E G 2.0

DUOLINGO
GLOBAL
AMBASSADORS

ENGLISH GYMNASIUM

FOR HIGH PERFORMANCE RESULTS

By Ron Samuel

1. Connections

2. ABC Pino Daniele

3. Numbers

4. Passive Listening

5. Shadowing and Rapid Response (Coming Soon as Audio Tracks).

bicycle

Connections

Pino Daniele 'ABC'

Numbers

Passive Listening

Shadowing

Telling Time

TH Words

Directions

Rapid Response

It Is Not Like Studying … It's Like Training For Sports

Using Your Brain For Language Acquisition

We now know why people have difficulty learning English, and this document describes why many of you have difficulty speaking and learning English and now we will show you step by step how to improve your

English. As I mentioned, English acquisition is more like **preparing for a sport** and not like studying an academic subject. As such, in response to problems I observed my students having learning English, I developed different exercises for each of these students.

I will explain how to use the exercises then at the end of the book I will put all the exercises so you can do them one after the other.

Remember that as we discussed, in your first contact with learning English, most teachers started immediately translating from words in your native language to English words, which set the dynamic in motion which makes acquiring English a mission impossible for the majority of English students.

To overcome translating, we build an English database which is similar to the vocabulary database in your native language and we build it the same way you built the database in your mother-tongue, by **connecting the words directly to the objects they represent.** it the same way you built the database in your mother-tongue, by **connecting the words directly to the objects they represent.**

In our exercise, you build this database simply by looking at the objects and saying the word that represents them in English. **You look at a car and you say car.** You look a **policeman** and you say **policeman.** It is really that simple.

These steps allow you to use English the way you use native language, without translating.

CONNECTIONS

Connections

You simply say it out loud:

"CAR, SPORTS CAR, BLACK SPORTS CAR, BLACK PORSCHE SPORTS CAR, TAIL LIGHTS, RED TAIL LIGHTS, RAIN, RAINY, LICENSE PLATES, TAGS, TEXAS LICENSE PLATES".

As long as this car is in front of you repeat these above words over and over. Your brain likes repetition. We are building muscle memory so the more SETS of REPETITIONS you do the better. YOUR ENGLISH GYM IS EVERYWHERE.

- According to experts we use the creative portion of our brains to learn our first language and the other hemisphere of our brain to learn all our other languages. This is the main reason you have difficulty learning ENGLISH.

- Why are we using the wrong side of our brain for our second language and ow do we correct this?
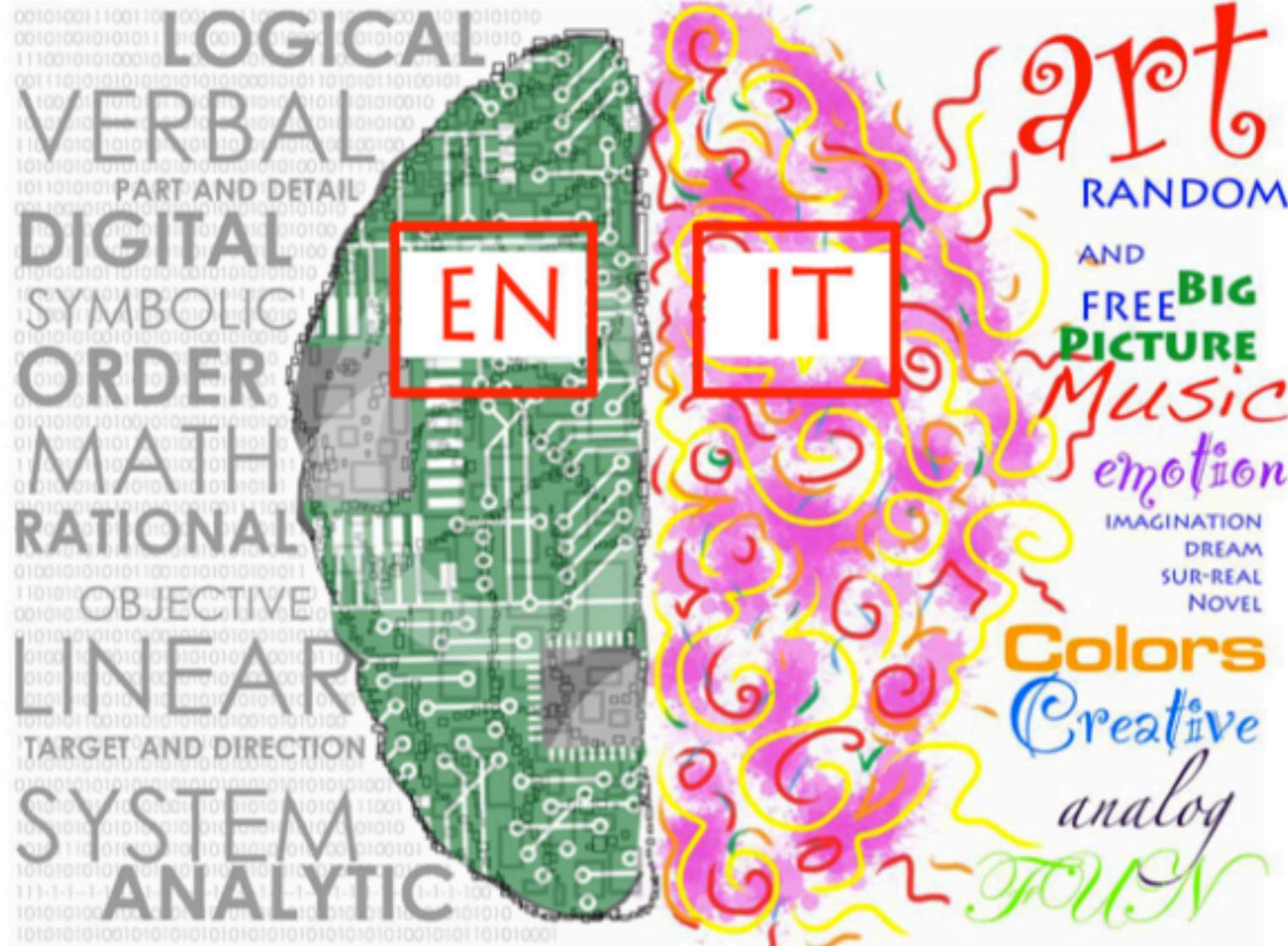

