

# Afsana Calligraphy Self Refresher Workshop

## Step 1 → Get Yourself a Calligraphy Pen



ZIG available for about \$2:



Welcome back to Afsana's Gurmukhi Calligraphy!

For starters get yourself a 'Calligraphy' pen, coloured highlighter or broad tip marker. Basically, something with a broad oblique nib.

If you are up to the challenge, or stingy like me, you can snip a marker tip to the appropriate shape or whittle something comparable from bamboo.



# Afsana Calligraphy Self Refresher Workshop

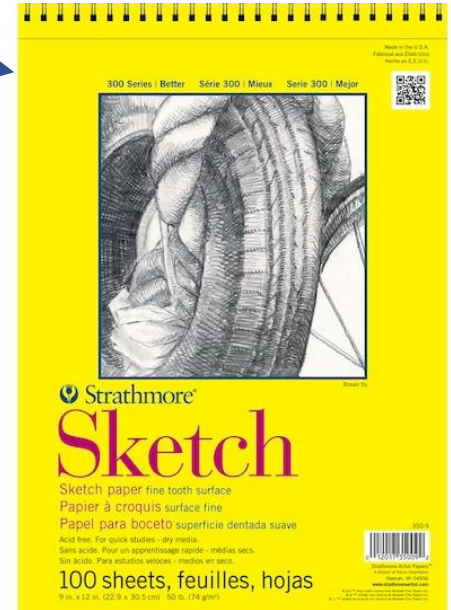
## Step 2 → Get Yourself a Stack of Paper



Any absorbent paper such as foolscap, sketch book, coloured paper, printing paper, or newspaper will work.

Stack several sheets of paper together to establish a soft base that will cushion the downward pressure from your hand when you start writing the strokes.

This will protect your pen nib from getting blunt. We don't want to waste our \$2 do we?



# Afsana Calligraphy Self Refresher Workshop

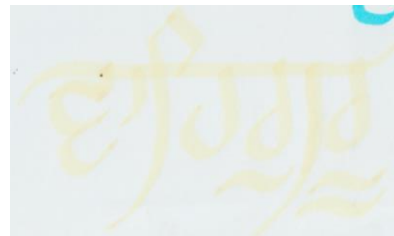
## Step 3 → The 3 Effects

There are 3 effects that the human eye finds naturally pleasing that we aim to replicate.

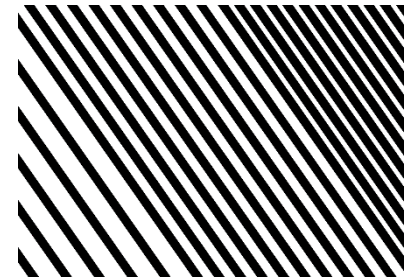
First, is the effect of tapering and broadening of strokes and curvature. Strokes that start thin then broaden and end thin unless when being twisted.



Second, the contrast effect between the ink and the colour of the paper. Against a white background, the *Waheguru* in cyan stands out better than the one in yellow.



Third, is the effect of zebra stripes. When strokes are too far apart, they appear as ordinary lines, nothing special about them. When strokes are too close, they appear smudged. There is a Goldilocks' zone of just nice that we want to strive for.



← Just Lines Goldilocks' Zone Smudged →

# Afsana Calligraphy Self Refresher Workshop

## Step 4 → Body and Nib Position

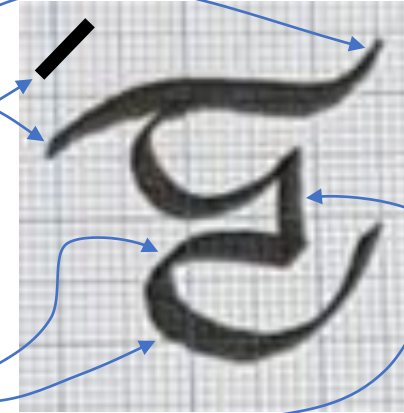
Note these 3 pointers.

1. For stability, maintain maximum contact of your forearm with the writing surface.
2. Stroke speed, too fast or too slow will result in under or over ink absorption.
3. Nib contact with paper – see following elaborations.

Always keep the nib at a **45° angle** throughout.

