

English Speaking Breakthrough

Getting Started

Who Is A.J. Hoge?

AJ has a Masters degree in TESOL (Teaching English to Speakers of Other Languages) from Shenandoah University. He also has an MSW (Masters in Social Work) and a Bachelors degree in Journalism from The University of Georgia.

AJ has taught English in the United States (to immigrants and international students), Japan, Korea, and Thailand.

ANYTIME You Don't Understand:

Put Your Finger On Your Forehead!

It's very important that you understand what AJ is saying! He sometimes gets very excited and talks very fast!

Help him, and everyone at the seminar: Anytime you don't understand-- ANYTIME-- make the "Don't Understand" gesture... Put your finger on your head. AJ will eventually notice and will slow down and explain more.

As you will learn later, Understandable Input is the key to learning English. If you don't understand- you don't learn!

Peak (Strong & Positive) Emotions = Faster Learning

Negative Emotions = Slower Learning

Dr. Stephen Krashen

Top language learning researcher in the world. Found that negative emotions (anxiety, stress, boredom) cause slower learning. In other words, emotion is a very important part of learning. Positive Emotions create faster learning.

Tony Robbins

Top Peak Performance Coach in the world. Likewise found that “Peak Emotional States” create much faster learning and much faster mastery- of any skill.

**“Psychology is 80% of Success
Method is 20% of Success”**

-- Tony Robbins

**We Can Change Our Emotions
In An Instant!**

Our emotions are constantly changing. We can be sad one minute, then suddenly excited the next minute. Typically, we let outside experiences control our emotions. We usually react to the environment-- and our emotions change quickly depending on the environment.

However, we actually have total control over our emotions. We can choose our emotions in any particular moment. We can choose to be happy, or to be sad. We can choose to be motivated, or choose to be discouraged.

Because emotions have such a strong influence on our Success, we must learn Emotional Mastery. Emotional Mastery is the number one key to success with English-- or success with anything!

We Don't Have Emotions

We Do Emotions

(We Cause Them)

We cause our own emotions-- by the way we use our bodies, by what we think about, and with the words we use.

We can create strong, powerful emotions by standing tall and strong, smiling, keeping our chin and eyes up, breathing deeply, and moving strongly.

We can also focus on positive memories and experiences and use positive language.

Motion = Emotion

Use Your Body To Master Your Emotions

To increase emotion, increase your movement!

Your body is the easiest way to master your emotions. You can instantly feel stronger, more energetic, and happier by changing your body!

Stand taller. Smile big. Breath deep. Shoulders back. Chin and eyes up.

Then move! Jump! Arms high in the air! Shout and celebrate! You will instantly feel great!

3 Levels of Learning

Level 1: Mental - Intellectual

Level 2: Emotional

Level 3: Physical (Mastery Level)

Level 1 (Mental Only)

Level one learning is purely mental. This is the level of learning in most schools. It is an important step to mastery, but is only the first step. At level one, there is understanding, but no mastery. Level 1 knowledge is often quickly forgotten-- and the learner usually has trouble actually using the knowledge.

Level 2 (Mental + Emotion)

At level two, we attach strong emotions to what we are learning. We learn much faster and we remember much more. We rarely forget what is learned at level two. At level two, learners are better able to use their knowledge.

Level 3 (Mental + Emotion + Movement)

At level three, we get learning "into the body". At this level, we learn intuitively and unconsciously. What is learned at level 3 is almost never forgotten. The learner can use their knowledge easily and effortlessly. With English, this is the level of effortless fluency.

We MUST Create Emotion While Learning

We MUST Move Our Bodies While Learning

Method

Language Learning Is Caused By One Thing:

Understandable Input

Dr. Stephen Krashen

“Understandable Input (listening & reading), not grammar study, is the key to language learning”. Input (understandable and repetitive listening and reading) is the key to excellent speaking, excellent grammar, and excellent writing. Students should spend 80%+ of their time focused on input activities (listening to real English, reading real English).

