

Daily Morse Code “Scales” Sending Warm Up

Bob Carter - WR7Q

- Do the “Warm Up” every day before you send anything
- Do the “Exercise” as needed...to get better at letters and numbers
- Do the “Drill” as needed...to increase your sending skills

Send all five characters or each word without error or start “it” again

Warm Up

EEEEEE TTTTTT IIIII MMMMMM SSSSS OOOOO HHHHH 00000 55555

AAAAA NNNNN UUUUU DDDDD VVVVV BBBB 44444 66666

ABCDEF GHIJK LMNOP QRSTU VWXYZ 12345 67890 / , . ? <SK> <AR> <BT>

THE QUICK BROWN FOX JUMPS OVER THE LAZY DOGS BACK 7 0 3 6 4 5 1 2
8 9

Exercise

AAAAA BBBB CCCCC DDDDD EEEEE FFFFF GGGGG HHHHH IIIII JJJJ

KKKKK LLLLL MMMMM NNNNN OOOOO PPPPP QQQQQ RRRRR

SSSSS TTTTT UUUUU VVVVV WWWWW XXXXX YYYYY ZZZZZ

11111 22222 33333 44444 55555 66666 77777 88888 99999 00000

Drill

THE QUICK BROWN FOX JUMPS OVER THE LAZY DOGS BACK 7 0 3 6 4 5 1 2
8 9

THE QUICK BROWN FOX JUMPS OVER THE LAZY DOGS BACK 7 0 3 6 4 5 1 2
8 9

BENS BEST BENT WIRE/5 BENS BEST BENT WIRE/5 BENS BEST BENT
WIRE/5

////,,,,?????***** +++++ ===== <DN><SK><AR><BT>

Pangrams (for CW sending practice)

Sphinx of black quartz, judge my vow

Quick zephyrs blow, vexing daft Jim

How quickly daft jumping zebras vex

The five boxing wizards jump quickly

Jackdaws love my big sphinx of quartz

Pack my box with five dozen liquor jugs

Big Fuji waves pitch enzymed kex liquor

Jinxed wizards pluck ivy from the big quilt

The quick brown fox jumps over the lazy dog

Heavy boxes perform quick waltzes and jigs

Amazingly few discotheques provide jukeboxes

Five wine experts jokingly quizzed sample chablis

A large fawn jumped quickly over white zinc boxes

Crazy Fredericka bought many very exquisite opal jewels

Jack amazed a few girls by dropping the antique onyx vase

Sixty zippers were quickly picked from the woven jute bag

How razorback-jumping frogs can level six piqued gymnasts

We promptly judged antique ivory buckles for the next prize

The exodus of jazzy pigeons is craved by squeamish walkers

Whenever the black fox jumped the squirrel gazed suspiciously

Jaded zombies acted quaintly but kept driving their oxen forward

A quart jar of oil mixed with zinc oxide makes a very bright paint

Six big juicy steaks sizzled in a pan as five workmen left the quarry

The job requires extra pluck and zeal from every young wage earner

A mad boxer shot a quick, gloved jab to the jaw of his dizzy opponent

While making deep excavations we found some quaint bronze jewelry
We quickly seized the black axle and just saved it from going past him
The public was amazed to view the quickness and dexterity of the juggler
On my exotic journey I realized plucking aquatic bird feathers was abusive
The July sun caused a fragment of black pine wax to ooze on the velvet quilt
The explorer was frozen in his big kayak just after making queer discoveries
Six javelins thrown by the quick savages whizzed forty paces beyond the mark
Ebenezer unexpectedly bagged two tranquil aardvarks with his jiffy vacuum cleaner
Jelly-like above the high wire, six quaking pachyderms kept the climax of the
extravaganza in a dazzling state of flux
No kidding Lorenzo called off his trip to visit Mexico City just because they told
him the conquistadores were extinct
Forsaking monastic tradition, twelve jovial friars gave up their vocation for a
questionable existence on the flying trapeze

