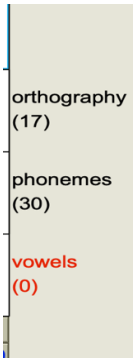
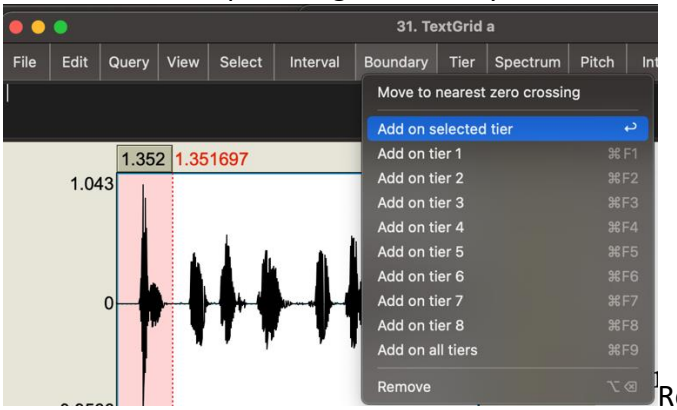
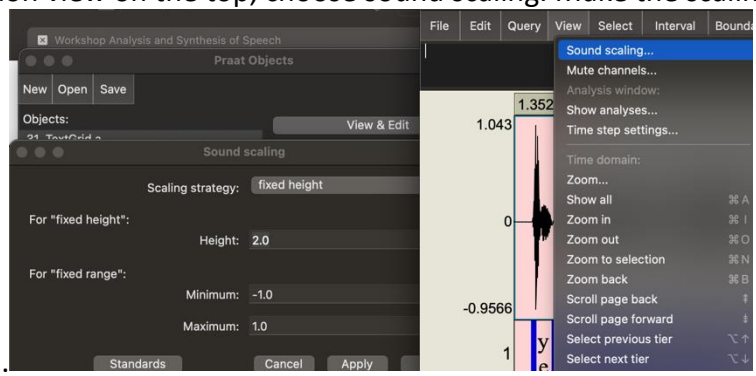
1. Use Praat to record a mono sound (it can be an utterance or a sentence). Make the sampling frequency 44100 Hz.
2. View and edit your recording, cut out the noise/empty part of the recording. Hide all the other graphs except the oscillogram.
3. Select the recording, click the bottom annotate, go to the sub-section ‘To TextGrid’. Type of the point of tiers as ‘vowel’. Then Praat should generate a new category as ‘your recording name + textgrid’.
4. Select both, go to view and edit.
5. There should be three tiers where we can add additional information.

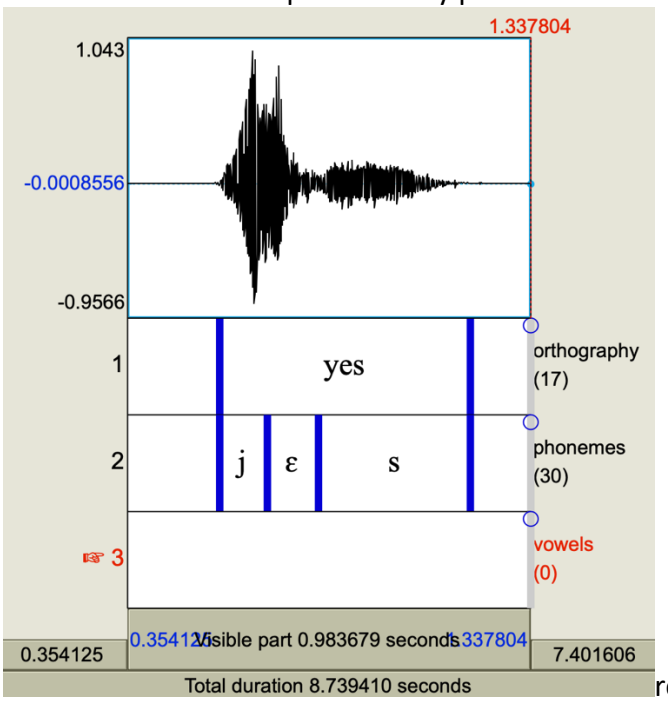


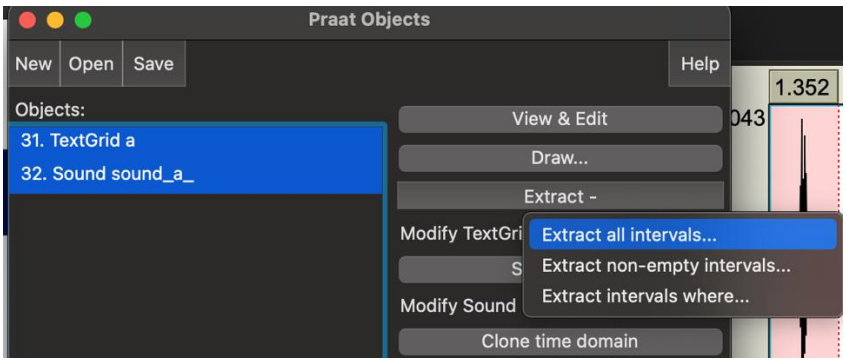
6. The orthography is used to identify the words, the phoneme tier is used to identity the sounds.
7. Listen each part of the recording, find the boundary between each word. Set the word boundary by selecting the word on oscillogram, then click the boundary bottom on the top, adding a boundary at ‘the selected tier’.



Repeat the action for the whole recording until you’ve identified all the word boundary. NB: when you’ve identified the words, it is important to click on the first tier, just to keep the cursor in the right place.

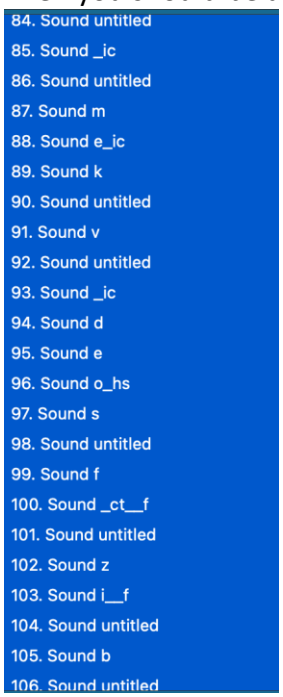
8. After all the words have been separated with boundaries, we need to identify phonemes. Click the option view on the top, choose sound scaling. Make the scaling strategy as ‘fixed height’. 

It can avoid further ado for zoom in selected recording.
9. Zoom in one word. Separate every phoneme. For example:


repeat the action until every phoneme of the utterance has been identified. NB: every phoneme needs to be set apart by having a boundary as well. Same procedure as setting the word boundary.
10. After all the ‘identify process’. Select the textgrid and the recording, click extract, select extract all intervals.


Choose tier number 2, because we want to see the phoneme, which has been put on tier 2.

11. Then you should be able to see a list of new sounds generated by Praat



12. Then we need to save all the sounds one by one with FLAC file. Save the textgrid with text file.
13. In the end, compose a new utterance with the phoneme FLAC file you've saved in the computer