LOGICAL AND CREATIVE HEMISPHERES OF THE BRAIN
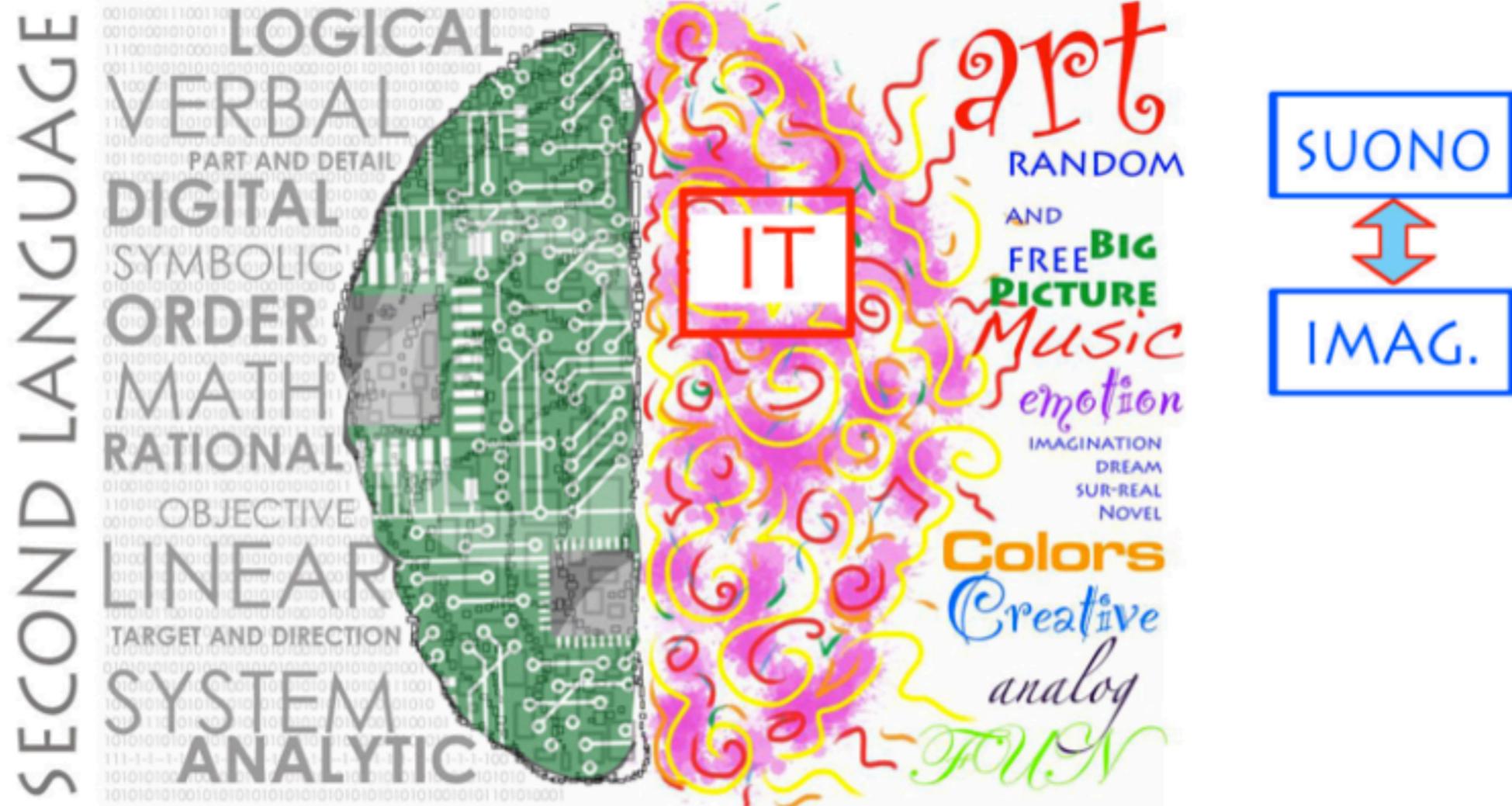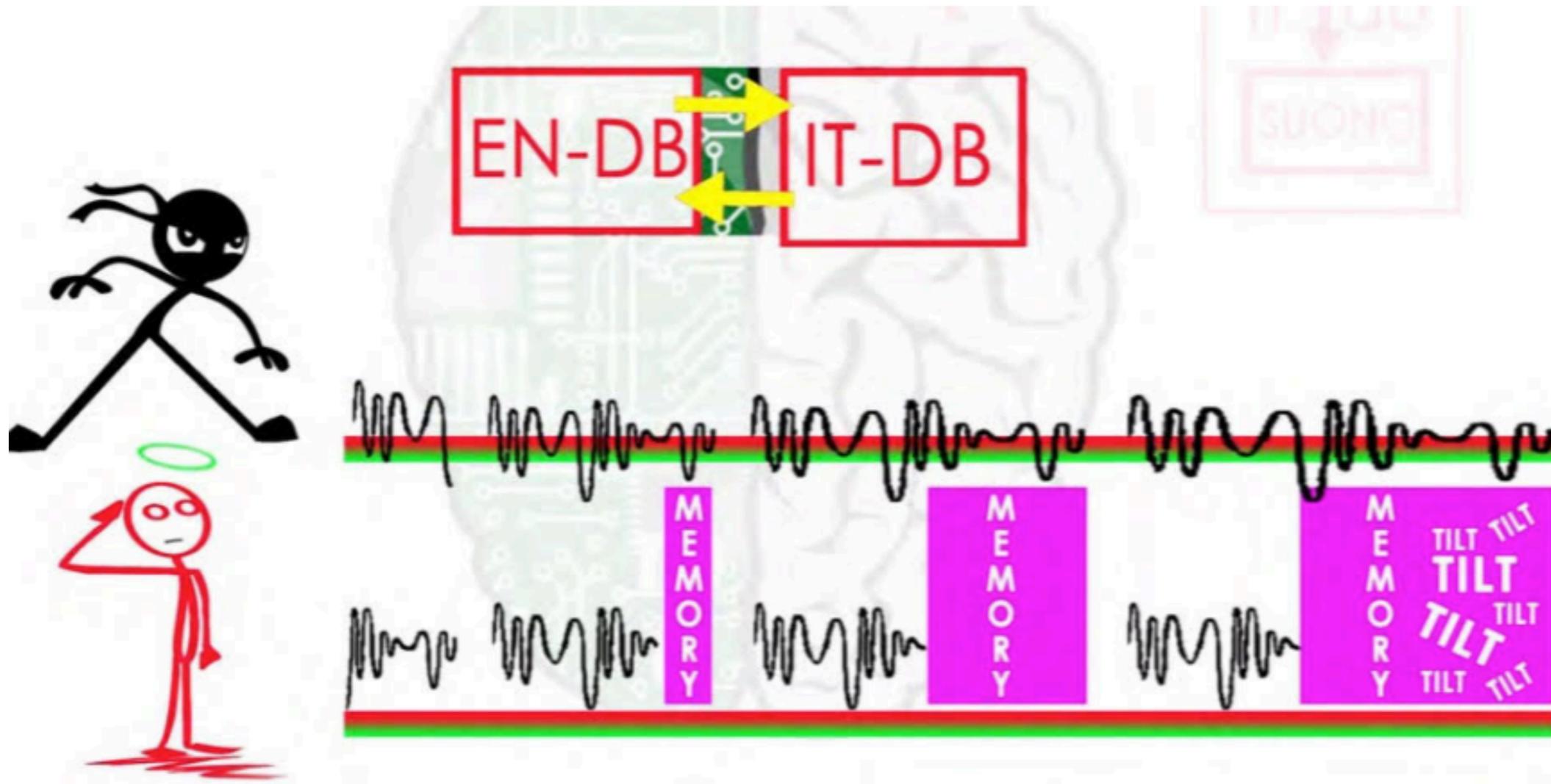
THE DATABASE OF YOUR FIRST LANGUAGE TIED DIRECTLY TO IMAGES

SINCE YOU ARE TAUGHT TO TRANSLATE FROM YOUR FIRST LANGUAGE
TO YOU NEW LANGUAGE …… AND NOT DIRECTLY TO IMAGES

THE DATABASE OF YOUR NEW LANGUAGE IS LINKED TO WORDS IN THE
DATABASE OF YOUR NATIVE LANGUAGE …… AND NOT DIRECTLY TO IMAGES

