

5 ge yǒuqùde zhōngwén ràoǒulìng
5 个有趣的中文绕口令
5 FUN Chinese tongue twisters

你好，欢迎来到 Marco Polo Mandarin!
Nǐ hǎo, huānyíng láidào Marco Polo Mandarin!
Hello,welcome to Marco Polo Mandarin!

我是中文老师 Becky。
Wǒ shì zhōngwén lǎoshī Becky.
I am Chinese teacher Becky.

今天我们讲一讲中文的发音。
Jīntiān wǒmen jiǎng yī jiǎng zhōngwén de fāyīn.
Today I would like to share with you the Chinese pronunciation.

可能有的同学学了很多年中文以后，
Kěnéng yǒude tóngxué xué le hěnduō nián zhōngwén yǐhòu,
Maybe some of you have studied Chinese for many years,

来中国却发现中国人
lái Zhōngguó què fāxiàn zhōngguó rén
but when you come to China, you may find that the Chinese

听不懂你们在说什么。
tīngbùdǒng nǐmen zài shuō shénme.
do not understand your Chinese.

真是让人沮丧呀，对吧？
Zhēnshi ràng rén jǔsàng ya, duì ba?
It's really frustrated, isn't it?

我认为一般我们听不懂你们的中文有两个原因：
Wǒ rènwéi yībān wǒmen tīngbùdǒng nǐmen de zhōngwén yǒu liǎng ge yuányīn:
I think generally there are two reasons:

第一个原因可能是
Dì yī ge yuányīn kěnéng shì
The first reason probably is

你们的句子结构不符合中文的语法规则。
nǐmen de jùzi jiégòu bù fúhé zhōngwén de yǔfǎ guīzé.
Your sentence structure does not follow the Chinese grammar rules.

第二个是因为你们的发音
Dì èr ge shì yīnwèi nǐmen de fāyīn
The second is because your pronunciation

和中文的标准发音相差太远了。
hé zhōngwén de biāozhǔn fāyīn xiāngchà tài yuǎn le.
is too different from the standard Chinese pronunciation.

那这一节课我们就来讲一讲发音。
nà zhè yī jiē kè wǒmen jiù lái jiǎng yī jiǎng fāyīn.
In this lesson, we are going to talk about pronunciation.

最近我在帮一位美国学生提高发音。
Zuìjìn wǒ zài bāng yí wèi Měiguó xuéshēng tígāo fāyīn.
Recently I am helping an American student to improve her pronunciation.

我这位美国学生，
Wǒ zhè wèi Měiguó xuéshēng,
This American student,

她的中文水平已经非常高了。
tāde zhōngwén shuǐpíng yǐjīng fēicháng gāo le.
Her Chinese is pretty good.

我认为比 HSK6 高很多呢。
Wǒ rènwéi bǐ HSK6 gāo hěnduō ne.
I think it's even higher than HSK6.

因为我在跟她聊天的时候，
Yīnwèi wǒ zài gēn tā liáotiān de shíhou,
Because when I talked to her,

我不需要再去想什么样的词更简单，
wǒ bù xūyào zài qù xiǎng yòng shénmeyàng de cí gèng jiǎndān ,
I don't need to think about which simple words should i use,

用什么词她才能听得懂。
yòng shénme cí tā cáinéng tīngdedǒng.
or what words will she understand.

我就像和别的中国人说话一样和她说话，
Wǒ jiù xiàng hé biéde zhōngguó rén shuōhuà yíyàng hé tā shuōhuà,
The way I talked to her is like I talk to a native Chinese,

她能完全明白我的意思。
tā néng wánquán míngbái wǒ de yìsi.
She can completely understand me.

那为什么她还要去提高她的中文发音呢？
Nà wèishénme tā hái yào qù tígāo tāde zhōngwén fāyīn ne?
Then why does she need to improve her Chinese pronunciation?

她也告诉我，她来中国的时候
Tā yě gàosu wǒ, tā lái Zhōngguó de shíhou
She told me that when she came to China

中国人也常常听不懂她在说什么。
Zhōngguó rén yě chángcháng tīngbùdǒng tā zài shuō shénme.
The Chinese sometimes don't understand what she is talking about.

