

THE ZEN WAY OF CALLIGRAPHY

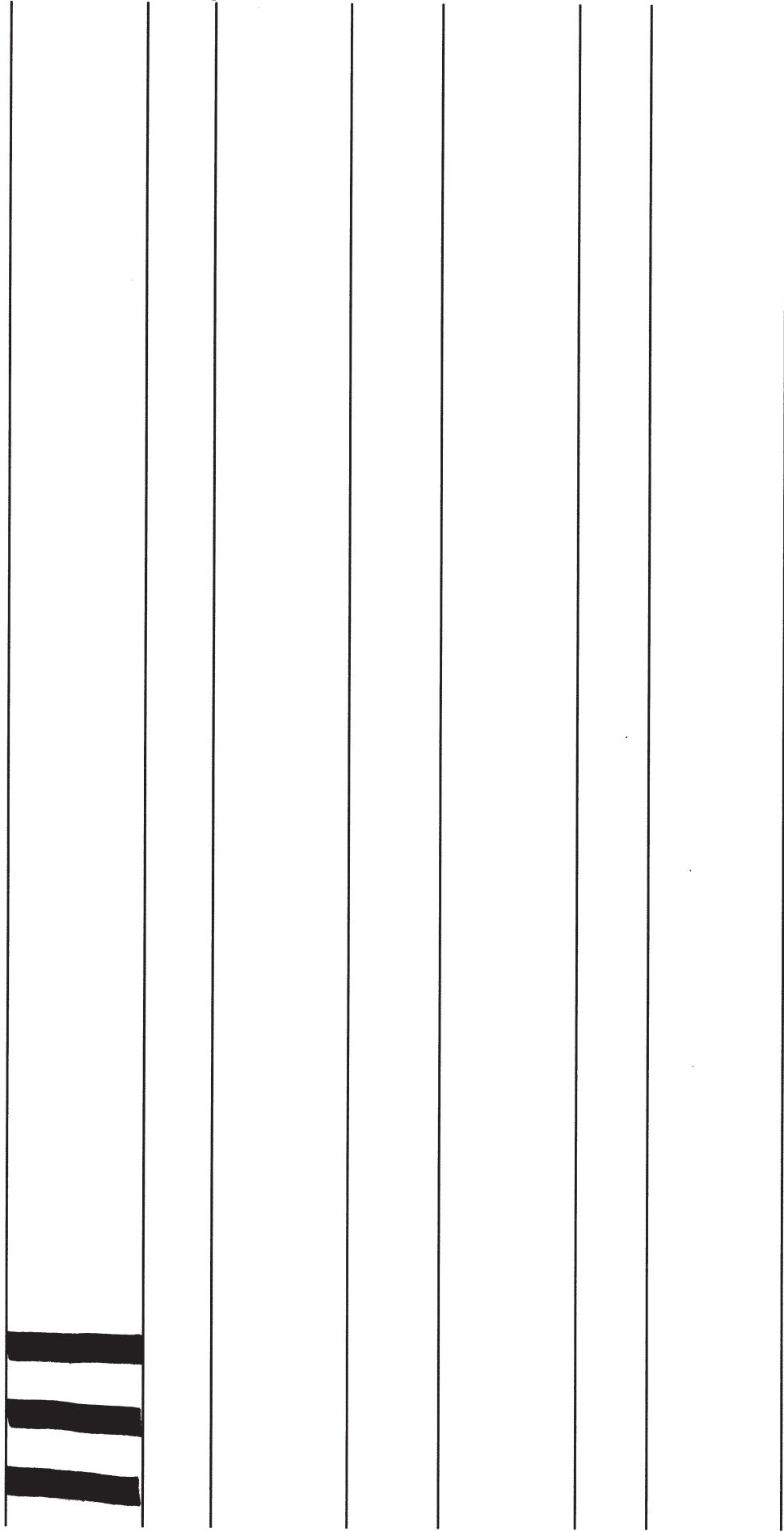
IS TO WRITE IN THE
MOST STRAIGHTFORWARD, SIMPLE WAY
AS IF YOU WERE A BEGINNER,
NOT TRYING TO MAKE SOMETHING
SKILLFUL OR BEAUTIFUL,
BUT SIMPLY WRITING
WITH FULL ATTENTION
AS IF YOU WERE DISCOVERING
WHAT YOU WERE WRITING FOR THE FIRST TIME;
THEN YOUR FULL NATURE
WILL BE IN YOUR WRITING.
THIS IS THE WAY
OF PRACTICE
MOMENT AFTER MOMENT.

