ZENTANGLE®

BASICS

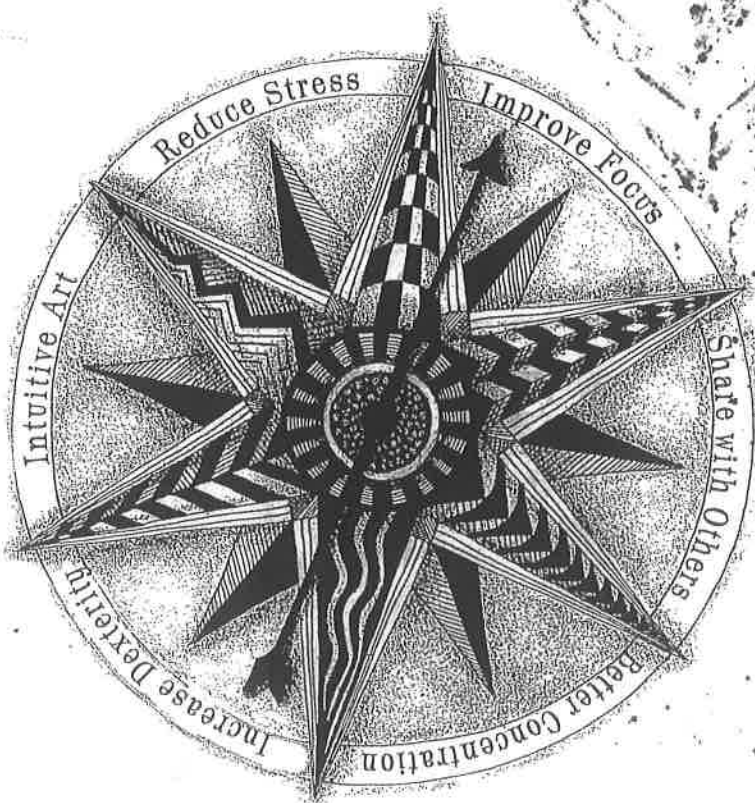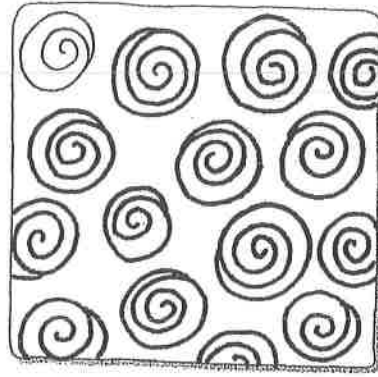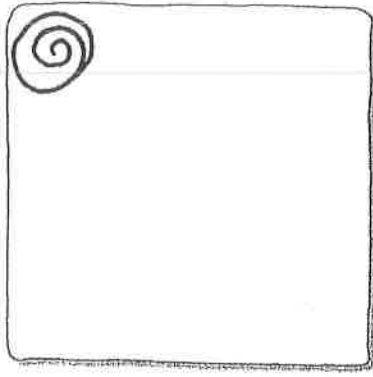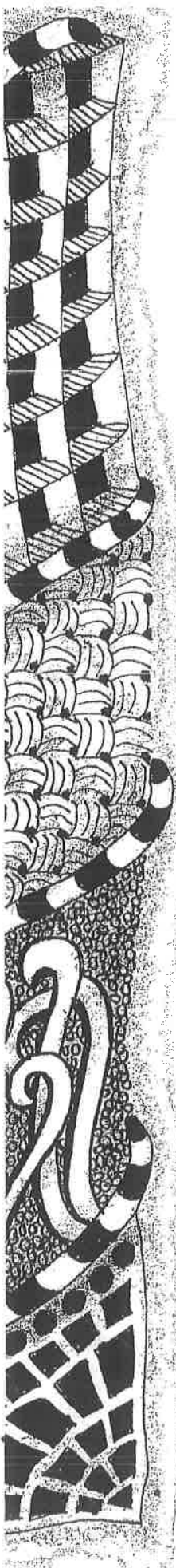A Creative Artform where all you need is paper, pencil and pen.
- Learn how to create intricate tangles step-by-step.
- Turn drawings into art designs.
- Creating Zentangles improves focus and develops dexterity.

Reduce Stress
Improve Focus
Intuitive Art
Share with Others
Increase Dexterity
Better Concentration
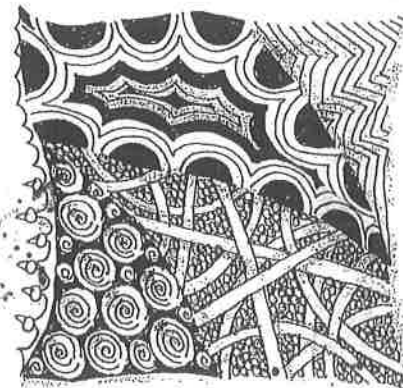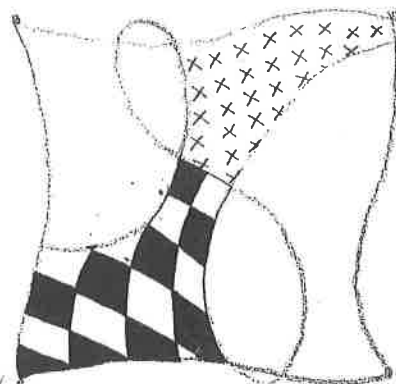
by Suzanne McNeill, CZT

No. 3450

Printemps*

1. Draw a small spiral, sort of like a cinnamon bun or jelly roll. Start with a small "C" shape then spiral around it and close the end of the spiral.

