



# 英语革命

English

## 英语发音肌肉训练

——教你一口地道的英语

实 践 篇

史蒂夫·沃克(Steve Walker) 著

朱 叶 译

The JINGLES®

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**The JINGLES®**

**A Sure-Fire Way to Improve  
Your English Pronunciation**

**Basic Text for Native  
Speakers of Chinese**

想说“漂亮”英语吗？  
请看本书！

# **PREFACE**

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**写 在 书 前**

## **When did the miracle take place?**

**— It took place at the moment “A Revolution in English Pronunciation Therapy” was published**

Japanese speakers have long been notorious for their poor English pronunciation. To everyone's great surprise, however, Steve Walker, an American applied linguist, has succeeded in helping thousands of Japanese people speak American English beautifully and fluently by using his original English pronunciation therapy method, “The Jingles”. Indeed we must say that a miracle in the history of English teaching has occurred.

After Mr. Walker received his Masters Degree in Applied Linguistics from Michigan State University in the USA, he organized English training programs in the Middle East, the United States, and Japan. He has taught students from more than 60 countries, comprising a wide range of ages and occupations. He has persisted with his extensive research for thirty years and has created a series of training materials for non-native English speakers who wish to raise their English levels. He has also designed the J-TEP®, a pronunciation evaluation system that is now used as a global standard for measuring English pronunciation. He has published widely on English instruction and English pronunciation therapy. His books are selling well in various countries and have been reprinted several times over. Still the demand for his books outstrips the supply.

## 奇迹是怎么创造的

——写在“英语学习革命”

一书出版之际

日本人英语发音之差,是世界有名的。但是美国应用语言专家史蒂夫·沃克先生居然能运用他创立的英语发音疗法,让他的成千上万名日本学生开口能讲一口标致的、流畅的美式英语,这不能不说是个英语学习的奇迹。

史蒂夫·沃克先生在美国密执安州立大学获得应用语言学硕士之后,先后在中东、美国、日本等地区和国家从事英语培训,他教过 60 个以上的国家各种不同年龄、职业的学生,三十年如一日,研究开发出一套适合非英语国家的人学习英语的训练方法,他创立的 J-TEP® 英语发音测试方法,可以从各个角度评估受测者掌握英语的能力。他亲自撰写了大量的关于英语发音疗法和英语培训的专著,在各国出版后,赢得了很多读者并得到好评,以至一版再版,仍然供不应求。



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Shanghai ZhaoRi Culture and Business Training Center was founded in 1996. Although the center originally focused on the teaching of the Japanese language only, it has now turned its attention to English training activities and is always searching for unique and scientific training methods in an effort to eliminate the teaching of less-than-perfect English. I, as head of the center, have striven to have my students learn to speak English proficiently by using the most effective training methods. About two years ago, my Japanese friend Mr. Tadashi Hioki introduced me to Mr. Walker, who had been running an English training school located in Yokohama, Japan. I was invited to take a special trip to visit the school. As I watched how his 'Jingles' method was employed, I became convinced on the spot that his English pronunciation therapy method was indeed an extremely scientific and effective one. I believe the students at Shanghai ZhaoRi Culture and Business Training Center will benefit greatly from his method. By doing "The Jingles" my students will be able to overcome all obstacles to the improvement of their oral English skills.

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上海朝日文化商务培训中心自 1996 年开创以来,虽然一直以日语培训为主,但是我们始终关注着英语培训的动向,考虑着有彻底改变“哑巴英语”现象的独特的、科学的培训方式,让我们的学生通过培训,娴熟地运用英语。两年前,经过日本友人日置正先生的介绍,我专程赴日参观了史蒂夫·沃克先生在日本横滨经营的英语培训学校,现场观摩了他的教学方式,从内心感到英语发音疗法的确是一种极为科学、有效的教学方式。引进他的教学方法,毫无疑问会为许多不能开口说流利英语的学生解除烦恼,让学习英语变得更快捷、更容易。

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Mr. Walker is an applied linguist. He has mastered nine foreign languages, including Arabic, Japanese, Spanish, French and German. Based on Mr. Walker's years of foreign language research and teaching, he fully recognizes both the regularities and the subtle irregularities which must be kept in mind when one is teaching English. In his point of view, the Chinese, especially those from the Shanghai region, have an acumen for learning English. However, if they hope to explore their potentials fully, and speak English with the utmost expression, harmony and elegance, they must be trained rigorously using a scientific method. — And of course, must apply themselves completely to this task. Although the competition in the English training market in Shanghai is extremely intense, we are confident as we introduce this series of training materials into our country and recommend them to those who want to study English in the most efficient manner. Thousands of successful Jingles clients have proved that this method is effective in helping people from many different countries to improve their pronunciation skills.

This book only covers the basics of Mr. Walker's English pronunciation therapy method. With the support from Shanghai University of Finance and Economics Press, we will introduce a series of books written by Mr. Steve Walker one after another. We are expecting that more and more people will share in the joy of studying English.

