



BREATHING & VOICE TRAINING

Workshop for Professional Interpreters

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AGENDA

- The sounds that we make
- Prosody and enunciation
- Lungs exercises
- Breathing and Breathing Techniques
- Voice training
- Tongue twisters



BASIC CONCEPTS

- The sounds that human beings make.
- Physical description of sounds.
- English vs other languages' phonology
- Consonants and vowels
- IPA Chart

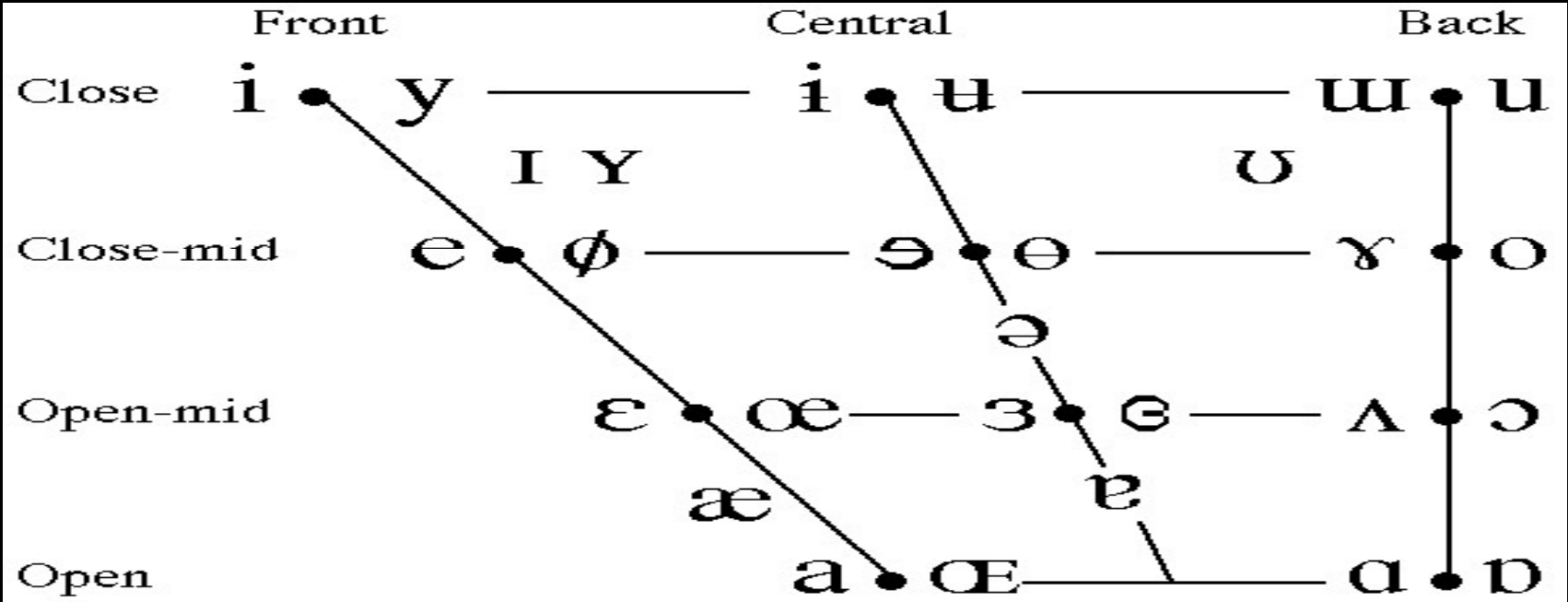
IPA CHART | CONSONANTS

the international phonetic alphabet (2005)

consonants (pulmonic)	LABIAL		CORONAL				DORSAL				RADICAL		LARYNGEAL
	Bilabial	Labio-dental	Dental	Alveolar	Palato-alveolar	Retroflex	Alveolo-palatal	Palatal	Velar	Uvular	Pharyngeal	Epi-glottal	Glottal
Nasal	m	ɱ	n			ɳ	ɲ		ŋ	ɴ			
Plosive	p b		t d			ɖ ɗ	c ɟ		k g	q ɢ			
Fricative	ɸ β	f v	θ ð	s z	ʃ ʒ	ʂ ʐ	ç ʝ	x ɣ	χ ʁ		ħ ʕ	ħ ʕ	h ɦ
Approximant		ʋ	ɹ			ɻ	j		ɰ				
Tap, flap		ⱱ	ɾ			ɽ							
Trill	ʙ		r							R		ʀ	
Lateral fricative			ɬ ɮ			ɮ	ɮ		ɮ				
Lateral approximant			l			ɭ	ʎ		L				
Lateral flap			ɭ			ɭ							

Where symbols appear in pairs, the one to the right represents a modally voiced consonant, except for murmured *ɦ*.
 Shaded areas denote articulations judged to be impossible. Light grey letters are unofficial extensions of the IPA.

