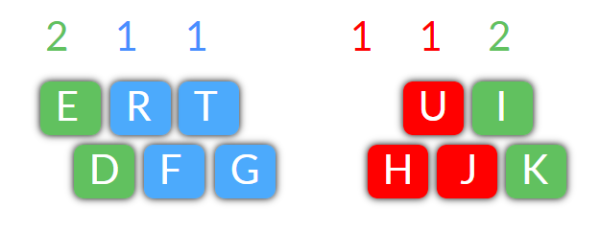
fg jhj hj ft jf fgt fgt fgt gft gft gft th th th th th

fg jhj hj ft jf fgy fgy fgy gft gft th th th th th th

fg jhj hj ft jf fgy fgy fgyt gft gft th th th th th th

fg jhj hj ft jf fgy fgt fgty gft gft th th th th th th

Exercises



## Both Hands - words

**grit gritted thrift drift thru true fudge trig trigger hike trike kite true truth**

grit gritted thrift drift thru true fudge trig trigger hike trike kite true truth

grit gritted thrift drift thru true fudge trig trigger hike trike kite true truth

grit gritted thrift drift thru true fudge trig trigger hike trike kite true truth

grit gritted thrift drift thru true fudge trig trigger hike trike kite true truth

grit gritted thrift drift thru true fudge trig trigger hike trike kite true truth

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grit gtitted thrift drgt thru true fudge trig trigger hike trike kite true truth

grit gtitted thrft drgt thru true fudge trige trigger hike trike kite true truth

**feet fret get greet regret regretted rift drift gift gifted fig figure hit fit fitter**

feet fret get greet regret regretted rift drift gift gifted fig figure hit fit fitter

feet fret get greet regret regretted rift drift gift gifted fig figure hit fit fitter

feet fret get greet regret regretted rifr drifr gift gifted fig figure hit fit fitter

feet fret get greet regtet regreted rift drift gift gifted fig figure hit fit fitter

feet fret get greet regtet regreted rift drift gift gifted fig figure hit fit fitter

feet fret get greet regtee regreted rift drift gift gifted fig figure hit fit fitter

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feet fret get greet regtee regreted rift drift gift gifted fig figure hit fit fitter

feet fret get greet regtee regreted rigt drift gift gifted fig figure hit fit fitter

feet fret get greet regteer regreted rigt drift gift gifted fig figute hit fit fitter

feet fret get greet regteer regreted rigt drift gift gifted fig figute hit fit fitter

feet fret get greet regteer regreted rigt drift gift gifted fig figute hit fit fitter

**dirt diet tire tired retire retired tried he her here the thee these there their**

dirt diet tire tired retireretired tried he her here the thee these there their

dirt diet tire tired retire retired tried he her here the thee these there their

dirt diet tire tired retire retired tried he her here the these these there their

dirt diet tire tired retire retired tried he her here the thede these there their

dirt diet tire tired retire retired tried he her here the thede these there their

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drit dirt tire tired retire tetired tried he her here the thede these there theiri

drit dirt tire tired retire tetired tried he her here the thede these there theiri

drit dirt tire tired retire tetired tried he her here the thede these there theiri

**jut jutted jud jug judge judged hug huge hugged dug drug drugged grudge**

jut jutted jud jug judge judged hug huge hugged dug drug drug drugged grudge

jut jutted jud jug judge judged hug huge hugged dug drug drug drugged grudge

jut jutted jud jug judge judged hug huge hugged dug drug drug drugged grudge

jut jutted jud jug judge judged hug huge hugged dug drug drug drugged grudge

jut jutted jud jug judge judged jug juge hugged dug drug drug drugged grudge

jut jutted jud jug judge judged jug juge hugged dug drug drug drugged grudge

jut jutted jud jug judge judged jug juge hugged dug drug drug drugged grudge

jut jutted jud jug judge judged jug juge hugged dug drug drug drugged grudge

**freddie tried the fridge; the right fridge; keith agreed; the huge free feed;**

Freddie tried the fridge; the right fridge; keith agreed; the huge free feed;

Frieddie tried the fridge; the right fridge; keith agreed; the huge free feed;

Freddie tried the fridge; the right fridge; keith agreed; the huge free feed;

Freddie tried the fridge; the right fridge; keith agreed; the huge free feed;

Freddie tried the fridge; the right fridge; keith agreed; the huge free feed;

Freddie tried the fridge; the right fridge; keith agreed; the huge free feed;

Freddie tried the friedge; the right fridge; keith agreed; the huge free feed;

Freddie tried the friedge; the right fridge; keith agreed; the hug free feed;

Freddie tried the friedge; the right fridge; keith agreed; the hug free feed;

Freddie tried the friedge; the right fridge; keith agreed; the hug free feed;

Freddir tried the friedge; the right fridge; keith agreed; the hug free feed;

**red jug; guide the tight red kite higher; the hired guide urged the rugged hiker;**  
 red jug; guide the tight red kite higher; the hired guide urged the rugged hiker;

red jug; guide the tight red kite higher; the hired guide urged the rugged hiker;

red jug; guide the tight red kite higer; the hired guide urged the rugged hiker;

red jug; guide the tight red kite higer; the hired guide urged the rugger hiker;

red jug; guide the tight red kite higer; the hired guide urged the rugger hiker;

red jug; guide the tight red kite higer; the hired guide urged the rugger hiker;

red jug; guide the tight red kite higer; the hired guide urged the rugger hiker;

red jug; guide the tight red kite higer; the hired guide urged the rugger hiker;

**the right** **judge; the third huge tiger tried; true ruth tried the third free gift;**

the right judge; the third huge tiger tried; true ruth tried the third third free gift;

the right judge; the third huge tiger tried; true ruth tried the third free gift;

the right judge; the third huge tiger tried; true ruth tried the third free gift;

the right judge; the third huge tiger tried; true ruth tried the third free gift;

the right judge; the third huge tiger tried; true ruth tried the third free gifr;

the right judge; the third huge tiger tried; true ruth tried the third free gifr;

the right judge; the third huge tiger tried; true ruth tried the thied free gift;

the right judge; the third huge tiger tried; true ruth tried the thied free gift;

Introducing Letters:

W  S   L  O  Y

"I have an average typing speed, but I used to type looking at the keyboard. But ever since I have been following your tutorials, I have improved a lot. And my typing speed too, has increased!

