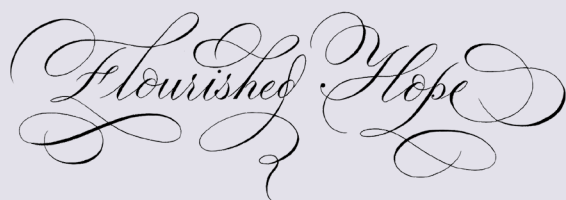




The Ultimate Warm-Ups & Drills Worksheets



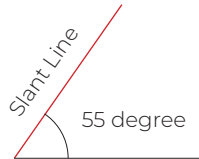
integrating warm-ups and drills into
your calligraphy practice can
significantly elevate your skills and contribute to
your overall growth as a calligrapher.



How To Use the Worksheets

Hey Calligrapher!

These worksheets have been created to help you learn a strong foundation of Copperplate script. Copperplate calligraphy is a beautiful and very structured script. Therefore, it is essential to learn and use the guidelines as shown below.



For Copperplate exercises, x-height can vary for different uses, but in this practice pad it is using the standard **5 mm**.

The slant line is always kept at 55 degrees.

The ratio between five horizontal lines is 2 : 1 : 2.



The following pages begin with an example for you to study. Then, each warm-up and drill is broken down into segments of basic strokes. Please read carefully the order and direction of each stroke, which is indicated by arrows and numbers. Remember to lift your pen after each stroke gently. The key is the graceful transition and balance of thick (pressure) and thin (release) strokes. A general rule to keep in mind is **downstroke heavy (shade) & upstroke light (hairline)**.

Write and follow on top of the greyed-out letter. Then try to write on the blank area on your own. All the Copperplate letters are based on a slanted (55-degree) oval shape. Keep imagining the invisible oval when making each letter. If needed, use tracing papers or a light pad to practice on top of each sheet for more practice.

TIPS :

Write slow. Try to develop a "light hand." Doing the warm-up exercises will help to loosen up your hand. Aim to build good muscle memory. Yes, practice does make progress, but **mindful, intentional and consistent practice** will make exceptional progress.

I encourage you to connect & share your practices by tagging [#flourishedhope](#) [@flourishedhope](#)

Happy writing! :-)

Unleash Your Potential Just like exercise...

Take just **5 minutes** to engage in drills, preparing your mind and body before diving into your actual writing. You will soon experience and appreciate the significant difference these simple warm-up exercises can create!

No matter what skill level you are at as a calligrapher, everyone can greatly benefit by incorporating warm-ups and drills into their daily calligraphy routine.



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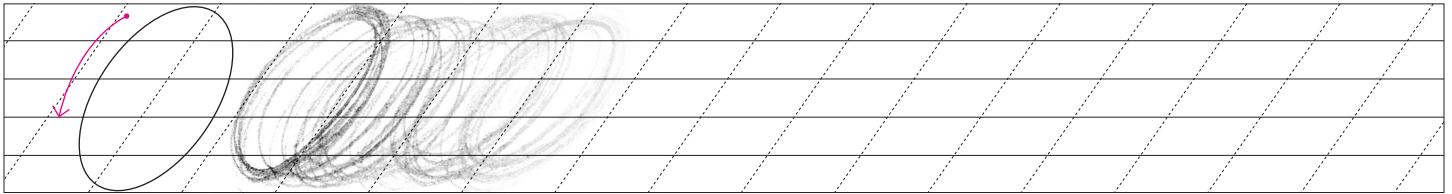
NIB:

INK:

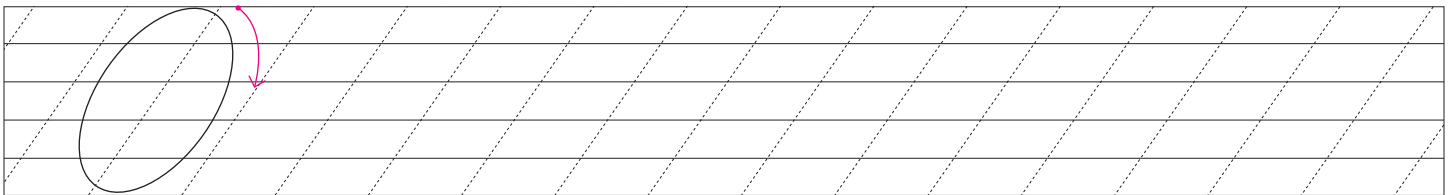
WARM UP | 3

Pencil Warm Up

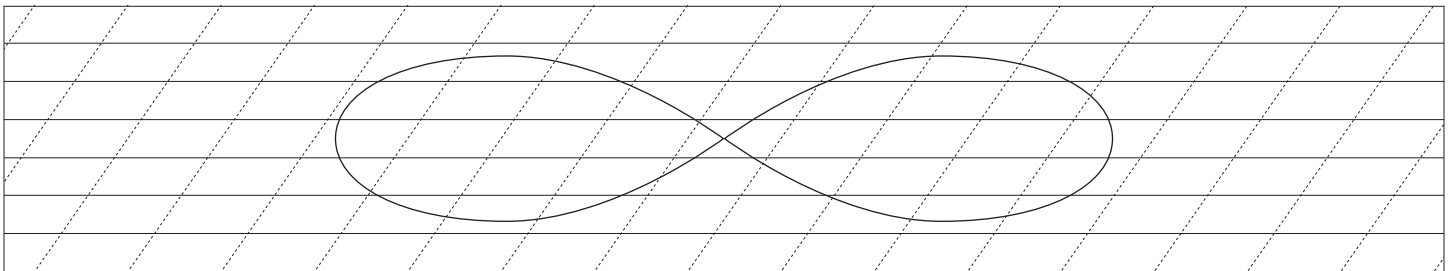
Ovals : Counter Clockwise



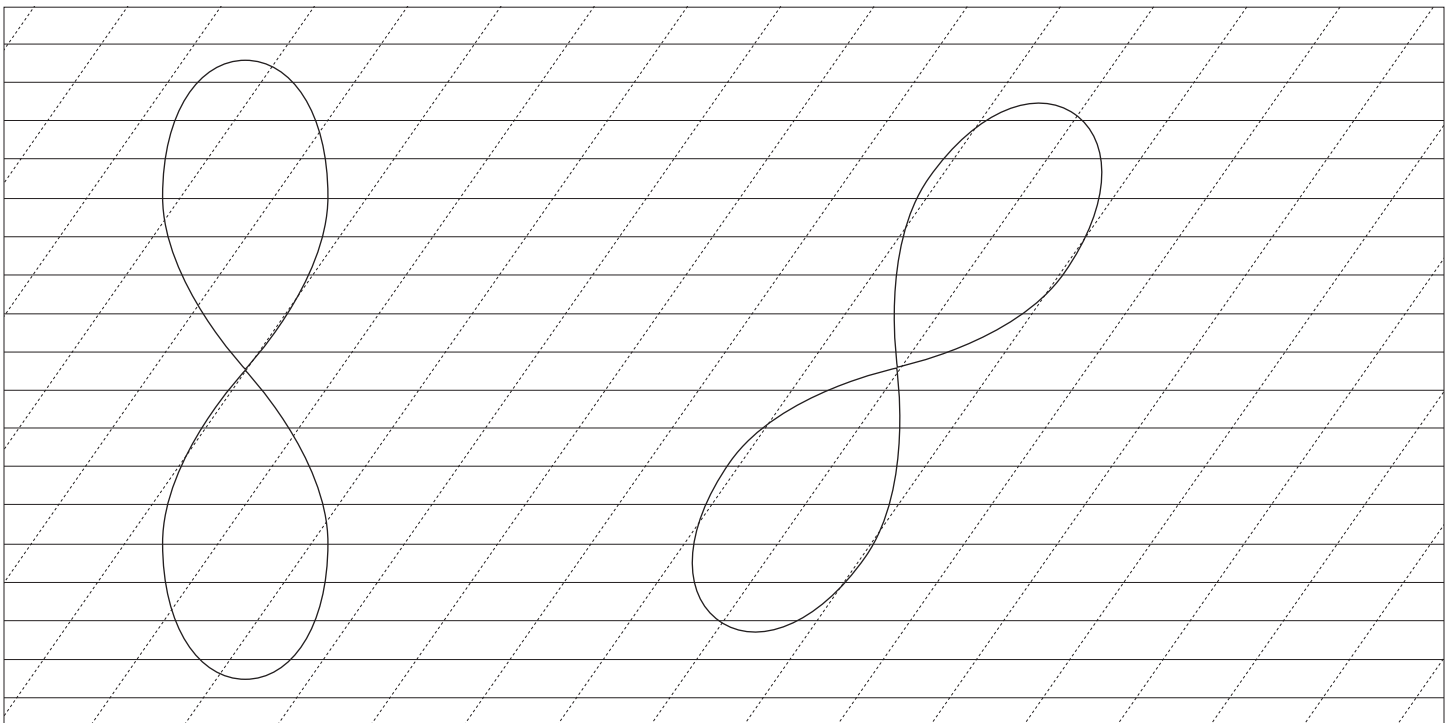