2. Make more spirals to fill the section.

3. Add small circles to fill spaces in the section.

4. Color the background with black.

*original Zentangle design - Variation
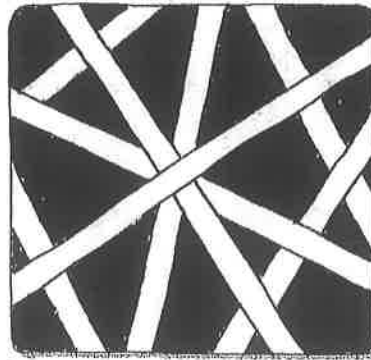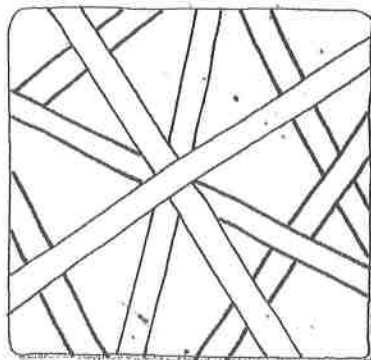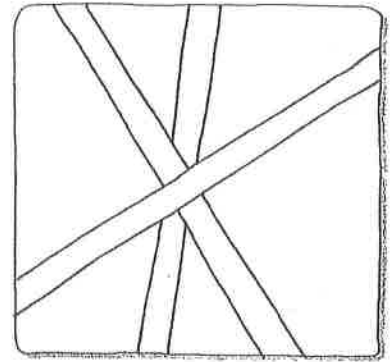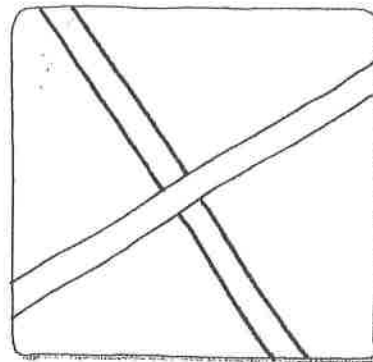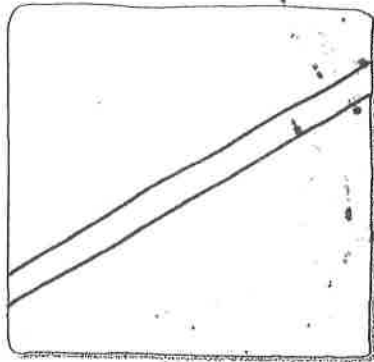
Hollibaugh*

1. Draw two parallel lines across a section.

2. Rotate the tile then draw another pair of lines letting the shape appear to go "behind" the first one.

3. Rotate the tile again and draw another pair of lines that goes under. Rotate and repeat until the section is filled.

4. Color the background with black if desired.

*original Zentangle design
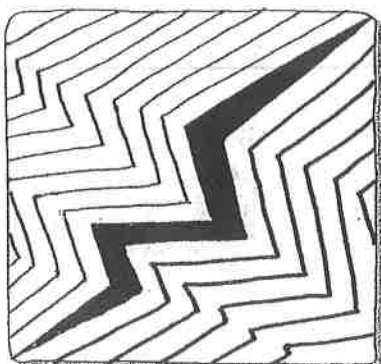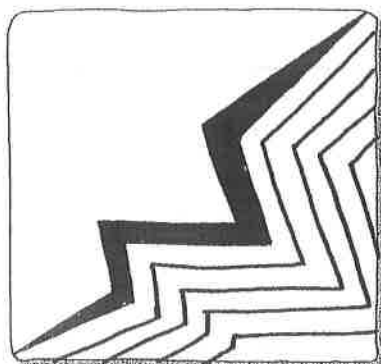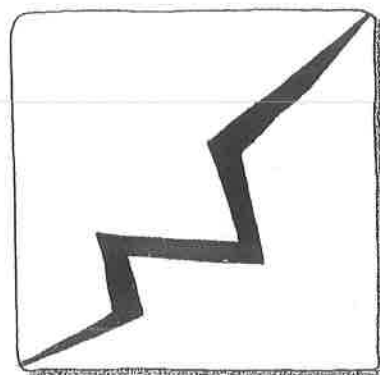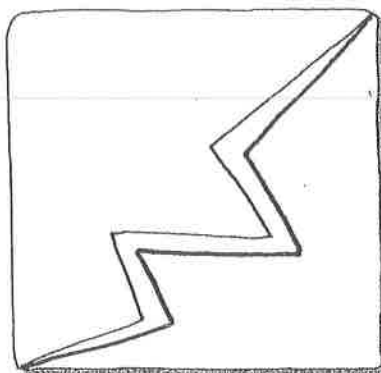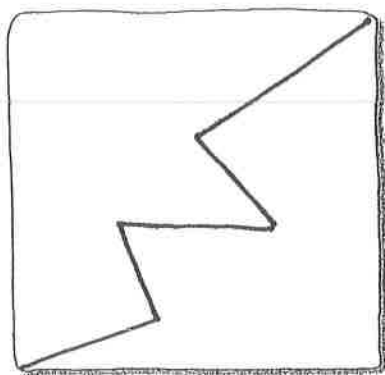
Static*

1. Draw a zigzag line from one corner of a section to the other side.

2. Draw a second zigzag line parallel to the first one (let the lines join at the ends).

3. Color the zigzag shape with black.

4. Draw on the right side of the black bolt to add an echoing line (don't let the lines join at the ends). Draw additional zigzag lines to fill the section.

5. Turn the tile and draw on the other side of the black bolt to fill the section.

   Tip: If you are left-handed, draw on the left side.

*original Zentangle design - Variation

Shading Your Zentangle

   Shading adds a touch of dimension.

1. Use the side of your pencil to gently color areas and details with gray.

Suggestions of where to add shading...