Because of this, even expert English speakers using English as a second or third language, report comprehension difficulties in conventions or when they are listening to speeches or long presentations because they are translating for comprehension. They are not going from words to images but from word in new language to a word in their native language.
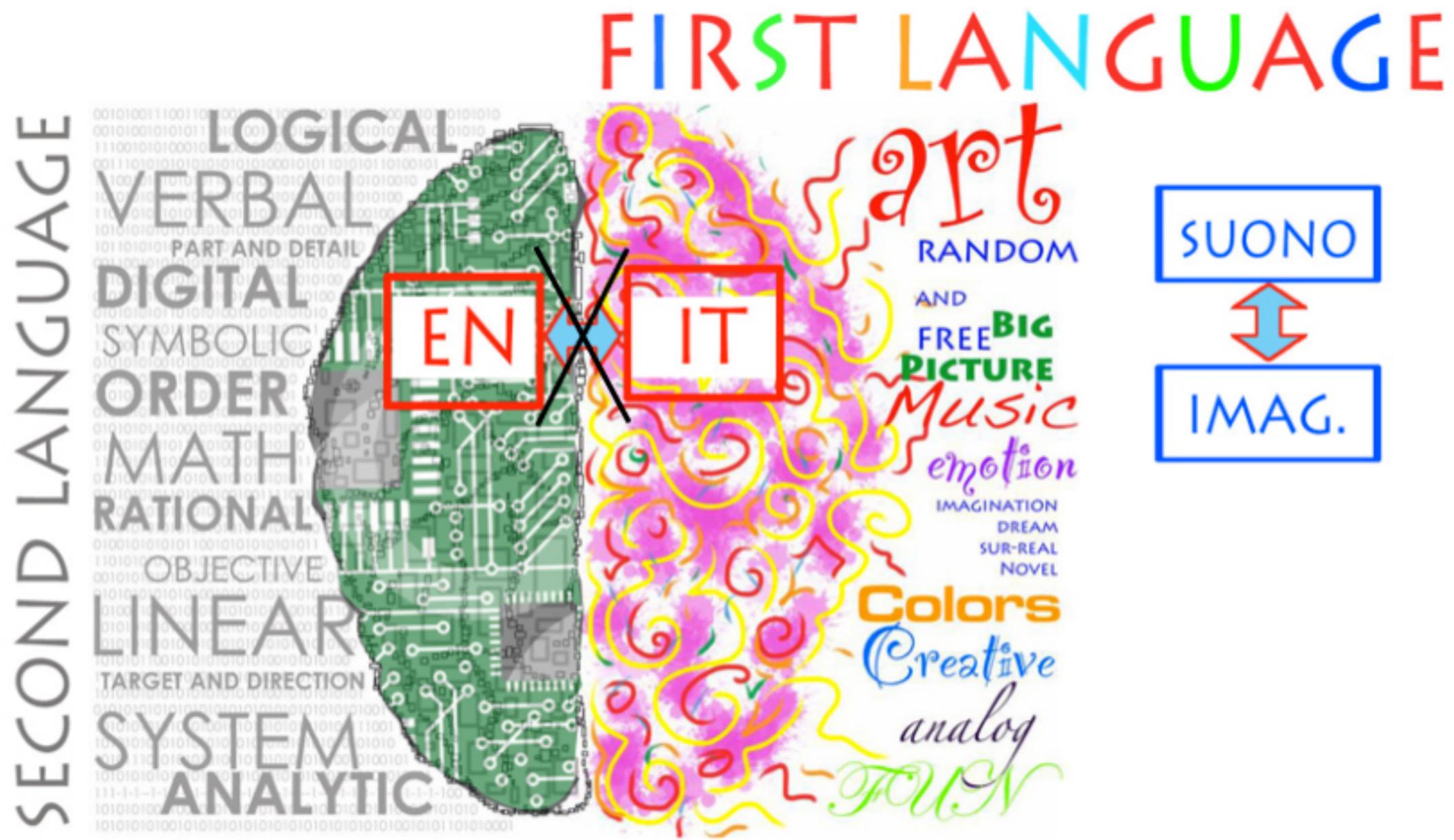
SOLUTION: Brain surgery. Cut the connection between the New English Database and the database of your native language.

Then we must move the database from the logical portion of the brain to the creative portion of the brain. You accomplish this by doing connections. Simply look at objects and say their names in English. This must become an obsession.

So now that we have moved your English language database to the side of the brain that we need it, it is time to start build its database using connections.

Just like with working out, the more you do this the better the results. I have students who have gone from practically no English to speaking in 6 months. But remember:

