



How to Pronounce the “ah” /ɑ/ Vowel and the “uh” /ʌ/ Vowel

The “ah” /ɑ/ and “uh” /ʌ/ vowels can be challenging for non-native English speakers to pronounce. That’s because these vowels are both made in the back of the mouth, and they share similar tongue, lip, and jaw positions. However, with a little practice you should be able to see and hear the differences between these two vowels.

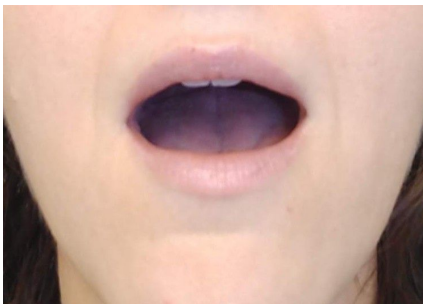
The “ah” /ɑ/ Vowel

The “ah” vowel is considered a low, back vowel, meaning this vowel is made by dropping the jaw low and pulling the tongue back. You may even feel a little tension in the tongue as you say this sound because the tongue is low and flattened in the mouth.

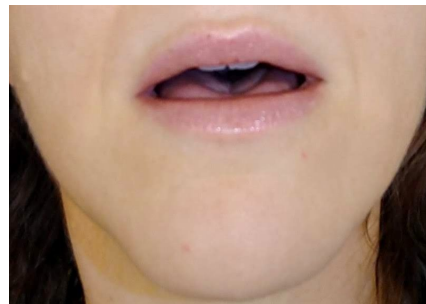
The “uh” /ʌ/ Vowel

The “uh” vowel is considered a central vowel. The jaw is opened, but not quite as much as for the “ah” vowel, and the tongue is more relaxed and neutral in the mouth.

So the differences between the “ah” /ɑ/ and “uh” /ʌ/ vowels are with the **jaw** and **tongue positioning**. For the “ah” vowel, the jaw is dropped lower and the tongue is more tense. For the “uh” vowel, the jaw is not as low, and the tongue is more relaxed.



The “ah” vowel



The “uh” vowel

Thanks for reading! Let me know if you’d like more help with the “ah” and “uh” vowels!
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