

# ZEN AND THE ART OF RADIOTELEGRAPHY

Carlo Consoli, IK0YGJ

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## Introduction

This book is the result of several years of experience in amateur radiotelegraphy. It suggests, for the first time, a learning methodology based on an integrated and multidisciplinary approach designed to accompany the apprentice from the first steps in ham radio all the way to a world-class proficiency in telegraphy. The book introduces, ad-hoc tailored to amateur radio, techniques used successfully by competitive athletes, including extreme sports such as free diving, adapted to the difficult process of learning telegraphy.

This book is not only written for the benefit of amateur radio operators who want to learn this beautiful art, but it also meets the urgent need felt by the author to narrate his own path of development that has radically transformed him and the many friends with whom he shared the pleasure of such a long learning process and the immense joy of the discovery, both from the technical and from the human point of view.

Wireless telegraphy is the discipline of sending and receiving signals in Morse Code and, although it started “only” as a technical tool, it soon revealed itself to be an art. Definitely a special kind of art: as a butterfly, it had a shiny but short life, rising and falling throughout the 20<sup>th</sup> century. The first implementation of Morse Code was created in 1832, employing a numeric code for the most common English words, and the numbers translated into a sequence that used just two symbols: dash and dot.

Morse Code, as we know it today, i.e. encoding letters and numbers in a series of dots and dashes, is actually an invention of Alfred Vail, an assistant to Samuel Morse in 1844. It is a historical reality that Morse, in fact, stole the idea from Vail. Morse code was created initially as a combination of dots, dashes, long dashes, short and long spaces. We have to wait for wireless telegraphy, and therefore the twentieth century, to find the definition of the standard Morse Code or “International Morse”, made of dots and dashes, spaced according to standard criteria.

It is only thanks to the genius of Guglielmo Marconi that telegraphy “takes off”, by leaving the ground (i.e. transmission cables) in the true sense of the term, and getting “on the air”. On December 12<sup>th</sup>, 1901 Marconi sends the first Morse signals across the Atlantic and a new invention, whose gigantic power was still to be fully understood, arises: wireless telegraphy. Since then, many lives were saved, as in the famous case of the Titanic (1912) and the wireless telegraph has evolved and excelled as no one could have imagined.

After a century of successes, in 1998, coastal maritime radiotelegraphy installations have been replaced by satellite communications, which eventually provided a much more secure and reliable connection. As a result, telegraphy is slowly sliding into oblivion. As a direct and inevitable consequence, in 2005 telegraphy also disappeared from amateur radio exams. Surprisingly, this condition of uselessness elevated radiotelegraphy the rank of an art.

Despite this aging process, telegraphy is still very much alive with radio amateurs, because it offers the possibility of communicating over great distances using less expensive transmitting and receiving devices. Such devices are even simpler to build. A contact based on telegraphy is made in a universal language that, like Esperanto, pulls down any social, geographical and cultural barrier. The amateur radio operator uses a code that not only shortens the speech, but also allows him to communicate with people living in any part of the globe, near or distant, regardless their language or culture. Thus, wireless operators can greet each other using a common language even if one is Chinese and the other Guatemalan.

The question is: what is so special in radiotelegraphy, in the era of the Internet and global mass communication, pushing us to face a long and arduous path of learning, requiring mental and practical training, trying harder and harder to learn such a language?

Anyone starting the exciting and hard journey into radiotelegraphy is attracted by the fact of pursuing an art requiring style and precision, two characteristics that might be obtained only through study and practice. It is also matter of aesthetics: a contact in telegraphy made with precision and respect for procedures is a work of art, unique and unrepeatable in time. The wireless telegraphy radio operator, today, is a person who not only learns to "play" a very special instrument, but also learns a new language, made of a single tone, cadenced by rhythmic intervals. Learning radiotelegraphy is a journey within our own emotions and feelings that requires a radical transformation of the way we learn and how we feel. Much like a child, who must learn to speak, revealing a new mode of expression and communication with the outside world. It is a steep and thorough experience requiring continuous contact with the deeper layers of our being.

So strong is the passion for radiotelegraphy that, in Italy, Elettra Marconi, president of Marconi Club ARI Loano and daughter of Guglielmo Marconi, today releases the honorific title of wireless radio operator to whom excels in the practice of this art. Oscar Wilde used to say that Art is useless: as such radiotelegraphy is, too. Just for having fallen into disuse, it lives its moment of glory as an art in the hands of few people who, in a "swinging mood" made of sweet intermittent sounds, are keeping it alive.

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## Learning CW

The issue of radiotelegraphy obsolescence (CW mode emission, or Continuous Wave) is being ardently discussed in the amateur radio world: today CW is definitely decommissioned, in Italy and in several parts of the world, in all professional activities: maritime, postal, railways and so forth.

Since 1998, all CW maritime radio transmissions were replaced by satellite systems, which would provide greater reliability and security of the link. Telegraphy was also removed from amateur radio exams, resulting in increased overcrowding of HF bands allocated to the voice modes of amateur service since passing the exam was much easier than before. So, many amateurs turned back to consider CW, in part attracted by the opportunity to enjoy portions of bandwidth exclusively reserved for CW, but mainly because of the attraction to exercise an art that requires precision and style and has to be developed constantly, with study and practice.

Is, then, the art of radiotelegraphy, undisputed protagonist of the twentieth century, destined to disappear into thin air? We would say that it might not be the case: by quoting Urbano Cavina, I4YTE ("Marconisti d'Alto Mare" Ed C & C), CW is leaving with much health to be hailed as the Latin of the new era and even more: the Esperanto of the new millennium.

Once learnt, CW can never be forgotten: all the hard work is rewarded by a precious art that will accompany the ham for life. As the English say, "there is no free lunch": learning CW is a lengthy process that must be tackled in stages, training every day for a period consistent with the stage of learning. CW is an art and like all arts it cannot be learnt only by studying: however hard you try or how much time you spend, you need to achieve the mental condition to *be* a wireless radio operator, not to do wireless telegraphy. And, there is a big difference.

### **The four stages of learning**

Talent matters, of course. Aside from that, what really is important here is your ability to get in touch with the deepest levels of your mind to acquire, day after day, the mental structures of being a wireless operator. It is a quite long journey in which the prize is the journey itself.

According to Zen Buddhism, learning is a journey through awareness and knowledge in four stages:

- Unaware of lack of knowledge
- Conscious lack of knowledge
- Conscious knowledge
- Unaware of knowledge

The initial stage is about unconscious lack of knowledge: where we simply do not know what we want to learn. The student approaches the subject he wants to learn, hopefully with an open mind. He has not even the slightest idea of what stands before him and the challenges he could be facing. The student does not even know he is not knowing! Of central importance in this stage is the leadership role of the teacher, who welcomes and guides - step by step - the student on his way from awareness to knowledge. The phase of unawareness of lack of knowledge lasts for a relatively short time. A careful student is able to immediately understand what he needs to do, especially if the path is steep. In learning CW, the stage of unconscious lack of knowledge begins when you decide to learn telegraphy and listen for the first time to the intermittent sounds of dots and dashes. You immediately understand that there must be a pattern, a meaning, a structure behind these harmonious sounds but you cannot perceive it.

Start your journey open-minded towards this new art, cast aside the many questions and doubts and keep your willingness to learn. Rest assured: you will be able to answer and cope with all of your doubts and uncertainties.

The second stage is the conscious lack of knowledge: the disciple began his studies in continuous contact with the teacher, learning step by step all the basics but he practices with uncertainty. He knows what he has learnt and has to improve his practice. He also knows what else is yet to be learnt. The student knows that he is not knowledgeable. Later, he will discover that he had always known, but he was not certain he actually did! This stage usually lasts just long enough to learn all the basic elements of the object of his study. In CW, this phase is focused on learning the sounds of letters, numbers and symbols of Morse code. Remain open-minded and simply skip over everything you might not understand. Be confident of the fact that you will be able to retain everything you are able to decode for the first time. This means that when you will understand a sound, the relationship between the sound of each letter and the word it is part of will remain yours forever.

The third stage is the conscious knowledge: the student has learnt and he is aware of what he learnt. Each time he uses the knowledge gained, he is fully aware of it and acts wisely to achieve the goals he planned for himself, leveraging on the gained knowledge. The student knows and knows he knows. This phase is the longest and, in certain arts, it could last for decades. But do not worry because it is also the phase bringing to you the greatest satisfaction: remember that the prize is the journey itself, not the final goal. In learning CW, at this stage you will be perfectly able to

understand Morse code but you will need paper and pencil to jot down what you receive. You will be limited in terms of speed of reception and transmission and some words will seem incomprehensible. At this stage it is of fundamental importance to practice on a daily basis. Some days you will go like a lightning, and others it will seem to you like you forgot everything. Keep cool, stay focused and open-minded. Ignore any error, it will be resolving itself.

The fourth phase is about unconscious knowledge: the student has learnt about all there is to learn (from others) and obtains additional knowledge from the practice of the art itself. At this stage, he is no longer even conscious of exercising knowledge. The student knows and uses what he knows spontaneously. In CW, this is the stage where you will be able to receive and transmit at speeds limited only by your physical capabilities and by the mechanical features of your telegraph key, you will be able to listen and understand signals amid the utterly deafening noise or while you're busy doing other tasks, without writing or making any conscious effort. This will hold true both in transmitting and in receiving.

## **The learning roadmap**

We will deal with learning in the four stages, in a form specifically designed for learning CW, in three distinct phases:

1. Learning the elements of the Morse code alphabet and their spacing.
2. Speed consolidation up to a maximum of 20 words / 100 characters per minute, using paper and pencil to copy down what you receive.
3. Increase speed and decode "in your head."

In the first phase, for six weeks, we study each Morse code alphabet element, learning it as a sound. A group of characters per week. Keep practicing every day, not exceeding the time assigned for your training sessions. Practice often, for a short time. At this stage, we focus exclusively on the receiving. To start learning CW we must find a software (therefore you must be equipped with a personal computer) and enable it to introduce letters and numbers gradually. We will learn the letters by groups: ETANIM / DSOURC / KPBGWL / QHFY / ZVXJ / 12345 / 67890. Letters are grouped together in increasing length. Our training will be focused on receiving letters and numbers, copying down on paper. Sessions will last no more than 10-15 minutes a day. Speed will be starting from a minimum of no less than 10 (preferably 15) WPM. When you are able to copy on paper all the letters of a group, you move to the next one.

In the second phase, lasting about 5-7 weeks, we introduce punctuation marks, procedural signals. We also consolidate reception and transmission speed up to 100

characters (or 20 words) per minute, always using pen and paper. At this stage we begin to use a straight key. Do the best as you can to transmit with a timing and spacing as close as possible to the one you just heard from the computer. As we can copy on paper 90% of the characters sent by the PC, we increase the speed by 1-2 WPM or 5-10 characters per minute. Our goal is to reach a speed of 20 WPM.

The purpose of the third phase, of variable duration, is to achieve the delicate transition of abandoning pen and paper and decoding entirely in your head. Here you will learn new words and improve your reception speed gradually but inexorably. Remember: *accuracy transcends speed* – it is better to go slower and be understood. Exercise the art of CW with style. Obviously, achieving a remarkable accuracy in transmission requires practice and if you do not try, you will never succeed. Finding a ham radio friend, patient enough for long CW contacts, is an absolute must. Go, freewheel at speeds above 20 WPM. Always keep yourself within your own limits, try to correct your errors, but don't feel blocked or overwhelmed by them. Simply, keep going!

Learning CW for a naval radio operator requires (well, actually required) instruction by a qualified radio operator. The main difference between an amateur radio operator and a marine officer is that the latter is instructed to transmit and receive at an impeccable commercial speed of 25 WPM, for long shifts and under adverse environmental conditions. Such a capability requires a radically different approach to learning.

The amateur, conversely, learns CW to use it, generally speaking, for a relatively short time, in a stress-free and optimal environment. In these sheltered conditions, the amateur is allowed to operate at a speed twice as fast as the commercial one. Such a way of using CW requires a specific method of learning. The method proposed in this book is aimed at ham radio operators by providing them all the relevant information for building a "career" as CW expert. We will discuss the "career" of a CW amateur radio operator in a dedicated chapter in this book. This method stems from hands-on experience of the author, who has learnt by trial and error, mistakes and corrections, to develop a method proved effective for teaching.

Our goal may seem overwhelming, but if we break it down in small parts, the whole path will be developing by itself. In the course of the book you will be given specific targets, each representing only a small step and requiring solely a certain constancy of practice and study. Always stay focused to your next target and, sooner than you might think, the end of your journey will be in sight.

Especially during the first stage, in preparation for high-speed CW (or, in short, QRQ), we must keep practicing each and every day. We need to settle, literally "embed", the sounds corresponding to different letters in ourselves. QRQ will be great fun, we will face it in the third stage of learning. This stage could be also conducted using other methods, such as various software-based Koch methods or the Learn CW Online web site (<http://lcwo.net/>) by Fabian DJ1YFK. What really

matters, here, is to learn characters as sounds, not as a composition of distinct graphic elements.

The method proposed in the first phase of learning, in this book, is specifically aimed to achieve the fastest possible transition to the next stage and, thus, gain a solid performance to be consolidated on the third QRQ phase. It is important to say, again, that the student must focus on learning sounds. This is the reason why a radiotelegraph key is not adopted until the end of the first phase.

## **The physiology behind learning**

To learn CW means approaching the learning process in a completely new fashion. Well, actually new only for an adult, because we already underwent this learning experience in our childhood. CW is not learnt with the "mad and desperate study" like Leopardi, the Italian poet, did. We do not need to learn things by heart but, rather, by applying a constant and assiduous sedimentation of few, simple elements.

Our brain, in its intricate complexity, is made of several "departments", each devoted to specific functions. Among them, the brain cortex is responsible for "conscious" thought, for calculus, evaluation and measurement. The cerebral cortex, the so-called "gray matter", attends to memory, attention, thought, consciousness and language processes. It allows us to perform complex calculations: it is a very powerful part of the human brain. Unfortunately, the gray matter is as powerful as slow. While learning a new language, we must engage the cerebral cortex at the beginning of our learning process: new "brain departments" will be created, built, to store and attend to the language just learned. CW also, from the perspective of the brain, is a language itself: we must learn to "listen" (receive) and "talk" (transmit) in telegraphy as it is for all other "ordinary" languages. For all such activities, the cerebral cortex is essential.

Douglas N0HFF Pierpont, author of the ground-breaking book "The Art & Skill of Radiotelegraphy", in the introduction, tells us about the gigantic difficulties he faced in overcoming a certain threshold of speed of reception. Like many other hams, he learnt, at first, Morse alphabet in a purely cortical fashion: he studied the graphic signs, made of dots and dashes, instead of sounds. Douglas tells of the enormous effort he had to do to get rid of this handicap and re-learn again letters as sounds using completely different areas of the brain.

As we make progress in learning telegraphy, we find that the cerebral cortex makes us also somewhat awkward. Its enormous potential for calculus is also a source of anxiety, uncertainty and disturbance to the "free flow" of a CW message, both in reception and transmission.

In receiving, in fact, we must create new brain structures attending the automatic conversion process of sounds in our ears into ideas in our brain. Be careful:

we are not talking about dots, dashes, letters or words, but concepts. This fact is extremely important in developing our capability to receive and transmit. This capability, as we will see later with some practical examples, is virtually unlimited.

We want to reach a certain part of our brain, while learning of telegraphy: the amygdala, a cluster of neurons located in the temporal lobe responsible for memory processes and emotional reactions. This brain layer is very primitive but it has a significant advantage for our goal: it is unbelievably fast. The amygdala attends to primary processes of reaction, such as the response of flight or attack, with a surprising speed and efficiency. If someone wakes us up in the middle of the night, shouting "fire", we jump onto our feet from the bed before we can even realize it.

The great martial arts masters show lightning reaction times. They are able to pierce a telephone directory with a single punch, or break a glass with a finger nail. These are examples of how powerful this incredible part of our brain can be, whose possibilities have barely been explored by modern science.

Cortex and amygdala, unfortunately, are somewhat at odds, because the brain is structured in different layers. What happens is that a very pronounced cortical activity inhibits (or rather confuses) the electrical signals flowing in the amygdala. That's why we need to relax and stay relaxed to boost our CW learning process.

Children undergo a very characteristic phase, in which they need to put objects in their mouth. This behaviour is a typical response of the temporal part of the brain: infants have not yet developed the cortical part, so they are not allowed to "understand" the nature of things by observing or touching them. Rather, they need to bring things to the mouth. This is the way a child brain learns. The result of this learning process is stored directly in the temporal lobe.

Daniel Goleman in his "Emotional Intelligence", reports an experiment made on rats, aimed to measure the time of reaction of the flight reflex, channeled via the amygdala: about 12 milliseconds. The same reflex mediated by the cortical layer is more than twice as long. Fabian Kurz, a German radio amateur (DJ1YFK) was the first person who copied CW up to 1000 characters per minute: at this speed, a dot lasts few milliseconds. Hence, we would say it is unlikely that Fabian is using his cortical layer to decrypt CW. To achieve such performances, we must keep in mind our experience as children when we painfully learned not to touch hot things. Eventually, we were able to remove our fingers from a burning object by means of an instant reaction: this reaction was generated by the amygdala. Vice versa, when adult we instead learnt to drive a car with the cerebral cortex. The reaction time provided by the amygdala is much, much shorter than the one of the cortex.

The most primitive layers of the brain need simple and straightforward instructions to work: all of our doubts, uncertainties, indecisions introduced through the cortical layer (i.e., conscious mental processes) confuse our most primitive brain layers that, in turn, when instructed with contradictory goals, react erratically. That's why we react to a burning hand as fast as Fabian can receive CW. And, if we can

remove our fingers from a hot iron in a fraction of a second, surely we can use the same mechanism to receive CW.

## **Learning and self-image**

In learning CW we have to keep that very same state of mind we had as children. It is not surprising, then, that you will be feeling somewhat nervous during your first CW radio contact. Just as a small child that makes a great effort to speak, you will experience the same feelings. Keep cool, everything is absolutely normal.

Did you observe how children learn? They repeat and repeat and keep repeating endlessly, seemingly without ever getting tired. Martial arts practitioners do the same thing, tirelessly repeating sequences of movements up to the perfection. If you then watch a child play, the first thing that catches your eye is that the child becomes the character he is pretending to be. His cortical underdevelopment allows him to behave, think and move as if he really was another person. In other words, he is able to change (temporarily) his self-image.

A child, playing every day, slowly builds a general "framework", some kind of map, of his person. This framework includes primarily physiological limits as height, weight, color, sex in order to clearly define his own characteristics. That's why children, even if they stumble down in a disastrous fall, rarely get even hurt, or why they refuse to make a jump that seems harmless. The child does what his self-image allows him. Only when he will feel strong enough, he will try the jump. When he feels sufficiently skilled to remain in balance, he will start cycling, and so on.

Self-image is thus a mental representation of the self, consisting of real brain connections, physically built in our brains. Just as a computer records electrical levels in its memory, the human brain builds neural connections to store perceptions, including self-image. These brain structures are responsible for the way we think and for our reaction patterns.

Dr. Rogers research team, back in 1977, found that the information that represents our self-image is constantly retrieved and used during mnemonics testing and, therefore, during all human activities. This phenomenon is called " Self-referential Encoding".

The self-image is built up through experiences that combine three factors:

- Authoritative sources of information.
- Repetitive experiences.
- Emotional intensity of an experience.

Consequences of this are rather broad in scope: people who, at school, are exposed to frequent criticism, particularly by teachers, develop a negative self-image and will report significant problems in everyday life.

Maxwell Maltz, an American plastic surgeon back in the '30s, observed a very interesting phenomenon: some people who had suffered accidents serious enough to disfigure their face, after surgical repair – successful repair from a technical point of view – significantly changed their personality. People, who for forty years had been shy and awkward, suddenly became bold. In some cases they pushed forward much beyond the limit of shamelessness. In some cases, however, people who had had a big nose and ears for years, after a facial plastic surgery, despite their new "perfect" nose and ears, continued to feel as "ugly" as before.

Dr. Maltz then began to observe that the majority of his patients developed a self-image that, in many cases, remained unchanged even after surgery. In some other cases, instead, the self-image changed instantly. In many cases it was not a matter of performing surgery. Rather, many people were in need of a self-image lifting. That is, a lot of patients needed “just” a system to change how they perceive themselves. No surgery, no pain, just a (complex, indeed) change of attitude. Dr. Maltz full story is told in his best-seller “New Psycho-Cybernetics”.

All human activities that are never forgotten, like riding a bike, have something in common: they require a permanent change in our self-image. Skills attained by changing our self-image become permanent assets of our person. The capability of transmitting and receiving Morse code is among them.

When learning CW, therefore, we must establish a new component in our self-image and, by doing so, we need to be relaxed. Always practice during the same time of day and in a place where you can experience positive feelings of comfort and pleasure. When we make a mistake we are always ready to blame ourselves. This is the way we learnt from our environment during childhood, often accepting any fault as our own error or weakness.

This deadly mechanism can be used to build a positive self-image, rather than demolish it. A mistake must be considered a signal, pointing us in the right direction. If you fail, let your mistake pass away, with no blame or irritation. Learn CW in a relaxed mood, enjoy the pleasure of learning something new, repeat your exercises every day and be confident in the self-programming abilities of your self-image. Just few minutes a day: you can take care of your "more serious" stuff later on.

