

# Sample

5:05

1.

fff faf faf faf aaa jjj j;j j;j j;j ;;; faf j;j fj

fff faf faf faf aaa jjj j;j j;j j;j ;;; faf j;j fj

fff faf faf faf aaa jjj j;j j;j j;j ;;; faf j;j fj

6:00

## 5 Minutes

Directions: Number each line. Type each line 3X. Type your start time.  
Type your completion time. Type how long. DS between each 3 lines.

1 asdfjkl; asdfjkl; asdfjk;

2 aa ss dd ff jj kk ll ;; aa

3 ss dd ff jj kk ll ;; a ass

4 dd ff jj kk ll ;; a ass dd

5 ff jj kk ll ;; a ass dd ff

6 jj kk ll ;; a ass dd ff jj

7 kk ll ;; a ass dd ff jj kk

8 ll ;; a ass dd ff jj kk ll

9 ;; a ass dd ff jj kk ll ;;

10 a;sldkfj fjdksla; a;sldkfj

11 as as ad ad lad lad all all

12 as dad falls as a lad falls

1 fff fff jjj jjj fff jjj ff jj ff jj f j

2 ddd ddd kkk kkk ddd kkk dd kk dd kk d k

3 sss sss lll lll sss lll ss ll ss ll s l

4 aaa aaa ;;; ;;; aaa ;;; aa ;; aa ;; a ;

5 aa ddd add add aaa lll all all add all

6 aaa sss kkk ask jjj aaa lll jal ask jal

7 ddd aaa ddd dad lll aaa ddd lad dad lad

8 a as ask asks asks; f fa fal fall falls

9 a al ala alas alas; f fl fla flas flask

10 a ad add adds adds; s sa sal sala salad

11 ask dad; as sad as a lass; add a salad;

- 1 fff jjj ddd kkk sss lll aaa ;;; fff jjj
- 2 lll aaa ddd lad sad aaa sss kkk ask fad
- 3 jjj jhj hhh jjj jhj hhh jjj jhj hhh jhj
- 4 jhj had had jhj has has jhj ash ash jhj
- 5 jhj ha; ha; jhj hah hah jhj aha aha jhj
- 6 has half sash lash dash hall shad shah
- 7 ddd ded eee ddd ded eee ddd ded eee ded
- 8 ded led led ded fee fee ded lee lee ded
- 9 ded lea lea ded fed fed ded see see ded
- 10 heel hake head heal hale heed held shed
- 11 lll lol ooo lll lol ooo lll lol ooo lol
- 12 lol sod sod lol old old lol odd odd lol
- 13 lol hod hod lol hoe hoe lol oh; oh; lol
- 14 does foes hoes dose odes oleo lose shoe
- 15 fff frf rrr fff frf rrr fff frf rrr frf
- 16 frf her her frf rah rah frf red red frf
- 17 frf are are frf err err frf era era frf
- 18 door soar roar oars rods fore role roll

- 19 hear rear fear ear; sell fell jell dell
- 20 fade jade lads ade; real seal deal heal
- 21 rare hare fare are; sole dole role hole
- 22 he asked for jade; she sold fresh food;

- 1 fff jjj ddd kkk sss lll aaa ;;; fff jjj
- 2 jhj has ded led lol old frf far her ash
- 3 jjj jmj mmm jjj jmj mmm jjj jmj mmm jmj
- 4 jmj jam jam jmj mar mar jmj mom mom jmj
- 5 same fame dame lame room roe mess from
- 6 ream mess mash mars foam arms elms roam
- 7 fff ftf ttt fff ftf ttt fff ftf ttt ftf
- 8 ftf tar tar ftf ate ate ftf sat sat ftf
- 9 tart dart loot hoot soot seat feat jets
- 10 tame mate moot most meet meat mart mats