SHUNRYU SUZUKI
Zen Mind, Beginner's Mind

Pen Strokes I

Getting Used to the Pen

Place the pen on the top line. The edge at 0 degree angle to the line. Move your hand down when you make the stroke, breathing out as you do.

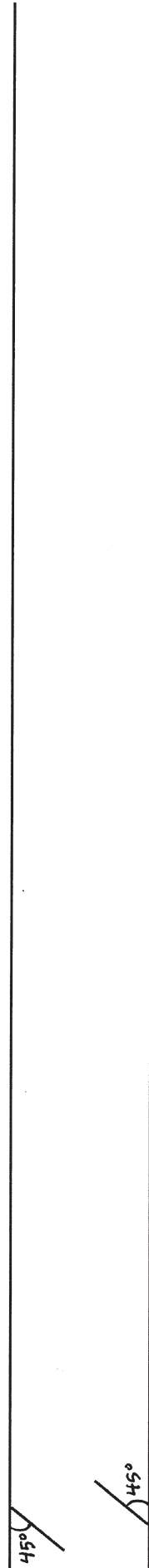
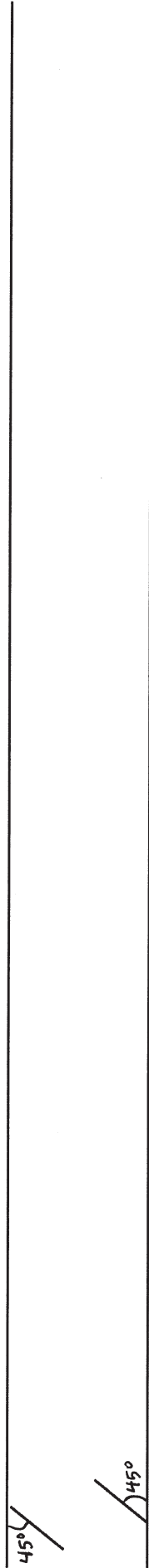
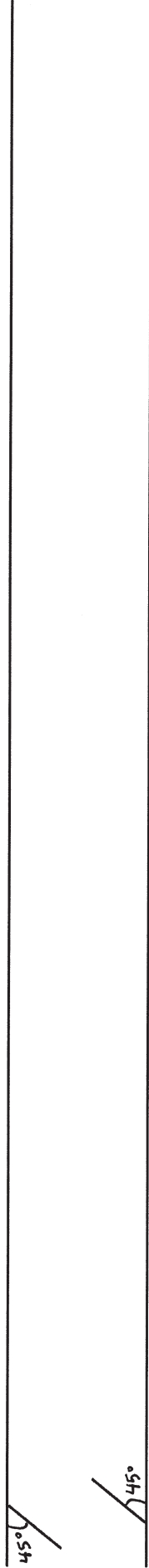
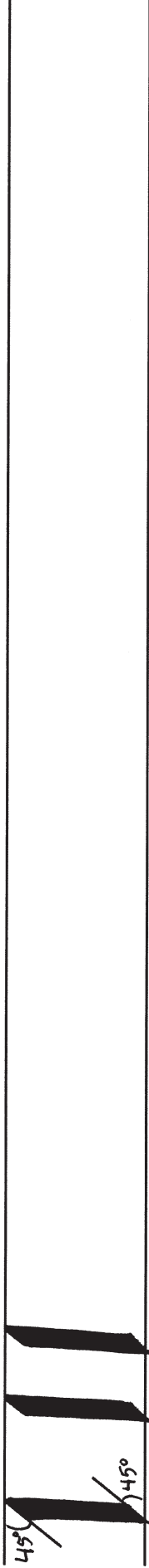


The image shows a series of horizontal lines for handwriting practice. The top line is the most prominent, and three thick, black, vertical strokes are drawn on it, starting from the top line and extending downwards. Below the top line are several more horizontal lines, providing space for further practice.