Ovals : Clockwise



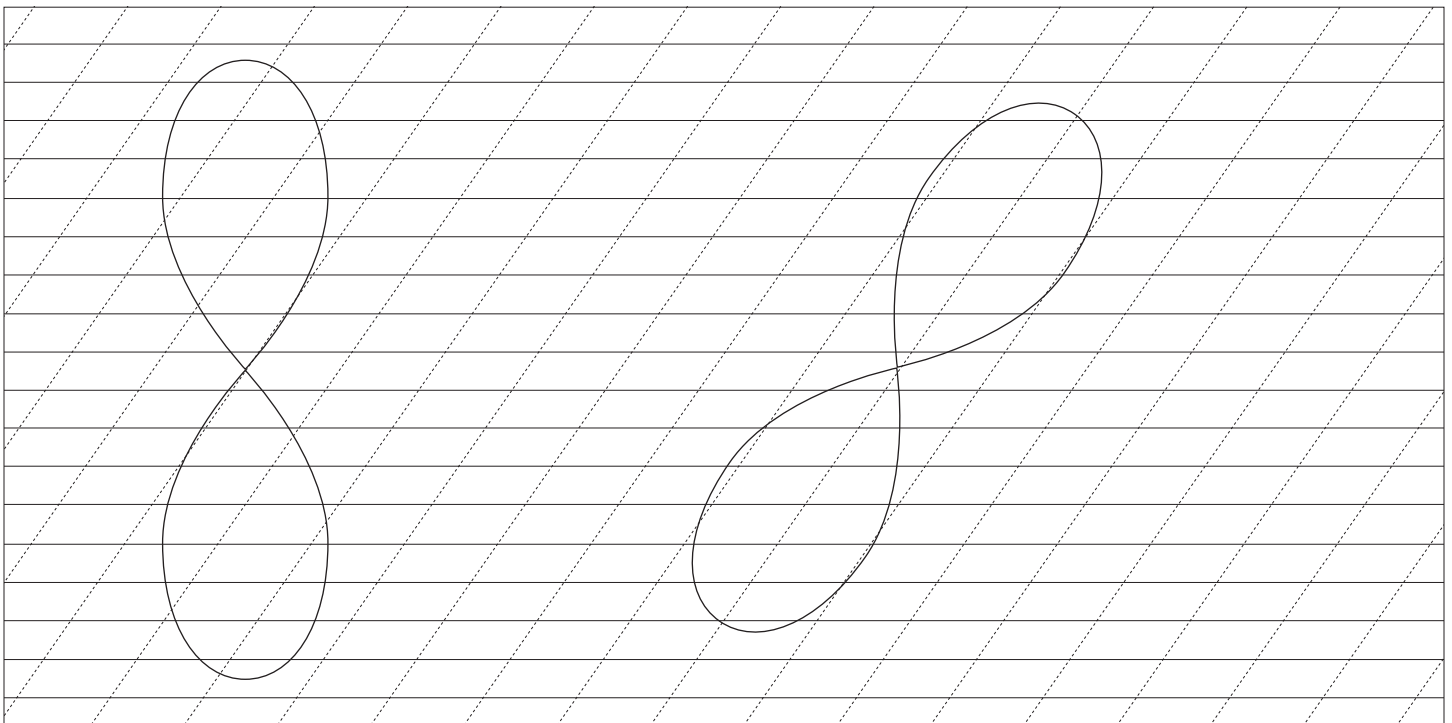
Infinity Loop : Horizontal



Infinity Loop : Vertical



Infinity Loop : On Slant



