

《入门级趣味中文绕口令》

Beginner-level Fun Chinese Tongue Twisters

AskZhang.com

前言 Preface

绕口令 (Tongue Twister) 是中文语言文化中独特的趣味形式，通过将发音相近、结构相似的字词组合成朗朗上口的短句或段落，考验口语表达的清晰度与流畅度。它不仅是一种语言游戏，更是学习中文发音、纠正语调、提升口齿灵活性的高效工具——反复练习能帮助学习者精准区分易混淆音节，增强语言节奏感。这份资料精选了 30 首经典入门级绕口令，难度由浅入深，涵盖声母、韵母、声调等常见发音难点，每首都配备完整标调拼音和通俗英文解释，方便零基础及初级学习者理解和练习。愿你在念诵这些绕口令的过程中，感受中文的韵律之美，在欢声笑语中提升口语能力！

Tongue twisters are a unique and interesting form of Chinese language and culture. By combining words and characters with similar pronunciations and structures into rhythmic short sentences or paragraphs, they test the clarity and fluency of oral expression. They are not only a language game but also an effective tool for learning Chinese pronunciation, correcting intonation, and improving oral flexibility — repeated practice can help learners accurately distinguish easily confused syllables and enhance language sense of rhythm. This material selects 30 classic introductory tongue twisters, with difficulty progressing from easy to difficult, covering common pronunciation challenges such as initial consonants, finals, and tones. Each tongue twister is accompanied by complete Pinyin with tone marks and plain English explanations, making it easy for beginners and elementary learners to understand and practice. May you feel the beauty of Chinese rhythm while reciting these tongue twisters, and improve your oral skills in joy and laughter!

四是四，十是十，
十四是十四，四十是四十。
莫把四字说成十，休将十字说成四。

Sì shì sì, shí shì shí,
shísì shì shísì, sìshí shì sìshí.

Mò bǎ sì zì shuō chéng shí, xiū jiāng shí zì shuō chéng sì.

Four is four, ten is ten, fourteen is fourteen, forty is forty. Don't pronounce "four" as "ten", and never say "ten" when it's "four".

坡上立着一只鹅，坡下就是一条河。
宽宽的河，肥肥的鹅，
鹅要过河，河要渡鹅。
不知是鹅过河，还是河渡鹅？

Pō shàng lì zhe yī zhī é, pō xià jiù shì yī tiáo hé.

Kuānkuān de hé, féiféi de é,
é yào guò hé, hé yào dù é.

Bù zhī shì é guò hé, hái shì hé dù é?

There stands a goose on the slope, and a river is just below the slope. A wide river, a fat goose; the goose wants to cross the river, and the river needs to ferry the goose. I don't know if it's the goose crossing the river or the river ferrying the goose?

八百标兵奔北坡，

炮兵并排北边跑。

炮兵怕把标兵碰，

标兵怕碰炮兵炮。

Bābǎi biāobīng bēn běi pō,

pàobīng bìngpái běibiān pǎo.

Pàobīng pà bǎ biāobīng pèng,

biāobīng pà pèng pàobīng pào.

Eight hundred standard-bearers rush to the north slope;
artillerymen run side by side in the north. The artillerymen are afraid of
hitting the standard-bearers, and the standard-bearers are afraid of
touching the artillerymen's cannons.

吃葡萄不吐葡萄皮，

不吃葡萄倒吐葡萄皮。

Chī pútáo bù tǔ pútáo pí,

bù chī pútáo dào tǔ pútáo pí.

When eating grapes, don't spit out the grape skins; if you don't eat
grapes, you actually spit out grape skins. (A playful tongue twister
focusing on the pronunciation of "tǔ" (spit) and "pútáo" (grape))

山前有只白脸狼，

山后有只黄脸狼。

白脸狼专咬黄脸狼的腿，

黄脸狼专咬白脸狼的嘴。

Shān qián yǒu zhī bái liǎn láng,

shān hòu yǒu zhī huáng liǎn láng.

Bái liǎn láng zhuān yǎo huáng liǎn láng de tuǐ,

huáng liǎn láng zhuān yǎo bái liǎn láng de zuǐ.

