

# **American English Pronunciation Program**

## **兰登精确美音**

**Written by  
Barbara Raifsnider**

**Edited by  
Christopher A. Warnasch**

**外语教学与研究出版社**  
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# **CONTENTS**

<b>PRONUNCIATION TABLE</b>	4
<b>SECTION ONE: VOWELS</b>	
Long Vowels	7
Short Vowels	10
Vowels Followed by L or R	14
<b>SECTION TWO: CONSONANTS</b>	
Simple Consonants	19
Initial Consonant Clusters	37
Final Consonant Clusters	46
<b>SECTION THREE: LINKING</b>	
Consonant to Vowel Linking	51
Vowel to Vowel Linking	51
Consonant to Consonant Linking	52
Linking Cluster Consonants in Two Separate Words	53
<b>SECTION FOUR: REDUCED ENGLISH</b>	
Reductions	55
Contractions	59
Rapid English	61
<b>SECTION FIVE: STRESS</b>	
Syllable Stress Patterns	65
Linked Vowel	69
<b>SECTION SIX: INTONATION</b>	
Sentence Intonation	70
Words Stress	72
Speech Patterns	73

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## PRONUNCIATION TABLE 发音表

### VOWELS 元音

K.K 美式音标	IPA 国际音标	EXAMPLE 范例
ɛ	e (ɛ)	set
æ	æ	sad
i	i:	sheep
ɪ	ɪ	candy
ɪ	ɪ (i)	ship
ɑ	ɑ:	calm
ɑ	ɒ (ɔ)	hot
ɔ	ɔ:	caught
ʊ	ʊ (u)	put
u	u	actually
u	u:	food
ʌ	ʌ	cut
ɜ	ɜ: (ə:)	bird
ə	ə	against
ə	ə	better
e	eɪ (ei)	cake
o	əʊ (əu)	boat
aɪ	aɪ (ai)	bite
aʊ	aʊ (au)	now
ɔɪ	ɔɪ (ɔi)	toy
ɪə	ɪə (iə)	here
ɛə	eə	hair
ʊə	ʊə (uə)	poor
ju	ju (ju)	pure
ju	ju:	useful
eə	eɪə (eiə)	player
oə	əʊə (əuə)	lower
ɔɪə	ɔɪə (ɔiə)	employer
aɪə	aɪə (aiə)	fire
aʊə	aʊə (auə)	tower

## CONSONANTS 辅音

K.K 美式音标	IPA 国际音标	EXAMPLE 范例
p	p	<b>pen</b>
b	b	<b>bat</b>
t	t	<b>take</b>
d	d	<b>dog</b>
k	k	<b>kill</b>
g	g	<b>glass</b>
tʃ	tʃ	<b>church</b>
dʒ	dʒ	<b>large</b>
f	f	<b>five</b>
v	v	<b>visit</b>
θ	θ	<b>thank</b>
ð	ð	<b>there</b>
s	s	<b>sink</b>
z	z	<b>zoo</b>
ʃ	ʃ	<b>shoe</b>
ʒ	ʒ	<b>measure</b>
m	m	<b>sum</b>
n	n	<b>nose</b>
ŋ	ŋ	<b>sing</b>
h	h	<b>hot</b>
l	l	<b>lay</b>
r	r	<b>ray</b>
j	j	<b>yet</b>
w	w	<b>wet</b>





## SECTION ONE: VOWELS

To pronounce long vowels:

1. Keep your tongue tight.
2. Hold the sound of the vowel.
3. Make your voice go up and then glide down at the end.

To pronounce short vowels:

1. Keep your tongue relaxed.
2. Keep the sound short.
3. Do not let your voice glide down at the end.

beat / bet    cape / cap    hope / hop

### LONG VOWELS

LONG / i /

Common Spellings: e, ee, ea, e + consonant + e, -y

he	three	be	we
she	tree	knee	gee
see	Lee	Dee	fee
key	pea	tea	agree
keep	heat	seat	seek
leap	meek	weak	bead
read	deep	sweep	repeat
deplete	concede	sweet	

Here, take this seat.

I think we all agree that the tree needs to be trimmed.

When does he go out to sea?

How can you leap to such sweeping conclusions?

This heat is depleting my energy.

LONG / aɪ /

Common Spellings: i, ie, y, igh, i + consonant + e

hi	bye	tie	die
my	sigh	try	lie
eye	rye	guy	why
type	write	like	pipe
white	wipe	Mike	excite
ignite	light	wide	survive
knife	time	wine	fine
line	bind	nine	align

I'm  
pine

mime  
dine

blind  
rhyme

lime

What time do you dine?