More Panograms

A quick movement of the enemy will jeopardize six gunboats.
A wizard's job is to vex chumps quickly in fog.
Few black taxis drive up major roads on quiet hazy nights.
Gaze at this sentence for just about sixty seconds and then explain what makes it quite
different from the average sentence.
Jack quietly moved up front and seized the big ball of wax.
Just keep examining every low bid quoted for zinc etchings.
Just work for improved basic techniques to maximize your typing skill.
My faxed joke won a pager in the cable TV quiz show.
My girl wove six dozen plaid jackets before she quit.
Six big devils from Japan quickly forgot how to waltz.

Six boys guzzled cheap raw plum vodka quite joyfully.
Sixty zippers were quickly picked from the woven jute bag.
The five boxing wizards jump quickly.
The lazy major was fixing Cupid's broken quiver.
We promptly judged antique ivory buckles for the next prize.
Whenever the black fox jumped the squirrel gazed suspiciously.
Two driven jocks help fax my big quiz.
Fickle jinx bog dwarves spy math quiz.
Public junk dwarves hug my quartz fox.
Quick fox jumps nightly above wizard.
Five quacking zephyrs jolt my wax bed.
The five boxing wizards jump quickly.
When zombies arrive, quickly fax judge Pat.
Woven silk pyjamas exchanged for blue quartz.
The quick onyx goblin jumps over the lazy dwarf.
Foxy diva Jennifer Lopez wasn't baking my quiche.
Grumpy wizards make a toxic brew for the jovial queen.
A quivering Texas zombie fought republic linked jewelry.
All questions asked by five watched experts amaze the judge.
Back in June we delivered oxygen equipment of the same size.
The wizard quickly jinxed the gnomes before they vaporized.
We promptly judged antique ivory buckles for the next prize.
Jim quickly realized that the beautiful gowns are expensive.
Nymphs blitz quick vex dwarf jog.
Fox nymphs grab quick-jived waltz.
Quick blowing zephyrs vex daft Jim.

Both fickle dwarves jinx my pig quiz.
Public junk dwarves hug my quartz fox.
Few quips galvanized the mock jury box.
Quilt frenzy jackdaw gave them best pox.
Quizzical twins proved my hijack-bug fix.
Fix problem quickly with galvanized jets.
Pack my red box with five dozen quality jugs.
Who packed five dozen old quart jugs in my box?
Woven silk pyjamas exchanged for blue quartz.
Prating jokers quizzically vexed me with fibs.
Jacky can now give six big tips from the old quiz.
Cozy lummoX gives smart squid who asks for job pen.
Fax back Jim's Gwyneth Paltrow video quiz.
Sixty zips were quickly picked from the woven jute bag.
A very big box sailed up then whizzed quickly from Japan.
Just keep examining every low bid quoted for zinc etchings.
Zelda might fix the job growth plans very quickly on Monday.
Jackie will budget for the most expensive zoology equipment.