另外她在美国也是一位中文老师，
Lìngwài tā zài Měiguó yěshì yí wèi zhōngwén lǎoshī,
In addition, she is also a Chinese teacher in the United States,

所以她的工作对发音的要求也非常高。
suǒyǐ tāde gōngzuò duì fāyīn de yāoqiú yě fēicháng gāo.
So her job requires her pronunciation should be as good as she can.

那对于她这么高级水平的学生，
Nà duìyú tā zhème gāojí shuǐpíng de xuéshēng,
For advanced students such like her,

我是怎样来帮他们提高发音的呢？
wǒ shì zěnyàng lái bāng tāmen tígāo fāyīn de ne?
How do I help them improve their pronunciation?

今天我想分享一些我们课里的内容。
Jīntiān wǒ xiǎng fēnxiǎng yīxiē wǒmen kè lǐ de nèiróng.
Today I want to share something from our lessons.

其实中文真的没有很多
Qíshí zhōngwén zhēnde méiyǒu hěnduō
In fact, Chinese really doesn't have many

基础的语法和发音的规则。
jīchǔ de yǔfǎ hé fāyīn de guīzé.
basic grammar and pronunciation rules.

更重要的是
Gèng zhòngyào de shì
more importantly is

我们在知道了和学习了这些规则以后，
wǒmen zài zhīdào le hé xuéxí le zhèxiē guīzé yǐhòu,
After we know and learn these rules,

能够一步一步地在老师的指导下把它们练习、用对，
nénggòu yí bù yí bù de zài lǎoshī de zhǐdǎo xià bǎ tāmen liànxí, yòngduì,
practice them with a teacher and be able to use them correctly,

改正每一个细小的错误，
gǎizhèng měi yí ge xìxiǎo de cuòwù,
and correct every tiny mistake,

这样我们的中文表达和发音就会越来越好。
zhèyàng wǒmen de zhōngwén biǎodá hé fāyīn jiù huì yuè lái yuè hǎo.
In this way, our Chinese and pronunciation will get better and better.

那一般对中级和高级的学生，
Nà yībān duì zhōngjí hé gāojí de xuéshēng,
for intermediate and advanced students,

我都会根据他们的兴趣给他们安排上课的材料。
wǒ dōu huì gēnjù tāmen de xìngqù gěi tāmen ānpái shàngkè de cáiliào.
I will arrange learning materials according to their interests.

因为我认为不管我们学习什么话题，
Yīnwèi wǒ rènwéi bùguǎn wǒmen xuéxí shénme huàtí,
Because I think no matter what topics we study,

我们要遵守的基础的语法
wǒmen yào zūnshǒu de jīchǔ de yǔfǎ
those basic grammar

或者是发音的规则是一样的。
huòzhě shì fāyīn de guīzé shì yíyàng de.
or the rules of pronunciation are the same.

重要的是你们做你们喜欢的事情，
Zhòngyào de shì nǐmen zuò nǐmen xǐhuān de shìqing,
The important thing is that you do what you like,

你们能够更快地掌握这门技能。
nǐmen nénggòu gèng kuài de zhǎngwò zhè mén jìnéng.
so that you can learn more effectively.

所以对于这个美国的学生，
Suǒyǐ duìyú zhège Měiguó de xuéshēng,
So for this American student,

我们学习的内容是一个心理学课程。
wǒmen xuéxí de nèiróng shì yí ge xīnlǐxué kèchéng.
we practice pronunciation with psychology materials.

那在每一次上课以前，
Nà zài měi yí cì shàngkè yǐqián,
Before every lesson,

我就给她发一些心理学的资料。
wǒ jiù gěi tā fā yīxiē xīnlǐxué de zīliào.
I sent her some psychological materials.

她先是自己练习，
Tā xiānshì zìjǐ liànxí,
She first practiced by herself ,

那在上课的过程中呢，
nà zài shàngkè de guòchéng zhōng ne,
In our lessons,

她可以先问我一些她练习的过程中遇到的问题，
tā kěyǐ xiān wèn wǒ yīxiē tā liànxí de guòchéng zhōng yùdào de wèntí,
she can ask me questions that she had in her self-practicing,

然后再逐字的读这些句子，
ránhòu zài zhúzìde dú zhèxiē jùzi,
Then she literally read these sentences,

每一个句子后面我们会停一下，
Měi yí ge jùzi hòumiàn wǒmen huì tíng yíxià,
We paused after each sentence,

我告诉她哪一个词读得不对。
wǒ gàosu tā nǎ yí ge cí dú de búduì.
so that i can correct her mistakes in each sentence.

