



GK TRAINING APPROVED

TONGUE TWISTERS

Practice these several times in a row, going as slowly as needed to do them perfectly but as quickly as possible. Over time, you will be able to pick up speed.

BIG BLACK BUG

"The big black bug bit the big black bear, and the big black bear bled blue-black blood."

WILL YOU WAIT WINNIE & WILLIE WILLIAMS

"Will you wait, will you wait, will you wait, will you wait? Will you wait for Willie and Winnie Williams?"

PAPER POPPY, BABY BUBBLE

"Paper poppy, baby bubble, paper poppy, baby bubble. Paper poppy, paper poppy, baby bubble, baby bubble."

WHETHER THE WEATHER

"Whether the weather be cold,
or whether the weather be hot,
we'll weather the weather,
whatever the weather,
whether we want to or not.
Whether the weather be hot,
or whether the weather be cold,
we'll weather the weather,
whatever the weather,
whether we're young or we're old."

TAI CHI TEACHER

"Tai Chi teacher, Tai Chi teacher, Tai Chi teacher, Tai Chi teacher. Teacher Tai Chi, Teacher Tai Chi, Teacher Tai Chi, Teacher Tai Chi."

TOPEKA, BODEGA

"Topeka, topeka, topeka, topeka. Bodega, bodega, bodega, bodega. Topeka, bodega, topeka, bodega, topeka, bodega, topeka, bodega. Bodega, topeka, bodega, topeka, bodega, topeka, bodega, topeka."

WHAT A TO-DO

"What a to-do to die today, at a minute or two to two;
A thing distinctly hard to say, but harder still to do.
For they'll beat a tattoo, at twenty to two
A rat-tat-tat- tat-tat-tat- tat-tat-tattoo
And a dragon will come when he hears the drum,
At a minute or two to two today, at a minute or two to two."

GRIP-TOP SOCK

"Give me the gift of a grip-top sock,
A clip drape shipshape tip top sock.
Not your spinslick slapstick slipshod stock,
But a plastic, elastic grip-top sock.
None of your fantastic slack swap slop
From a slap dash flash cash haberdash shop.
Not a knick knack knitlock knockneed knickerbocker sock
With a mock-shot blob-mottled trick-ticker top clock.
Not a supersheet seersucker ruck sack sock,
Not a spot-speckled frog-freckled cheap sheik's sock
Off a hodge-podge moss-blotched scotch-botched block.
Nothing slipshod drip drop flip flop or glip glop
Tip me to a tip top grip top sock."
(Dr. Seuss)