- 11 kkk kik iii kkk kik iii kkk kik iii kik
- 12 kik air air kik fir fir kik sir sir kik
- 13 mist mite mire lime dime aims miss time
- 14 tire tide kite site kits mitt hilt kilt
- 15 ddd dcd ccc ddd dcd ccc ddd dcd ccc dcd
- 16 mace came come mice calm mock coma clam
- 17 cast acts cold cite cart chat cats tack
- 18 dice kick lick tick rich itch sick rice
- 19 dear rear fear ear; told sold fold mold
- 20 hall fall tall all; real meal seal deal
- 21 fade made jade ade; head hear heal heat
- 22 dash hash lash ash; heed seed feed deed
- 23 lads cads fads ads; rake sake fake lake
- 24 rice dice mice ice; hock lock dock rock
- 25 core tore sore ore; mist fist list cist
- 26 date fate late ate; toil foil soil coil
- 27 the doctor locked the door to the room;

- 1 aaa ;;; sss lll ddd kkk fff jjj jhj ded
- 2 lol frf red jmj mat ftf fed kik lid dcd
- 3 ;;; A;; A;; ;;; S;;; S;; D;; D;; ;;;
- 4 ;;; Art Art ;;; Sal Sal ;;; Sam Sam ;;;
- 5 Alda Alma Rick Aldo Carl Dick Elsa Edie
- 6 Amos Dale Chet Dora Todd Earl Emma Ford
- 7 fff fvf vvv fff fvf vvv fff fvf vvv fvf
- 8 fvf vie vie fvf eve eve fvf vet vet fvf
- 9 move live love have lava ever veer vast
- 10 Vi Vic Val Vera Vida Velma Victor Viola
- 11 lll l.l ... lll l.l ... lll l.l ... l.l
- 12 l.l sr. sr. l.l dr. dr. l.l fr. fr. l.l
- 13 l.l Sr. Sr. l.l Dr. Dr. l.l Fr. Fr. l.l
- 14 Dr. Vale asked Val. Val let Art do it.
- 15 Fred looked for the red car at the lot.
- 16 Eva said that Cass had to come to them.
- 17 Ted asked if he had moved the old mats.
- 18 Todd felt that Elmer had left for home.

- 4 Art ark are ade ads ;;; to; do; so lo;
- 5 Sol sad sire sit see lit led lid lot lad
- 6 Dot doe dim dad die kit kid irk ark ilk
- 7 Fir fit fat fee far jet jot jar jam jr.
- 8 Eat err era eel ere hit hot had has her
- 9 Rae rat red rim rid oak old ode oar off
- 10 Tam tar too tot the ire its ill irk sit
- 11 Car cam cat cot cad mat mad mom jam ham
- 12 Vic vie vat vim via l.l jr. sr. dr. fr.
- 13 Ella asked Todd if he liked the stores.
- 14 The Rams took the title from the Stars.
- 15 Vi heard Al ask her for the little car.
  
- 16 Sarah liked the meal he cooked for them  
at home. She asked for fresh fish. Al  
served each a sold after the salad.
  
- 17 Doc asked Alma for jars to save for his  
mother. She had Chad take them to him.

- 1 Vera asked Dave if he liked fresh fish.
- 2 Elmer takes time to edit for Ella Cade.
- 3 The jacket is at the roar of the store.
- 4 Alma told the same jokes Dick had told.
- 5 Save the three rolls of dimes for Chad.
- 6 Al took five liters of oil for his car.
- 7 Sarah came to the office to call David.
- 8 aa aches Alma avid atom acid asks alive
- 9 cc cakes Chad calm cook cite came charm
- 10 dd drive Dave data desk dads dell deals
- 11 ee eases Ella ears elms etch edit emits
- 12 ff faith Fred fool fast fair fame fresh
- 13 hh havoc hood herd home half halt heard
- 14 ii ivied illis idol irks ides iris items
- 15 jj joked jest jots jolt jams jade jilts
- 16 kk kills kite kilt kiss kale keel kilos
- 17 ll ladle last lead lode look lied laced
- 18 mm major male miss mess mare make melds
- 19 oo order oleo odds oils odes oats oasis
- 20 rr ratio Rita rake ride reel room reads
- 21 ss salvo Sara seek sits seal side store
- 22 tt tamed Todd tail tore tilt trot tasks
- 24 vv verse Vera vale vast viva vest vials
- 24 Carl asked Dot if she liked Jokes. She said she love to hear him relate them.

