

Typing Home Row Keys  
Practice

**Left Hand Exercises:**

1. aaa aaa aaa aaa aaa aaa
2. sss sss sss sss sss sss
3. ddd ddd ddd ddd ddd ddd
4. fff fff fff fff fff fff
5. asdf asdf asdf asdf asdf asdf
6. fdsa fdsa fdsa fdsa fdsa fdsa
7. aa ss dd ff ff dd ss aa
8. asdf fdsa asdf fdsa asdf fdsa
9. dad sad fad add dfs ads
10. fff ddd sss aaa asdf fdsa

**Right Hand Exercises:**

1. jjj jjj jjj jjj jjj jjj
2. kkk kkk kkk kkk kkk kkk
3. lll lll lll lll lll lll
4. ;;; ;;; ;;; ;;; ;;; ;;; ;;;
5. Jkl; jkl; jkl; jkl; jkl; jkl;
6. ;lkj ;lkj ;lkj ;lkj ;lkj ;lkj
7. jj kk ll ;; ;; ll kk jj
8. jkl; ;lkj jkl; ;lkj jkl; ;lkj
9. lkj kjl k;j l;j j;k ;j
10. Jjj kkk lll ;;; jkl; ;lkj

**Practice**

1. asdf jkl; ;lkj fdsa asdf jkl; ;lkj fdsa
2. sad lad lad jaf lal ksd ;ak ;ajf sldk
3. a;sldkfj a;sldkfj fjdksla; a;sldkfj
4. ask dad a sad lad; jak add lask