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英语口语纠正

课程

学习版

[美]安迪·克雷格(Andy Krieger) 著
唐珂 译

为好莱坞明星纠正口音的语音大师
成龙、李冰冰、刘亦菲 的语音老师
2010年中央电视台“希望之星”英语风采大赛
全国总决赛语音教练

塑造完美口音，走好英语学习第一步
教你发音时将舌头和嘴唇摆放在正确的位置

方法

一本学习手册+4张DVD光盘+在线口音纠正课程



 中国人民大学出版社



英语口语纠正课程（学习版）

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Preface

Accent Reduction Review & Practice Booklet

A warm welcome to all my friends in China!

My name is Andy Krieger, but my students call me “Coach K.” I have been teaching Accent Reduction to non-native English speakers for many years, and I have a solution for a problem I see far too often. Many foreigners study English and score high on tests, but when they get to North America, they face a huge communication barrier.

Non-native English speakers often speak English with such strong accents that people in North America do not understand what they are saying. While some native English speakers can comprehend a foreign accent, it is even more difficult for non-native English speakers. In North America, there are many people who spoke other languages before they learned English. Since each language has its own unique pronunciations, it's extra challenging for non-English speakers with different mother tongues to communicate with each other. Studies show that up to 70 percent of content in these conversations is misunderstood by both people. In the most extreme cases, there is a total failure of communication even though both speakers are speaking English!

This problem has been increasing with globalization trends in recent years. It affects call center operators, employees in luxury hotels, and white-collar workers who work for multinational companies.

Would you like to learn a quick, effective method for solving this problem? Would you like to express yourself in English—clearly and with confidence?

It is my pleasure to announce the “K Method” Accent Reduction course. I developed this training method during the many years I have been teaching English, and you can probably understand its basic concept within two hours. Then, with lots of practice, you can use the K Method to master your accent and be understood.

Many thanks to the China Renmin University Press for arranging this publication. Thanks also to ACT360 Media Inc., the Canadian company that helped me turn the K Method into an effective online course.



March 2010

自序

Accent Reduction Review & Practice Booklet

各位中国的朋友：

你们好！

我是安迪·克雷格 (Andy Krieger)，如果你们愿意的话，可以像我的学生那样称呼我“K 教练”。多年来我一直在从事英语教育工作，特别是对非北美大陆学生的教育。我发现，那些到北美寻求发展机会的外来者，大都要面临一个原以为不是问题的问题：他们的英文水平已经很好了，参加考试也可以得到比较高的分数，可是，他们的英文表达很多时候让别人听不太懂，而他们本以为自己已经说得够清楚、够好了。这给他们的职业发展带来了很大的障碍，很多人因此而苦恼。

实际上，造成这种情况的原因正是口音问题，受母语的影响，人们总是有自己的发音习惯，从而导致不同国家的人讲英语的时候千差万别。如果你是在跟一个英语为母语的人沟通，那么口音问题造成的影响可能会小一些，因为英语为母语的人可以想方设法来理解你；而如果你是在跟一个母语非英语的人沟通，麻烦可就大了。据统计，双方在沟通中大约对 70% 左右的内容的理解存在偏差，更极端的情况是根本无法进行沟通，双方均不知对方所云。

最近这些年，随着全球一体化的发展，口音问题造成的沟通障碍已经给更多的人带来困扰。那些在跨国公司工作的白领、呼叫中心的接线员、甚至高档星级酒店的服务生，都会不同程度地存在因口音问题导致的沟通不畅。

如何快速、有效地根除口音问题？如何才能让自己的英语表达充满自信？在此很高兴有机会向你推荐我的“K方法”口音纠正课程，这个课程是我多年英语教学经验的结晶，你可以在2小时内就掌握其精髓，我相信，只要你坚持练习，口音问题将不会再困扰你！

在此非常感谢中国人民大学出版社能够出版发行本教程，也感谢加拿大 ACT360 Media 公司帮我制作完美的在线课程。

安迪·克雷格

于 2010 年 3 月

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Introduction

简介

You have purchased this Accent Reduction DVD and an inter-active internet program (**The TestDEN Accent Reduction Course**) because you want to reduce or eliminate your accent. I congratulate you for taking a big step towards your goal.