Try to write like this.

I'm fine right now.

Where did you buy that beautiful tie?

That was quite an exciting ride!

LONG / e /

Common Spellings: a, ay, eigh, ai, a + consonant + e, ea

day

hay

weigh

Ray

may

Kay

gay

lay

date

hate

wait

rate

mate

Kate

gate

late

dame

haste

waste

raid

made

cape

game

lane

radio

taper

major

This is my roommate, Ray.

Jake and Kate bought a great cake.

I hate to wait for the news.

Let's not delay the game by changing the date.

Don't you just hate to pay your taxes?

/ ɔɪ /

Common Spellings: oy, oi, eu

boy

coy

toy

Roy

soy

joy

enjoy

employ

cloy

doily

annoy

poi

rejoice

voice

Boyd

Lloyd

avoid

voyage

Freud

loiter

join

joint

ointment

coin

choice

oyster

poison

cloister

void

moist

loyal

royal

flamboyant

Try some ointment on your joints.

That boy has too many boys.

I heard Freud's voice in my dream.

We made our choice by flipping a coin.

Please void this check.

LONG / u /

Common Spellings: oo, u, ough, ue, ew, u + consonant + e

blue	too	through	who
woo	sue	drew	zoo
glue	review	you	construe
pursue	debut	Magoo	few
shoe	boo	tube	feud
exude	moon	June	soon
typhoon	balloon	resume	exhume
buffoon	cartoon	rude	deduce
new	duke	conclude	Luke
kook	excuse	amuse	tune

A few words with this / u / sound are pronounced / ju /

few	pew	ewe	excuse	perfume
hugue	refuge	cute	beauty	

Don't be too rude to Drew.

What can you deduce from the review of your play?

A few of us want to walk through the zoo.

June uses too much perfume.

How much fruit does that animal consume?

Long / o /

Common Spellings: o, ow, oe, ough, o + consonant + e

hoe	row	bow	low
so	go	Joe	know
toe	blow	foe	mow
oh	Poe	stow	woe
dough	slow	pope	rope
goad	load	road	wrote
vote	note	slope	don't
elope	joke	soak	roam
cone	phone	tone	grown

Edgar Allan Poe wrote many short stories.

Do you know where the note was stowed?

Leave a message after the tone and I'll phone you back.

You aimed your bow a little too low.

What kind of jokes do you know?

/ au /

Common Spellings: ow, ou

ow	how	wow	sow
----	-----	-----	-----

cow	bow	now	chow
pow	row	vow	loud
route	about	shout	doubt
rowdy	dowdy	slouch	crouch
couch	powder	flowers	shower
town	clown	round	gown
brown	down	mound	drown
found	wound	noun	pound
sound			

How many pounds of ground round do you want?  
 If you take this route, you'll arrive in about an hour.  
 Do you doubt that I found out about my surprise shower?  
 We wound round and round until we found the town.  
 How many nouns have you found in this sentence?

## **SHORT VOWELS**

### **SHORT / ε /**

Common Spellings: e, ea

bet	bed	Ben	bled
Deb	dead	debt	dread
den	fed	fled	head
jet	led	let	leapt
met	men	test	red
neck	rest	rev	said
Ted	invest	connect	address
suspect	west	wet	dress
stress	extend	regular	request
excellent			

Ted cleared his debt with an investment.  
 This address will give you the connection you need.  
 Just let me rest my neck on the bed for a minute.  
 When did you request an extension on your deadline?  
 This red dress is all wet.

### **SHORT / ɪ /**

Common Spellings: i, y

is	it	in	wrist
kiss	fit	sip	swim
dim	gym	fix	hid
kid	pin	lip	lick
slip	wish	Dick	pick
sick	tip	list	Rick

history	continue	Mickey	resist
exit	Nicholas	consist	exist
trick	fish	switch	busy
triple	been		

Do you wish to exit the theater?

I tried to slip this bracelet over my wrist, but it doesn't fit.

I wish to be picked up at six.

The list is hidden in a closet.

I've been busy.

## TAPE1- B

COMPARISON: / ɪ / and / ε /

pit / pet	wrist / rest	miss / mess	slipped / slept
Sid / said	fist / fest	lid / lead	hid / head
did / dead	bid / bed		

SHORT / ɑ /

Common Spellings: o, a

hop	stop	rob	job
Tom	sob	lock	rock
cop	John	Ron	palm
shop	lingerie	father	astonish
Connie	honest	operate	not
possible	stock	bottle	blond

Rob and Tome were stopped by a cop.

Connie sobbed and locked the door.

Is it possible you forgot to lock the shop when it got robbed?

