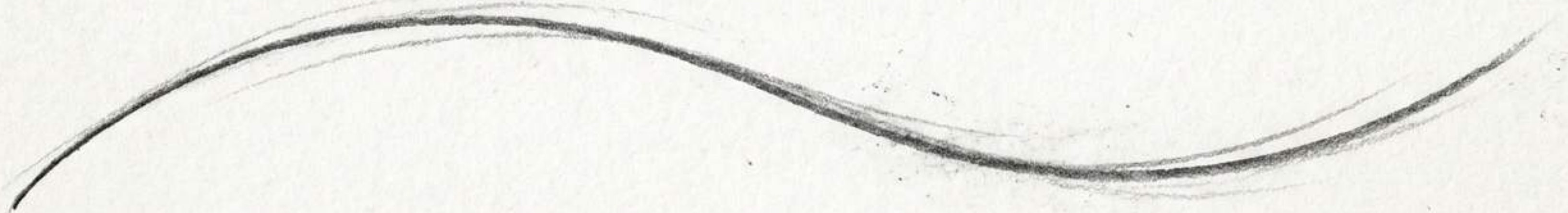
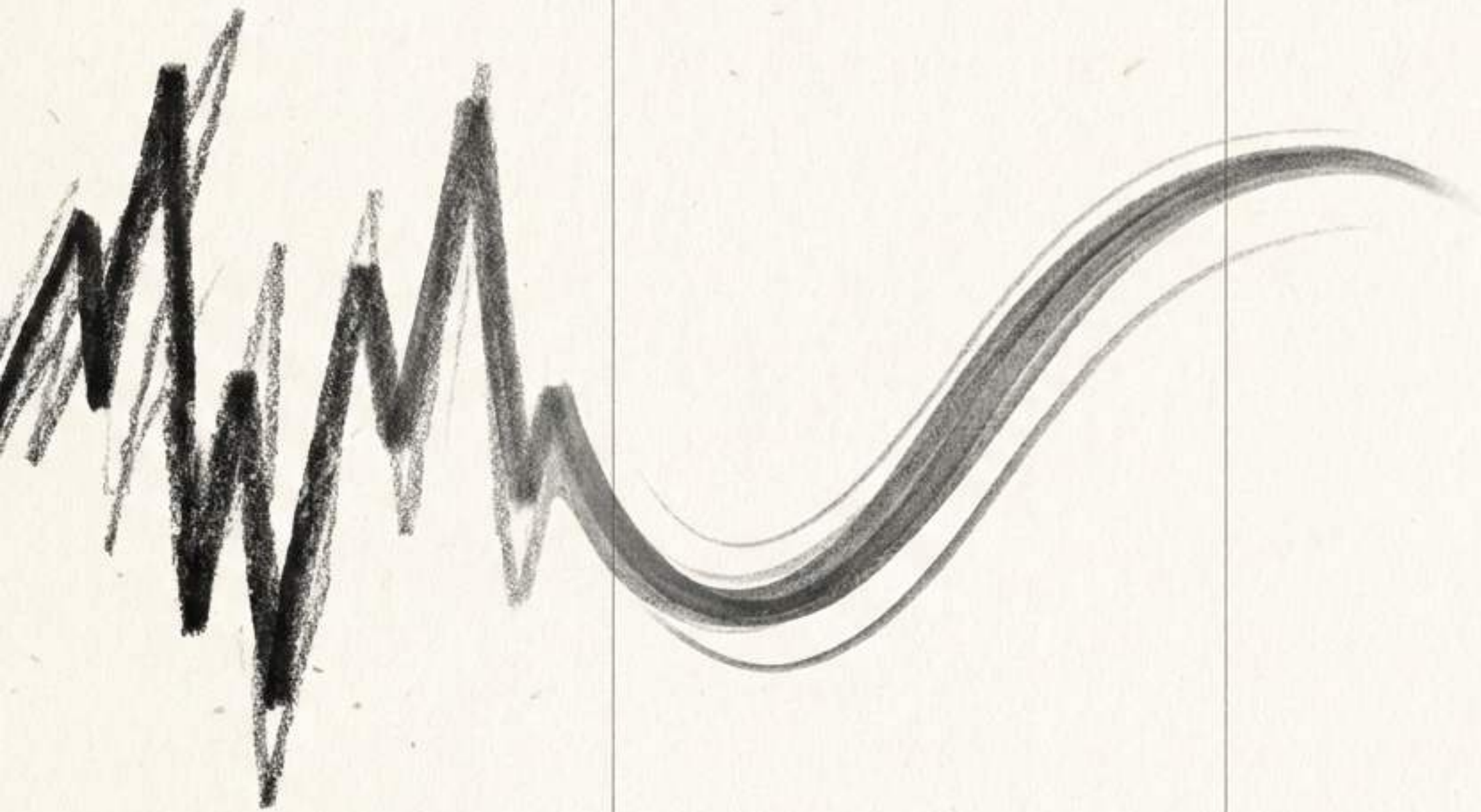


