towards the front of the tongue and trilled like the Spanish "r"	
Н	similar to the English letter "h", but stronger and more from the throat
S	similar to the English letter "s", but more emphatic and "darker"
D	similar to the English letter "d", but more emphatic and "darker"
T	similar to the English letter "t", but more emphatic and "darker"
	H S

sounds like a "darker" version of the Arabic "dh" sound

similar to the English "r"- sound at the beginning of a word, e.g. in "road", but more