DATE: / /

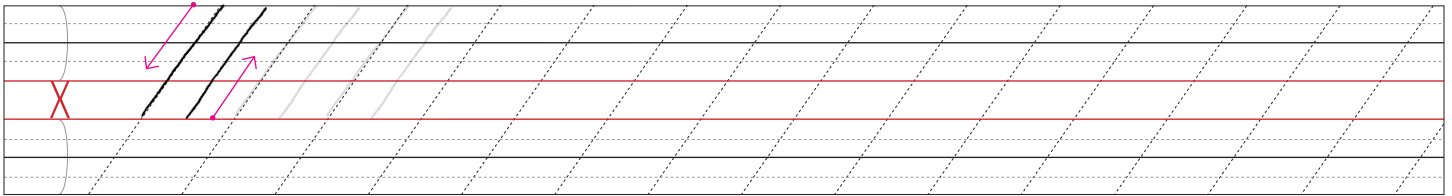
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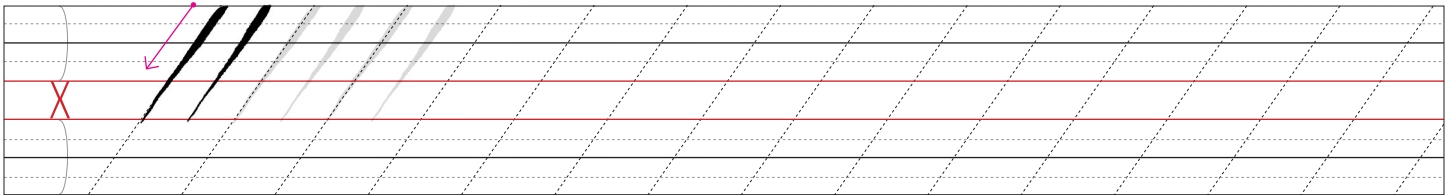
WARM UP | 4