Keep in mind the 3 main pillars for effective learning:

1. Be relaxed.
2. Repeat every day.
3. Take every mistake as a chance to correct yourself. Keep focused on the repetition of the exercise.

### **First relaxation exercise**

This exercise is based on the well-proven autogenic training by Dr. Schultz, a German psychologist during the first half of the last century. Dr. Schultz first applied specific relaxation techniques to manage anxiety and stress. Autogenic Training techniques are now fully employed in all sports, especially the competitive or extreme ones.

Practice this exercise every day, before making your CW exercises.

1. Be sure not to be disturbed for about a quarter of hour.
2. Find a convenient and comfortable place, preferably an armchair or a soft mat.
3. Close your eyes, relax your face and jaw muscles, feel the weight of your relaxed hands and arms.
4. If a thought distracts you, imagine enclosing it inside a plastic ball.
5. Imagine putting the ball in a large plastic jar with a cap closing the bottom.
6. After a while, imagine you remove the cap. The balls, with your thoughts inside, will float away. Listen to the sound of the plastic balls slipping through the bottom of the jar.
7. Enjoy your new feeling of thoughtlessness.
8. Imagine your forehead.
9. Tense your forehead, keep it contracted for a while and, then, relax it.
10. Enjoy the feeling of the relaxed forehead.
11. Now, relax your neck, shoulders and trunk. Keep in mind the difference between tenseness and relaxation you just experienced on the forehead. Relax each body part in the same way, until you reach the toes.
12. Keep visualizing the part you are relaxing.
13. Having relaxed the toes, enjoy the sensation of the whole body, completely, relaxed.
14. Before you get up, open your eyes and slowly move your legs and arms. Stretch yourself.
15. Get up slowly.

## Getting started with Morse code

The first phase lasts, on average, around a month and a half. It is important to respect your own learning pace: there is no hurry. After all, learning CW is not a job and should remain a pleasant hobby. At this stage we focus exclusively on letters and numbers, ignoring punctuation marks and procedural signs (in short *prosigns*).

Before each training session, do your relaxation exercises in a quiet place. Be sure not to be distracted; try to do your best to train at the same time of day. Simply forget that letters are made up of dots and dashes: carefully listen to the unique sound effect of each letter in terms of presence and absence of tone. Let the letter sound be "yours."

Phase 1 lasts 6 weeks, each devoted to a group of letters:

- First Week: ETANIM
- Second Two: DSOURC
- Third Week: KPBGWL
- Fourth Week: QHFY
- Fifth Week: ZVXJ
- Sixth Week: 1234567890

Groups are organized by increasing letter duration. The first day of each week we introduce the new group of letters and we train only to receive this group. In the remaining days of the week, we train on all the letters studied up to now, i.e., we add the groups learnt in the previous weeks.

Each week, your goal is to learn a new set of letters. At the end of each week you will be able to decode 25 groups of 5 characters, writing down what you received by pen and paper.

## First Week

In the first week we focus on the basic elements of metrics and introduce the first group:

ETANIM

The 5 letters in the group ETANIM have in common the fact that they consist of all the permutations of one or two dots and dashes.

Download and install the software G4FON (<http://www.g4fon.co.uk/>). After installing the program, in the main window, set the number of characters to 40.

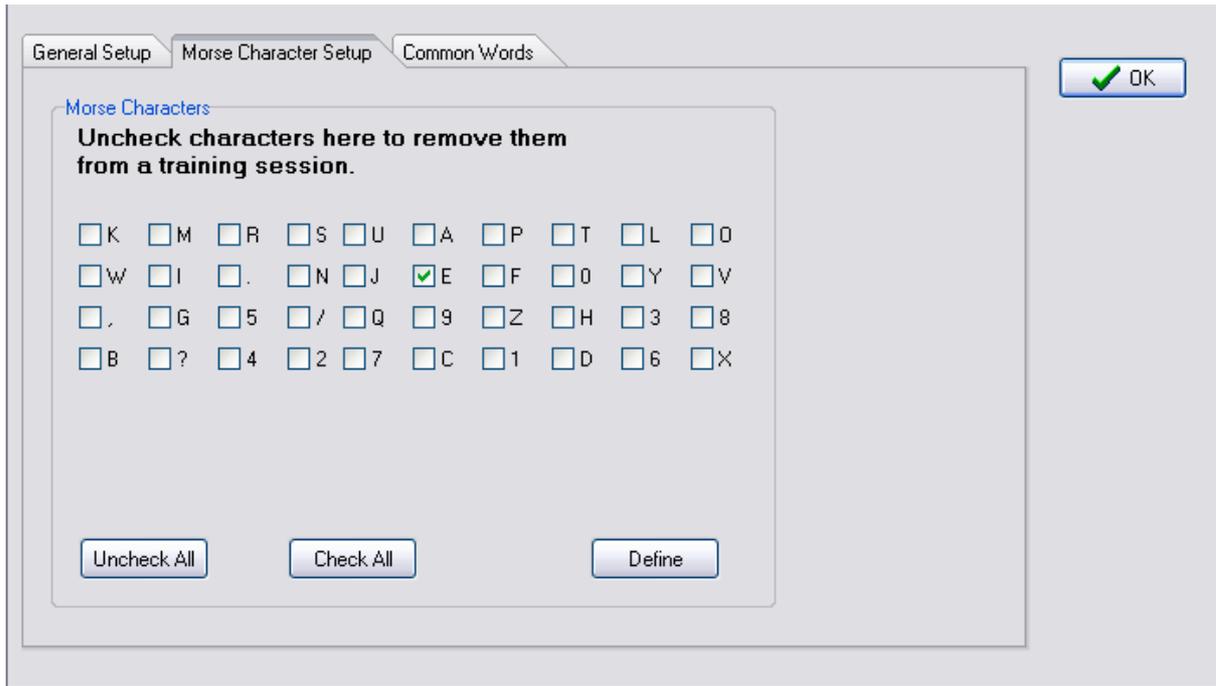


**Characters box**

Go to Set-up and check the box "Morse Character Setup", set the checkmarks so that only the letter E is selected.



**Set –Up Button**

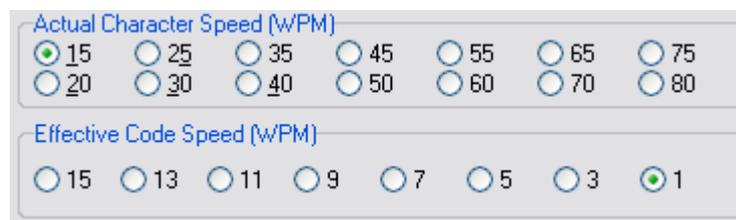


**Selecting letter E**

Now we are ready to begin: do your relaxation exercises and get ready to listen, preferably using a comfortable headset. Earphones, like the ones used in MP3 players are much more comfortable than headphones. Listen to the lowest possible volume so that you do not get discomforted or fatigued.

In the main window, set "Actual Character Speed (WPM)" equal to 15 and "Effective Code Speed (WPM)" equal to 1. Do not worry about the meaning of these two steps: we shall discuss this later.

Relax and focus just on listening. Enjoy your first contact with Morse code.



**Selecting character Speed**

Listen to the sole letter E: *dit*. Listen to the dryness of the single dot, focus on the spacing between two consecutive E "EE" and the same, separated by a space: "E E". We set a wider spacing to grant you more time to mentally "recap" the sound of the previous word. We will apply the correct spacing later on.

The software is designed to play first a group of letters and then to display it on video. Listen and build an automated mental link between letter sounds and their image displayed on the video right after.

If you train every day, you will achieve quite the same result: when you will hear a CW word, right after the space separation, the correspondent letters will magically appear in your mind.

When you feel confident, open again the window "Morse Character Set-Up", and add the letter T: *daah*.

Now hear the difference between the letter E and T: E is a single dot and T a single dash.

Focus on the difference in terms of sound length between dots and dashes. Listen with particular attention to the relationship between the length of a dot, of a dash, and the space between the two. During the lesson we will discuss the details behind the concepts of spacing and speed. For now, just ignore such details, relax, listen and do nothing else.

When you are confident with the difference between E and T, add the letter A: *dit-daah*.

Can you hear the difference in sound between the character A and the two consecutive characters "ET"?

Now take off your headphones and think about this story. It has been told about a Zen master who met his disciples before a large blackboard. This board was so large that a man had to walk several steps to go from one end to the other. The Master then drew a tiny dot with chalk, but so tiny that the disciples could hardly see it. And then he asked: "What do you see?"

Now close your eyes, relax, and imagine the same scene. Imagine it before going on reading. What would *you* see?

---

Focusing on the tiny dot, ignoring the huge blackboard where the dot is drawn, is one of the most classic mistakes we make in our everyday life. Of course, that's a mistake in CW also.

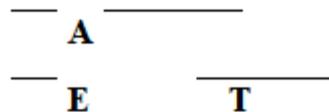
The container is as important as the content, and the same holds true in CW: the space among elements is of absolute importance.

In CW, the duration in time where a signal is present (the sound) is called *Mark*. Conversely, the separation among Marks is called *Space*. So, saying that the letter A is made up of dots and dashes is, in fact, quite a big mistake. Remember: always focus on the dot *and* on the blackboard. In fact, the letter A is made up of a *mark*, lasting a dot long, one *space* lasting again one dot, then a *mark* 3 dots long, followed by another *space*, again one dot long.

Now, listen again to the 3 characters, paying attention to the sound difference between the sequence of letters ET and the letter A. Here are the spacing rules (do not learn them by heart, just listen):

- A dot is the base unit of measure.
- A *dit* is a sound of one dot followed by a silence of one dot
- A *daah*, the sound of a dash, is 3 dots long followed by a silence of one dot.
- The space between letters is 3 dots long. (2 dots plus the dot ending the preceding *dit* or *daah*)
- The space between words is 7 dots long (4 dots plus 3 of the preceding letter space)

A correct CW transmission respecting these rules is said to have the correct *timing* (correct timing ratio among marks) and *spacing* (correct ratio among spaces).



### Graphic representation of the letter A and the sequence of letters ET

A correct timing and spacing is the essence of a state-of-the-art CW transmission.

Now add the letter N: *daah-dit*. Listen to the difference with the letter A. Try to depict the sound of letters with a mental image. For instance, the letter A (*dit-daah*) has a sound that resembles a vowel open sound, in latin languages. The N, instead (*daah-dit*) has a truncated sound, remembering somehow the tongue pressed up in the palate.

Finally, add the letters I (*dit-dit*) and M (*daah-daah*), to complete the group. Listen carefully to the whole group of letters and relax. Take a small break, and get ready for the receiving exercise. Every day we will train to receive groups of 5

characters. Copy the letters of each group in a text file, and press the "Text File" button to start the exercise.



### The Text File Button

Make yourself comfortable and, first, listen to the entire file, keeping the book open in front of you and following the groups as they are transmitted. Keep relaxed and listen. Try to grasp the subtle differences in *timing and spacing* between individual letters and the various sequences as the computer plays them.

Now close the book, take pen and paper and relax. Play again the file and write all the characters you manage to copy. You will notice that some characters are harder to copy. Never mind, let them go away and keep focused on the flow of characters as they are played by the PC. If you lose some character, ignore it. If you skip a group or more, again, ignore them. Re-synchronize yourself until you are able to copy again.

You will notice that this exercise is tiring, despite the few characters transmitted. What really matters here is that you remain relaxed. Do not get nervous for the groups that, *physiologically*, you will miss.

Purpose of the exercises is not to *memorize* the letters, but to establish an *automatic reaction* of your brain when you listen to them. Such automated reaction is achieved only by means of repetition. Keep in mind that relatively few people are able to establish this process automatically in a short time. The daily rhythm proposed, therefore, *is purely tentative*.

There is absolutely no hurry: if you think it might be the case, simply repeat the same exercise as many times as you feel appropriate. If you are not satisfied with how many characters you copied one day, you can always repeat the exercise the next day, making sure *not to exceed 15 minutes of exercise a day*. If you want to, by using the Record Audio File command in the File menu, you can record an MP3 to save an audio file to be played with your favorite audioplayer or CD player. You can, then, listen to your groups during other times of the day. It is crucial that you train *every day*.

If you decide to listen to CW during your daily occupations, thus outside the daily training session, be sure to do it *while attending to other tasks*. Leave CW in the background while doing other things. You should *sediment* it in your mind, rather

than actively learn it. Studying must be *solely* done during the 15 minutes of your daily workout session.

Next day, you will do your usual relaxation exercises and directly go to the listening exercise, reading groups from the book and decoding them right away, always using pen and paper.

### Groups of the Week

Day 1 :

TANTE	NTENT	NMEMN	MEEII	NMMMN
ETEII	EIMNM	AAEMM	ITENM	NAANA
TMTNE	AAIET	TETNN	ITEEE	EIENI
TIMIA	NNEAT	IMNNA	MIMIN	TINAM
MMENT	AMMTE	ANTMA	EEETT	NNIAE

Day 2 :

TEAIM	AAETN	INATE	EAINI	EITNI
MIETA	NTNEE	MEEIE	IIIAT	ENAIA
MAMIT	EAMNI	ANEIA	TTMIM	TAAEA
TETAN	IMTIA	ENNMM	NTIAT	IEMAI
TEEMN	NAEMN	NANAN	NITMT	EMIAA

Day 3 :

EINEN	AETMI	ATTMT	NAMIA	TMIIT
ETIEE	MTIIT	MIAIE	MTNAM	MENNA
IAAMM	ETANM	ETNMA	IETTM	NMNAE
ETAAA	TATAI	NNANN	NMEMA	ANTET
AENTE	EIIAE	ANNAI	IENTI	TTENN

Day 4 :

TIAMA	INNAA	TMINN	TTNTA	ENITN
TEAAM	NTTNA	AMEMI	NMMA	NMANE
AIIMN	TMIEM	NNTTI	NMTME	NMTMN
IEEET	AIEIE	TETTE	NNENN	IMINI
INAE	MMTAM	ATAMT	ANEMA	TMMEM

Day 5 :

ANATA	AMMAM	ITIAT	IEEEE	ATAEM
NAMAM	MIETT	NIINN	IEAEA	IMMMN
ITTNM	MITTN	TIETA	TMTMA	MITMN
AETET	MEMII	ITEIE	NNIAI	TAEET
EITMA	MMMNE	TMNEN	TNTNT	MIINT

Day 6 :

INIAM	AIETI	EMAAE	AEMEA	IIIII
ANATI	MTTAM	ITTTI	TAEIT	TAMMN
ATIIIT	MEEMM	ATTAT	MNEMN	TNMMI
TTAIE	TEIEM	AMIMI	EETEM	METNE
MITIA	EIMIN	ITMAT	I AINT	IMETT

Day 7 :

INIAM	AIETI	EMAAE	AEMEA	IIIII
ANATI	MTTAM	ITTTI	TAEIT	TAMMN
ATIIIT	MEEMM	ATTAT	MNEMN	TNMMI
TTAIE	TEIEM	AMIMI	EETEM	METNE
MITIA	EIMIN	ITMAT	I AINT	IMETT

## Second Week

The second week is dedicated to the group:

DSOURC

As in the previous week, the first day session only introduces new characters.

Do not forget your relaxation exercises, then go to Setup / Morse Character Set Up, remove all the letters studied in the previous week and select only the letter D: *daah-dit-dit*.

Listen to this sound, it does remember the phoneme ‘D’, doesn’t it? *Daah-dit-dit*. Listen for a while.

Now add letter S: *dit-dit-dit*, three dots in a row yields an effect of "suspension dots". This sound is like a hiss: "ssssss" *dit-dit-dit*.

Now go for the letter O: *daah-daah-daah*. Indeed, a "full" sound, much like the “roundness” of the letter O.

When I was desperately trying to increase reception speed and abandon paper and pen, I used to listen to Meteomar, a meteo bulletin, broadcast in CW in plain Italian and English on the frequency of 4292 kHz. The first time I heard the word "MOSSO" (i.e.: “rough sea”) I was surprised by how much this sound effectively represented a rising wave, then lowering and rising again. Try to picture the sound of

this word in your mind: M prepares the additional increase in sound fullness, of the letter O, immediately damped by the two following S, and again rising by the final O.

Try to create mental images like these, try to *create emotions* while listening to CW. Do you remember the success factors for changing the self-image?

- Authoritative sources of information.
- Repetition
- Emotional intensity of the experience.

Keep “coloring” your study with emotions: you will learn at a fast pace and with an unimaginable simplicity and ease.

Now add the letter U, the mirror of D: *dit-dit-daah*. The final dash seems almost like an accent, a resembling the sound of the letter U (as it is pronounced in Italian).

The letter R, *dit-daah- dit*, is special because it is the first to introduce a syncope, i.e. a change of speed, with a dash between two dots. The middle *daah* recalls the sound of your tongue against the palate, typical of the phoneme *R*.

Finally, the letter *C*: *daah-dit-daah-dit*, the first character to be composed of 4 elements. You will listen to it so many, but many times in your career as an amateur radio operator, because it is the first letter of *CQ*, the sound of a “general call” (aka *seek you*). The letter *C* is probably the most famous of the 26, with its very characteristic swing.

Now is time to practice receiving the new group of 5 characters just introduced. As in the previous week, first you listen to the groups with the opened book and, after, practice receiving the same groups copying them down with paper and pen.

Tomorrow, you will directly go to the groups of the second day, which will include the group you studied in the previous week. Repeat this exercise every day, until you complete all the groups of the second week.

**Groups of the Week**

## Day 1:

CDDDC	CSROU	SUCCS	CDORU	SUSCS
UDRSC	RDDSC	RUCSC	SUUOU	ORSOS
ODDSS	UUDSO	RCSSU	CRRRR	RODDD
CCCOR	OCCOS	SSDSO	URDSR	CUDOD
CSCOS	CROSO	CDDOC	SRROC	RCSUC

## Day 2:

SNMIT	TADND	SRNOM	RDAMC	RMNDR
RCUIO	ITDSM	RAIDT	CSOES	EETDO
DSIUS	RADER	OETRT	AODCS	CESRA
EOAUD	DE TIC	SCMEO	TRSEO	AUCCO
TCSST	IEUMA	TUMMR	NDAAA	CRIOR

## Day 3:

COINR	CMIEM	CCIMR	OCMSA	OIIIT
OTOMN	DINRS	UASIN	OIERD	IOCMI
SMAIS	CDRRO	CUODS	AMOER	ACTAD
AAEOU	EUNEM	UATUI	OOEMD	NROUI
INNMC	ON AUS	TECNM	SIRE D	ISDID

## Day 4:

SSSOS	RSMDN	RCOTA	TUSR R	USDAM
MITMA	MEEMD	OMUDN	RAETS	CESUC
RUSMR	NRDSR	DMUII	AAACS	UODEU
UNIOI	SIOEO	EMSNR	IADMS	MNRNS
ODREU	SCRES	INONR	UADUO	ORNNE

## Day 5:

DTOUU	OSCTC	TTCUM	UUTRN	TNIDD
ESANT	RUAAO	OCNEU	STEID	AEMOM
ACNRU	IUECA	RAIUI	NNECT	CNC DI
CCMCI	ONINM	DCCUN	OIUUN	NNNSI
RSDNU	RDTMI	IN AUT	TUTCA	MSEOE

## Day 6:

DSUTS	AOTRU	CUUIT	NNTOS	ESNOA
MRTTN	UTDCU	OTTDA	MOTTU	IMOCN
IMESS	SNMMA	TRSUC	ICAOA	UENTO
NIDSS	ORRAR	MUTTI	ISIAD	SDACS
MMUTA	MUDOR	DAEIT	OESOU	TIRIS

Day 7:

NOODO	IARCO	OTOOU	MTDAC	ATSME
CMAAI	NIDDA	ERDMD	UAMMU	REIMA
NUOCA	DISRT	EDIRE	SSMMA	MUONR
ROISE	ECISN	RMUUA	UUTST	ASNOR
AOTTC	CTUTD	RTSRE	DMDAE	RENDN

### Third Week

The group of the third week is:

KPBGWL

All the characters of this group are made of 3 or 4 elements. Listen carefully because they differ from the characters of the preceding groups only for how the elements (dots and dashes) are combined. Thus, K is an R with dots and dashes reversed, the same holds for G and U, D and W. Always remember to listen to sounds. Try to build a mental picture, to give a “shape” - the one that best suits you - to each sound. This will help you to establish an automatic reception reflex between the sound and the mental visualization of the correspondent letter.

Now relax, run the G4FON software and configure it to play the single letter K: *daah-dit-daah*. Mentally recall the difference with the letter R (*dit-daah-dit*). Notice that, while visually inverted, the two letters have a completely different sound.

Now add the letter P: *dit-daah-daah-dit*. The letter P is a consonant whose sound is distinctive because, although it has 4 elements like many other consonants, the two central dashes give it a unique sound image. Keep listening for a while and get ready to take a break.

The introduction of the letter P allows us to better define the concept of speed in CW. The unit of speed is the WPM (Words Per Minute) or CPM (Characters Per Minute).

