

# Simple Speed Sounds

Consonant sounds - strictly

f	l	m	n	r	s	v	z	sh	th	ng
										nk

Consonant sounds - loosely

b	c	d	g	h	j	p	qu	t	w	x	y	ch
	k											

Vowel sounds - loosely

a	e	i	o	u	ay	ee	igh	ow
---	---	---	---	---	----	----	-----	----

Vowel sounds - strictly

Vowel sounds - strictly

oo	oo	ar	or	air	ir	ou	oy
----	----	----	----	-----	----	----	----