Thank you so much for your guidelines!"

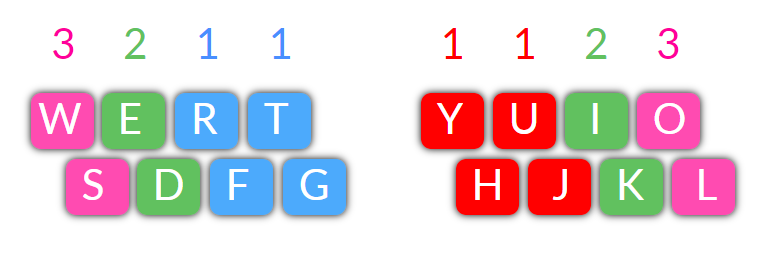
**Heres's some of the longest words you can now make with the letters you'll be typing from the chart above:**

Flourished, Righteously, Worthiest, Fortitude and Yourself.... plus a heap of common every day words like:

yes, right, like, trust, give, follow, look, rest, joke, high, just, food.

With the addition of these five new letters, you're really going to go places.

**W** and **S** on the **LEFT**hand.  **Y**, **L** and **O** on the **RIGHT**hand.



## Left Hand Drills - focus letters S & W

**fff ddd sss www fff ddd sss www fff ddd sss www**

fff ddd sss www fff ddd sss www fff ddd ssss wwww

fff ddd sss www fff ddd sss www fff ddd ssss wwww

fff ddd sss www fff ddd sss www fff ddd sss wwww

fff ddd sss www fff ddd sss www fff ddd ssss wwww

fff ddd sss www fff ddd sss www fff ddd sss wwwww

ff ddd sss www fff ddd sss www fff ddd sss wwww

ff ddd sss www fff ddd sss www fff ddd sss wwww

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ff ddd sss www fff ddd sss www fff ddd sss wwww

ff ddd sss www fff ddd sss www fff ddd sss wwww

ff ddd sss www fff ddd sss www fff ddd sss wwww

fff ddd sss www fff ddd sss www fff ddd ssss wwww

**fds fds fdsw fdsw frf ded sws frf ded sws frf ded sws**

fds fds fdsw fdsw frf ded sws frf ded sws frf ded sws

fds fds fdsw fdsw frf ded sws frf ded sws frf ded sws

fds fds fdsw fdsw frf ded sws frf ded sws frf ded sws

fds fds fdsw fdsw frf ded sws frf ded sws frf ded sws

fds fds fdsw fdsw frf ded sws frf ded sws frf ded sws

fds fds fdsw fdsw frf ded sws frf ded sws frf ded sws

fds fds fdsw fdsw frf ded sws frf ded sws frf ded sws

fds fds fdsw fdsw frf ded sws frf ded sws frf ded sws

**fdd fss ree rww rww rew rew rews rews dew dews**

fdd fss ree rww rww rew rew rews rews dew dews

fdd fss ree rww rww rew rew rews rews dew dews

fdd fss ree rww rww rew rew rews rews dew dews

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fdd fss ree rww rww rew rew rews rews dew dews

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fdd fss ree rww rww rew rew rews rews dew dews

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fdd fss ree rww rww rew rew rews rews dew dews

fdd fss ree rww rww rew rew rews rews dew dews

fdd fss ree rww rww rew rew rews rews dew dews

**ffds ffds ffdsw fdsw fds fdsw wsdf wsdf sdf fdsdf fdsdf**

ffds ffds ffdsw fdsw fds fdsw wsdf wsdf sdf fdsdf fdsdf

ffds ffds ffdsw fdsw fds fdsw wsdf wsdf sdf fdsdf fdsdf

ffds ffds ffdsw fdsw fds fdsw wsdf wsdf sdf fdsdf fdsdf

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ffds ffds ffdsw fdsw fds fdsw wsdf wsdf sdf fdsdf fdsdf

ffds ffds ffdsw fdsw fds fdsw wsdf wsdf sdf fdsdf fdsdf

**ffss ffss ffsf ff ssf ff ssf fdsdf fdsdf frf ded sws**

ffss ffss ffsf ff ssf ffs sf fdsdf fdsdf frf ded sws

ffss ffss ffsf ff ssf ffs sf fdsdf fdsdf frf ded sws

ffss ffss ffsf ffs sf ffs sf fdsdf fdsdf frf ded sws

ffss ffss ffsf ffs sf ffs sf fdsdf fdsdf frf ded sws

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ffss ffss ffsf ffs sf ffs sf fdsdf fdsdf frf ded sws

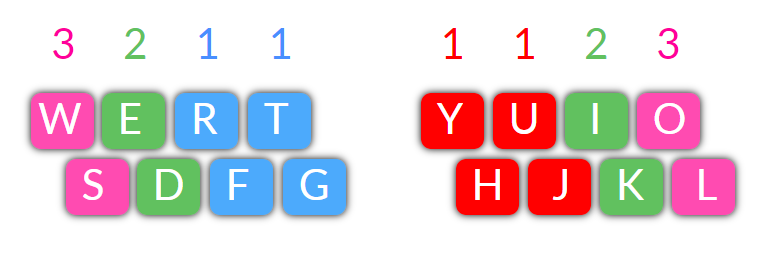
ffss ffss ffs ffs sf ffs sf fdsdf fdsdf frf ded sws

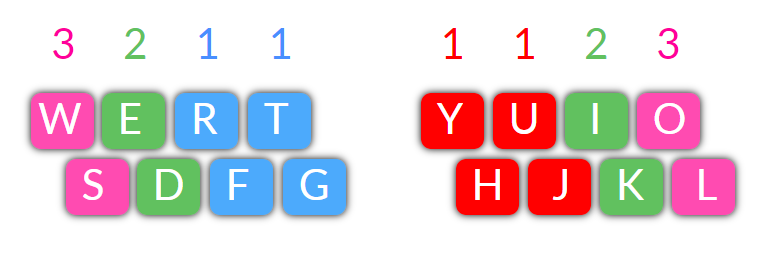
ffss ffss ffs ffs sf ffs sf fdsdf fdsdf frf ded sws

Use your **RIGHT HAND FINGER No. 3** for the letters **L** and **O**.