An E, for instance, takes a fraction of time of an A. Thus, the measured speed in character per minutes depends on which characters are actually sent. To overcome this problem a standard measurement system has been defined to evaluate speed in words per minute. The base unit of measurement is the word PARIS.



in total, 38 dots and 4 dashes. We have seen before that the length of a dash defines the weighing ratio. Hence, the duration of a dot in seconds, taking into account the weighing relation  $W =$  number of dots composing a dash, is:

$$\Delta p = \frac{60}{WPM \times (38 + 4W)}$$

When applying a standard 3:1 weighing ratio (length of a dash equal to 3 dots), we obtain the simplified formula

$$\Delta p = \frac{6}{CPM}$$

where CPM is the speed in characters per minute.

Considering a dot as a bit, the baud rate is:

$$v = \frac{1}{\Delta p}$$

The following table shows the relation among speed (for a 3:1 weighing ratio) using different units of measurement: WPM, CPM, baud and dot duration in milliseconds:

WPM	CPM	Baud	Dot (ms)
5	25	4	240
10	50	8	120
15	75	13	80
20	100	17	60
25	125	21	48
30	150	25	40
35	175	29	34
40	200	33	30
50	250	42	24
60	300	50	20
70	350	58	17
100	500	83	12
150	750	125	8
200	1000	167	6

### Comparative table of speeds in different units of measure

Before getting back to our first session of this week, it is important to stress once more on the role of relaxation. We talked before about Fabian, DJ1YFK, who receives at the speed of 1000 characters per minute. Time for some small calculation: 1000 CPM = 200 WPM = 10000 dots per minute. In a minute there are 60 seconds, for a total of 167 points per second: at 200 WPM, a dot takes about 6 milliseconds.

Let's get down to a more "human" level: some hams practice, on a daily basis, in long chats at a speed of 50 WPM, i.e. approximately 42 points per second. At these speeds a dot takes about 24 milliseconds. Scientific experiments on rats show that the reaction speed, mediated by the brain cortical layer, is just about 24 milliseconds. At 50 WPM, then, we are around the limit of our physiological ability. Yet several ham radio operators today practice with ease at these speeds, without tiring. How is this possible?

The secret is in relaxation and in the human brain's amazing ability to aggregate information at higher levels. We will return to this point in a chapter specifically dedicated to high speed CW (or QRQ). Still, keep in mind that this phase of learning is crucial to establish that automatic reflex allowing you to recognize whole words first, and then whole concepts, effortlessly. Relax, keep listening without making any conscious effort: if you fail to copy one or some characters, simply let them go. Keep focused on those characters you receive and trust the incredible ability of your brain to learn unconsciously.

Now add the letter B: *daah-dit-dit-dit*. Sounds "slippery", does it not ?

Then, when you feel comfortable, add the G: *daah-daah-dit*, although it is an U with dots and dashes reversed, it has an unmistakable sound.

With the letter W: *dit-daah-daah*, we complete the set of palindrome letters (the W, in addition to being a D with dashes instead of dots, is the reverse of a G). Listen to the sound and let your automatic sound-image mechanism work for you, the rest will follow.

At last, the letter L: *dit-daah-dit-dit* is the third character we meet composed of 4 elements. From the next week on we will learn all the letters made of 4 elements. Listen to them carefully.

Now continue training as usual, receiving the groups of the first day with the book open and, then, close the book and start receiving them using paper and pen. The rest of the week is devoted to rehearse the whole set of groups met to date.

### Groups of the Week

Day 1:

GKPGP	BPKPP	WKGLG	GBBBW	GPGWB
LBPLK	WGLLW	KPWWG	PBGPB	KBPBW
PGWKP	GWKBW	KPBGP	KGPLL	GBBPW
KGGWG	PKPLG	BGGWB	PKKPG	KGKBW
WPLLP	GKPLL	BLKWG	WGKKB	BPGGW

Day 2:

EDGMK	IBCUR	GWNRB	BTISI	PWGOS
TOMLD	UGUWP	CEIPD	CBMDB	DWTOB
OSCSP	ABRGW	MIASM	GGORA	UGURA
GKBTk	CSKBD	GCOMM	MKARA	NLALD
PLEKD	GUMEO	EACPU	KANNK	TOPRT

Day 3:

BWLRP	LCEIL	LCKIR	BNMKO	RRDLR
LOOTN	IOLLE	AKKIA	SLELA	IBKEB
NPTKA	GKMCO	AWSDO	EDGAM	TRMNV
LAWCR	SLKDU	SIAPE	IKKSN	BDMSM
WSTPR	SWENU	LMIUW	RPMSO	BLWLT

Day 4:

RPAUW	PNTDT	WILBE	WOKPR	APPEL
ETULT	DGUBP	OODBG	AKOUI	TEAUU
OOKSG	CNMOC	SIOSK	KADWL	MSGAO
ISMUG	GTCIN	APNPL	EPRRA	RSBWN
DEOWI	IWTAE	RMTRL	GKCMS	AASAU

## Day 5 :

PSMPN	MGDWG	SBLOP	UIULW	KEKPG
LABTB	TTRCL	WCILA	DDDOM	EBKLD
SLWIR	KOCUG	NRKKB	SWBEC	OMTWO
KTMOB	BGRWM	OEKEK	DSNRI	KCKOA
RNLIB	MUEKR	IBWIB	IDPMG	WPCBL

## Day 6 :

PIRTC	AGBCU	ARBCC	GIDGD	TDMAB
OAMSL	UTACC	UETNB	NPSDW	CACOD
TGIWI	KPWOE	GBULO	RRAOA	CWAOG
BKPLA	LREPK	UMPOK	CCCUO	RKEMK
AUTUN	LISME	TDKWG	LEDRR	ILOGR

## Day 7 :

LAMOC	WTCCS	DUGNE	SIBRR	KIICA
OSAIL	MROOE	WURDU	PKUNN	GDRKI
DSIRN	KUIBI	MEDIB	BEROD	GNCPL
AUUC	LIGML	WKCDG	ENLCP	MULAO
GTBSA	PBBRB	BIRWI	EBTWN	BSUGB

**Fourth Week**

The fourth week group is made of only 4 characters.

**QHFY**

Do not forget your relaxation exercises and listen to the letter Q: *daah-daah-dit-daah*. It recalls the beginning of the Italian national hymn. C and Q make the most famous sound, heard daily by radio amateurs all around the world: CQ. Hearing a CQ, immersed in a background noise, with a small radio receiver and a small antenna, even better from an isolated island in the ocean is an unforgettable experience.

The letter H: *dit-dit-dit-dit*, completes the series of letters composed by dots: E, I, S, H. Carefully listen to the difference in sound between an S and an H,. At high speeds they become very similar, except small details that a trained ear and a relaxed mind can grasp with ease.

The F: *dit-dit-dah-dit*, is quite similar to the letter L, listen to it again and again. It is advisable to practice with a dedicated listening session, with only the

letters F and L. Relax, listen to the sound and simply watch the letters as they appear on the screen, right after their sound is being played.

Finally, the Y: *daah-dit-daah-daah*, which differs from the letter C for the final dash, but it sounds radically different. Both these letters are included in the group of this week, use the excersises in the first day of this week to practice with the letters and, thus, become familiar with the sounds of Q and a Y.

As ever, it is now time to listen with the book opened and, then, decode the letters at closed book, copying with paper and pen.

### Groups of the Week

Day 1 :

HFQQY	YFFQH	YQQQH	FYHHQ	YHFHY
QYYY	YFFFF	FYYHH	FQYYF	YYHQF
QYQHF	QQYQY	QFFHH	QYHQY	FQFFH
FQFQH	QHQQY	HFHHH	YHFYQ	YQHQH
QYQQY	YFHQH	YHQQH	YQHQY	FQHQQ

Day 2 :

QPRRR	EFHPL	FICMU	FAUQM	NQSRR
WHPOO	FOHTB	AUMGF	GUWYE	ITYIO
MWPGI	BOLSR	COOMY	MLMOH	TMGUB
MNDDE	NPCEC	NWWDY	AFBQM	QCUFL
CWHKU	EDOKS	PFMYD	UCUFY	EGYTS

Day 3 :

SKMFI	ECRNE	ETIEW	BPCSU	QHODY
TMAWH	IANPT	ISTAO	LCKKO	WLATG
BTBBU	LLFEP	PBHPS	AAHKE	HTLYH
OCMCM	LEFAE	BKRNP	MEOFY	WNRCO
BIFIQ	WPLWL	LEIOH	PIYAR	BMCHP

Day 4 :

HIQRR	ANQUI	MKKOM	UPTWT	WWBWE
NUEIW	RMIDT	QUMII	BGPCN	GHCIP
ESWPO	QCSMQ	WHBDM	NPHRS	DRYDM
EAFSA	KCEYH	BHGCB	WDWLE	BKLCG
OSTPG	QAPUF	HACNT	LNSKH	IFPTI

Day 5:

IGBRO	DGMQU	CLNQE	STBPT	WYONR
LTOSO	SRPGQ	POSYR	ECRCW	YBUUS
IKNDI	WDYWF	BMAEM	ULUIM	TTTCU
MCCLN	NDPMP	CAINO	EATHB	NNNBA
HCGKL	TTACC	HMECH	BGSTM	NSLOT

Day 6:

FPPAM	PNQGN	OUTCI	ONNTC	SUTUA
OTLYU	WLNPE	UCPTG	IQNIE	FBQDC
GGILS	RWTGF	UMKDB	PYAYA	IGBRT
TNMRY	CSTGY	WIEQE	GOPPN	MHWIG
FAOEB	ROGAG	BDUUR	KCENW	OPEIF

Day 7:

SOCSL	PEMEH	NWFQF	HHSPT	UGBQG
IEQQS	UWBAC	EQSEW	GGDCC	OFUDI
FCMGL	YUUBU	LSWCY	ERUAO	KSCHB
OFSBG	AKHPQ	BWKTY	QQBFT	BSOOG
NTRKC	WIUIO	IQTNO	SOAGY	EQYHY

## Fifth Week

With the fifth week we finish all the letters of the alphabet:

ZVXJ

After the usual relaxation exercise, start listening to the letter Z: *daah-daah-dit-dit*. Over the years, I associated the "long" sound of the first two dashes and the short of the two end dots with the graphic sign of a Z. Try to visualize the sound, giving it a "shape", a "color", or some general "tangible" attributes. The more senses you involve in learning, more intense will be the lasting memory of what you have just learnt.

Listen now to the letter V: *dit-dit-dit-daah*. For decades it has been the beginning signal for coastal broadcasting stations around the world. It has a distinctive sound: it seems the attacking tune of the fifth (in Roman numerals, incidentally, V) Symphony by Ludwig Van Beethoven.

The letter X: *daah-dit-dit-daah* is rather unique, because of the two central dots. It is a P with dots and dashes inverted but, again, it has a completely different sound.

Finally, the letter J: *dit-daah-daah-daah*, it sounds quite lengthy, and could be confused with the W because of the final additional dash. Carefully listen to how does it sound with respect to the letter W.

Despite what one would expect, the “most difficult” letters are the shorter ones, because they require you to react much faster. The letter J, for example, consists of 16 dots (always remember to count marks and spaces): twice as long as an S and four times longer than an E.

It is therefore important to learn the letters by sound, not by their graphical elements. If you do so, you will incur in a series of handicaps that, to be removed, will require a painful work.

1. If you learn dots and dashes by heart you will be forced to split in elements each single letter you will receive. This will require a very long encoding time.
2. Longer letters will be extremely difficult to learn.
3. When increasing the speed you will incur in the twofold problem of decoding the short letters, because they are too fast, and the long ones, because they are too complex.
4. It will be almost impossible to exceed the speed of 40 characters per minute.

In Italy, the exams for obtaining the Amateur Radio license were at 40 CPM, so I learnt CW exactly at this speed. I remember it took to me a huge effort to get my speed from 40 to 80/100 CPM, the minimum required for a satisfactory CW contact.

Now go on with the usual exercises, throughout the week, starting from tomorrow and going on for 6 days: you will practice with the entire alphabet. You are almost done!

Remember: keep relaxed, let the mistakes go away and stay focused on what you receive. Eventually, skip the whole group of 5 characters if you should miss two or more consecutive characters. Get resynchronised using the space before the next group.

**Groups of the Week**

## Day 1:

ZJXJJ	JZJJX	JVVZX	VXXZX	ZZXJV
JVZZJ	ZXVVJ	VJJVZ	ZZZVX	XVXVJ
XXXVX	VXJZJ	JVZJJ	VZVJV	ZZZZJ
ZXJJV	JJZZX	JZVJX	ZXJXV	VJJXX
JXZJV	JJVXJ	ZZZVV	XJJVX	ZJVJZ

## Day 2:

JWWRC	PSQRK	HEDRN	BPNAH	VRSDO
MCMLLO	PAKBM	XFTJR	SZYEN	TEEFP
AJPRU	OSQBV	UYPDD	DXXIC	UYEUW
HLWIG	IJVXY	SCRZM	ISGZE	SOHYD
NWZBF	WGYNX	DUXLZ	VXKHT	TQAFK

## Day 3:

CHVYQ	CSZGZ	QVZFC	BNXUP	PDGMH
OEVLH	BHMSK	UFFPK	KGBIH	ZPUIV
FGVFK	IVMCY	HJBNO	HZJZH	MGDED
ZTVDH	QUGZI	HSACZ	QZLUW	XLQCG
DOOGN	MBJBK	PSAON	IOJQB	GBMKN

## Day 4:

WAWNZ	ALEQR	RDGUP	JPDXM	RCJLM
DDLFY	DPCLK	OQPJY	SUJFR	PKEJP
WZQZD	IVZEP	BBCVJ	HTTOM	RRRIP
IHSFT	JNJWT	XFRML	ADIKX	PFUFA
DWOBR	VZXAU	HAYWY	RQMIR	QLHIW

## Day 5:

JUMTU	GPGHS	LNQLQ	MLUQF	OPRZI
JSFBE	NAXBU	HLWRL	ISUSU	VXUHA
MSILK	ATXVN	HQAMT	QUAVI	MUHRQ
CRSJY	ACTMC	KWJVB	FSXLX	GXQZM
KGAOM	APGUQ	ZBYSY	VSLTW	TUCRM

## Day 6:

XBVOS	CPKAE	HYMBW	ZLRNK	XNFJP
MIFBT	BDHBB	SLUGO	FSRXL	PQWJU
XQQXP	WIVYW	MLBKC	CHIVS	AVJQW
BNWQX	ZPUWV	KHAPU	OZEBL	BERSI
ZRNAN	XBSWS	KOJPD	IJCXZ	TLKIO

Day 7:

GZQCE	ZTPWL	ADMRR	UURZL	ABYXY
EMJFM	HXIYE	SLITF	DWOST	CODEK
ATAQH	VVFPV	EAPJQ	JJKVQ	JSYFZ
UPBGZ	NZLMR	BZHMG	VYBYM	EPNKA
KZIKW	DGQTH	HEMAS	CMZYM	VPGEE

## Sixth Week

With this week we introduce the numbers:

1234567890

There is a simple mnemonic rule:

- All numbers are all 5 elements long.
- Numbers from 1 to 5 start with 1, 2, 3, 4 5 dots.
- Numbers from 6 to 0 start with a dash, up to 5 dashes for the number 0.

You can directly listen to the whole set of numbers, altogether. After a few minutes the mnemonic rule is of immediate sound impact: a 0 is so long to be unmistakable. Pay attention to the difference between 2 and 3 and between 7 and 8.

The exercises for this week are organized so as not to mix letters and numbers: when a group starts with numbers, stay with your mind focused on the characteristic sound of the numbers you learnt during the first practice session.

Congratulations! From the second day on you are decoding the whole Morse code alphabet!

## Groups of the Week

Day 1:

33141	12525	24435	51213	52411
52425	35413	12515	55335	42215
34512	44514	23554	41243	42122
53221	41354	41145	14253	34154
43132	25521	24153	21331	54155

## Day 2:

XVZBQ	68499	HPXWP	60896	QHBJT
BMHPK	93208	XUFXS	16504	VIUME
KLGXF	82508	IGTSL	66304	XMIYJ
UWJKE	16139	JDYHG	33288	EBAMH
NSBVO	78156	EUXKX	79385	IRDRC

## Day 3:

OUSNC	78136	AFHSZ	02369	ZIIZO
RTSEN	39103	PBFQD	35514	WLFBO
NLQTH	04053	IVMZO	04393	TOWNY
FVTKF	67407	PGCNG	73035	EQVDF
ITJVO	76293	ILZFO	69459	NUUIC

## Day 4:

EUUCL	28997	NFNKR	82127	BZPOS
QIKYR	16952	MEGQI	63601	MEBFX
FIJOW	24877	SSKEH	64762	MZZAW
NZGFM	05813	GDGBX	63328	VVHTN
QATJK	49307	FIWEU	45555	NNHYF

## Day 5:

WKNOE	45839	FAQAY	83508	HLGMT
DUCPI	09406	NSBMN	11423	DPCZY
OTDPU	61271	ULRMA	67692	HUNEU
BQRTW	42668	NYMSZ	75670	DASRK
OBOFA	31623	DDGHQ	12913	SUNQK

## Day 6:

CEAZK	94686	LGYCI	07706	OSDXX
BQYJY	40051	OWAIP	90862	CPDRY
YUUBK	80146	HNALK	19601	OXVBH
ZNLJN	79062	YZOWL	95891	WFKJC
GDTWB	66336	FVLPE	59559	MZNMK

## Day 7:

KGFAD	38144	EFLPV	89500	LKVVN
NCBJV	58831	XYRMT	79169	KBAYZ
CRNKK	76717	MVBSB	03521	SHSTN
YRDOM	75330	WJHMP	53191	LDIXO
UQMJV	31922	DXVXV	46672	FQVEQ

## **Increasing speed: let's go on-air**

This stage of learning is aimed at increasing reception and transmission speed up to 20 WPM.

The work we did in the previous phase over the course of a month and a half is the basis for a correct transmission, with the proper timing and spacing. Only series of carefully designed daily listening sessions, for an extended time, can produce a mental representation of the sound of each letter. By the end of this phase you will be able to transmit with a rhythm as close as possible to the computer, i.e. with a proper weight ratio of 3:1 and a correct spacing between letters and words.

Training sessions will all take place in the same way:

- Listening to groups of 5 characters.
- Transmission, using a telegraph key, of the same groups.

We will use a straight key. An entire chapter of this book is devoted to this kind of key. The ideal key should have a long lever, resting firmly on the desk in a comfortable position, but, at first, we cannot immediately adopt such a key (often named “Swedish”), because the long lever strains the beginner. Wrist fatigue, at this stage, is to be avoided because it results in inconsistent timing and, most importantly, prevents both mental and physical relaxations, which are essential for a proper learning process.

Your first radiotelegraphy key must, therefore, be precise and easy to handle. These are typical qualities of all Second World War production keys. Two magnificent keys are the Junker and the Lionel J-38. They can be found for around 50 dollars, shipping included, at the most popular online auction sites or at the usual military surplus stands that can be found in some trade fairs.

The second phase may have a minimum duration ranging between one and two months, but it is highly advisable that it lasts long enough to allow you a proper absorption of rhythm and spacing, both in transmission and reception.

Objectives of the second phase are:

- Match the spacing between words with the speed of 15 WPM.
- Make your first CW contacts (QSO).
- Gradually increase reception and transmission speed up to 20 WPM

In the first phase we learnt all the elements of the Morse alphabet, but we applied a spacing between groups of characters corresponding to a speed much slower than 15 WPM.

Actual Character Speed [WPM]

15    20    25    30    35    40    45    50    55    60    65    70    75    80

Effective Code Speed [WPM]

15    13    11    9    7    5    3    1

**Selection box for actual and character speed in G4FON**

The G4FON software can play the characters with adjustable speed and spacing among words. We will use this feature to facilitate the learning process. We will set G4FON to play characters at 15 WPM, and the space between words as slow as 1 WPM. In fact, it is unclear how this speed is calculated, as a rate of 1 WPM should generate about a group of 5 characters per minute, which appears not to be true. Anyway, we will take advantage of the capability of extending spacing between words, allowing us to learn individual letters at a decent speed for our first CW contacts. After we have learnt characters at a good speed, we will focus exclusively on reducing the spacing.

At this stage you should train in daily sessions of about 5 minutes in reception and do your best to transmit the very same characters you just received to reproduce the same speed, spacing and rhythm produced by the computer. When you are able to copy on paper about 90% of the characters, then you increase the speed one bit up to 15 WPM. After the initial uncertainty in transmitting with a straight key, you will immediately notice that it is significantly more difficult to receive than to transmit (although, it must be said, that transmitting with the proper timing and spacing is extremely difficult). This is not a trivial consideration: at high speeds things get reversed!

We said that the minimum duration of this phase is a couple of months but if you really want to achieve excellence, it should be much longer. In fact, it is in this phase that we instinctively acquire the elements of rhythm. If you deliberately shorten

this phase, which - ideally - should last at least a year, it will be very hard to fix the consequent bad habits you might have introduced.

It is also time to make your first QSO in CW. The best approach would be to find a colleague to act as a sparring partner, much as in boxing. It is important that, in your training sessions, the band where you practice is silent (VHF is perfect in the first 150 kHz, specifically dedicated to CW) and that your training partner is as precise as possible in transmission, at least in the first weeks. Normally, you reach 15 WPM in about a month and, at this point, you are fully equipped to make CW QSOs on a regular basis.