NO PAIN NO GAIN !
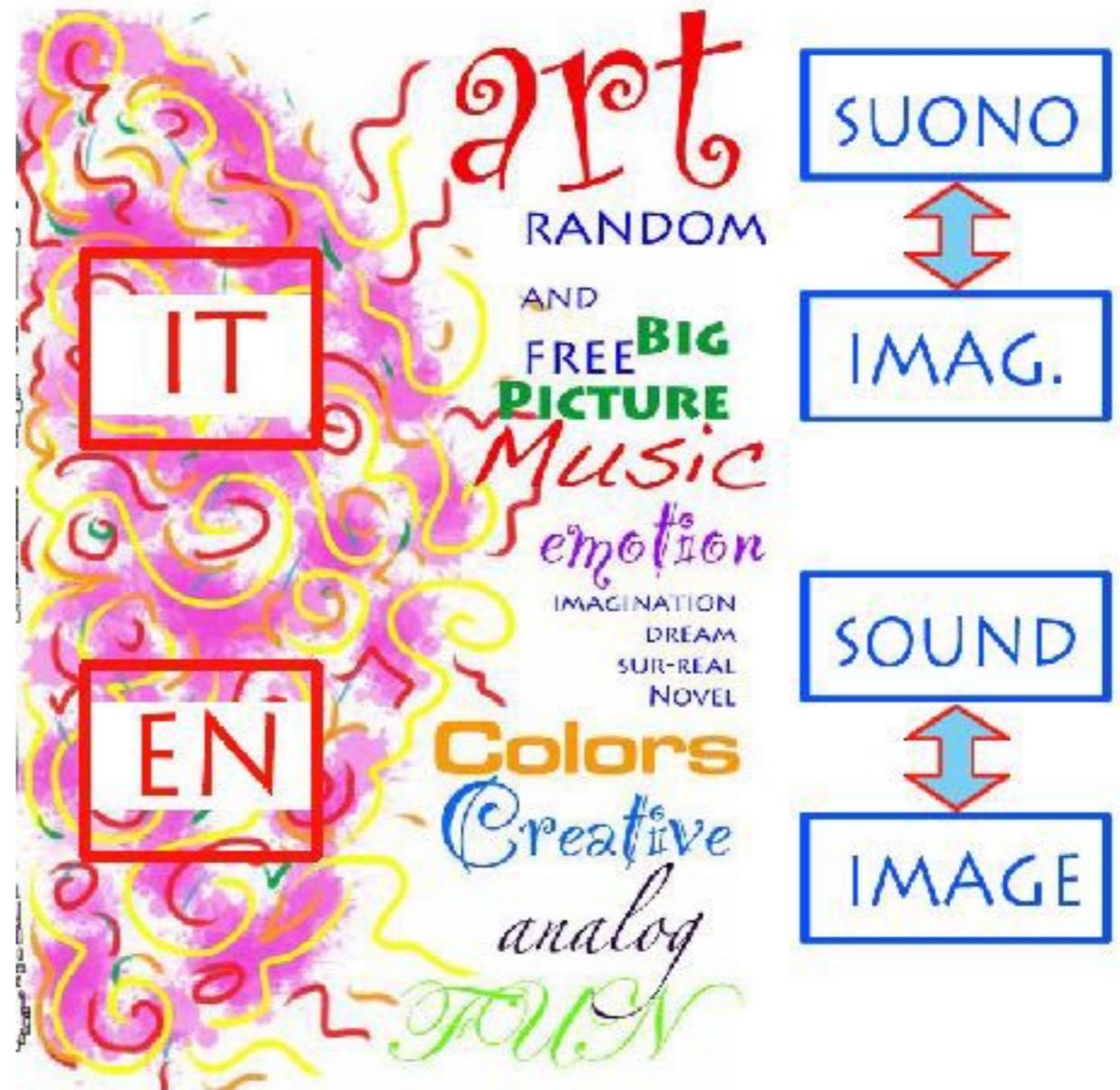
NOW DO CONNECTIONS TO BUILD YOUR NEW ENGLISH DATABASE
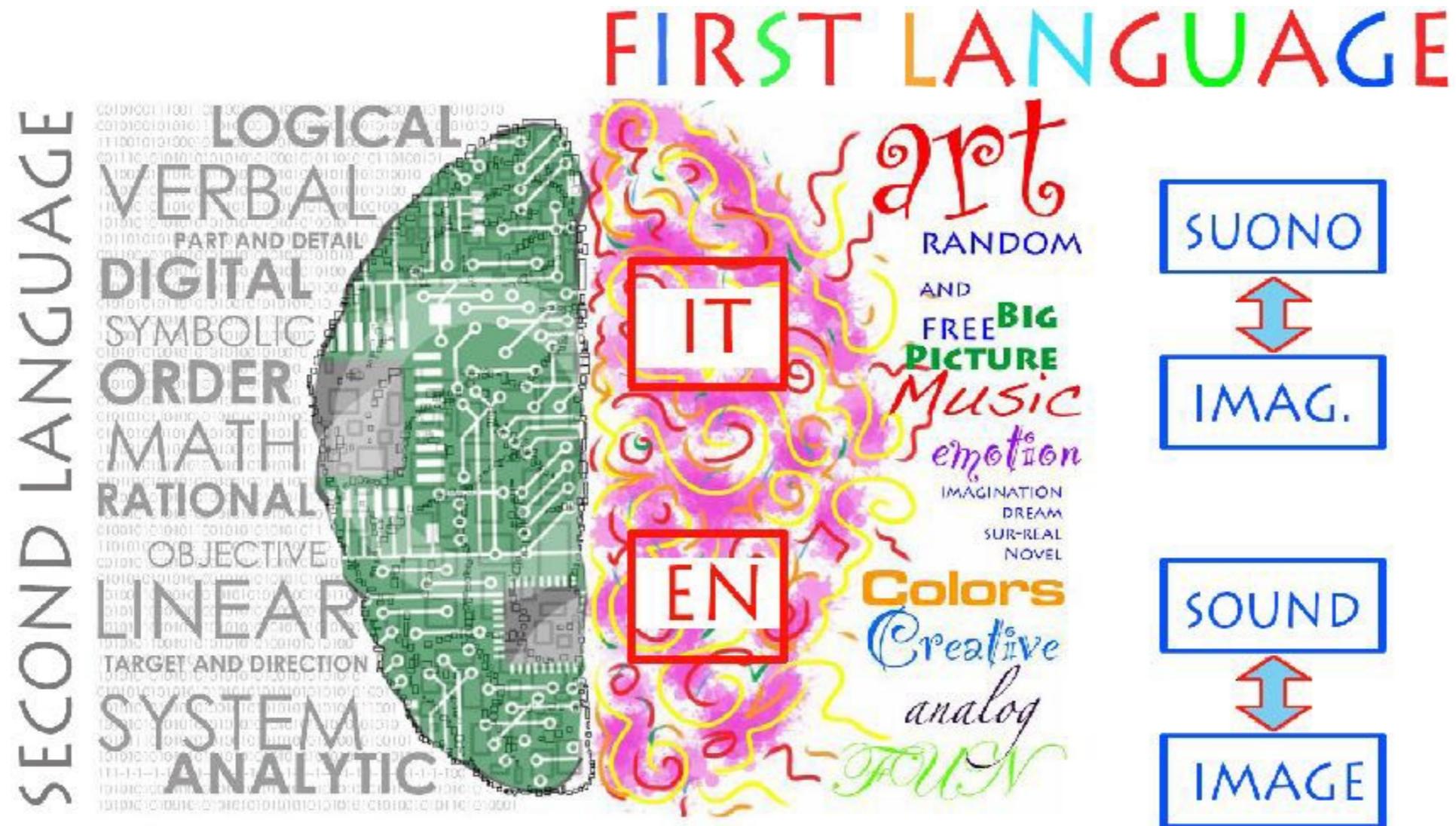
Connections are used to build your vocabulary in the creative hemisphere of your brain so that the words are connected directly to the image the word represents

WESPEAKENGLISH PISA family
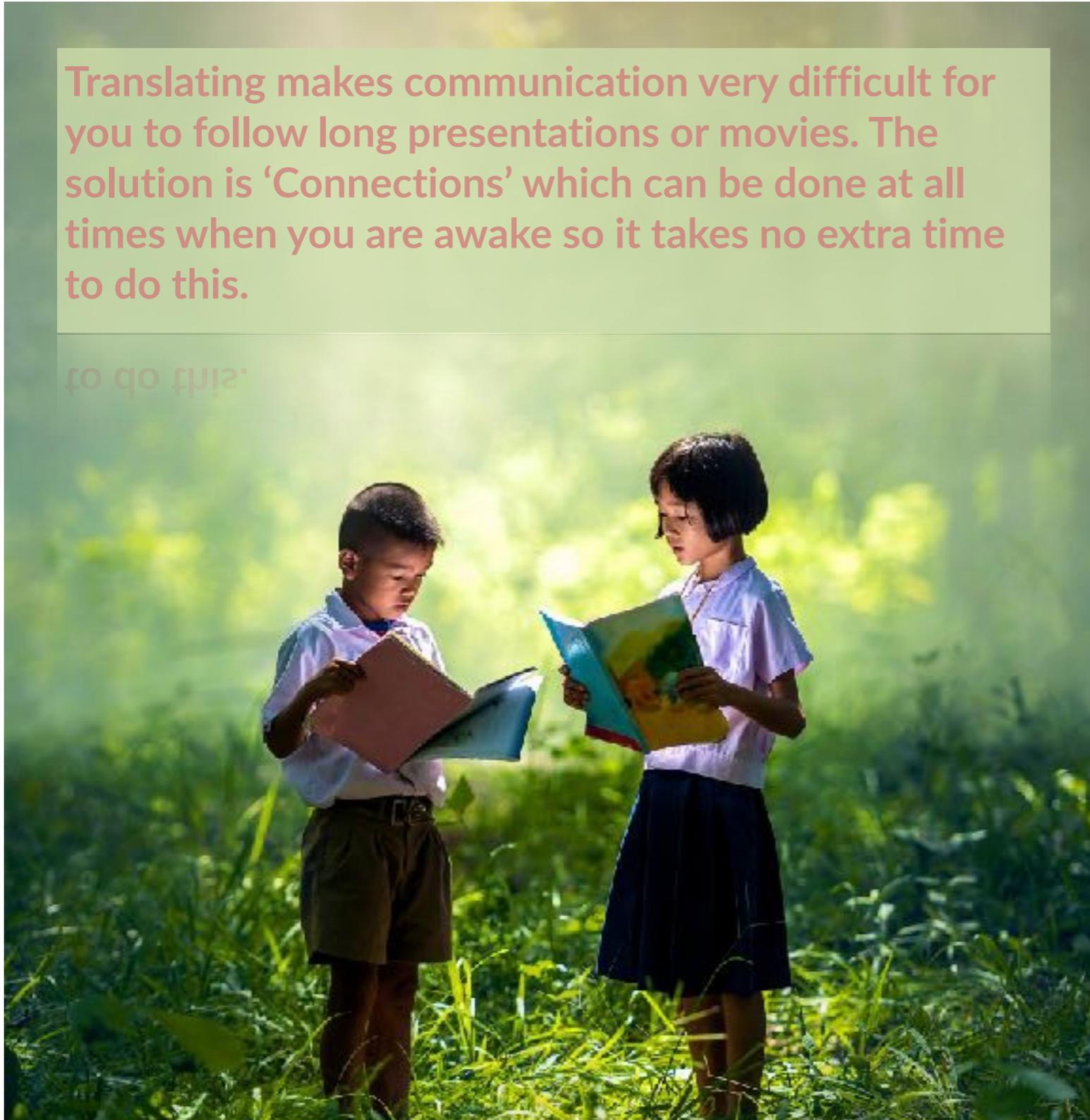when we can communicate we can get to know each other