​

​Use your **RIGHT HAND INDEX FINGER No. 1** for **Y** (stretch the H finger to Y).





## Right Hand Drills - focus letters Y L and O

**juj juj** **jujyj jujyj jyj jhj jhj jhjyj jhjyj jujhj jujhj ujh ujh**

juj juj jujyj juj jhj jhj jhjyj jhjyj jujhj jujhj ujh ujh

juj juj jujyj juj jhj jhj jhjuj jhjyj jujhj jujhj ujh ujh

juj juj jujyj juj jhj jhj jhjuj jhjyj jujhj jujhj ujh ujh

juj juj jujyj jujyj jyj jhj jhj jhjyj jhjyj jujhj jujhj ujh ujh

juj juj jujyj jujyj jyj jhj jhj jhjyj jhjyj juhj jujhj ujh ujh

juj juj jujyj jujyj jyj jhj jhj jhjyj jhjyj jujhj jujhj ujh ujh

juj juj jujyj jujyj jyj jhj jhj jhjyj jhjyj jujhj jujhj uhj ujh

juj juj jujyj jujyj jyj jhj jhj jhjyj jhjyj jujhj jujhj uhj ujh

 jklol jklol jklol lol lol lol lol jujhj klol jujhj klol kol kol

jklol jklol jklol lol lol lol lol jujhj klol jujhj klol kol kol

jklol jklol jklol lol lol lol lol jujhj klol jujhj klol kol kol

jklol jklol jklol lol lol lol lol jujhj klol jujhj klol kol kol

jklol jklol jklol lol lol lol lol jujhj klol jujhj klol kol kol

jklol jklol jklol lol lol lol lol jujhj klol jujhj klol kol kol

jklol jklol jklol lol lol lol lol jujhj klol jujhj klol kol kol

jklol jklol jklol lol lol lol lol jujhj klol jujhj klol kol kol

jklol jklol jklol lol lol lol lol jujhj klol jujhj klol kol kol

jklol jhklol jklol lol lol lol lol jujhj klol jujhj klol kol kol

## Left Hand Only

 sweet sweets sweeter swede tweed tweet tweets tweeted street streets

sweet sweets sweeter swede tweed tweet tweets tweeted street streets

sweet sweets sweeter swede tweed tweet tweets tweeted street streets

sweet sweets sweeter swede tweed tweet tweets tweeted street streets

sweet sweets sweeter swede tweed tweet tweets tweeted street streets

sweet sweets sweeter swede tweed tweet tweets tweeted street streets

sweet sweets sweeter swede tweed tweet tweets tweeted street streets

sweet sweets sweeter swede tweed tweet tweets tweeted street streets

sweet sweets sweeeter swede tweed tweet tweets tweeted street streets

sweet sweets sweeter swede tweed tweet tweets tweeted street streets

**ewe ewes sew sews resew sewed stew stewed strew strewed grew**

ewe ewes sew sews resew sewed stew stewed strew strewed grew

ewe ewes sew sews resew sewed stew stewed strew strewed grew

ewe ewes sew sews resew sewed stew stewed strew strewed grew

ewe ewes sew sews resew sewed stew stewed strew strewed grew

ewe ewes sew sews resew sewed stew stewed strew strewed grew

ewe ewes sew sews resew sewed stew stewed strew strewed grew

ewe ewes sew sews resew sewed stew stewed strew strewed grew

ewe ewes sew sews resew sewes stew stewed strew strewed grew

**ewe ewes sew**

ewe ewes sew

ewe ewes sew

ewe ewes sew

ewe ewes sew

ewe ewes sew

ewe ewes sew

ewe ewes sew

ewe ewes sew

ewe ewes sew

ewe ewes sew

ewe ewes sew

ewe ewes swe

ewe ewes swe

ewe ewes swe

eww ewes swe

eww ewes swe

eww ewes swe

eww ewes swe

 few fewer fewest free frees freer fret fretted fest fester test tester

few fewer fewese free frees freer fret fretted fesr fester test tester

few fewer fewese free frees freer frer frettes fest fester test tester

few fewer fewese free frees freer frer frettes fest festetr test tester

few fewer fewese free frees freer frer frettes fest festetr test tester

few fewer fewese free frees freer frer frettes fest festetr test tester

few fewer fewese free frees freer frer frettes fest festetr test tester

few fewer fewese free frees freer frer fretted fest festetr test tester

few fewer fewese free frees freer frer fretted fest festestr test tester

few fewer fewese free frees freer frer fretted fest festestr test tester

 we wee were wet wets west wrest rests wed rewed weed weeds

we wee were wet wets west wrest rests wed rewed weed weeds

we wee were wet wets west wrest rests wed rewed weed weed

we wee were wet wets west wrest rests wed rewed weed weeds

wee wee were wet wets west wrest rests wed rewed weed weeds

wee wee were wet wets west wrest rests wed rewed weed weeds

wee wee were wet wets west wrest rests wed rewed weed weeds

wee wee were wet weets west wrest rests wed rewed weed weeds

**dew dews drew deer dreg wed weds wedge wedges dress dresses dresser**

dew dews drew deerdreg wed weds wedgs wedges dress dresses dresser

dew dews drew deet dreg wed weds wedgs wedges dress dresses dresser

dew dews drew deet dreg wed weds wedgs wedges dress dresses dresser

dew dews drew deet dreg wed weds wedgs wedges dress dresses dresser

dew dews drew deet dreg wed weds wedgs wedges dress dresser dresser

dew dews drew deet dreg wed weds wedge wedges drees dresser dresser

## Right Hand Only

**lo lo oh oh yo yo oi oil oily hoy yuk you ilk joy yolk killjoy kook kooky**

lo lol oh oh yo yo oi oil oily hoy yuk you ilk joy yolk killjoy kook kooky

lo lol oh oh yo yo oi oil oily hoy yuk you ilk joy yolk killjou kook kooky

lo lol oh oh yo yo oi oil oily hoy yuk you ilk joy yolk killjou kook kooky

lol lol oh oh yo yo oi oil oily hoy yuk you ilk joy yolk killjou kool kooky

lol lol oh oh yo yo oi oil oily hoy yuk you ilk joy yolk killjou kool kooky

lol lol oh oh yo yo oi oil oiy hoy yuk you ilk joy yolk killjou kool kooky

lol lol oh oh yo yo oi oil oiy hoy yuk you ilk joy yolk killjou kool kooky

**lull hull hulk hulky loo look hoy holy holly jolly lolly hook hooky hullo**

lull hull hulk hulku loo look hoy holy holly jolly lolly hook hooky hullo