Nib Warm Up

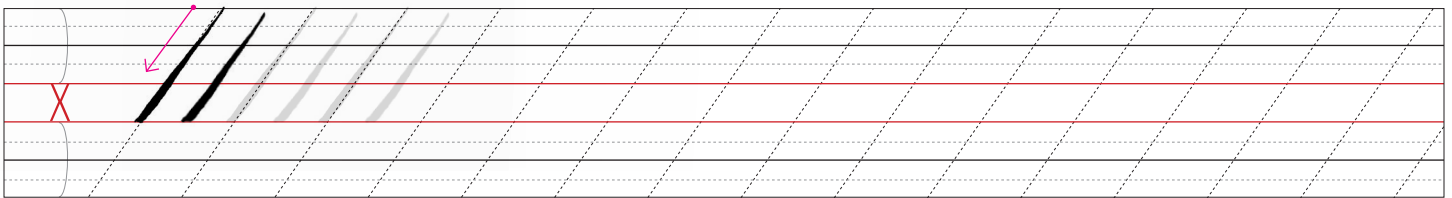
Hairline



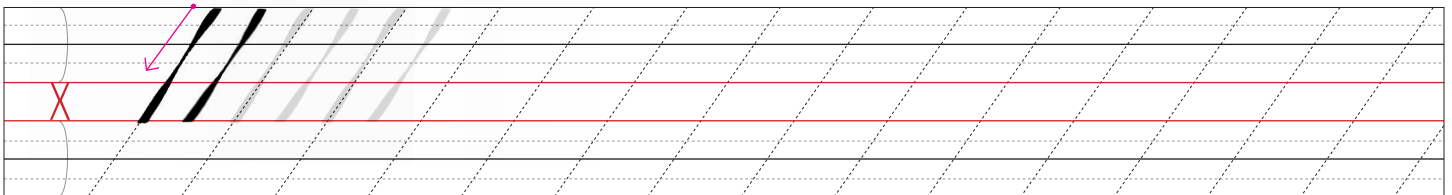
Wedge : Thick - Thin



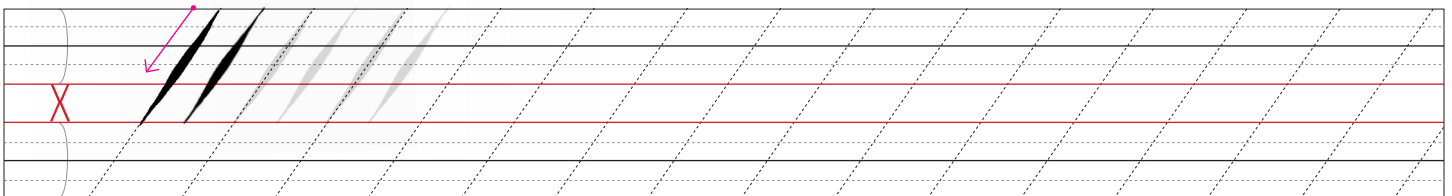
Reverse Wedge : Thin - Thick



Swell : Thick - Thin - Thick



Thin - Thick - Thin



Braided Hair



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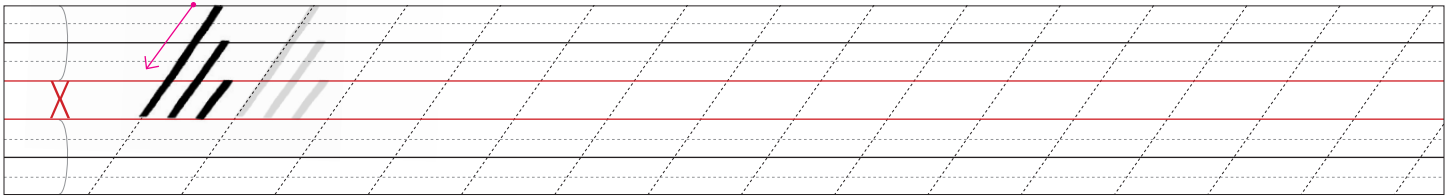
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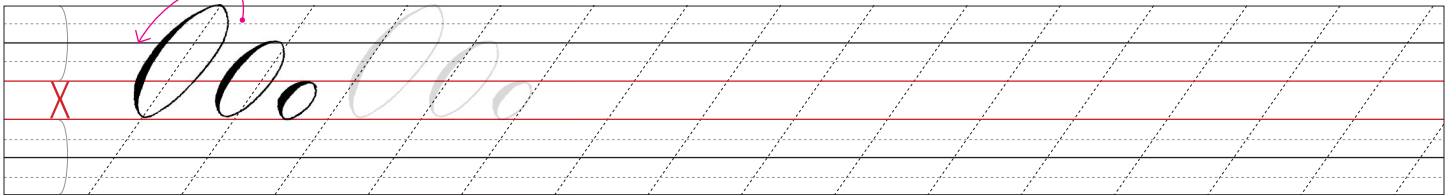
WARM UP | 5