Meenakshi Art Work Academy

Phase 01 — Hand Control

5-Week Beginner Module | Exercise & Tool Deck





The Goal

- Steady, intentional lines driven by the shoulder.
- Mastery of grip variations and pressure sensitivity.
- The hand no longer fights the pencil.

The Phase 01 Toolkit

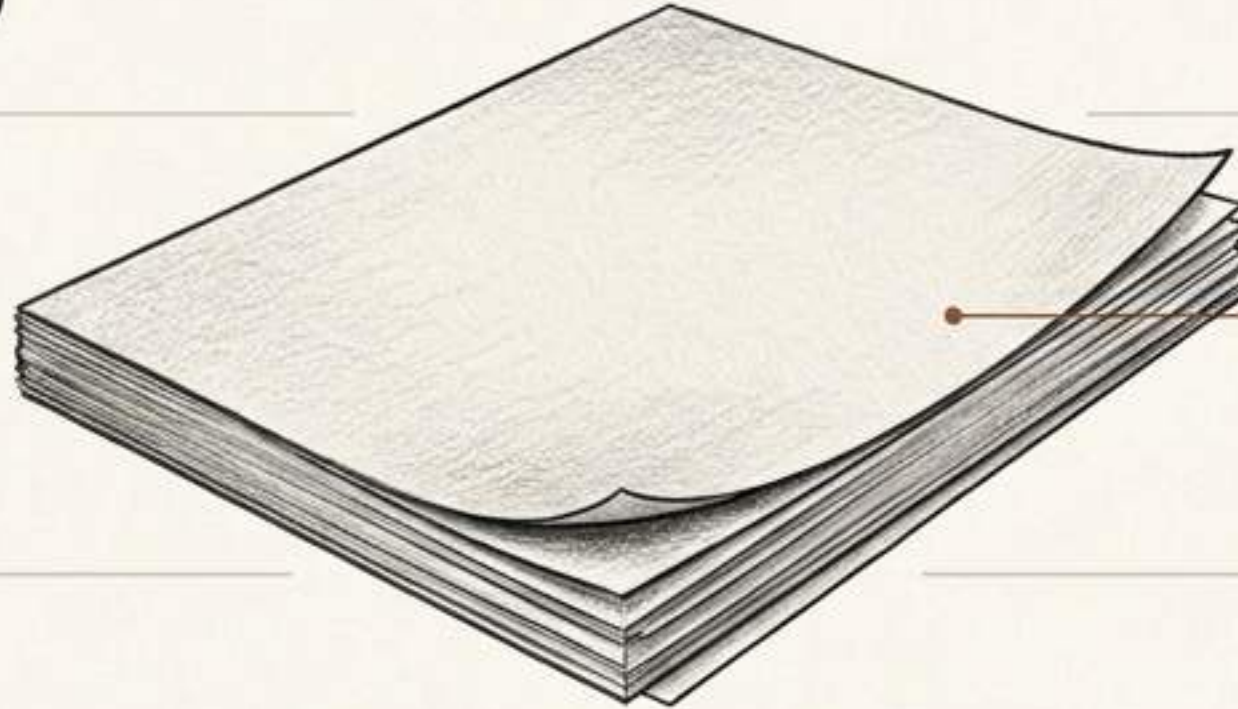


Graphite Pencils
(HB/2B/4B/6B) —
A range of softness so
tone builds gradually.

Kneaded Eraser —
Lifts graphite without damaging
the paper tooth.



A3 Graphite Pencils (HB/2B/4B/6B) —
A range of softness so tone builds gradually.

