Touch Typing

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Type with all ten fingers without looking — set up posture and the home row, own the finger map, chase accuracy and rhythm, and speed follows.

Video walkthrough — scan the code to watch.

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Mental model

Touch typing moves the keyboard out of your eyes and into muscle memory: every key belongs to exactly one finger, and every finger returns to the home row after each reach. Speed is not something you train directly — it is a side effect of accuracy and an even rhythm. Every miss you practise is a miss you are learning, so slow and correct beats fast and sloppy from the first lesson.

Posture and setup

Part	Position
Back and feet	Neutral spine, feet flat on floor or footrest
Elbows	About 90°; set chair height to get it
Wrists	Floating, straight line hand–wrist–forearm
Monitor	Eyes level with the top third of the screen
Breaks	Every 30 minutes: stand, stretch, look away

Your setup decides how freely your hands can travel. Wrists that rest heavily on the desk pivot instead of reaching, which shortens your range and bends the joint. Keep a light touch — modern keys need very little force, and hammering them adds fatigue without adding speed.

```
Mid-session check, every few minutes:
  shoulders down?   wrists straight?
  eyes on screen?   fingers curved?
```

> **Gotcha:** Posture decays as you focus. A good start is not a good session — set a mental timer to recheck shoulders and wrists.

Home row

Finger	Left hand	Right hand
Index (anchor)	`F` — has a bump	`J` — has a bump
Middle	`D`	`K`
Ring	`S`	`L`
Pinky	`A`	`;`
Thumbs	Space	Space

The home row is where every finger lives between keystrokes. Find it by touch: the raised bumps on `F` and `J` orient your index fingers without looking down. Keep fingers slightly curved, as if holding a tennis ball, so the top and bottom rows are a short reach.

```
  A   S   D   F  g     h  J   K   L   ;
  p   r   m   i  (i)  (i) i   m   r   p
  left hand ------     ----- right hand
p=pinky r=ring m=middle i=index
```

> **Tip:** If you keep glancing down, cover your hands with a cloth. It forces your brain to memorise positions instead of looking them up.

Finger map

Finger	Left keys	Right keys
Pinky	`1 Q A Z`, Tab, Shift	`0 - = P [ ] ; ' /`, Enter
Ring	`2 W S X`	`9 O L .`
Middle	`3 E D C`	`8 I K ,`
Index	`4 5 R T F G V B`	`6 7 Y U H J N M`
Thumb	Space	Space

Each finger owns a diagonal column, and the index fingers own two columns each — the inner `G/H` columns are why beginners mix up `T/Y` and `B/N`. Reach from home, press, and return before the next key. For a capital or a symbol, hold Shift with the pinky of the **opposite** hand from the key you press.

```
Capital "J"  -> left pinky Shift + right index J
Capital "A"  -> right pinky Shift + left pinky A
"?"          -> left pinky Shift + right pinky /
```

> **Gotcha:** Holding Shift with the same hand that presses the letter twists the wrist and breaks the reach. Always use the opposite pinky.

Learning order

Stage	Keys
Home row	`F J`, `D K`, `S L`, `A ;`, then `G H`
Top row	`E I`, `R U`, `T Y`, `W O`, `Q P`

Stage	Keys
Bottom row	`N M`, `V ,`, `C .`
Capitals and punctuation	Shift, then `?` and `!`
Numbers	`1 0`, `2 9`, `3 8`, `4 7`, `5 6`

Add keys in mirrored pairs, one pair per lesson, and drill real words made only from keys you already own. This is the sequence of TypeFit's **Touch Typing Foundations** course: 30 lessons, about 90 minutes, ending in a graduation test. The first lesson targets 95% accuracy at just 15 WPM — the bar is accuracy, not speed.

```
Lesson 1 drill:  f j fj jf ff jj f j fj jf
Lesson 6 words:  sad lad flask salad falls
```

> **Note:** TypeFit's follow-up courses, Speed and Accuracy Booster and Professional Mastery (symbols and code syntax), are 30 lessons each.

