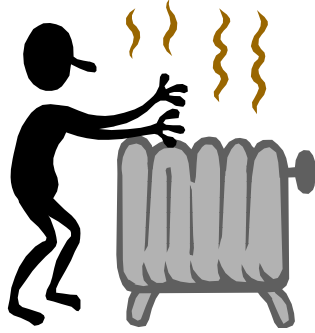


The aspiration trick for /f/

f



heat



feet

f

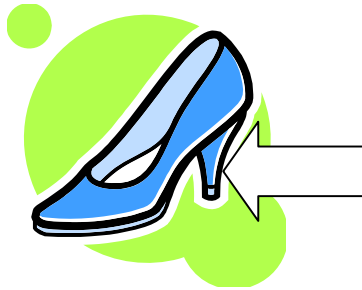


hold



fold

f



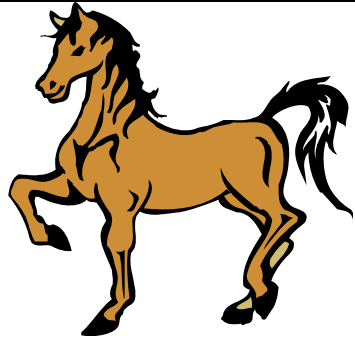
heel



feel

The aspiration trick for /f/

f



horse



force

f



hive

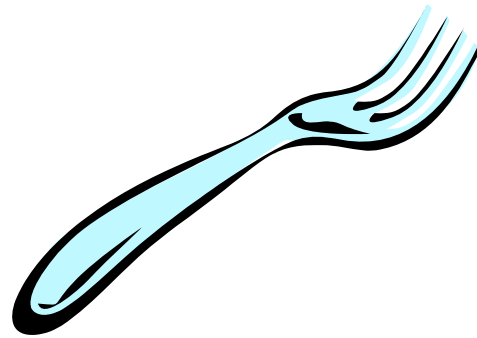


five

f




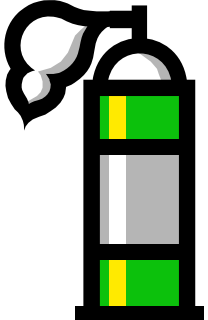

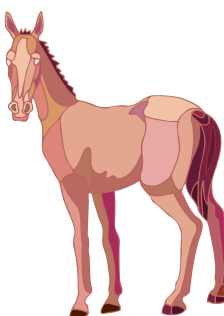


hawk



fork

f

The aspiration trick for /f/

f		
	home	foam
f		
	hole	foal
f		
	hold	fold

Practise 'f...heat', 'fhhheat', etc., gradually reducing the aspiration and eventually turning 'f...heat' into 'feet'.