lull hull hulk hulk loo look hoy holy holly jolly lolly hook hooky hullo

lull hull hulk hulk loo look hoy holy holly jolly lolly hook hooky hullo

lull hull hulk hulk loo look hoy holy holly jolly lolly hook hooky hullo

lull hul hulk hulk loo look hoy holy holly jolly looly hook hooky hullo

lull hul hulk hulk loo look hoy holy holly jolly looly hook hooky hullo

lull hul hulk hulk loo look hou holy holly jolly looly hook hooky hullo

lull hul hulk hulk loo look hou holy holly jolly looly hook hooky hullo

lull hul hulk hulk loo look hou holy holly jolly looly hook hooky hullo

**lull hull hulk hulku loo look hoy**

lull hull hulk hulk loo look hoy

lull hull hulk hulk loo look hoy

lull hull hulk hulk loo look hoy

lull hull hulk hulk loo look hoy

lull hull hulk hulk loo look hoy

lull hull hulk hulk loo look hoy

lull hull hulk hulk loo look hoy

lull hull hulk hulk loo look hoy

lull hull hulk hulk loo look hoy

lull hull hulk hulk loo look hoy

lull hull hulk hulk loo look hoy

**ill ill kill kill hill jill jill jill ilk ilk ilk oil oily joy joy lily lily jokily jokily**

**i**ll ill kil kill hill jil jil jil jill ilk ilk ilk ilk oil oil joy joy lily lily jokily jokily

ill ill kil kill hill jil jil jil ilk ilk ilk ilk ilk oil oil joy joy lily lily jokily jokily

ill ill kil kill hill jil jil jil ilk ilk ilk ilk ilk oil oil joy joy lily lily jokily jokily

ill ill kil kill hill jil jil jil ilk ilk ilk ilk ilk oil oil joy joy lily lily jokily jokily

ill ill kil kill hill jil jil jil ilk ilk ilk ilk ilk oil oil joy joy lily lily jokily jokily

ill ill

## Both Hands

**juj jyyj joy toy roy try fry juj jyyj joy toy roy try fry juj jyyj joy toy roy try fry fly why**juj jyyj joy toy roy try fry juj jyyj joy toy toy roy try fry juj jyyj joy toy toy roy try fry fly why

juj jyyj joy toy roy try fry juj jyyj joy toy toy roy try fry juj jyyj joy toy roy try fry fly why

juj jyyj joy toy roy try fry juj jyyj joy toy toy roy try fry juj jyyj joy toy roy try fry fly why

juj jyyj joy toy roy try fry juj jyy joy toy toy roy try fry juj jyyj joy toly roy try fry fly why

 soy soil silly soul souls well wells yell yells swell swells wile wily while sty stye style stole

soy soil silly soul souls well wells yell yells swell swells wile wily whilw sty stye style stole

soy soil silly soul souls well wells yell yells swell swells wilw wily whilw sts stye stole

**wet wets jet jets jest jester yes let lets letters wet wets jet jets jest jester yes let lets letters**

wet wets jet jets jest jester yes let lets letters wet wets jet jets jest jester yes let lets letters

wet wets jet jets jest jester yes let lets letters wet wets jet jets jest jester yes let lets letters

wet wets jet jets jest jester yes let lets letters wet wests jet jets jest jester yes let lets letters

wet wets jet jets jest jester yes let lets letters wet wests jet jets jest jester yes let lets letters

**destroy westerly folly golly holly jolly swilly you your dirty dusty rusty yell yelled yellow**

**de**stroy westerly folly golly holly jolly swilly you your dirty dusty rusty yell yelled yellow

destroy westerly folly golly holly jolly swilly you your dirty dusty rusty yell yelled yellow

**hole whole while whist whistle when trolley trill thrill**

hole whole while whist whistle when when trolley trill thrill

hole whole while whist whistle when when trolley trill thrill

hole whole while whist whistle when when trolley trill thrill

hole wholw while whist whistle when when trolley trill thrill

hole whole while whist whistle when when trolley trill thrill

hole whole while whist whistle when when trolley trill thrill

**rolls tolls folds holds shoulders sisters swifter sword**

rolls tolls folds holds shoulders sisters swifter sword

**ro**lls tolls folds holds shoulders sisters swifter sword

rolls tolls folds holds shoulders sisters swifter sword

**full fuller drill driller toll tolls roll rolls folders holdersy**

full fuller drill driller toll tolls roll rolls folders holdersy

full fuller drill driller toll tolls roll rolls folders holdersy

full fuller drill driller toll tolls roll rolls folders holdersy

 try jury hurry hurt hut shut shutter shy fly flier joyous

try jury hurry hurt hut shut shutter shy fly flier joyous

try jury hurry hurt hut shut shutter shy fly flier joyous

try jury hurry hurry hut shut shutter shy fly flier joyous

**sky fry grey fry** shy **dry why shy hilly lilly frilly dolly**

sky fry grey fry shy dry why shy hilly lilly frilly dolly

sky fry grey fry shy dry why shy hilly lilly frilly dolly

sky fry grey fry shy dry why shy hilly lilly frilly dolly

**eighty joyful judges foiled the witty jokers with two wise words;**

eighty joyful judges foiles the witty jokers with two wise words;

eighty joyful judges foiles the witty jokers with two wise words;

eighty joyful judges foiles the witty jokers with two wise words;

 this is why sly joy wilson just took the first july flight out;

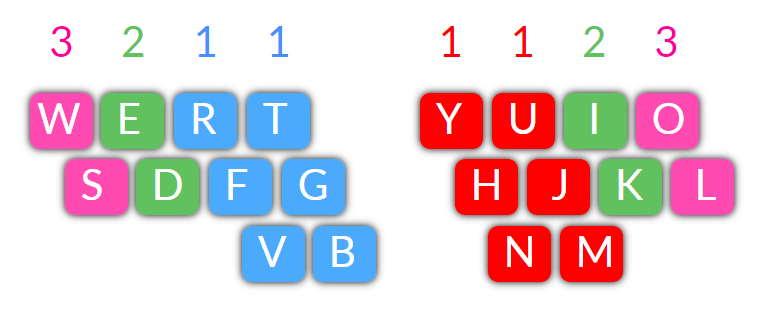
 yes tough wily willis fought foolishly to destroy freddy kelly;

 while wise freddy hurriedly hid when his witty jokes died horridly;

Introducing Letters:

V  B  N  M

**You are now advancing to bottom row letters.**  These will be a bit more challneging but they are yours for the taking.  Just keep up the practice and before you know it, they will all be under your command.





