

REGULAR PAST TENSE VERBS

chased	<b>/CHAYST/</b>	Look how far he <u>chased</u> that ball.
happened	<b>/HAE - pihnd/</b>	What <u>happened</u> in Rome?
closed	<b>/KLOHZD/</b>	I <u>closed</u> the door to the car, right?
trained	<b>/TRAYND/</b>	I <u>trained</u> the team for 3 hours yesterday.
motivated	<b>/MOH - duh - VAY - dihd/</b>	She <u>motivated</u> the players to push through.
checked	<b>/CHEHKT/</b>	She <u>checked</u> the athlete's gear.
instructed	<b>/ihn - STRUHK - dihd/</b>	He <u>instructed</u> the athletes on the proper form.
improved	<b>/ihm - PRUUUVD/</b>	They <u>improved</u> their stamina after weeks of training.
analyzed	<b>/AE - nuh - LIZD/</b>	The coach <u>analyzed</u> the game footage.
demonstrated	<b>/DEH - muhn - STRAY - dihd/</b>	I <u>demonstrated</u> the correct stretching positions.
guided	<b>/GI - dihd/</b>	I <u>guided</u> the runners through a series of drills.
reinforced	<b>/REEE - (y) - ihn - FORST/</b>	The trainer <u>reinforced</u> the importance of hydration.
communicated	<b>/kuh - MYUUU - nuh - KAY - dihd/</b>	The coach <u>communicated</u> the new strategy to the team.