140+ COUNTRIES
150

1,400+ FAMILY MEMBERS
1,600
1,920

Almost 450 Events

PISA

2022

Translating makes communication very difficult for you to follow long presentations or movies. The solution is 'Connections' which can be done at all times when you are awake so it takes no extra time to do this.

Connections Conclusion

Connections must be done knowing that the purpose is to develop your English Database the same way you created the Database for your native language.

While doing connections keep the purpose in mind - that you are doing it so that you have immediate access to vocabulary and strings of words when speaking English.

…don't use the conditional … it's for wimps…

Pino Daniele: Dubbi non

Do, Re, Mi, Fa, So, La, Te, Do

Imagine Pino Daniele had an inspiration for a new song early in the morning before waking up. He rolls out of bed, grabs his guitar to play the song before he forgets it. He wants to play it but does not know where the notes are. So, if a musician cannot play without knowing where all the notes are by heart, why do you think you can play the music called English without knowing the notes   a b c d e f g h i j k l m n o p q r s t u v w x y z
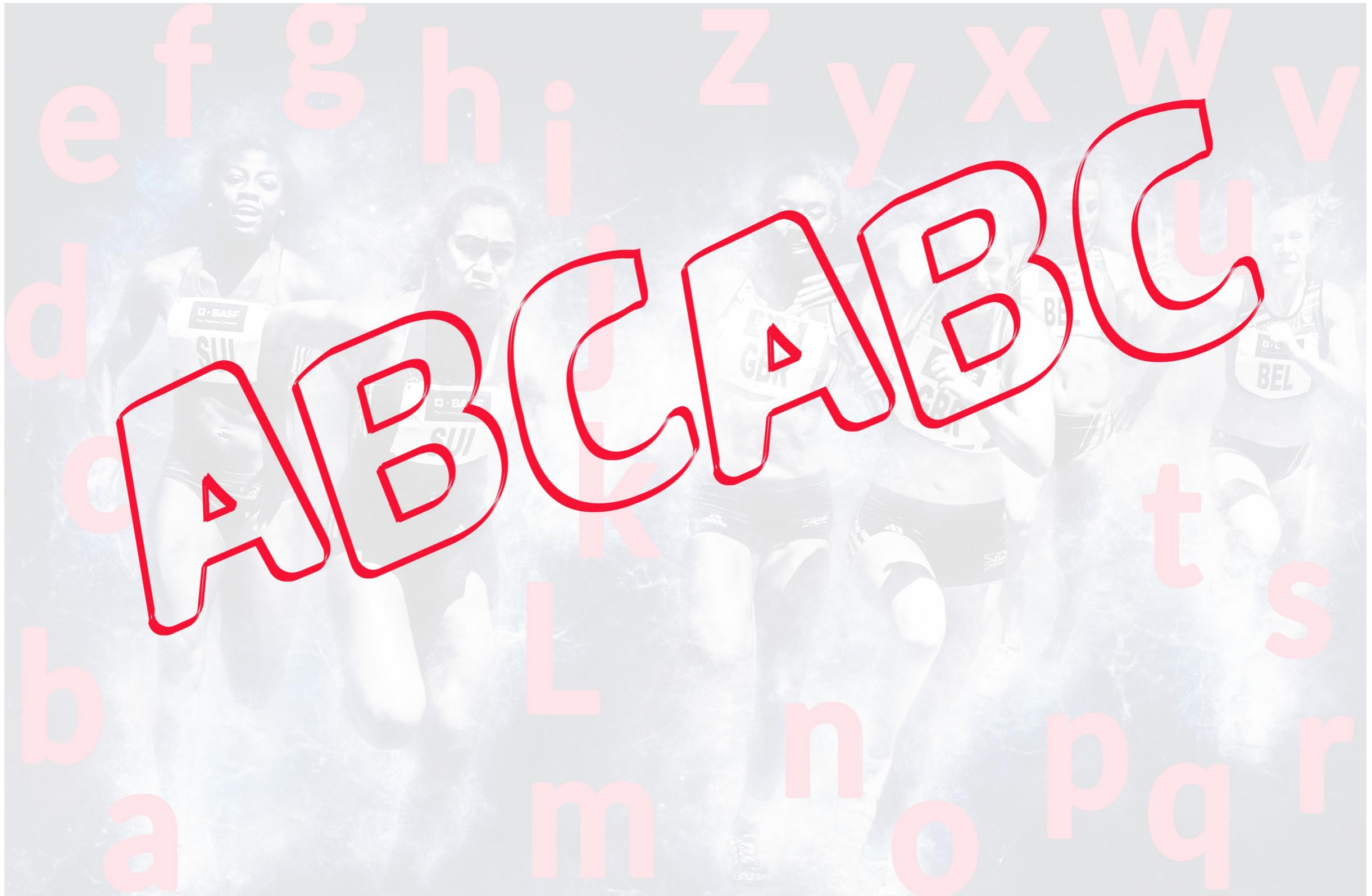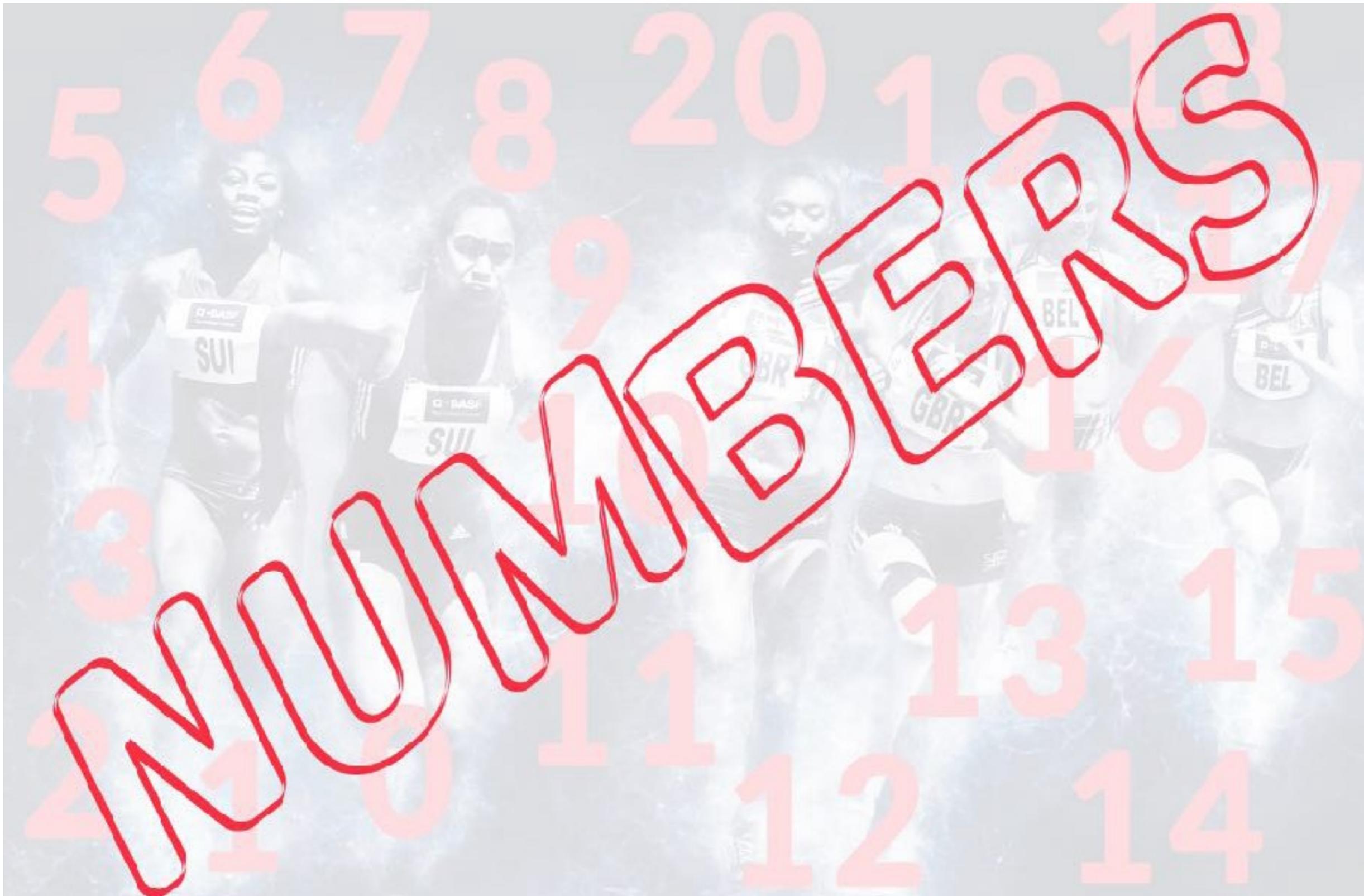
ABC Conclusion