## Both Hands

**fvf frfvf fbf frfbf rev vet fvf frfvf fbf frfbf rev vet**

fvf frfvf fbf frfbf rev vet fvf frvf fbf frfbf rev vet

fvf frfvf fbf frfbf rev vet fvf frvf fbf frfbf rev vet

fvf frfvf fbf frfbf rev vet fvf frfvf fbf frfbf rev vet

fvf frfvf fbf frfvf rev vet fvf frfvf fbf frfbf rev vet

fvf frfvf fbf frfvf rev vet fvf frfvf fbf frfbf rev vet

fvf frfvf fbf frfbf rev vet fvf frfvf fbf frfbf rev vet

fvf frfvf fbf frfbf rev vet fvf frfvf fbf frfbf rev vet

**five fiver fib fibber very every five fiver fib fibber very every**

five fiver fib fibber very every five fiver fib fibber very every

fiver fiver fib fibber very every five fiver fib fibber vert every

fiver fiver fib fibber very every five fiver fib fibber vert every

five fiver fib fibber very every five fiver fib fibber very every

five fiver fib fibber very every five fiver fib fibber very every

five fiver fib fibber very every five fiver fib fibber very every

**jmj jujmj jnj jujnj jmj jujmj jnj jujnj**

jmj jujmj jnj jujnj jmj jujmj jnj jujnj

jmj jujmj jnj jujnj jmj jujmj jnj jujnj

jmj jujmj jnj jujnj jmj jujmj jnj jujnj

jmj jujmj jnj jujnj jmj jujmj jnj jujnj

jmj jujmj jnj jujnj jmj jujmj jnj jujnj

jmj jujmj jnj jujnj jmj jujmj jnj jujnj

jmj jujmj jnj jujnj jmj jujmj jnj jujnj

**jim him kim tim rim trim hem them jim him kim tim rim trim hem them**

jim him kim tim rim trim hem them jim him kim tim rim trim hem them

jim him kim tim rim trim hem them jim him kim tim rim trim hem them

jim him kim tim rim trim hem them jim him kim tim rim trim hem them

jim him kim tim rim trim hem them jim him kim tim rim trim hem them

jim him kim tim rim trim hem them jim him kim tim rim trim hem them

Use your **LEFT HAND** INDEX FINGER (No. 1) for **V** and **B**

​

Use your **RIGHT HAND** INDEX FINGER No. 1) for **N** and **M**

## Focus on Top Row Vowels

**ou ough rough tough trough enough ou ough rough tough trough**

ou ough rough tough trough enough ou ough rough tough trough

ou ough rough tough trough enough ou ough rough tough trough

ou ough rough tough trough enogh ou ough rough tough trough

ou ough rough tough trough enogh ou ough rough tough trough

ou ough rough tough trough enogh ou ough rough tough trough

ou ough rough tough trough enogh ou ough rough tough trough

 though thought through thorough though thought through thorough

though thought through thorough though thought through thorough

though thought through thorough though thought through thorough

though thought through thorough though thought through thorough

 house houses mouse mound mounds house houses mouse mound mounds

house houses mouses mound mounds house houses mouse mound mounds

house housed moused mound mounds house houses mouse mound mounds

**round rounds sound resounded sound resounded**

round rounds sounds resounded sound resounded

round rounds sounds resounded sound resounded

round rounds sounds resounded sound resounded

round rounds sounds resounded sound resounded

round rounds sounds resounded sound resounded

round rounds sounds resounded sound resounded

**john mentioned the lions and tigers; they looked very tough;**

john mentioned the lions and tigers; they looked very tough;

john mentioned the lions and tigers; they looked very tough;

john mentioned the lions and tigers; they looked very tough;

john mentioned the lions and tigers; they looked very tough;

john mentioned the lions and tigers; they looked very tough;

**the little mouse went round the house which stood on a high mound;**

the little mouse went round the house which stood on a high mound;

the little mouse went round the house which stood on a high mound;

the little mouse went round the house which stood on a high mound;

the little mouse went round the house which stood on a high mound;

the little mouse went round the house which stood on a high mound;

the little mouse wenh roung the house which stood on a high mound;

 i remember the mission which is built on the high ground beyond the valley;

I remember the mission which is built on the high ground beyond the valley;

I remember the mission which is built on the high groung beyong the valley;

 i rested in my house before playing two rounds of golf; would love to win;

I rested in my house before playing two rounds of golf; would love to win;

I rested in my house before playing two rounds of golf; would love to win;

I rested in my house before playing two rounds of golf; would love to win;

I rested in my house before playing two rounds of golf; would love to win;

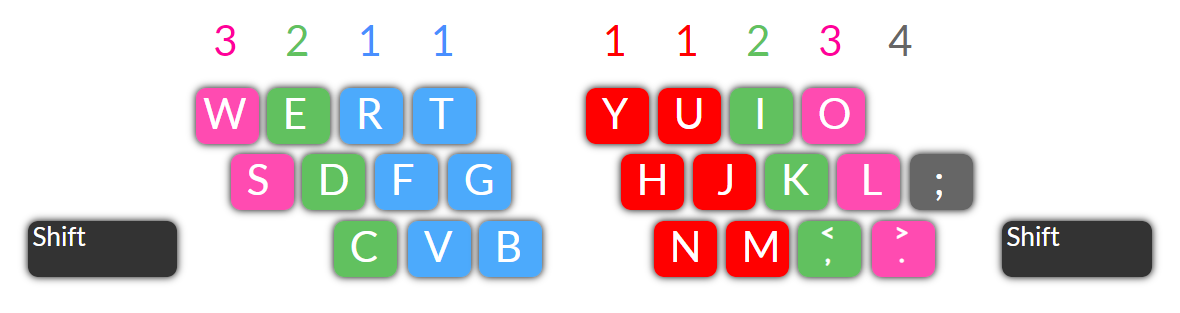
I rested in my house before playing two rounds of golf; would love to win;

Introducing Capitals!

