

杨东英 李 宁 刘 宇 / 主 编
张 思 杨东益 秦学锋 / 副主编

实用英语 语音技能教程



A Practical Course
for English
**Pronunciation
Skills**

MP3

随书赠送



中国书籍出版社
China Book Press

A Practical Course
for English
**Pronunciation
Skills**

**实用英语
语音技能教程**

杨东英 李 宁 刘 宇 / 主 编
张 思 杨东益 秦学锋 / 副主编



中国书籍出版社
China Book Press

图书在版编目 (CIP) 数据

实用英语语音技能教程 / 杨东英, 李宁, 刘宇主编. —
北京: 中国书籍出版社, 2012. 9
ISBN 978 - 7 - 5068 - 3103 - 1

I. ①实… II. ①杨… ②李… ③刘… III. ①英语—
语音—高等学校—教材 IV. ①H311

中国版本图书馆 CIP 数据核字 (2012) 第 208784 号

实用英语语音技能教程

杨东英 李 宁 刘 宇 主 编

张 思 杨东益 秦学锋 副主编

策划编辑 李立云

责任编辑 周小雅

责任印制 孙马飞 张智勇

封面设计 3A 设计艺术工作室

出版发行 中国书籍出版社

地 址 北京市丰台区三路居路 97 号 (邮编: 100073)

电 话 (010) 52257143 (总编室) (010) 52257153 (发行部)

电子邮箱 yywhbjb@126.com

经 销 全国新华书店

印 刷 河北鑫宏源印刷包装有限公司

开 本 710 毫米 × 1000 毫米 1/16

字 数 320 千字

印 张 18

版 次 2013 年 8 月第 1 版 2013 年 8 月第 1 次印刷

书 号 ISBN 978 - 7 - 5068 - 3103 - 1

定 价 35.00 元

前 言

语音在交际过程中起着重要作用，能说一口地道的英语是很多人的梦想，也是传情达意、顺畅交流的必备条件。笔者通过对近三年毕业生的问卷调查了解到，英语语音作为一项重要的专业技能，在培养综合素质、满足就业需求以及提高工作效率上起着非常重要的作用，越来越受到学生的重视。但许多英语学习者不能准确掌握音标的标准书写方式和发音技巧，分不清连读、弱读，甚至听不懂句义，不了解口语的评分标准。所有这些都给口语的学习、应试和日常交流带来了很大困难。

在中国普遍缺乏英语语言环境的背景下，选择适当的学习材料就显得尤为重要。为了满足广大英语学习者的需要，笔者以自身多年的一线教学经验为基础，针对我国读者的学习心理和发音特征，组织精干力量细致策划、反复研讨、群策群力、精诚合作，精心编写了您手中的这本书。

本书与国内已出版的同类书相比较，具有如下特色：

第一，科学编排，结构合理

本书遵循英语学习者的学习规律编写而成，内容由易到难，循序渐进。全书共分为十一章，每节分为专题讲解、实践练习和休闲一刻三个模块。具体如下：第一章和第二章采用图解的方式详细讲解了单元音（包括前元音、后元音、中元音）、双元音和辅音共 48 个音素的发音方法和发音规则，并配有多种形式的练习；第三章精心准备了音素综合辨音测试，配备了大量的针对性练习，对前两章的知识点做了全面的梳理，让读者进一步熟悉、巩固、掌握发音技巧；第四章重点讲解了音节和重音的定义、拼读规律和划分规则；第五章详细阐述了强读和弱读的读音规律、单词读音的变化、对听说的影响、

弱读和强读的对照形式；第六章分析了连读和意群的划分技巧；第七章介绍了英语节奏的特点，教授掌握英语节奏的技巧和节奏模式；第八章着重讲述了语调（包括升调和降调）出现的各种情况和用法；第九章对比了英音和美音中元音和辅音的语音差异和语调差异；第十章介绍了英语专业语音达标要求、专业四级和八级口语语音要求、评分标准，并附真题范例；第十一章在前几章讲解的基础上延伸介绍了绕口令、诗歌、美文、演讲和歌曲的欣赏和朗诵技巧，既有不同文体掌握要领介绍又有针对性的练习和经典美文赏析。这种编排方式给读者展示了一个异彩纷呈的英语世界。

第二，经典权威，实用高效

本书严格按照教育部高等教育司最新颁布的《高等学校英语专业语音教学大纲要求》编写，以突出其权威性。笔者在编写过程中参考了国内外各类语音出版物，并结合了自己多年的教学经验积累，同时专业口语考试部分由多年来从事口语辅导，并参加全国口语评分的老师编写，使本书内容具有较高的权威性和可靠性。