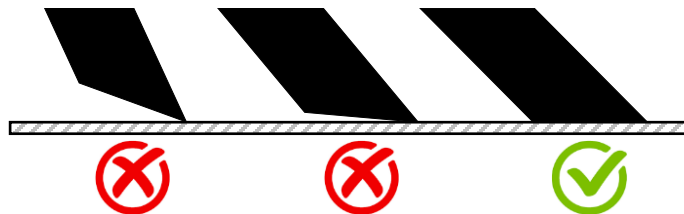
This will have the effect of strokes with **tapered** starts and ends. The middle of the stroke will be **broad** unless it is a **'twist'**.

Gurmukhi script strokes are transferable to the *Italics* script. Practice writing **minimum**.



Now you are all set to hone your calligraphy skills in your own time.

Pen nib must make full contact with paper. Tilt your head to see. Don't proceed with a stroke if there is no full contact. Stop and reposition nib before proceeding.



Top view of 45° angle nib position.



Side view of left hander nib position.

Side view of right hander nib position.

# Afsana Calligraphy Self Refresher Workshop

## Step 5 → Common Mistakes

Drawing a line.



The 2 most common mistakes are not maintaining the nip at a 45° angle throughout and generating the movement of the stroke from the fingers or wrist instead of the forearm.

This fella initially got it right. His pen was locked in place, that's why his 'M' lines are a consistent 'thick and thin'.



For the curved strokes, he started to 'roll' the pen in his grip resulting in lines that are thick throughout.



The fingers and wrist moved to draw the line.



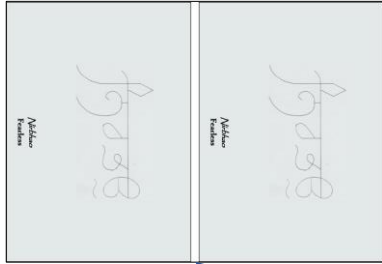
The entire forearm moved to draw the line. The fingers only held the pen and the wrist was locked in place.



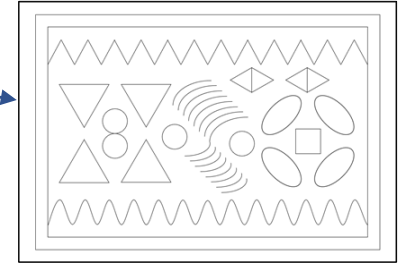
This is how the curved strokes should look like.

# Afsana Calligraphy Self Refresher Workshop

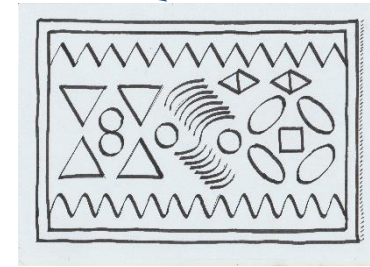
## Step 6 → Print and Practice



Print out the **practice worksheet** for warm up. Practice your form by tracing over every line. At the end, your completed work should look like **this**.



Following that, print out your **selected Gurmukhi quote template**, on a paper of your choice, and work on it. This has been printed on **coloured parchment paper** for a fancy antique finish.



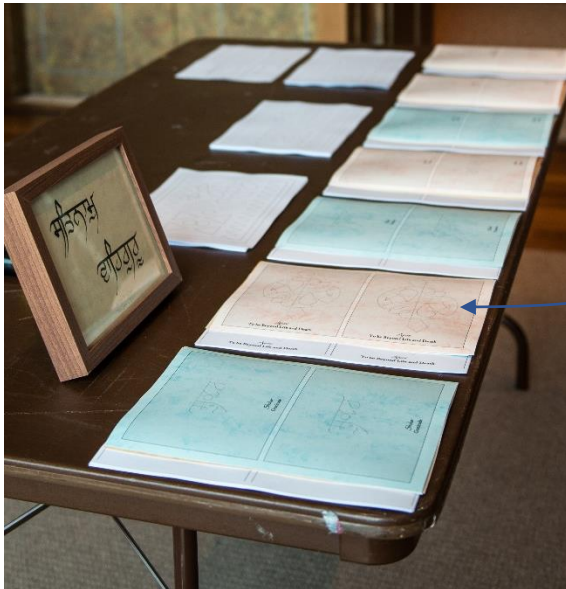
Don't worry if your stroke edges are **jagged and unclean**. Use the fine tip of the nib to 'clean' them out.