Nib Warm Up

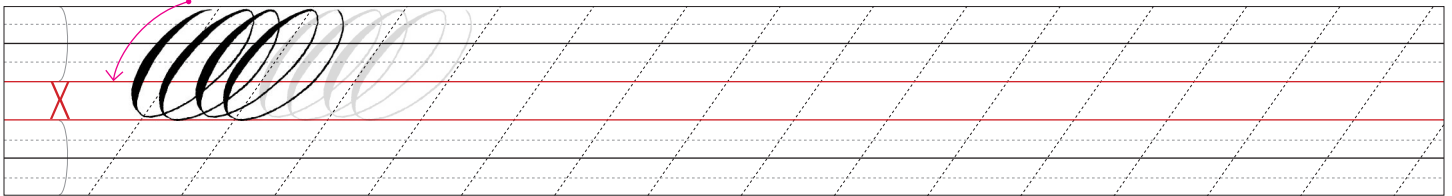
Full Pressure Strokes



Ovals



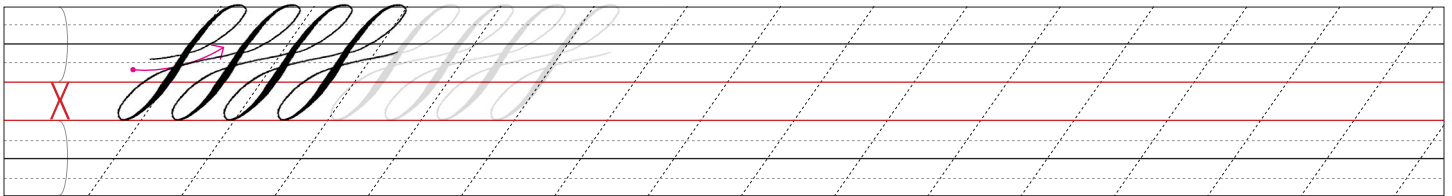
Overlapping Ovals : Counter Clockwise



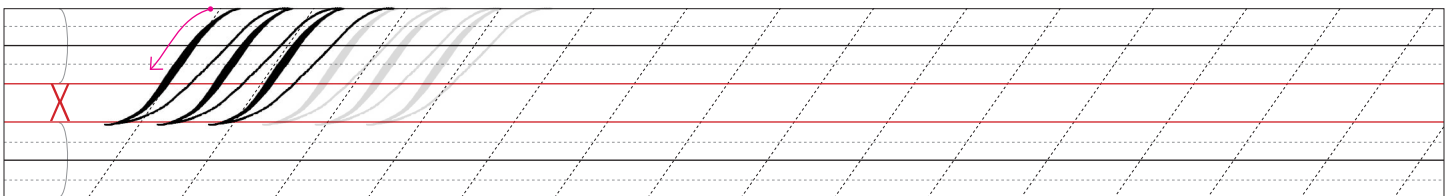
Overlapping Ovals : Clockwise



Figure Eights



Line of Universal Beauty



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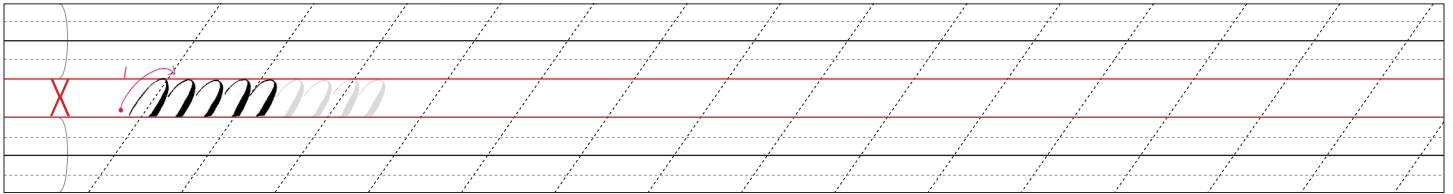
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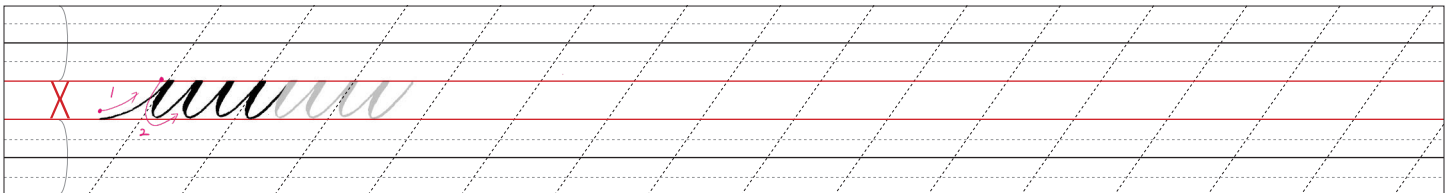
DRILLS | 6

