Fooocus Documentation

# Fooocus Overview

Fooocus is a rethinking of the designs used by both Stable Diffusion and Midjourney. It incorporates lessons learned from each:

Instance Tested on : A40

## Stable Diffusion Insights

The software operates offline. It is open source. It is free to use.

## Midjourney Insights

Eliminates the need for manual tweaking. Users concentrate solely on prompts and images.

# Performance Modes

Fooocus provides multiple performance options to suit different user needs:

QualitySpeed, Extreme Speed, LightningHyper-SD.

# Art Styles

Fooocus includes a range of art styles, each offering unique aesthetic qualities:

## Artstyle Expressionist

Focuses on emotion, bold colors, and dramatic brushwork.

## Artstyle Abstract Expressionism

Similar to Jackson Pollock’s approach, adjustable for expressive brushstrokes.

## Mk Van Gogh

Emphasizes thick impasto textures and swirling strokes; can be adjusted for more realism.

## Mk Singer Sargent

Masterful oil technique with refined realism.

## Mk Pollock

Abstract and energetic, can be modified to add raw expressiveness.

## MRE Surreal Painting

Adds distorted realism for a psychologically intense painting feel.

## MRE Gloomy Art

Gives a darker, more intense portrayal of the human form.

## Mk Basquiat

Rough, expressive brushwork with a raw edge.

# Performance Mode Options

Options available: QualitySpeed, Extreme Speed, LightningHyper-SD.

# Guidance Scale for Thick Oil Painting

For a thick, expressive oil painting look: Guidance Scale: 10–12, Image Sharpness: 6–8.

# Guidance Scale for Hyper-Realistic Melting Oil Effect

For a hyper-realistic melting oil effect: Guidance Scale: 12+, Image Sharpness: 8–10.

# Checked Styles

✅ Mk Van Gogh: Impasto texture and expressive swirling strokes.  
✅ Artstyle Impressionist: Captures light, movement, and atmosphere.  
✅ Artstyle Abstract Expressionism: For dramatic, loose, expressive strokes.  
✅ MRE Surreal Painting: Enhances the dreamlike, atmospheric effect.  
✅ MRE Gloomy Art: If you want a darker, stormier Turner painting.