为了便于教师的课堂教学和读者自学，本书配有光盘，这张光盘是上好的默写和听力材料，读者可以边听、边读、边写，一书多用，全面训练。更值得一提的是，笔者将自身多年的教学经验融入了本书的编写过程，重点攻克读者语音的薄弱环节，并设计有针对性的练习。为了实现语音讲解和口语考试的完美结合，除了语音知识以外，本书还特意安排了专业英语四级、八级口语考试语音要求介绍和近几年真题汇总，以便于读者检验自己的语音水平。另外，本书附录列出了新旧音标的对比，解决了读者辨音的困惑。相信读者一书在手，会听、会说、会读、会写，全无忧。

第三，选材广泛，趣味性强

为了让读者在学习语音知识的同时能够获得快乐的阅读体验，笔者在练习选材的多样性、趣味性和新颖性上下足了功夫。本书的练习和美文欣赏内容是笔者在教学过程中根据学生的喜好搜集整理而成，注重选取当前社会热点话题、校园流行文化、情感励志、商贸活动等话题，选材来自于 BBC、VOA、CCTV 等权威广播电视栏目的英语文章，使学生在广阔的英语知识天地中学到得心应手的口语。休闲一刻除了选取传统经典诗歌、音乐以外，还把

绕口令、笑话、流行的甄嬛体、虎妈育儿争议、美剧《老友记》、2012年伦敦奥运会开幕式、奥运会游泳“双料”冠军孙杨的新闻等新鲜内容编入书中，读者不但能学习地道发音，提升英语的听说能力，还能得到家庭、事业和人生的智慧启迪，本书真正做到了与时俱进，寓教于乐。

第四，版式活泼，图文并茂

为了使版式活泼新颖，笔者花费大量的时间精心挑选了应景图片，既有人物、风景图片也有幽默卡通图片，相信会带给读者一种扑面而来的清新的视觉享受，让读者在轻松愉快的氛围中快速掌握地道的英语语音技巧。

本书第一、二章由张思撰写，第三、九、十章由李宁撰写，第四、五、七章由杨东英撰写，第六章由刘宇撰写，第八章由秦学锋编写，第十一章由杨东益撰写。本书在编写过程中得到了许多同事和朋友的大力支持，同时得到了中国书籍出版社领导和编辑的悉心指导，在此表示诚挚的感谢。

