



Blind Drawing (Contour drawing)

You will need: a drawing pencil, sharpener, rubber, paper and tape.

Tape a piece of paper to a table. Sit at the table with your drawing hand holding the point of your pencil in the middle of the paper, ready to draw.

Now turn around in your seat so that you are facing in the opposite direction. Gaze at a single edge/wrinkle in the palm of your non-drawing hand.

Begin to draw that edge, confining your drawing to what you see in the centre of your palm, in an area of about a square inch. Do not attempt to outline your whole hand, and do not turn to look at the drawing.

As your eyes very slowly track the edge of each tiny edge/wrinkle in your palm, one millimetre at a time, your pencil will record your perceptions simultaneously. Your hand and pencil will function like a seismograph, recording every detail of what you are seeing. When you feel you have done enough (5 mins), turn and look at your drawing. Sign and date your drawing on the back of the paper.

With a new piece of paper, do the exercise again but this time, draw the outline of your whole hand. When finished, sign and date your drawing on the back.

Many artists do a bit of contour drawing or blind drawing every time they sit down to work. Blind / contour drawing is the most efficient way of preparing the brain for visual tasks.