+  letter  C & punctuation , .

**You will be able to type a full sentence with a CAPITAL at the start and a full stop (period) at the end.**

There will be nothing to hold you back now.



Introducing Capitals!

+  letter  C & punctuation , .

Use your **LEFT HAND** RING FINGER (No. 2) to type the letter **C**, moving your finger down from letter **D**.

​Use your **RIGHT HAND** RING FINGER (No. 2) to type the comma , moving your finger down from letter K.

Use your **RIGHT HAND** RING FINGER (No. 3) to type the full stop . moving your finger down from letter **L**.

**Click inside the box below and practice these three movements from middle to the bottom row.**

**Creating motor memory from letter D to letter C.**

**ded dcd ded cdc dedcd dedcd decided decks check checks cheese chest**

ded dcd ded cdc dedcd dedcd dedided decks check checks cheese chest

ded dcd ded cdc dedcd dedcd dedided decks check checks cheese chest

ded dcd ded cdc dedcd dedcd dedided decks check checks cheese chest

ded dcd ded cdc dedcd dedcd dedided deckd check checks cheese chest

ded dcd ded cdc dedcd dedcd dedided deckd check checks cheese chest

ded dcd ded cdc dedcd dedcd dedided deckd ckeck ckeckd cheese chest

 cheek check checked creek creeks dice diced slice sliced twice nice mince minced

cheek check checked creek creeks dice diced slice sliced twicen nice mince minced

cheek check checked creek creeks dice diced slice sliced twiceen nice mince minced

**Type these phrases using the right little finger for the semi-col**

**type slowly with correct fingers; check the colours in the finger columns;**

type slowly with correct fingers; check the colours in the finger columns;

type slowly with correct fingers check the colours in the finger columns;

type slowly with correct fingers check the colours in the finger columns;

type slowly with correct fingers check the colours in the finger columns;

**notice which finger should type the letter key you need;**

notice which finger should type the letter key you need;

notice which finger should type the letter key you need;

notice which finger should type the letter key you need;

notice which finger should type the letter key you need;

 when you come to tricky words type them more times;

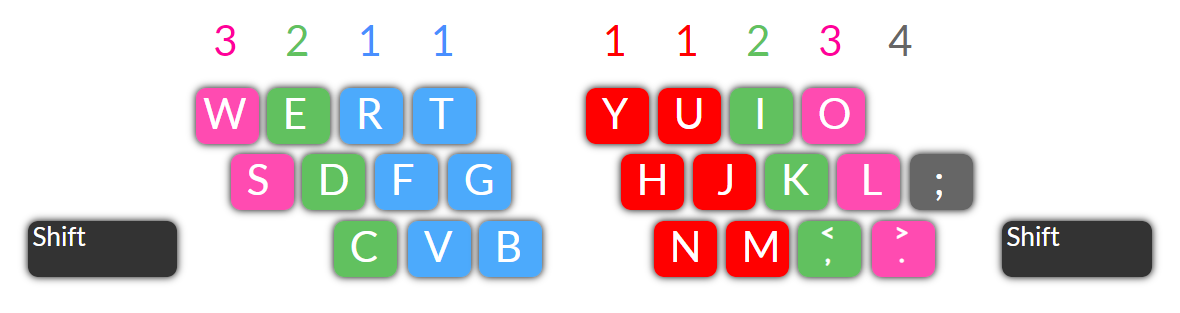
Try These Sentences

**CAPITALS - To type Capital letters** you will need to use the Shift keys, above the Ctrl keys on each side of the letter key block. Left of Z and Right of ?  The Shift keys are used also for Upper Characters like @ $ % \* <

*Press the shift key - Type the letter key - Release the shift key.*

For a **Left Hand capital** hold the **RIGHT** Shift key.

For a **Right Hand** capital hold the **LEFT** Shift key.



**The full stop is on the bottom row. Find the ring finger on your right hand.**

The full stop is on the bottom row

**Commas get you thinking, believing. Reach to the left of the full stop. Good.**

Commas get you thinking, believing. Reach to teft of the full stop. Good.

Commas get you thinking, believing. Reach to left of the full stop. Good.

Commas get you thinking, believing. Reach to left of the full stop. Good.

Commas get you thinking, believing. Reach to left of the full stop. Good.

 Stretch your longest finger. When beginning new lines, hit the Enter key once.

Stretch yout longest fingrt.When beginning new lines, hit the Enter key once.

Stretch your longest finger. When beginning new lines, hit the Enter key once.

 Find and hold the Right Shift key for these left hand capitals.

 Be careful. Try to keep your fingers curved. Very nice.

 Do not let your wrists rest on the desk. That is not good use of energy.

Keep your legs Uncrossed while doing these drills. It is good ergonomics.

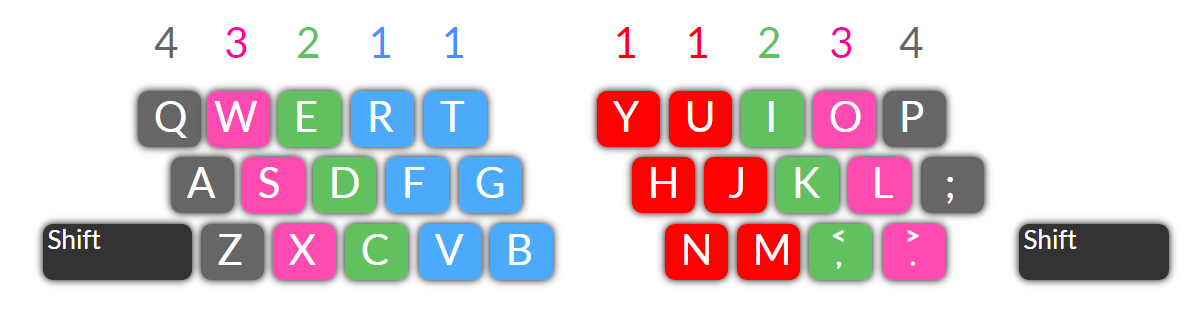
 Keep both of your feet firmly on the vinyl floor. Get your body in mint condition.