As you practice transmitting, also introduce the procedure signals (see the paragraph “the QSO in CW”) and the punctuation marks:

?	..-...-
,	--...--
:	---...-
.	.-...-
=	-...-
/	-...-
'	.-...-

### **Punctuation marks**

Directly practice to transmit the new characters, always concentrating on the sound that you hear. Train yourself to transmit short sentences with punctuation marks.

## **Second relaxation exercise**

In transmission it is important to be both mentally and physically relaxed. To do this, we integrate the first exercise with “heaviness” relaxation techniques. Such techniques are derived by the ones used in Dr Schultz Autogenic Training.

- Begin the first relaxation exercise.
- Imagine your two hands and visualize them clearly.
- Imagine that your hands become increasingly heavy, slowly pressing down on the mattress or the armchair under their own weight.
- Visualize a very thick and strong elastic band attached to your wrist, tying your wrists to the ground.
- Imagine a friend who tries to raise your arms, but fails because of the strength of retention provided by the elastic band.
- Concentrate especially on the wrist of the hand that you will use for the transmission, i.e. your right wrist if you are right-handed.
- Now repeat the same exercise for the legs.
- When done, enjoy the feeling of relaxation you achieved with the first exercise and the heaviness gained from the second. Stay as long as you like in this state.
- Slowly move your arms and legs.
- Open your eyes and, slowly, get up.

Now focus on the sensation of looseness and pliability of your wrist. Keep this sensation so you can recall it back before you start transmitting with your CW key.

## **Adjusting spacing to speed**

In the last weeks, you learnt the elements of the Morse code alphabet at a speed of 15 words per minute, listening to groups of 5 characters deliberately wide-spaced to give you the opportunity to visualize the characters and write them down comfortably.

We have seen, however, that a correct CW transmission is based on the relationship between mark and space and on an adequate rhythm. We now shorten the space between groups of 5 characters until we achieve the appropriate spacing, corresponding to a speed of 15 WPM.

In the third week we dealt with the concepts of speed: at 15 WPM a dot lasts for 80ms, the rules provide for 7 dots of spacing between each word, for a total of

560ms for the space between words, or just over half a second: this is your new objective.

Numbers aside, you'll notice immediately how powerful the visualization process is, guaranteed by the daily repetition of your practice. Keep focused on the relationship between the duration of each group and the spacing between the groups, as it shortens.

Training sessions are divided into two parts, one for receiving and one for transmitting. In transmission do your best to replicate the same spacing you just heard, as reproduced by the PC.

After running the first and second relaxation exercise, run G4FON and set the actual speed ("Effective Code Speed") to 3 WPM. Use groups of the second day of the sixth week (with numbers and letters) and start to receive.

Remember, if you lose a letter, simply let it go, get resynchronised with the stream of characters, even skipping the entire group.

At the end of the reception session, grab your straight key, read the chapter of this book dedicated to straight keys. Play with the key for a while, observe it, press the lever and listen to the pounding sound when closing the contact: the American radio operators call this sound "Brass Pounding". Now start transmitting the characters you just received, maintaining the same rhythm and spacing as played by the PC.

Then, check what you received: if you have copied at least 90% of the characters (missing at most a dozen characters), you can increase the speed, bringing it to 5 WPM. Take note of the characters you miss more often and work on them using the character generator of G4FON, selecting only those characters.

Every day, change the groups of 5 characters, by choosing them among those of the sixth week of phase 1. Tomorrow, therefore, the groups will be the one of the third day of the sixth week, the day after those of the fourth and so on. When you get to the groups of the seventh day, start over again from the second day (the first contains only numbers). The fact of repeating groups listened to a few days before it is of great advantage, because it reinforces your automatic reception reflex. After a few weeks, you will feel like "cheating" because, maybe, you heard the beginning of a group that you might know by heart. This is what we want to achieve: by that time you will have reached the very purpose of receiving CW, that is to associate groups of sounds to mental images. This is a very valuable capability, we will return back to this later.

Take your time: it is a game. If you reach the target within a week it is very good, but if you should take two months or more, it is even better! You will have,

then, learned much more intensely this valuable ability. The more time you spend repeating your exercise, the better your skills will become.

## A QSO in CW

When you're ready or you feel like going on-the-air, you can start having fun with CW by making your first contacts or QSOs. It is advisable for you to make the first QSO when you have adjusted the spacing to the speed of 15 WPM. Seventy-five characters per minute are a more than respectable speed for contacts in telegraphy. At this speed the sound of CW is simply spectacular, provided, of course, that it is transmitted with a rhythmic and correctly spaced pace. It is like tasting a vintage brandy. Enjoy these magical moments.

The CW QSO relies on three important elements:

- Abbreviations and Q code.
- Procedural signals.
- A more or less defined structure.

The rag-chew QSO is, instead, a purely free-wheeling conversation. The following list shows the main Q codes, abbreviations, and procedural signs (in bold):

QTH: station location.

PSE: please

AR End message

TNX: Thanks

FR: for

UR: your

HR: here

CQ: General Call “Seek You”

SK: end of transmission

HPE: hope

CUAGN: See You Again

73: Greetings

K: Call to transmit (go on )

KN: Call to transmit only for the station being called

GM, GA, GE: Good Morning, Afternoon, Evening (to be used depending on the time of day)

BT: speech separation

OM: old man, ham radio operator

ES: the conjunction "and"

QSB: fading

QRM: noise from other stations  
QRN: atmospheric noise  
HW: How do you hear me?  
INFO: Information  
RPRT: signal report  
DR: dear  
OP: operator name, used in place of NAME  
RIG: Transceiver  
ANT: antenna  
PWR: output power  
WX: Weather, weather conditions (CLOUDY, SUNNY, CLEAR)  
TMP: Temperature  
BK: break, used to pass the key to the other station without using the callsign  
R: received, I confirm, I have understood  
FB: Fine Business, good  
VY: very  
TU: Thank You  
QSL: postcard for contact confirmation, it can be VIA BURO (via ham radio local qsl service) or VIA DIRECT (via conventional snail-mail)  
QRS: can you send slower ?  
QRQ: can you send faster?  
AGN: retransmit the last message  
SRI: sorry  
GL: Good Luck  
GD: Good

The signs in bold are the so-called Prosigns (procedural signs), providing control signals to the QSO. They are sent as a single letter, for example:

**KN** -. - .

The general call, or CQ is made in this way:

CQ CQ DE IZ0AAA IZ0AAA PSE K

The response to a call is:

IK0BBB DE IZ0AAA K

At this point, once the two stations hear each-other, the first station replies:

IK0BBB DE IZ0AAA GM OM **BT** TNX FER CALL UR RST 599 QSB **BT** MY QTH IS ROME IS ES MY NAME IS PAOLO **BT** HW? IK0BBB DE IZ0AAA K

CW has something to do with chivalry. A correct CW operation relies on the following unwritten rules:

- always transmit at a speed allowing you to avoid mistakes
- always greet, thank and answer to questions
- always slow down to match the speed of the slower operator, even if it were just 10 characters per minute.

It is recognized as a good practice to repeat name and QTH twice, while IS and ES can also be removed.

So, the first calling station says good morning / afternoon / evening and thanks the correspondent for the call. Next, the caller passes the signal report using the RST scale: R - Readability 1 to 5, S – Signal Strength 1 to 9, T - Quality of tone from 1 to 9. If there is QRM, QRN or QSB, such information must be given right after the RST report.

The station then, which was asked HW, in turn should provide his RST report right after the pleasantries:

IZ0AAA DE IK0BBB **BT** GM DR OM PAOLO TNX FR RPRT **BT** UR RST IS 599 **BT** QTH ROMA OP PIERO **BT** MY RIG IS FT 817 PWR 5W ES ANT IS VERTICAL **BT** HR WX IS SUNNY TEMP 10C IZ0AAA DE IK0BBB K

If a station did not copy something, a question can be asked (always PSE) without repeating calling and caller callsigns, by means of the prosign **BK**,

**BK** DE IZ0AAA PSE UR PWR IS 5W? **BK**

**BK** DE IK0BBB R MY PWR IS 5W **BK**

if you did not understand the answer, you may ask to repeat the last message:

**BK DE IZ0AAA ?? SRI QRM PSE AGN BK**

if the correspondent says he still did not copy, it is imperative to repeat the requested information more slowly two or three times

**BK DE IK0BBB R MY PWR PWR IS 5W 5W BK**

after the answer, you confirm you understood and go on with the QSO:

**BK DE IZ0AAA R R TNX FR INFO VY FB UR PWR ES 5W QRP BT MY RIG IS FT 817 PWR 5W ES ANT IS DIPOLE BT HR WX IS CLOUDY TEMP 12C IK0BBB DE IZ0AAA K**

Notice that it is appropriate to first thank for the information received and, then, return the same info to the sender.

At this point the QSO can be closed or go on indefinitely, even if in most cases it is ended here. Of course, with some common pleasantries:

**IZ0AAA DE IK0BBB DR PAOLO TNX FER INFO ES FER QSO MY QSL VIA BURO BT IZ0AAA DE IK0BBB 73 ES HPE CUAGN SK TU**

usually, after the TU you end up with the classical "two bits", i.e. with two final dots (*dit - dit*). Again, the corresponding returns the greetings.

**BK DE IZ0AAA TNX FER VY FB QSO DR OM PIERO MY 73 GL ES GD DX IK0BBB DE IZ0AAA 73 SK TU**

As you practice QSOs, try if you can already leave paper and pen aside and write down only the main information, like names or cities.

## Increasing speed

The objective of this phase is to increase the effective transmission and reception speed up to 20 WPM, the practical limit for receiving by copying down with a pen and paper (unless you follow a special training). Up to now, you are able to receive and transmit in CW with a spacing that is consistent with a speed of 15 WPM or 75 characters per minute. The exercises are held in the same way: you first receive groups of 5 characters and repeat them by transmitting with a straight key.

When you are able to copy characters and lose at most a dozen of them, increase the speed of a step. At first, we will make quite a leap: we will bring the transmission speed up to 20 WPM, and lower the effective speed to 10 WPM, as in the following figure:

Actual Character Speed (WPM)

15    25    35    45    55    65    75  
 20    30    40    50    60    70    80

Effective Code Speed (WPM)

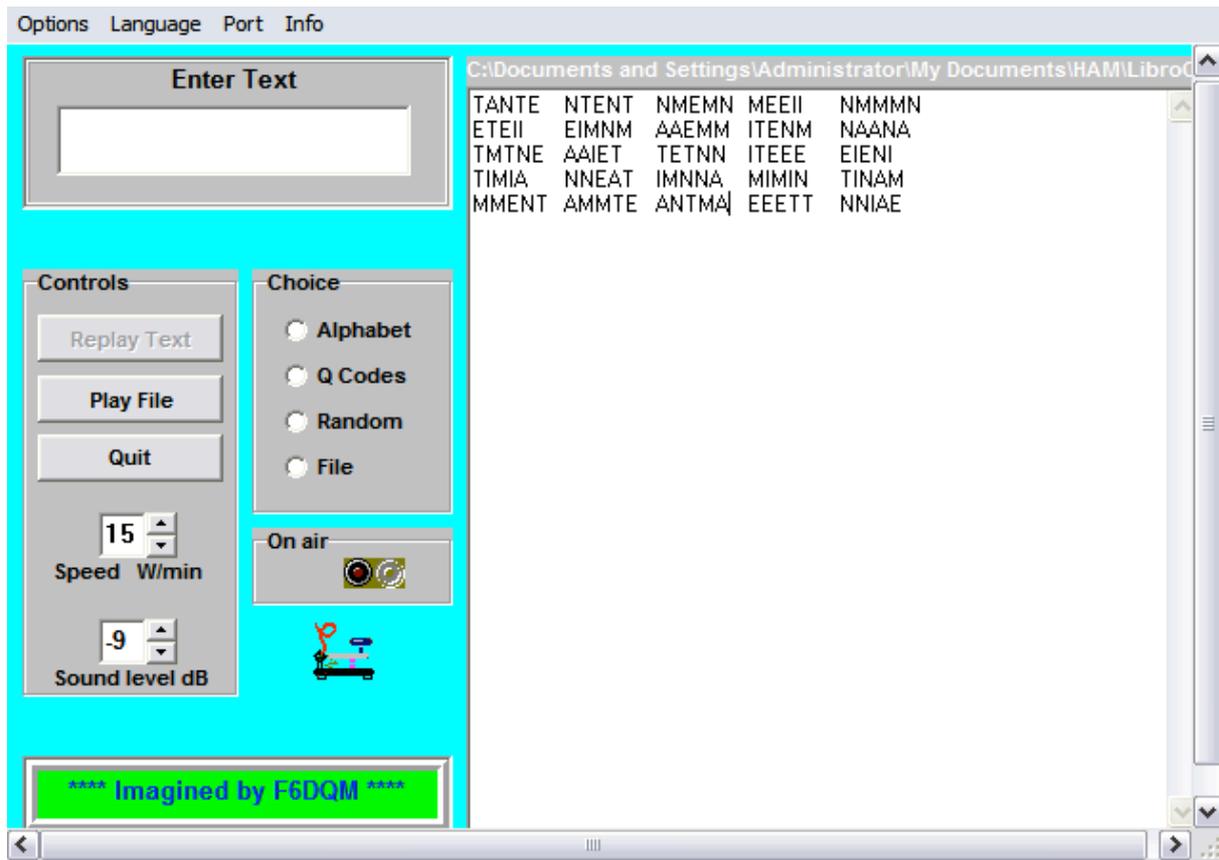
20    17    15    12    10    7    5    2

### Initial Settings with G4FON for training at 20 WPM

As our workout progresses, we will adjust the spacing accordingly. This approach is quite similar to the previous phase.

The jump in speed is considerable: one third faster. We also reduce the effective speed to 10 WPM to grant some more time to our automatic decoding process, introduced so far, to recover the "images" of each character as we receive.

If you find the increase too steep, download the program CWPLAYER (<http://www.florl.org/cwpl.htm>), which increases the speed in steps of 1 WPM.



### The CWPLAYER program

To listen to the file with the exercises in groups, with CWPLAYER, follow these simple steps:

- Select the speed of 15 WPM.
- Select the File box.
- Load the file with the groups of the day.
- Press the 'Play File' button.

For proper spacing, make sure that groups of characters are separated by a space, not the tab character. With CWPLAYER you can also practice receiving Q codes, if you like.

You might adopt G4FON or CWPLAYER depending on your style of learning. If you find it easier to copy letters, but have difficulty transcribing the group before the beginning of the next one, then you may be more comfortable with G4FON. If you have an ear for music and prefer to move forward with evenly spaced intervals, then CWPLAYER does more for you.

In learning telegraphy, it is important *to keep in contact with your inner self*, listen to yourself and try to determine the mode of learning that puts you at maximum

ease. The main indicator is your level of relaxation: always choose places, times, methods and tools that make you feel more relaxed and serene as possible. This phase is delicate and must be conducted with the policy of the ‘small steps’, it is absolutely inappropriate, therefore, to change your straight key.

Use the same groups of characters in the sixth week of phase 1, then, each day, go to the next group for the day. In transmitting, as usual, focus on proper rhythm and spacing. If necessary, try listening again, to part or all of the characters you just received.

Limit the duration of the training sessions to 15 minutes, no more. Instead of training more at your PC, increase the number of QSOs you make on the air. Remember that effective learning, at any stage, is based on repetition and relaxation. If you cannot find a quiet time of day and a quiet spot for your training, you will have a better chance tomorrow. It is important to avoid practicing in conditions of haste, anxiety or stress.

Increasing your speed is a very delicate phase of your learning processes. Respect your own pace and *trust your innate learning ability*, all difficulties you will be facing are quite physiological. The problems that arise in this phase are common to everyone.

Known problems are:

The *Plateau*: around 15 WPM you will notice considerable difficulties to increase speed. This is the phenomenon of the so-called "Plateau" or threshold. Simply keep working and exercising, once you have progressed beyond a plateau you will advance quite quickly up to the next one. Typically, people find plateaus at 15, 20, 30, 40 WPM. The most important plateau is undoubtedly found when trying to abandon paper and pen and start copying in your head. If you find a plateau, it is useless to train harder. Just make QSOs for a few minutes a day and eventually you will overcome that barrier.

*Sense of regression*: especially in transmission, you will feel to have worse performances as compared to the past days. It is a good sign, it means that your brain is overcoming a plateau and, suddenly, one morning, you will make QSOs with no problems, even advancing a couple of WPM. Try to lower the frequency of your workouts.

The *tendency to anticipate characters*: it may happen to you to mentally anticipate the ending of a word while it is being transmitted. Often, the result of this habit is that you lose the rest of the whole word or phrase. If it should happen, never mind; just ask for repetition of the lost message. Try to stay focused on the sound of the stream of characters, forgetting the characters that you just received and ignoring those who are yet to be received. Reflect on the story of a Zen Master who, chased by

a tiger, falls off a cliff and clings to a strawberry. The strawberry was beautiful, red and inviting but also very delicate. Inevitably, the stem breaks under the weight of the Master, who falls. While falling the Master eats the strawberry. His last thought was "this strawberry is delicious". Whatever you are doing, in any condition, *live the moment*, the *here and now*, never mind what has been and what will be. Concentrate on what *it is going on right now*. This also applies to CW.

*Fatigue*: when you start doing CW, after a few minutes, you may notice a decline in your performance, both in reception and in transmission (stunningly, this happens especially in transmission). It is absolutely normal, your brain is learning to work in a different way, by activating and physically sculpting new areas. This is rather fatiguing. Do not worry or blame yourself, it is our human nature. If you eventually should feel fatigued, simply turn off the radio and go do something else. As in sports, it is useless to demand more from a strained muscle, better stretching it. So, just relax doing other things. If you wish: listen to classical music, take in a bit of air, go for a walk, or whatever relaxes you. Like muscles, the brain is trained in response to a stimulus of stress, and changes its shape. Just take your time.

Do you remember about the four stages of learning? Well, you are in the *conscious awareness* stage. Up to now, you trained for a few months, you made a few hundred QSOs and you are fully aware of what you can do and your limits as a CW operator. You also know what is missing and where to improve. When you are able to receive and transmit at 20 WPM, it's really important to continue practicing for enough time, find yourself a great telegraphy key, preferably a Swedish or long lever one. Enjoy it fully: it is a fantastic object.

You have to play with this key for long enough to become so familiar with CW, that the concepts of rhythm and spacing are now wired inside you. You have to *forget you are using a straight key* much in the same way as you forget that you are driving your car when you get back home tired from work.

## High Speed CW, going QRQ

Now, it is time to slowly slip into the *unconscious knowledge*, and to do so, you have to abandon pen and paper and change your telegraph key. It is now time to use the paddle.

Abandoning pen and paper means that you have to leave the decoding modes you were introduced to so far. Let's do an experiment: turn on the radio or television and listen to your favourite program. Try to repeat the words as you hear them. Why is it so difficult?

When you listen to a dialogue you actually do not record instantly word after word. Instead, you literally *absorb* the concepts while they are being formulated. Each concept is represented by your brain as a whole, not as individual words. When we try to repeat the words we just heard, we activate two distinct brain areas, one for listening and one for expressing concepts in term of the words you just heard. When repeating words, we thus apply a process of *recoding*. Working as an interpreter is a difficult job for this reason: he or she not only must know the language, but he also must be able to recode more or less instantaneously each concept into another language.

In CW, then, rewriting the characters on paper is an additional process consuming mental resources, preventing you from reaching high speeds. There are no experiments on the subject, but it is reasonable to assume that it is virtually impossible to copy on paper at speeds higher than 25-30 WPM.

A successful approach to high speed CW (or QRQ) requires teaching our brain to work in a very peculiar way. There are plenty of examples of operators who are quite good at receiving and transmitting high-speed CW who find difficult to memorize a string of callsigns sent (without repetition) at speeds even half of their maximum receiving speed. As a high-speed CW operator, I tried playing with a program, CW Freak, sending 25 callsigns at a speed starting at 25 WPM and increasing every time a callsign is copied correctly (by typing it on a keyboard). Although I usually have QSOs at twice this speed, I needed some practice to copy the sequence of callsigns, enough to reach a maximum speed of just over 40 WPM. Quite a surprise: 20% less than my usual operational speed.

Here is another example: Nicola IN3LBQ is an Italian ham radio operator who is able to decode up to a remarkable speed of 625 characters per minute (125 WPM). Surprisingly, Nicola says that he still had to learn to have a real QSO, having done only reception activity in CW. He trained for years with RUFZ, a software specifically designed to train on receiving callsigns.

So, my mental automatism was trained for fifteen years to make QSOs, either rag-chew or DX, both in Italian and English, but not to copy callsigns and repeat them on a keyboard. Nicola, instead, built over these years an automatic mental reflex allowing him to copy callsigns, up to speeds that might seem impossible for ordinary human beings, but not for making an ordinary QSO, even if it is conducted at a fraction of his maximum speed. No surprise, then, that both we have developed specific capabilities, as a result of specific training sessions. Nicola himself often quotes a quite fitting Russian motto: ‘repetition is the mother of learning’.

To do high-speed telegraphy, you must create an automatic mental and physical reflex, very similar to the one that lets you walk to the bathroom passing throughout the corridor in the dark, at home. Athletes, in addition to daily training, use very sophisticated techniques of relaxation and visualization reinforcing their training on a “mental space”, so to say. A record high jump is also the result of a proper mental image of the same athlete, visualizing himself approaching the pole, turn on his back, jump, lift over the pole, draw the legs and fall to the ground.

