
How it works:

This is a way of working that anyone can do. This will clear your mind. You must not worry. You will not be judged. Relax and enjoy the materials and music. Allow your whole body to loose control and let the materials and music take over.

You may use a visual reference if you prefer or let your hand guide you. The materials will do lovely blends by themselves

We will start with warm up exercise 1.

Then exercise 2 onwards is more of a process that you can do over a few days or in 1 long session.

There are 2 processes.

I have given you a descriptive plan of making an image using various materials whilst listening to music.

Also use a references, E.g still life or landscape, or life drawing. You can have an image in-front of you to respond to.

The seascape example you see in picture form in this pack. I listened to the sea and the wind, bird and atmospheric to help with the brush strokes.

The still life of a stack of large beach pebbles, where I still listened to music. mainly classical.

For this project I have the following music

Chinese music that is very simple and you hear each sound and instrument clearly. Talk Talk. From the Album Spirit of Eden. Specifically The Rainbow, Eden, Desire, Inheritance, I believe in you, wealth.

<https://www.youtube.com/watch?v=HSfGvuiFOWI>

Also the Harpist Lavinia Meijer. Her work Gnosienne, Lift off and Metatmorphosis,

<https://www.youtube.com/watch?v=FWEymbfwNzo>

https://www.youtube.com/watch?time_continue=1&v=hV2-zFh3tAU&feature=emb_lo

[go](https://www.youtube.com/watch?v=oN99NYFHWEs)

<https://www.youtube.com/watch?v=oN99NYFHWEs>

<https://www.youtube.com/watch?v=WbCjceRPXyw>

Your materials are:

Bamboo stick, which you can extend by using your own longer stick.

Ink (metallic ink needs water added to it).

Paper

Masking Tape

Charcoal

Chinese brush

Ribbon

Pastel

Sponge

Raffia

Exercises: Kate Duncan

Exercise 1: Warm Up.

Stay clean:

Newspaper or plastic bags under your paper so you don't make a mess on your work surface.

Use some music you like in the background if you like. - **Talk Talk** (Rainbow, Eden, Desire, Inheritance, I believe in you, Wealth).

<https://www.youtube.com/watch?v=HSfGvuiFOWI>

Unroll your paper and cut to a size you would like.

Maybe that fits nicely on your table.

Use masking tape to stick down to divide the paper into two shapes.

Use masking tape to stick a few horizontal lines that meet another edge or piece of tape.

Use masking tape to stick diagonal lines down anywhere but make sure they come to the end of a page or piece of tape.

Use 3 pieces of masking tape to stick vertical lines anywhere at any length but make sure they meet the edge of the piece or another piece of tape.

Make sure its all stuck.

Take a piece of charcoal and colour in 2 shapes.

Take a pastel and colour in another shape

Take water on the brush and colour in a few shapes

Take a little ink on the end of the brush and dip the tip of the inky brush into a weary shape you just filled.

Take same brush that has less in on now and dry brush into the other shapes that are empty if there are any.

Let it dry. You can use a hairdryer. If you lift the piece the water may spill, so be careful.

When paper is dry. Use the brush, dry bristles, use ink again. Flick ink across the paper.

Allow yourself to be a bit messy if you are happy to do that. If you have an old tooth brush that makes a very nice fine splattering of ink over the whole picture.

Then gently peel off all the masking tape.

You will find a surprise!

Exercises: Kate Duncan

Exercise 2, little play with materials:

Newspaper or plastic bags under your paper so you don't make a mess on your work surface.

Cut another piece of paper to a size you are comfy with.

Listen to supplied music, take time with the piece of music you like and repeat it many times so that you can separate the sounds.

Ideally Chinese music I supplied. Or use youtube to find the Harpist Lavinia Meijer. Her work Gnessinienne, Lift off and Metamorphosis,

Youtube:

<https://www.youtube.com/watch?v=oN99NYFHWEs>

https://uk.video.search.yahoo.com/yhs/search?fr=yhs-domaindev-st_emea&hsimp=yhs-st_emea&hspart=domaindev&p=lift+off+lavinia+meijer+philip+glass#id=3&vid=c7d379fd2ed006c0497adc659fc5329b&action=click

Apple music:

<https://music.apple.com/gb/album/form-of-qigong/1272100848?i=1272101405>

<https://music.apple.com/gb/album/chinese-calmness/1296846131?i=1296846156>

..... sit down and relax and close your eyes. Can you hear separate parts on the music?

Maybe think: Does it speed up, slow down, louder quieter?

You can use another piece of music that you enjoy, as long as its construction is simple.

Take the bamboo, elastic band, brush. Put brush securely on the end of the bamboo. Wrap band around brush a few times.

Dip the brush in the ink.

Notice where the music comes in, pauses, becomes louder or is soft. Use the brush in the same way.

Paint with the brush attached to the stick.

The stick will stop you having too much control.

There may be a part of the music you like and that part you can represent with the brush strokes.

First put the brush in plain water and flood the paper with it. Use music to help to be influenced or maybe think of a landscape or an artist you like. Whilst paper is wet. Then put ink on the brush and paint on the paper.

Just brush the paper in any way that feels good with the music.

Chinese brushes are great as they become fat and squishy when you press them into the paper, when you lift the brush to the tip, you will have a fine thin line.

So all the other brush pressures in-between you can try. Don't worry what it looks like.

The music may repeat in parts so you can repeat the same mark. Or make a new line all the time.

Use the whole piece of paper to play.
Notice how the ink disperses into the water. You can use the sponge to mop up anything you don't like or want to remove. See what happens to the colours.