Copperplate Drills

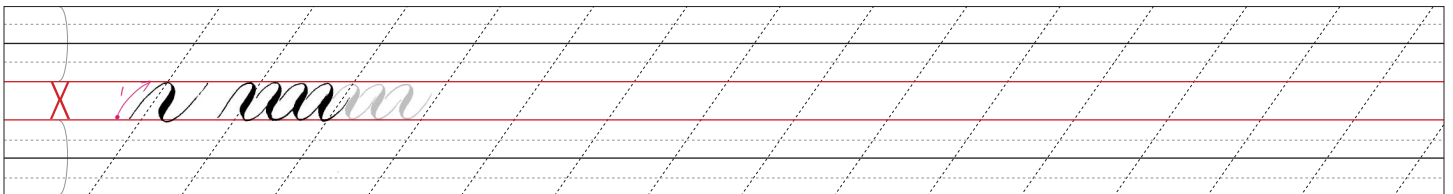
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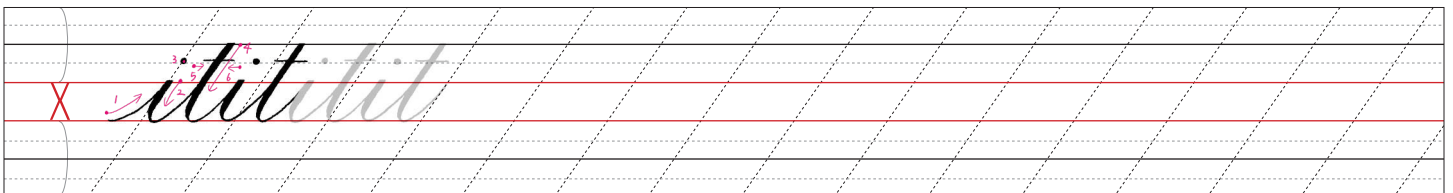
uuu