There is a white-faced wolf in front of the mountain, and a yellow-faced wolf behind the mountain. The white-faced wolf specially bites the yellow-faced wolf's legs, and the yellow-faced wolf specially bites the white-faced wolf's mouth.

牛郎恋刘娘，刘娘念牛郎。

牛郎牛年恋刘娘，刘娘年年念牛郎。

郎恋娘来娘念郎，念娘恋郎，

念郎恋娘，不知是郎恋娘，还是娘恋郎？

Niú láng liàn Liú Niáng, Liú Niáng niàn Niú láng.

Niú láng niú nián liàn Liú Niáng, Liú Niáng nián nián niàn Niú láng.

Láng liàn niáng lái niáng niàn láng, niàn niáng liàn láng,

niàn láng liàn niáng, bù zhī shì láng liàn niáng, hái shì niáng liàn láng?

Cowherd loves Niu Niang, Niu Niang misses Cowherd. In the Year of the Ox, Cowherd loves Niu Niang; every year, Niu Niang misses Cowherd. The lad loves the maiden and the maiden misses the lad—missing the maiden and loving the lad, missing the lad and loving the maiden. I don't know if it's the lad loving the maiden or the maiden loving the lad?

哥挎瓜筐过宽沟，

过沟筐漏瓜滚沟。

隔沟够瓜瓜筐扣，

瓜滚筐空哥怪沟。

Gē kuà guā kuāng guò kuān gōu,

guò gōu kuāng lòu guā gǔn gōu.

Gé gōu gòu guā guā kuāng kòu,

guā gǔn kuāng kōng gē guài gōu.

Elder brother carries a melon basket across a wide ditch; when crossing the ditch, the basket leaks and the melons roll into the ditch. Reaching across the ditch to pick the melons, the basket tips over; the melons roll away and the basket is empty, so elder brother blames the ditch.

门口吊刀，刀倒吊着。

Ménkǒu diào dāo, dāo dào diào zhe.

A knife is hanging at the door, and the knife is hanging upside down.
(Focuses on the pronunciation difference between "diào" (hang) and
"dào" (upside down))

东洞庭，西洞庭，

洞庭山上一根藤，

藤上挂铜铃。

风吹藤动铜铃动，

风停藤定铜铃静。

Dōng Dòngtíng, Xī Dòngtíng,

Dòngtíng shān shàng yī gēn téng,

téng shàng guà tóng líng.

Fēng chuī téng dòng tóng líng dòng,

fēng tíng téng dìng tóng líng jìng.

East Dongting Lake, West Dongting Lake; there is a vine on Dongting
Mountain, and a copper bell hangs on the vine. When the wind blows,
the vine moves and the copper bell shakes; when the wind stops, the
vine settles and the copper bell is quiet.

司小四和史小世，

四月十四日十四时四十上集市。

司小四买了四十四斤四两西红柿，

史小世买了十四斤四两细蚕丝。

司小四要拿四十四斤四两西红柿

换史小世十四斤四两细蚕丝。

史小世十四斤四两细蚕丝

不换司小四四十四斤四两西红柿。

司小四说我四十四斤四两西红柿

可以增加营养防近视，

史小世说我十四斤四两细蚕丝

可以织绸织缎做新衣。

Sī Xiǎosì hé Shǐ Xiǎoshì,

sì yuè shísì rì shísì shí sìshí shàng jíshì.

Sī Xiǎosì mǎi le sìshísì jīn sì liǎng xīhóngshì,

Shǐ Xiǎoshì mǎi le shísì jīn sì liǎng xì cánsī.

Sī Xiǎosì yào ná sìshísì jīn sì liǎng xīhóngshì

huàn Shǐ Xiǎoshì shísì jīn sì liǎng xì cánsī.

Shǐ Xiǎoshì shísì jīn sì liǎng xì cánsī

bù huàn Sī Xiǎosì sìshísì jīn sì liǎng xīhóngshì.

Sī Xiǎosì shuō wǒ sìshísì jīn sì liǎng xīhóngshì

kěyǐ zēngjiā yíngyǎng fáng jìnshì,

Shǐ Xiǎoshì shuō wǒ shísì jīn sì liǎng xì cánsī

kěyǐ zhī chóu zhī duàn zuò xīn yī.