Do the abc backward and forward so that it becomes automatic. Just do it daily if you want to get the best results. It works.

NUMBERS

Numbers

We rock numbers the same way we do with the alphabet. Backward and forward. Just go through the numbers pages as many times as you want to. It's just like a normal gym, the more you do the better the results.

| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 30 | 40 | 50 | 60 | 70 | 80 | 90 |

trillion   *billion*   *million*   *thousand*   *hundred*

135,281,097,769,879.12567

**and** *(optional)*

point *(NOT optional)*

1. **GROUP IN THREES**   2. **READ THE NUMBER**

3. **READ TITLE EXCEPT FOR HUNDRED**

QUICK GUIDE TO NUMBERS

Eight hundred seventy-nine	Seventy-nine	The year 1920
879 is equal to	**79 is equal to**	19 = nineteen
800 = eight hundred	70 = seventy	20 = twenty
70 = seventy	9 = nine	**The year 2008**
9 = nine		2000 = two-thousand
		8 = eight
		The year 2022
		20 | 22 = twenty twenty-two

There are many different rules to writing numbers just be consistent.
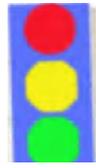
TH Words

The **TH** sound in words such as **THIS** just does not exist in Italian so Italians have to be taught how to make this sound. The tongue has to be placed between the teeth and extend out of the mouth. All students master this after about three lessons.
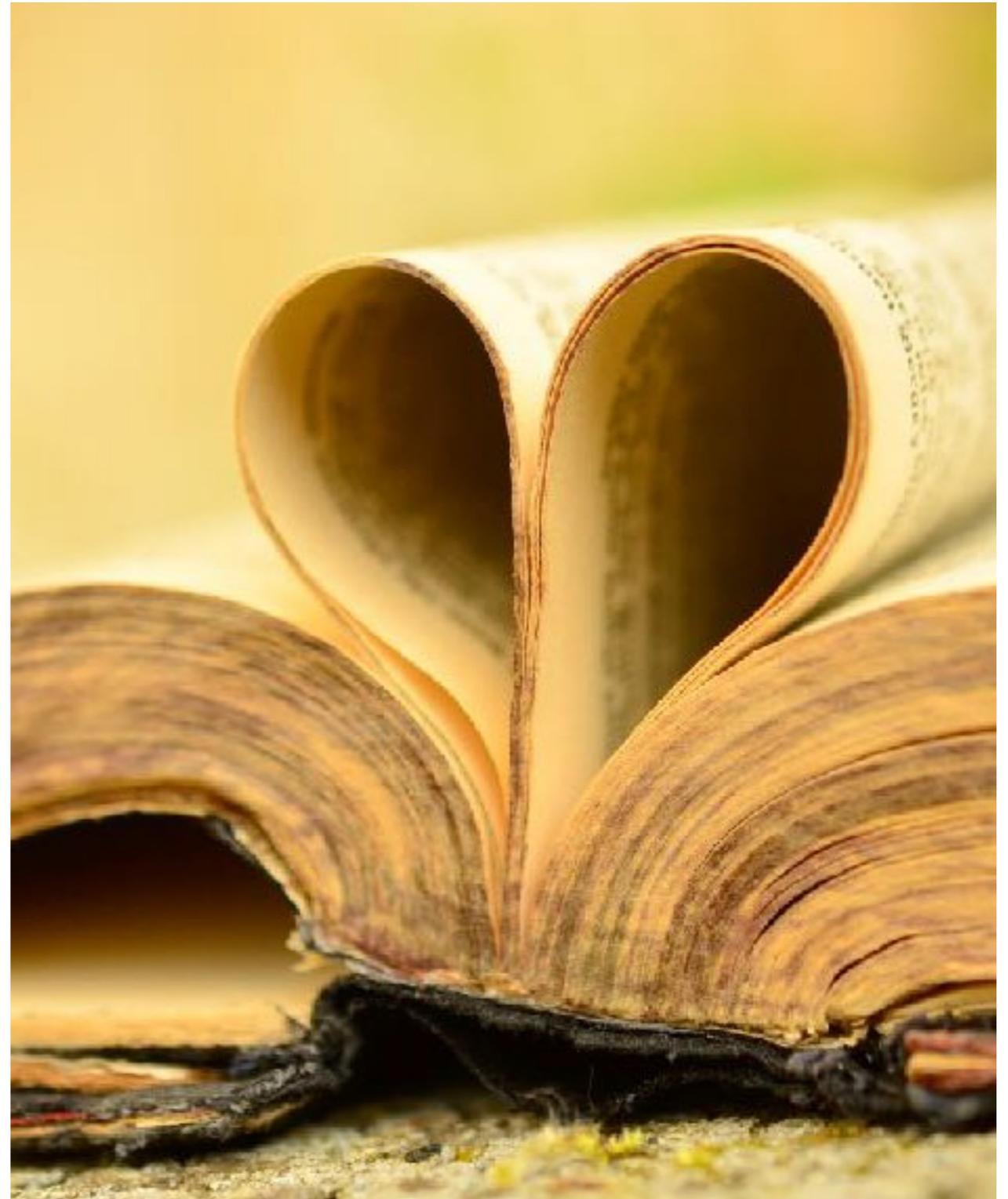
TH Words

ENGLISH GYMNASIUM — '20' — 'th......' WORDS

this that these those thunder there

think thirst thumb thanks thin thief

thirteen thorn three thousand then

TH words do not exist in Italian so we have
to learn how to say them.