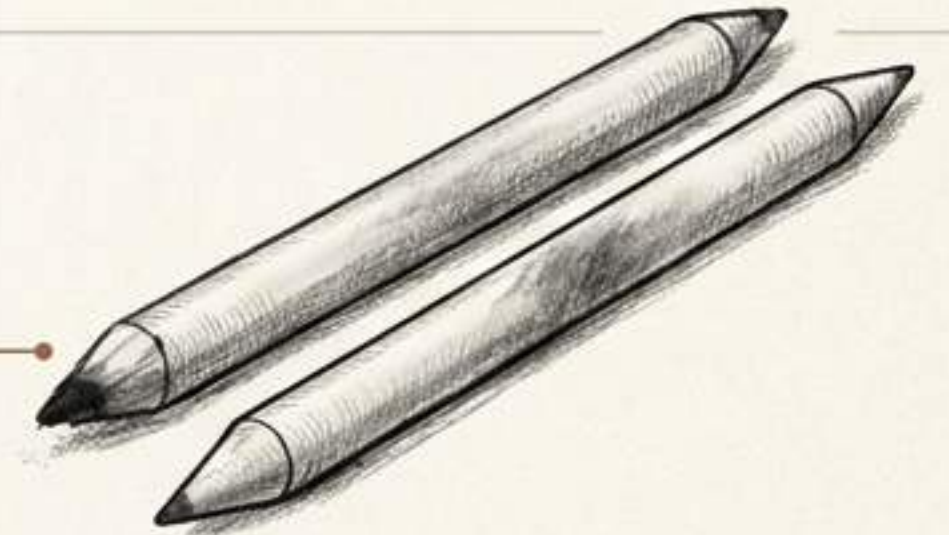


A3 Cartridge Paper (120–160gsm) —
Sturdy enough for repeated shading.



**Sharpener +
Sandpaper Block**
— Keeps a long,
controllable lead.

Blending Stumps —
Softens and feathers tone
without using fingers.

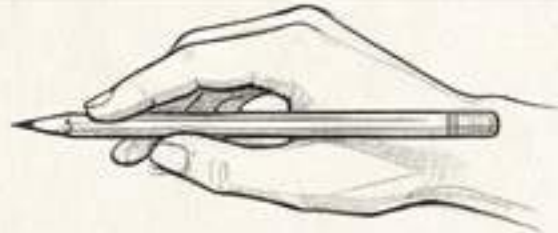


Cluster 1: Grip & Pressure



First Lines (10 min)

A loose wrist makes freer, more confident lines.



Tripod Grip Drill (15 min)

A stable grip gives control over long strokes.



Overhand Grip for Shading (15 min)

Covers tone quickly and evenly.

Underhand Grip for Detail (10 min)

