

# SKETCHING SPOT

## Continuous-line Blind Contour Drawings with Suzuko Davis



Drawing is a wonderful way to take a few minutes by yourself to express emotions, document a few moments in time, record interesting thoughts and ideas, and create a calm and quiet mindset.

**Today, we will explore a blind contour drawing using a single line.** The idea is to allow your eyes to guide your pencil, while NOT looking at the drawing you are creating. The second part is to not judge your drawing, as it will most likely turn out looking scribbly. Many artists use this activity to practice their observation skills and increase their hand-eye coordination.

### DIRECTIONS:

With your non-dominant hand, chose a pose that creates lots of interesting lines. Take a moment to closely inspect all of the wrinkles, folds, and shapes your pose creates.

Holding the pencil in your dominant hand, pick a place on your paper to start drawing. Remember that during this drawing you will not lift your pencil from the page, so think carefully where you want to start.

Using your eyes, trace along all of the lines you see in your hand. As you move your eyes, allow your pencil to slowly follow along, creating a record of where your eyes have been. Be sure to move both your eyes and pencil at the same time and very slowly. You also want to make sure you don't lift up your pencil as this is supposed to be one continuous line.

**Now, look at your finished drawing. How does it compare to your actual hand?**



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