IPA CHART | VOWELS



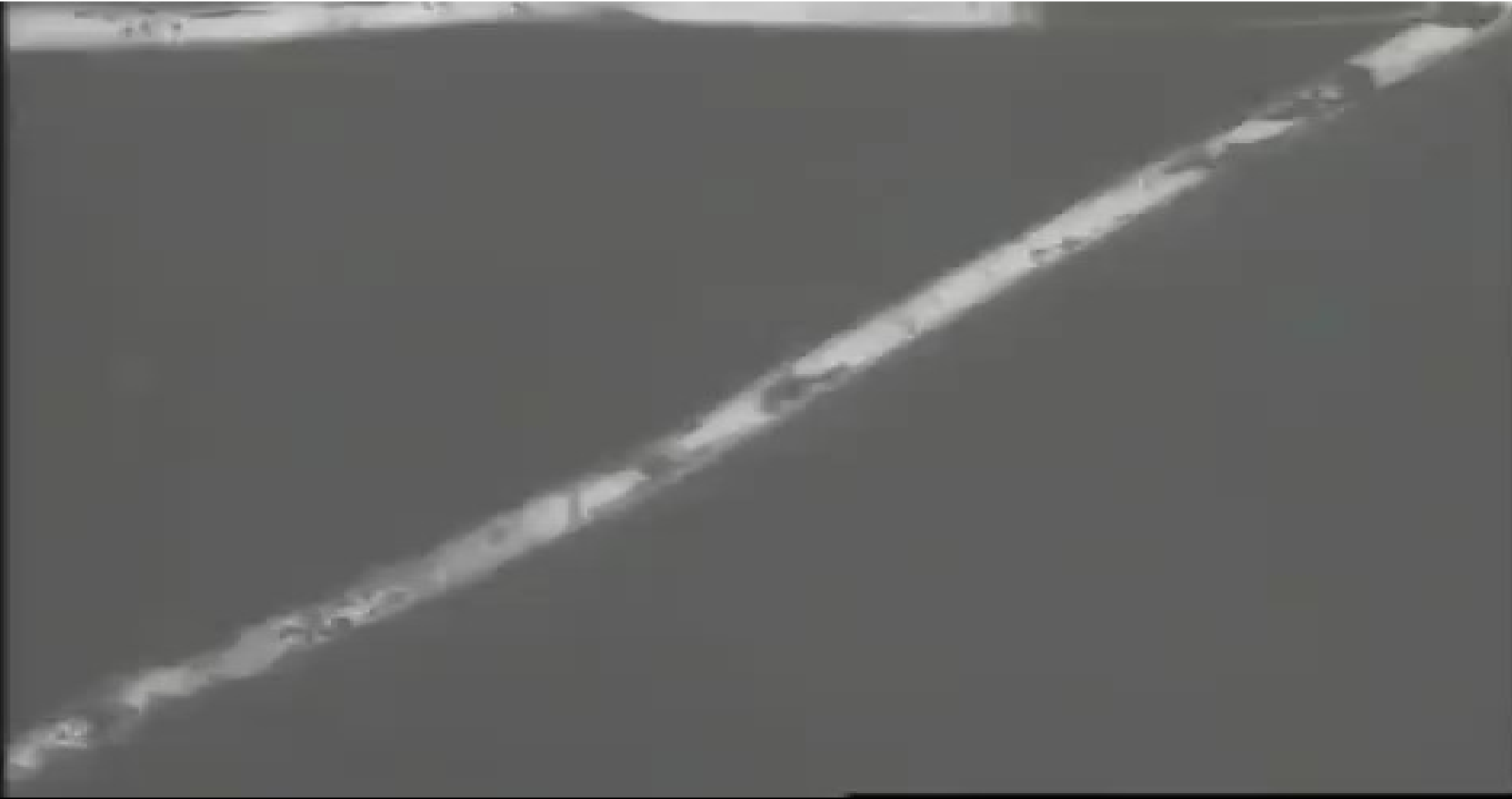
Where symbols appear in pairs, the one to the right represents a rounded vowel.

