

در ادامه، لیستی از ۱۰۰ عبارت پیچ‌زبان (Tongue Twisters) انگلیسی را برای شما آماده کردیم. که بر اساس سطح دشواری، از مبتدی تا پیشرفته، دسته‌بندی شده‌اند. این عبارات‌ها برای بهبود تلفظ، روان صحبت کردن و گرم کردن زبان قبل از مکالمه بسیار عالی هستند. سعی کنید هر کدام را سریع و بدون اشتباه تکرار کنید!

## هدیه ای از موسسه زبان حافظ به شما دوست داران زبان انگلیسی

### **(Beginner) سطح مبتدی**

این پیچ‌زبان‌ها کوتاه و معمولاً روی یک یا دو صدای خاص تمرکز دارند.

1. Peter Piper picked a peck of pickled peppers.
2. She sells seashells by the seashore.
3. Betty Botter bought some butter.
4. A big black bug bit a big black dog.
5. Fuzzy Wuzzy was a bear.
6. I scream, you scream, we all scream for ice cream.
7. Red lorry, yellow lorry.
8. Unique New York.
9. Irish wristwatch.
10. Truly rural.
11. Six sleek swans swam swiftly southwards.
12. Fresh fried fish, fish fresh fried.
13. Swan swam over the sea.
14. He threw three free throws.
15. Black background, brown background.
16. Greek grapes.
17. A proper copper coffee pot.
18. Rubber baby buggy bumpers.
19. Pad kid poured curd pulled cold.
20. Give me the gift of a good green game.
21. To sit in solemn silence in a dull dark dock.
22. The thirty-three thieves thought that they thrilled the throne throughout Thursday.
23. Double bubble gum bubbles double.
24. Nine nimble noblemen nibbled nuts.
25. Pick a peck of pickled peppers.
26. Cooks cook cupcakes quickly.
27. Four fine fresh fish for you.
28. We surely shall see the sun shine soon.
29. Ed had had enough.
30. Drew draws doors.

## سطح متوسط (Intermediate)

این پیچ‌زبان‌ها کمی طولانی‌تر هستند و ممکن است شامل ترکیبی از صداهای مشابه یا متفاوت باشند که تلفظ آن‌ها را چالش‌برانگیزتر می‌کند.

31. How much wood would a woodchuck chuck if a woodchuck could chuck wood?
32. If a woodchuck could chuck wood, he would chuck as much wood as a woodchuck would chuck if a woodchuck could chuck wood.
33. Can you can a can as a canner can can a can?
34. Betty Botter bought some butter, but, she said, the butter's bitter.
35. If she puts my bitter butter in my batter, it will make my batter bitter.
36. So she bought some better butter, better than her bitter butter, and she put it in her batter to make her batter better.
37. She sells seashells, she sells seashells on the seashore.
38. Peter Piper picked a peck of pickled peppers. Did Peter Piper pick a peck of pickled peppers?
39. If Peter Piper picked a peck of pickled peppers, where's the peck of pickled peppers Peter Piper picked?
40. How many cookies could a good cook cook if a good cook could cook cookies?
41. A good cook could cook as many cookies as a good cook who could cook cookies.
42. I have got a date at a quarter to eight; I'll see you at the gate, so don't be late.
43. You know New York, you need New York, you know you need unique New York.
44. Six sick slick seals slid silently ashore.
45. Which wristwatches are Swiss wristwatches?
46. Fuzzy Wuzzy was a bear, Fuzzy Wuzzy had no hair, Fuzzy Wuzzy wasn't fuzzy, was he?
47. Imagine an imaginary menagerie manager managing an imaginary menagerie.
48. If two witches would watch two watches, which witch would watch which watch?
49. We surely shall see the sun shine soon.
50. Seven silly sheep sleepily slipped south.
51. Three thin thinkers thinking thick thoughts.
52. Lesser leather never weathered wetter weather better.
53. The cat caught the kitten in the kitchen.
54. Denise sees the fleece, Denise sees the fleas.
55. Of all the felt I ever felt, I never felt a piece of felt which felt as fine as that felt felt.
56. Thirty-three thirsty, thundering thoroughbreds thumped through the thick thorn bushes.
57. Proper puppies playfully pounce on plump pillows.
58. Send us home, send us home, send us home.
59. Strict, strong Stephen Stringer still struggles with his strength.
60. Black background, brown background. Black background, brown background.
61. A loyal warrior will rarely worry why we rule.

62. Six short slow shepherds.
63. The queen in green screamed.
64. I slit the sheet, the sheet I slit, and on the slit sheet I sit.
65. Freshly fried flying fish.
66. Chester Cheetah chews cheap cinnamon toast crunch.
67. So, this is the sushi chef.
68. Six sticky skeletons.
69. A big black bug bit a big black bear, made the big black bear bleed blood.
70. Good blood, bad blood.

### سطح پیشرفته (Advanced)

این پیچ‌زبان‌ها معمولاً طولانی‌تر هستند و شامل الگوهای صوتی پیچیده‌تر، تغییرات سریع در تلفظ و کلمات غیرمعمول می‌شوند.

71. The sixth sick sheik's sixth sheep's sick.
72. Through three cheese trees, three free fleas flew. While these fleas flew, freezy breeze blew. Freezy breeze made these three trees freeze. Freezy trees made these trees' cheese freeze. That's what made these three free fleas sneeze.
73. Peter Piper picked a peck of pickled peppers. A peck of pickled peppers Peter Piper picked. If Peter Piper picked a peck of pickled peppers, where's the peck of pickled peppers Peter Piper picked?
74. Betty Botter had some butter, "But," she said, "this butter's bitter. If I put it in my batter, it will make my batter bitter. But a bit of better butter will make my batter better." So she bought some better butter, better than her bitter butter, and she put it in her batter, and the batter was not bitter. So 'twas better Betty Botter bought a bit of better butter.
75. How much wood would a woodchuck chuck if a woodchuck could chuck wood? He would chuck, he would, as much as he could, and chuck as much wood as a woodchuck would if a woodchuck could chuck wood.
76. If two witches were watching two watches, which witch would watch which watch?
77. Surely Sylvia swims swiftly, splashing sixty-six silver swans.
78. Are our oars oak oars?
79. Lies in a ditch, ditch in a lies.
80. I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes, I won't wish the wish you wish to wish.
81. One-one was a racehorse. Two-two was one too. One-one won one race. Two-two won one too.
82. Thirty-three thousand feathers on a thrush's throat.
83. Black bugs blood.
84. Strict, strong Stephen Stringer snared slick, slimy snakes.
85. The great Greek grape growers grow great Greek grapes.
86. Four furious friends fought for the phone.

87. Cheap ship trip.
88. The shrewd shrew shrewed shrewdly.
89. He'd had enough of had-enough had.
90. Sarah sees Sharon's sister at the seaside.
91. Eleven benevolent elephants.
92. Which witch wished which wicked wish?
93. Specific Pacific.
94. A truly rural pure pearl.
95. Six sick sheik's sheep sick.
96. The big black bat bit the big black bear, but the big black bear bit the big black bat back!
97. Silly Sally swiftly shooed seven silly sheep. The seven silly sheep silently shooed silly Sally.
98. Brad's big black bats flew back to Brazil.
99. Imagine a fanciful feline fancying flowers.
100. The soldier's shoulder surely shouldn't show a shoddy shot.

با تمرین مداوم این پیچ‌زبان‌ها، می‌توانید عضلات گفتاری خود را تقویت کرده و تلفظ و روانی کلام خود را به طور چشمگیری بهبود بخشید. موفق باشید!