

Speech-Pictures!

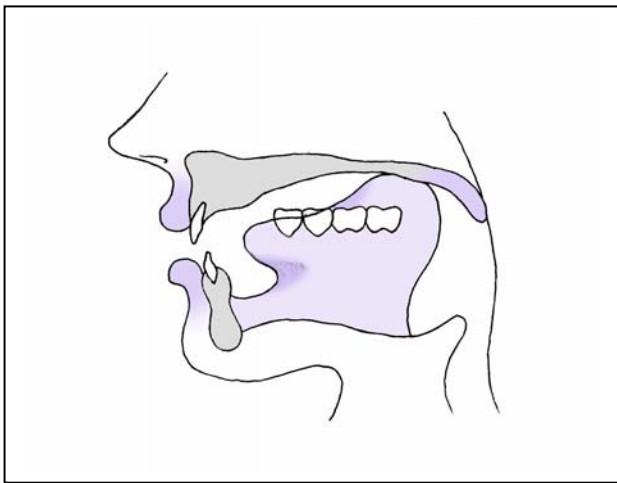
“r”



To make “r”: Place your jaw, lips, and tongue in the good resting position, then move into the sound. Remember, the mouth movements for “r” are small.

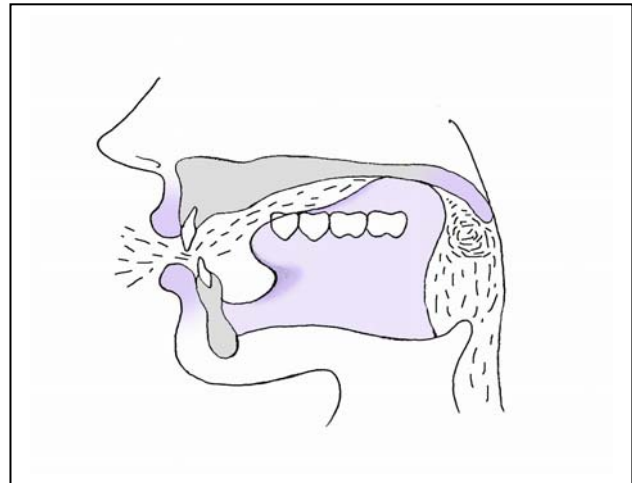
There are two ways to make “r”: 1. The **Back-Up /r/** (throat resonance), and, 2. The **Retroflex /r/** (oral resonance). Which one is best for you?

- **The Jaw:** Lowers a little, and stays still as the tongue moves (for both r’s).
- **The Whole Tongue:** Moves near the back of the mouth. For a Back-Up “r”, the front-tongue stays “bunchy”; for a Retroflex “r”, the front-tongue curls back. Tongue is quite tight.
- **The Back-Sides (corners) of the Tongue:** Anchor in the back, right on or behind the top back teeth (similar to a “k”). The sides stay anchored the whole time for the Back-Up “r” and the Retroflex “r”.
- **Back-Tongue Movement During the Back-Up /r/:** The mid back-tongue snuggles up to the soft palate, holds, and “traps” air behind the tongue (within the throat). Voice is used; the “r” sounds muffled.
- **Back-Tongue and Front-Tongue Movement During the Retroflex /r/:** The mid back-tongue sits high, but allows air to flow into the mouth. The air is then “trapped” within the curled-back front-tongue and the lifted mid back-tongue. Voice is used; this “r” sounds more “forward” than the Back-Up “r”.



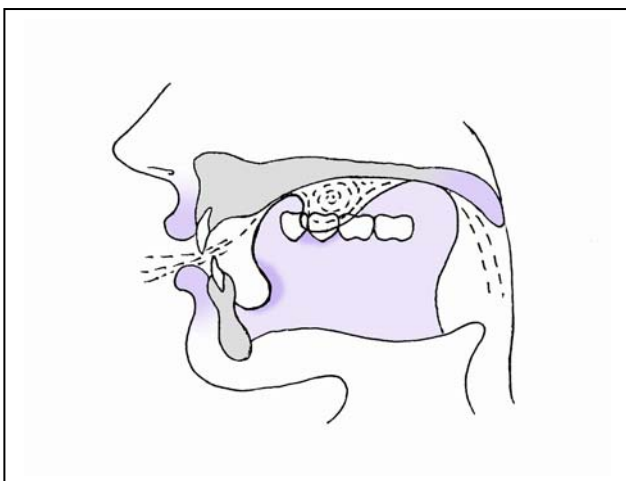
1. Tongue creates its “r Zone”; Side View

Back-Up and Retro-Flex: Tongue moves back into place. The tongue-sides anchor on or behind the back teeth, and establishes the “r” production zone. The tongue is fairly tight.



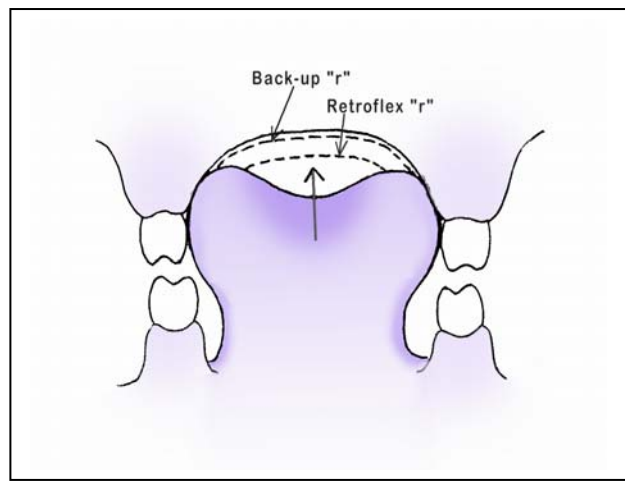
2. The Back-Up “r”: Throat Resonance

The front-tongue pulls back and bunches. The back-tongue anchors on the back-sides and stays. The mid back-tongue lifts and traps the air & sound in the throat.



3. The Retroflex “r”: Oral Resonance

The mid-tongue tightens and dips into a tongue-bowl. The front-tongue curls back and holds and traps the air and sound within the mouth, behind the curled tip. It resonates.



4. Back-Tongue Stabilization & Movement, Back View

For both “r’s”, the tongue-sides hold on to the back sides as the mid-back tongue lifts. For the Back-Up “r” the tongue lifts up close to the top; the Retroflex “r” does not lift as high.