然后在每一节课的最后，
Ránhòu zài měi yì jié kè de zuìhòu,
Then at the end of each lesson,

我也给她总结一下她大概存在哪些问题。
wǒ yě gěi tā zǒngjié yíxià tā dàgài cúnzài nǎxiē wèntí.
I made a summary of those mistakes.

那这几个月下来啊，
Nà zhè jǐ ge yuè xiàlái a,
in the past few months,

我发现像她水平这么高的学生，
wǒ fāxiàn xiàng tā shuǐpíng zhème gāo de xuéshēng,
I found that as an advanced student,

她的发音的问题和大部分其他的同学是一样的。
tāde fāyīn de wèntí hé dàbùfèn qítāde tóngxué shì yíyàng de.
The mistakes she made on pronunciation is the same as most of others.

主要有三个：

Zhǔyào yǒu sān ge:

Mostly are these three:

第一个问题是发音部位一样的词发不清楚。

Dì yí ge wèntí shì fāyīn bùwèi yíyàng de cí fā bù qīngchǔ.

The first one is that she can't pronounce the similar letters clearly.

在中文里面我们有很多组拼音字母，

Zài zhōngwén lǐmiàn wǒmen yǒu hěnduō zǔ pīnyīn zìmǔ,

In Chinese we have some groups of pinyin letters,

它的发音的部位是一样的，

tāde fāyīn de bùwèi shì yíyàng de,

They pronounced with the same place in our mouth,

但是它的气流出来的方法是不一样的。

dànshì tāde qìliú chūlái de fāngfǎ shì bù yíyàng de.

But the way the air squeezes out is different.

所以我们一定要分清楚他们是怎么发的。

Suǒyǐ wǒmen yíding yào fēn qīngchǔ tāmen shì zěnmē fā de.

So we must clearly distinguish how they're pronounced.

比如说 b,p,m ,

Bǐrú shuō b,p,m,

For example, b, p, m,

这三个词都是用到我们的上嘴唇和下嘴唇，

zhè sān ge cí dōu shì yòng dào wǒmen de shàng zuǐchún hé xià zuǐchún,

These three letters are pronounced with our upper and lower lips,

就是双唇音。

jiùshì shuāngchúnyīn.

It's called letters pronounced with two lips.

但是他们的气出来的方法不一样。

Dànshì tāmen de qì chūlái de fāngfǎ bù yíyàng.

But the way that the air squeezes out is different.

我们说气受阻的方法不一样，
Wǒmen shuō qì shòuzǔ de fāngfǎ bù yíyàng,
the ways to block and push the air is different,

所以造成了我们听到的感觉不一样。
suǒyǐ zàochéng le wǒmen tīngdào de gǎnjué bù yíyàng.
which produce different sounds.

b, p, m,
b, p, m,
b, p, m,

再比如 d, t, n, l,
zài bǐrú d, t, n, l,
Another example is d, t, n, l,

是舌尖顶住上齿龈发音。
shì shéjiān dǐngzhù shàng chǐyín fāyīn.
is the tongue tip against the upper gum.

再比如 j, q, x,
Zài bǐrú j, q, x,
For example, j, q, x,

是舌面的前部顶住硬腭。
shì shémiàn de qiánbù dǐngzhù yìng'è.
It is the front part of the tongue surface against the hard palate.

就是这个地方，硬的这个地方发音。
Jiùshì zhège dìfāng, yìng de zhège dìfāng fāyīn.
This is the place, pronounced with this hard palate.

g, k, h,
g, k, h,
g, k, h,

这三个则是用舌根发音。
zhè sān ge zé shì yòng shéngēn fāyīn.
These three are pronounced with tongue root.

第二个问题是声调。

Dì èr ge wèntí shì shēngdiào.

The second one is the tones.

我们都知道汉语中有四个基础声调和一个轻声。

Wǒmen dōu zhīdào Hànyǔ zhōng yǒu sì ge jīchǔ shēngdiào hé yí ge qīngshēng.

We know that there are four basic tones and one neutral tone in Chinese.

