

48-minute CD and 1:27 DVD included.
Easy to understand. Easy to use.

Simple Accent Reduction and Speech Training

by JUDY YOUNG



Be Clearly Understood. Communicate Successfully
in Business and in Life.

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Introduction

Dear Student,

Welcome to my Simple Accent Reduction Home Study Course. You have made an important step in improving your ability to speak better English. Every language has unique sounds. Different muscles of the face are used by each language to make those sounds. In this course, you will find exercises to strengthen the muscles that are used for speaking, sounds of the English Language and how to say them, and exercises and speeches to practice those sounds. I have also included some common dictionary pronunciation symbols in the vowel section. This is for easy reference for use with a dictionary.

Do the exercises as often as you can. Setting aside some time each day is best. The more time you can put into working on this, the sooner you will reach your goal of better speech. Don't be discouraged if at first you don't get things right. Take one step at a time and give yourself a positive acknowledgement when you do get something right. This goes a lot further than self-criticism.

Learning this technique for me has increased my ability to understand and appreciate other cultures and languages better. I hope this does the same for you. Good luck with it, and have fun!

Best Wishes, Judy Young

Warm-up Exercises

The first exercises are the warm-up exercises. These help to warm up the voice and strengthen the muscles that you use for speaking. You should do these each day before doing the other exercises. Never strain your muscles or your voice. Be relaxed and keep your mouth and jaw relaxed as well. This will help create better sound. Also, make sure you use your stomach muscles to push air out as you make the sounds and take a breath before each exercise.

The first one should be spoken freely with the jaw relaxed. It goes like this:

HAH-YAH-HOO-YOU

The second exercise is similar to the last one but done more rapidly. It goes like this:

HAH-HAH-HEE-HEE-HO-HO

The next exercise is a sound that should be done repeatedly. Exaggerate your facial movements so that your lips and your whole face move and that your nose moves. You should feel tingling and almost itching in your face. Your eyes should almost close while doing this as well. ...This really does help strengthen the face muscles.

OYEZ-OYEZ-OYEZ

The next one is similar to the last one, but you say the word “wee” many times. And when you say the “ee” sound, stretch the mouth so that it looks like a wide grin and your eyes almost close when you do it. This helps


exercise the face muscles and place the resonance, which is the vibration of the voice, in the front of the face. It goes like this:

WEE-WEE-WEE

Now, the last exercise is the tongue stretch. First drop the jaw open, relaxed, and stick the tongue out and down. Move your tongue around the outside of the mouth in a circular motion. You should stretch the tongue as far as you can while leaving your mouth fully open. Do at least 5 times in one direction, and then 5 times in the other direction. Each full circle of the tongue should take about 5 seconds to complete.

TONGUE STRETCH

Audio section

An audio player interface consisting of a light blue rounded rectangle containing a horizontal progress bar and a vertical ellipsis icon on the right side.

Vowel Sound Exercises

These next exercises are the exercises for vowel sounds. The following sounds are the main vowel sounds of the English language. Vowels are sounds which are not stopped by teeth, lips or tongue, but allowed to flow continuously. They are all vocalized.

The tip of the tongue should always be at the base of the front bottom teeth for the vowel sounds. The first half of the exercise, the jaw opens gradually more and more and then the second half the jaw is fully open for each of the vowel sounds.

Mouth position illustration

Sound — EE
Dictionary Symbol — e
Key words — we, me, tree he, she
Placement — [Teeth close together, sides of tongue touching inside of top and bottom teeth.



EE

e

we, me, tree, he, she

Teeth close together, sides of tongue touching inside of top and bottom teeth.

IH

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