



Vowel Targets

Primary vowels:

Ah odd Lower your jaw

For an open ah sound, practice "Approach the body of the balm beyond." R. Wyatt

Oh ode Looks like an O

Oo ood Keep the space

Ee eed Kiss the wall

Secondary vowels:

Ad Id Urge

Ed Ug Ould

Diphthong Targets:

long a (ed) long i (odd) long o (ode) ow (odd) oy (ode)