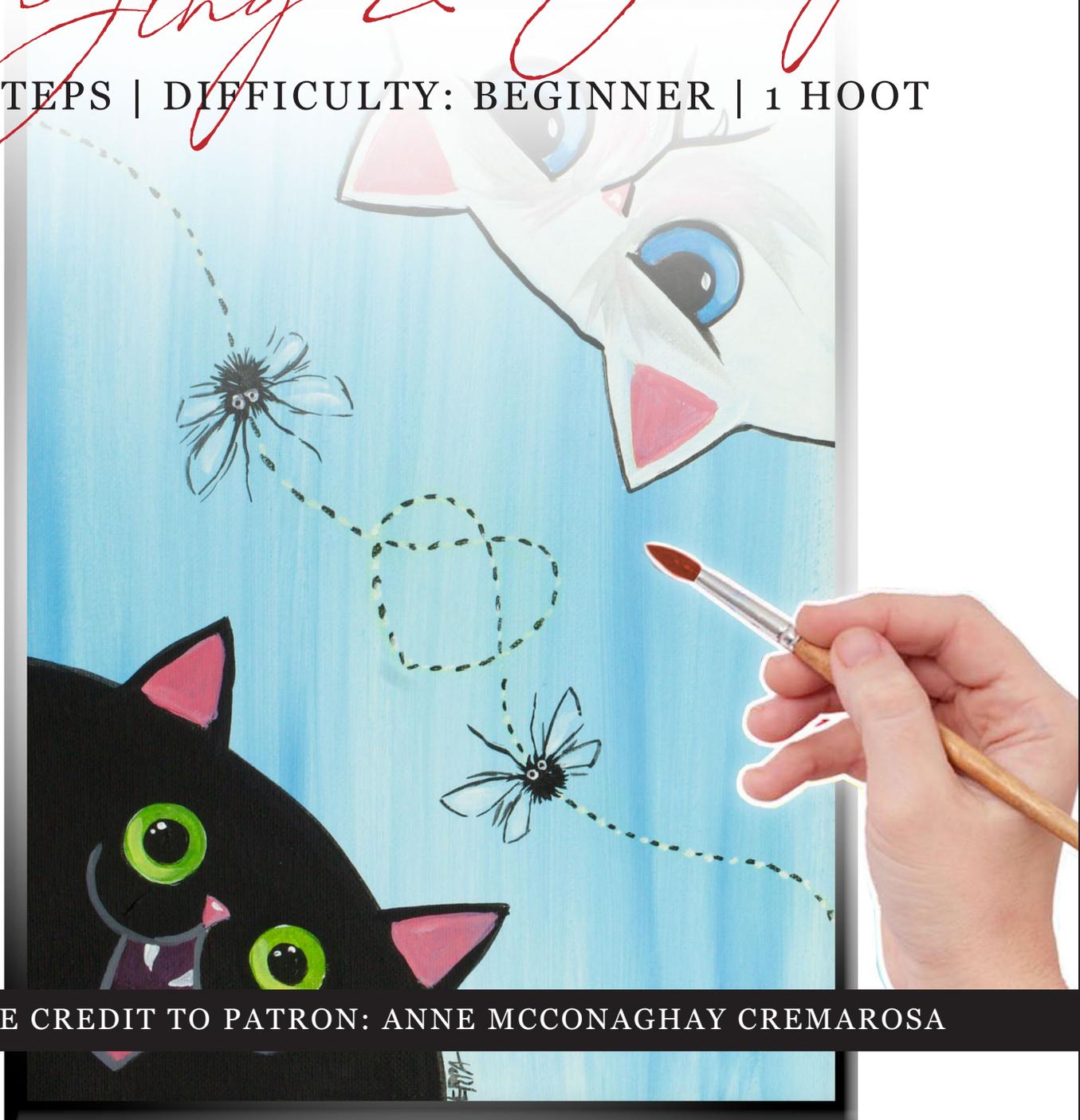


THE ART SHERPA™

PRESENTS

Jing & Jang

7 STEPS | DIFFICULTY: BEGINNER | 1 HOOT



NAME CREDIT TO PATRON: ANNE MCCONAGHAY CREMAROSA



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SHERPA'S FORWARD

THIS PAINTING IS THE FIRST PAINTING TUTORIAL, AND THE 9TH VIDEO, IN MY ACRYLIC BEGINNER PAINTING COURSE.

This course is taking place during November 2021 and we have already met 8 times to learn about products, supplies, skills and techniques that all beginner artists need to know as they begin an art journey.