 It helps if you remember which finger is for which key. Every one counts. 

Introducing letters

A P  Q  Z & X

After just four lessons, you will have learned to touch type (without looking) all 26 letters of the English alphabet on a Querty keyboard and to use capitals, commas, full stops and semi columns... and, you will learn more!



Type **A** with the **Left** little finger and **P** with the **Right** little finger.

 faf far fat fatter far farmer faf far fat fatter far farmer frame fame famine fade

faf far fat fatter far farmer faf far fat fatter far farmer frame fame famine fade

faf far fat fatter far farmer faf far fat fatter far farmer frame fame famine fade

faf far fat fatter far farmer faf far fat fatter far farmer frame fame famine fade

 fan ran tan jan land hand band fan ran tan jan land hand band sand banner

fan ran tan jan land hand band fan ran tan jan land hand band sand banner

fan ran tan jan land hand band fan ran tan jan land hand band sand banner

fan ran tan jan land hand band fan ran tan jan land hand band sand banner

 pot port pit put pop pup puppy pot port pit put pop pup puppy poppy pappy

pot port pit put pop pup puppy pot port pit put pop pup puppy poppy pappy

pot port pit put pop pup puppy pot port pit put pop pup puppy poppy pappy

 purr top rope romp trap tramp trumpet purr top rope romp trap tramp trumpet

purr top rope romp trap tramp trumpet purr top rope romp trap tramp trumpet

purr top rope romp trap tramp trumper purr top rope romp trap tramp trumpet

purr top rope romp trap tramp trumper purr top rope romp trap tramp trumpet

 fig rig tig pig got grip grab grasp green fig rig tig pig got grip grab grasp green

fig rig tig pig got grip grab grasp green fig rig tig pig got grip grab grasp green

fig rig tig pig got grip grab grasp green fig rig tig pig got grip grab grasp green

fig rig tig pig got grip grab grasp green fig rig tig pig got grip grab grasp green

 ring ding dong song sang singer arrange ring ding dong song sang singer range

ring ding dong song sang singer arrange ring ding dong song sang singer range

ring ding dong song sang singer arrange ring ding dong song sang singer range

ring ding dong song sang singer arrange ring ding dong song sang singer range

ring ding dong song sang singer arrange ring ding dong song sang singer range

Exercises

Type the letter **Q** with the Left little finger.

quit quite quiet quill queen quilt quest quit quite quiet quill queen quilt quest

quit quite quiet quill queen quilt quest quit quite quiet quill queen quilt quest

quit quite quiet quill queen quilt quest quit quite quiet quill queen quilt quest

quit quite quiet quill queen quilt quest quit quite quiet quill queen quilt quest

 quote quoted equate equation equal quack quaint quote quoted equate equation

quote quoted equate equation equal quack quaint quote quoted equate equation

quote quoted equate equation equal quack quaint quote quoted equate equation

quote quoted equate equation equal quack quaint quote quoted equate equation

Exercises

Type the letter **Q** with the Left little finger.

Type **Z** with the Left hand little finger and **X** with the Left hand ring finger.

 zoo zulu zigzag fax tax text exit mix fix zoo zulu zigzag fax tax text exit mix fix

zoo zulu zigzag fax tax text exit mix fix zoo zulu zigzag fax tax text exit mix fix

zoo zulu zigzag fax tax text exit mix fix zoo zulu zigzag fax tax text exit mix fix

zoo zulu zigzag fax tax text exit mix fix zoo zulu zigzag fax tax text exit mix fix

zoo zulu zigzag fax tax text exit mix fix zoo zulu zigzag fax tax text exit mix fix

zoo zulu zigzag fax tax text exit mix fix zoo zulu zigzag fax tax text exit mix fix

zoo zulu zigzag fax tax text exit mix fix zoo zulu zigzag fax tax text exit mix fix

zoo zulu zigzag fax tax text exit mix fix zoo zulu zigzag fax tax text exit mix fix

 six zoom boxes gizmo mixed maze raze lax flax size mixes zit sox zany lazy yax

six zoom boxes gizmo mixed maze raze lax flax size mixes zit sox zany lazy yax

six zoom boxes gizmo mixed maze raze lax flax size mixes zit sox zany lazy yax

six zoom boxes gizmo mixed maze raze lax flax size mixes zit sox zany lazy yax

six zoom boxes gizmo mixed maze raze lax flax size mixes zit sox zany lasy yax

 We took the children to see zebras and giraffes at the zoo last Friday. They had fun.

We took the children to see zebras and giraffes at the zoo last Friday. They had fun.

We took the children to see zebras and giraffes at the zoo last Friday. They had fun.

We took the children to see zebras and giraffes at the zoo last Friday. They had fun.

We took the children to see zebras and giraffes at the zoo last Friday. They had fun.

We took the

 Make sure you type the correct text in your document or it will not make sense.

Make sure you type the correct text in your document or it will not make sense.

Make sure you type the correct text in your document or it will not make sense.

Make sure you type the correct text in your document or it will not make sense.

 I hope the Learn Typing course has made your typing experience so much better.

I hope the learn typing course has made your typing experience so much better.

I hope the learn typing course has made your typing experience so much better.

I hope the learn typing course has made your typing experience so much better.

Introducing Punctuation

,   .   ;   ?   -  (    )  {  }  [  ]  "  !

TAB, SHIFT, CAPS LOCK

​​



Exercises

**P u n c t u a t i o n** - check the chart below for the correct finger position.  
  
The **comma** is next to M and the **fullstop** to its right. Use the same fingers as you do for K & L.  
  
To type a capital letter as you have done before, or a special character such as brackets **(  )** or hypen **-**

do the following ...  
  