Si Xiaosi and Shi Xiaoshi go to the market at 14:40 on the 14th of April. Si Xiaosi buys 44 jin and 4 liang of tomatoes, and Shi Xiaoshi buys 14 jin and 4 liang of fine silk. Si Xiaosi wants to exchange his 44 jin and 4 liang of tomatoes for Shi Xiaoshi's 14 jin and 4 liang of fine silk. Shi Xiaoshi refuses to exchange his 14 jin and 4 liang of fine silk for Si Xiaosi's 44 jin and 4 liang of tomatoes. Si Xiaosi says his 44 jin and 4 liang of tomatoes can supplement nutrition and prevent myopia; Shi Xiaoshi says his 14 jin and 4 liang of fine silk can weave silk and satin to make new clothes. (Note: 1 jin = 500g, 1 liang = 50g)

红凤凰，粉凤凰，

红粉凤凰，花凤凰。

Hóng fènghuáng, fěn fènghuáng,

hóngfěn fènghuáng, huā fènghuáng.

Red phoenix, pink phoenix, red-pink phoenix, flower phoenix.
(Focuses on the pronunciation of "hóng" (red), "fěn" (pink), and "huā" (flower))

墙上挂面鼓，鼓上画老虎。

老虎抓破鼓，拿块布来补。

不知是布补鼓，还是布补虎？

Qíáng shàng guà miàn gǔ, gǔ shàng huà lǎohǔ.

Lǎohǔ zhuā pò gǔ, ná kuài bù lái bǔ.

Bù zhī shì bù bǔ gǔ, hái shì bù bǔ hǔ?

A drum hangs on the wall, and a tiger is painted on the drum. The tiger scratches the drum, so take a piece of cloth to mend it. I don't know if it's the cloth mending the drum or the cloth mending the tiger?

扁担长，板凳宽，

扁担没有板凳宽，

板凳没有扁担长。

扁担要绑在板凳上，

板凳不让扁担绑在板凳上，

扁担偏要绑在板凳上。

Biǎndān cháng, bǎndèng kuān,

biǎndān méiyǒu bǎndèng kuān,

bǎndèng méiyǒu biǎndān cháng.

Biǎndān yào bǎng zài bǎndèng shàng,

bǎndèng bù ràng biǎndān bǎng zài bǎndèng shàng,

biǎndān piān yào bǎng zài bǎndèng shàng.

The carrying pole is long, the bench is wide; the carrying pole is not as wide as the bench, and the bench is not as long as the carrying pole. The carrying pole wants to be tied to the bench, the bench refuses to let the carrying pole be tied to it, but the carrying pole insists on being tied to the bench.

一平盆面，烙一平盆饼，
饼碰盆，盆碰饼。

**Yī píng pén miàn, lào yī píng pén bǐng,
bǐng pèng pén, pén pèng bǐng.**

A flat basin of flour, bake a flat basin of pancakes; the pancakes touch the basin, and the basin touches the pancakes.

小毛抱着小猫，
小猫抱着小毛的腰。

**Xiǎo Máo bào zhe xiǎo māo,
xiǎo māo bào zhe Xiǎo Máo de yāo.**

Little Mao holds the little cat, and the little cat clings to Little Mao's waist.

黑化肥发灰，

灰化肥发黑。

黑化肥发灰会挥发，

灰化肥发黑不挥发。

Hēi huàféi fā huī,

huī huàféi fā hēi.

Hēi huàféi fā huī huì huīfā,

huī huàféi fā hēi bù huīfā.

Black chemical fertilizer turns gray, gray chemical fertilizer turns black. The grayish black chemical fertilizer will volatilize, while the blackish gray chemical fertilizer will not volatilize.

老龙恼怒闹老农，

老农恼怒闹老龙。

农怒龙恼农更怒，

龙恼农怒龙怕农。

Lǎo lóng nǎonù nào lǎo nóng,

lǎo nóng nǎonù nào lǎo lóng.

Nóng nù lóng nǎo nóng gèng nù,

lóng nǎo nóng nù lóng pà nóng.