Dr. Maltz’s best selling book *Psycho-Cybernetics*, asserts that the human brain is equipped with an automatic system (aka servo-mechanism) that, to function properly, must be instructed with clear and well defined objectives. How many times have you left home with lingering doubts of having actually locked the door? It was your automated system that actually locked the door for you, without even allowing you to realize this gesture. Your servomechanism works automatically in such a way that you find yourself *struggling to remember a gesture that you yourself did*. This is a perfect example of unconscious knowledge: locking a door has become for you such a trivial task that you do not to remember about it anymore. Yet, if we were to write down all the brain activities involved in such a gesture, we would fill a volume of several hundred pages. In spite of the immense complexity of the instructions given by your brain to your arm and hand muscles to lock the door, not only you did not even realize such a gesture, but if someone you meet should ask you " did you lock the door this morning? ", you would start brooding over it all throughout the day.

Did I make you doubt? Trust your servomechanism: the door is locked.

Your servomechanism needs clear objectives and simple unambiguous statements. Give it a clear order, let it work for you on its own *without interference from doubts, uncertainty or anxiety* and it will accomplish the results you were

looking for. Do not forget that it is your servomechanism that brings you home every evening, driving your car!

Sigmund Freud argues that lapses and forgetfulness are not entirely random. For example, if you systematically forget your house keys, this happens because, actually, deep down in your heart, you feel discomforted at home. Lapses and oversights happen because our servomechanism is instructed with ambiguous commands and confused by anxiety, stress and uncertainty.

In high-speed telegraphy, we need to decode in a spontaneous and automatic way, with ease of mind and relaxation, by activating the automatic processes allowing us to listen and transmit in CW with a rhythm and spacing appropriate to the speed. Leaving behind paper and pen is quite delicate because it is a step requiring the introduction of an automatic decoding process, based on a new kind of brain activity. High speed CW, by its nature, requires a specific mental state, rather than a set of techniques and poses a major challenge because it is not dealing with learning new tricks, but with transforming the perception of our own person. Ultimately, doing high speed CW requires a skill that is the essence of CW itself: you cannot do telegraphy, but must *be a radiotelegraphist*.

### **Feel the Force Luke!**

It is one of the most powerful words ever invented in the history of cinema (*George Lucas, Star Wars, 1978*). Applying it to real life may seem ridiculous, but ... *trust your automatic mechanism to receive CW*.

One of the most incredible aspect of all arts, and also of high speed CW, is that after having acquired a certain degree of ability, we learn not by adding new skills, but by removing superfluous attitudes, elements, and habits. The real artist *evolves by synthesis*, not by increasing complexity. Jazz music is just one of such examples. If we listen to a progressive song, dated 1970, *Catfood* by the King Crimson (in the album *The Wake of Poseidon*) and compare it with its jazz version (in the album *The King Crimson Songbook Volume One*, performed by the *Crimson Jazz Trio*), we observe that, despite the latter may seem simpler (there are "fewer sounds" and "fewer instruments"), among the two the jazz version is of a unique sophistication.

To evolve by synthesis means removing anything that is not absolutely necessary, distilling the essence. The first step of evolving by synthesis in CW is to abandon pen and paper: *you do not need them*.

Actually, you already know how to decode at speeds much higher than the one you are currently using, that is which you have wired into your servomechanism. You

just have to give yourself the permission to increase speed. You already know how to do it.

Try this experiment: open G4FON and bring the speed to 40 WPM, listen to groups of random characters for a couple of minutes. Now relax and repeat the same exercise but this time listening to a QSO, always at 40 WPM. Let go away every word you do not understand, just listen. You'll notice that, occasionally, some words will appear clear in your mind. It is your servomechanism that is activating. Have you noticed how it “powers down” automatically when you stop and think what are you listening to? This is why with CW Freak it is so difficult reaching high speeds with ease: when we receive a callsign, which is already in our head, as soon as we are consciously aware of it, we forget to type a few characters. It is our servomechanism going on stand-by due to the irritation that follows.

You do not need to learn anything new, you just have to give the permission to your servo to stay on. Do not start from the idea of having to learn to decode without pen and paper, rather start with a conviction that you are *already able to do so*. Make QSOs and keep listening, writing only the bare minimum information needed (callsign, name, city). From time to time, practice to transmit with the radio off, just tap on the straight key. Feel the Force, that is, free your servo and let it do wonders for you.

### **“Speed. I am Speed”**

In the cartoon *Cars*, the main character *Lightning McQueen* is a racing car, young, arrogant and damn fast. The film opens with McQueen who imagines the race, in every detail, including engine sounds, the tires on the asphalt, the opponents running like hell. McQueen uses a technique known in psychology and adopted in all competitive sports: visualization. Imagine being immersed in the competitive activity with the utmost vividness and richness of detail, it is a very valuable technique to tune our servomechanism for the performance we expect. Just try it! There's no risk.

Relax, do the first and second relaxation exercise and imagine listening to CW at your current operational speed. Obviously, with eyes closed and arms relaxed you cannot write. This exercise strengthens your selfimage and eases the task of *accepting your new ability to receive without effort*. Practice visualization as often as possible, preferably before turning on the radio. Results will materialize quickly.

The technique of *creative visualization* is adopted in the far-east cultures, with Yoga, as early as 900 BC, which in turn became popular in the western world thanks to the *New Thought* movement and its frontman Wallace Wattles, between the nineteenth and twentieth century. Wattles, in his book *The Science of Getting Rich*, said that by visualizing intensely, constantly and repetitively, specific objectives

could be turned in real-life accomplishments. Regardless of esoteric tendencies, behind all that there is a fundamental truth: a visualization rich in detail, with sounds, tactile sensations, smells and so forth, can produce a real change of self image and, consequently, of the effectiveness with which we approach our goals. The more vividly we visualize our goals, the more clearly we are able to instruct our servomechanism to independently pursue them on behalf of us.

Training and visualization techniques shape our self image according to our desires and, consequently, dramatically increase the likelihood of success. Invent a motto, a phrase, even a picture or find an object that *metaphorical represents your objective*: McQueen's motto is "speed, I am speed".

Do not underestimate the mental programming power of words and images: Usain Bolt is the fastest runner in the world; at the Beijing Olympics in 2008 he ran 100 meters in 9"69 looking back over his shoulders while running with an undone shoe. At the end of the race he shouted to the cameras "I am the Bolt". Yes, the world-class phenomenon born in 1986 is named Bolt (it is not a stage name, his father is William Bolt)! Put altogether athleticism, tireless training and a family name that is already an omen, and the rest just comes by itself.

## **Training to visualize**

The purpose of this exercise is to recreate, with the greatest possible vividness, the sensations of a CW contact. The higher the vividness, the stronger the training effect.

- Complete the first and second relaxation exercises.
- Wait a few minutes, then imagine you are sitting at your radio station. Feel the pressure of the chair on your legs.
- Imagine turning on the power supply and your radio, feel the edginess of the power buttons.
- Imagine moving the telegraph key to accommodate it on your desk, feel its weight.
- Imagine putting your fingers on the key knob or the paddle finger pieces, feel your fingertips deforming under the pressure.
- Now, imagine making a QSO, hear the noise, the fading signal, paddle ticking or the pounding of the straight key.
- Imagine that your transmission is a continuous, uninterrupted signal flow, without smearing.
- If you imagine making a mistake, simply let it go, continue to mentally transmit.
- Open your eyes, Stretch your muscles and get up slowly.

## Learning new words

After hundreds of QSOs, it is time to start sending and receiving in rag-chew mode. Listen to the sound of a QSO of this kind; the uninterrupted flow resembles a machine gun or a waterfall. When you start listening to stations communicating in various languages, you will soon discover that every language has its own characteristic sound. French sounds so typical because of the frequent groups TON, SON, EU; German for the ICH, SS, BER, VER groups and so on. Just like in the "real" world, different languages have different auditive "footprints".

At these speeds, you must practice to learn the sound of the most common words, which must be copied in your head, without transcribing them. Start listening to stations transmitting in your own language; initially you may understand few words, but as soon as you understand them for the first time, you will not forget them any more. Save some newspaper articles in text format and make G4FON play them for you, select your preferred operating speed and keep listening, without writing. You will soon discover you will have formed a real vocabulary of words whose sound is unmistakable. Try receiving at high speeds (25-30 WPM) while doing something else; you can save audio files in MP3 format from G4FON and make a CD to listen to at any convenient occasion. Assume a relaxed attitude, without even asking yourself the question if you are able to decode: just listen.

When I trained for VHSC, a club that accepts members who must be able to decode CW at 40 WPM for at least 30 minutes (in rag-chew QSOs), I made a CD to be listened to in the car. The text was related to various tips to increase the speed in CW. For several months, I found a certain point of the transmission to be impossible to understand. One day, while waiting at traffic lights and looking out of the car window, the sentence "KEEP THE SESSIONS SHORT" (a deadly series of dots) appeared in my head straight away. I had completely forgotten about the CD playing in the background. I even turned down the volume after a phone call! As soon as I stopped concentrating consciously on decoding, my servomechanism had accepted the goal of decoding and presented the results sought for so long. So great was my surprise: I just decoded without even wanting to do it. Today, I still remember that phrase, three years later. Some time later, I acquired all the sponsors needed to apply for the club.

## **Practice, practice, practice**

Luckily enough, you do not have much more to learn, you just have to keep working and be active. In short: practice, practice and again, practice. Increase the frequency and duration of your training sessions and give yourself a goal: for example, joining HSC (High Speed Club - see the chapter on the career of an amateur radio operator). QSO with as many stations as possible and, most importantly, match your transmission and reception speeds.

At this stage we observe an opposite phenomenon, when compared to the beginning: *it is much harder to transmit (correctly) than to receive*. At a speed of about 25 - 30 WPM, you will start noticing how hard is to cope with bad habits (such as incorrect timing and spacing) you might have acquired in the previous phases. These habits often require painful work to be undone. High-speed transmission becomes an art in itself, requiring a lot of practice and a trained ear. It would be great to record your transmission and rehearse it, trying to decode it by yourself. A decoding device such as the AEA PK232 is of great help, indeed.

Obviously, arriving at a remarkable accuracy in transmission requires practice and if you never try, you will never succeed. It is essential for you to find a colleague / friend and arm both of you with holy patience in long freewheeling QSOs in QRQ. Just send code, trying eventually to correct mistakes, but do not to be blocked by them.

## **Changing the telegraph key**

If at least one year has passed after you got started with CW, try to find out which telegraph key is best suited for you. After reading the chapters in this book dedicated to telegraph keys, you can choose between a bug or a paddle. A straight key is best suited for slower speeds, while the semi-automatic or the paddle will take you to interesting speeds for studying and you will find big fun in practicing with them. The adoption of a fast key will push you to transmit faster and, thus, to increase your reception speed at the same time.

Changing your key is not painless, but it is a necessary step. Keep trying harder, even when you appear to be at a standstill. If you find progress too hard, try suspending or lengthening the time between training sessions. Keep up your activity in QSOs / DX.

Although, historically, the paddle was born before the semi-automatic key, the latter is rarely used by OMs, because it is a mechanical device requiring a non-trivial

technique. The paddle is a less personal device, but it also is much easier to use. If you can, borrow and try them both before deciding with which one you want to go with.

It is advisable to adopt a key that allows you increasing your operating speed in a constant way. Some may find better suited a paddle, some other a bug, some other a single lever key. Just choose the key that best suits you. There is no common definition of QRQ, but let's say that from 25 WPM and above, you are already "running".

### **Discover your limits, and go beyond**

Have you ever accelerated with an old car up to the maximum? From a certain moment on, the vehicle begins to vibrate, the tires imbalances cause resonance and clearly noticeable vibrations.

Dr. Maltz gives an enlightening experience: try to insert a thread through the eye of a needle. As long as your hands are far apart, they are stable and motionless, but as the tip of the thread is approaching the eye, your hands start to trembling. Emotion? Not really the case. What actually happens is that your brain controls the muscles through a mechanism of automatic error detection and correction, developed over the years from experience and play. In this experiment we are trying to obtain from our automatic mechanism a precision far beyond the conditions for which we trained it in the past. That's why our servomechanism starts overcompensating and keeps behaving so, until it enters into oscillation. In other words, when we approach the eye of the needle, we realize that we need corrections on the order of millimetres first, then tenth of a millimetre and so on. Finally, we get to a point where our brain sends to our muscles impulses causing corrections which are too large, thus triggering compensation in the opposite direction. Oscillation is a tell tale sign that we are at the structural limit of our performance.

In learning CW, this phenomenon manifests itself clearly when we push our performance to the limit. Both in reception and transmission, if we oscillate, i.e.: our operating technique is sometimes perfect and bumpy at other times, it means that we have identified our current operating limit; in competitive sports this is called the *ceiling*.

Work around your ceiling, identify its variability and use this information to determine your rate of real improvement. Do not worry too much about it, *simply keep working on it*.

Working around your ceiling with a certain assiduity, you will soon stop trying consciously and enter into a very peculiar state of mind, much similar to the vacuum

but with an open and active mind. This powerful state of mind will allow you to take your performance to the top.

### **The rest, coming by itself**

Have you seen the effort that a child who just learnt to speak makes? Figure out how he might feel: the concept is clear in his head, but he cannot express it. He's learning, day after day, to activate brain areas that he never used before. He *knows he can do it*, but he still cannot.

The feeling you get when you make your first QSOs are more or less comparable with the experience of that child. You already know that, with practice, everything comes by itself. What's interesting here is that the more we try to correct ourselves, the more we are afraid of making mistakes the more mistakes we make. In QRQ this phenomenon becomes evident, at some point it is as if everything messes up, we are not able to understand anything any more and our transmissions may be completely garbled. Just stop worrying, everything is ok.

The problem is solved simply *by stopping and trying to solve it*, let the CW message go as it comes, if you do it wrong, it doesn't matter: the recipient will understand your message anyway (of course, this should not be taken as an excuse to stop improving). This is especially true if you're doing a rag-chew QSO. Transmitting a word with or without a couple of letters in a rag-chew QSO, is completely insignificant: we will be understood anyway. Be sure that next time you will do better.

A child learns because he is spontaneous, he does not care if he makes mistakes while talking: he knows that he can be understood anyway. For an adult, unfortunately, everything is much more difficult, because he needs to look capable, solid, never in disgrace. In CW, but also in everyday life, this is a burden of which we should mentally liberate ourselves.

For a long time I attended a freediving school, where I realized I had a sort of *built-in* limit. Freedive tests are carried out in various ways: a first test (static apnea) consists of staying relaxed, face-down on the water surface as long as possible. A second test, dynamic apnea, is to swim underwater in the pool as long as possible. The third test, freedive apnea, consists of descending into the deep sea as deep as possible. After two years of school, I reached 100m in dynamics (in about 1'45"), 2'45" in static and 19m freedive. After reaching 100m in training, I was able to stand in the second national category, with 80.25 m during an official competition. The strange thing here is that all the other athletes who were able to perform between 80m and 100m in dynamic, had a much higher performance in static apnea, than I was able to do (around 4'), and a freedive depth of about 25m.

My instructor pointed out that in dynamic apnea I was moving like I was myself "dissolved in water", while in the other two kind of competitions I was much more rigid. Eventually, I realized that such difference was caused by my mental attitude. In dynamic apnea, for innate reasons, the fact of moving completely distracted me from my actual condition of staying underwater. During the competition, I had such a good performance because *I completely forgot that I was in water.*

Awareness and consciousness, in an artistic or sports context are obstacles to our performance: they lead to anxiety, uncertainty, excessive self-correction and lock out our innate abilities. In freediving, the mere awareness of being immersed in water, without breathing, is sufficient to warn the whole body and consume your reserve of oxygen in a fraction of a second.

Relax and *let the CW flow by itself.*

## Keys and Keyers

This chapter introduces the CW keys in an order that, in the opinion of the author, is physiologically more suited to a less painful as possible learning process. There are, as we know today, four kind of CW keys (in chronological order):

- The straight key.
- The Sideswiper.
- The Bug.
- The Paddle.

At the CW world speed championship , HST 2008, held in Pordenone (Italy) the Belarus team has presented a key which is actually a hybrid between a paddle and a sideswiper. With such key, the Belarus team has reached and surpassed the stunning speed transmission of 70 WPM. This key was later produced by Piero Begali i2RTF as HST, it is actually a single lever paddle with lever and transmission designed in such a peculiar way that it could be classified as a fifth kind of telegraph key on its own.

### The Straight Key

The straight key was originally designed in 1844 by Alfred Vail, who built a prototype for the experiments for wireline telegraphy transmissions made by Samuel Morse. It is an object of extreme simplicity: a lever is resting on a fulcrum, maintained in a horizontal position by a pin and a screw. This screw controls the lever when recalled back in the rest position by a spring. The lever closes the circuit on a dedicated contact, whose distance is adjustable via an adjustment screw. All adjustments are kept firm by a lock nut.

Little has changed in 150 years, the first design changes were related mainly to the lever. Examples of such design changes are the first prototypes of Camelback keys, with the characteristic hump on the lever, in 1848. By the end of the century, another kind of key was largely produced: the "post-office key", with a short, straight lever and small knob. From the end of the Second World War on, the telegraph keys

mainly adopted by the navy and army were the "Swedish" or "pump" ones, with their typical very long lever and a spring made of a thin metal foil, above the lever.

The straight key is a very simple mechanism that defers to the operator's wrist all the precision required for a correct transmission, in terms of timing and spacing. It must be literally "played" as if it was a musical instrument. Remember that a dot serves as the basic metrical unit for the construction of the entire message. It determines the spacing between the elements according to the rules we have seen in the past chapters:

- Dot: 1 unit.
- Spacing between dots and dashes: 1 unit.
- Dash: 3 units.
- Spacing between letters in a word: 3 units.
- Spacing between words: 7 units.

These rules are not meant to be learnt by heart, but understood as you "play" with the straight key.

With the straight key, the transmission should be done with a soft wrist, index and middle fingers on top of the knob and the thumb slightly below it. Dashes are obtained by lowering the wrist, and dots by lowering the tip of the fingers. Give yourself enough space on the table, so that you are not disturbed during the manipulation by too close objects, which could prevent a correct wrist movement. Ensure that the key stays firmly put on the desk. Also make sure that the base is long enough to reach the knob, this will avoid that your key will raise its back during the manipulation. Wrist, hand and forearm should be relaxed and you should pay close attention not to contract the forearm muscles during the manipulation, this mistake could lead to a well-known problem among the professional radio operator community: the Glass Arm or inflammation of the tendon near the elbow. Epicondylitis is a typical tendon inflammation syndrome provoked by repetitive movements at certain intensity. Relaxation is essential, therefore, to manipulate with the least possible effort.

Keep focused on reproducing spacing and characters sound exactly as played by the PC. It might be useful to adopt a modem like the AEA-PK232, enabling you to self-monitor your manipulation. Some software, such as the Super Morse, allow you to connect directly the straight key to a computer serial port, other ones, as CWGET, are able to copy CW up to a certain speed, using a microphone.

A proper use of a straight key is an essential prerequisite for learning CW. There are relatively few cases of people who can jump right to other kind of telegraph key, such as a paddle or a bug. Surely, having studied music helps a lot to make a steeper learning curve and achieve a deeper understanding of timing and spacing in CW. The maximum speed achieved with precision, using a straight key, is the trade

speed of 25 WPM. It goes without saying that there are obviously exceptions represented by professionals of rare calibre, who are able to reach higher speeds with great ease.

Remember the motto of the CW community: "Accuracy transcends speed".

The straight key is a mechanical device - a machine - and, like all machines, it should be kept in proper working order: cleaned, adjusted and oiled. It is made of the following elements:

- Rigid and heavy base.
- Lever and knob.
- Fulcrum.
- Lever resistance adjustment spring.
- Adjustment screw for the distance between the contacts at rest.
- Contacts (base and lever ones).

Operating a straight key is disarmingly simple: the operator, placing his fingers on the knob, pushes down the lever, whose resistance to motion is adjusted by a spring and closes a contact, after having travelled a certain distance in the vertical direction. A straight key is built to be an essential but highly efficient device,

The base of a straight key must be designed to avoid displacement during the manipulation. Lever and knob must be sized to allow the operator to manipulate with the utmost comfort, with a relaxed wrist and with relatively little effort. The fulcrum defines the position where the lever is hinged on the base and, thus, determines the leverage ratio. The lower is such ratio, the higher will be the intensity of the effort required to close the contact. The spring hardness adjustment allows to fine tune the energy required for the manipulation. If you are the "heavy wrist" kind, then opt for a harder setting (and thus more fatiguing). The distance screw between the contacts at rest determines the "time of flight" between the time in which you start pressing the lever and the actual moment when the contact is closed: it should be adjusted accordingly to your operating speed, but to also the degree of stiffness of your wrist. When manipulating, rigid wrists will require, as a rule of thumb, shorter contacts spacing. Vice versa, wider spacing will be best suited for loose wrists.

The first step in having an efficient straight key is to clean all the contacts, clean and lubricate the pivot and make the contacts as shiny as possible. Oiling is necessary to ensure a smoother lever motion. This will ensure a firm and clean contact closure and a perfect CW tone. Contact oxidation produces a very characteristic note sound, uncertain and sometimes interrupted.

Now put the first, second finger and thumb on the knob, hold your wrist loose and press down the lever, if you feel that leverage as if it is "falling down", increase

spring hardness, conversely, if the lever feels too much hard back to your wrist, before you close the contact, loosen the spring.