Measuring speed and accuracy

Metric	Meaning
Accuracy	Share of keystrokes right the first time
Net speed (WPM)	Correct characters ÷ 5, per minute
Raw speed	Every keystroke ÷ 5, per minute
Raw − net	Your "error tax"
Consistency	How even your pace is; 100% = steady

A “word” is always five characters, spaces included, so WPM compares fairly across texts with short or long words. When raw is well above net, you are typing faster than your accuracy can support.

```
net WPM = (correct chars / 5) / minutes
raw WPM = (all keystrokes / 5) / minutes

1 min, 330 keystrokes, 300 correct:
  net = 60 WPM   raw = 66 WPM   tax = 6
```

> **Gotcha:** Tools define “net” differently — some count only correct characters, others subtract errors per minute from raw. Compare numbers within one tool, or your progress chart is noise.

Accuracy before speed

Accuracy	What to do
Below 95%	Slow down about 10% next round
95–97%	Hold speed, clean up weak keys
97%+	Now push speed a little

Coaches agree on one rule above all: reach 97% accuracy before chasing speed. A miss costs more time than a slightly slower, correct keystroke, and practising a miss trains it. TypeFit enforces this with **stop-on-error** — a wrong key flashes and counts as a miss, and nothing advances until

you press the right one, so muscle memory only ever records correct movements.

```
Target "the"  typed "thr"
  stop-on-error: caret stays on "e" until e
  free mode:     error is recorded, you move on
```

> **Note:** Professional typing jobs often require 97% accuracy or higher — speed without it is time spent on corrections.

Rhythm and consistency

Signal	Diagnosis
Consistency under 60%	Rhythm is your limiter, not reach
Dip with a miss next to it	A key you are unsure of
Dip with no miss	A key you are slow to reach
Same slow key every round	Drill that key in real words

Fast typists are not fast because of bursts; they are fast because they rarely stall. Type to an even beat — slower than your best burst — so every keystroke takes about the same time. Read TypeFit's speed curve second by second: the dips tell you which key to drill.

```
Uneven:  th-e  qu---ick  bro-wn   (stalls)
Even:    t-h-e  q-u-i-c-k  b-r-o-w-n
```

Daily practice loop

Step	Action
1	Warm up on real text: quotes or common words
2	Check accuracy, then raw vs net, then consistency
3	Drill your slowest and most-missed key
4	Run the next text and look at the delta
5	Stop at ten minutes; repeat tomorrow

Typing is a motor skill: frequent short sessions build it better than occasional long ones. Attach practice to an existing routine — right after opening your laptop or with your morning coffee — so it needs no willpower. On busy days five minutes still keeps the streak. TypeFit is built around this loop and is free, with no ads: ten-minute workouts in the browser, a weak-key drill one click away, and a per-key confidence heat map on the Progress page. Your first workout needs no sign-up.

```
Weekly goal examples:
  +5 WPM in one month
  95% accuracy at current speed
  10 minutes every weekday
```

> **Note:** Plateaus are normal and often precede a jump. Hold accuracy steady through them rather than forcing speed.

Benchmarks and goals

Level	Speed
Hunt and peck (few fingers)	about 27 WPM
Average adult	about 40 WPM
Good / productive	60 WPM and up
High	70 WPM and up
Advanced	100 WPM and up

Most office work needs 40–60 WPM; data entry often asks 60–80 and high-volume transcription 80–95. Touch typing at 60+ WPM is roughly where typing becomes subconscious and your attention goes fully to the content. Benchmark yourself first, then set a goal one level up.

```
Developer extras once letters are solid:
  ( ) { } [ ] < > ; : " ' _ = - |
  plus your editor's keyboard shortcuts
```

> **Tip:** Past 50 WPM, TypeFit fades its on-screen keyboard to a hint, because by then you should be typing without looking at it.

Further reading

- TypeFit — ten-minute workouts, stop-on-error, on-screen hands, per-key analytics; free, no ads, in the browser
- TypeFit courses — Foundations, Speed and Accuracy Booster, Professional Mastery

- The New TypeFit: metrics that coach you
- Mastering typing posture
- Typing speed benchmarks
- Why developers need touch typing
- The TypeFit blog