

Workbook 1

PRACTICING BEAUTIFUL HANDWRITING



FROM A TO Z
Lowercase & Uppercase

Preparation - Before we start

1/ Choosing a suitable pen and protecting your pen

You should choose a fountain pen which is designed to write thick and thin stroke (please note that some kinds of fountain pens are not able for thick and thin strokes, so be careful before buying a fountain pen).

Although many ball pens can also make thin and thick strokes, it is not a good idea for beginners to use ball pens to practice beautiful handwriting in a serious way. It is because handwriting practicing requires beginners to master styles of strokes and letters perfectly, while it is hard to control the styles as the slippery balls of ball pens. Also, thick and thin strokes written by a ball pen usually does not look as beautiful as by a fountain pen.

(Please note that it does not mean you need to use your fountain pen for your whole life. Using fountain pen is just the first step to improve your handwriting. Then you may choose any kind of your favorite pen for your business.

After buying a new fountain pen, you should learn how to clean a fountain pen to maintain ink flow. For example, many new fountain pens should be cleaned with warm water before using (If not, you may get ink sticking problem). Depended on what kind of fountain pen you use, try to search and find out what is a best way to maintain your pen quality.

2/ How to hold a pen when writing

Standard way to hold a pen:

Using three fingers (middle finger, index finger and thumb) of your right hand to hold your pen. The distance between your index finger to the top of the pen nib is around 1 inch

Note: If you think you cannot change your habits of holding a pen immediately, you may keep your habit. The thing is you need to know how to make thick and thin strokes easily when writing.



Basic strokes:

M M M M M

M M M

M M M

M M M

o o o o o

o o o o o

o o o o o

o o o o o

cee cee ceeee

cee cee cee

cee cee cee

cee cee cee

r r r r r

r r r r r

m m m

m m m

f f f f f

f f f f f

lll lll

lll lll

j j j j j

j j j j j

W W

W W

Group 1: o a d q

o

o o o
o o o
o o o
o o o

a

a a a
a a a
a a a
a a a

d

d d d
d d d
d d d
d d d

q

q q q
q q q
q q q
q q q

dad dad dad

add add add

do do do

ood ood ood

doo doo doo

odd odd odd

oa oa oa

Group 2: l b h k

l

l l l
l l l
l l l
l l l

b

b b b
b b b
b b b
b b b

h

h h h
h h h
h h h
h h h

k

k k k
k k k
k k k
k k k

ball ball ball

hold hold hold

look look look

ka ka ka

ko ko ko

kh kh kh

Group 2: f j g y

f

f f f f f

f f f f f

f f f f f

j

j j j j j

j j j j j

j j j j j

g

g g g g g

g g g g g

g g g g g

y

y y y y y

y y y y y

y y y y y

golf

joy

body

folk

loyal dog

fly a flag off

fly a flag off

Remember: The distance between two words is equal to one unit or a letter “o”

Group 3: i t u n m r

i

i i i

i i i

i i i

i i i

t

t t t

t t t

t t t

t t t

u

u u u

u u u

u u u

u u u

n

n n n

n n n

n n n

n n n

m

m m m

m m m

m m m

r

m m m

r r r

r r r

r r r

r r r

Group 4: c e x z

c

c c c
c c c
c c c
c c c

e

e e e
e e e
e e e
e e e

x

x x x
x x x
x x x
x x x

z

z z z
z z z
z z z
z z z

unit unit unit

pizza pizza pizza

zodiac zodiac zodiac

queen queen queen

exemption exemption

exemption

Group 4: v w s r

v

v v v
v v v
v v v
v v v

w

w w w
w w w
w w w
w w w

s

s s s
s s s
s s s
s s s

r

r r r
r r r
r r r
r r r

worldviews worldviews

worldviews

overflows overflows overflows

the quick fox jumps over the lazy dog

the quick fox jumps over the lazy dog

the quick fox jumps over the lazy dog

"a journey of a thousand miles begins with a single step"

- Lao Tzu -

"a

- Lao Tzu -

"a

- Lao Tzu -

"shoot for the moon; even if you miss, you'll land among the stars."