Pen Strokes 2

Holding the Pen at a 45 Degree Angle

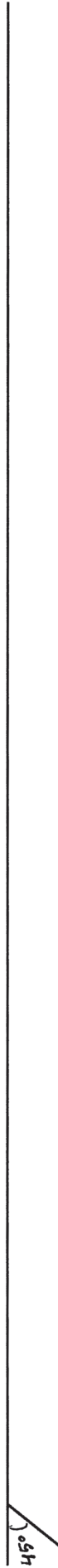
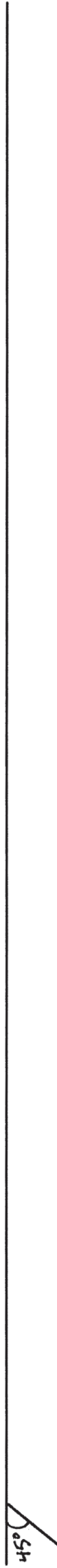
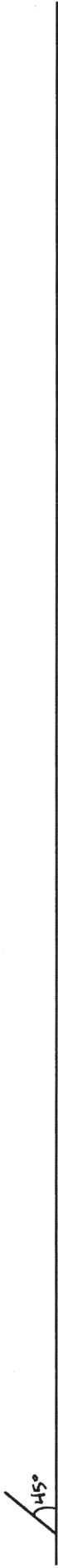
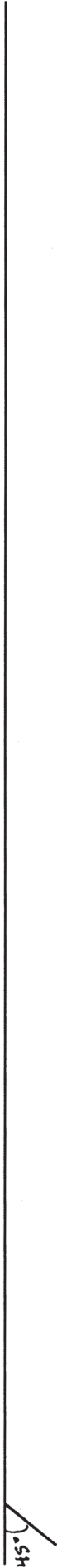
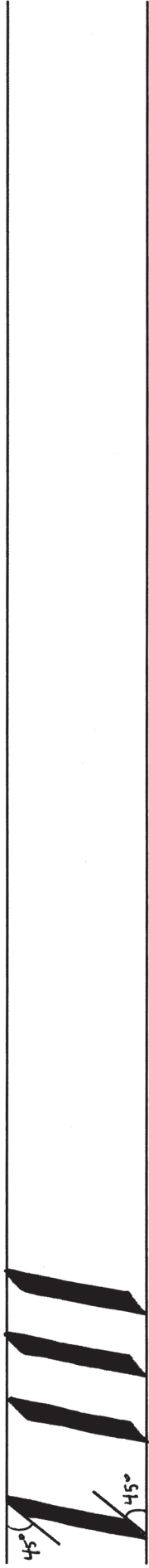
Place the pen so that the edge is at a 45° angle to the top line. The diagonal line will help you get started. Move your hand down when you make the stroke, breathing out as you do.