- 1 David felt the jolt; so did the others.
- 2 Carlos had a small vest for his sister.
- 3 Ask Sam Dart if he is to take the oath.
- 4 j j j j n j n n n j j j j n j n n n j j j j n j n n n j n j
- 5 j n j n o t n o t j n j a n d a n d j n j d e n d e n j n j
- 6 n o n e n o o n t h e n m a i n d i n e e v e n r a i n s o o n
- 7 d o n e t o n e c a n e s a n e n i n e f i n e s i n k r i n k
- 8 s s s s w s w w w s s s s w s w w w s s s s w s w w w s w s
- 9 s w s s o w s o w s w s s a w s a w s w s w o w w o w s w s
- 10 w o v e w a v e w a i t w i l l w a r m w h a t w o o l w e l l
- 11 w a n t w a n t w e n t w h e n w i n k w i n s w i n e w i n d
- 12 Ann waited for Walter in the main room.  
Fran walked in the snow with no effort.
- 13 k k k k , k , , , k k k k , k , , , k k k k , k , , , k , k
- 14 k , k d o , d o , k , k i f , i f , k , k s o , s o , k , k
- 15 m a n , t o n , t a n , r a n , v a n , f a n , m e n , c a n ,
- 16 h o w , s o w , s a w , t o w , r o w , l o w , c o w , v o w

17 frf fgf ggg fff fgf ggg fff fgf ggg fgf

18 gain nags snag ring king sing tong song

19 gown wing wage glow swig grow grew gnaw

20 leg, log, lag, had, sag, tag, nag, gag,

21 An adding machine was delivered at noon  
in a green carton in care of Art Wilke.

22 Val watched the first team as it jogged  
to the front of the other eleven teams.

1 Sara, Ed, Fred, or Cora will tell Carl.

2 Al liked his move from the first floor.

3 George had a joke he wanted to tell Al.

4 aaa Jaa Jaa aaa Kaa Kaa aaa Laa Laa aaa

5 aaa Jed Jed aaa Mel Mel aaa Ira Ira aaa

6 Lars Jake Irma Lila Matt Hans Omar Lena

7 Olga Iris Lena Kate John Hank Mike Norm

8 jjj juj uuu jjj juj uuu jjj juj uuu juj

9 juj jug jug juj sue sue juj due due juj

10 uses hulk junk nuns guns hums must rust

11 Utah Utica Ural Union Uganda Ulster Ulm

12 The Light unit was out on their washer.  
Jack had the new unit at home for Olga.

13 a s d f g h j k l ; a s d f g h j k l ;

14 fog all how for ice kid let add rot and

15 Red Mel Tad Lou Rod Hal Dee Nan Art Joe

16 fff fbf bbb fff fbf bbb fff fbf bbb fbf

17 fbf big big fbf job job fbf bag fag fbf

18 Kalb Habeer Hibbs Haben Uber Mabel Kable

19 burn bunt buck burg bush bunk bulb bull

20 ;;; ;;; ;;; ;;; ;;; ;;; ;;; ;;; ;;; ;;;

