



FRENCH PARROT — PRONUNCIATION CHEAT SHEET

Mastering the French 'R' Without Throat Pain

1. THE WATER GARGLE TECHNIQUE



Step 1:

Take a tiny sip of water and tilt your head back.



Step 2:

Gargle gently to notice where the water vibrates at the back of your soft palate.



Step 3:

Spit the water out, tilt forward, and replicate that exact friction using only air.

2. THE "TONGUE ANCHOR" GOLDEN RULE



Keep the tip of your tongue anchored lightly against the back of your lower front teeth at all times.

- ✗ Never roll the tip of your tongue (like Spanish).
- ✗ Never pull the tongue deep into your throat (like American English).



⚠ PRO-TIP / SAFETY CHECK:

If your throat hurts, you are pushing air too hard!
The French 'R' should feel like a soft whisper, not aggressive throat scraping.

3. PRACTICE WORD LIST

Level	Word	Phonetic / Usage Tip
★ Easy	Merci	After vowel (mer-see)
★ Easy	Paris	Soft glide (pah-ree)
★ Easy	Car	End of word (kahr)
★ Medium	Rouge	Start of word (roozh)
★ Medium	Rien	Nasal ending (rya ^ñ)
★ Medium	Rue	With 'U' sound (rew)
★ Hard	Très	After hard consonant 'T' (treh)
★ Hard	Grand	After hard consonant 'G' (gra ^ñ)
★ Hard	Brave	After hard consonant 'B' (brahv)