Pen Strokes 3

Making Strokes with a Slope

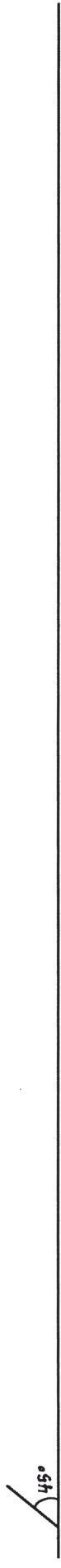
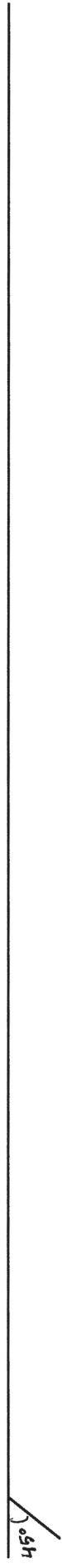
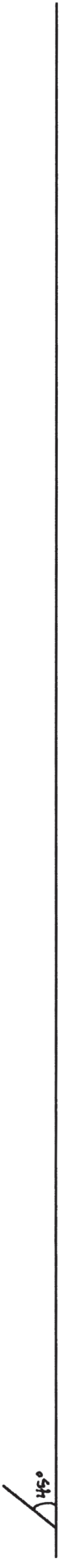
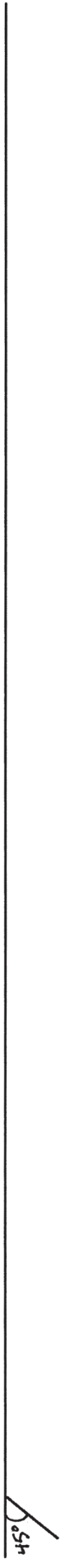
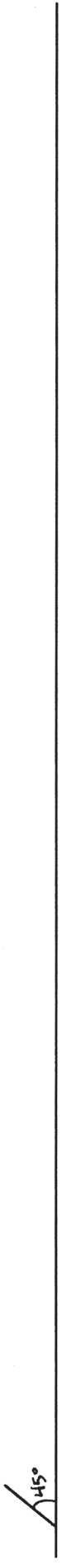
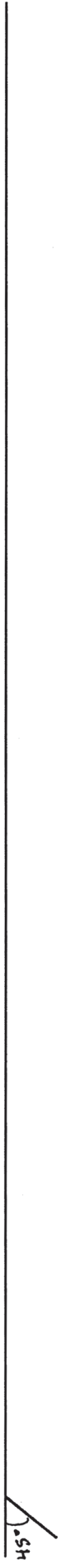
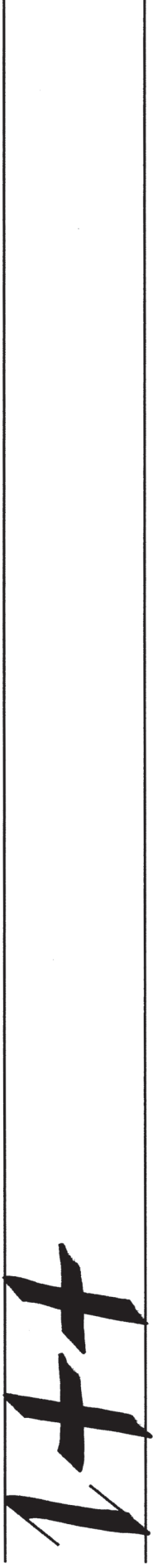
Italic is written at a slope (from 5 to 15 degrees). We are using a 10° slope. Remember that the pen needs to be at a 45° angle to the writing line.



Pen Strokes 4

Making Crosses with Pen at 45 Degree Angle and 10 Degree Slope

Hold the pen at a 45° angle to the writing line. Make a cross by making a vertical stroke from top to bottom, then crossing it with a horizontal stroke from left to right. If the pen is at a 45° angle, the strokes will be the same thickness.



Pen Strokes 5

Making Boxes with Pen at 45 Degree Angle and 10 Degree Slope

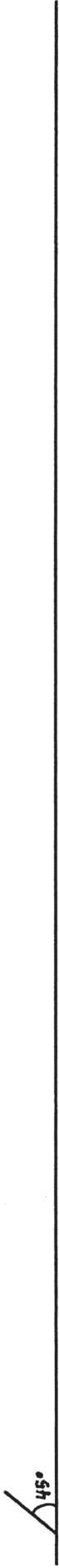
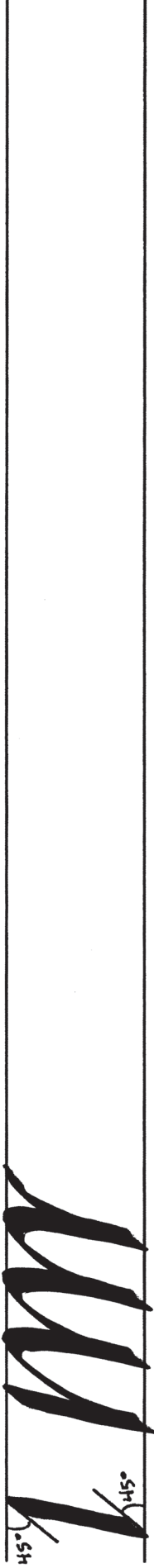
Hold the pen edge at 45° angle. Make a box by making a vertical stroke from top to bottom, then make a horizontal stroke from left to right for the top of the box, another vertical from top to bottom for the other side of the box, and then a horizontal stroke from left to right for the bottom. If the pen is at 45°, the lines will be the same thickness.