Hold the **Right** Shift Key for a Left Hand letter or character  
  
Hold the **Left** Shift Key for a Right Hand letter or character.

 For the question mark, hold down the left Shift key while you type the / key.

 For the exclamation mark, hold down the right Shift key while you type the 1 key.

 The colon is on the semi-colon key and needs the left Shift key held.

 For the dash and for the hyphen use the same upper row key, between 0 and =

  If you practise your typing each day, it will soon become easy.

 Instead of a comma - you could use the dash - above the P key.

 Join for hyphen. First-class. Did you enjoy this typing course? I hope so!

 "Hullo," said Julia to George. "Isn't it a really lovely day?"

  "Stop! There's too much noise! It's giving me a headache!"

 MONDAY            TUESDAY           WEDNESDAY     THURSDAY       FRIDAY               SATURDAY        SUNDAY

 Swimming           Netball                 Football               Skydiving            Drama                  Rugby                   Golf

 Cheesecake          BROCCOLI         Chicken               SAUSAGE            Pizza                    RICE                     Fish n Chips

Scentences with Brackets

Type the sentences below to practise your punctuation.

[](https://www.learntyping.org/beginner-typing-lesson-2a)

Congratulations

You have completed Lesson 6

​

[](https://www.learntyping.org/beginner-typing-lesson-7)

Progress to Lesson  7



Brackets. ( ) are above 9 and 0 - hold the Shift key while you type these.

 And these { } are beside P near the Shift key. { } P { } P { } P { } P { }

 Hold the {Shift} key while you type these { }.

 [ ] do not need the Shift key so are easier. [ ] Just [RIGHT] of the [P] key.

Additional Drills

Common Letter Combinations

*BUT NOT using Z X C V B N M Q Y U P  
  
Keep referring to your keyboard chart.*

*The blue arrows below are for use with our eBook.*

th the there these their this that this is; that is; these are; they were;  
 **»**

 they are; there is; with those thistle father other whether leather  
 **»**

 is his this is his; this is his; is this his; is this his; wish list mist;

 this list; his list; lists wish dish fish wrist fist kiss kissed missed

 Kaikorai               Summerset         Ravensbourne    Dunedin               Otago                   St Kilda                Exchange

Holidays              Road Trips          Summertime       Camping              Ice Cream            Quality Time       Adventure

Mastering Common Letter Combinations

Exercises



To get the most out of these touch typing exercises apply both of the following techniques.

* Type each line without correcting errors then check for weaknesses.  Work on these.
* Correct your errors as you type using the Backspace key.  The goal = no backspace!

To repeat a line hold Backspace to delete from the end of the line to the start then retype.

Or, if the cursor is in the text box, hold down CONTROL while pressing letter A, then start typing.  
  
To really speed up your skills, choose one or two sentences each day to work on.

th the there these them their this is that is these are they are those were

 ou you your yours out ou ough rough trough through though cough enough  
 **»**

 ou ought thought bought brought ou ought thought bought brought nought

 ou ould would should could ou ould would should could bould mould  
 **»**

Exercises

**Become a mind reader and cruise through your typing.**

Your body is amazing.  If you make it repeat patterns over and over again then you will find yourself doing those things with much less effort and thought and very little strain.  Typing is an example of how doing one thing (a typing exercise) over and over again will have your body aniticipating the next move.  It's almost like your body reads your mind.

If you thought this was just another way of saying, repeat, repeat, repeat to get you to type better, you'd be right.  Lazy people look for shortcuts.  Others work hard now and relax later.

 ing sing ding wing ring king single tingle jingle mingle hinge singe fringe linger  
 **»**

 ong song dong Wong wrong tong strong King Kong long along pong bong belong

 ng ng anger sang danger fang rang tang gang hang hank yank klang pang bang

 ang anger sang fang rang gang tang hang bang bangle dangle tangle jangle wrangle  
 **»**

 angle bang bangle mangle manger dangle tangle wangle tangled strangled

Mastering Left & Right

Shift Keys

Exercises

More practice with Tabs and Capitals and Shift Key.  Type these New Zealand place names.



Right Hand Shift Key

 Alexandra             Auckland            Blenheim             Bluff                     Christchurch       Dannevirke         Dunedin

 East Taieri           Fiordland            Frankton              Greymouth         Queenstown       Ravensbourne     Rotorua

Exercises

More practice with Tabs and Capitals and Shift Key.  Type these New Zealand place names.

Left Hand Shift Key

 Haast Pass           Hokitika              Invercargill         Jamestown          Kaikoura             Katikati                Kawerau

 Lawrence             Lyttleton              Masterton           Milton                  Motueka              New Plymouth    Nelson

Left and Right Hand Shift Key

 Mt Cargill            Taieri Mouth      Half Way Bush   St Kilda Beach    New Zealand      Dunedin North   Stewart Island

 Mt Cargill            Taieri Mouth      Half Way Bush   St Kilda Beach    New Zealand      Dunedin North   Stewart Island

Extension Exercises

​

Right Hand Emphasis -  Left Shift Key

Plus, colon, comma, full stop,

eexclamation marK

 How has Humphrey Henderson hacked Hillary Harding's hawthorne hedge?

 Jennifer Judge jumped joyfully. Jerry Johnson jubilantly joined Jenny jumping.

 Katy Kitchener's kitten kindly caught Kelly's knotted kite string.

 Norman needed ninetynine nifty notches nailed neatly nextdoor.

Exercises II

Punctuation and Left Hand Shift Key. Colon " : "

 Hullo Harry: Hullo Henry: Henry: James: Kenneth: Lester: Yvette: Una:

 Isobel: Oliver: Peter: Neville: George: Charlotte: Maxwell: Lile: Abbigail:

Exercises III

Comma and both shift keys.

 There were red, blue, green, brown, yellow, pink, purple, orange, indigo and violet.

 Fred, Andrew, Alex, John, Daniel, Peter, Hamish, Paul, Warrick, Chuck and Noel.

Exercises IV

Full Stop.  Exclaimation Mark!

This must stop. I must insist. It is enough for today. It's over. I'm finishing now.

 This must stop! I must insist! It is enough for today! It's over! I'm finishing now!