Do a series of V: if you feel that the rhythm, especially the spacing between dots, is unnaturally large, i.e. the contact comes after what you'd expect, reduce the distance between contacts. If, instead, you think that contact closure occurs too far in advance, then increase it. Duration and distance of the spring contacts are determined by the speed of manipulation, find the combination that lets you send at a ratio as close to 3:1 as possible. In general, higher speeds require less distance between the contacts and a harder contact resistance. On the other hand, spring resistance makes handling more difficult. This is the price to pay to have a faster return of the lever at rest, so you can start manipulating the next element of the character sooner.

The first phase of learning proposed in this book is crucial: when you manipulate the key for the first time, you must have matured concepts of instinctive timing and spacing, in order to “play” the key with a spontaneous, unforced natural and relaxed manipulation. The straight key is a physical device, but for a proper handling, it must somehow "disappear" from your conscious perception: in transmission is important to get the feeling that it is your very same intention to produce the output sound. In short, act as if the key does not even exist.

In essence, the perfect manipulation is the one you get when *you forget* to use a telegraph key.

## **The Paddle**

The first article on electronic manipulation appeared in the QST magazine, by Harry Beecher, W2ILE, back in 1940. We have to wait past the Second World War (1948) for the first electronic keyer to appear on the shelves: the Mon-Key manufactured by Electric Eye Equipment Co. A couple of years later, in 1950, Eldico "Electronic Key" company, sells the model EE-3. The first electronic keyer will come only in 1959 and a year later, Vibroplex will distribute the Vibro-Keyer, a single lever paddle.

Since then, the market has seen a succession of new inventions, mostly focused on the electronics, while the history of the Paddle, now, it is still to be written and sees the big industrial producers as Bencher, Kent, GHD, Vibroplex and the finest craftsmen as Begali, Alberto Frattini, Salvatore Canzoneri, Schurr.

The Paddle is available in two versions: double and single lever. It allows reaching speeds much higher than a straight key (60 WPM). Chronologically, the paddle is an evolution of the Bug, but thanks to the ease of manipulation the whole

amateur world actually skipped the passage to the bug that, in fact, never happened. The vast majority of OM directly jumped to the electronic manipulators.

The paddle is essentially made of two switches, activated by the appropriate palettes: one for the dots and one for the dashes. Being “only” a double switch, it must be used in combination with an *electronic keyer* (or just *keyer*). The paddle works as follows:

- The right paddle emits dashes, while holding down it, the keyer sends a series of dashes.
- The left paddle emits dots, while holding down it, the keyer sends a series of dots.

The double-lever paddle allows you to transmit alternating series of dots and dashes through the technique of *squeezing*, i.e. pressing both the paddles at the same time:

- By pressing the right paddle, keeping it pressed, then pressing the left one and holding both pressed, the manipulator sends a series of dash-dot.
- By pressing the left paddle, keeping it pressed, then pressing the right one and holding both pressed, the manipulator sends a series of dot-dash.

The recent surprising results of the high-speed CW world championship held in Pordenone, HST 2008, seem to show that squeezing, at very high speeds (over 70 WPM in transmission), is less efficient than a non-squeezing technique, applied to a single-lever ad-hoc designed key. Since 2009, Piero Begali is the only manufacturer for such kind of single-lever key, named HST. The paddle is made of:

- Rigid and heavy base.
- Double or single lever.
- Double or single lever fulcrum.
- Contact for dots and dashes.
- Screws and locknut fasteners for dots and dashes.
- Magnetic or spring retention system for the adjusting paddle resistance to motion.
- Finger paddles or palettes.

As for the straight key and, generally, for all telegraph keys, the base should be as heavy as possible, so as to make the key stable. The paddle is manipulated horizontally in both directions, so it is extremely important that it stands still, practically nailed to the desk. A shift of a few tenths of an inch, with a paddle, already at 25 WPM may change the time of palette pressure for an insufficient or too long time, enough to make a mistake.

The lever, whether double or single, must be light and rigid, and must react so to return the same feelings during manipulation. The precision of the bearing where the fulcrum is hinged to is therefore crucial. It is of fundamental importance that the bearing is protected from dust or dirt. The distance between finger paddles and fulcrum and from the fulcrum to the contacts defines the paddle leverage ratio. Keys designed for QRQ have a leverage ratio close to or less than 1:1.

Contacts and adjustment screws must be of high quality material and not easily oxidisable. The adjustment screws allow you to calibrate the distance between the paddles and relevant contacts. Contacts must be absolutely kept free of oxide, to ensure a prompt and efficient contact closing.

The retention system, magnetic or spring, is used to adjust the resistance to the manipulation of paddle levers. Magnetic adjustment has the advantage of producing an easier touch and, above all, removes a mechanical component, the spring, which easily deteriorates over time.

Finally, the finger paddles or palettes, which must be of rigid material and comfortable. They should not be marking fingers during long QSOs and, consequently, give the operator a less fatiguing experience.

The transition from a straight key to a paddle is, in fact, mandatory if you want to reach a transmission speed of 25 WPM and above. The transition is not painless: you will completely change manipulation style. That's why, at this stage, the basic elements of spacing and timing must have been acquired to perfection. In turning to the paddle you find yourself starting virtually from scratch and it is important to have clear in mind *the sound you want to get*, to be perfectly spaced with a 3:1 ratio.

The letter C for instance, is achieved by squeezing the dot and dash paddles and releasing both when the C is completely transmitted. The F is obtained by pressing the dot paddle, then just touching the dash paddle and immediately releasing it, while keeping pressed the dot paddle; ditto for the L, except that the touch of the dash paddle is made a little bit before. The letters E, I, S, H, 5, T, M, O, 0 require pressing only one of the two paddles and, simply, keeping it pressed.

To switch successfully to the paddle you must learn again to send individual letters of the Morse code. Each one, in fact, is characterized by a specific paddle manipulation sequence. The recipe is simple: take a written text and practice transmitting it until you get bored, beginning at a speed of about 20 WPM. When you are able to transmit with enough proficiency, start making QSOs. From now on, it is just a matter of training.

Paddle choice should be made carefully, weighing various factors.

- If you have a heavy hand and you have a kind of "slapping" manipulation, opt for a paddle with a large and heavy base.
- If you have big hands and fingers, go for a paddle with the palettes wide enough, at least 15mm. Regular or small hands will benefit from paddles having smaller distances: from 12 to 14mm. To determine the paddle width suited for you, put your hand resting around the palette, if you feel the muscles contracted for pulling back the fingers (i.e. widening them), after a short time, it means that the paddles are too broad.
- If you are not a QRQ fan and you're not going to be, you can opt for mass-production paddles, such as Kent and Bencher. The Kent, in particular, is a key that can take you up to high speeds, but it is characterized by a rather broad paddle distance. The Bencher, by contrast, is a key with mechanics suited for lower speeds, but it is a light and beautiful key.
- If your CW activity is mostly in portable, consider the small telegraph keys, made by various craftsmen around the world. They are light, precise and well performing devices.
- If you want a key to accompany you throughout your career of amateur radio, then the craftsmen's production is a must. It features a world-class production quality, both from the technical and the aesthetical point of view. Costs and waiting times are amply rewarded by the quality of the product, at an undisputed level.

The paddle is manipulated with the thumb on the dot paddle and the first and second finger on the dash one, keeping the fingers at rest at an adequate distance to get a correctly spaced manipulation. This distance determines the *time of flight*, i.e. the time between your intention to move the fingers and the actual paddles touch. The difficulties encountered initially in manipulating the paddle are absolutely physiological, since you will find yourself with a device that automatically spaces dots and dashes, while the character and word spacing is left to your skills. A correct spacing between two elements of a letter is made by closing the next contact, both with and without a squeezing, in a time less than or equal to the length of the current element plus a lag time that is dependent on the iambic mode in which you set your keyer. This manipulation technique enables the keyer to play the next item with the correct spacing of a dot.

For example, the manipulation with proper spacing of the B letter is done by:

1. Pressing the dash paddle.
2. By the end of the first dash plus as a dot of space, press the dot paddle.
3. Keep the dot paddle pressed until you emit 3 dots.
4. Wait for a time correspondent to 3 dots before transmitting the next letter.

The description above is aimed solely to make you understand how the electronic keyer works, it should not be absolutely known by heart: all these operations are not to be performed in a conscious way, but automated through repeated exercises over time. Listen to the sound coming from your keyer and correct your manipulation in an instinctive and automatic way, as long as your B will not sound any more like a T followed by three E. You must keep trying until the sound you hear *corresponds to your mental image of timing and spacing*. Now it is clear why, if the time you spent with a straight key was insufficient for you to sediment the sound corresponding to a proper manipulation with a 3:1 ratio, the transition to the paddle will be harder.

This procedure is aimed primarily at optimizing the resistance of the paddles and the paddle-contact distance to match the speed of transmission. Being a precision mechanical device made for driving an electronic keyer, the paddle keeps his essential characteristic of a double switch, regardless of the calibration. The undoubted advantage of the paddle is, therefore, that, adjusted or not, it sounds good anyway. It goes without saying that to get a correctly spaced manipulation, especially at higher speeds, you need to fine-tune contact resistance and spacing. Moreover, at higher speeds it is essential that the mechanics of the paddle must be precise enough to stay adjusted over time.

Contact distance should be adjusted so that the minimum time that the paddles takes from when you start moving it to when it touches the contact, plus the flight time, i.e. the time it takes to move your fingers from the rest position to the touch of the paddles, corresponds roughly to the duration of a dot. So, the higher the speed the smaller should be the distance adjustment from the paddle levers to the contacts. Therefore, to reduce the flight time, the fingers also should be kept closer to the palette.

Again, paddle resistance shall be adjusted to be progressively harder with increasing speed, making sure not to introduce excessive resistance, such as to tire your hand muscles. Pay attention to the difference in muscle power between the thumb and the other fingers. The thumb is known to be stronger than average so you should adjust paddle resistance accordingly. The relaxation exercises in this book will help you to better understand when your muscles are getting tired, even imperceptibly, make treasure of this information for a proper paddle adjustment.

## The Electronic Keyer

The electronic keyer is, in fact, the other half of a paddle. The keyer is the ultimate unit, who manipulates the transceiver according to our commands. A paddle built after sophisticated mechanics principles is virtually useless unless it is not coupled to an high quality electronic device. The keyer incorporates all the essential functions to manage our manipulation, such as speed, weight ratio, and other useful additional functions as a convenient set of memory banks.

Although all modern transceivers have built-in electronic keyers, the CW community often adopts an external keyer. Today, in the market, it is possible to find keyers of all kind and price range: in this chapter we will introduce the main functions of a typical keyer. The keyer is a device that provides all functions needed to drive a rig according the sequence in which we press the paddles. A good keyer is designed to support both operations in portable / low speed or in a fixed station, eventually in QRQ, and must be chosen to accommodate both the needs of the newcomer operators and the most experienced ones. In a typical keyer we find a lot of functions, such as emulation modes or programmable beacon: we will focus on a small sample of functions, to show the capability you may find in a typical commercial keyer.

A typical keyer price range starts from around 20\$, with physical dimensions starting from a dollar coin to expensive boxed devices with embedded LCD display. A good keyer should have a basic set of features such as programmable memory banks, beacon functions, internal speaker, bug / paddle / straight key mode, programmable weighing ratio, adjustable speed up to at least 50WPM and a potentiometer for adjusting the speed.

Keyers are often offered in kit, usually made of a handful of components, a speaker and an optional lithium battery. Even a novice can assemble them in few hours of work.

The key feature of a good keyer is *versatility*: a good keyer must be designed to operate with solid performances both with the smaller QRP rig and the heavier transceiver. The internal speaker is necessary (better if operated with a battery) so the keyer can be used as an oscillophone to practice CW with all kind of telegraph keys, whether they are automatic, semiautomatic or manual.

Some keyers, offered in kit, are so tiny that they can be embedded in virtually all kinds of transceivers, even the vintage ones. Such kits are often ready to host a voltage regulator instead of the lithium battery, making extremely simple, both mechanically and electrically, to apply them to different rigs.

Typical small keyers, although having features such as automatic numbering of the QSO and the beacon mode are not suitable to contest operation because they usually provide few function keys (one or two), often used to scroll within menu items. For contest operation, a keyer with more function keys (four or more) is much better suited. A typical keyer has a potentiometer for adjusting the speed, some function buttons to access the configuration menu, an input jack for the paddle and an output jack to the transceiver.

Operating a keyer is simple, with the potentiometer you adjust transmission speed, in a typical range between 5 and 60 WPM (i.e. between 25 and 300 characters per minute). Although not all the commercial keyers have a potentiometer for adjusting speed, the potentiometer is absolutely a must for operating with comfort. Speed is increased by turning the potentiometer clockwise, and decreased turning it counterclockwise.

Some keyers allow configuring the speed without using a potentiometer, by means of ad-hoc developed menu items. Such option is adopted to reduce keyer size; on the other hand, operating a keyer without a potentiometer it is not always an easy task, since it forces the operator to access the configuration menu to change the speed. Very uncomfortable.

Every keyer has a *setup* mode, where it is possible to configure the parameters for keying the transmitter. Usually the keyer plays - in CW, of course ! – the letter corresponding to the menu option accessed. Each keyer has its own setup functions, the rest of this paragraph will introduce the typical ones.

### *Speed calibration*

Most keyers can operate from a minimum to a maximum speed. To accommodate your transmission habits or needs, the keyer can be configured to send (within the available range) at a given minimum speed, achieved by turning the potentiometer fully counterclockwise and at a maximum speed, achieved with the potentiometer turned fully clockwise. For example, if I am a novice operator and want to operate at speeds lower than 20 WPM, I can configure, via an ad-hoc setup function, my keyer to limit in the range from 5 to 20 WPM.

### *Sidetone Setting*

Allows you to turn off or on the sidetone through the internal speaker, and then using the keyer as an oscillophone. It is a very useful feature for training sessions. A similar menu option allows you to change the sidetone pitch. Usually set to 600 Hz, you can change it to accommodate your need and taste.

### *Message mode*

A keyer usually provides memories, which are accessed by a short press of the correspondent function key. Memories are used to store predefined messages, making contest operation a straightforward task. Messages are associated to function keys, eventually grouped in memory banks. The operator can record a message in each function key, transmitting in CW as usual by means of the paddle. Special characters can be used as macro placeholders, i.e. characters that perform specific actions, such as message repetition, message delay, pausing functions and so on.

### *Dash / Dot Weighing ratio*

It allows configuring the duration ratio between dashes and dot, increasing or decreasing it according to your needs. By default this weighing ratio is set to 50% (correspondent to 3:1), increasing it will produce longer dashes and viceversa decreasing it.

### *Keyer emulation mode*

Electronic keyers were invented half a century ago. Since then, many things are changed and many manipulation styles were applied. The most sophisticated electronic keyers are able to emulate several keyers of the past. Today, the main difference you can find in a keyer is in the way squeezing is managed. Among all kind of emulation, for our purposes we will focus only in the most important difference: *iambic mode A and B*. Iambic mode deals about how the keyer manages squeezing. In mode A, the keyer, when both paddles are released, ends the current element (dot or dash). In mode B instead, it adds the opposite element. For example, releasing the paddle in mode B when the keyer is sending a dash, will cause the keyer to transmit the current dash *plus* an additional dot, even if paddles contacts are no longer closed. If you do not know how to choose between the two iambic modes, simply start transmitting. If you find that the keyer often “steals” you a dot, especially with the letter C or a dash in the prosign **AR**, then you're best accustomed to the mode B. The old Curtis keyer type are in mode A, while the most recent keyers are set in mode B. Some keyers are configured by default in mode A. Iambic mode B is easier to learn.

### *Telegraph key mode*

Most keyers allow choosing among three kinds of telegraph key: straight, paddle or bug. In straight mode, the keyer will be “transparent” acting as a simple switch: key pressed / rig in transmit mode. In bug mode, a paddle can be used to emulate a semiautomatic key (see next paragraph), with automatic dots being sent by the keyer and dashes keyed manually by the operator.

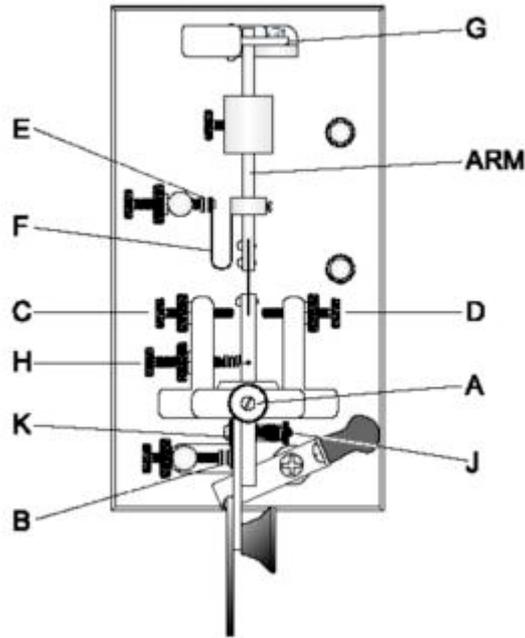
## The Bug

The bug was born in the early twentieth century in response to the need to send code at high speeds without straining the forearm. Horace G Martin, in 1902, presented a telegraph key able to generate automatically dots and dashes manually (from that, the name of *semi-automatic*) and patents the Autoplex in order to ensure the exclusivity of all mechanical keys with automatic dot generation. Right after, Martin founded the Vibroplex Company, undisputed leader in the production of this type of telegraph key. The factory is still active. At the Vibroplex web site you can find all the historical information of this prestigious house. In 1904, the Vibroplex Original key was first produced and it is still marketed today. To work around the patents enforced by Horace Martin, Mecograph built the first right-angle semiautomatic key, in 1906.

After a tough legal battle and the purchase of Mecograph, Martin ensured the exclusive production of semiautomatic keys, calling them "Albright Bug", as a trademark of original production. In 1914 Martin built the Blue Racer: a characteristic bug with a narrow, blue base. The few specimens still available in the market today, sport prices of all respect and are mechanically flawless, despite their age of nearly 100 hundred years. The Lightning Bug is born in 1923 and will remain in production until the 70's. It is characterized by a broad base and a square frame around the damper, an unobjectionable project. Horace Martin will leave Vibroplex in 1930, inventing various other telegraphy key projects, all destined to leave a mark in history, like the Les Logan, the Speed-X and the Flash Key.

In 1942 the U.S. Signal Corps will ask Vibroplex to produce the telegraph keys for World War II operations. The company will respond with a special version of a Lightning Bug, the J-36. During the conflict, Vibroplex was unable to cope with the required production and the key schemes were passed to Lionel, a toy manufacturer. Over the years, Lionel J-36 will prove one of the best telegraph key ever made. During those very same years, the Melehan Valiant key was born: a rare item able to automatically generate both dots and dashes.

The coming years will definitely state the success of Vibroplex in this particular niche market, despite other aggressive productions in limited editions, like those of Ted McElroy, an undisputed talent of the time. Vibroplex is still active today, run by Felton Mitchell Jr., WA4OSR, who has taken over in 1994 and has been designing keys exclusively for amateur productions. Rumors say that by the end of 2009, Felton Mitchell is looking for retirement.



### Schematic representation of a bug

The semiautomatic key is the precursor of the paddle. These two keys can be compared as a piano and an electronic organ. The sound offered by the bug is unique and unmistakable, making it possible - a considerable feature for a mechanical key - to achieve considerable speeds (40 WPM) without straining the forearm and produce the characteristic phenomenon of epicondylitis (Glass Arm).

The bug consists of a horizontal pendulum (ARM), surmounted by a mainframe (A) and damped by a damper (G). The operator moves the arm in the direction of the dot contact (A) and a spring provides repulsion from the contact itself initiating a pendular motion, controlled by the position of a small weight on the arm (ARM), which produces a corresponding series of dot contacts. The dashes are produced manually, moving the arm towards the dash contact (B). The C, D, H, J registers allow you to precisely control important manipulation parameters, such as the spacing between dots, dot and dash spring tension, the degree of damping, the residual kinetic energy of the arm during its pendular movement. To use a bug with proficiency, it is essential to know in detail all the mechanical components. The semiautomatic key is a very complex machine, each sample has a "voice" and an operating speed range of its own.

The base of a bug is built to be stable and rigid, to absorb the mechanical energy of the arm in motion. Some types of bugs have a narrow base (Vibroplex Blue

Racer, Zephyr) for the benefit of portability, but require the use of the left hand to be held in place during manipulation.

The heart of the bug is the arm (in the figure, *ARM*) made of a thin rod, round or flat, connected by a spring at the back, thicker and stiffer, which houses the shaft hinged at pivot and the paddles for manipulation. Attached to the arm are the dot contact spring (*E*) and the dash contact (*B*). A moving weight changes the frequency of oscillation of the arm and thus the speed of transmission.

The mainframe around the arm, hosts the adjustment screws and the fulcrum, which is hinged to the mast.

The damper (*G*) consists of a mobile structure or a disk of rubber, in order to dampen the oscillation of the arm, arrested on a progressive motion in the opposite direction to the dot contact and, therefore, returning some kinetic energy to the spring hosting the dot contact (*E*).

