# Evening Drawing

## Week 9: Exercises

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# Exercises to Train Your Hand(s) and Mind

- You will find out about the exercises as you begin them so you can't 'prepare' for them
- They are meant to loosen you, let you draw more intuitively and help you 'forget' for a few minutes what you have learned and are used to

# Exercises

- 20 min standing pose
- 10 min standing pose from memory
- 15 min drawing with your non-dominant hand
- 13 min with just one line
- 13 min NO line
- Blind drawing ;) 13 min
- Timed: 5 min, 3 min, 1 min, 30 seconds, 10 seconds

# Standing Pose

- 20 min
- Standard, try to get the whole pose in. Don't focus on details.

# From Memory

- 10 min
- Based on the previous 20 minute pose, the model will relax now and it's your job to re-draw what you drew
- Don't look at the previous drawing- it defeats the purpose of the exercise
- This is to test your muscle memory and to train your short-term visual memory
- Interestingly enough, the two drawings will be almost identical

# Drawing with non-dominant hand

- 15 min

- This is to loosen you up!

- You will focus on using your 'clumsy' hand hard enough that you won't get distracted by the details

- Unless you are ambidextrous… in that case, good on you ☺

# One-liner

- 13 min
- Don't lift the pencil from the paper
- This is to guide you away from perfectionism
- Play with weight and heaviness of the pencil on paper, try different pressures
- Need to shade? Just go over the area without lifting the pencil

# NO- liner

- 13 min
- You are not allowed to draw the outlines of the body
- Use dots or cross-hatching to create form
- Great for creating plasticity and volume of the object without constraints

# Blind drawing

- Exactly what it sounds like

- Draw the last pose you remember

- Model can relax

- The results are actually very cool, combination of organic shapes that look like people with natural imperfections and misalignment

# Timed

- 5 min
- 3 min
- 1 min
- 30 seconds
- 10 seconds
- The reduction of time forces you to simplify your shapes and focus on the generality of the picture rather than specifics
- It's a cool progression when you put them next to each other