Practice these several times in a row, going as slowly as needed to do them perfectly but as quickly as possible. Over time, you will be able to pick up speed.

1. "The big black bug bit the big black bear, and the big black bear bled blue-black blood."


3. "Will you wait, will you wait, will you wait, will you wait? Will you wait for Willie and Winnie Williams?"


5. “Tai Chi teacher, Tai Chi teacher, Tai Chi teacher, Tai Chi teacher. Teacher Tai Chi, Teacher Tai Chi, Teacher Tai Chi, Teacher Tai Chi.”

6. "Whether the weather be cold, or whether the weather be hot, we'll weather the weather, whatever the weather, whether we want to or not. Whether the weather be hot, or whether the weather be cold, we'll weather the weather, whatever the weather, whether we're young or we're old."

7. “What a to-do to die today, at a minute or two to two; A thing distinctly hard to say, but harder still to do. For they'll beat a tattoo, at twenty to two A rat-tat-tat- tat-tat-tat- tat-tat-tat-tat And a dragon will come when he hears the drum, At a minute or two to two today, at a minute or two to two.”

BONUS ROUND:
“Give me the gift of a grip-top sock, A clip drape shipshape tip top sock. Not your spinslick slapstick slipshod stock, But a plastic, elastic grip-top sock. None of your fantastick slack swap slop From a slap dash flash cash haberdash shop. Not a knick knack knitlock knockneed knickerbocker sock With a mock-shot blob-mottled trick-ticker top clock. Not a supersheet seersucker ruck sack sock, Not a spot-speckled frog-freckled cheap sheik's sock Off a hodge-podge moss-blotched scotch-botched block. Nothing slipshod drip drop flip flop or clip glop Tip me to a tip top grip top sock.”
(Dr. Seuss)