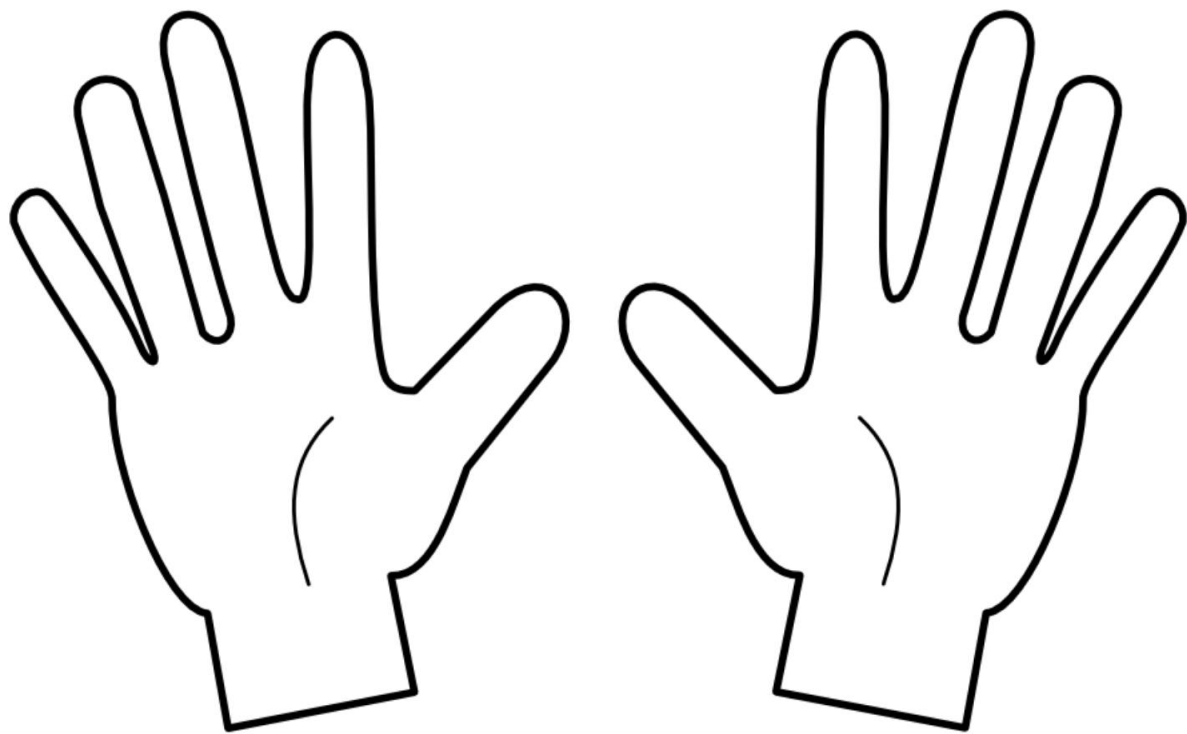




ACCURACY FIRST

EVEN THOUGH WE STRIVE TO LEARN TO TYPE FAST, WHAT SLOWS US DOWN IS THE NUMBER OF MISTAKES WE OFTEN MAKE.

WE SHOULD FOCUS ON ACCURACY FIRST, AND SPEED WILL PROGRESSIVELY INCREASE AS WE BUILD MUSCLE MEMORY.