但是我们这些声音啊

Dànshì wǒmen zhèxiē shēngyīn a

But these tones

经常是随着语境的变化而变化。

jīngcháng shì suízhe yǔjìng de biànhuà ér biànhuà.

often changes according to the context.

所以我更建议大家 在词和句子中去练习发音。

Suǒyǐ wǒ gèng jiànyì dàjiā zài cí hé jùzi zhōng qù liànxí fāyīn.

So I suggest you to practice pronunciation in words and sentences.

不要一个字一个字地练习。

búyào yí ge zì yí ge zì de liànxí.

Don't practice one character by one character.

当然如果你一个字都还没有练好的话，

Dāngrán rúguǒ nǐ yí ge zì dōu hái méiyǒu liàn hǎo dehuà,

Of course, if you haven't even pronounced a single character correctly,

那你就先练一个字吧。

nà nǐ jiù xiān liàn yí ge zì ba.

you should practice one character correctly first.

但是更重要的是在词和句子中练习。

Dànshì gèng zhòngyào de shì zài cí hé jùzi zhōng liànxí.

But more importantly, practice in words and sentences.

第三个是自然和流畅的程度不一样。

Dì sān ge shì zìrán hé liúchàng de chéngdù bù yíyàng.

The third is the naturalness and fluency.

我遇到过一些学生呀，
Wǒ yùdào guò yīxiē xuéshēng ya,
I have met some students,

他们读的每一个字都非常的到位，
tāmen dú de měi yí ge zì dōu fēicháng de dào wèi,
They read every character very well,

听起来没有问题啊。
tīng qǐ lái méi yǒu wèn tí a.
It sounds no problem at all.

但是你会感觉他说话的时候像个机器人。
Dàn shì nǐ huì gǎn jué tā shuō huà de shí hòu xiàng ge jī qì rén.
But you will feel he/she speaks like a robot .

这是为什么呢？
Zhè shì wèi shé me ne?
Why ?

因为我们汉语中的每一个音节
Yīn wèi wǒ men hàn yǔ zhōng de měi yí ge yīn jié
Because every syllable in Chinese

我们不是完全地按照
wǒ men bú shì wán quán de àn zhào
don't completely follow the rule of

那四个基础音调和一個轻声来发音的。
nà sì ge jī chǔ yīn diào hé yí ge qīng shēng lái fā yīn de.
the four basic tones and one neutral tone.

而是每一个音节的音高和音长
Ér shì měi yí ge yīn jié de yīn gāo hè yīn cháng
the pitch and length of each syllable

都根据我们这个时候的
dōu gēn jù wǒ men zhè ge shí hòu de
may change according to

比如说情绪、语境都会有所变化。
bǐrú shuō qíngxù, yǔjìng dōu huì yǒu suǒ biànhuà.
for example, emotions and context .

所以在句子中去练习更为重要。
Suǒyǐ zài jùzi zhōng qù liànxí gèng wéi zhòngyào.
So it is more important to practice in sentences.

你更要去观察
Nǐ gèng yào qù guānchá
You have to observe

我们在说这个句子的时候，
Wǒmen zài shuō zhège jùzi de shíhou,
when we say this sentence,

每一个词的长度是怎么去变化的，
měi yí ge cí de chángdù shì zěnmeyàng qù biànhuà de,
How does the length of each word change,

或者我们的音高是怎么样去
huòzhě wǒmen de yīngāo shì zěnmeyàng qù
Or how does our pitch go

更顺滑地过渡到下一个音节。
gèng shùnhuá de guòdù dào xià yíge yīnjié.
and transit to the next syllable smoothly.

那针对以上的这三个问题啊，
Nà zhēnduì yǐshàng de zhè sān ge wèntí a,
To help you correct the above 3 mistakes,

我为大家准备了五个绕口令，
wǒ wéi dàjiā zhǔnbèi le wǔ ge ràokǒulìng,
I have prepared five tongue twisters,

分别用来锻炼我们不同的发音部位和我们的音高。
fēnbié yònglái duànliàn wǒmen bùtóngde fāyīn bùwèi hé wǒmen de yīngāo.
They are used to train our different pronunciation parts and pitch.