IPA CHART | ENGLISH SOUNDS

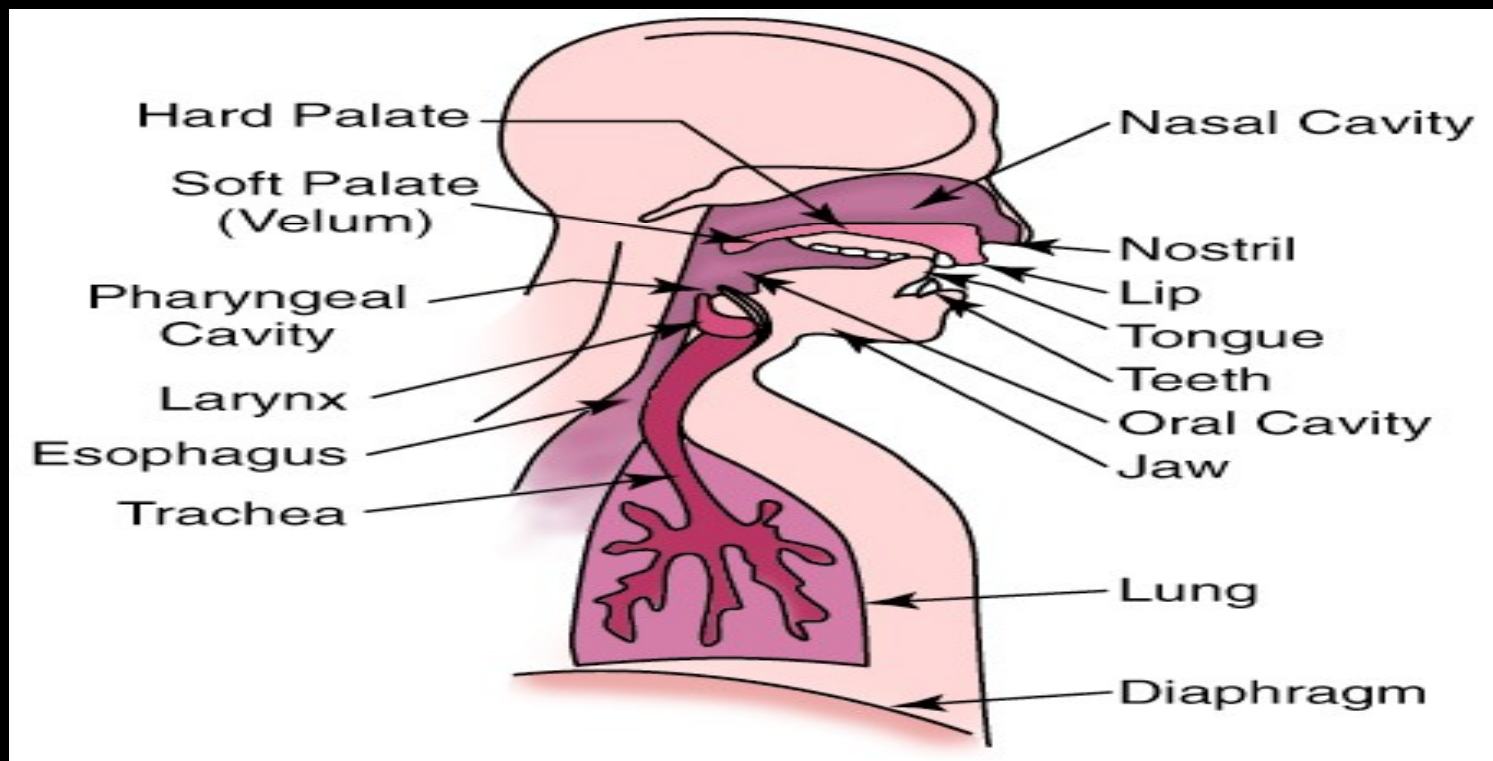
VOWELS	monophthongs				diphthongs		Phonemic Chart voiced unvoiced	
	i: sheep	ɪ ship	ʊ good	u: shoot	ɪə here	eɪ wait		
	e bed	ə teacher	ɜ: bird	ɔ: door	ʊə tourist	ɔɪ boy	əʊ show	
	æ cat	ʌ up	ɑ: far	ɒ on	eə hair	aɪ my	aʊ cow	
CONSONANTS	p pea	b boat	t tea	d dog	tʃ cheese	dʒ June	k car	g go
	f fly	v video	θ think	ð this	s see	z zoo	ʃ shall	ʒ television
	m man	n now	ŋ sing	h hat	l love	r red	w wet	j yes