Unclean

Cleaning

Cleaned



# Afsana Calligraphy Self Refresher Workshop

## Step 7 → Final Thoughts and Templates

Myth: Where so free got time to practice Gurmukhi calligraphy regularly?

Fact: Every time you scribble notes\* just ensure you don't allow the pen to roll around in your grip.

Calligraphy proficiency has a direct correlation with the maintenance of a steady 45° angle of the pen nib. And this habit improves that ability.

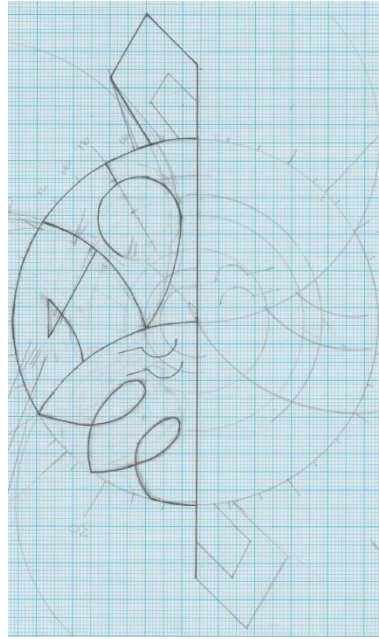
You can also explore ~~writing~~ drawing calligraphy in picture form or combine it with marbling. Refer to the following slides for templates and ideas.

\*Or draw your eyebrows. @:)

Customise your own font.



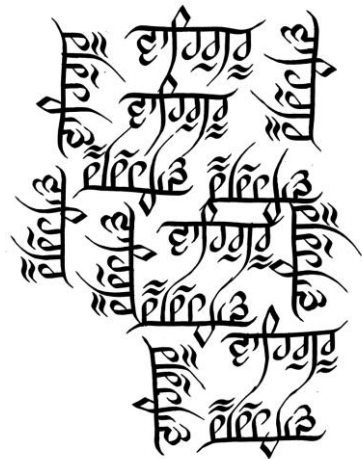
Design projects on graph paper.



Ajuni combined with marbling.

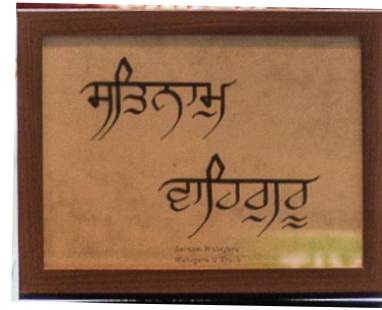


This is a self-made marbling paper.

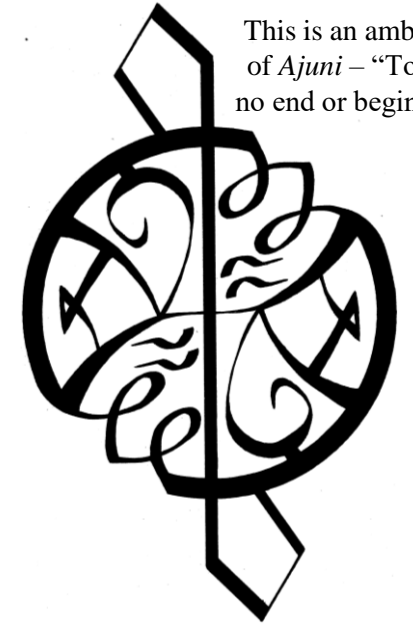


Wahegurus all over the place.

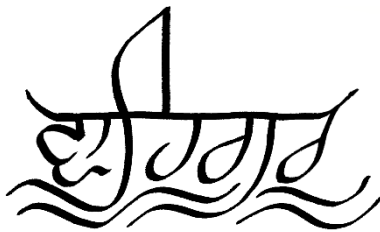
Waheguru done with highlighters.



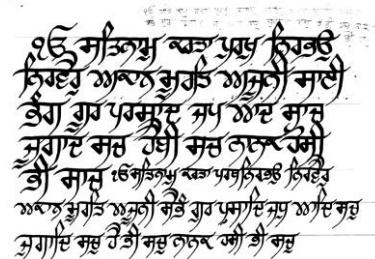
Frame up your best projects.