在我们练习之前，
Zài wǒmen liànxí zhīqián,
Before we practice,

我想说的是
wǒ xiǎng shuō de shì
one more thing,

我们读绕口令不是为了要读得很快，
wǒmen dú ràokǒulìng búshì wèile yào dú de hěnkuài,
We don't read tongue twisters for the speed.

而是要读得很准。
érshì yào dú de hěn zhǔn.
Instead, we should read it accurately.

在准的基础上去学习
Zài zhǔn de jīchǔ shàng qù xuéxí
Based on accuracy, we learn

怎么样去自然地过渡，
zěnmeyàng qù zìrán dì guòdù,
How to transits naturally,

读得更像自然流利的中文，好吗？
dú de gèngxiàng zìrán liúlì de zhōngwén, hǎo ma?
read naturally and fluently , okay?

好，那我们一起来看一下第一个绕口令。
Hǎo, nà wǒmen yī qǐ lái kàn yí xià dì yí ge ràokǒulìng
OK, let's take a look at the first tongue twister.

第一个绕口令呢
dì yí ge ràokǒulìng ne
The first tongue twister,

是用来练习我们的双唇音 b,p 的。
shì yòng lái liànxí wǒmen de shuāngchúnyīn b,p de.
It is used to practice our sounds with two lips b, p.

那练习这个绕口令的时候，我们要特别的注意
Nà liànxí zhège ràokǒuling de shíhou, wǒmen yào tèbié de zhùyì
When practicing this tongue twister, we must pay attention to

我们的上嘴唇和下嘴唇的运动。好,开始。
wǒmen de shàng zuǐchún hé xià zuǐchún de yùndòng. Hǎo, kāishǐ.
the movement of our upper and lower lip. ok, let's begin.

八百标兵奔北坡，
bābǎi biāobīng bèn běi pō,
Eight hundred pacesetters rushed to the north,

炮兵并排北边跑，
pàobīng bìngpái běibian pǎo,
The artillery also ran side by side to the north,

炮兵怕把标兵碰，
pàobīng pà bǎ biāobīng pèng,
The artillery was afraid of touching the pacesetter,

标兵怕碰炮兵炮。
biāobīng pà pèng pàobīng pào.
The pacesetter is afraid of hitting the artillery.

好，我们再来一遍。
Hǎo, wǒmen zàilái yíbiàn.
Ok let's do it again

八百标兵奔北坡，
bābǎi biāobīng bèn běi pō,
Eight hundred pacesetters rushed to the north,

炮兵并排北边跑，
pàobīng bìngpái běibian pǎo,
The artillery also ran side by side to the north,

炮兵怕把标兵碰，
pàobīng pà bǎ biāobīng pèng,
The artillery was afraid of touching the pacesetter,

标兵怕碰炮兵炮。

biāobīng pà pèng pàobīng pào.

The pacesetter is afraid of hitting the artillery.

好，下面是第二个绕口令。

Hǎo, xiàmiàn shì dì èr ge ràokǒulìng.

Okay, now the second tongue twister.

是用来练习我们的舌尖中音 d 和 t 的。

Shì yòng lái liànxí wǒmen de shéjiān zhōngyīn d hé t de.

it's for practicing d and t, which pronounced with our tongue tip and upper gum.

在发这两个拼音的时候呀，

Zài fā zhè liǎng ge pīnyīn de shíhou ya,

When pronounce these two pinyin,

我们要用我们的舌尖抵住我们的上齿龈。

wǒmen yào yòng wǒmen de shéjiān dǐzhù wǒmen de shàng chǐyín.

We pronounce with the tongue tip against our upper gums.

好，我们现在开始。

Hǎo, wǒmen xiànzài kāishǐ.

Okay, let's start now.

调到敌岛打特盗，

Diào dào dídǎo dǎ tèdào,

Transferred to the enemy island to fight thieves,

特盗太刁投短刀，

tèdào tài diāo tóu duǎndāo,

The thief was too tricky and threw short knives,

挡推顶打短刀掉，

dǎng tuī dǐng dǎ duǎndāo diào,

hit the knives off after struggling,

踏盗得刀盗打倒。

tàdào dé dāo dào dǎdǎo.

The thief was defeated and we got knives .

好，再来一遍。
Hǎo, zàilái yībiàn
Ok, one more time.