DX Callsigns

WA0LJ	JR1KXS	SP5ULD	KU4VE	UW7X
F1UFX	EA4ANN	W7LEB	K5USI	W9LO
AB4KN	IZ1BII	JA3PRM	PE1RA	JA8AWR
KG4FSN	RA9UAG	4X1HJ	AG5W	W4WX
ZL2WW	N4XRK	HA5KDQ	KD5WUN	KB5DQDA
RA3GF	T96J	VE5RI	DL7VSN	JI2ZMW
KI8EK	OM3WM	CV9AM	RV3DAK	WD9FCN
W1CC	W0SEI	R1ANN	7S5LH	SQ8JCM
DL1DUO	KB7N	UR5GMK	F5SGI	JA8KSW
W8ZJY	K4HFQ	UT5HP	KV8Q	GW4CQZ
EA2EC	W1TRC	FO8DX	N2JJF	N7RX
RA1QA	N5ZK	HB9DEQ	ON7AR	DL0AUE
VK6WR	RA3DEQ	PY7AR	YU7MU	LY2BAW
OL8R	AC7IU	KH6FT	RA6AAW	N5TSL
S53F	SV8CKM	DL3AMB	SP2ZIE	K2ARB
K2RSK	DL2AMI	VE6ETT	NZ1R	G4VZV
UU5A	JH8XTV	PU5HAS	LZ1MR	EA4BF
WA2ELW	G4WGE	UA3WW	MM0DHQ	N8FLZ
UA2AW	ON4CAX	W2JLK	DM2CHK	JA2KPW
GI4AAM	ND4AA	SP9LW	JA2KG	G5X
N5KR	OH8HAR	T91ENV	DH1AT	M0UNF
WD4AXJ	UT2IO	OK2ABU	OK1GM	KR2J
8P4B	WB5STU	W4VQ	PA3ARM	LA4GHA
HK3PXA	K7UM	W5PB	K7ZC	W3MNE
KT9W	HB9EBY	JA3KGC	JF1FEV	CO2PH
A35DL	JA7AGO	DL5BAW	UA3LPM	K5CDA
DN1GB	JA1LNZ	N3KCJ	JA2UDU	DL3HSF
4L1DA	RN4WA	K3ZJ	ND6S	WB9AYW
KD3RF	AG9S	SP0PZK	SP2IU	4S7NE
M3HVC	I1MQ	DF1VM	ON6EF	YB5ZAP

USA Callsigns

WB3ACC	K6RIY	KD7WEA	KD8UBN	KB0WGO
KB4TEF	KA5CVM	KD8VER	N4CMG	AH6FP
KM6PLP	KD4SBB	KE6DJU	KN4BNA	K0VIE
KG4LKW	KG1BAH	KB3SOZ	K4HVR	K7RMJ
KA1JWV	KB9OCG	N6XPT	KA2DHV	KB9NLL
KB9ENG	N7WBB	KB7HRR	KC2TVA	WB7SGW
KJ6AFQ	N1BZL	KC9PDU	KG6VCL	KK4DXL
KA5TDQ	WA2WFK	KB4HPW	KA3ZNR	KI7BRC
N0FNZ	KG7GLI	AI4CP	W9RQX	KB6RKX
KD0GCT	KG7WCU	KC5EAM	KE7LWS	KE0NFS
KB6QJD	KI4ELF	KG5NHD	KB7GNQ	W4RHT
KE6GNT	N3UBI	K3KID	KD5AGC	N3UDX
KC2LBX	N8OHH	KB5QOF	W1BIM	KB5QDS
KM4MFN	KF4PCQ	N9ZGG	KD7FCA	KD9LAO
KB1PND	KE5PNF	KK4BMP	KK4ABY	KD0JEX
KB8LXY	KJ4MZK	KF4WEW	W5AEN	N3LYT
KC8SIN	KB2BEA	AJ4TY	KN4PPX	N0WSM
KC9QQU	K6GMA	KE0GIY	W2UG	KA5TNG
KV7M	KG6CCT	KC9QNN	WP4KLF	KC2PMD
N4WNZ	WB1EWD	KE4MHM	KB7WWP	WD5BTX
K5LOU	N4CSX	KJ4JFJ	KF6JCE	N4ADV
KD2DRS	KG5IUM	WB0SKW	KB5HNY	KI4FKJ
KI6GWK	KB5DPR	WD8ONI	KM6CJT	KD0PAY
KN6CAT	KC8PIV	KC9ARD	KI6TWW	KA4UBI
KC2CGX	W7SZ	KG6SUY	WT8N	W3GZV
KC3MLU	N0BQ	KK4SRJ	WD4KTR	KG4YPJ
W6FLE	K9PGD	KE4ZZS	KL7HKU	N0GIH
KN4NEF	KB2DNI	KK6TWA	AB3TE	AB0CL
KE0ITD	KD0EJP	W9TXN	NP4LM	KC8BTB
N7VKZ	KJ4RCW	KD8TNX	NE4TN	KI7WUH