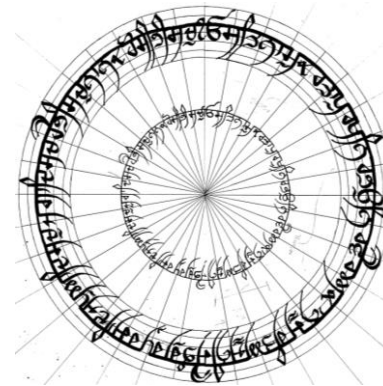
This is an ambigram of Ajuni – “To have no end or beginning.”



Waheguru as a sailing ship.



Simple Mul Mantar.

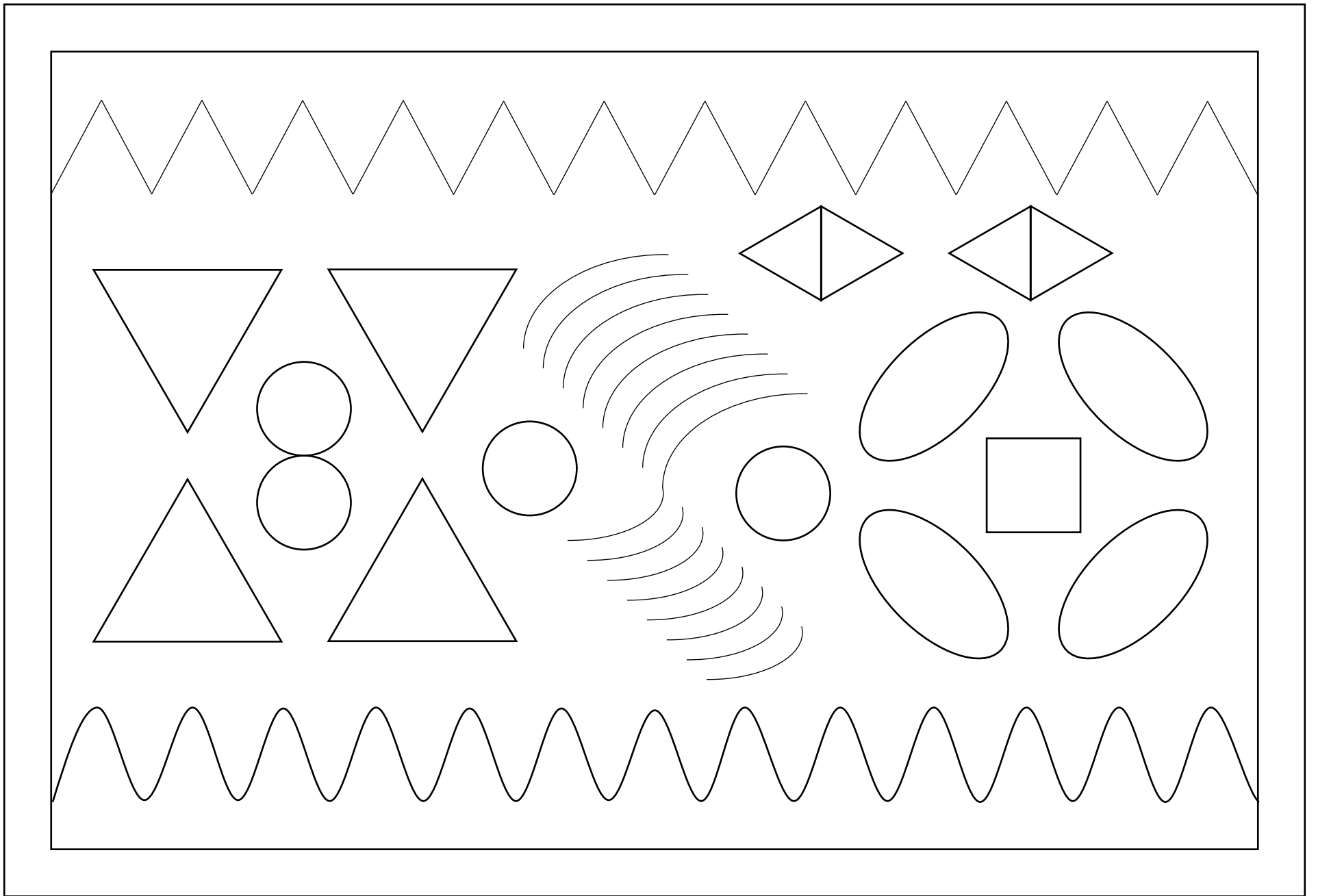


Mul Mantar in a circle.