• In the center of the Moon Walk section

• On one side of each Spiral

• On the right and left of the first set of parallel lines

• On the lower zag of each parallel zigzag line

• Along the edge of some sections to add depth to the sections of the design

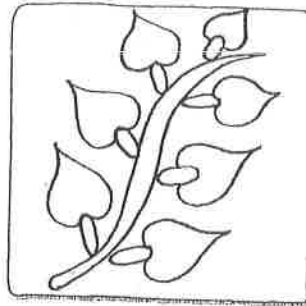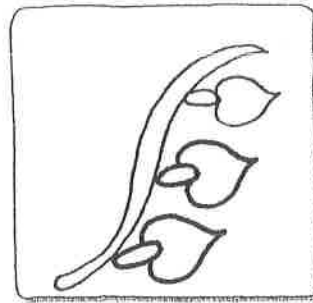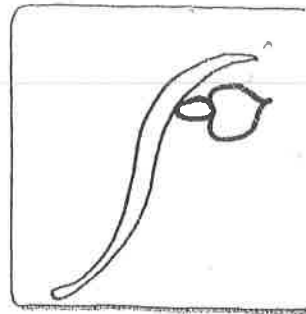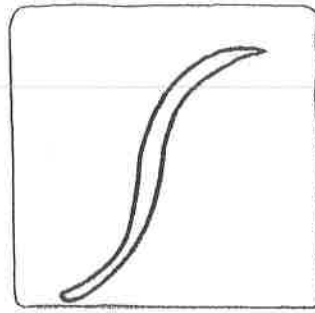• Along the right edge and the bottom of your finished shape, about 1/8" wide, to "raise" it off the page

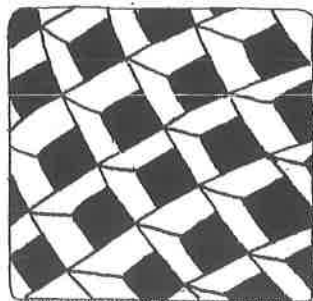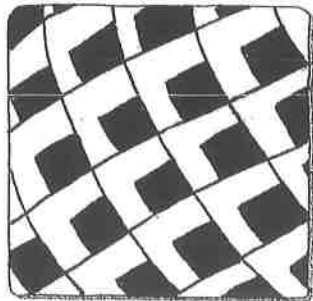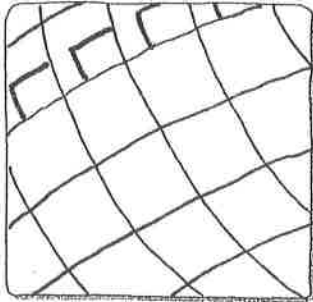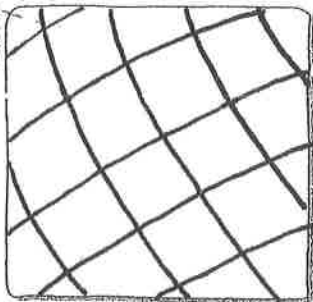   Note: Use shading sparingly.
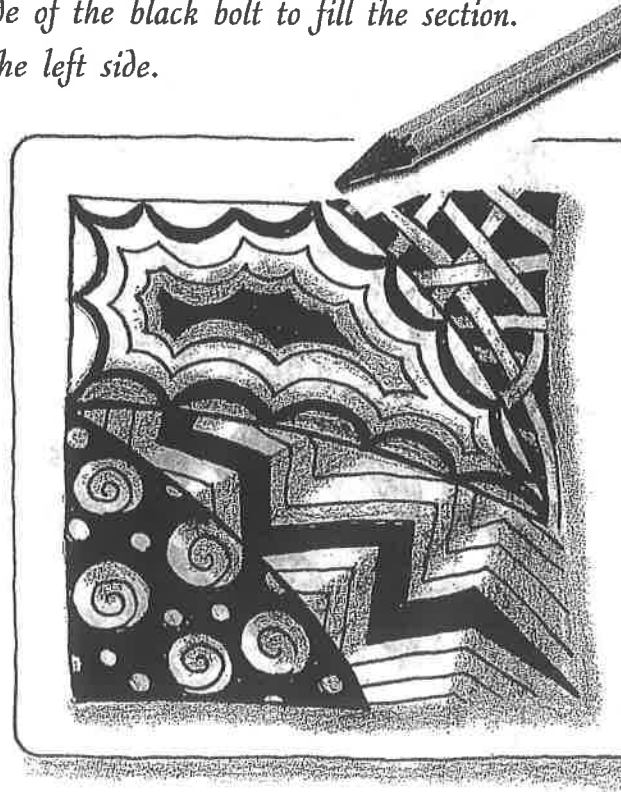
Use the pencil to add shading and use a paper stump to rub the pencil to smudge and blend the gray areas.
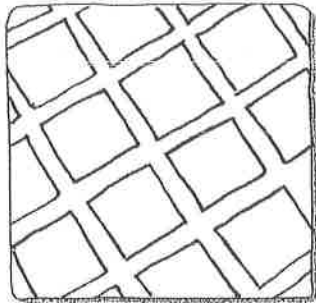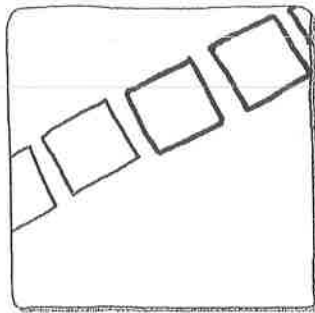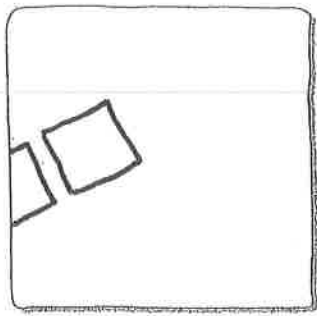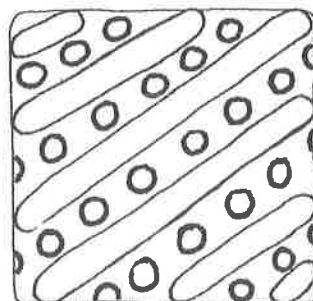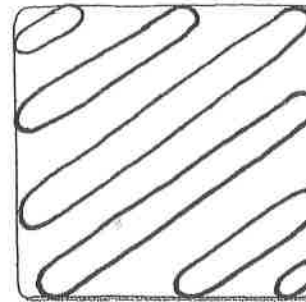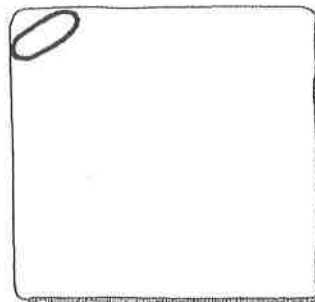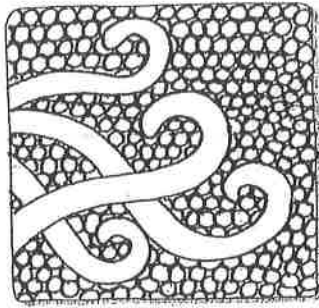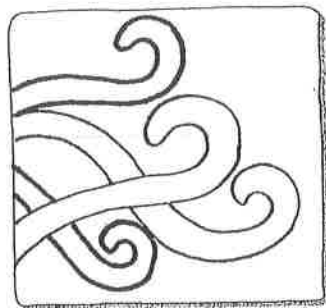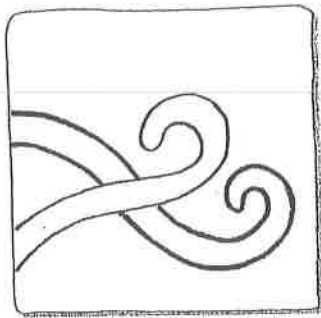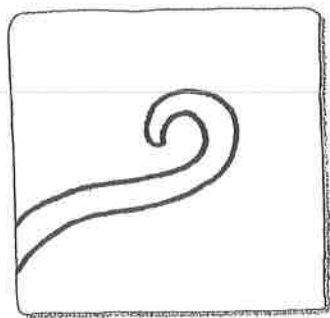
Squares

