

The aspiration trick for /p/

p



hole

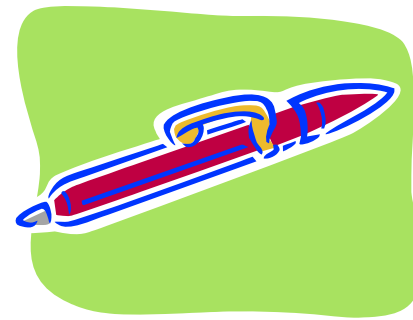


pole

p

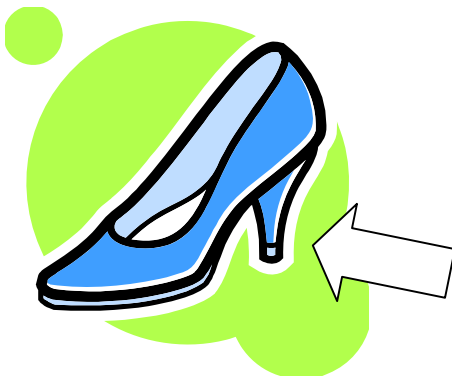


hen

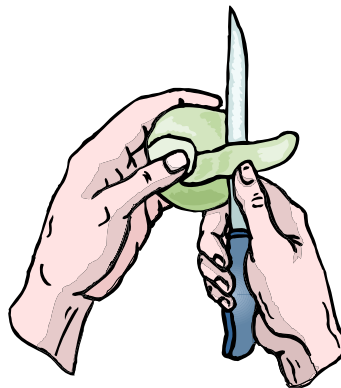


pen

p


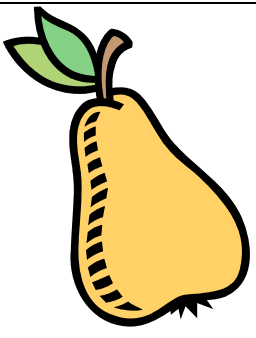






heel



peel

The aspiration trick for /p/

p		
	hair	pear
p		
	hug	pug
p		
	high	pie

Practise 'p...hole', 'phhhole', etc., gradually reducing the aspiration and eventually turning 'p...hole' into 'pole'.