The dot contact spring, mechanically loaded at each contact, pushes the arm in the opposite direction with energy proportional to its compression. Ideally, it should be of negligible mass and proportional response to compression, so it must be of good quality material, such as to maintain its elastic properties over time.

The stop screw *C* determines the degree of loading of the spring on the shaft and, thus, the swing of the arm towards the dot contact. In combination with the adjustment of the dot contact in front of the spring *E*, it determines the relationship between mark and space, when transmitting dots. These two adjustments are of crucial importance to achieve a 1:1 ratio between the length of a dot and the spacing between two consecutive dots.

The adjusting screw *H* controls the degree of loading for the dot spring, attached to the arm. This spring, together with the fulcrum adjusting screw adjusts the degree of mechanical resistance felt while manipulating dots.

Finally, the contact dash (*B*) must find its counterpart on the arm (*K*) so as to fit together perfectly, while the dash spring (*J*) adjusts the resistance against manipulation.

With such mechanical complexity, it is obvious that the calibration of a bug is absolutely crucial to obtain a transmission ratio of 3:1, properly spaced. Here is the calibration procedure:

- Clean contacts B, E.
- Oil the joints between the arm (ARM) and the mainframe (A).
- Loosen the spring H and widen adjustment C.
- Load the spring H about a couple of turns.

- Calibrate the adjustment D so that the arm touches the damper G imperceptibly.
- Loosen the spring H about a turn and a half, check that the arm still touches the damper slightly.
- With the help of an electronic keyer, adjust the contacts C and E until the bug emits a series of dots spaced as close as possible as the keyer.
- Adjust B at will, usually by setting it at a distance comparable to the contact dash E.
- Adjust the hardness of the dash spring J to allow transmission of a series of dashes detached with the proper spacing.

The manipulation of a bug is done by placing the forefinger and middle finger on the dash paddle and the thumb on the dot knob: the bug is a mechanical instrument which is played with virtually the whole body, much like a piano. The spacing of thumb and forefinger, the slight rotation of the wrist, the kinetic energy given to the arm, are all fundamental manipulation features. It is important to find your own style, provided you achieve a perfect timing and spacing with a 3:1 dash/dot weighing ratio. The perfect manipulation of a bug is achieved when it sounds like a paddle, combined with an electronic keyer.

Due to the inherent mechanical complexity, the transition to a semiautomatic key is a process that requires having perfectly matured the proper timing and spacing, thus a mentally perfect CW. Like the paddle, each letter is characterized by a specific manipulation sequence and must be learnt by practicing with consistency. The greatest difficulties are found with the series of dashes such as O and 0, because they highlight the mechanically weak point of the bug: the return spring of the dash contact. The response of this spring, in fact, is not always consistent because, in the series of dashes, it works in conditions of preloading. It often happens that the arm is not able to go back in enough time to properly detach two consecutive dashes. To overcome this problem, you must learn to manipulate by turning your wrist slightly, rather than pressing the forefinger and middle finger toward the paddles.

As with all kind of telegraph key, even with the bugs you should exercise in a way to reach a spontaneous manipulation, not "rational". The key should be calibrated and manipulated in perfect agreement with our manipulation style, so as to allow a free flow of transmission without hindrance or fatigue. The code sent must be spaced properly, without interruptions and uncertainties: a skill that, as usual, is obtained only by practice and exercise. The recipe is straightforward, transmit as much as you can, maybe listening again to your sending to correct yourself promptly.

## The Sideswiper

The sideswiper was born in 1888, Bunnel marketed it under the name of "Double Speed". This rare kind of key was design to cope with the need of finding a solution to the terrible phenomenon of the glass arm. Terrible, indeed, because it forced radio operators around the world to rest, unable to work, for a long time. The sideswiper offered a simple and straightforward solution: instead of developing the movement in vertical, the lever moved in horizontal motion, closing a pair of contacts, one at right and one at left. The history of this key practically ends here. The semiautomatic key was already under development and was going to be adopted soon. After Martin invented the bug, the sideswiper felt into oblivion. Since the mid-50s, this key was renamed as "cootie-key" because of mechanical simplicity that characterizes it. Mostly, Russian radio operators for marine traffic activities, both military and civil, have adopted this key. Today, in 2009, radio amateurs who use it really count on your fingers, so this type of key and its own manipulation techniques have been practically forgotten.

The sideswiper is composed of a base, not necessarily heavy, with a central lever ended by a manipulation paddle, and two contacts. The contact might be closed either right or left. At first glance, one might think that you can mock-up a sideswiper with a single lever paddle. Actually, the two keys are radically different. First, the fulcrum, which in a sideswiper is located at the opposite end of the paddle. Then, the paddles that in the single lever paddle are in number of two and too far apart to allow an adequate flight time to obtain a correct spacing of the elements. Moreover, the sideswiper has a longer lever, which in a single lever paddle is mechanically shortened by the presence of the fulcrum right in the middle of the base. All these factors lead to a mechanical response of the paddle too hard to manipulate without using a keyer.

The efficiency of this kind of key is striking: you can easily transmit on the 30 WPM range with a modest degree of fatigue. Manipulation, in fact, is simply an alternation of your wrist from right to left, closing the contacts on either the right or the left side. Be the current element a dot or a dash, you simply keep alternating in a left/right fashion, always being careful to maintain the proper timing and spacing. The secret of this kind of manipulation is in the rotation of the wrist and in the correct spacing between the thumb and forefinger, which allows a flight time consistent with transmission speed.

The sideswiper is produced in series by two manufacturers, GHD and Llaves Telegraficas Artesanas, while two Italian craftsmen make special versions of the sideswiper: Salvatore Canzoneri IK1OJM and Alberto Frattini I1QOD. Constructive solutions adopted originally by the original Bunnel key did not allow much calibration, just the distance between lever and contacts. The same holds true for the

two products marketed today by HDG and LTA, which do not provide even the adjustment for manipulation resistance. With the revival of interest in this type of key, the Italian craftsmen have been introducing technical improvements such as magnetic retention, solutions borrowed from the experience in paddle construction, a very important improvement for making an easier and less straining manipulation. The sideswiper, in fact, has remained unchanged over the years thanks to its relatively low spread pace among the professionals, with the consequence that the initial project never developed as it would happen with a commercial product.

The transition to a sideswiper is not easy, thanks to the manipulation style all of its own. It is important to understand the correct wrist rotation, which happens in such a way that is not comparable to the one adopted in manipulating a bug. With a bug, the wrist rotates along the axis of the forearm. With a sideswiper, the wrist alternates right and left using the same wrist as a pivot. In other words the wrist "vibrates" right and left, leaving the thumb, forefinger and middle finger describing an arc of a circle.

The most complex aspect of using a sideswiper is the manipulation of dots and dashes, which may occur on either the right or the left contact. This type of key is a severe test for the radio operator because it shows, mechanically, that it is absolutely necessary to have mentally understood the proper timing and spacing. A paddle and a bug turn into a physical experience the difference between dots and dashes. That is, when we manipulate with one of these two keys we instinctively associate the dash with the pressure of a paddle with a movement from right to left, and the dot with the opposite movement. The result of this manipulation is to keep alive the distinction among dot and dashes, because every element is supported by the experience of pressing the paddle in one or the other direction, causing a distinct perception of a dot and a dash. A more instinctive approach to radiotelegraphy, however, requires that these differences are flattened, or rather the operator should have sedimented and acquired the sound of each element and the gesture of transmitting it in such a way that he simply forgets about them. The sideswiper is so hard to manipulate because it flattens the very initial difference: dots and dashes are made during a constant left-right pendulum motion, and the manipulation becomes actually a modulation of the steady flow of alternate dots, dashes and the space between them according to the proper 3:1 timing and spacing weigh ratio.

It is an approach much similar to that of the spoken word: the lungs emit the airflow, the vocal cords transform it into sound and the mouth modulates it into structured elements. With a sideswiper, the pendular motion of the hand is the airflow of the lungs, the modulation of the mouth is given by the contact closure with the appropriate timing for dots and dashes and the sidetone provides a voice to all that, as the vocal cords. It is clear that undue concentration on only one of two elements, pendulum motion and duration of contact either right or left, is a serious obstacle to a proper manipulation. The secret is always the same: *let your manipulation flow in*

*accordance with the mechanical characteristics of your key.* Simply keep trusting your automatic control mechanism, alternating the wrist and executing dots and dashes wherever they are found. Keep this motion fluent, listening to the feedback coming from the sidetone.

It is advisable to the approach to manipulation already in this way: *first build the instinctive pendular motion, then differentiate it into dots and dashes.* Start simply working out with your sideswiper, repeating a series of dots, each spaced exactly the same way: a dot of sound duration and a dot of space in between. Take a paddle with an electronic keyer, set the speed most comfortable for you, between 15 and 20 WPM, and hold the dot paddle. Listen to the sound and play it back exactly using the sideswiper.

Afterwards, do the same exercise with the dashes, feeling instinctively the 3:1 ratio and manipulating accordingly. Now press the dash palette of your paddle and listen to the sound. Feel the difference. Finally, practice to transmit eight dots, four dashes, eight dots, always comparing the manipulation between the sideswiper and the paddle. When you feel confident enough, go ahead with your first QSO, the more QSO you make, the faster will be your time in transitioning to the sideswiper. On the Internet, there is a group of operators who are making this kind of key alive again: the Sideswiper Net. You can find them at this address

<http://sites.google.com/site/sideswipernet2/home>

Finally, a very Zen exercise: close your eyes, relax, shut down the sidetone volume completely and start manipulating by sending the first thing that comes into your mind. A correctly spaced manipulation of a sideswiper is pure meditation. It's all in the head, the sidetone is not needed.

## **Building a CW career**

CW is indeed a passion and, as such, many people around the world found necessary to bound together in aimed and dedicated interest groups. Inevitably, this fact led to the establishment of various club. Most clubs are open to all international radio amateurs requesting to join, while others demand for some requirements in applying for membership, such as having served as a professional CW operator (military or civilian) or the need of making some test QSO in order to obtain the so-called sponsor, essentially a certificate of appreciation from a certain number of club members.

Attain such skills to become member of different international clubs can be regarded as a genuine career development. The requirements imposed by each club represent real challenges demanding first a significant development of your abilities and, as well, a proper behavioural etiquette that is distinctive, in a positive way, of course.

The number of clubs that bring together CW fans, all over the world, is impressive: FISTS, AGCW, Marconi Club ARI Loano, iQRP just to make some names. It is obviously impossible to describe them all. However, some clubs with limited number or restricted access deserve special mention because they require admission criteria of excellence.

This chapter describes the most important international clubs open to amateurs and the requirements to be a member. Developing your abilities in order to become member of such clubs builds a real CW ham radio career, pushing your skills to the top. These are prestigious clubs, founded since decades, entering these clubs is a reason of great satisfaction, not only for yourself but also for the CW world in general.

## Naval Clubs

Naval Clubs are available in several countries and admit, as ordinary members, operators who have served in the Navy (Merchant, Military and telegraphy services generally related to the armies) with a radio operator qualification. Naval club, thus, usually admit as ordinary members all those people who work or have worked professionally in the field of telecommunications using radiotelegraphy. Some naval clubs admit also associated members: radio amateurs holding the general licence, who are able to operate with skill and diligence in telegraphy and contributing to the knowledge and dissemination of CW.

In Naval Clubs, ordinary members are, thus, the former professionals and associate members are amateur radio operators whose ability is such that they can be regarded as professionals. In some clubs, restrictions are applied within associate and ordinary members, but taking part of such clubs is an honour for a ham radio operator. Some other clubs are not disclosed to non-professionals but may admit ham radio members having attained special skills or for outstanding merit. To apply for membership as an associate member you must obtain sponsorship by other members. This ensures that your degree of skill and diligence in studying and applying radiotelegraphy is outstanding. Members are also requested to comply with certain rules of etiquette and *bon ton*: a member must engage in a conduct that does not bear in any case material or immaterial damage to anyone or any organisation outside the Naval Club and generally be respectful of the unwritten rules defining the so-called *Ham Spirit*.

If you are interested in becoming member of these clubs, be active on the bands, showing the correctness of your manipulation and on-air behaviour, both in terms of ability to receive and transmit and in the way you manage a QSO.

What is particularly popular among Naval Clubs is not the speed - many QSOs are regularly held between the members with the straight key at around 20 WPM - but your passion. Of course, an outstanding transmission is a must.

Club members are active every day in the main bands. They are open and willing to help novices to develop their abilities as wireless operators: do not worry if your manipulation is uncertain or too slow, they will help you for sure. Spend some time listening, identify the most active members and try to absorb their style of manipulation and the way they behave on-air. Take it easy, but always within the bounds of common sense: keep in mind that the majority of the members are professional radio operators, who have done their job with CW and have decades of experience. Be diligent, the same members will start noticing you and possibly propose your name as a sponsor. Absolutely avoid asking explicitly for sponsorship.

The level of technical ability required to enter Naval Clubs can be achieved with study and constant application and the right mix of training, with various ingredients. The first key ability is to operate in QSO / DX effectively. This will come in handy to show your abilities during the major contests, worldwide. During a contest you can show your operating style, which must be flawless. Work out with

the software Morse Runner, a freeware easily found on the Internet that allows you to learn to handle a pile-up.

The second key point is the ability to have a rag-chew QSO for a certain amount of time. The speed is not important, but you must know how to do long chats at will, in plain text. Enjoy these talks: here you will find many stories of sea and radio told by the radio operators. Sit relaxed, maybe with a nice armchair, a pair of good headphones and a key that you particularly appreciate, in front of a nice cup of tea. Hours will fly and, eventually, you'll have the sound of the sea in your ears.

Although it is not a requirement and, indeed, the only straight key would be more than enough, it goes without saying that knowing how to work with all kind of telegraph keys is certainly a plus. To a much lesser extent, the ability of operating at higher speed (as long as you maintain absolute precision) may be another positive factor.

Naval Clubs around the world are:

- ANARS Australian Naval Amateur Radio Society (Australia)
- ARMI Associazione Radioamatori Marinai Italiani (Italy)
- BMARS Belgian Maritime Amateur Radio Society (Belgium)
- FNARS Finish Naval Amateur Radio Society (Finland)
- INORC Italian "Navy Old Rhythmers Club" (Italy)
- MARAC Marine Amateur Radio Club Netherlands (Netherlands)
- MF Marinefunker-Runde e.V (Germany)
- MFCA Marine Funker Club Austria (Austria)
- NRA Núcleo de Radio Amadores da Armada Portugal (Portugal)
- RNARS Royal Naval Amateur Radio Society (United Kingdom)
- YO-MARC Romanian Marine Radio Amateur Club (Romania)

## High Speed Clubs

In the '50s, amateur radio CW started growing with a steady pace, several international clubs started as well. Among these clubs stand HSC, VHSC, SHSC EHSC, each devoted to a minimum operating speed of 25, 40, 50 and 60 WPM, respectively.

The HSC, *Radio Telegraphy High Speed Club*, was founded in 1951 within the German National Amateur Radio Association DARC. In a certain sense it could be considered as the "black belt" of a CW radio operator, internationally recognized. HSC is member of the European Association for the CW (EUCW) and works closely with other clubs for the preservation of telegraphy, at international level. To date, sixty years after its foundation, HSC counts few less than 1900 members in 70 countries, worldwide. The requirements for joining HSC are plain clear: a member must be able to transmit and receive at 25 WPM, or 125 characters per minute, the

same operating speed of professional radio operators. The amateur who wishes to join must submit to the HSC Secretary 5 confirmation postcards (QSL) with the explicit statement of the sponsor declaring that a QSO of at least 30 minutes at 25 WPM, without the aid of electronic decoders was held.

Every first Saturday of the month, the stations DL0HSC and DK0HSC broadcast, in English, the HSC bulletin (25WPM, of course) at 1500 UTC on the frequency 7025 kHz and 2100 UTC (2000 UTC during summer) on the frequency 3555 kHz. Listening to the bulletin is a useful opportunity to train to receive at the standards required by HSC. Twice a year, HSC is organizing the contest and the Marathon, important opportunities to get in touch with members of the Club and have the feel of the style that characterizes them.

The test QSO is quite demanding, and requires a perfect ability in reception and transmission (always within certain limits, errors in transmission are physiological). You must be able to answer questions (eventually in full break-in mode) that are simple in content but challenging for the operator, who must engage in a genuine rag-chew dialogue. Language is not an obstacle, since the club has several operators around the world. Requesting a sked for a test QSO via e-mail is a commonly accepted practice, given the relatively small number of members.

To prepare for the test QSO it is advisable to listen to recorded audio file with an MP3 player or CD at different times of day, at a speed of 25 WPM and build up perfect decoding capabilities. In transmission it is necessary to train for 30-40 minutes with any text, so as to minimize the number of errors. Finally, practice with rag-chew QSO, as long as possible (an hour or more) with a ham friend, chatting of this and that. It can be reasonably expected to achieve the required capabilities for the club after at least three years of activity in telegraphy, since it is necessary to acquire a perfect ability to transmit and receive, thus having passed the cornerstone of abandoning paper and pen and stand effortlessly a rag-chew QSO in telegraphy for a long time. These are abilities achieved with assiduous practice.

The VHSC (*Very High Speed Club*) was founded in 1961, still within DARC and gathers ham radio operators who can decode at least at a speed of 40 WPM. The club has fewer than 400 members around the world. To join VHSC, you must collect 4 sponsors, always by QSL card confirmation, with 4 different members of VHSC to certify the ability to decode at 40 WPM for 30 minutes, with the additional difficulty of not being able to ask explicitly for a test QSO. Sponsors must be collected within a three years time range. Admission to the Club is therefore complicated by factors such as the small number of members, the impossibility to explicitly request a test QSO and the limited duration of sponsors.

Once the 4 sponsoring QSL are collected, the candidate sends the joining application to the club secretary, who, in turn, discloses the request to all members via a newsletter. The membership process also foresees a temporary time lapse of 3 months, in which a member may object to the application. At the end of this "trial period", the candidate becomes an effective member.

By contrast, the expertise required to stand a test QSO of 30 minutes at 40 WPM is such that all these difficulties are overcome by the acquired skill level. Some years of practice in CW are needed to reach the standard required by the club so, when entering it, you will be perfectly fitted for its demanding prerequisites.

Preparation for VHSC is similar to that required for HSC, but more focused on resistance, thus with long training sessions on-air and a lot of practice in transmission. It is absolutely necessary to develop a capability such that you do not feel fatigued: a bit like the marathon, the only recipe for training is simply to run.

From here onwards, there is an important phenomenon: *it is easier to transmit than receive*; the real barrier here is the ability to transmit properly, given the high speeds. From 200 characters per minute on, only in transmission, any increase in speed must be maintained with exercise and can be lost by regression.

The SHSC (*Super High Speed Club*) and EHSC (*Extra High Speed Club*) both born in 1982, count an even smaller number of founding members, less than 200 the first and around 100 the latter. The requirements for these two clubs are "only" 3 sponsoring QSL, with the explicit statement of the duration of not less than 30 minutes and a speed of, respectively, 50 and 60 WPM (250 and 300 characters per minute). Accessing the clubs, given the very tiny number of members worldwide, is much less cumbersome, so it is "enough" to collect the 3 sponsors cards and send them to the secretary. The amateur who joins SHSC EHSC has an undoubtedly long and proven track record and has now passed all the pitfalls of learning, in short, he is in phase of *unconscious knowledge*. He no longer practices CW consciously.

Starting from 250 characters per minute, the only difficulty lies in the transmission, which is physically tiring, difficult to maintain at a proper pace and requires constant training, complicated by the natural spontaneous regression which occurs if the training is not performed steadily. To maintain, in fact, an ability to transmit with the least number of errors possible, at 250 characters per minute and beyond, you need to train almost every day.

## FOC

FOC (First-Class CW Operator's Club) is an international club, founded in 1938 and limited to a number of 500 members around the world. The spirit of this club is a close brotherhood among members and their families, which are active in numerous events and meetings. FOC goal is to promote and encourage high standards in the ability to operate in radiotelegraphy and an exemplary behaviour on air.

The operator is required to be absolutely outstanding in all aspects of CW, absolute accuracy at a minimum speed of 25 WPM is a must, so as a certain etiquette, social and on air, is highly valued among FOC members. Members are selected in such a way that they demonstrate absolute excellence. A solid knowledge of English

language is a must: the FOC candidate must be able to stand a long rag-chew QSO in English, without showing any sign of fatigue.

The process of joining FOC is lengthy but adequate to Club standards: you must collect five sponsors from at least two continents, one of which necessarily in UK. The candidate must show absolute excellence in both reception and transmission for an extended period. He cannot ask for test QSO or, worst, solicit a sponsor, but simply attend the bands and be heard. Since the first sponsor QSO, the other sponsors are required to be collected during a period of six months, after which the candidate is promoted to a list of potential members (the starred list), for another three months. If no FOC member objects, you receive the invitation letter and the FOC number. FOC members are expected to be active on the ham bands as well as to attain to social events, held mostly in England, Germany and the United States. A new member may not release sponsors before one year since he entered the Club. Of course, even after being admitted to the club, a member must attain to an explicit code of behaviour and must be active on all fronts: from being active in radio to promoting wireless telegraphy in all its forms. A member must be compliant with the *FOC conduct*, a formally codified set of principles for achieving excellence.

Obtaining sponsorship is a complex task, the candidate must demonstrate not only be skilled in transmitting and receiving CW, but also maintain a constant level of activity on at least two bands. The sponsorship does not, therefore, take place by means of a test QSO, as in xHSC clubs, but only after a reasonable period of activity.