**Shanghai ZhaoRi Culture and Business Training Center**

**President Wei, Haibo**

**18th Oct. 2002**

史蒂夫·沃克先生本人就是一个应用语言学专家,他掌握了阿拉伯、日、西班牙、法、德等九门外语,长期的外语教学研究生涯,使他深知英语语言教学的规律和奥秘,在他看来,中国人特别是上海人在学习英语方面有得天独厚的优势。但是,要把这种优势转化为掌握优雅的、专业的、协调的英语能力,显然要经过科学的培训和刻苦的学习。尽管上海英语培训市场竞争异常激烈,但是我们还是非常自信地把史蒂夫·沃克先生经过几十个国家的人们学习,被成千上万的成功事例证明是行之有效的这套培训方式引进国内,介绍给各位有志于学习英语的朋友。

本书仅仅是英语发音疗法的基础篇,我们将会在上海财经大学出版社的支持下,陆续地把史蒂夫·沃克先生的系列著作介绍给朋友们。我们期待着有更多的朋友分享学习英语的愉快和欢悦。

上海朝日文化商务培训中心

校长 魏海波

2002年10月18日



# **A MESSAGE FROM THE AUTHOR**

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**作 者 的 话**



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‘The Jingles’ were created to help people develop their English pronunciation expertise. I had two chief goals in mind as I designed ‘The Jingles’:

One was to create a means by which non-native speakers of English could develop the musculature necessary to allow them to pronounce English in a manner identical to that of native speakers of English as well as instructions on how to employ that musculature most effectively. Those who undergo Jingles training need not concern themselves with age or lack of English speaking ability. The Jingles method makes it possible for any adult learner to make incredible progress in his or her ability to pronounce English in a nativelike manner.

The other goal I had in mind was to define a set of standards to which learners of English could refer when they wished to check how good they sound when they speak English. Both native and non-native speakers of English could refer to this set. This is because non-natives who had undergone Jingles training would be able to pronounce English well enough to have their English pronunciations assessed using the same standards employed to assess the pronunciations of native speakers of English.

One of the main features of Jingles training is its requirement that the trainee constantly reinforce and redevelop the basics of English pronunciation — a necessity for those who wish to raise their English pronunciation levels to new heights. As you work through this book, you will frequently be asked to go back to the basics even as you add new pronunciation training techniques to your repertoires.

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“The Jingles”是用以帮助人们提高英语发音专门技巧的一种方法。我在设计“The Jingles”的时候,头脑中有两个主要的目标:

一个目标是通过为母语非英语者制定计划来帮助他们开发必要的肌肉功能,并且也指导他们如何更有效地使用肌肉,以便这些人的英语发音方式与英语为母语的当地人一样。这些按照 Jingles 训练的人不必介意自己的年龄以及英语会话能力的欠缺。即“The Jingles”方法会使任何一个成年学习者在接近当地人的英语发音方面取得显著的进步。

另一个目标是给英语学习者制定一套参照标准。母语为英语及非英语者都能参照这套标准来衡量与检查在讲英语时的发音如何。因为按照 Jingles 方法训练过的非当地人已经具备了足够好的英语发音,所以可用同一个标准来评价其和英语为母语者的发音水平。

Jingles 训练的主要的特征是它对于学习者不断地增强、提高英语发音是一个必要的基础条件,对于希望将英语发音提高到一个新的高度的人来说又是一个不可缺少的方法。如果你希望在已掌握的全部技能中添加新的发音训练技术,便须经常回到这个基础上来。

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As this special version of 'The Jingles for Native Speakers of Chinese' goes to press, China's recent entry into the World Trade Organization, the fact that China will host the 2008 Olympics, and the Chinese people's need to compete with other Asian people in English-language computer-related telephone communication are on the minds of many Chinese people. So all of you are aware of the importance of improving your English abilities, including your English pronunciation. By carefully following this book's instructions, you can make your dream of perfect English pronunciation come true. I have worked with thousands of non-native speakers of English as, together, we created individualized, beautiful, nativelike English pronunciation systems. It would be my very great privilege and pleasure to work with you too!

**Steve Walker**  
**Speech Scientist and Jingles Creator**  
**December 12, 2002**



正当“为中国当地人的 The Jingles”这个特别版本准备出版之际,中国进入了世界贸易组织,又将成为 2008 年奥林匹克运动会主办国。而且关于用英语进行计算机连接的电话交流方面,在许多中国人的心里亦有了和亚洲其他国家竞争的意识。所以人们都意识到了提高英语能力和英语发音的重要性。通过认真地按照这本书的指导去做,那么使自己有完美的英语发音这个梦想将成为事实。我曾经与上千的母语非英语者一起工作过,我们创造了适合于每个人的漂亮的、像以英语为母语的当地人一样的发音系统。如果能与你们合作也将是我无上的光荣与幸福。

史蒂夫·沃克  
会话研究家及 Jingles 开发者  
2002 年 12 月 12 日