



A FREE PRONUNCIATION AWARENESS RESET

5-Day Vowel Awareness Challenge

A pronunciation awareness reset for Spanish speakers learning American English.

Alejandro Zuluaga · Pronunciation & Fluency Coach



Alejandro Zuluaga
Pronunciation Coach



THE REAL PROBLEM

Most Spanish speakers are training pronunciation the wrong way.

They focus on vocabulary and grammar — while the sounds that carry meaning go untrained. The result: fluency without clarity.

This challenge is built around a different approach. We call it **Vowel Awareness Training** — a method that starts with perception before production.

| Vowel Awareness Training

| Sound Perception Before Production

| Clarity Over Quantity



Alejandro Zuluaga
Pronunciation Coach

▶ /i:/ vs ▶ /ɪ/ — The Sounds That Change Everything

In Spanish, these two sounds are treated as one. In American English, they carry completely different meanings — and native speakers hear the difference instantly.

▶ /i:/ — Tense


sheep · leave · seat · beach · teacher · teeth

▶ /ɪ/ — Relaxed

ship · live · sit · bitch · fit · pitch

GUIDED LISTENING DRILL

▶ Click the play symbol in the title above to listen and practice this minimal pairs drill.

 The difference is not just acoustic — it's physical. Your mouth position changes everything.



▶ Minimal Pairs — /i:/ vs /ɪ/

Listen first. Then repeat. Then record. Perception precedes production.

/i:/ Sound	/ɪ/ Sound
sheep	ship
leave	live
seat	sit
beach	bitch



GUIDED LISTENING DRILL

▶ Click the play symbol in the title above to listen and practice this minimal pairs drill.

▶ *Read aloud. Focus on the vowel quality — not the speed.*

1. The **sheep** got scared when the **ship** started moving.
2. I want to **leave** early because I **live** far away.

▷ /ʌ/ vs ▷ /ɑː/ — Open Space vs Relaxed Center

Spanish doesn't distinguish these sounds — so the confusion is automatic. But in American English, they signal completely different words, and the gap is wider than most learners expect.

▷ /ʌ/ — Short U

luck · stuck · cut · cup · fun · cut

▷ /ɑː/ — Open A

lock · stock · cot · cop · fun · cut

i luck ≠ lock. stuck ≠ stock. The difference lives in your jaw and tongue — not just your ear.

 GUIDED LISTENING DRILL

▷ Click the play symbol in the title above to listen and practice this minimal pairs drill.

▶ Minimal Pairs — /ʌ/ vs /ɑː/

Use a mirror. Watch your jaw open. Feel the space change between sounds.

/ʌ/ Sound	/ɑː/ Sound
luck	lock
stuck	stock
cut	cot
cup	cop

GUIDED LISTENING DRILL

▶ Click the play symbol in the title above to listen and practice this minimal pairs drill.

PRACTICE SENTENCES

▶ *Read aloud. Focus on the vowel quality — not the speed.*

1. **Lock** the door if you have **luck**.
2. The cop didn't use the **cup**.

THE METHOD

Build Awareness Before Accuracy

Each session takes 5–10 minutes. No pressure. No overload. Just focused, intentional awareness — one day at a time.



DAY 1 — Hear the Difference

Train your ear before your mouth.



DAY 2 — Mouth Awareness

Observe jaw, lip, and tongue position.



DAY 3 — Open vs Relaxed

Feel the physical difference between vowels.



DAY 4 — Record & Correct

Listen back with honest attention.



DAY 5 — Real Speech

Integrate both contrasts into natural sentences.

The Clarity Training Reset

Five focused sessions. One awareness shift at a time.

01

DAY 1 — Hear the Difference

Train your ear before your mouth. Listen to the contrasts without trying to repeat them.

02

DAY 2 — Mouth Awareness

Use a mirror. Observe jaw position, lip tension, and tongue placement for each sound.

03

DAY 3 — Open vs Relaxed

Feel the physical difference between /ʌ/ and /ɑ:/. Awareness precedes accuracy.

04

DAY 4 — Record & Correct

Record yourself reading the minimal pairs. Listen back with honest attention.

05

DAY 5 — Real Speech

Combine both contrasts in natural sentences. Notice where clarity improves.

WHAT COMES NEXT

This is only the beginning of Vowel Awareness Training.

This challenge gives you the foundation — the awareness that most learners never develop. Awareness is where clarity begins.

Guided Repetition Audios

Structured listening drills for each vowel contrast.

Articulation Training

Video guidance on mouth position and physical production.

Clarity Progression System

A trackable method from awareness to fluency.



YOUR NEXT STEP

Clarity is a skill. And it begins with awareness.

If this challenge opened something for you — that's the beginning. The Vowel Awareness Pack is where the real training starts. Deeper. Guided. Structured. Designed to move you from awareness to precision.



Access the Complete
Training Experience »

You are not trying to sound perfect.
You are training your awareness first.



Alejandro Zuluaga
Pronunciation Coach