本书可作为高等学校英语语音本科教材，也可以作为出国留学人员、旅游者、求职者和广大英语爱好者的语音自学材料，本书能让读者真正实现侃侃而谈讲英语的梦想。

由于编写时间仓促，本书难免存在不足，衷心希望广大读者斧正。

编者

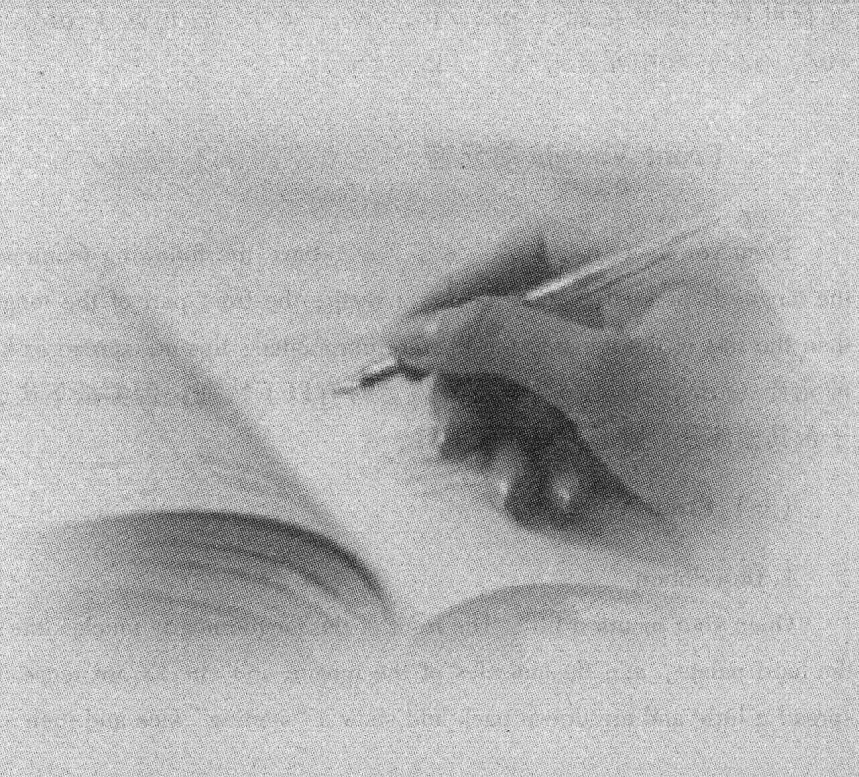
2012年12月

目 录

Chapter 1	Vowels 元音	
	Section A Monophthongs 单元音	2
	Section B Diphthongs 双元音	30
Chapter 2	Consonants 辅音	
	Section A Plosives 爆破音	50
	Section B Affricate Consonants 破擦音	60
	Section C Friction Consonants 摩擦音	63
	Section D Nasal Consonants 鼻音	80
	Section E Lateral Consonants 舌边音	86
	Section F Semi-Vowels 半元音	88
	Section G Consonant Clusters 辅音连缀	92
Chapter 3	Comprehensive Sound Discrimination Test of Phonemes	
	音素综合辨音测试	
Chapter 4	Syllables and Stresses 音节和重音	
	Section A Syllables 音节	110
	Section B Stresses 重音	115
Chapter 5	Strong Forms and Weak Forms 强读和弱读	
	Section A Rules for Weak Forms 弱读的规则	130
	Section B Contrast between Strong Forms and Weak Forms 弱读和强读形式的对照	131
Chapter 6	Liaison and Division of Sense Group 连读和意群的划分	
	Section A Liaison 连读	146
	Section B Division of Sense Group 意群的划分	149

Chapter 7	Rhythm 节奏	
Section A	Introduction 综述	156
Section B	Rhythm Patterns 节奏模式	157
Chapter 8	Intonation 语调	
Section A	Falling Intonation 降调	164
Section B	Rising Intonation 升调	169
Chapter 9	RP and GA 英音和美音	
Section A	Pronunciation Differences between RP and GA 英音和美音中的语音差异	178
Section B	Intonation Differences between RP and GA 英音和美音中的语调差异	189
Chapter 10	Oral English Test Introduction and Requirement for Pronunciation 英语口语考试介绍及对语音的要求	
Section A	Introduction of Pronunciation Passing Standards for English Majors 英语专业语音达标介绍	194
Section B	Introduction of TEM 4 Oral Test 英语专业四级口语考试介绍	196
Section C	Introduction of TEM 8 Oral Test 英语专业八级口语考试介绍	210
Chapter 11	Appreciation 请您欣赏	
Section A	Tongue Twisters 绕口令	224
Section B	Poetry Appreciation 诗歌欣赏	239
Section C	Essay Appreciation 美文欣赏	246
Section D	Speech Appreciation 著名演讲欣赏	255
Section E	English Song Appreciation 英文歌曲欣赏	265
	测试题参考答案	269
	附录：新旧英语国际音标对照表	276

Chapter 1 Vowels 元音





In English, vowels include monophthongs and diphthongs. Monophthongs consist of front vowels (/i:/, /ɪ/, /e/, /æ/), back vowels (/ɑ:/, /ɒ/, /ɔ:/, /ʊ/, /u:/) and central vowels (/ʌ/, /ɜ:/, /ə/). Diphthongs include /eɪ/, /aɪ/, /ɔɪ/, /əʊ/, /aʊ/, /ɪə/, /eə/ and /əʊ/. 英语中元音包括单元音和双元音。单元音包含前元音 (/i:/, /ɪ/, /e/, /æ/), 后元音 (/ɑ:/, /ɒ/, /ɔ:/, /ʊ/, /u:/) 以及中元音 (/ʌ/, /ɜ:/, /ə/)。双元音包括/eɪ/, /aɪ/, /ɔɪ/, /əʊ/, /aʊ/, /ɪə/, /eə/, /əʊ/。

Section A Monophthongs 单元音

In English, there are twelve monophthongs. Our lips, tongue and jaw do not move while uttering them. According to the position of the tongue, monophthongs can be divided into front vowels (/i:/, /ɪ/, /e/, /æ/), back Vowels (/ɑ:/, /ɒ/, /ɔ:/, /ʊ/, /u:/) and central vowels (/ʌ/, /ɜ:/, /ə/). 英语中共有12个单元音。发单元音时, 我们的唇、舌和下颌不动。根据舌位的不同, 单元音可划分为前元音 (/i:/, /ɪ/, /e/, /æ/), 后元音 (/ɑ:/, /ɒ/, /ɔ:/, /ʊ/, /u:/) 和中元音 (/ʌ/, /ɜ:/, /ə/)。