调到敌岛打特盗，
Diào dào dídǎo dǎ tèdào,
Transferred to enemy island to fight thieves,

特盗太刁投短刀，
tèdào tài diāo tóu duǎndāo,
The thief was too tricky and threw short knives,

挡推顶打短刀掉，
dǎng tuī dǐng dǎ duǎndāo diào,
hit the knives off after struggling,

踏盗得刀盗打倒。
tàdào dé dāo dào dǎdǎo.
The thief was defeated and we got knives .

好，下面是练习我们的舌面前音 j 和 q,
Hǎo, xiàmiàn shì liànxí wǒmen de shémianqián yīn j hé q,
Okay, now we practice j and q with tongue surface ,

这两个音发音的时候，
zhè liǎng ge yīn fāyīn de shíhou,
When we pronounce these two letters,

我们应该用我们的舌面前面的部分
wǒmen yīnggāi yòng wǒmen de shémian qiánmiàn de bùfèn
We should use the front part of our tongue surface

和我们的硬腭，
hé wǒmen de yìng'è,
and our hard palate,

这个硬的地方来发音。
zhège yìngde dìfāng lái fāyīn.
this hard place to pronounce.

好，现在我们开始。

Hǎo, xiànzài wǒmen kāishǐ.

Okay, let's start.

七加一，七减一，

Qī jiā yī, qī jiǎn yī,

Seven plus one, seven minus one,

加完减完等于几。

jiā wán jiǎn wán dēngyú jǐ.

what's the result after adding and subtracting ?

七加一，七减一，

Qī jiā yī, qī jiǎn yī,

Seven plus one, seven minus one,

加完减完还是七。

jiā wán jiǎn wán hái shì qī.

After adding and subtracting, it is still seven.

好，我们再来一遍。

Hǎo, wǒmen zàilái yíbiàn.

Okay, one more time.

七加一，七减一，

Qī jiā yī, qī jiǎn yī,

Seven plus one, seven minus one,

加完减完等于几。

jiā wán jiǎn wán dēngyú jǐ.

what's the result after adding and subtracting ?

七加一，七减一，

Qī jiā yī, qī jiǎn yī,

Seven plus one, seven minus one,

加完减完还是七。

jiā wán jiǎn wán hái shì qī.

After adding and subtracting, it is still seven.

下面是我们的第四个绕口令。
Xiàmiàn shì wǒmende dì sì ge ràokǒuling.
Now we come to the fourth tongue twister.

它练习的是舌面后音，
Tā liànxí de shì shémiàn hòuyīn,.
it's for training our tongue root.

也就是舌根音 g 和 k 。
Yě jiùshì shéngēn yīn g hé k.
we called them tongue root letters g and k.

那我们应该用舌根这个地方去发音。
Nà wǒmen yīnggāi yòng shéngēn zhège dìfāng qù fāyīn.
so we should pronounce them with tongue root.

好，我们开始。
Hǎo, wǒmen kāishǐ.
Okay, let's start.

哥挎瓜筐过宽沟，
Gē kuà guākuāng guò kuān gōu,
The older brother across the wide ditch with a melon basket ,

赶快过沟看怪狗，
gǎnkuài guògōu kàn guàigǒu,
Hurry across the ditch to see the strange dog,

光看怪狗瓜筐扣，
guāng kàn guàigǒu guākuāng kòu,
he stared at the strange dog, and his melon basket fell over,

瓜滚筐空哥怪狗。
guā gǔn kuāng kōng gē guài gǒu.
he blamed the dog on distracting him.

好，我们再来一遍。
Hǎo, wǒmen zàilái yíbiàn.
Okay, again.

哥挎瓜筐过宽沟，
Gē kuà guākuāng guò kuān gōu,
The older brother across the wide ditch with a melon basket ,

赶快过沟看怪狗，
gǎnkuài guògōu kàn guàigǒu,
Hurry across the ditch to see the strange dog,

光看怪狗瓜筐扣，
guāng kàn guàigǒu guākuāng kòu,
he stared at the strange dog, and his melon basket fell over,

瓜滚筐空哥怪狗。
guā gǔn kuāng kōng gē guài gǒu.
he blamed the dog on distracting him.

好,以上的四个绕口令啊
Hǎo, yǐshàng de sì ge ràokǒulìng a
These four tongue twisters above

都是为了练习我们的发音部位。
dōushì wèile liànxí wǒmen de fāyīn bùwèi.
are all for practicing different parts of our tongue.