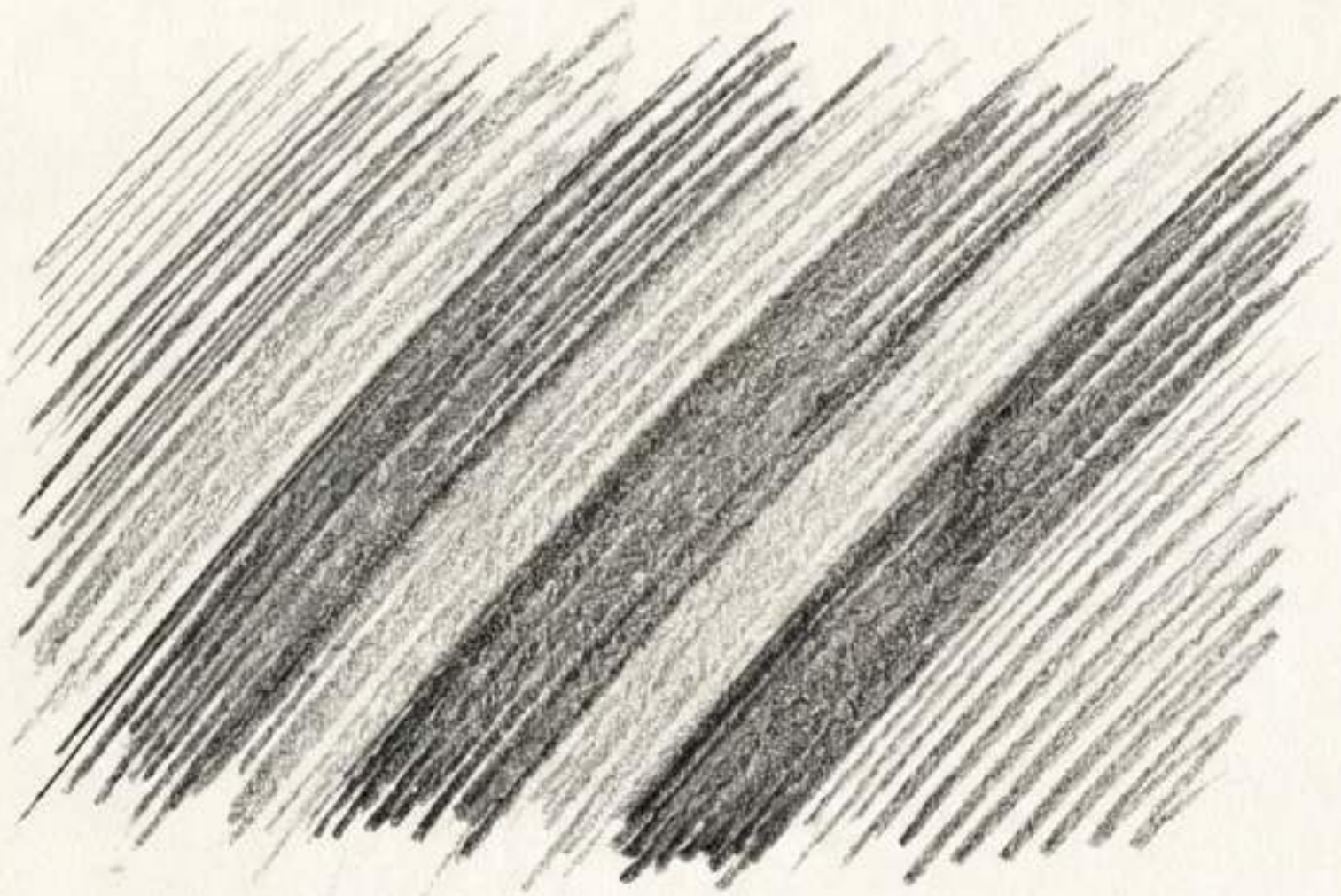
Hand position changes the control you get.

Pressure Scale (20 min)

Pressure is your first and most basic shading tool.

