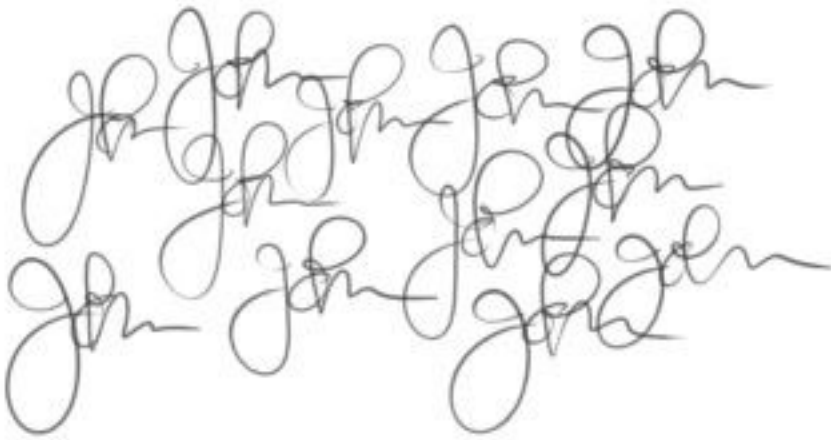
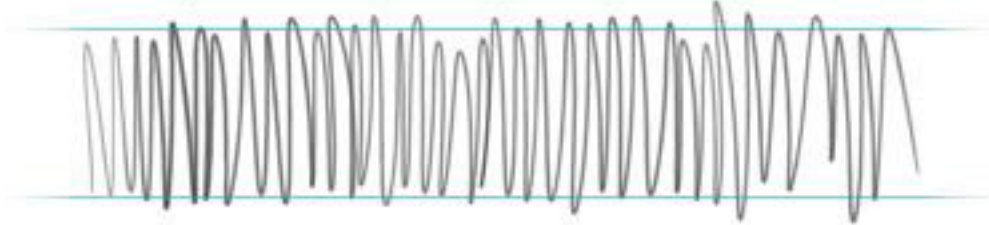


Exercise 1: *Practice your signature* - try to not vary its look.



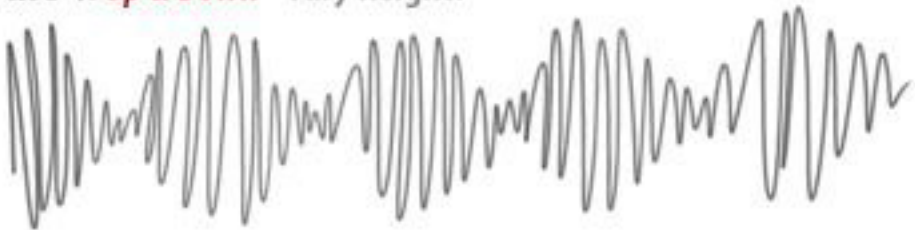
Exercise 2: *Up & Down* - Try to keep the tops and bottoms even.



Exercise 3: *Up & Down* - Modulate Pressure between light and heavy touch.



Exercise 4: *Up & Down* - Vary height.



Exercise 5: *Up & Down* - Vary height and pressure.



Exercise 6: *Up & Down* - Nest into one another.

