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How to roll your tongue when speaking

I can't beat my R's. I've tried everything already, but rolling my R is impossible. I thought there was something wrong with my mouth....it rings the bell? Your Trillid R is impossible... Because you don't know what to do. When you learn the technique, place and how to place your tongue, what to do with the air. Everything's easier. Can I roll my R? People tend to think that being unable to trill is genetic, but it's not your Rolling R, a skill you can master unless: you're born with a lip or palate, only 1 in 600 babies are born with this problem. You can't lick gum on your lips or reach the palate. You like ice cream cups and ice cream cones because you prefer to use spoons more than you like, you can't swallow capsules or tablets. Some kisses are hard. If there's nothing wrong with your mouth, you should be able to roll your R. You only need two things: understand how sound produces in your mouth. There's a way everyone can do it. If you still can't roll your R, you're doing something wrong. Why is it so hard to trill my R? No one was born to know how to roll R if in fact it was one of the sounds that Spanish children learned later, and some people need help before they are pronounced right. There are three reasons why it's difficult to flow R:Because the position of the tongue and the strength of the airflow you want are quite strict, because you don't see what's going on in your mouth. You don't see what's going on in there because you have very little awareness of how your mouth moves. We have it when we learn to talk, but when we know how to make our mouths move automatically. Similarly, walk. You do not pay attention to the movement of your legs and feet. It just happened. You can talk and walk at the same time without thinking about how to do it. However, rolling your R is a skill and, like any other skill, you have to practice [thrive_leads="6505"]. How long does it take to roll my R? I have students who have tried to roll their R for many years without success. They watched youtube videos with instructions from fellow teachers, but they didn't get a single trill, however, after understanding how to produce sound and with proper advice, they learned to roll their R in 2 days. Learn how to trill your R step by step Being able to pronounce R-Reed will make you speak more indigenous and improve your self-confidence, but what do you do? Step 1: Understanding how trill production does this. Fun, a simple experiment to see how vibrations you just want: a piece of papera surface to put on it (don't read anyway if you don't have one), you already have them? I'll wait for you. Cut a small piece of paper about 7×7 cm (or the size of an inch). If you can (and want) to make it more realistic by cutting the paper with the shape of the tongue. Cut the paper with the shape of the tongue like this 2. Place it on the table and hold it with a finger on the wider side. Blast on the opposite side. Find the right position to vibrate. This is not important for your Rolling R (you can't change the direction the air comes from). (This is important) Notice that you need to blow the force to make a shake. If you blow it gently, the paper won't vibrate*try to do the same with a piece of plastic wrap. A little practice to feel this vibration may seem like a stupid question, are you able to trill your lips? yes, your lips. Don't worry, I'm not going to ape to understand how to trill r's, it's important to start here because you can feel that trill is produced in your own mouth, as you can see in previous tutorials, trills have 2 identical elements: something relaxing (we'll see this later) and shake. Air flow To hone your R rolling skills, you need to know what you are doing and practice a lot. Practice is the key to success (don't skip this exercise, it's a foundation to understand how trills work and feel in your mouth). Secondly, with a stronger airflow. Blow as much air as possible (please try again). Note that shaking your lips with a strong airflow2 Now, trill your lips exhale: first, keep your lips tense. Secondly, let your lips relax. Note that if your lips are totally relaxed, you can not make them vibrate. They should be relaxed, but there is little tension in the muscles around them. If you find it difficult to try pouting/sulking like a child. Be careful not too much! Summary: Your lips need to be relaxed enough. But not too much. Remember a piece of plastic wrap in a previous workout? It doesn't vibrate because it's not solid material. It's too loose to shake. Strong airflow helps to produce vibrations. Now you know how Trill works. Step 2 Position the tongue to make it vibrate can tell you exact position where you should place your tongue to trill R, but I won't. Some people say it's the same place when you pronounce English D. some say it's the point where you produce the letter L. Try putting your tongue in different places of your palate: behind the next tooth in the mouth. It's better if you find yourself the best spot for you. To know the best places, start with the 2 tutorials below. Exercise 1: Discovering Your Mouth (2-3 minutes) This is a very simple exercise that speech therapists use with children who have difficulty in their R rolls. Maybe you think this is a stupid exercise, but remember that: one of the things that makes it difficult to pronounce R is that we don't realize what's going on in our mouths. Let's try. Imagine your mouth is home, you should clean it with your tongue, thoroughly erode each part of it: remove the tweezers from the ceiling (ceiling); clean shelves (teeth); Wipe the floor (below your mouth) wall (cheeks).. Now leave your house and do some exercises. Make a wide end and then point... (this last step is very important). Imagine you have peanut butter stuck on the roof of your mouth. Try removing it, reaching far back into your mouth with the tip of your tongue and scraping forward. Close your eyes and pay attention to where you touch, move your tongue slowly, feel the palate of your mouth, changing from soft (back) to hard (front). Take your time Now pass your tongue over the ridge behind your teeth (prize! that's the famous Alveolar Ridge). To produce a trill, you should place the tip of your tongue there. Re-experimentation Maybe you might find it easier to roll your R back a little. Exercise 2: Letters – Find the right place to put your tongue (1 minute) speak the letters out loud Speak each letter slowly, pay attention to where you place your tongue. If it touches different parts of your mouth, where will it touch? Experience the path of movement of your tongue. I suggest you use a mirror. Identify 3 sounds where your tongue touches the alveolar ridge (the gum ridge I've told you previously behind your upper teeth). Did you get them? Now you know where to put your tongue. I can't relax my tongue to make trillt a very common concern, first and if you still don't know, you should know that rolling your R doesn't mean tapping your tongue quickly. In fact, you don't need to move your tongue at all. This is very important, your tongue should be in the right place in the right place with the right tension. But it is the air when it passes through your tongue, something moves it back and forth to produce vibrations. You've been told you're going to relax your tongue to shake, and how you should do that. Don't worry, that's not true. I'm going to write that 99% of the time people say your tongue should be loose. That's not true either. Actually, I haven't heard anyone say otherwise. Say you need tension in your tongue. I do at some point speak to my students to relax their tongues. Unfortunately for me, one day while researching exercise to help one of my students get trill (and train yourself) I realized that I could roll my R with my tongue strained, rather tense. Your tongue shouldn't be totally relaxed, if the tip of your tongue is loose, you'll produce a sound similar to the t that desires (T first in potatoes) or a pair t in butter, so your tongue should be a little tight so it's there on the roof of your mouth and can make it vibrate. Otherwise, the strong airflow you need to produce R-rolled will blow your tongue away (remember experimenting with plastic wrap?). Step 3 How to Iron R's Production – AirflowConcern2. Tip: Inhale and inflate your cheeks, then blow, but let your cheeks inflate. Notice that you're blown out of your lungs, that's a way to repel the air to repel your R. [thrive_leads="6505"] The tip of your tongue should touch the alveolar ridge or close to it. To produce a trill, you should not touch the tongue yourself. It's the air that moves when it passes through your tongue. It's much easier to make your tongue vibrate with a stronger airflow. With the air flow coming out of your lungs. But if your tongue is totally relaxed, a strong airflow will blow it away. However, this is just one of 33 Spanish voices, so don't fret if you haven't rolled your R. Stay, practice a little every day and you'll soon see improvements. Your Spanish practice method RsYou can practice with 16 of the hardest Spanish words with the letter R or with this video: or you can improve your pronunciation by learning to pronounce other sounds more often than R-reed, such as [d] that may be pronounced in 5 different ways (or sometimes silent); [b] and [β]; or T Spanish pronounced in different ways from English. T. T.

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