Use crayon to create giant designs.

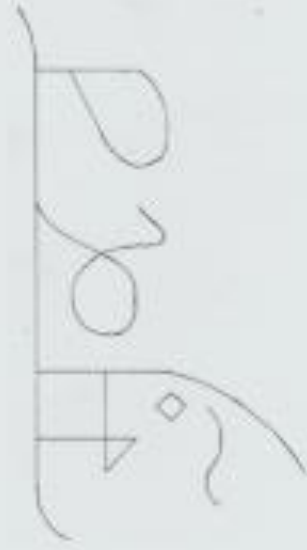








*Shukar*  
Gratitude



*Shukar*  
Gratitude



*Ajuni*  
To be Beyond Life and Death



*Ajuni*  
To be Beyond Life and Death

A handwritten signature in cursive script, written in black ink on a light gray background. The signature is 'Nihal', with a stylized 'N' that has a sharp peak and a long, sweeping tail that loops back under the 'i'. The 'i' has a dot and a small loop. The 'h' is tall and narrow, and the 'a' is a simple loop. The 'l' is a vertical stroke with a small loop at the top. The 'i' and 'a' are connected to the 'h'.

*Nihal*  
Positive

A handwritten signature in cursive script, identical to the one in the first panel, written in black ink on a light gray background. The signature is 'Nihal', with a stylized 'N' that has a sharp peak and a long, sweeping tail that loops back under the 'i'. The 'i' has a dot and a small loop. The 'h' is tall and narrow, and the 'a' is a simple loop. The 'l' is a vertical stroke with a small loop at the top. The 'i' and 'a' are connected to the 'h'.

*Nihal*  
Positive

The image shows the Gurmukhi word 'ਅੰਮ੍ਰਿਤ' (Amrit) written in a cursive style. The letters are connected, and the word is oriented vertically. Small black arrows are placed at the beginning of each stroke to indicate the direction of writing. The word is centered in the upper half of the page.

*Ardas*  
**Prayer**

This image is identical to the one on the left, showing the Gurmukhi word 'ਅੰਮ੍ਰਿਤ' (Amrit) written vertically in a cursive style with stroke order arrows. It is centered in the upper half of the page.

*Ardas*  
**Prayer**



*Sukh*  
Joy



*Sukh*  
Joy

A cursive handwriting practice sheet for the name 'Nirbhao'. The name is written in a fluid, connected script on a horizontal baseline. Each letter is shown with a small number (1-7) and an arrow indicating the direction of the stroke. The letters are: N (1), i (2), r (3), b (4), h (5), a (6), o (7). The 'o' has a wavy tail.

*Nirbhao*  
Fearless

A cursive handwriting practice sheet for the name 'Nirbhao'. The name is written in a fluid, connected script on a horizontal baseline. Each letter is shown with a small number (1-7) and an arrow indicating the direction of the stroke. The letters are: N (1), i (2), r (3), b (4), h (5), a (6), o (7). The 'o' has a wavy tail.

