

# Stand-alone Practice Sheet 1

## For The Drawing Breakthrough System:

# Judging Distance And Direction

This stand-alone practice sheet will help you synchronize your perceptions of distances and directions with the movements of your drawing hand. To fine-tune even further the connection between your perceptions and your drawing hand, consider getting *Basic Practice Sheet Set 2 for The Drawing Breakthrough Kit: Judging Angles and Comparing Lengths* (available at [Draw3Lines.com](http://Draw3Lines.com)).

### Instructions

**Initial Setup:** Use a clip, tacks, or removable tape to fasten Page 2 of the practice sheet to a smooth surface. The sheet should not be tilted to one side.

**(1)** To practice judging distances, use the black dot and the gray concentric circles surrounding it. **First**, place the tip of your index finger (on your drawing hand) on the black dot and concentrate on a section of one of the circles. **Next**, with your **eyes closed**, attempt to move your finger, by sliding it or lifting and moving it, to rest exactly on top of the circle you selected. **Then** instantly **open your eyes** to see where your finger landed. If your finger is not exactly on top of the circle in question, immediately move your finger so that it is. Repeat as many times as you wish.

**(2)** To practice judging directions (or angles), use the black dot and the gray lines radiating from it. Repeat the instructions given in Step 1, **except**, instead of working with the circles, concentrate on and attempt to rest your finger exactly on top of one of the gray lines. If, when you open your eyes, your finger isn't exactly on top of the line you selected, move your finger so that it is. Repeat as many times as you wish.

**(3)** To practice judging distances and directions together, simultaneously use the black dot, the circles, and the lines. Repeat the instructions given in Step 1, **except** concentrate on and attempt to rest your finger exactly on top of one of the points where a line crosses a circle. If, when you open your eyes, your finger isn't exactly on top of the point you selected, move your finger so that it is. Repeat as many times as you wish.

### Note

A few minutes daily of this exercise go a long way. Be sure to also spend plenty of time drawing, and use common sense to avoid strain or injury.

Copyright © 2009 by John Hastings

You are not authorized to reproduce these materials in any form to give to a third party without express permission of the author. Please feel free to contact him with **permission requests, questions, and comments** at [hastings@draw3lines.com](mailto:hastings@draw3lines.com).

# Stand-alone Practice Sheet 1 - Judging Distance and Direction