21 Dear Jo: Dear Lu: Dear Ike: Dear Mo:

22 Dear Mr. or Mrs. Uthe: Dear Mrs. Urie:

23 Dear Ben: Dear Mr. Briggs: Dear Beth:

24 Dear Jack: I would like to discuss the  
Brigs case with Tom at lunch tomorrow.

25 Dear Verna: It would be so nice to get  
all of our good friends together again.

- 1 Janice saved the violet for her mother.
- 2 Bertha, too, is eager to take her turn.
- 3 Dear Bob: Send the June bill to Verna.
- 4 **;;; ;p; ppp ;;; ;p; ppp ;;; ;p; ppp ;p;**
- 5 ;p; dip dip ;p; rip rip ;p; tip tip ;p;
- 6 **trap stop page pain park flop pipe paid**
- 7 pane part pace peep prep step pale palm
- 8 aaa aqa qqq aaa aqa qqq aaa aqa qqq aqa
- 9 aqa que que aqa quo quo aqa qui qui aqa
- 10 quid quad quest quote quell quota quibit
- 11 quip quit equip equal quilt quite quill
- 12 Dear Paula: Pat and Joann paid quite a price for a quart of quince for Pamela.
- 13 **;;; ;/; /// ;;; ;/; /// ;;; ;/; /// ;/;**
- 14 ;/; his/her ;/; him/her ;/; us/them ;/;
- 15 peal/peel pail/pale pour/pore pole/poll
- 16 queue/cue quiet/quite quire/choir quad/

17 sss sxs xxx sss sxs xxx sss sxs xxx sxs  
18 pix expel pox expand apex expert expire  
19 Quinn had an axle break in Xenia, Ohio.  
20 Max bought his quince at the A/X Store.  
21 Dear Quinn: Please send the checks for  
the June grants to us within the month.  
22 Dear Viola: Please notice that we have  
marked the bill n/c for the six driers.

1 Dear Chuck: The grades were excellent.  
2 Jane found three pencils at her school.  
3 Robbin Maki bought five quarts of milk.

4 ;;; ;p; ;p-; ;--; ;;; ;p; ;p-; ;--; ;-;  
5 ;p- ;-; one-sixth ;p- ;-; part-time ;-;  
6 left-hand one-fifth half-time one-sixth  
7 one-half, one-third, and one-fourth cup  
8 aaa aza zzz aaa aza zzz aaa aza zzz aza  
9 aza zoo zoo aza zed zed aza zee zee aza  
10 zest doze zoos sing whiz zinc zone Zola  
11 Zola Zerba took her car to an A-Z Shop.

- 12 Dear Zoe: Jim is a well-known speaker,  
and he is a whiz when he is ad-libbing.
- 13 jjj jyj yyy jjj jyj yyy jjj jyj yyy jyj
- 14 jyj joy joy jyj jay jay jyj yam yam jyj
- 15 yarn-like texture; yo-yo; year-end sale
- 16 zany lazy zesty dizzy tizzy crazy fuzzy
- 17 ;;; ;/; ;/??; ;??; ;;; ;/; ;/??; ;??; ;?;
- 18 Was it she? Ed? Did they go? Is she?
- 19 Are you there? Can you be? Will they?
- 20 Why not? You cannot? He is? He will?
- 21 Can you plan to write a few credit let-  
ters Monday? I hope you have the time.
- 22 Dear Justin: I hear that you are going  
to be one of the six new clerk-typists.
- 23 When do you think that Mr. Quinn can go  
on a trip—like Zane—for a year or so?

4 if we if we can if we can go if we came  
5 so it so it was so it was to so it must  
6 as it as it can as it can be as it will  
7 the man the man will the man will go in  
8 was the was the bill was the bill to go  
9 how can how can they how can they be at  
10 they went they went by they went by her  
11 less than less than it less than it was  
12 they came they came in they came in for  
13 our hour sour tour your pour four flour  
14 ate late fate gate mate date rate crate  
15 Our train was an hour late at the gate.  
16 ear year tear sear fear hear near clear  
17 ill hill fill kill mill pill dill drill  
18 Will fear keep Paul from the high hill?  
19 ink pink sink link wink mink kink think  
20 ail bail tail mail sail jail rail trail  
21 Do you think the mail will be too late?  
22 at at at at at  
23 hat hat hat hat hat  
24 that that that that that

25 The Blue Jays won the first game a month ago. The excitement over the win has caused their fans to acquire a blue team pennant. Many of their fans prize these as a way to keep up team spirits.