The 44 phonemes of Received Pronunciation based on the popular Adrian Underhill layout

adapted by EnglishClub.com



BREATHING | ARTICULATORY SYSTEM





LET'S BREATHE | EXERCISE I

- Lie down on the floor
- Both arms and legs open on the ground
- Inhale deeply with opening both arms
- Keep extending arms until they reach the furthest point behind shoulders.
- Breathe again sideward (left and right) bending the opposite knee.



LET'S BREATHE | EXERCISE II

- Inhale deeply. Apply downward pressure on the diaphragm
- Hold your breath and count to five
- Exhale by pronouncing a long /s/ sound. Keep exhaling continuously until all air leaves the lungs and the diaphragm retracts downward.

LET'S BREATHE | EXERCISE III

- Inhale deeply. Apply downward pressure on the diaphragm
- Hold your breath and count to five
- intermitted exhale while pronouncing /s/ sound.
- Keep intermitted exhaling continuously until all air leaves the lungs and the diaphragm retracts downward.

LET'S BREATHE | EXERCISE IV

- Stand firm on the ground.
- Both arms down
- Inhale deeply with arms extended sideward (10 times)



BREATHING CONTEST

- Stand up
- Inhale deeply
- Start counting while exhaling
- Keep counting until all air leaves the lungs
- Write down your score
- Repeat three times
- Compare results

THE VOICE



VOCAL CORDS ADDUCTION EXERCISE

- This exercise strengthens the vocal cords and helps to decrease breathiness while talking.
- You will say a loud, forceful “ee” sound while pushing palms together.
- To get the most force, make sure your palms are flat against each other.
- You should feel tightening in your throat and abdomen during this exercise.
- Each “ee” sound will be hard and quick, not soft or breathy.
- Do 5 sets of 10.

THE VOICE | EXCERSISE I

- /a/, /i:/, /u:/, /ʊ/
- /ba/, /bi:/, bu:/, /bu/
- /sa/, /si:/, /su:/, /su/
- /da/, /di:/, /du:/, /du/
- /fa/, /fi:/, /fu:/, /fu/
- /ga/, /gi:/, /gu:/, /gu/
- /ha/, /hi:/, /hu:/, /hu/
- /ka/, /ki:/, /ku:/, /ku/.. Etc.

THE VOICE | EXERCISE II: MUSICAL NOTES

PART1

- Inhale deeply
- Sing musical notes upscale:
do, re, mi, fa, sol, la, si, do (inhale with each note, 10 seconds to sing each note)

PART2

- Inhale deeply
- Sing musical notes downscale:
Do, si, la, sol, fa, mi, re, do (inhale with each note, 10 seconds to sing each note)