Growth

Cubine*

*original Zentangle design

Corn Rows

Swirls

Queen's Crown

Variation

Variation

King's Crown

Growth

Squares
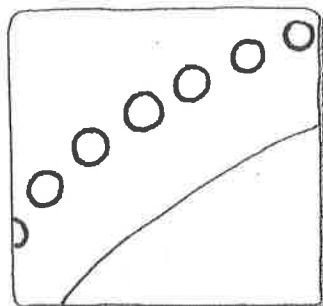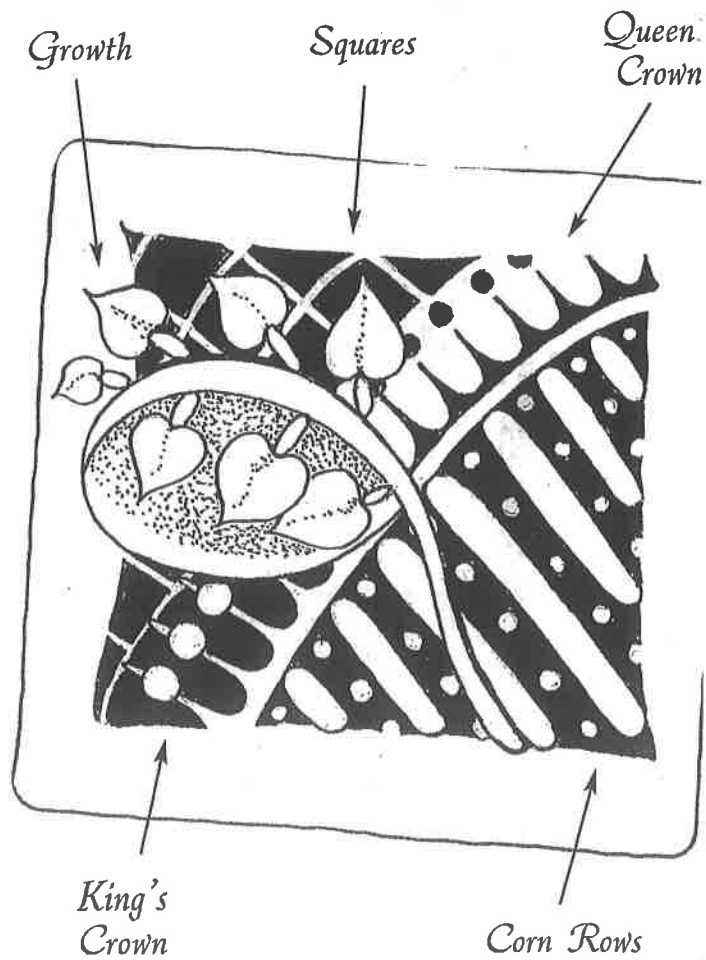
Queen Crown

King's Crown
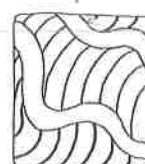
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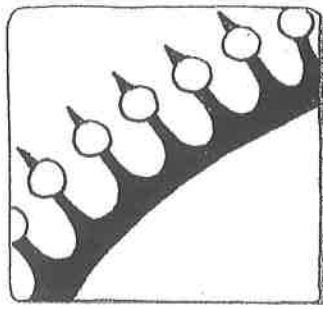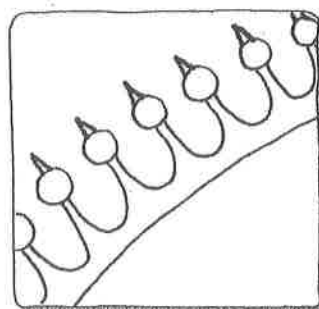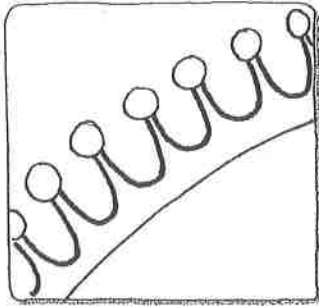
Crescent Moon*
page 5
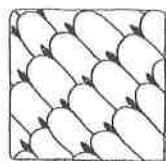
Printemps*
page 6