Exercises: Kate Duncan

Exercise 3, little play with water and wet pastel:

Newspaper or plastic bags under your paper so you don't make a mess on your work surface.

Cut another piece of paper to a size you are comfy with or leave long and just roll out as you would like more paper and you can let the picture grow.

Listen to a piece of music that's on the dictaphone. Either Chinese or Harp music.

<https://www.youtube.com/watch?v=TLMw7NAnmh4>

<https://www.youtube.com/watch?v=FWEybfwNzo>

<https://www.youtube.com/watch?v=oN99NYFHWEs>

<https://music.apple.com/gb/album/form-of-qigong/1272100848?i=1272101405>

<https://music.apple.com/gb/album/chinese-calmness/1296846131?i=1296846156>

https://uk.video.search.yahoo.com/yhs/search?fr=yhs-domaindev-st_emea&hsimp=y

[hs-st_emea&hsimp=y](https://uk.video.search.yahoo.com/yhs/search?fr=yhs-domaindev-st_emea&hsimp=y)

[hs-st_emea&hsimp=y](https://uk.video.search.yahoo.com/yhs/search?fr=yhs-domaindev-st_emea&hsimp=y)

Choose one you'd like.

Then pop charcoal on the other end end of the stick with another elastic band.

First clean brush with clean water. And fill up lovely Chinese brush bristles with water.

Splash and flick water over the paper. No plan, just random.

Turn stick around and use charcoal to draw lines, hard and soft that you feel like drawing along the length of the paper.

Notice how the charcoal sticks in the water and picks up the dark charcoal black.

Then charcoal is lighter on the dry paper. Enjoy where you want to draw on the wet and dry.

The music could lead you to make marks that are fast like a fast drum, or slow and soft like a violin. If there is a part of the music you like. Make that the sound you follow with your charcoal making.

So you have black and white on the paper. Take the pastel and crumble a bit in your fingers or use a knife to make some shavings and crumble the pastel into the watery bit to see what happens. Use your fingers, sponge or bush to move the colour around.

Try adding more dark heavy charcoal to the bright colour and maybe the black and colour looks good together...Add more pastel colour by colouring in new the black areas....Take your time to look at it.

Then crumble more pastel over the picture or flick some ink. Watch coolers blend n the water.

add more water if it dies up

Exercises: Kate Duncan

Exercise 4, little play with many materials:

Newspaper or plastic bags under your paper so you don't make a mess on your work surface.

You could unravel a long piece of paper, so its wide and long, like a wide landscape. Put the paper on the floor so you can move more of the body, not just the hand and arm to make the marks.

Select a song you like or use same song again.

<https://www.youtube.com/watch?v=HSfGvuiFOWI>

Fetch a bowl or empty jam jar with water in and a a bit of ink colour.

This time we will start with the Chinese brush with ink tinted water.

Again make nice sweeping moves with the brush, moving with the music. Use the long stick and sweeping movements with the stick, arm and body. Allow lots of water and ink. After a while, after the song has finished then change brush.

Turn stick around and use charcoal adding sweeping lines into the watery ink.

Sometime the picture can look like a landscape.

Take a break and look a the picture. You can use string or raffia to dip in the ink to make marks or add texture. You may feel a picture is coming through naturally.

You don't have to plan the picture. It will evolve naturally.

Try not to control the picture too much.

Then add some accents of bright colour with pastel. Perhaps crunch up pastel and or charcoal and sprinkle over the picture, breaking up the lines. You may see a sunset over a landscape or another natural view, or perhaps a city scape.

OR

Use a reference (see printed picture: stack of beach pebbles or landscape)

Firstly observe for a minute.

Look at the shapes and shadows that you can see in the picture.

Look at how the scene would be in the paper you will draw on.

Turn the paper 90% to see if the paper is better portrait/tall or landscape/wide.

Draw with water on brush the lines you see that make up the scene.

Then use charcoal (attached on the stick or in your hand)

Draw the shadow lines. The clearer darker lines and edges you see.

Then take brush with 50% ink and 50% water.

Brush the grey or mid tonal areas.

Let the ink bleed into the water.

If you want to take away ink, charcoal or water, use the sponge.

Use pastel to add more darker and mid tones and shadowy ares that defines a shape.

(Like the curve on the side of a pebble, see printed reference)

Use the sponge to take tone away for the highlight areas where the light falls strongest on the picture.

Sometimes the paper can get soggy so careful not to rip paper with charcoal or pastel.

Then take black charcoal and return to the darkest areas of the picture where shadows are darkest, careful not to rip the paper. Repeat adding midtones and shadows building. Pastel and ink.

Exercises: Kate Duncan
Exercise 5, Cut up:

Lay all the pictures out.

Looking fresh at the earlier pictures.

You might want to add more to the other earlier pictures.

You might like to cut some of your favourite parts of the picture out and separate from the bits you want to throw away.

We want to make a sequence of pictures that we like, of 3 or more.

This we can tape together which can concertina into a book looking style, and then tie up with the ribbon.

We can also look at one piece of paper that we like, we can fold or concertina into a book with even pages that we fold then again, hold together with a ribbon.

These can be the pieces you can keep and look at again in a few weeks.

Sometimes the beauty isn't obvious straight away, You need to spend a few days away from it. Then look again.

Then you can't do it or just feel happy that you like it.

Exercises: Kate Duncan

Exercise 6, Extra Play:

The pieces that are left over cut into body parts.

For fun use scissors and just copy Matisse designs references or make your own style and utilise any left over pieces of dry artwork you have made.

Background, use a piece of paper you have already painted before during these tasks.

Use the other left over pieces to cut out shapes. Stick down with masking tape (low tack). Keep moving the shapes around until happy, then you could glue down permanently.