Dr. James Asher

Understandable Input is key. For the fastest and most successful learning, students must combine understandable input (listening and reading) with physical movement.

Dr. J. Marvin Brown

A long silent period is best-- beginning students should spend one full year just listening, with no effort to speak. Even at higher levels, speech should never be forced. Through understandable listening, the student will develop near-perfect pronunciation, fluency, and spoken grammar.

Total Mastery:

- 1. Understandable Input (Mental Understanding)**
- 2. Level 3 Learning (Emotion + Movement)**
- 3. Repetition (Deep Learning)**

The Effortless English System

Stories:

The Oldest & Most Powerful Learning Tool

Teaching Proficiency through Reading and Storytelling (TPRS)

Effortless English uses a storytelling method called “TPRS” to give learners:

- Understandable Input (Listening &/or Reading)
- Emotion (Humor, Excitement)
- Movement (Move while listening and answering)
- Repetition (Huge amount of repetition)

StoryAsking Method

In fact, the teacher does not “tell” a story. The teacher “asks” a story. The question technique is interactive and creates much faster learning. The questions also give the learner a lot of repetition-- of both vocabulary and grammar.

Every Effortless English Class

**Always: Strong Body!
Strong Emotion!
Shout Answers!
Big Smile!
Move!**

Sample Mini-Story Lesson

Mini-Story Rules

1. Teacher says A Statement:

You SHOUT, “Ahhhhhh”!!

(move body as you shout)

2. Teacher asks Question You Know:

You SHOUT the Answer

(move body as you shout)

3. Teacher asks Question You Don't Know:

You SHOUT a Guess

(move body as you shout)

During the story, AJ will only do three things. He will say a statement, he will ask a question that you know the answer to, he will ask a question you don't know the answer to.

You, the learner, have only three tasks!

When AJ makes a Statement: You always shout “Ahhhhhhh”!!

When AJ asks a Question You Know: You always shout the Answer!

When AJ asks a Question You Don't Know: You always shout a Guess!

Be sure to move your arms, face, shoulders, and whole body as you listen and answer.

Remember: You must use a lot of strong emotion when you shout the answers!

Remember: You must physically MOVE to fully Master what you are learning!

Story Re-Tells

When You Re-Tell The Story

Speaker

1. Stand Tall & Strong!
2. Move Strongly as you tell the story!
3. Shout the story in a very loud voice!
4. Speed! Speed! Speed!

Listener

1. Look at the Speaker with big open eyes!
2. Nod your head & big SMILE!
3. Ask easy questions if the Speaker stops!
4. Say, “Ahhhhh” constantly!

When you re-tell the story, you are NOT trying to be perfect! Do not worry about mistakes. Your goal is SPEED! This is a fluency exercise. Speak fast and tell the story using your own words.

This is NOT a memory exercise. Don't try to memorize the story. Speed, speed, speed! Talk as fast as possible. When you make a mistake- laugh. Then continue talking fast!

It is very very important to SHOUT the story! Everyone will be shouting- so no one (but your partner) will hear you! You must teach yourself to speak English loudly and confidently. Now is the time: Shout the story!

You must also MOVE while you tell the story! Move your arms, face, and body constantly. Use BIG actions. Exaggerate the movements: always big strong movements.

The listener's job is to appear excited and super-interested. Nod your head. Say “Ahhhh”. Ask easy questions if the speaker stops or struggles.

Effortless English Member Incantation

(adapted from Tony Robbins :)

I Am An Effortless English Member!

I Will Speak, Not Worry!

I Will Connect, Not Avoid!

I Will Open, Not Close!

I Will Learn And I Will Teach!

I Am Strong!

I Am Confident!

I Rock!!

Continue Learning With Effortless English

www.EffortlessEnglishClub.com

Free Email Course: “7 Rules For Excellent English Speaking”

MP3 English Speaking Lessons

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