THE VOICE | EXERCISE III: MUSICAL NOTES

Part1

- Inhale deeply
- Sing all upscale musical notes in one go

PART2

- Inhale deeply
- Sing all downscale musical notes in one go

PART3

- Inhale deeply
- Sing all upscale and downscale musical notes in one go

PART4

- Repeat 3 times parts 1 & 2 of exercise II and parts 1,2 & 3 of exercise III



THE VOICE | FIND YOUR TONE

PART1

- Say “I...I REALLY AM SORRY FOR EVERYTHING I DID TO YOU”
on all upscale notes

PART2

- Say “I...I REALLY AM SORRY FOR EVERYTHING I DID TO YOU”
on all downscale notes

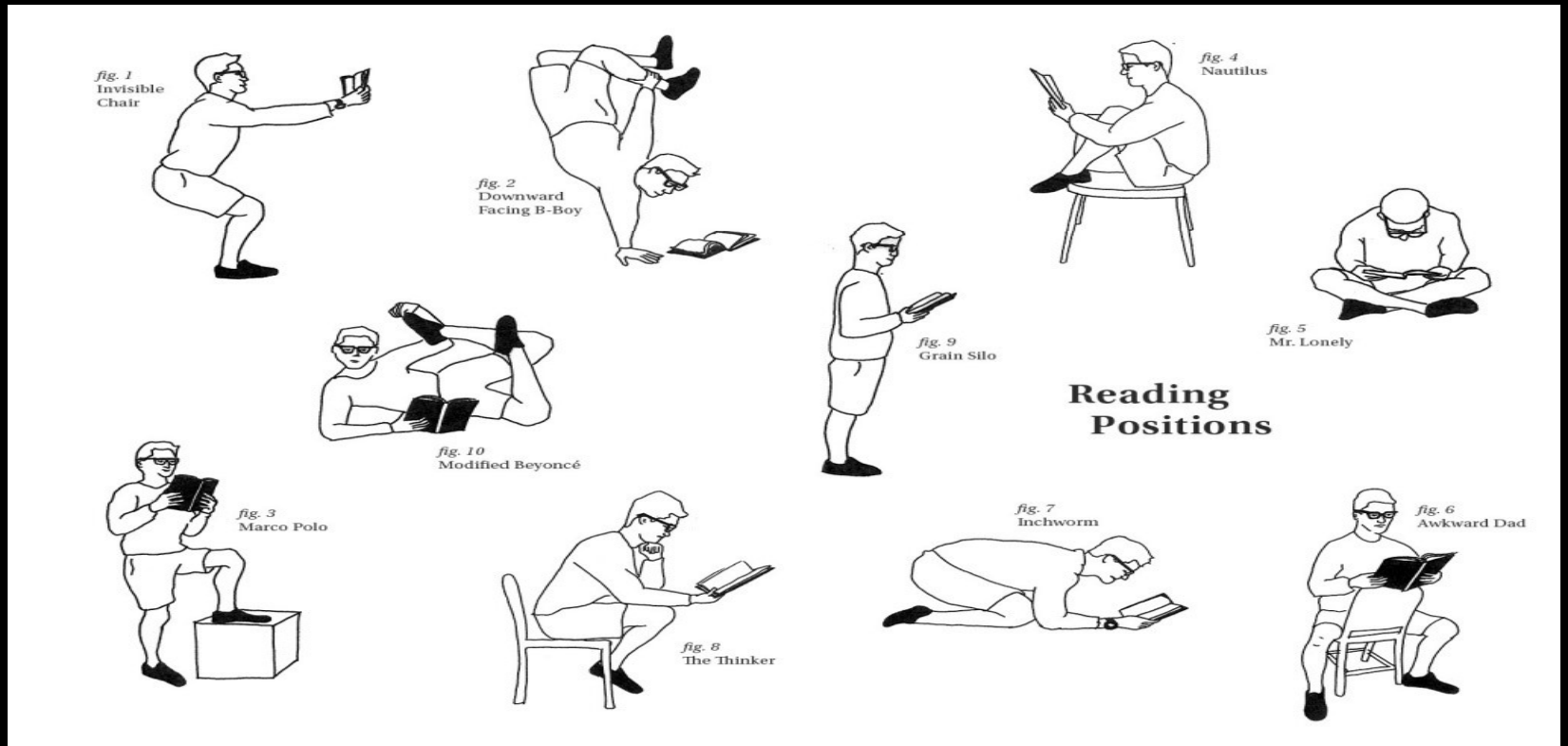
THE VOICE | JAWS

- All seated
- Bite upper and lower lips alternately for ten times
- Rest
- Repeat the same exercise ten more times
- Rest
- Repeat ten more times
- Use napkins to dry your mouth

THE VOICE | THE PENCIL

- Push a new pencil to the farthest end in your mouth
- Bite on the pencil in your teeth
- Place your tongue on top of the pencil
- Start reading a paragraph from the English book of your choice
- Remove the pencil
- Read the same paragraph without the pencil
- Can you feel any difference?
- REPEAT THE SAME EXERCISE WITH THE OTHER BOOK IN THE OTHER LANGUAGE

THE VOICE | PRECIOUS AIR





AT HOME

- 1- Wet your toothbrush with water.
- 2- Massage all parts of your tongue with the wet brush for few minutes.
- 3- Rinse your mouth with slightly salted water for a minimum of three times.
- 4-This exercise increase the blood flow in your tongue and activates all parts of the tongue muscle.



AT HOME ALSO

- Drink warm water sweetened with honey.
- Drink sweetened or unsweetened anise.
- Gargle with water and white vinegar

THAT'S IT!
THANKS
FOR
JOINING
ME