Don got a job in a shop.

Stay calm and stop rocking the boat.

SHORT / æ /

Common Spellings: a

cat	bag	sag	lap
wrap	man	last	fast
gas	track	pack	trash
Mac	half	have	has
apple	magazine	attitude	candid
tragedy	handy	cavity	sandwich
habit			

Wrap you trash in a bag.

I'll just sit on the grass with my magazine, my sandwich, and my

apple.

What kind of an attitude is that?

The black cat is happy in my lap.

Sarah said I had bags sagging under my eyes.

COMPARISON: / æ / and / ε /, / æ / and / α /

bad / bed	had / head	rack / rock
Dad / dead	bag / bog	fad / fed
sad / said	tan / ten	cat / cot
sand / send	land / lend	band / bond

/ ɔ /

Common Spellings: aw, au, ou, o, al + consonant

saw	awful	coffee	draw
jaw	bought	taught	fought
Paul	paw	gaudy	raw
off	all	straw	caught
ought	dog	dawn	cough
pawn	walk	talk	water
thought	lawn	daughter	

What happened to the dog's paw?

Paul looked awful the last time I saw him.

I ought to get up at dawn.

This cough is from the cold I caught.

I thought the coffee was awful today.

COMPARISON: / ɔ / and / α /  
(REGIONAL PRONUNCIATION)

saw / saw	awful / awful	off / off
caught / caught	dog / dog	walk / walk
water / water	coffee / coffee	

SHORT / ʊ /

Common Spellings: oo, ou, u

could	should	would	good
foot	look	put	took
soot	hood	push	woman
cook	nook	book	hook
shook	bush	brook	crook
cushy			

Here's a book on healthful cooking.

Is this a very good neighborhood?

Doctor, could you look at my foot, please?  
 Would you give me a push?  
 Take a look at the woman in the red hood!

# SHORT / ʌ /

Common Spellings: u, o

hut	but	bud	flood
cuddle	supper	pun	bun
ton	honey	come	son
fun	run	love	money
funny	jump	lump	summer
lovely	sudden	dumb	wonderful
pump	hug	bug	double

You look funny when you jump.  
 We won a ton of money.  
 Her son will come for supper.  
 This has been a wonderful summer.  
 The sun suddenly came flooding in.

# REDUCED OR NEUTRAL VOWEL: / ə /, / ɪ /

Common Spellings: a, e, i, o, u

Note that almost any vowel in an unstressed syllable can be reduced to sound like the neutral vowel. This vowel is only found in words with more than one syllable.

about	another	alone	alive
adjust	accumulate	possible	accomplish
animal	beautiful	investigate	constant
personal	residual	residence	photograph
photographer	Los Angeles	Santa Barbara	reliance
support	homicide		

Is it possible to accomplish all that you want?  
 He's a well-known photographer in Los Angeles.  
 The officers are investigating a possible homicide.  
 Who do you rely on for support?  
 I'd like to ask your advice on a matter of personal concern.  
 How did you accumulate so much insignificant junk?

# CONFUSING VOWEL PAIRS

LONG / i / and SHORT / ɪ /

sheep / ship	deep / dip	read / rid
heat / hit	peat / pit	seek / sick



Why do you like to sit in this seat?  
 These shoes fit my feet.  
 At least make a list.  
 Don't get rid of all the books I like to read.  
 We got hit real hard by the heat.

#### LONG / e / and SHORT / ε /

raid / red	laid / led	wade / wed
bait / bet	mate / met	trade / tred

They led us to where the eggs had been laid.  
 Jed bought some beautiful jade.  
 Don't let me be late.  
 Get the back gate.  
 Fred said his nerves were frayed.

#### LONG / o / and SHORT / α /

road / rod	hope / hop	soak / sock
coat / cot	toad / Todd	slope / slop
cloak / clock	code / cod	

We always rode through town in a hot rod.  
 Todd found a toad.  
 My socks were soaked after the downpour.  
 Don't throw your coat on the cot.  
 What's the area code for Cape Cod?

#### LONG / u / and SHORT / ʌ /

soon / sun	tune / ton	super / supper
boon / bun	shoot / shut	coop / cup
mood / mud	boot / but	

Soon the sun will set again.  
 There are a lot of roots in the rut.  
 They played a ton of tunes on the radio yesterday.  
 But where are your boots?  
 That was a super supper.

#### **VOWELS FOLLOWED BY L OR R**

##### / ɜ /

were	hurt	bird	bur	sir
fur	dirt	shirt	learn	herd
curd	skirt	Bert	serve	jerk
curt	word	work		