SydneySiders Express Harmony Chorus

Integrated Exercise Program - Supplement

Tongue Twisters

Tongue Twisters are used in the classroom and by voice and singing coaches to improve accuracy and to correct bad habits in spoken English.

We use them primarily to improve the strength and mobility of our jaw and tongue muscles so we can clearly articulate and maintain accuracy as we move through the compass of our vocal range.

They can also be used to; develop rhythm, freedom of movement and most importantly, spontaneity. If we are spontaneous and look ready for action were free to respond to the particular challenges posed by individual songs and to the directions and expectation of our Music Director and his team; who's goal is to develop a “high degree of vocal skill, and a high level of unity and consistency within the ensemble”.

Practice Sessions

Each tongue twister should be spoken twice, more of course if you experience any difficulty in delivery. Slowly at first, gradually increasing your speed while maintaining accuracy until your “*tongue is twisted”.*

Take some time to practice in front of a mirror, exaggerate your delivery, i.e. open your mouth wider than normal and11 notice the number of muscles in your neck and around your eyes that are brought out to play.

Add variety, become emotive in your delivery, animate your movements. Speak with a plumb in your mouth. Swing your arms about, making sure of course that you are not wielding a razor or perhaps more importantly, applying eye liner.

Safety

It is important that you develop a reliable healthy technique, we are vocal athletes. If you think you are over using or worse still abusing your voice, stop. Seek help, discuss your concerns with your section leader and vocal coach. Remember; “*hasten slowly”.*

The following list is presented to provide variety and humour.

Lionel Eastwood September 2018

SSE Tongue Twisters

1. Cheap ship trips.
2. Bubbling blubber.
3. Silver thimbles.
4. Red leather, yellow leather.
5. He ran from the Indies to the Andes in his undies.
6. Truly plural.
7. Unique New York.
8. Billy Button bought buttered biscuits.
9. Red blood, blue blood.
10. Lemon liniment.
11. A big black bug bit the big brown bear.
12. Bonnie burned the brown bread badly.
13. Canned cod comes completely cooked.
14. A cup of coffee in a copper coffee cup.
15. Don't run along the wrong line.
16. Eight grey geese grazing gaily in Greece.
17. Red lorry, yellow lorry.
18. The sun shines on the shop signs.
19. Kurt kissed Kate and Kate kissed Kurt curtly.
20. Six thick thistle sticks.
21. Black bug's blood.
22. A crow flew over the river with a lump of raw liver.
23. Tom threw Tim three thumb tacks.
24. Wriggly worms squirm regularly.
25. Sheep shouldn't sleep in a shack, sheep should sleep in a shed.
26. Any noise annoys an oyster, but noisy noise annoys an oyster most.
27. Weak writers want white ruled writing paper.
28. The sixth sheik's sheep's sick.
29. I scream, you scream, we all scream for ice cream.
30. I saw Sally sitting in a shoe shine shop.
31. Fuzzy Wuzzy was a bear. Fuzzy Wuzzy had no hair. He wasn't very fuzzy was he?
32. A tidy tiger tied a tighter tie to tidy her tiny tail.
33. Spot the sports shop stocking socks with spots.
34. How much wood would a woodchuck chuck if a woodchuck could chuck wood?
35. If Stu chews shoes, should Stu choose the shoes he chews?
36. I have a date at a quarter to eight; I'll see you at the gate, so don't be late.
37. If two witches would watch two watches, which witch would watch which watch?
38. Betty Botter had some butter, “But" she said, ”this butter’s bitter. If I bake this bitter butter, it would make my batter bitter. But a bit of better butter—that would make my batter better.” So she bought a bit of butter, better than her bitter butter, and she baked it in her batter, and the batter was not bitter. So it ‘twas better Betty Botter bought a bit of better butter.
39. Peter Piper picked a peck of pickled peppers. A peck of pickled peppers Peter Piper picked. If Peter Piper picked a peck of pickled peppers. Where’s the peck of pickled peppers Peter Piper picked?
40. She sells sea shells on the sea shore, the shells she sells are sea-shells, I'm sure. For if she sells sea-shells on the sea-shore, then I'm sure she sells sea-shore shells.
41. When tweetle beetles battle with paddles in a puddle, they call it a tweetle beetle puddle paddle battle.

REMEMBER: It's not how fast you say them, but how clearly too!

Emphasis your articulation, to strengthen you facial muscles. Talk to your mirror and make it your friend.

Enjoy. Have fun. Laugh out loud.