## **Amateur telegraphy from a linguistic perspective**

Telegraphy was born as an encoding of natural language, to enable you to transmit messages on a transmission line (cable or radio), so that:

- the message is not ambiguous
- reception of the message is certifiable
- the message is as short as possible

Since the mid-nineteenth century the telegraph was employed to transmit messages on a dedicated wire connection, with almost absolute certainty that a message sent would be received. In the twentieth century, with the invention of radio, telegraphy has been used with great success in broadcasts over the air (wireless telegraphy). The language used in telegraphy was extended to incorporate control signals (*procedural signs* or *prosigns*), designed to provide operators with a control protocol that let them monitor if the message sent was actually received.

Telegraphy and wireless telegraphy, therefore, had a mere procedural connotation. Less than a language, being “just” a process of encoding, regulated by special procedures, to support sending and receiving signals.

At the end of the last century radiotelegraphy was gradually abandoned and, since 1998, all earth-bound maritime radio systems have been replaced by satellites which would provide better reliability and security of the link. Telegraphy, however, is still in great vogue in the amateur radio community, because it offers a means of communication which achieves contacts over longer distances with less power than voice modes. Moreover, it requires much simpler and less expensive transmitting devices. The majority of amateur radio operators know CW: to get the license, until 2006, learning it was mandatory and a good 30-40% of ham radio operators still use it today.

From a linguistic perspective, this fact is important: as long as telegraphy was used for professional purposes it remained rigidly codified within defined structures, with no possibility of change. The telegraph operator had a professional obligation to strictly observe both the cadence of transmission (rhythm), and the procedures. The amateur, fortunately, is not forced to comply with strict rules and is virtually free to accommodate the use of this language at will.

Although CW was discontinued for all professional applications, the latest developments show, fortunately, very comforting news about "health status" of this language.

Not only is CW a language still used around the world, but it is showing a level of unexpected vitality: millions of radio amateurs use it, regardless of their geographical location. This chapter is written in collaboration with Prof. Augusto Ancillotti, Professor of Linguistics at the University of Perugia, Italy and discusses in detail the linguistic aspects of CW, as it is used today. Here are, analyzed for the first time, the linguistic aspects of amateur radiotelegraphy.

## The lexicon

The lexicon (or vocabulary) of amateur telegraphy is composed of three kinds of terms

- "Q" code: coded 3-letter words that begin with Q, borrowed from the naval telegraph language
- abbreviations (mostly of English words)
- procedural signals

The list below shows just an example of Q codes:

QTH: station location

QSB: fading

QRM: interference from other stations

QRN: atmospheric noise

QSL: contact confirmation

QRS: you can send slower?

Q codes were originally inspired by the code used in the Navy, but the meaning has changed over time and has been adapted to the specific needs of amateur radio operations.

Examples of abbreviations are:

GM, GA, GE: Good morning / afternoon / evening

73: Greetings

OM: old man, amateur radio operator

HW: How do you copy me?

INFO: Information

RPRT: signal report

Abbreviations come primarily from English, but also from the first code that was historically used in telegraphy (*American Morse*) and involved the use of numbers instead of letters. So '73' means 'greetings', '88' 'kisses', and so on.

Finally, the procedural signals

**AR:** end of message

**SK:** end of transmission

**KN:** Call to transmit only to the called station

**BT:** separator

**BK:** break, used to reply to a message without repeating callsigns.

These signs are sent as if they were a single letter, and the resulting sounds are very characteristic.

### **The syntax**

Radio amateurs have developed a procedural system that manages radio contacts based on a very simple syntax: nominal part (usually impersonal) / verbal part/ nominal part (direct object). This syntax is applied to build simple phrases, enriched by a series of conventional patterns, designed to control the radio contact in a typical call / response / confirmation scheme.

The following example shows a hypothetical contact between two radio stations I0AAA and UA0AAA, following this simple pattern.

The radio station UA0AAA makes a general call in this way

**CQ CQ DE UA0AAA UA0AAA AR K**

*(translation: UA0AAA calls and listens, is there anyone?)*

The radio station I0AAA answers

**UA0AAA DE I0AAA AR K**

*(UA0AAA from I0AAA, listening)*

Once the two correspondents have heard each other, the first station sends his message:

**I0AAA DE UA0AAA GM OM TNX FER CALL BT UR RST IS 599 QSB BT MY QTH IS MOSCOW ES MY NAME IS SERGEJ BT HW ? I0AAA DE UA0AAA K**

*(I0AAA from UA0AAA good morning and thanks for the call. Your report is 599 with signal fading. My station is located in Moscow and my name is Sergej. How do you copy me? I0AAA from UA0AAA back to you. )*

The other station received the signal report, confirms the reception and provides the same information:

**UA0AAA DE I0AAA BT GM DR OM SERGEJ TNX FER RPRT BT UR RST IS 599 BT QTH ROMA OP MARIO BT MY RIG IS FT 817 PWR 5W ES ANT IS VERTICAL BT HR WX IS SUNNY TEMP 10C BT UA0AAA DE I0AAA K**

*(UA0AAA from I0AAA hello dear Sergej and thanks for the signal report. Your report is 599. My station is located in Rome and my name is Mario. My transceiver is an FT817 with 5W power and my antenna is a vertical. The weather here is sunny with a temperature of 10 degrees centigrade. UA0AAA from I0AAA back to you.)*

the next response will follow the same confirmation / information giveback schema:

**BK DE UA0AAA R TNX FER INFO VY FB UR PWR ES 5W QRP BT MY RIG IS IC706 PWR 50W ES ANT IS DIPOLE BT HR WX IS CLOUDY TEMP 12C I0AAA DE UA0AAA K**

*(from UA0AAA received thanks for the info, very well, your power is low and 5W. My transceiver is an IC706 with 50W power and my antenna is a dipole. The weather here is cloudy and the temperature is 12 degrees centigrade. I0AAA from UA0AAA back to you.)*

The contact among these two stations is finally closed using, again, a typical pattern:

**UA0AAA DE I0AAA DR SERGEJ TNX FER INFO ES FER QSO MY QSL VIA BURO BT 73 ES HPE CUAGN UA0AAA DE I0AAA S K TU**  
*(trad: UA0AAA from I0AAA. Dear Sergei, thanks for the information and for the contact, my confirmation postcard will be sent by mail. Greetings and hope to see you again. UA0AAA from I0AAA End of transmission. Thank you)*

## A linguistic analysis of amateur telegraphy

This language has, from a linguistic perspective, very interesting properties:

- it is a kind of jargon, used by a homogeneous group of people (ham radio, in this case)
- has an evolving lexicon
- expresses, albeit in to a limited extent, emotions
- is an expression of cultural characteristics of the people using it
- it was spontaneously produced by a community of individuals spread evenly throughout the world and is a shared language
- its vocabulary is derived from various codes and languages (English, American Morse code and naval code)
- it has a syntactic structure, and no morphological structure
- it is procedural
- it is constantly changing, i.e., new terms are added to the lexicon, often having new meanings
- it shows signs of specialization with respect to sub-cultural domains.

Surely, amateur telegraphy is not able to express complex concepts; it is limited to convey information about a small number of subjects, while more varied contents can only be expressed by directly using a natural language encoded into Morse code. A complex sentence like *today I woke up with stomachache and I will not eat anything until this evening*, can only be expressed using a natural language. In that case, Morse code is used as a mere codification process.

Due to its lack of expressive potential, amateur radiotelegraphy, therefore, does not have the quality of language itself.

However, amateur telegraphy has two varieties: the first is tied to particular contexts of use and the latter is a means of communication within the small selected group of amateur radio operators who use a natural language outside of the group itself. Amateur radiotelegraphy, thus, is a code with which some of the communication needs are accomplished, while for others the use of a natural language is required.

Is amateur radiotelegraphy, as a language, reduced to a mere collection of slang expressions or jargon, then?

Jargon is a language based on conventional processing of words of a language or one or more dialects, with exotic or newly coined lexical items, used by those who belong to restricted groups in order to guarantee the identity of the group and not to be understood by people external to the group itself. From a linguistic perspective, typical jargons are the military jargon and student slang, which originally developed

as a partial alternative language in barracks, schools and colleges. All these situations are such that communal life creates a special solidarity among members.

Such situations are typically characterized by lexemes whose use is limited to small groups of speakers, aimed at avoiding comprehension from members outside this group and establishing a high level of membership exclusivity.

Often it happens that some individuals keep using these slang terms even after they leave the group or lose their status as a member, thus disclosing these terms to the outside world. As a result, it becomes necessary to replace such terms with new words in the jargon. This makes every slang language evolving, albeit within a very limited range. The lexicon of a jargon, like the language of amateur telegraphy, consists of lexemes coming from various sources, in the case of amateur telegraphy, English, American Morse code and the naval Q code.

Thus, the jargon is the set of expressive tools that, among alternative terms and phrases, makes the dialogue of two members of the same social class or small group immediately recognizable. In fact, when two amateur radio operators meet, they can use phrases like "*Tonight I QSY with my XYL,*" to say, "*Tonight, my wife and I go out.*"

Amateur radiotelegraphy, however, does not provide a mere collection of alternative words or phrases, but also a structure of an alternative language, which is valid for people from different cultural and international backgrounds.

These jargons are not as expressive; this is a typical characteristic of the so-called *pidgin* languages.

A pidgin is the result of a simplification of one or more languages to get a primary communication tool between speakers of different languages. This is always a hybrid that is not recognized as being a mother tongue by any user, but can serve as a communication tool among groups from different nations.

Typical features of the pidgins are:

- Function of a "communication vehicle " to serve as a common linguistic tool among different communities.
- They result from regular contacts among different cultures, which need to communicate in absence of a common language.
- Simplified structure of Subject / Verb / Object with no complex or structured complements.
- Total reduction of syllabic tails, almost all terms are made solely by a base form or even monosyllabic.
- Past, plural and superlatives forms are very simplified.

Like jargons and pidgins, amateur telegraphy has local variations and / or individual uses. Like the pidgins, amateur telegraphy has a strong international connotation.

Amateur radiotelegraphy as a jargon, in fact, does not show the following characteristics

- It is not and is not intended as a sign of social identity, i.e., to highlight the fact of belonging to the group of amateur radio operators.
- It is not aimed to exclude other social groups from the communication.
- Is not made for exclusive use by a definite group.

Another interesting aspect of amateur telegraphy is that it is beginning to show signs of *linguistic specialization*. The various amateur communities, depending on the cultural context that characterizes them, have developed typical expressions. Such expressions come from a homogeneous cultural context using specific terms as signs or “markers”.

Thus, for example, among amateur radio operators are also ex-professionals who are distinguished by several features of their expressive style. For example, in Italy, all marine radio officers never use the character 'comma'. The comma was in fact used in the navy for insulting the correspondent and to report serious defects in his manipulation of the telegraph key. Again, a radio officer often uses the term *QSP* almost unused by amateur radio operators, with a meaning similar to the one originally used in the Navy, but adapted to the context of amateur radio.

In the Navy, ships were receiving long lists of messages from coastal stations, while waiting for their turn to receive, and had to be swift and effective in recording such messages because the coastal station had no time for repetition. Sometimes, though, reception conditions were so poor (for various reasons, frequency overcrowding, severe weather conditions, etc.) that an operator might lose part of the messages. This event was, unfortunately, far from rare and often other ships acted as a 'repeater' for the lost message. The radio operators officers were in fact very loyal to each other; if a ship had been unable to communicate with the coastal station, then the message (in Q code it is called QTC) was repeated by another vessel which had a better radio connection.

This mode of transmission was called, in Q code, *QSP*.

What is left of all this in amateur telegraphy?

A marine radio operator uses the term *QSP* in a meaning adapted to new needs: “Will you relay to...?”. For example, if a station wants IK0AAA to say to IK0BBB to change frequency, he would transmit: IK0AAA PSE QSP TO IK0BBB QSY.

This is a common feature in all forms of human communication and, therefore, also in jargons and pidgins.

Amateur telegraphy also shows signs of the so-called *areal variance*, i.e., it expresses the geographic area of origin by means of appropriate phrases and idioms. For example, several amateurs from the former Soviet countries, started using the term RIG, which means transceiver, to indicate the radiated power rather than the model of the transceiver itself. Thus, while the rest of the ham radio world say MY

PWR IS 100W, some Russians say MY RIG IS 100W. Notice that this 'mistake' is used in a homogeneous cultural context (former Soviet countries) and serves as a real marker of this context. The most likely reason for this expression is the fact that in Russia building radio equipment is very popular, in such a case it would not make sense to talk about make and model of the transceiver, instead giving electrical and construction features.

There are several other examples relevant to the phenomenon of linguistic specialization in telegraphy and several others are produced continuously: amateur telegraphy language is therefore not stable but constantly changing. New terms or procedural elements are added from time to time and 'propagate' themselves in the air as ham radio operators decide to use them. When the use is widespread enough, the new terms or idioms become a permanent heritage to everyone.

A striking example is the need to communicate emotions. In naval telegraphy, obviously, a term devoted to communicate moods has not been defined, with telegraphy being a professional means specifically intended for technical communication. Among amateurs, instead, this need is present and alive.

Over the years, the use of the term HI has become frequent to indicate a laugh. It is not just a sequence of two characters “H” and “I”: it is a real new term with the function of specific sign. The "liberalization" of the amateur telegraphy language is even leading to produce 'phonetic' articulation phenomena.

In the Navy, messages were to be transmitted with perfect timing and spacing: all elements are encoded with specific rules. A dash is three dots long, the separation among dashes and dots is a dot long, and the words must be separated by a wider break of seven dots. All operators were required to comply with these rules, for the sake of clarity. Basically they were educated in schools to 'play' all the same.

In amateur radiotelegraphy, of course, there are no schools, so everyone learns the spacing and timing of transmission in a spontaneous way.

This freedom of manipulating a telegraph key produces very interesting phenomena: the laughter, HI, for example, is not transmitted accurately H (four dots), followed with the proper spacing by the I (two dots), it but is transmitted as four-dots, a light syncope, a dot, another syncope and a final dot. The resulting sound is incredibly similar to that of a real laugh. Once heard, it cannot be forgot.

This phenomenon is a real articulation of language, vehicle of a specific meaning: the telegraphic message is articulated in different ways to communicate different meanings for the same term.

The term HI means, in fact, also *high*, hence the need to send the two terms differently.

Another example of an articulation words is the way the procedural signal “end of the transmission” (**SK**) is often stretched beyond measure, and then followed by two quick dots. The sound is very distinctive and identifies a very experienced amateur radio operator, often a former Marine radio operator.

## CW: the Esperanto of the Third Millennium ?

Amateur radiotelegraphy has, therefore, a quality of language equal or very close to that of a pidgin, in fact:

- it is a veritable "interlanguage" that allows the world to communicate through a common language.

- It stems from one language and is codified and developed independently by regular contacts between different cultures. Spontaneous expressions as "HELLO" or "A BIEN TOT" are typically used even among people who originally did not use these phrases.

- It has a simplified Subject / Verb / Object structure, with no additional complex or structured clauses (eg. MY QTH IS ROME, or HR WX ES CLOUDY).

- Features a total reduction of syllabic tails; almost all terms are made solely by a base form or monosyllabs. Terms are in fact codes, abbreviations or prosigns QTH, HPE, CUAGN.

- Past forms, plural and superlatives are very simplified, borrowed from English (tail ending S for the plural, usage of MORE / MOST, use of only the auxiliary BE / HAVE - WAS / HAD).

Amateur radiotelegraphy is a pidgin, then. Pidgin languages (if they survive enough time) can evolve into a language called *creole*, provided that this process requires specific conditions.

The process of evolution from pidgin to creole is very complex and requires first the need for interchange between people of different languages. A pidgin is therefore used as a bilateral talk language, some sort of third language, among speakers of different languages. Its usage is limited to the specific need of exchange between non-native speakers, learned by everyone as if it were a language itself consolidated by a *de facto* standard. The most widely used pidgin today is the neomelanesian, whose morphosyntactic structure is essentially invariant in the juxtaposition of words (mostly English-based) and the lexicalization of grammatical functions primary as the plural, future, past, etc, for example *plentimàn* "men in quantity" is the plural of "man".

Amateur radiotelegraphy is characterized by the need of communication among radio amateurs of different languages. However, this condition is not sufficient: surveys performed by sociolinguists have shown that a pidgin can be formed within a couple of generations. The same time span is required for a creole language.

A creole is a mixed language that stems from a set of initial languages, then permanently adopted inside a community, eventually becoming the mother tongue of the community, in which it identifies its ethnicity. Of course for this to happen each

individual in the cultural community is required to lose the usage of his mother tongue for his daily purposes. This happens for many different reasons. For example, the circumstances that favored the formation of Caribbean Creole languages are due to the violent transplantation of slaves with varying languages, intentionally reshuffled and redistributed to the plantations of the islands and to the coasts of the Caribbean. These areas were previously emptied of indigenous population by massacres and diseases. In each plantation the only language in use was the language of the white settlers. The slaves, even to communicate with each other, were forced to use the same foreigner talk that the owners were using with them, hastily learned and reproduced according to their vocal habits. Within two or three generations this pidgin became the only language of the local community and was taught, learnt and used as a mother tongue, while at the same time enriched the expressive possibilities and "got complicated" to reach the complexity of a standard language. Thus, we have today French-based creole languages (Guyana, Trinidad, West Indies, Haiti, Louisiana), English-based ones (Guyana, Jamaica, Honduras, Virginia) and Portuguese-based (Curaçao). Many other creole languages were then absorbed by European languages and eventually disappeared (Brazil, United States).

To allow amateur radiotelegraphy continuing in its growth process as a language, time must pass first, and, more importantly, people using it should lose the ability to use their own native language and be forced to use only the telegraphic language as a means of interchange.

It should be noticed that these conditions are already partially in place: a ham radio operator, in front of his equipment, is like transplanted to a "virtual" land where in fact he cannot use his mother tongue. Needless to say, at the end of a radio contact, each operator gets back home!

Telegraphy is not only a living language: as an elegant pastime of its connoisseurs, it is demonstrating that it can evolve into a language itself. Thus, while as an international language Esperanto has found adoption in a more or less stable community of around 120 countries worldwide - mainly between Europe and China - amateur telegraphy spread evenly around the planet and is constantly evolving.

Whether and how amateur telegraphy will evolve into a language itself, therefore, only time will tell. We are just amateurs but we play a decisive role: whenever we use CW we do not just keep it alive but we also keep helping its process of growth and evolution and we become active participants in a very interesting linguistic phenomenon that sheds a very comforting light on the state of health of this magnificent language.

## About the author

Carlo Consoli, IK0YGI, was born in 1969 in Rome, Italy. He started his adventure in the ham radio world back in 1989 as a CB. Today, he only operates in CW, with all four kinds of keys: straight, paddle, sideswiper, bug.

He is member of the following ham radio clubs:

AGCW, CTC, EHSC, HSC, INORC, iQRP, MARCONISTA, SHSC, SKCC. VHSC.

He started as CB in 1989, then took the general license (144Mhz and above) as IW0DKQ in September, 1990. In September, 1994 he passed the CW exams for the extra license as IK0YGI and, since then, never abandoned CW. He had to part for some years with ham radio, due to the most important facts of life such as earning a degree in Computer Science, find a home, get married and make a baby, suspending activities from 1998 to 2003. He got back on air (CW only, of course) back in 2003 and joined HSC, the Italian Naval club INORC and Marconi Club in 2004. In 2006 he entered VHSC, while in the same year was ranked in the RUFZ world top-speed list (>70 WPM). He joined SHSC in 2008 and EHSC in 2009.

While publishing several articles devoted to CW and its art in the Italian ham radio Magazine RadioRivista, by the end of 2008 he wrote the Italian edition of this book "*Lo Zen e l'Arte della Radiotelegrafia*". He is a great fan of the Italian CW key craftsmen as Piero Begali I2RTF, Salvatore Canzoneri IK1OJM, Alberto Frattini I1QOD and has an ever-increasing collection of Vibroplex keys. You may find additional information on his web site: <http://ik0ygi.ham.org>.

When he is free from family and work tasks, he never misses a chance to go by his friend and mentor Claudio IK0XCB who owns a super-station with 25m tower, is a professional sommelier and runs a first-class restaurant where the most rare and precious bottles of wine can be tasted, to shamelessly take advantage of all these facilities. If you are wondering whether he feels guilty of taking over his friends station, turn all the radio knobs, beam his antennas wherever he likes, tasting a rare wine from the restaurant cantina while his friend is hardly working to earn a living the answer is ... of course: no.

## **Acknowledgments and Dedications**

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I dedicate this book to my wife Marika who, with infinite patience, has been close to me in these recent years also in times of extreme difficulty and danger and to my eight years old son Marco, hopefully, to teach him that passion is the true and only creative force.

## **Bibliographic References**

All bibliographic references are expressly referenced in the relevant chapters. This book is inspired by many sources, among them, the interested reader can see:

- Urban Cavina, I4YTE *Marconisti d'Alto Mare*
- N0HFF, *The Art & Skill of Radiotelegraphy*
- Daniel Goleman, *Emotional Intelligence*
- Maxwell Maltz, *New Psycho-Cybernetics*
- Nyogen Senzaki and Paul Reps, *101 Zen Stories*

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