一、Front Vowels 前元音

Front vowels (/i:/, /ɪ/, /e/, /æ/) have the following features: the tip of the tongue is pressed against the lower teeth; the front part of the tongue is higher than the rest of the tongue; the lips are unrounded; lips are spread or kept neutral. 前元音 (/i:/, /ɪ/, /e/, /æ/) 发音时有以下特征: 舌尖抵下齿, 舌前部高于舌其他部分, 唇形为扁唇或中唇。

(一) Front Vowel: /i:/

1. Description

Open your mouth a little. The front of the tongue nearly touches the front part of the hard palate, and the muscles of the tongue and cheeks are tense. The lips are spread a little and are drawn back and show a "smiling" face and then a long voiced



sound is produced. 嘴稍张开，舌前部尽量向硬腭抬起，舌部和面颊的肌肉较紧张。唇稍扁平并向后拉伸，露出微笑的表情，声音尽量拉长，声带振动。

2. The Pronunciation Rules

/i:/ is usually read in the following letters or letter groups: e, i, ea, ee, ie, ei, ey, eo.

(1) e

he she me Peterevening even these eve

(2) i

policemagazine marine

(3) letter group: ea

cheap steam dream eager clean mean beat meat leak eat easy
tea pea dean weak lean

(4) letter group: ee

bee green seem heel feed speed seed sheep breeze creep deed
greet jeep keen speech knee

(5) letter group: ie

believe niece thief brief field relieve

(6) letter group: ei

receive deceive perceive

(7) letter group: ey

key

(8) letter group: eo

people

Practice 1 Listen and repeat the following words.

meat need piece Leon flee feet see we

 **Practice 2 Listen and repeat the following words and phrases.**

attend a meeting go out for pizza feel like

 **Practice 3 Listen and repeat the following sentences.**

I mean it.

It's a deal.

It's Greek to me.

He likes green tea.

Seeing is believing.

Easy come, easy go.

I beat him down to fifteen.

There are no leaves on the tree.

A friend in need is a friend indeed.

She sleeps peacefully and dreams sweetly.

 **Practice 4 Listen and repeat the following dialogue.**

A: Excuse me, where is the nearest park?

B: Keep going straight for two blocks, and then you need to turn right.



Fun Time: Joke

I'll see to the rest

A guard was about to signal his train to start when he saw an attractive girl standing on the platform by an open door, talking to another pretty girl inside the carriage.

"Come on, miss!" he shouted. "Shut the door, please!"

"Oh, I just want to kiss my sister goodbye," she called back.

"You just shut that door, please," called the guard, "and I'll see to the rest."



(二) Front Vowel: /I/

1. Description

Open your mouth a little more than /i:/, but the front of the tongue is lower

and drawn back a little. The lips are spread and the tongue is lax and then a short voiced sound is produced. 口型比/i:/稍大，但舌前部比发/i:/时低并稍向后。唇形扁平，舌部放松，发短音，声带振动。

2. The Pronunciation Rules

/I/ is usually read in the following letters or letter groups: i, y, u, e, ui, ey.

(如果一个单词里出现了两个同样的字母，那么发相关读音的字母均标有下划线，以后相同)

(1) i

hip difficult pink bit pill dinner in evident link

(2) y

arrogantly faculty humanity pharmacy implicitly fairly country agency

(3) u

busy business

(4) e


preside planet semester regardless select

(5) letter group: ui

biscuit guitar building


(6) letter group: ey

honey volley monkey money

 **Practice 1 Listen and repeat the following words.**

blissful brim pinch sink wrist

collision helicopter skid injured exit

 **Practice 2 Listen and repeat the following phrases.**

a little sleepy a lovely baby

swim in the river extremely difficult walking stick

 **Practice 3 Listen and repeat the following sentences.**

It's such a pity that she missed the opportunity.

He's a big fish in a little pond.

Don't kidding me. I am very busy!

 **Practice 4 Listen and repeat the following dialogue.**

A: What did you and your little brother have for dinner?

B: Several pieces of bread and a dish of fish.



Fun Time: Tongue Twister

★★★ Can you imagine an imaginary menagerie manager imagining managing an imaginary menagerie?

★★★ A Finnish fisher named Fisher failed to fish any fish one Friday afternoon and finally he found out a big fissure in his fishing-net.