Pen Strokes 6

Making Arches Based on the Letter 'n'

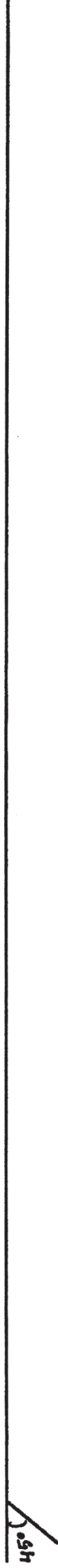
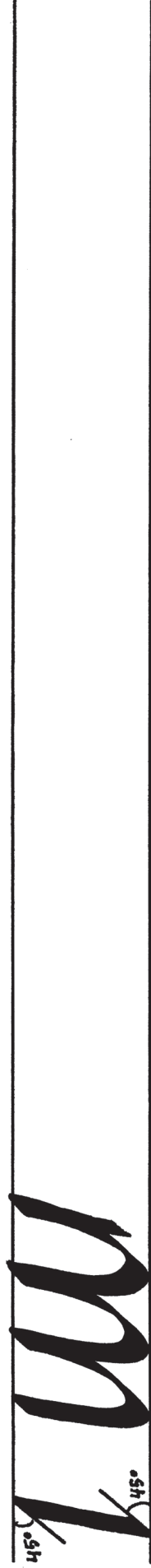
Making continuous arches based on the letter 'n' helps develop rhythm and sets the stage for learning the letters. Start by making a stroke down to the base line. Keeping your pen on the paper, come up about half way on top of the down stroke you just made, then move to the right to make an arch. Repeat.



Pen Strokes 7

Making Waves Based on the Letter 'u'

Making continuous waves based on the letter 'u' helps develop rhythm and sets the stage for learning the letters. Start by making a stroke down to the base line. As you approach the base line, be ready to do an upstroke to create the reverse of an arch. When you reach the top line, make a stroke down to the base line. Repeat.



Anatomy of Letters

ascender line

caps line

x-height

base line writing line

descender line

← ascender

← descender

counter (enclosed space inside letter)

Letters are 5 pen widths high

5 Pen-Widths is standard for Italic. Less will give a denser letter, more a lighter letter.

thicker + thinner

Words with 5mm Nib

Calligraphy

Harmony

Letters I



A cursive lowercase letter 'n' is shown on a set of three horizontal lines. A small arrow points to the start of the letter, and another arrow points to the top curve. A '45°' angle is marked at the top curve.

45°

45°



A cursive lowercase letter 'm' is shown on a set of three horizontal lines. A small arrow points to the start of the letter, and another arrow points to the top curve. A '45°' angle is marked at the top curve.