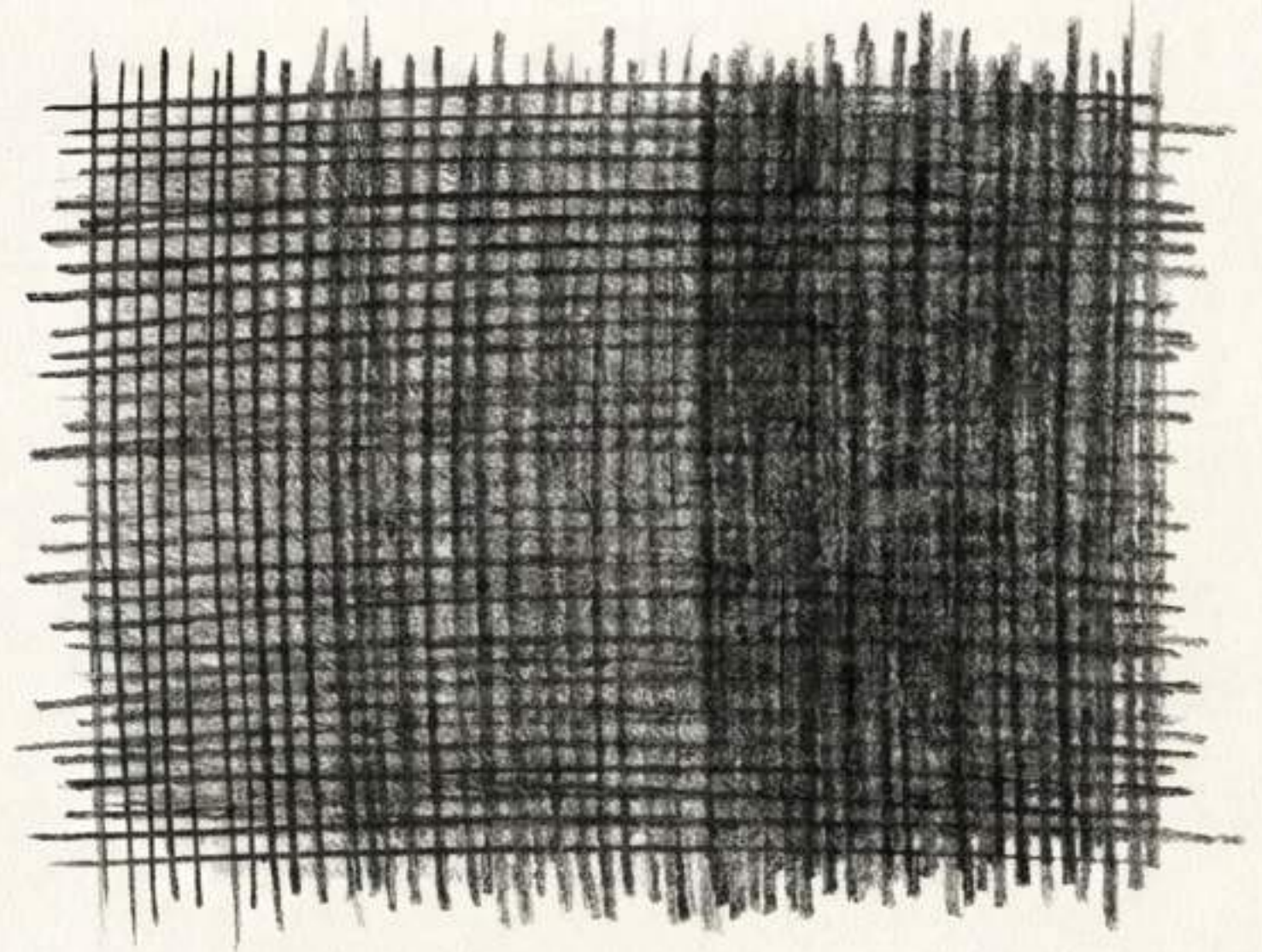


Cluster 2: Tone Building



Hatching Bands (20 min)

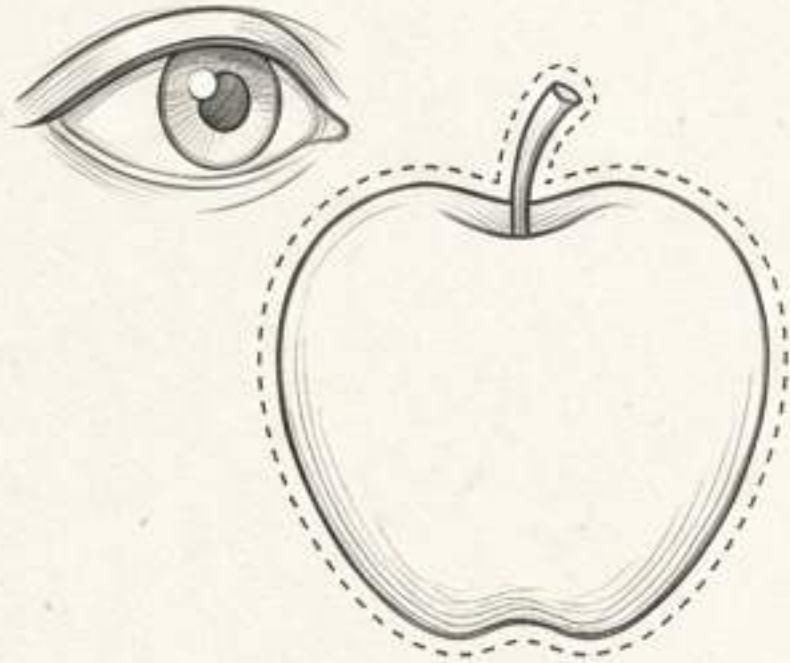
Parallel lines build tone systematically.