- Les Brown -

"shoot

- Les Brown -

"shoot

- Les Brown -

"the greater the obstacle, the more glory in overcoming it."

- Molière -

"the

- Molière -

"the

- Molière -

"if in our daily life we can smile, if we can be
peaceful and happy, not only we but everyone
will be profit from it - this is the most
basic kind of peace work"

Thich Nhat Hanh

"if in our daily life we can smile, if we can be
peaceful and happy, not only we but everyone
will be profit from it - this is the most
basic kind of peace work"

Thich Nhat Hanh

"if

Thich Nhat Hanh

"if

Thich Nhat Hanh

Uppercase letters:

O

O O O
O O O
O O O
O O O

Optimistic

Optimistic

Open-minded

Open-minded

Q

Q Q Q
Q Q Q
Q Q Q
Q Q Q

Quick

Quick

Quality

Quality

A

A A A
A A A
A A A
A A A

Ambitious

Ambitious

Adaptable

Adaptable

N

N N N
N N N
N N N
N N N

Nature

Nature

Neat

Neat

M

M M M
M M M
M M M
M M M

Motivated

Motivated

Masterful

Masterful

P

P P P
P P P
P P P
P P P

Positive

Positive

Passionate

Passionate

B

B B B

B B B

B B B

B B B

R R R

R

R R R

R R R

R R R

D D D

D

D D D

D D D

D D D

C C C

C

C C C

C C C

C C C

G G G

G

G G G

G G G

G G G

S S S

S

S S S

S S S

S S S

L L L

L

L L L

L L L

L L L

Brave

Brave

Benevolent

Benevolent

Respectful

Respectful

Reliable

Reliable

Dynamic

Dynamic

Diligent

Diligent

Confident

Confident

Careful

Careful

Gentle

Gentle

Grateful

Grateful

Sweet

Sweet

Supportive

Supportive

Loyal

Loyal

Limitless

Limitless

E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

Enthusiastic

Enthusiastic

Empathetic

Empathetic

Thankful

Thankful

Trustworthy

Trustworthy

Insightful

Insightful

Imaginative

Imaginative

Judicious

Judicious

Joyful

Joyful

Happy

Happy

Humble

Humble

Kind

Kind

Keen

Keen

Faithful

Faithful

Forgiving

Forgiving

E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

E E E

F

F F F

F F F

F F F

F F F

F F F

F F F

F F F

V

V V V

V V V

V V V

V V V

W W W

W

W W W

W W W

W W W

u u u

u

u u u

u u u

u u u

y y y

y

y y y

y y y

y y y

y y y

z z z

z

z z z

z z z

z z z

Z Z Z

Z

Z Z Z

Z Z Z

Z Z Z

Valuable

Valuable

Visionary

Visionary

Willing

Willing

Well-behaved

Well-behaved

Unstopable

Unstopable

Upbeat

Upbeat

Yearlong

Yearlong

Youghblood

Youghblood

Zavier

Zavier

Zander

Zander

Zesty

Zesty

Zingy

Zingy

Amazingly, Bright-Colored Ducks
Eagerly Flit, Gracefully Hopping,
Investigating Juicy Kernels,
Leaping Mightily Near Open
Ponds, Quickly Reaping Succulent
Treats Under Vibrant Waters,
Xenodochially Yielding Zest.

Amazingly,

Amazingly,

Amazingly, Bright-Colored Ducks
Eagerly Flit, Gracefully Hopping,
Investigating Juicy Kernels,
Leaping Mightily Near Open
Ponds, Quickly Reaping Succulent
Treats Under Vibrant Waters,
Xenodochially Yielding Zests.

Amazingly,

Amazingly,

Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing and learning to do.

- Pele -

Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing and learning to do.

- Pele -

Success

- Pele -

"The past is history. Tomorrow's a mystery. Today is a gift.
That's why we call it the present."
Bil Keane

"The

Bil Keane

"The

Bil Keane

Son Doong

Son Doong Cave, nestled in Vietnam's Phong Nha-Ke Bang National Park, is the world's largest cave system. With colossal chambers, stunning stalagmites, and an otherworldly jungle inside, it's a breathtaking natural wonder worth exploring for its awe-inspiring beauty and unique underground ecosystem.

