

Tongue Twisters

PART I !

PLEASE
DO NOT COPY



Say all of these with *great exaggeration*, eventually getting them up-to-speed. Every single consonant should be pronounced with the utmost strength of the tongue, and enunciate clearly with facial expression.

When you are ready for the challenge, do each one
2 x's,
3 x's and
4 x's back-to-back.

Only when you feel the burn will you have strengthened your tongue. Please use these in conjunction with the face holds. Have fun! Get strong!



1. Knapsack Strap
2. Cuthbert's Custard
3. The rat ran by the river with a lump of raw liver.
4. Three free thugs set three thugs free.
5. Freddy Thrush flies through thick fog.
6. Bubble bowls bellow blindly blinking.
7. That bloke's back brake-block broke.
8. A big blue bucket of blueberries.
9. Black bug's blood.
10. Crime cuts cut crime.
11. A crow flew over the river with a lump of raw liver.
12. Sister Suzie sells seashells by the seashore.
13. Dressed in drip-dry drawers.
14. Do drop in at the Dew Drop Inn.
15. Double Bubble Gum bubbles double.
16. Dilligence dismisseth despondancy.
17. There are thirty thousand feathers on the thrush's throat.
18. Ted threw Fred three free throws.
19. Freckled-Faced Florence found Frederick's fancy falafel.
20. Pure food for four pure mules.
21. The gum glue grew glum.
22. Groovy gravy, Baby.
23. He is literally literary.
24. Lamé lamb's limp.
25. Mumblings Bumblings. Bumblings Mumblings.
26. The new nuns know the true nuns know the new nuns too.
27. Tiny orangutan tongues.
28. Is there a pleasant peasant present?
29. A frugal rural ruler.
30. Six thick thistle sticks.
31. Three thrice-freed thieves.
32. The sixth sheik's sixth sheep's sick.
33. Greek grapes greet great rain.
34. Which wristwatches are Swiss wristwatches?
35. Truly plural.
36. The big black-backed bumblebee.
37. Critical cricket critics.
38. Thin sticks, thick bricks.
39. He ran from the Indies to Andies in his undies.
40. Unique New York, unique New York.
41. The Leith police dismisseth us. (*that TOWN in England is pronounced "LEETH"*)
42. Cheap ship trips take shrimp ships afar.
43. Sister Suzie says she shall shortly sew a short silk sheet.
44. This thistle seems like that thistle.
45. Lemon liniment lament.
46. Betty Botter bought some butter but she said "This butter's bitter."
47. Running rivers reach reckless rapids.
48. Strong Sharks sink ships.
49. How much wood would a woodchuck chuck if a woodchuck could chuck wood?
50. A woodchuck would chuck a chunk of wood if a woodchuck could chuck chunky wood.
51. Ten tiny toads came tumbling into town.