Cross-Hatching Grid (25 min)

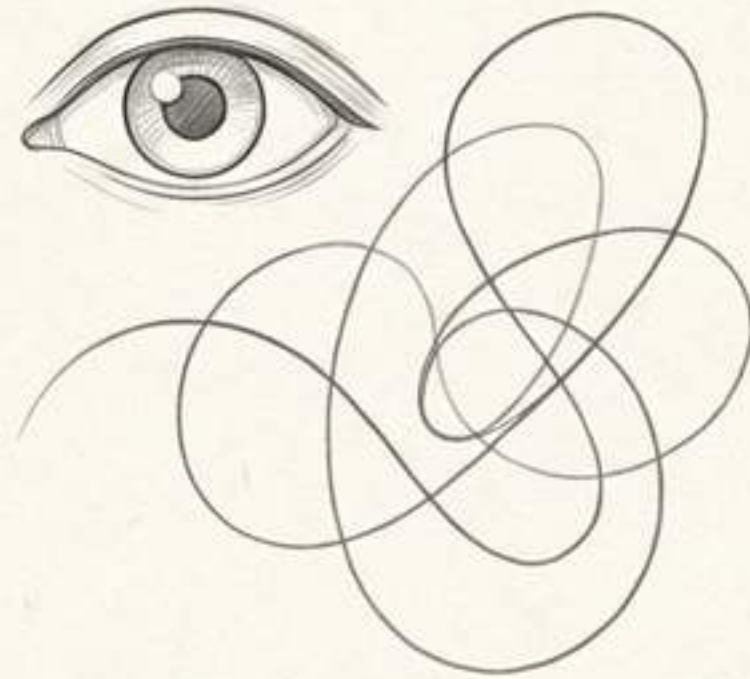
Overlapping lines control darkness precisely.

Cluster 3: Observation



Contour Drawing (20 min)

Looking at the subject beats
looking at the page.



Blind Contour (15 min)

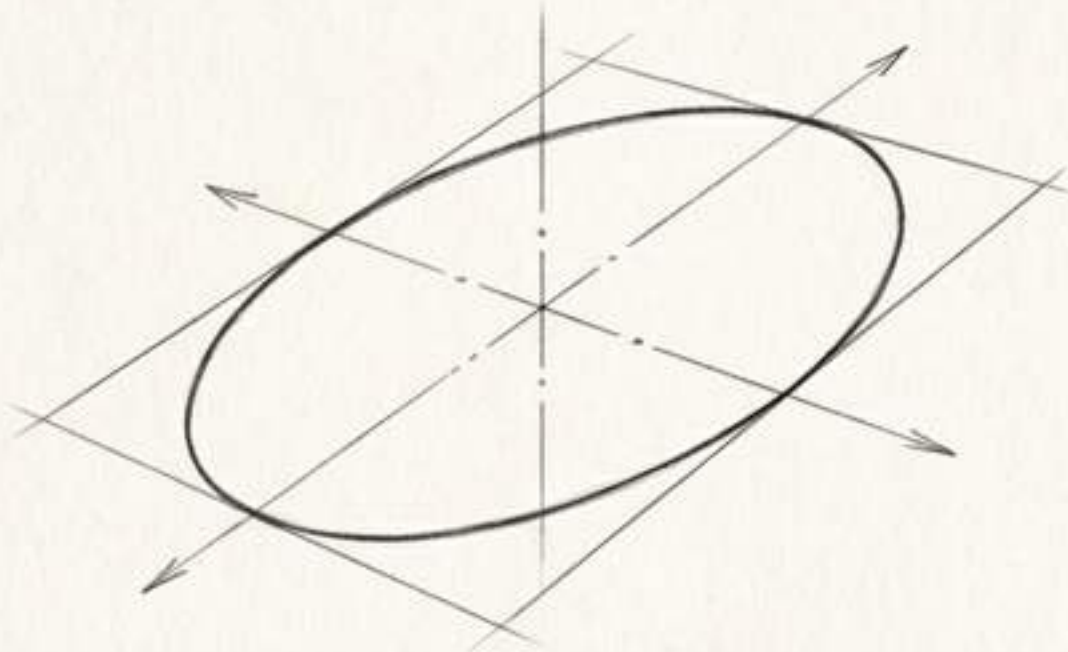
Trusting observation over
results loosens the hand.



Gesture Poses (20 min)

Gesture captures life
before accuracy.

