

Objective:

I can draw an outline.

Supplies

\*To be done in your journal or sketch book.  
\*pencil

Effort

Contour drawing- is the outline (the edges) and some internal detail of an object where the eye is slowed down.

The object is to slow down the eye and the hand so that you can draw what you see, not the symbol that you have for your object.

Important: Draw from life!

Drawing Exercise

Procedure

1. Get an object. For the first drawing use your hand. Put your hand in a strange position. You want to curl the fingers or hold your hand in an unusual way so that your brain is seeing something for which it doesn't have a symbol.
2. Do both exercises to loosen up your drawing muscles and get into the "draw zone".
3. A contour drawing is a drawing of the outline or the edges of an object. Capture interesting lines and angles but don't dwell on value.
4. **Blind contour.** Make a blinder if you can't control your eyes. (A blinder is a piece of paper that covers your drawing hand so that you can't look at what you are doing.)
  - a. **No looking at the paper. Only look at the subject.** (Make a blinder if you must – use self control and don't look!)
  - b. **Don't lift the pencil! Use a continuous line.**
  - c. **Don't talk.** This will make your brain shift back to symbols and you need to draw what you see.
  - d. **No erasing!** Use a pen.
  - e. **Slow the eyes down.** Pretend that you are watching a snail walk the outer edges of your hand. This snail will follow the creases and edges of your hand very slowly. Match your eye and pencil to the pace of the snail.
  - f. **Move you pencil with your eyes. They should move as one. Slowly!**
  - g. **Only think in terms of lines and angles.** Do not **name** the parts as this will throw you back into the symbol mode.

- h. **Set a time limit.** Try to keep from looking at the paper and keep drawing for 2 minutes. If you finish, just move your pencil over and start again. Keep drawing for the full 2 minutes. This time limit can be pushed to a longer time as you start to control your hand/eye and your brain.

5. **Contour drawing (Pure contour)**

- a. **You can look at the paper this time.** You should be looking at the object 90 percent of the time and the paper 10 percent of the time.
- b. **You can lift the pencil.** You can reposition the pencil to get the line or angle you observe. **Attention:** Don't use a sketchy line. You should still try to get a continuous line. But if you get "off" and want to correct your line, you can reposition your pencil and continue.
- c. **All the other rules are the same.**

6. **Date the drawing.** Date all drawings.

7. **Journal** - Write what you like about the drawings and exercises. Write what you would do differently if you did this exercise again.