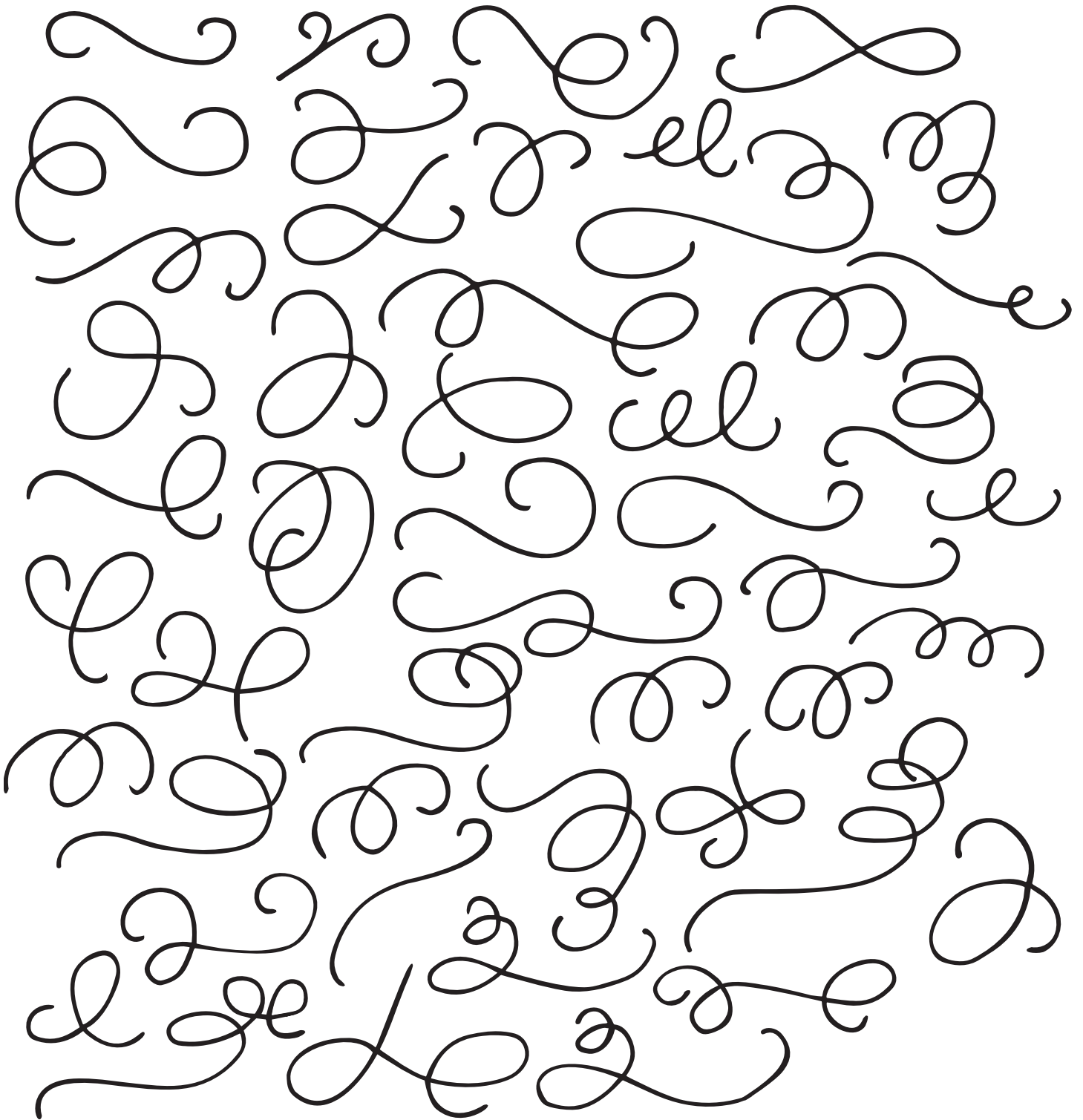


WARMUPS

monoline

Try tracing each of these strokes with your pen or pencil. Focus on using your elbow and shoulder, not planting your hand which limits movement.

PRO TIP: Try also doing these strokes in different directions. It is totally fine to prefer flourishing in one direction over the other- take the time now to figure out your preference!



WARMUPS

with pressure

Now try the same movements but add some pressures with your brush pen/nib. Remember- these don't need to be *as thick* as the downstrokes on your actual letters.

Don't forget: don't cross two heavy strokes, even if they are both downstrokes! Start to notice where to pick and choose your heavy/light pieces!

