



7 DAY DRILLS CHALLENGE

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Start from the baseline and move your nib up towards the x-height line. You don't need too much pressure as this is a thin up stroke.

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Time for you to have a go freehand!

!

Go slowly to
get consistent
lines.

Take a break. Have a look back at what you've done so far, pop a little tick above the ones you are happy with and see if you can recreate them.

Start from x-height, apply full pressure to your nib and pull down towards the baseline. This time the line is thick, because it's a downwards stroke.

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It's freehand time!

Looking great! Which strokes are you happy with?
See if you can get them as consistent as that every time.



If your strokes
don't seem thick
enough press a
little harder.

Start from the baseline and move your nib upwards.
Just after you get over the curve slowly apply pressure
and then pull your pen back down to the baseline.

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Now it's your turn... just remember to take it slow.

!

Remember thin
stroke up and
thick stroke down.

Phew! These pesky overturns can be tricky. Pop a tick next
to the ones you're happy with, and give it another go!

This is opposite to the overturn. Start at the x-height and move your pen in a 'u' shape. Take off the pressure just before you get to the baseline, then slowly curve around and up to the x-height.

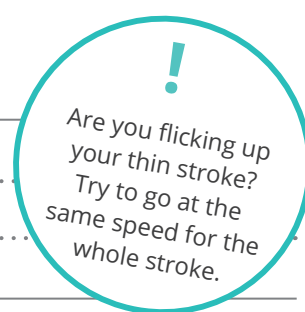
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START END



Give it a go by yourself.

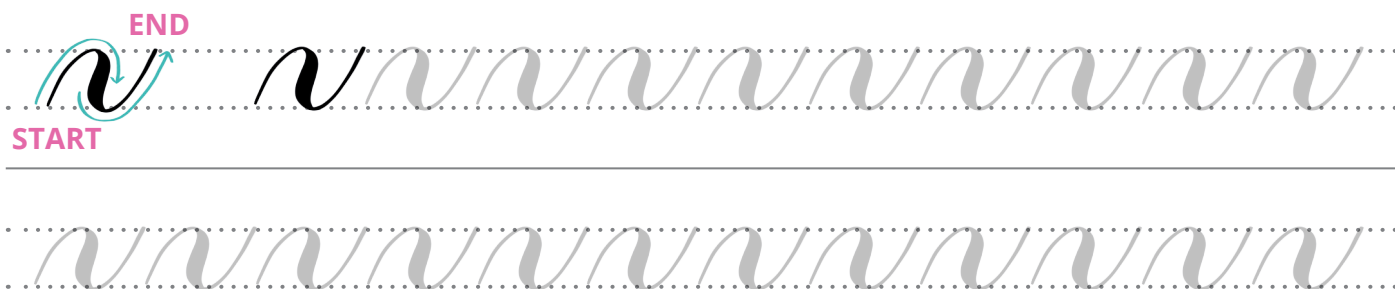
If your drills are more upright or slanted that's fine! As long as you make your own drills consistent, you will start to find your own style.



The Compound Curve is basically the Underturn and Overturn strokes connected. Apply pressure after you have got over the curve and then release just before you get to the baseline.

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This one can be tricky! If you're struggling, try a few Overturns and Underturns first.



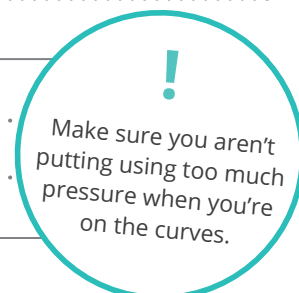
If your arches aren't looking even, reposition your pen and paper, so the angle of your pen is roughly at 45°, this will help you get a smooth transition.

It's easier to connect the Oval stroke where it is thinner.
Start about half way between the dotted lines, and move
in an **anti-clockwise** direction.

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Remember the direction you need to go in, it can be easy to forget!



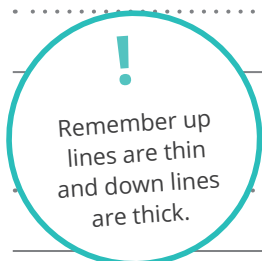
How are they looking? Put a tick next to the
ones you're happy with and give it a go again!

No, you aren't going mad! This one is slightly different, the thick line is on the other side. To create this, you start in between the dotted lines again, but go **clockwise** instead.

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Keep the same steady speed the whole way around the oval, this will make it easier to connect.

