

Stand-alone Practice Sheet 1

For The Drawing Breakthrough System:

Judging Distance And Direction

This stand-alone double-sided practice sheet helps 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).

Instructions

Setup: The image on this side of the practice sheet is a simplified version of the larger image on the other side. Refer to the image on this side as you read and understand the instructions. When you're ready to start using the other side of this practice sheet, position it on a smooth surface. The sheet should not be tilted to one side, although it will work just as well if it's rotated to the left or to the right until it's horizontal instead of vertical.

(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, immediately 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, immediately move your finger so that it is. Repeat as many times as you wish.

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