Hollibaugh*
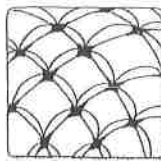page 6

Static*
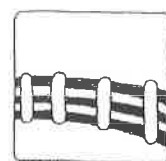page 6

Chartz* Adaptation
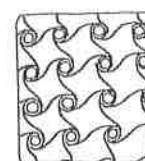page 12

Waves
page 12

Knightsbridge*
page 12

Tagh*
page 12

Jonqal*
page 13
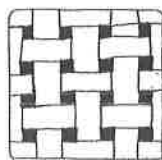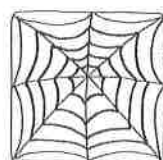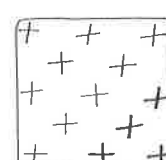
Chillon*
page 13

Fence
page 13

Cadent*
page 14

W2*
page 14

Flying Geese
page 14

Web
page 14

Flukes*
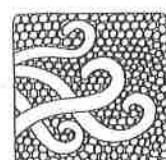page 15

Cross Stitch
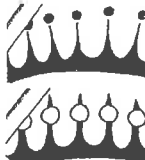page 15

Keeko*
page 15

Squares
page 16

Growth
page 16

Cubine*
page 16

Corn Rows
page 16

Swirls
page 17

Queen's Crown
King's Crown
page 17

*original Zentangle design

Where to find more patterns...

Start with the basic patterns in this book. Then check out books two and three. More designs can also be found at zentangle.com in the newsletters and gallery.

Also look at quilts, books, furniture, nature, illustrations and the bottoms of sport shoes ... wonderful patterns and designs are everywhere.

I learned about "Zentangle" when my friend Mary Ann White emailed a link to a website along with, "Here's something you might like..." I went to zentangle.com and ordered a kit right away. I love drawing Zentangle patterns.

Gayle Bunch is an innovative elementary art teacher. Gayle suggested many of the wonderful educational ideas in this book.

My enthusiasm really blossomed when I attended a seminar and workshop taught by the Zentangle originators, Maria Thomas a calligraphy artist and Rick Roberts, a former monk.
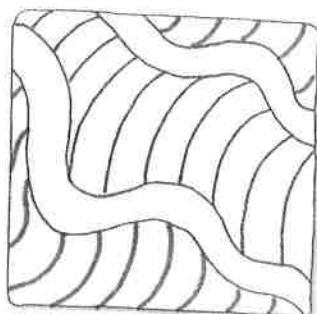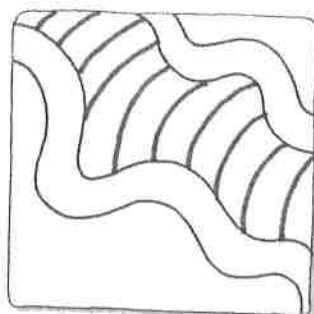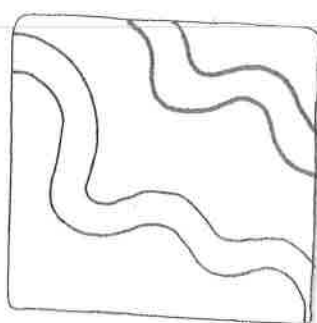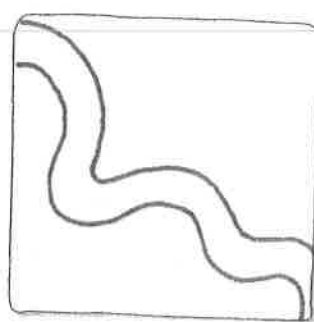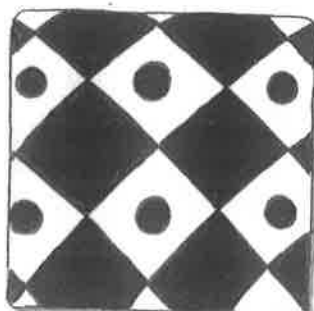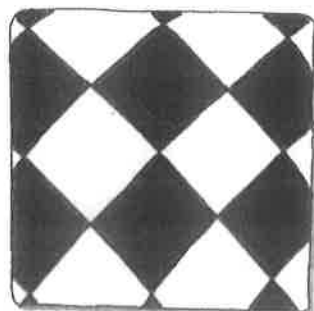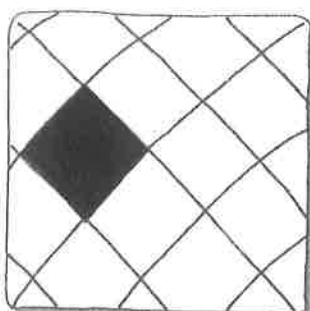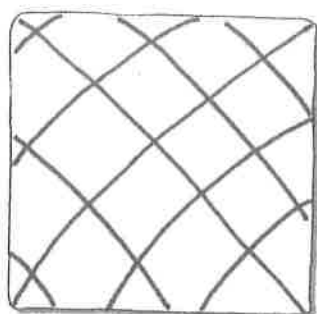
I hope you enjoy Zentangle as much as I do.
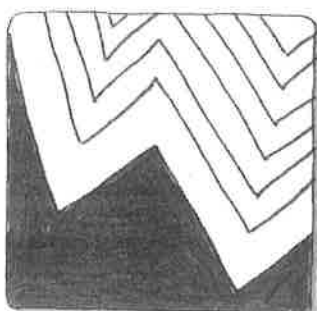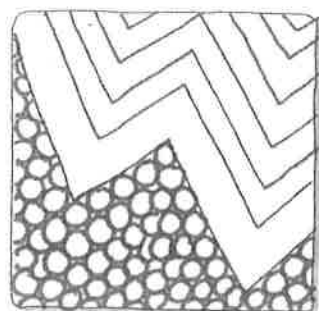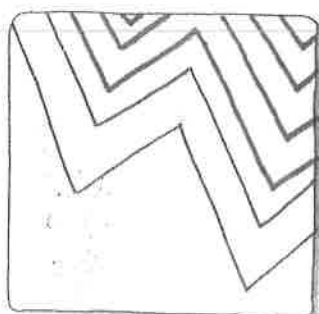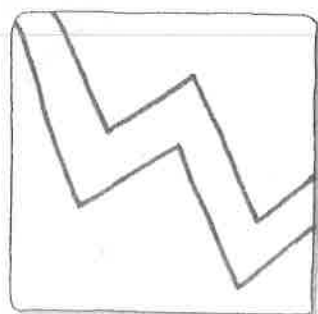
Chartz *Adaptation*