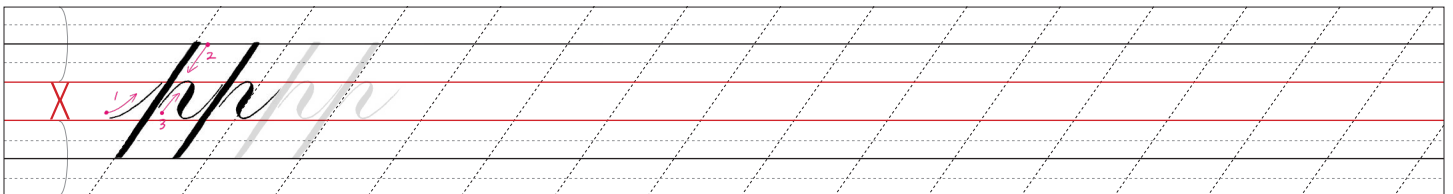
Continuous Double Turns



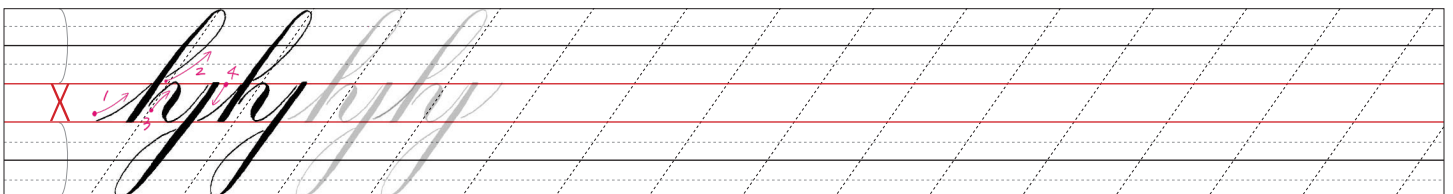
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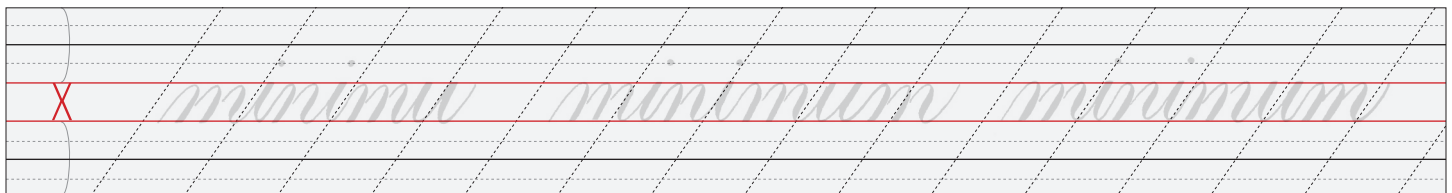
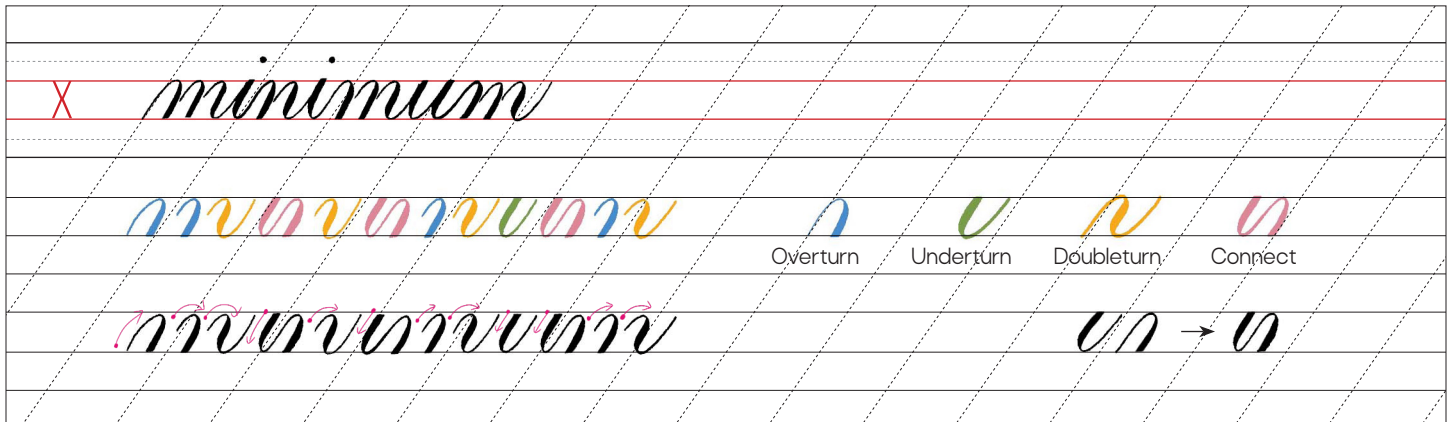
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DRILLS | 7

Copperplate Drills

minimum



ABOUT LIZ

CALLIGRAPHY TEACHER

Hello! My name is Liz, and I am a graphic designer and calligrapher based in British Columbia, Canada. I fell in love with the pointed pen calligraphy in 2020. Since then, it has become my goal and dream to share my passion and joy of calligraphy with those who wish to learn and pursue a creative journey.

Find more resources here...



WEBSITE

www.flourishedhope.com



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Mother of Two Boys

Saved by Grace

Watercolorist



Stationary Lover

Flower Admirer

Iced Latte Drinker

Flourished Hope