

Handout for “Enunciate to Illuminate”

Prepared by: Joanne Chen

Guidelines for the Lessac Speech System

- As you play each consonant, feel the unique music of that consonant. Ask yourself: Where do I feel the vibrations? Around my nose, lips, tongue tip, on my gum ridge? Where is my tongue tip positioned?
- For sustainable consonants (such as ‘n’), elongate the sound when you see a double underline in the middle or at the end of words. We tend to miss consonants at those two positions, but less often at the beginning of words.
- For percussive consonants (such ‘t’), play them with short, light bounces when you see single underline.

Explorations

(Word & sentence exercises adopted from Arthur Lessac’s *The Use and Training of the Human Voice*, the official text of Joanne Chen’s accent reduction courses)

N – Violin

Position: Place your tongue tip on the fleshy part (also called, “gum ridge”) above your upper front teeth.

- 1) Play and sustain the sound: Nnnnnnnnn.
- 2) Say the following words and draw out the ‘N’ sounds.

Town none govern open women lantern

Undone insane unseen return monsoon mountain

Condone incline unclean Indian unison envision

- 3) Say the following sentence aloud slowly. Remember to draw out the ‘N’ sounds. Say the sentence again – but faster - and make sure your tongue tip hit each ‘N.’

The thundering monsoon rains inundated the entire mountain range.

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T – Snare Drum Drumbeat

Position: Tap your tongue tip on the fleshy part (also called, “gum ridge”) above your upper front teeth. Remember: It’s a **light bounce**.

- 1) Tap lightly the sound: t, t, t.
- 2) Say the following words and tap the ‘T’ sounds.

street net omnipotent habit rebate quartet

depart incandescent inundate concrete Antwerp

hatpin incitement Baptist admit dropped

- 3) Say the following sentence aloud slowly. Remember to tap the ‘T’ sounds. Say it again – but faster - and make sure that your tongue tip hits each ‘t.’

Her temperate restraint would not affect her tactful treatment of the expectant candidate,
who talked in quiet, reluctant tones regarding his violent past.