Variation

Waves
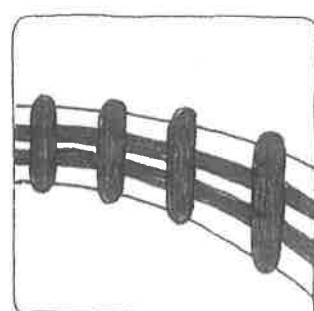
Knightsbridge *

Variation

Jagh *

*original Zentangle design
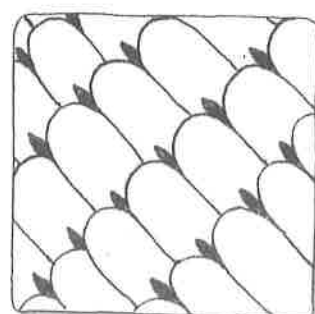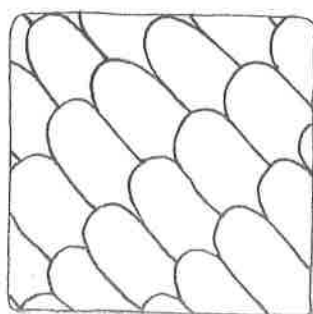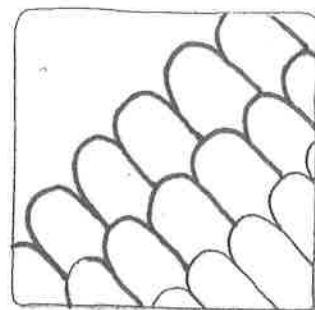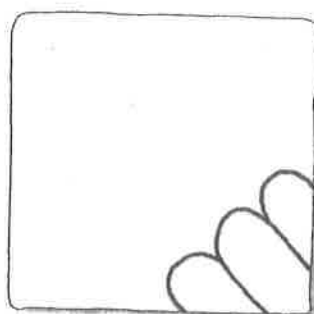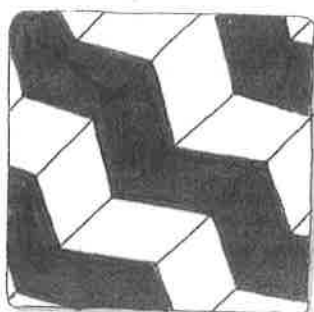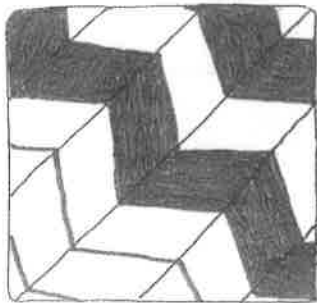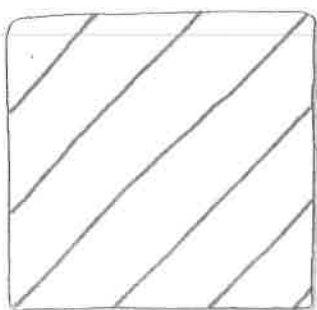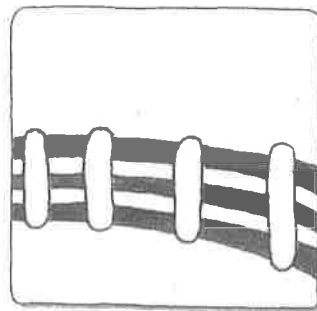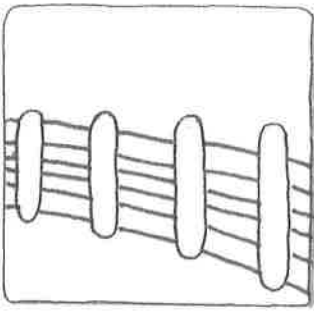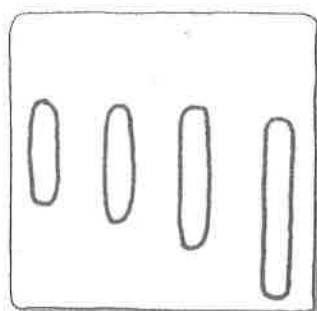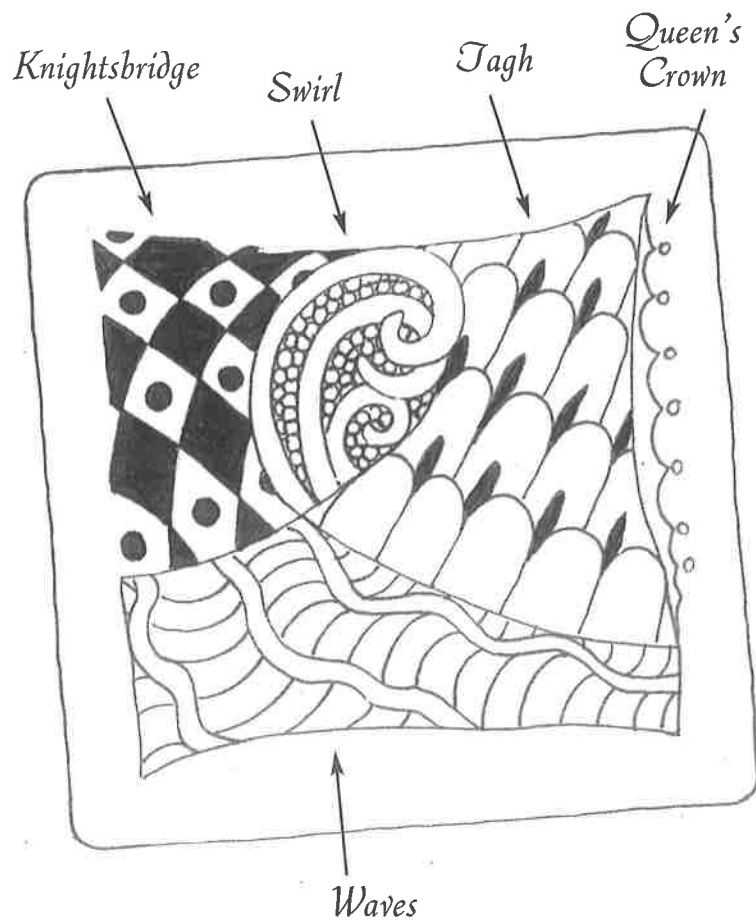
Jonqal*