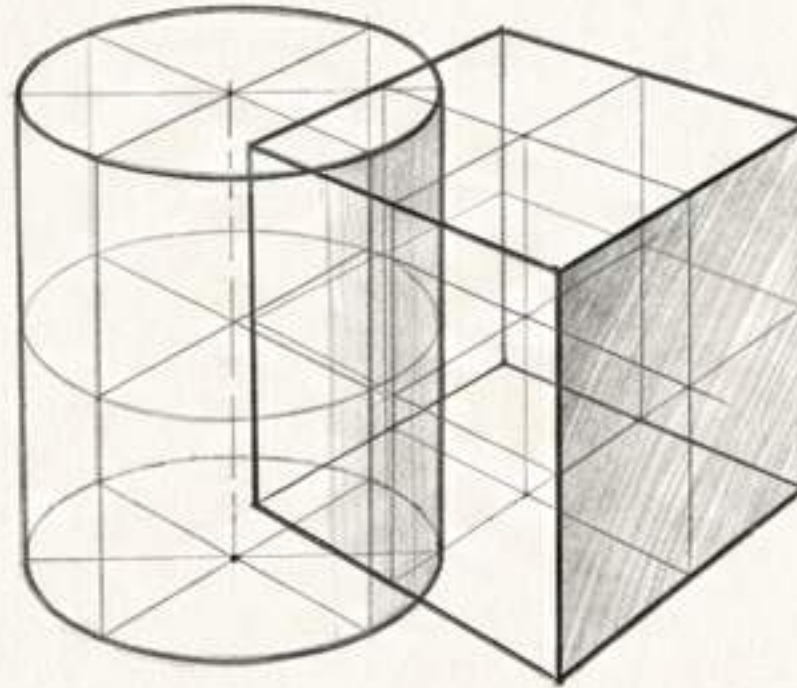
Cluster 4: Forms



20 min

Ellipse Practice

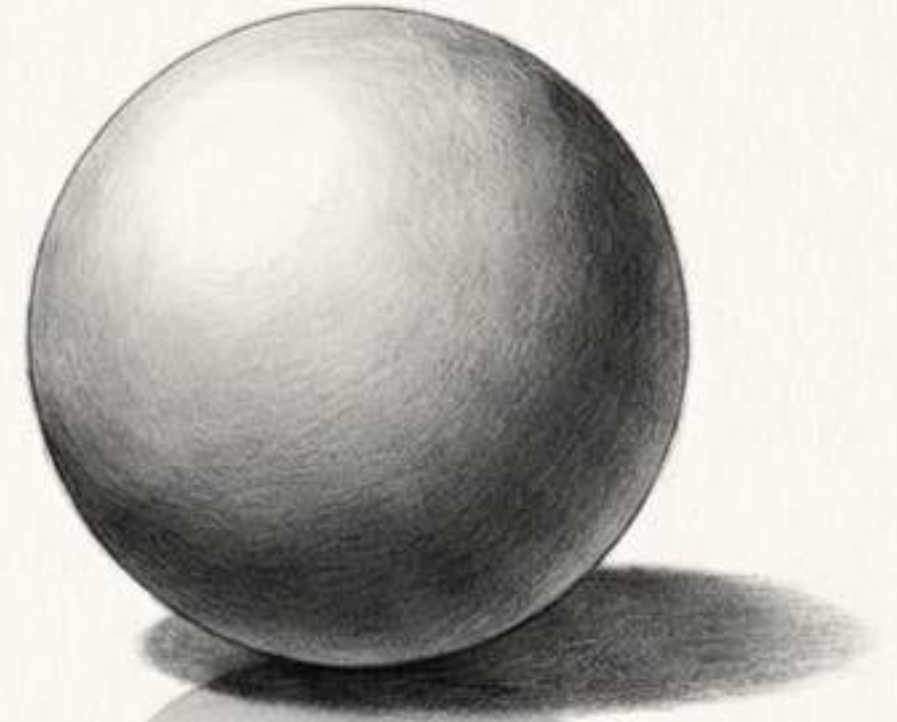
Ellipses are the basis of most forms.



30 min

Cylinder & Cube Forms

Basic forms explain almost everything else.



30 min

Sphere Study

The sphere teaches all tonal logic.

Cluster 5: Capstone



Still-Life of Three Objects (1 class)
Separate skills combine into a finished drawing.

**“The first few strokes are always tight...
But by exercise 10, something shifts —
the pencil starts moving with intention,
and the line finally says what
you meant it to.”**



Up Next: Phase 02 — Proportions
(Observation, balance, and composition)