Accent Reduction is achievable. Teaching “The Krieger Method” has allowed me to teach over 7,000 people from all parts of the world to make this dream a reality for you.

You should **read** this book up to page **45**, just before Chapter 2. Then you should watch the Introduction and Chapter 1 of the DVD. After you have watched it you might want to read all of the pages from page **1 to 153 again**. This book will serve as an **introduction to the DVD**. It will be like **review** when you read it over for a second time.

When you watch the opening part of the DVD you will hear the story of how certain circumstances in my life led to my “discovery” of how to teach something that has never really been successfully taught, until my method came along. I hope the story will help you understand what you’re going to learn.



Author Andy with Jackie Chan

作者安迪与成龙

带着减少或消除自己的口音的憧憬，你购买了我们的口音纠正 DVD 光盘和网络互动教程（TestDEN.com 口音纠正课程）。我祝贺你已向自己的目标迈进了一大步。

口音纠正是可以实现的。世界 7 000 余人成功地学习了我所教授的“克雷格方法”，同样你也可以实现纠正口音的梦想。

请你先**阅读**该手册前**45**页，即第二章之前的内容，然后观看 DVD 光盘的简介以及第一章的内容。之后你可能需要**再次**阅读第**1**至第**153**页的全部内容。该手册是**DVD 光盘的内容简介**。你第二次通读手册时即**复习所学**。

Basically the story tells about how being raised in San Francisco, California, gave me a certain way of speaking. When I moved to Vancouver, B.C. at the age of 6, I never thought I talked differently from the people there, until, when I was in high school, I was making announcements every day over the public address system. Many times as I would be walking down the hall, my fellow students would ask me where I was from? I thought that was a “silly” question. People from San Francisco and Vancouver all talk exactly the same—so I thought.

When I joined the American Peace Corps I volunteered to teach in Ethiopia, in East Africa, for 2 years. In the second week of my teaching there, one of my brightest students came into my office and told me that I was speaking too fast, and that none of the students could understand me. Ever since then I have tried to speak more slowly. When you look at the first step (#1) of the Krieger Method it says: SPEAK MORE SLOWLY.

In 1997 I was working for the local actors' union in Vancouver, when I got a call from an American producer in town to film a movie. He told me that he wasn't able to hire any local actors because, “they were speaking Canadian.” “We don't like the way they are speaking, maybe too fast and their words are clipped.”

I knew this producer well and he said, “Andy, you're from

你在 DVD 光盘的开头将听到一段故事。这段故事讲述了生活中的某些情景如何引导我去“发现”一种方法——使我能够教授那些从未被成功教授的内容。我希望这个故事将有助于你理解即将学习的方法。

故事基本上围绕我在加利福尼亚州旧金山的成长经历展开。这个地方影响了我的说话方式。我 6 岁的时候便搬到英属哥伦比亚省温哥华市，那时我未曾想过自己的讲话方式和当地人有何不同，直到我进入高中并开始在校广播台每天播音。我走下礼堂的时候多次被同学问到“来自哪里”，我当时觉得这个问题很“可笑”，因为我认为旧金山和温哥华的人讲话方式都完全一样。

我加入美国和平队的时候自愿去东非埃塞俄比亚教书两年。就在我教课的第二周，一位非常优秀的学生到办公室告诉我说我讲话太快，同学们都听不懂我讲课。从此，我尽量放慢语速。你可以参考“克雷格方法”的第 1 步：说话时放慢语速。

1997 年我在温哥华演员工会工作的时候接到一个电话。一位美国制片人想拍电影，但无法招募当地演员，因为“他们讲带加拿大口音的英语”。“我们不喜欢他们讲话的方式，他们不仅语速过快，还会缩略掉一些词。”

我很了解这个制片人。他说：“安迪，你从旧金山来，并且讲的是美语。你可以想想你是怎样说美语的，然后去教当地演

San Francisco, and you speak American. You need to figure out how you're speaking this way, and teach the local actors how to speak like you. Teach them how to speak American."