The old dragon gets angry and harasses the old farmer; the old farmer gets angry and harasses the old dragon. The farmer is angry, the dragon is annoyed, and the farmer becomes even angrier; the dragon is annoyed, the farmer is angry, and the dragon fears the farmer.

南边来了个喇嘛，
手里提着五斤鲷目。

北边来了个哑巴，
腰里别着个喇叭。

喇嘛要拿鲷目换哑巴的喇叭，
哑巴不愿拿喇叭换喇嘛的鲷目。
喇嘛抡起鲷目打了哑巴一鲷目，
哑巴摘下喇叭打了喇嘛一喇叭。

不知是喇嘛打哑巴一鲷目，
还是哑巴打喇嘛一喇叭。

Nánbiān lái le ge lǎma,
shǒu lǐ tí zhe wǔ jīn tā mù.

Běibiān lái le ge yǎba,
yāo lǐ bié zhe ge lǎba.

Lǎma yào ná tā mù huàn yǎba de lǎba,
yǎba bù yuàn ná lǎba huàn lǎma de tā mù.

Lǎma lūn qǐ tā mù dǎ le yǎba yī tā mù,

yǎba zhī xià lǎba dǎ le lǎma yī lǎba.

Bù zhī shì lǎma dǎ yǎba yī tǎ mù,

hái shì yǎba dǎ lǎma yī lǎba.

A lama comes from the south, carrying five jin of sole fish in his hand. A mute comes from the north, with a trumpet tucked in his waist. The lama wants to exchange his sole fish for the mute's trumpet, but the mute is unwilling to exchange his trumpet for the lama's sole fish. The lama swings the sole fish and hits the mute with it; the mute takes off the trumpet and hits the lama with it. I don't know if it's the lama hitting the mute with a sole fish or the mute hitting the lama with a trumpet.

稀奇稀奇真稀奇，

蟋蟀踩死老母鸡，

蚂蚁身长三尺七，

八十岁的老头躺在摇篮里。

Xīqí xīqí zhēn xīqí,

xīshuài cǎi sǐ lǎo mǔjī,

mǎyǐ shēn cháng sān chǐ qī,

bāshí suì de lǎotóu tǎng zài yáolán lǐ.

Strange, strange, really strange: a cricket steps to death an old hen,

an ant is three feet and seven inches long, and an eighty-year-old man
lies in a cradle. (A playful tongue twister with absurd imagery)

磨房磨墨，

墨碎磨房一磨墨；

梅香添煤，

煤爆梅香两眉煤。

Mòfáng mó mò,

mò suì mòfáng yī mó mò;

Méi Xiāng tiān méi,

méi bào Méi Xiāng liǎng méi méi.

The mill grinds ink; the ink scatters as the mill grinds. Mei Xiang
adds coal; the coal bursts and smudges Mei Xiang's eyebrows with coal
dust.

结语 Conclusion

恭喜你完成这 20 首经典中文绕口令的学习！这些看似俏皮的短句，不仅藏着中文发音的精妙韵律，更承载着语言文化的趣味灵魂。练习绕口令的过程，或许会有“舌头打结”的小困扰，但每一次流畅念出，都是对发音精准度和口语灵活性的提升。它不是枯燥的训练，而是一场充满乐趣的语言游戏——通过反复练习，你不仅能攻克易混淆音节，更能在潜移默化中感受中文的节奏美和文字魅力。希望这份资料能成为你中文学习路上的“调味剂”，愿你带着这份乐趣持续练习，在念诵中收获自信，在趣味中精进口语，解锁更多中文表达的精彩可能！

Congratulations on completing the study of these 20 classic Chinese tongue twisters! These seemingly playful short sentences not only contain the exquisite rhythm of Chinese pronunciation but also carry the interesting soul of language and culture. The process of practicing tongue twisters may bring the little trouble of "tongue-tied", but every time you recite them fluently, it is an improvement in pronunciation accuracy and oral flexibility. It is not a boring training, but a fun language game — through repeated practice, you can not only overcome easily confused syllables but also subtly feel the rhythmic beauty and charm of Chinese characters. May this material be a "condiment" on your Chinese learning journey. May you continue to practice with this joy, gain confidence in recitation, refine your oral English in fun, and unlock more wonderful possibilities of Chinese expression!