



Voiced and Unvoiced Patterns

These exercises sometimes take a bit of getting used to, and there are many variations in exercises for warming up these sounds. We recommend 3-5 rounds of each. You can start slower, and build the pace as you get more comfortable.

Unvoiced Patterns:

Pa Ta Ka Pa Ta Ka Pa Ta Ka Pah
Pa Ta Ka Pa Ta Ka Pa Ta Ka Paw
Pa Ta Ka Pa Ta Ka Pa Ta Ka Poo
Pa Ta Ka Pa Ta Ka Pa Ta Ka Pee
Pa Ta Ka Pa Ta Ka Pa Ta Ka Pay

Voiced Patterns:

Ba Da Ga Ba Da Ga Ba Da Ga Bah
Ba Da Ga Ba Da Ga Ba Da Ga Baw
Ba Da Ga Ba Da Ga Ba Da Ga Boo
Ba Da Ga Ba Da Ga Ba Da Ga Bee
Ba Da Ga Ba Da Ga Ba Da Ga Bay