# JAWS Quick Keys

Navigation Quick Keys make it faster and easier to move around on a Web page and anywhere else the Virtual Cursor is active. These commands are all assigned to keys on the main part of the keyboard, and are easy to remember and use. The JAWS Virtual PC Cursor must be on to use Quick Nav Keys. Press **INSERT+Z** to toggle it on/off.

## Types of Elements

Use Quick Nav keys to move to specific elements in a document. These can include:

* Headings
* Tables
* Bookmarks
* Grammatical errors
* Spelling errors
* Paragraphs

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| --- | --- |
| **Description** | **Quick Key** |
| Anchor | **A** |
| Button | **B** |
| Combo Box | **C** |
| Different Type Element | **D** |
| Edit Box | **E** |
| Form Control | **F** |
| Graphic | **G** |
| Heading | **H** |
| Item in a List | **I** |
| Jump to Line | **J** |
| Return to Previous Line | **SHIFT+J** |
| Jump to Cell (Within Table) | **CTRL+WINDOWS Key+J** |
| Return to Previous Table Cell | **CTRL+SHIFT+WINDOWS Key+J** |
| PlaceMarker | **K** |
| Temporary PlaceMarker | **WINDOWS Key+CTRL+K** |
| List | **L** |
| Frame | **M** |
| Non Link Text | **N** |
| Object Tag | **O** |
| Paragraph | **P** |
| Block Quote | **Q** |
| Radio Button | **R** |
| Same Type Element | **S** |
| Table | **T** |
| Unvisited Link | **U** |
| Visited Link | **V** |
| Word From List | **W** |
| Check Box | **X** |
| Span | **Y** |
| Division | **Z** |
| ARIA landmarks | **SEMICOLON** |
| Heading at Level | **1 through 6** |
| Step Past Element | **SHIFT+PERIOD** |
| Step Before Element | **SHIFT+COMMA** |

Learn more about Navigation Quick Keys on the [Freedom Scientific Training](https://www.freedomscientific.com/training) page, and review the [Surf’s Up](https://www.freedomscientific.com/SurfsUp/_Surfs_Up_Start_Here.htm) web navigation tutorial for tips and details on web navigation.