也像我们运动时的热身运动一样，
Yě xiàng wǒmen yùndòngshí de rèshēn yùndòng yíyàng,
like a warm-up exercise,

从舌尖到舌面，到舌中，
cóng shéjiān dào shémiàn, dào shézhōng,
We practiced from tip, to the surface of our tongue

到舌根我们都练习了。
dào shéngēn wǒmen dōu liànxí le.
and then to our tongue root.

那下面的第五个绕口令啊
Nà xiàmiàn de dì wǔ ge ràokǒulìng a
The fifth tongue twister

我们就是为了练习我们的音调。
wǒmen jiùshì wèile liànxí wǒmen de yīndiào.
is for practicing tones.

这第五个绕口令啊
Zhè dì wǔ gè ràokǒulǐng a
This tongue twister

叫《季姬击鸡记》，
jiào “Jìjī jījī jì”，
is called Ji Jī's Chickens-hitting Story

它是一篇文言文。
tā shì yì piān wényánwén.
It is a classical Chinese article.

是中国语言学家赵元任先生
Shì Zhōngguó yǔyánxuéjiā Zhào Yuánrèn xiānshēng
Mr. Zhao Yuanren, a Chinese linguist,

为了帮助我们发音专门写的。
wèile bāngzhù wǒmen fāyīn zhuānmén xiě de.
wrote it for helping practicing Chinese tones.

好，现在我们开始。
Hǎo, xiànzài wǒmen kāishǐ.
Okay, let's start.

季姬寂，集鸡，鸡即棘鸡。
Jìjī jì, jí jī, jī jí jí jī.
A woman named Ji Ji is lonely, so she collected some wild chickens,
棘鸡饥叽，季姬及箕稷济鸡。
Jí jī jī jī, Jìjī jí jī jì jì jī.
the wild chickens keep cheeping for hunger, so she feeds them
millet with a winnowing pan.

鸡既济，跻姬笈，
Jī jì jì, jī jī jí,
Having been well-fed, the chickens flap their wings and fly up to Ji Ji's bookcase.

季姬忌，急咭鸡，

Jìjī jì, jí jī jī,

Ji Ji doesn't want the case to be smudged, so she drive them away.

鸡急，继圾几，

jī jí, jì jī jǐ,

However, the chickens flee onto the table in panic,

季姬急，即籍箕击鸡，

Jìjī jí, jí jí jī jī jī,

which makes Ji Ji so impatient, so she threw the winnowing pan at the chicken

箕疾击几伎，

jī jí jī jǐ jì,

Instead of hitting those chickens, the winnowing pan hits some terra cottas.

伎即齏，

jì jí jī,

As a result, the pottery falls to floor and smashes into pieces,

鸡叽集几基，

jī jī jí jǐ jī,

chickens ran under the table and turned to a noisy confusion .

季姬急极屐击鸡，

Jìjī jí jí jī jī jī,

In a pique, Jiji takes off her clogs to beat the chickens.

鸡既殛，季姬激，

jī jì jí, Jìjī jī,

The chickens died, and Jiji was getting emotional,

即记《季姬击鸡记》。

jì jì "Jìjī jī jī jì".

so she wrote this Ji Ji's Chickens-hitting Story.

以上就是我想问大家分享的

Yíshàng jiùshì wǒ xiǎng wèn dàjiā fēnxiǎng de

These are what I want to share with you

练习中文发音的五个绕口令。
liànxí zhōngwén fāyīn de wǔ ge rào kǒulìng.
Five tongue twisters to practice Chinese pronunciation.

如果你喜欢我的课,
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如果你有正在学中文的同学,
Rúguǒ nǐ yǒu zhèngzài xué zhōngwén de tóngxué,
If you have friends who are learning Chinese,

也欢迎你把我的视频课程分享给给他们。
yě huānyíng nǐ bǎ wǒde shìpín kèchéng fēnxiǎng gěi tāmen.
You are also welcome to share my videos to them.

好, 那今天的课就到这儿,
Hǎo, nà jīntiān de kè jiù dào zhè'r,
Okay, that's all for today,

我们下节课见, 再见!
wǒmen xià jié kè jiàn, zàijiàn!
See you in next lesson, goodbye!