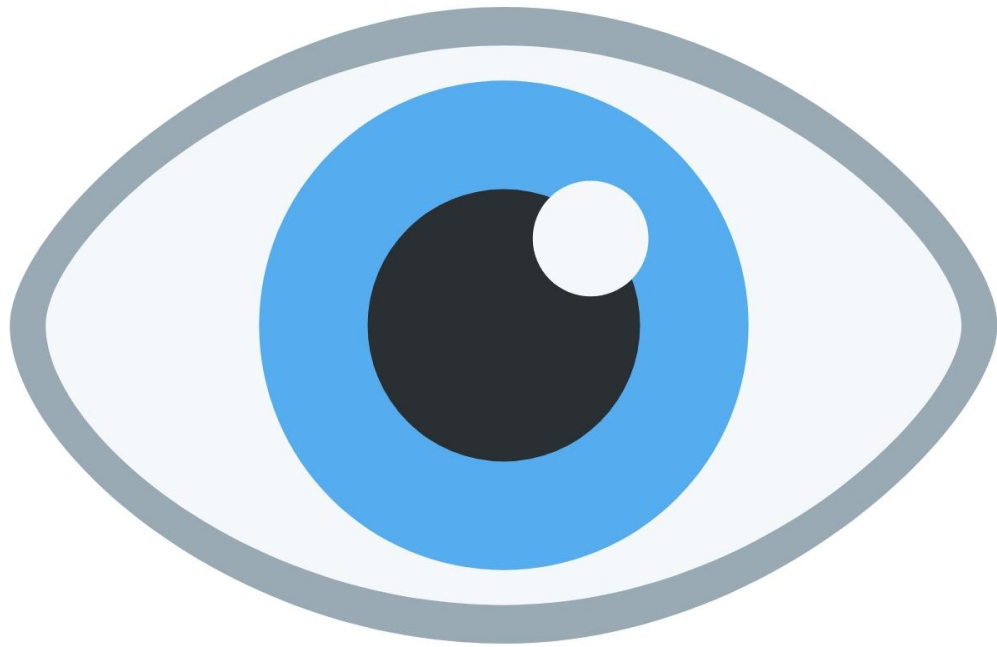


USE ALL 10 FINGERS

...AND NOT ONLY WHEN PRACTICING ON
TYPING CLUB!

AT FIRST, YOU MIGHT THINK THAT YOU TYPE
FASTER USING ONLY 2 FINGERS.

EVENTUALLY, WITH ENOUGH PRACTICE IN
YOUR EVERYDAY LIVES, YOU WILL REALIZE
THAT TYPING WITH ALL TEN FINGERS IS
ACTUALLY EASIER AND ALLOWS YOU TO
TYPE FASTER.



LOOK AT THE SCREEN - NOT AT YOUR HANDS!

**DON'T LOOK AT THE KEYBOARD OR YOUR
HANDS!**

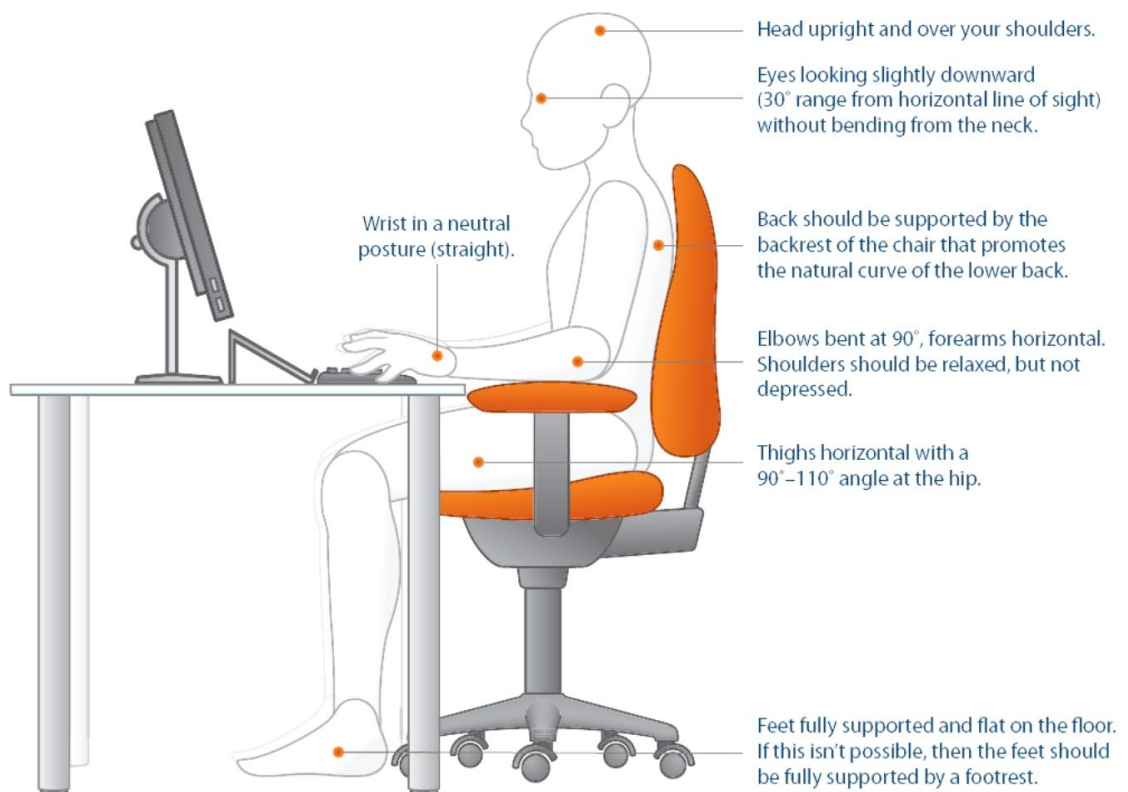
**ALWAYS RETURN TO THE HOME ROW AND
FEEL FOR THE BUMPS ON F AND J.**