45°

45°

Letters 2

h

45°

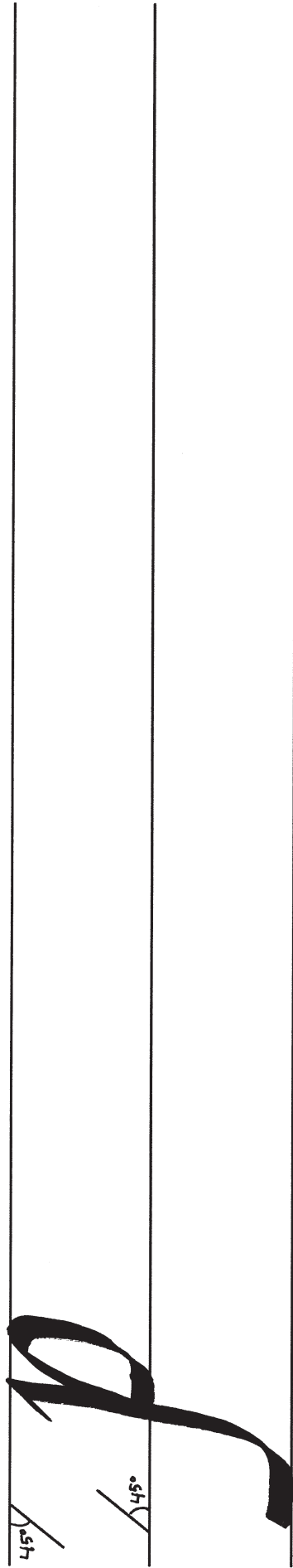
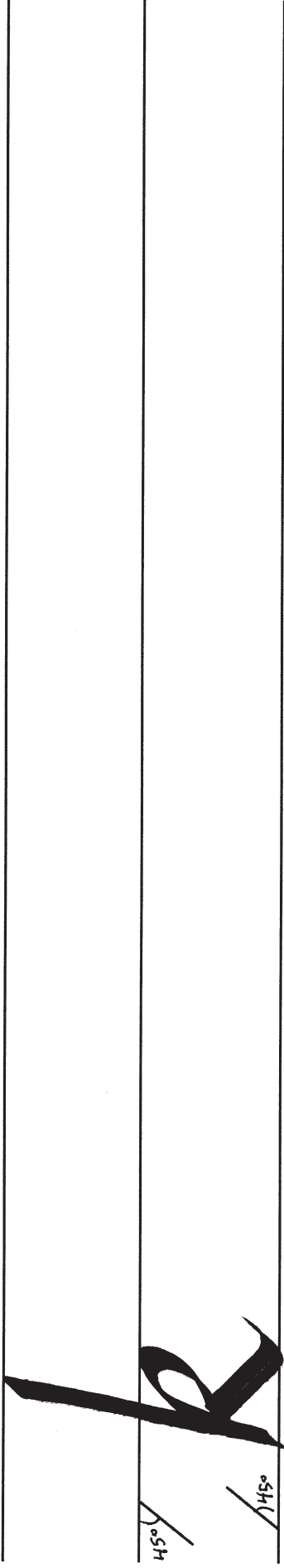
45°

b

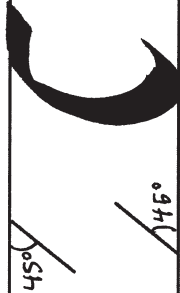
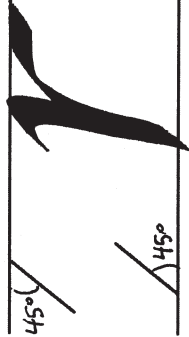
45°

45°

Letters 3



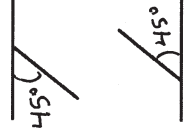
Letters 4



Letters 5



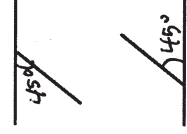
A large, bold, black calligraphic letter 'e' is shown on a set of three horizontal lines. A small handwritten '45°' with a diagonal slash is positioned to the left of the letter, indicating the angle of the starting stroke.



A smaller version of the calligraphic letter 'e' is shown on the same set of three horizontal lines. A small handwritten '45°' with a diagonal slash is positioned to the left of the letter.



A large, bold, black calligraphic letter 'o' is shown on a set of three horizontal lines. A small handwritten '45°' with a diagonal slash is positioned to the left of the letter, indicating the angle of the starting stroke.



A smaller version of the calligraphic letter 'o' is shown on the same set of three horizontal lines. A small handwritten '45°' with a diagonal slash is positioned to the left of the letter.

Letters 6



Letters 7

45°
45°

A calligraphic lowercase letter 'a' is shown on a set of three horizontal lines. The letter is formed with a single stroke that starts at the top line, curves down to the bottom line, and then loops back up to the top line. Two arrows indicate the direction of the stroke, with the first arrow labeled '45°' at the top and the second arrow labeled '45°' at the bottom.