21

bath filth birth death earth south with

length month path north youth truth

fourth fifth sixth seventh eigth ninth

*There is only one requirement. When you listen, you do not have to understand.*

PASSIVE LISTENING

If you were to drop into a square in China or Russia and you do not speak the language as they speak, you would hear just sound, music, noise. The first contact you have with a new

Relax and Listen

…language is just that. If you spend a couple of weeks in a country you being to recognize some words. It does not mean you know what the word means but that you know that that sound is a word. The longer you are in contact with the language, the more you are able to identify words. Knowing this, we use **passive listening** to artificially create more contact with the language. So, the more contact with the language the better.
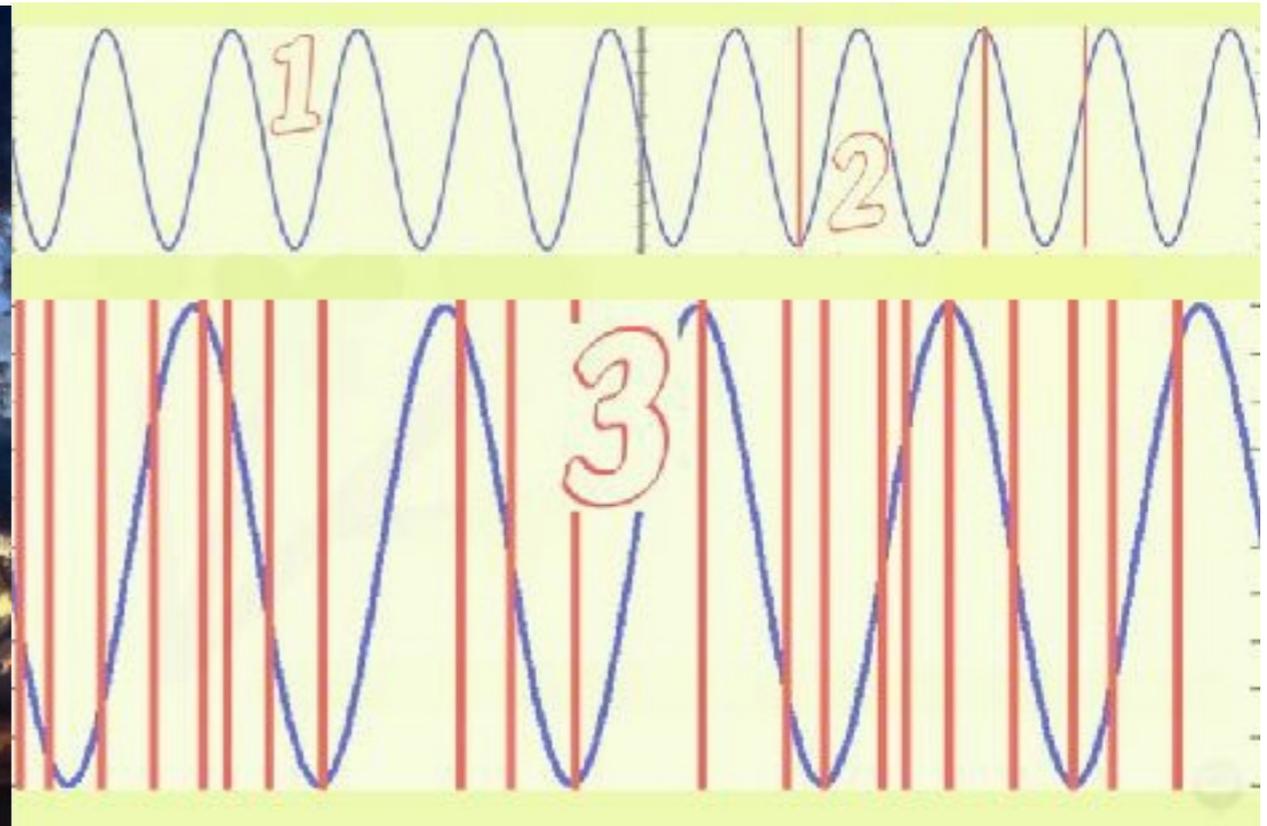
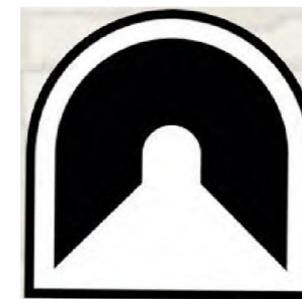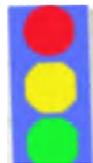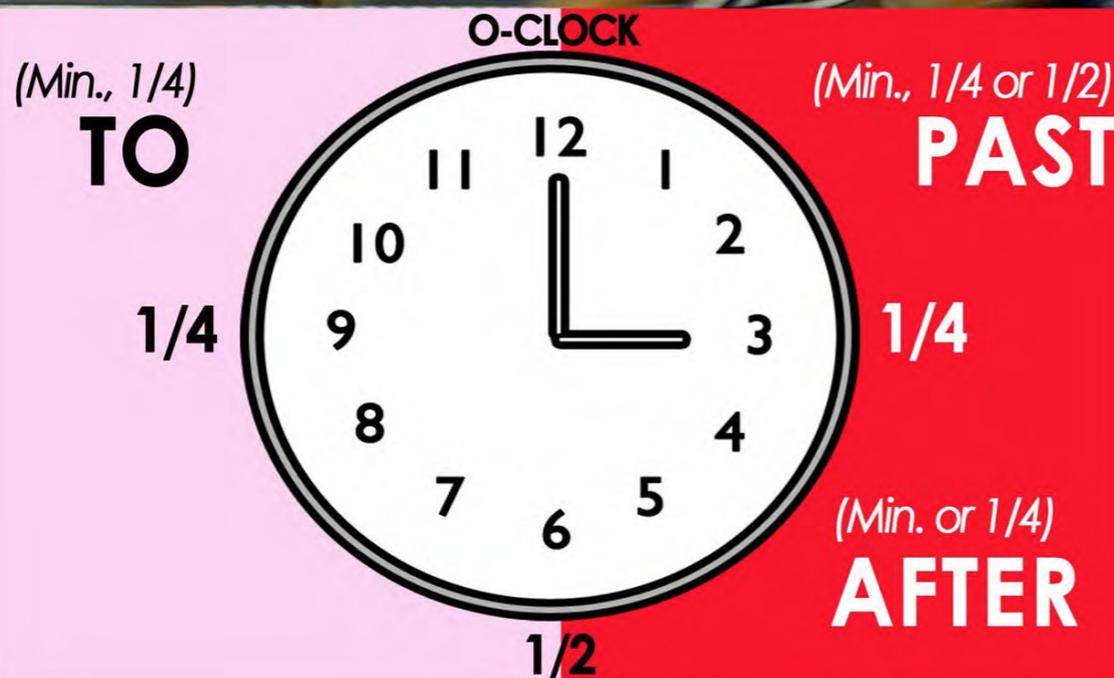## Listen To Anything

Listen to everything possible in English but there is one rule, you must not try to understand. This exercise is just to familiarize yourself with the sounds of English, it is not for comprehension. Your first guide to speaking a language is knowing what sounds right and what does not sound right. That comes from listening, passive listening.

What Time Is It?