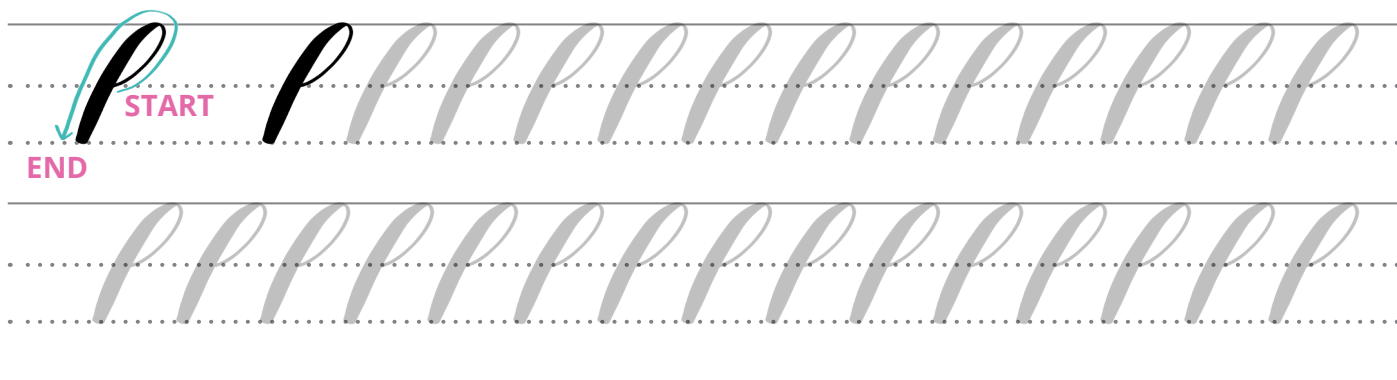


Which ones do you like?

Let's see if you can do it like that again.

This drill helps your letters look fancy. It's the stem of a b, d or h. Start at the x-height and move in an anti-clockwise direction for the loop and then do a Full Pressure Stroke down to the baselines.

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See if you can get the same angle for all of your Ascending Stem Loops.



You're doing so well! Practicing even for just 15 minutes every day will help develop the all important muscle memory needed for calligraphy.



We're flipping the stem loop around now. Start at the x-height and pull down to the bottom solid line. Release pressure just before you get to the bottom, so your curve is smooth.

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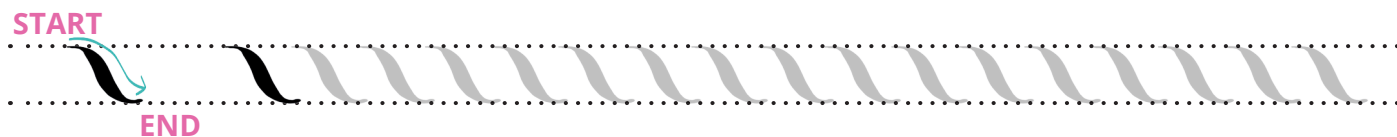
Ready to go freehand?



Take a little break and see which ones you are happy with. Don't forget to pop a little tick next to them, so it's easy to refer back to the best ones.

As well as the main drills, there are also other strokes that are sometimes used to create letters. These don't happen as often, but it's worth practicing them too, so there are no surprises when you want to start creating your alphabet.

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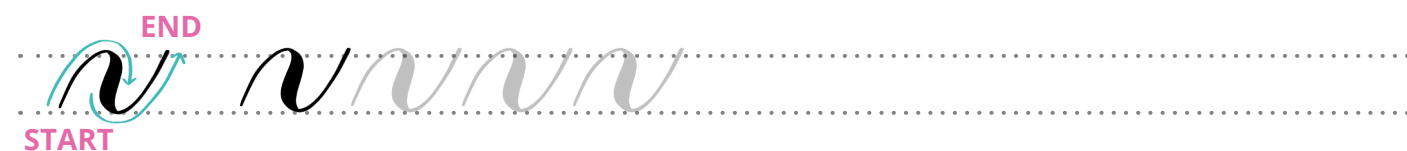
You're on the last day of the 7 Day Drills Challenge. **HOORAY!**

The best way to make progress with calligraphy is practise, practise, practise.

So let's have a recap of the main drills you've learnt in this challenge.

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YOU DID IT!

Well done for completing the 7 Day Drills Challenge!

You can keep practicing these drills by printing of the worksheets again, or how about going freehand and practicing on some blank paper?

Are you totally hooked on calligraphy?

I will be launching 2 more courses very soon!



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