*original Zentangle design - Variation
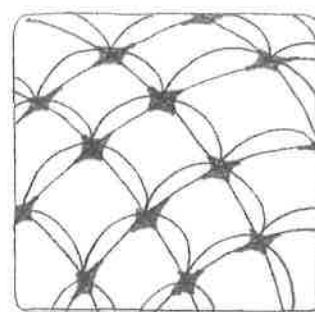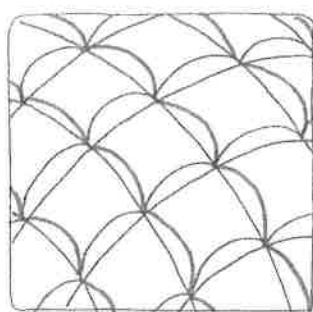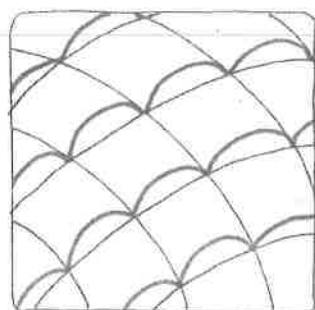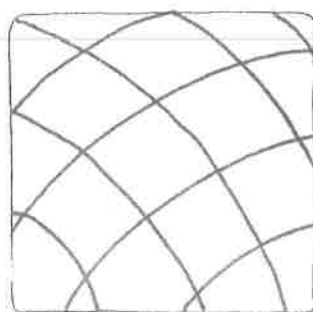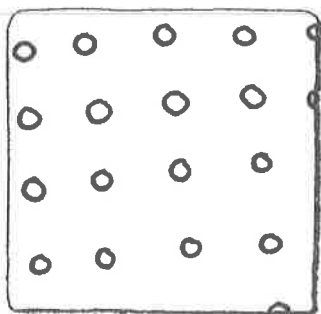
Chillon*

*original Zentangle design - Variation

Fence

Variation
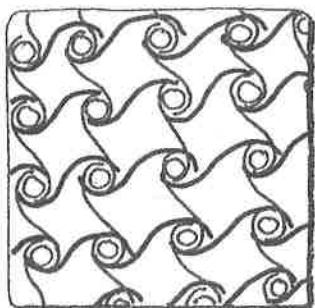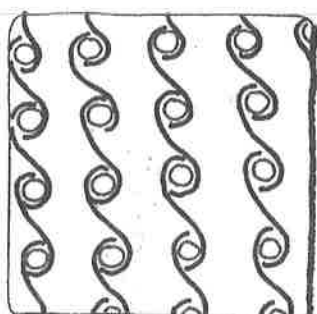
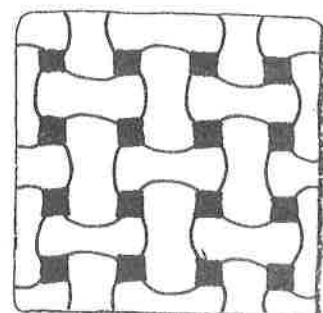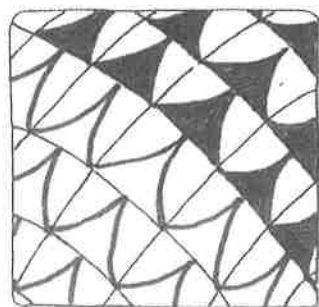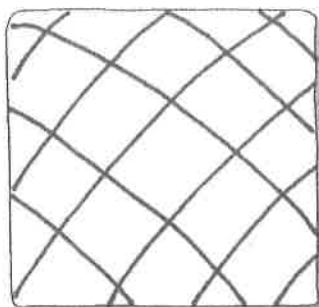Knightsbridge   Swirl   Tagh   Queen's Crown