It's Be-Bi Time

ENGLISH GYMNASIUM   - 'analog' TIME

26

O-CLOCK

(Min., 1/4)
TO

(Min., 1/4 or 1/2)
PAST

1/4

1/4

(Min. or 1/4)
AFTER

1/2

There are three hands, the minute hand, the hour hand and the second hand. Once the minute hand is between 12 and 6, we say, PAST or AFTER. When the minute hand is between 6 and 12, we say TO. We say the minutes then the hour. 10 to 2. Which means ten minutes to the hour 2. We can add AM or PM if it is not clear which it is.

DIGITAL TIME - (24-hour clock)

Based on a 24-hour clock, this method is more precise as there is no need to specify am or pm. This is read as HOURS then Minutes, that is HH:MM:SECONDS (with SECONDS optional). In a civilian context you can say 1 5 2 6 , fifteen: twenty-six. **In a military context** you add **'hours'** so it would be 15:26 hours. From 00 - 09 hours, the 0 = zero is read as the letter o so 09:20 would be oh9:20 ohh nine twenty. When it is the equivalent of o'clock, it is read __ __ hundred hours. 10:00 would be ten hundred hours and likewise 03:00 would be read 'o' three hundred hours.
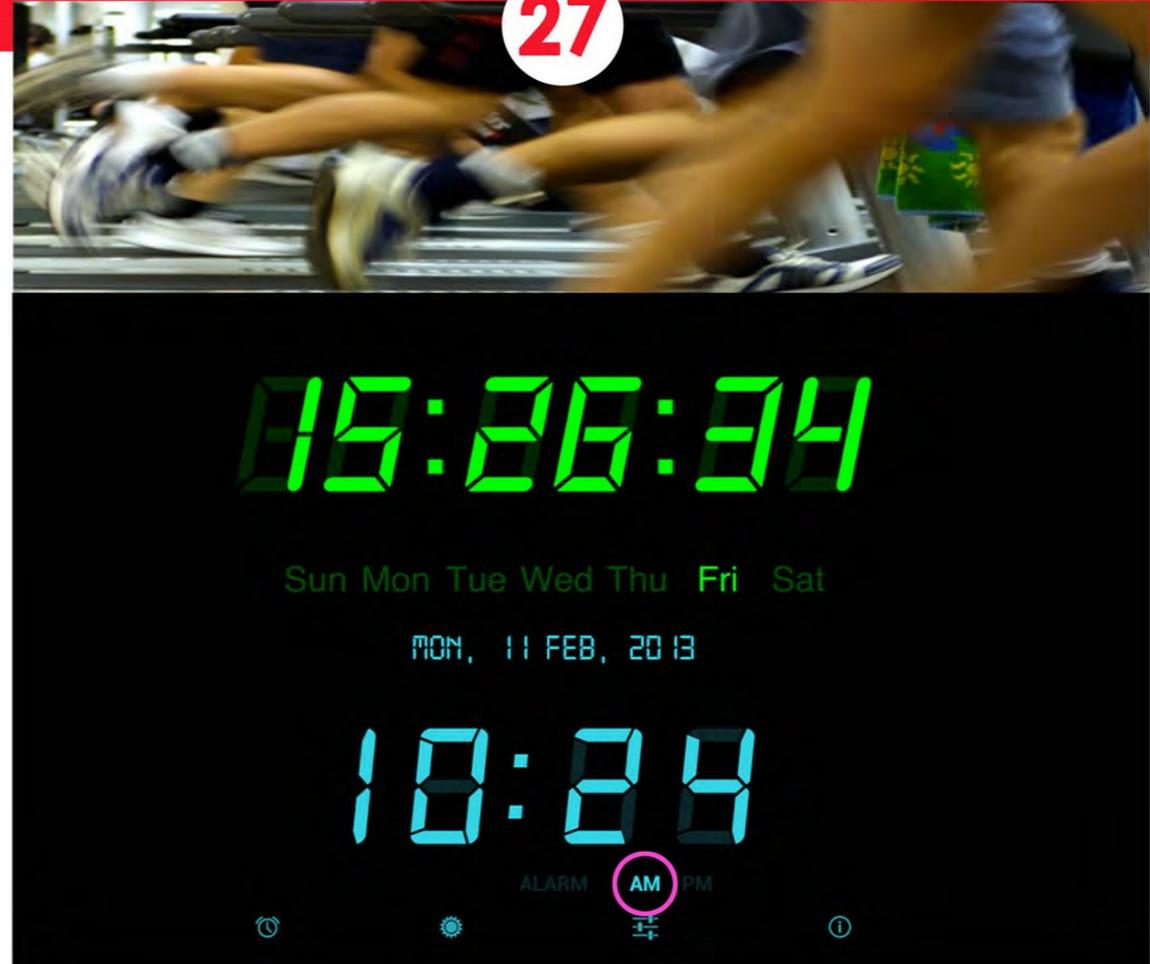
The leading 'o' is the letter. Get a clock and practice saying the time and asking others for the time. 'Hey what time is it? It's Be-Bi Time!

Asking For or Giving Directions

- Excuse me. Can you tell me where the Leaning Tower of Pisa is please?

- Excuse me please, can tell me how to get to the Leaning Tower of Pisa?

- *Yes of course. It is not far from here. Go straight 2 blocks. Turn right at the traffic light… etc. etc.*

- *Is it near? Is it far? How long should it take to get there walking?*

TRAFFIC LIGHT
STOP LIGHT

INTERSECTION

THROUGH THE TUNNEL

9th St

STOP

STOP SIGN
THE STOP

9th St

GO STRAIGHT
STRAIGHT AHEAD
GO STRAIGHT AHEAD
JUST GO STRAIGHT AHEAD

INTERSECTION

OF MERIDIAN & 8TH ST

8th St

GO OVER
THE BRIDGE

CROSS THE
BRIDGE

MAKE A U TURN
GO BACK
GO BACKWARD
TURN BACK

A BLOCK

7th St

PUERTO SAGUA

TURN RIGHT

TURN LEFT

Pennsylvania Ave

Washington Ave

Collins Ct

9th St

8th St

Collins Ct

Beaco
South

Michigan Ave

Jefferson St

Meridian Ave

Euclid Ave

Washington Ave

Pennsylv

Euclid

7th St

SOUTH BEACH - MIAMI BEACH

1. Pelican Hotel
2. News Cafe
3. Wet Willie's
4. Mechanic
5. Bus Station
6. TAP TAP Haitian Restaurant
7. Zara
8. Art Decor District
9. Police Station
10. Gym
11. Sixt Rent a Car
12. Gas Station
13. Hospital
14. Supermarket
15. Office Supplies Store

Shadowing

Rapid Response Drill

Both the **Rapid Response Drill** and **Shadowing** are for improving your ability to speak. I will make an audio track of each and sell them on-line for a couple euro. Remember this is a movement and if you do not support it who will? Keep me in the game and I will get you speaking English.

TH WORDS

ENGLISH GYMNASIUM   **20**   - 'th......' WORDS

this   that   these   those   thunder   there

think   thirst   thumb   thanks   thin   thief

thirteen   thorn   three   thousand   then

TH words do not exist in Italian so we have to learn how to say them.

These are the exercises. If you do them diligently, you will probably see results just as my other students have. Of course, this is not a guarantee because the results depend on the effort you put forth. Others doing just this have had great results.

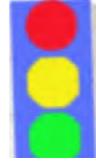ENGLISH GYMNASIUM   - '......th' WORDS

21

bath filth birth death earth south with

length month path north youth truth

fourth fifth sixth seventh eigth ninth

Thank you

There are more publications coming designed to help you get your English under control rapidly.