*Nirbhao*  
Fearless





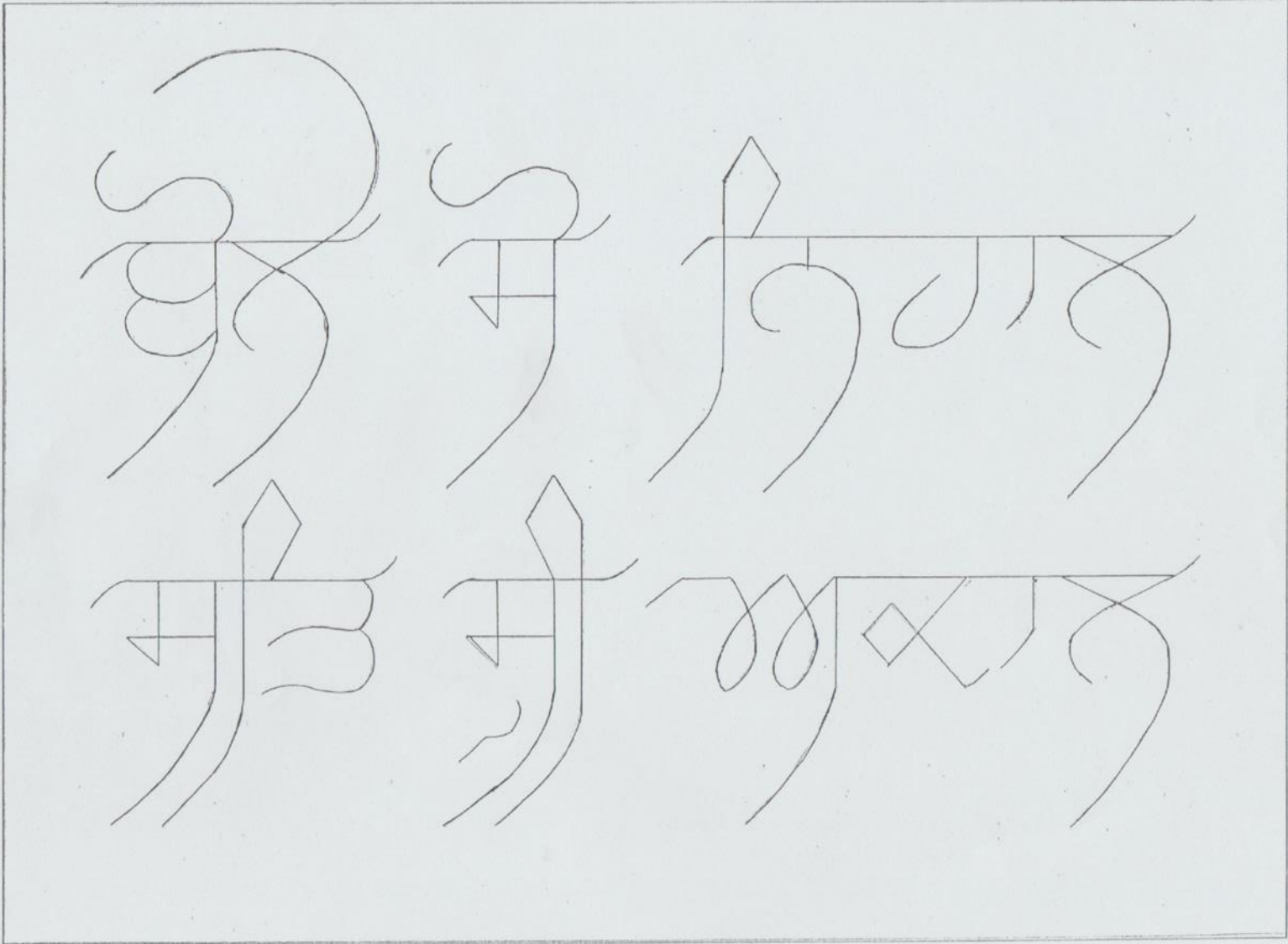
The image shows the word "Nirvair" written in a cursive script. A horizontal line is drawn across the middle of the word. Small arrows are placed along the line and the curves of the letters to indicate the direction of the pen strokes. The word is written in a fluid, connected style.

*Nirvair*  
**Without Hate or Hostility**



The image shows the word "Nirvair" written in a cursive script. A horizontal line is drawn across the middle of the word. Small arrows are placed along the line and the curves of the letters to indicate the direction of the pen strokes. The word is written in a fluid, connected style.

*Nirvair*  
**Without Hate or Hostility**



ਸੇ ਸੇ ਸੇ

ਸੇ ਸੇ ਸੇ

Handwritten cursive script, likely a word or name, written in black ink on a light background. The script is highly stylized and appears to be a form of shorthand or a specific dialect of a cursive script. It features a prominent vertical stroke on the left side, followed by several loops and curves.

Handwritten cursive script, similar to the one above, but with a more pronounced, large loop on the right side. It also features a vertical stroke on the left and is written in black ink on a light background.

Handwritten text in a stylized script, possibly a form of shorthand or a specific dialect. The characters are arranged in a single line and include various loops and curves.

Handwritten text in a stylized script, similar to the one above but with more complex, angular characters. It appears to be a continuation or a different variation of the same script.

Handwritten text in a stylized script, possibly a form of shorthand or a specific dialect. The characters are connected and feature various flourishes and loops. The text is written on a horizontal line.

Handwritten text in a stylized script, similar to the first block. It features large, sweeping loops and a distinct diamond-shaped mark on the left side. The text is written on a horizontal line.