



Video 2 of 4: More Tongue Exercises

Dr. Martha Tara Lee: Okay! This is the second of four videos that I'm bringing to you relating to Tong Twisters and in this video I want to share with you three more exercises for your tongue.

And the first one, I want you to relax your tongue inside your mouth. Just be relaxed. Okay? And now, lift it up and touch the roof of your mouth. So don't just lift, see if you can lift your tongue and keep it as flat as you can, pressing against the roof of your mouth. I'd like to encourage you to do this for a minimum of five minutes a day. Wide the tongue stretch this way.

Our tongue is the strongest muscle in our body, however to really experiment with building up the strength, doing this inside your mouth really help you to strengthen your tongue and you can do this anyway, anytime because if inside people can't really tell when doing meeting, or public transport. So keep doing this and you'll notice that your tongue actually doesn't get tired so quickly when you're giving oral sex and play with your partner. You do want to have some practice with your tongue and so this will really help you your tongue strength. This is just another practice that we can do, okay?

And the next one that I want to share with you is inside your mouth like a windshield so just like the one outside, this one is internal so you're just actually going from side to side along the wall so of your mouth. Okay? So let's try it. See if you can do this without moving your eyeball. Okay? With practice it can get easier; don't move your eyeballs while doing this. It can look a little bit unattractive with your partner, you know? And since you're practicing this, you might as well make this mini (02:16.5).

And the 3rd one that I have for you is the tracing of your lips. So, using your tongue, tracing the upper set of teeth on the inside and tracing the lower set of teeth on the inside. What this does is it actually helps stretch your tongue. Okay?

With practice this can become really easy and quick for you and it can be fun for you to just practice this public transport when you're feeling you're bored. Make full use of your time, why not?

In the previous video we talked about three and in this video we talked about three. So during the next video we're talking about reviews of props.

Stay Tuned to Tongue Twisters