45°
45°

A calligraphic lowercase letter 'd' is shown on a set of three horizontal lines. The letter is formed with a single stroke that starts at the top line, curves down to the bottom line, and then loops back up to the top line. Two arrows indicate the direction of the stroke, with the first arrow labeled '45°' at the top and the second arrow labeled '45°' at the bottom.

Letters 8

Handwriting practice lines for the letter 'b'. The first line shows a large cursive 'b' with a 45-degree angle marker at the start of the stem and another 45-degree angle marker at the top of the stem. Below this are several blank lines for practice.

Handwriting practice lines for the letter 'p'. The first line shows a large cursive 'p' with a 45-degree angle marker at the start of the stem and another 45-degree angle marker at the top of the stem. Below this are several blank lines for practice.

Letters 9



45°

45°



45°

45°

Letters I O

i

45°

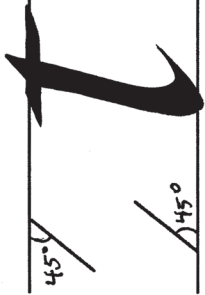
45°

j

45°

45°

Letters I I



Letters 12

V

45°

45°

W

45°

45°

Letters I 3



45°

45°

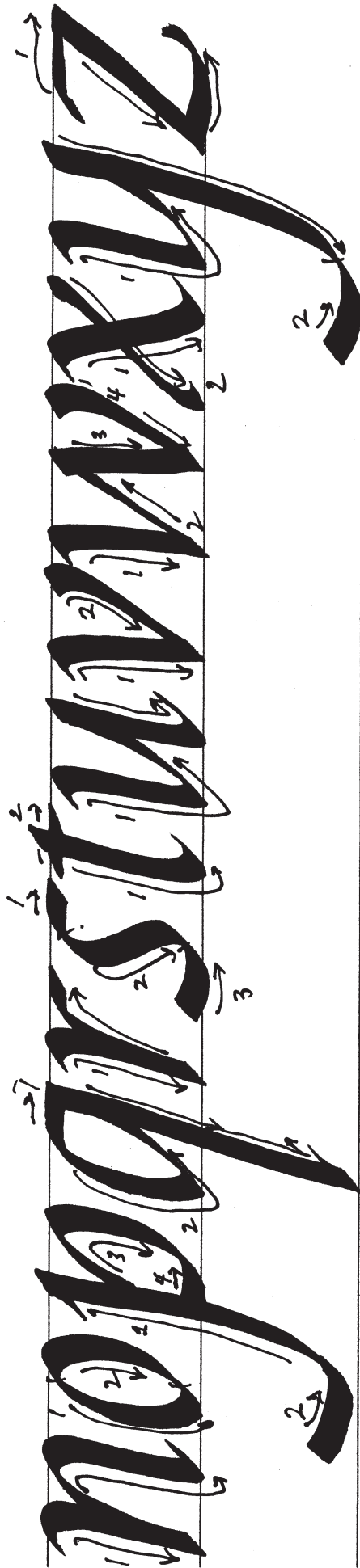


45°

45°



Alphabet for 5mm Nib



Capital Alphabet for 5mm Nib I

A B C D E F G

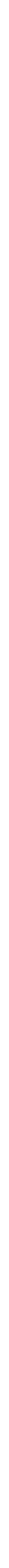
H I J K L M

Capital Alphabet for 5mm Nib 2

A B C D E F G H I J K L M N O P Q R S

T U V W X Y Z

Line Guides for 5mm Nib (7/8" Apart)



Alphabet for 2mm Nib

▶ *abcdefghijklmnopqr*

▶ *stuvwxyz*

▶ *the quick brown fox*

▶ *jumps over the lazy dog*

Capital Letters 2mm

A B C D E F G H I J K

L M N O P Q R S T U

V W X Y Z

Apple Blueberry Carrot

Dill Eggplant Fig Grape

Cursive Italic with 2mm Nib

▶ The quick brown fox jumps

▶ over the lazy dog.

▶ Sphinx of black quartz

▶ judge my vow.

▶ The five boxing wizards

▶ jump quickly.

Line Guides for 2mm Nib (3/8" Apart)



To pay
attention
This is our
endless
proper
work

MARY OLIVER