Waves

Cadent*

*original Zentangle design - Variation

Variation

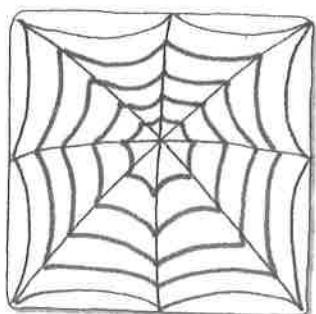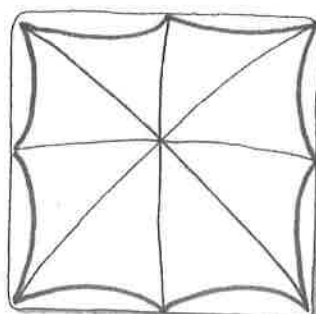# W2*
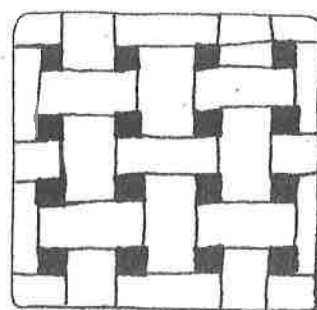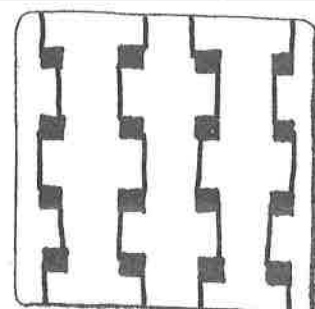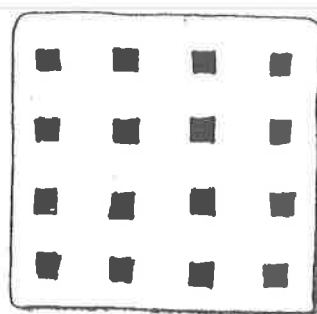
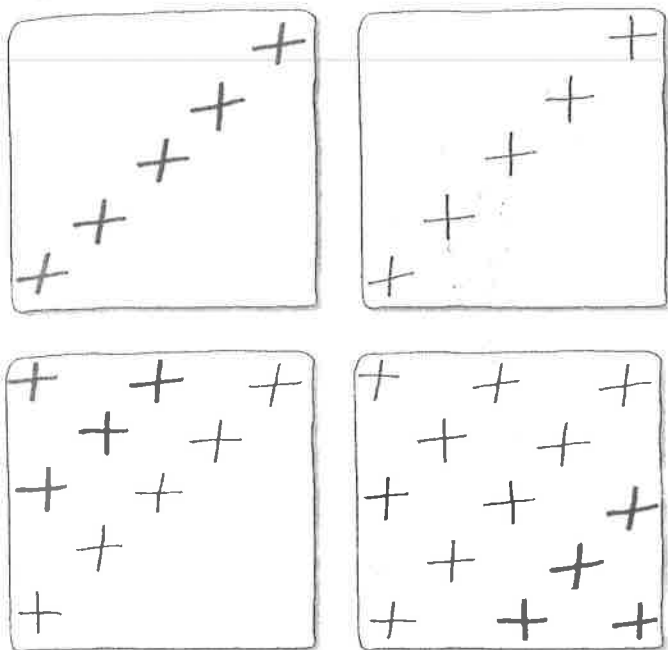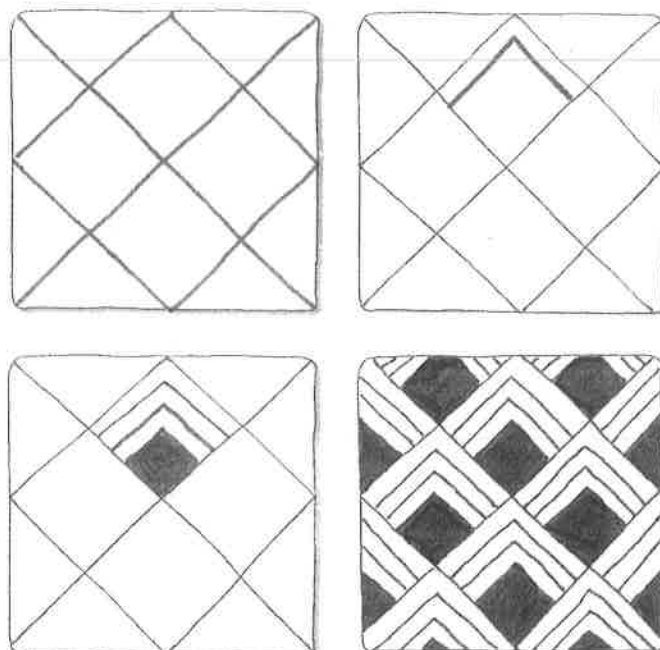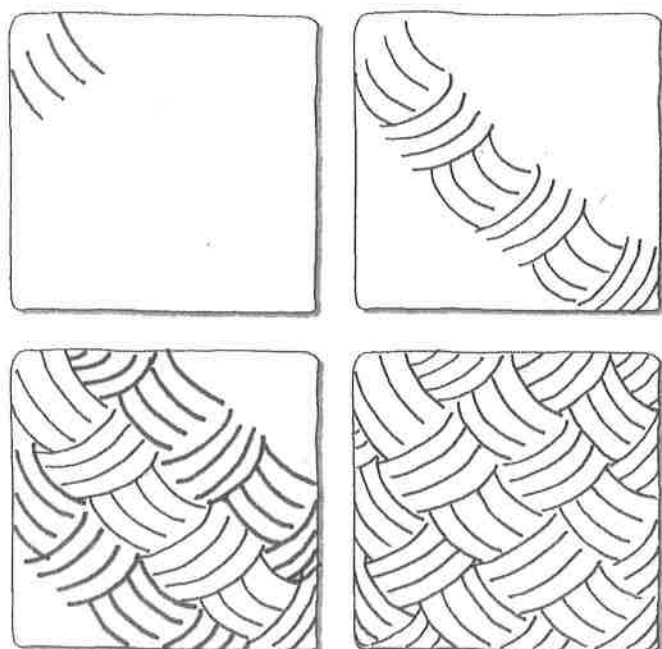*original Zentangle design

Variation

Flying Geese
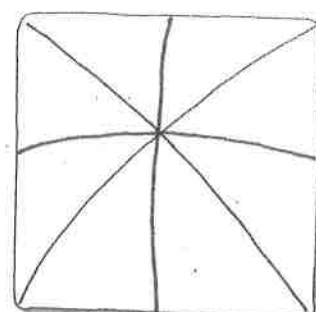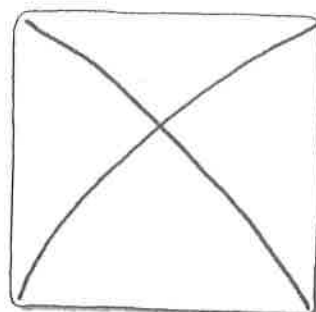
Web

Cross Stitch

Flukes*

*original Zentangle design - Variation

Keeko*

*original Zentangle design

W2

Cubine

Flying Geese