GET ALL 5 STARS

**EACH LESSON HAS A SET OF REQUIREMENTS
THAT NEED TO BE MET IN ORDER TO PASS THE
LESSON.**

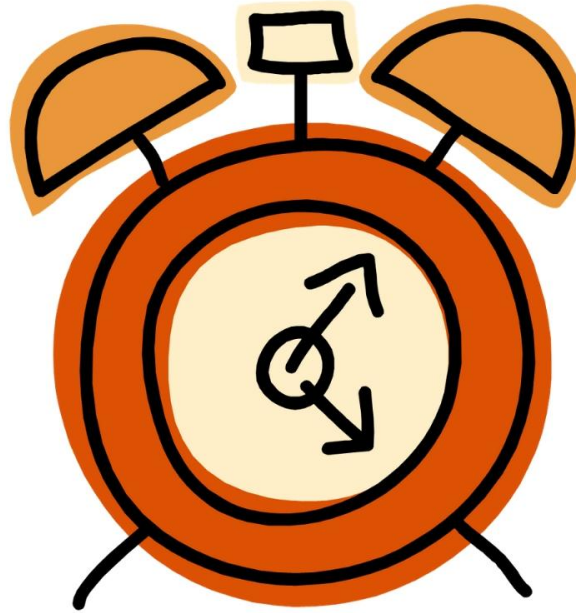
**HOWEVER, JUST PASSING THE LESSON ISN'T
THE REAL GOAL. MASTERY EQUALS 5 STARS!**



POSTURE MATTERS

- *POSITION MONITOR IN FRONT OF YOUR EYES
- *SIT UP STRAIGHT
- *HOVER WRISTS JUST ABOVE KEYBOARD
- *SIT CLOSE TO YOUR DESK
- *ARMS IN THE SHAPE OF AN L

POOR POSTURE CAN RESULT IN PROBLEMS
SUCH AS BACK PAIN, HEAD-ACHES,
AND SORE MUSCLES.



PRACTICE **1 HOUR** **PER WEEK**

**BUILDING MUSCLE MEMORY TAKES TIME AND
PRACTICE**

**OUR BRAINS AND FINGERS REQUIRE TIME TO
COORDINATE THE RIGHT MOVEMENTS**

**TWO OR THREE SHORT SESSIONS PER WEEK
ARE HIGHLY RECOMMENDED TO QUICKLY
BUILD MUSCLE MEMORY AND ENDURANCE.**