So I went home to my father, who was born and raised in SF and we realized that we talk exactly the same way. Since we were both from that city, we must BE SPEAKING AMERICAN. It took us only a short time to figure out that we were **PUTTING OUR TONGUE AND LIPS IN ONE OF 10 POSIITIONS**. We then **PUSHED OUT AIR** to make **EVERY WORD HAVE A LONG VOWEL**.

These are the 10 positions we figured out. When we put our lips and tongue into these positions we took in air, then forced out air, and made every word have a long vowel:

1. **AEIOU – mouth open 60%** answer ending in often under
2. **BMP – lips gently together** best mention patient
3. **CKG – mouth open 20% - guttural** can kick gone
4. **DJNT – tongue at 45 degrees** duck justice nice time
5. **FV – top teeth on bottom lip** fast fancy very visit
6. **H – mouth open 40%** hate handsome hired have
7. **L – tongue 30 degrees, behind teeth** leave last love
8. **RSY – mouth open 10% RRR SSS YYY** ran sent yes
9. **W – make a round kissing position** want why word went
10. **TH – tip of tongue under top teeth** this those them that

员像你那样讲话，教他们讲美语。”

然后我回家去问父亲，他是土生土长的旧金山人。我们两人讲话的方式完全一样。我们都来自旧金山，所以我们讲的一定是美语。很快我们就想到，我们讲话的时候总是把舌头和嘴唇放在10个位置中的一个，然后挤压出气流，而且让每个单词都包含一个长元音。

我们共总结出10个位置。当双唇和舌头处在这些位置的时候，吸气，然后将气挤压出去，并且让每个单词都包含一个长元音：

- | | | | | | |
|----------------------------|--------|----------|---------|-------|-------|
| 1. AEIOU – 开口60% | answer | ending | in | often | under |
| 2. BMP – 双唇轻轻合拢 | best | mention | patient | | |
| 3. CKG – 开口20% – 喉音 | can | kick | gone | | |
| 4. DJNT – 舌头抬起45度 | duck | justice | nice | time | |
| 5. FV – 上齿轻咬下唇 | fast | fancy | very | visit | |
| 6. H – 开口40% | hate | handsome | hired | have | |
| 7. L – 舌头抬起30度，抵住牙齿 | leave | last | love | | |
| 8. RSY – 开口10% RRR SSS YYY | ran | sent | yes | | |
| 9. W – 开口呈亲吻式O型 | want | why | word | went | |
| 10. TH – 舌尖抵住上齿底部 | this | those | them | that | |

仔细观察这些单词，先别读，体会它们发音时的不同位置。

Just look at the words above. Don't try and do anything with them yet. Look at the different positions. If you have a **mirror** watch yourself make each of these positions. More detail later.

So I began teaching the Canadian actors how to speak American. In the 2nd week, in 1997, there was a knock on the door and a lovely black man, named Francis, from Benin West Africa, said he wanted to join the class. My first thought was 'NO' as I wouldn't know what to do with this man. I didn't know how to teach someone with an accent. But it was a very cold day and I thought I would give Francis a warm place to sit for a couple of hours. But what happened?

HIS ACCENT BEGAN TO GO AWAY.

Ever since then, as of 2009, I have taught over 7,000 people like you by simply learning the 10 tongue and lip positions.

Using your hand to **TAKE IN AIR** and then **FORCE OUT AIR**, you will push each word out to make it have **A LONG VOWEL**

I worked with **Jackie Chan**, for a short time, on his movie, "The Forbidden Kingdom," 3 weeks with **Li Bing Bing**, and **Crystal Liu**, or **Liu Yi Fei**, and several classes with one of the lead actors on the American TV series "24." Jackie speaks a little better, Li Bing Bing much better, Crystal, almost perfectly,