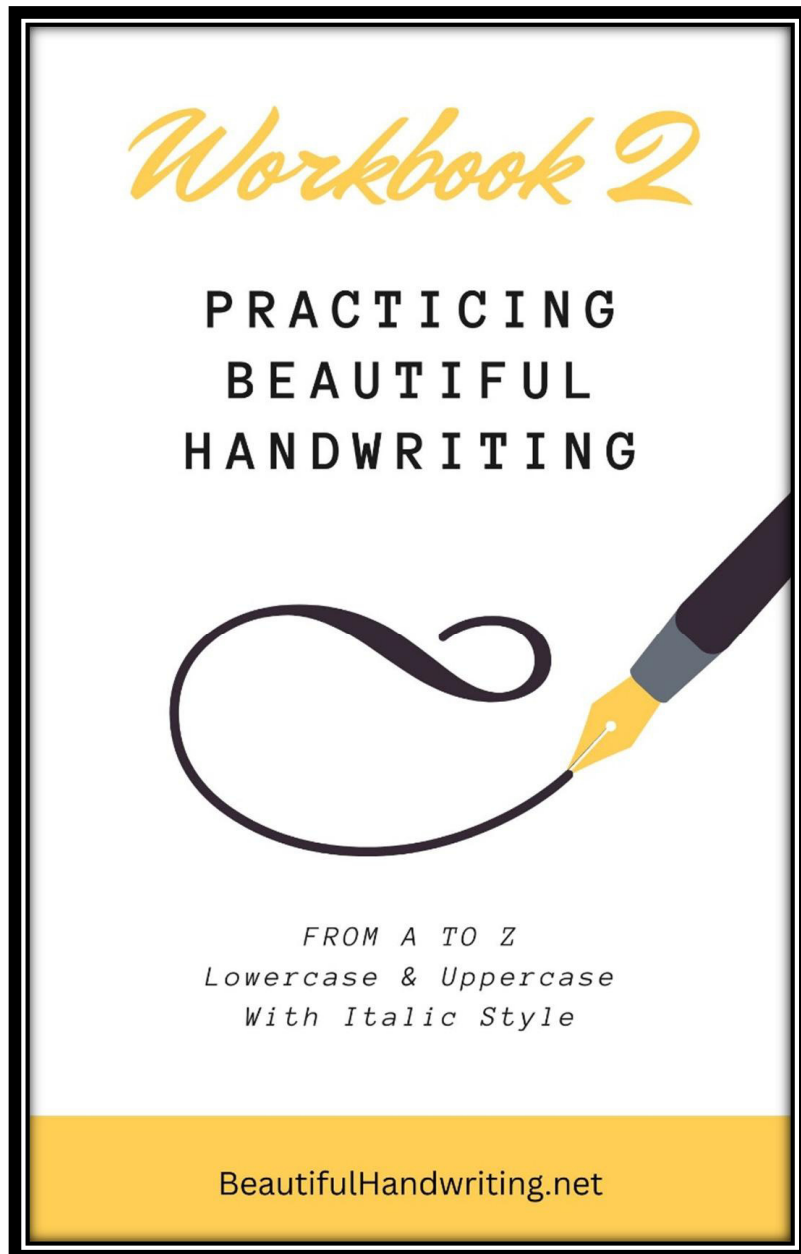
Hoi An

Hoi An, nestled along the Thu Bon River in Quang Nam Province, Vietnam, is a picturesque town celebrated for its well-preserved historical architecture, vibrant lantern-lit streets, and bustling markets. Renowned for its tailor shops and delectable street food, Hoi An offers a unique blend of heritage and hospitality, making it a must-visit destination that beautifully encapsulates Vietnam's charm, history, and culinary delights.

Your creative zone. Enjoy!

Discover more useful lessons at: <https://www.beautifulhandwriting.net>

Cooming Soon!
Workbook For Italic Style



Get update at:
<https://www.beautifulhandwriting.net>