★★★★ A bitter biting bittern bit a better brother bittern, and the bitter better bittern bit the bitter biter back. And the bitter bittern, bitten, by the better bitten bittern, said: "I'm a bitter biter bit, alack!"



Test 1 Compare /i:/ and /I/

Exercise 1 Select the words with the sound /i:/.

bid lick sick leak bread deed

bean bin peel jingle wrinkle

seemingly

Exercise 2 Listen and repeat.

Sound 1: heat least seat sheep

Sound 2: hit list sit ship

Exercise 3 Read aloud the following sentences.

- (1) They need to ship these sheep there.
- (2) It's time and I need to leave.
- (3) This city was hit by a heat wave yesterday.
- (4) It is quite difficult to speak Italy.

Exercise 4 Translate the following dialogue and read it aloud.

A: _____ . I mean it.

相信我, 我会努力实现我的梦想的。我说到做到。

B: _____ ? Seems like all you do is _____ and _____ ?

我怎么可能相信你呢? 好像你成天除了吃就是睡。

A: _____ . You just _____ .

眼见为实！你就等着瞧吧！

B: _____. It's great that _____ this time.

好吧，这次你想要坚持下去，很好。

A: This time is _____. Trust me!

这次不一样。请相信我。



Fun Time: Tongue Twister

★ I wish you were a fish in my dish.

★ Is there a pleasant peasant present?

★ Is this your sister's sixth zither, sir?

★★ I slit a sheet, a sheet I slit. Upon the slit sheet, I sit.

★★★ If a shipshape ship shop stocks six shipshape shop-soiled ships, how many shipshape shop-soiled ships would six shipshape ship shops stock?



Fun Time: Song

Ten Little Indian Boys

One little, two little, three little Indians.

Four little, five little, six little Indians.

Seven little, eight little, nine little Indians.

Ten little Indian boys.

Ten little, nine little, eight little Indians.

Seven little, six little, five little Indians.

Four little, three little, two little Indians.

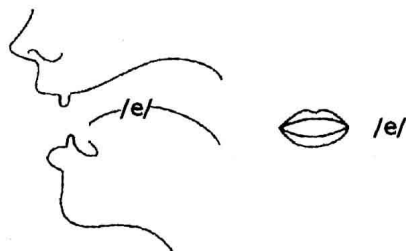
One little Indian boy.





(三) Front Vowel: /e/

1. Description



The front of the tongue is near the upper teeth ridge. The lips should be more loosely spread and slightly further apart than for /I/. 舌前部靠近上齿龈，双唇较发/I/音时稍放松，分得稍开一些。

2. The Pronunciation Rules

/e/ is usually read in the following letters or letter groups: e, a, ue, ea, ai, ie.

(1) e

bedroom chess clever desperate
effort elementary emphasize gentle

(2) a

anyone many Thames

(3) letter group: ue

guest guess

(4) letter group: ea

heaven endeavor headquarters weapon
deaf leather steady breakfast

(5) letter group: ai


said again

(6) letter group: ie

friend

Practice 1 Listen and repeat the following words.


federal general instead legacy memory
pension fresh sell sexual testify

 **Practice 2 Listen and repeat the following phrases.**

all my best memories Federal Express Corporation
never forget eat breakfast steady recovery

 **Practice 3 Listen and repeat the following sentences.**


Better later than never!
All is well that ends well!

 **Practice 4 Read the following passage.**

My friend Ted was in a bad wreck yesterday. A red bus hit his car suddenly. His head and leg was hurt. The bus driver hurt his hand and neck. I guess they are lucky they didn't get badly hurt.

 **Fun Time: Tongue Twister**

- ★ Freshly fried fresh flesh.
- ★★ Fred fed Ted bread, and Ted fed Fred bread.
- ★★★ The well well wells well.

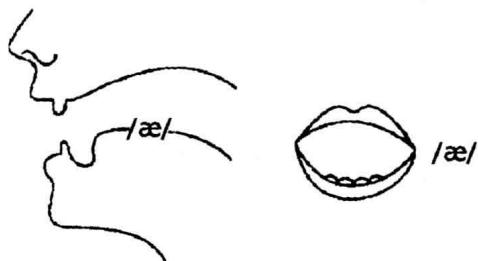
 **Fun Time: a Little Poem**

Good, better, best.
Never let it rest.
Till good is better.
And better best.



(四) **Front Vowel: /æ/**

1. Description



The tip of the tongue touches the back of the lower teeth. The muscles of the