

Keith **Speaking** Academy

Live Lesson Notes

FLUENCY SECRETS

How to build your FLUENCY SKILLS



Study with me to get a Band 7 or above on
IELTS Speaking
with my Udemy online course

[IELTS Speaking Success - Get a Band 7+](#)

Some useful Links

The Fluency Gym

<https://ieltsspeakingsuccess.com/free-ielts-speaking-practice-online-fluency-gym/>

Click to get a complete **Mock IELTS** Test.

Use the CODE: **keith10** to get a 10% discount.

<https://takeielts.net/the-path-to-success-in-the-ielts-test/>

Find a teacher so you can start practicing all the language you are learning here. Practice is the key!

<https://bit.ly/IELTSSpeakingitalki>

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<https://ieltsspeakingsuccess.com/ielts-speaking-free-live-lessons/>

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Fluency Secrets

1. Shut up!
2. Weak forms
3. Use 'Chunks'
4. Repetition
5. Flexibility
6. Level -1
7. Give 'Signposts'

Learning is not information

Learning is skill development !

Information is the tip of the iceberg

It's the map, the backpack, the equipment and clothing....

...you then need to start climbing

If you read a book by Ronaldo on football, would you play football as well as him?

Why do people take 1 year to get promoted? Why don't they get promoted after reading a management book?

You need to practice so you can develop the skill.

Also finding and having **passion, interest, enjoyment** or just **fun** is important to improve your English.

The ideas below will give you some ideas about how to practice and improve your fluency.

1. Shut up!!

AVOID Hesitation

USE Pauses

So before you begin an answer, take a second or two to think and get your first idea or phrase in your head.

Then start speaking.

You can pause, that is fine.

Even native speakers pause.

2. Weak forms

How do we pronounce these words?

For
To
Do
Are
You

Usually we do not stress these words and so we use the 'weak' form; as follows

For	/fə /
To	/tə /
Do	/də /
Are	/ə /
You	/jə /

Examples:

For me personally, I like...

I want **to** visit Paris

Do we have any cake?

There **are** lots of ...

As **you** know, ...

3. Chunks

A **chunk** is a **piece** of something.

For example, a chunk of bread is just a piece of bread.

A chunk of language is a **sound**, usually two or three words said together as one piece.

So instead of saying “I am into _____” as 3 words, we chunk these three words into one sound ‘aminto’, and we say 2 sounds

‘**aminto** _____’

So ‘I am into painting’ is said ‘**aminto painting**’

Chunking common phrases like this can help our fluency enormously.

More examples

amfondof

Instead of thinking of 4 words, we think of one sound.

I am fond of _____ / **amfondof** _____

amfondof **cooking / art / basketball....**

We can also chunk common, everyday phrases like these.

It is a great idea = itsagreatidea

I would love to = idloveto

When making notes, it may help you to write the chunk as one word.

You can even imagine it as a name (because names are usually one sound)

...my name is Mr. Idloveto 😊

Phrasal verbs

Phrasal verbs are great for chunking.

Try saying these as ONE sound.

get_upearly
wakeupealry
stickatit

Grammar

We can also chunk most basic grammar structures or tenses

It is a = itsa = its⊖

There are some good restaurants - there⊖ some...

In the past, we used to...

Now, there's been a big / dramatic / huge change.

Today....we tend to...

4. Repetition

Fluency is all about practice. Repetition is a great place to start your practice. Later you can also practice conversation with a speaking partner.

First, you can practice repeating the phrases we saw above

aminto painting / cooking / football

amfondof singing / walking / travelling

Continue doing this with lots of other simple chunks, for example.

I want to _____

I like to _____

I tend to _____

I used to _____

There are lots of _____

You can continue practicing with the following audio clips in this article about confidence.

<https://ieltsspeakingsuccess.com/ielts-speaking/speak-english-confidently-ielts-speaking-test/>

Go to the first part titled 'Start Easy'

Listen to the first sentence of the audio.

Repeat, saying chunks rather than individual words.

Change one of the words, and keep practicing.

5. Flexibility

After doing lots of repetition, you then need to also practice using the chunks to say things **that are true**.

This engages the brain and moves from automatic pilot to **'thinking person'**.

As you practice this, you also build flexibility and you will be able to talk about you and your life flexibly, not just repeating memorised phrases.

For example,

Repetition

I tend to get up at 7am / 8am / 9am

The truth

I tend to get up at 7:30, actually.

6. Level -1.

Level minus 1 is a level just below your actual level.

If you try to practice speaking using language above your level, you will not develop your fluency.

You will just get frustrated.

You need to do some practice where you practice speaking at a level just below your level.

Try saying using language that is just below your level.

So, imagine a Band 5 saying this...

My hometown is a huge metropolis where there is a myriad of fine-dining restaurants and luxury shops.

Tourists tend to go to the world-famous museums that are spread across the city

This kind of language is really above a band 5 level, so this student would NOT improve their fluency if they are always trying to speak like this, using this language.

They will end up frustrated.

In order to build fluency, they should do more practice at a lower level, for example,

*My hometown is a big city
where there are lots of restaurants and shops.
Tourists tend to go to the museums*

And use weak forms and chunking.

*My hometown's a big city
where **there ə lots of** restaurants ən shops.
Tourists **tend tə go tə** the museums*

Notice the chunks.

Of course, this band 5 student should continue to try and learn more complex vocabulary and grammar, but a large part of their speaking practice should be at a lower level, in order to build fluency and confidence.

7. Signposts

A key part of **fluency** in IELTS Speaking is **Coherence** - *this is how you connect your ideas, your sentences and phrases.*

We can and should use spoken **connectors** to do this.

Some spoken connectors just tell the listener (the examiner) what we are going to say, I call these '**signposts**'.

They add logic and coherence to our answer and so boost your fluency score.

You can make good use of signposts, especially on part 2 and 3.

Here are some examples, notice how you can chunk them and say them as **one sound**, not as individual words.

Talking about young people....I think...

As far as young people go, I think...

Firstly, I'd say...

By and large, I think....

I'm going to tell you about...

All in all,