All of this program is available on my website

and can be watched on YouTube or Facebook. After each of the first 8 sessions, we conducted live Q&A sessions to answer questions from the community. All of the resources in the program are completely free although you do have to register on my website, www.theartsherpa.org, to be able to download the accompanying mini books, which are also free. Please be sure to post your finished paintings in the Facebook The Art Sherpa Official group.

We do pick up about 20 minutes after the end of the tutorial on Facebook to answer any questions you might have about the course so far.



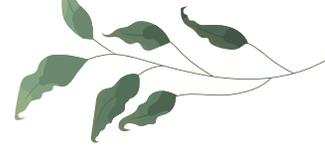
THE GOLDILOCKS ZONE

IN PAINTING, EVERY TECHNIQUE OR PROCESS HAS WHAT I CALL A “GOLDILOCKS ZONE”.

As an artist, you will be constantly seeking this space to achieve maximum results from any project you're doing. Much like Goldilocks, you will go into each technique and try to find a space that is just right for you. When you're loading your brush, sometimes you will have too much water, sometimes you will have too little water, and sometimes you will find the amount of water is just right. When applying strokes to the canvas, you may find that you have too much brush pressure, too little brush pressure, or that your brush

pressure is just right. The Goldilocks zone changes for every technique and every process. You will know you have found it when something that seemed difficult suddenly becomes much easier. A little goal I'd like to set for you is to notice when you have found yourself in the Goldilocks Zone so that you can locate it again easier the next time you come across a particular technique.





PAINT AND TOOL GUIDE

USE THIS PAINT LEGEND BELOW TO UNDERSTAND THE SYMBOLS THAT I USE TO GIVE YOU IMPORTANT PAINTING INFORMATION.

PAINT:

- Primary Red
- Primary Yellow
- Primary Blue
- Mars Black
- Titanium White

BRUSHES:

- Synthetic Bright Brush
- #4 TAS Round
- Hog Fan Brush
- Angle Brush

TOOLS:

- Chalk Pencil or Watercolor Pencil
- 9 x 12 Canvas (If you notice that your canvas started to warp, as sometimes happens, just turn the canvas over and put it back side forward on your easel, then mist the back of the canvas. It usually resolves itself. Let it dry before you proceed.)
- Optional: StayWet Palette

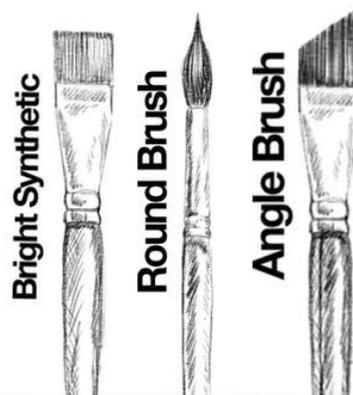
TECHNIQUES:

- Expressive Painting Strokes
- Being Painterly and Loose
- Finding Value
- Dry Brushing
- Color Theory
- Directionality
- Blending Wet into Wet
- Color Mixing
- Hair

- ♥ Primary Yellow
- ♥ Primary Red
- ♥ Primary Blue
- ☁ Titanium white
- ♥ Mars black



Dritz chalk tool



VIDEO CHAPTER GUIDE:

BELOW ARE THE TIMESTAMPS WE INSERTED IN THE TUTORIAL VIDEO SO THAT YOU CAN EASILY COORDINATE USING THE BOOK AND THE TUTORIAL VIDEO SIMULTANEOUSLY.

STEPS:	TIME:	DESCRIPTION:
INTRO	00:00	INTRO
STEP 1	2:22	BACKGROUND
STEP 2	6:43	CAT BASE
STEP 3	15:53	BUGS
STEP 4	25:56	BLACK CAT
STEP 5	31:07	WHITE CAT
STEP 6	37:09	HAPPY CAT DETAILS
STEP 7	45:32	GRUMPY CAT DETAILS
		SIGN



STEP ONE - BACKGROUND

THE STRONGEST TO THE WEAKEST

PAINT:

- Primary Blue
- Titanium White

BRUSHES:

- Large Bright Brush

STEP DISCUSSION:

I chose to freehand this image but I have also provided a transfer if you prefer to use that method. There is no right or wrong way, you can grid, transfer, or freehand, whatever makes you the most comfortable. If you are free handing, you have numerous references to assist you. There is the picture that follows this step, the traceable, and the grid reference. I drew in only the major objects.

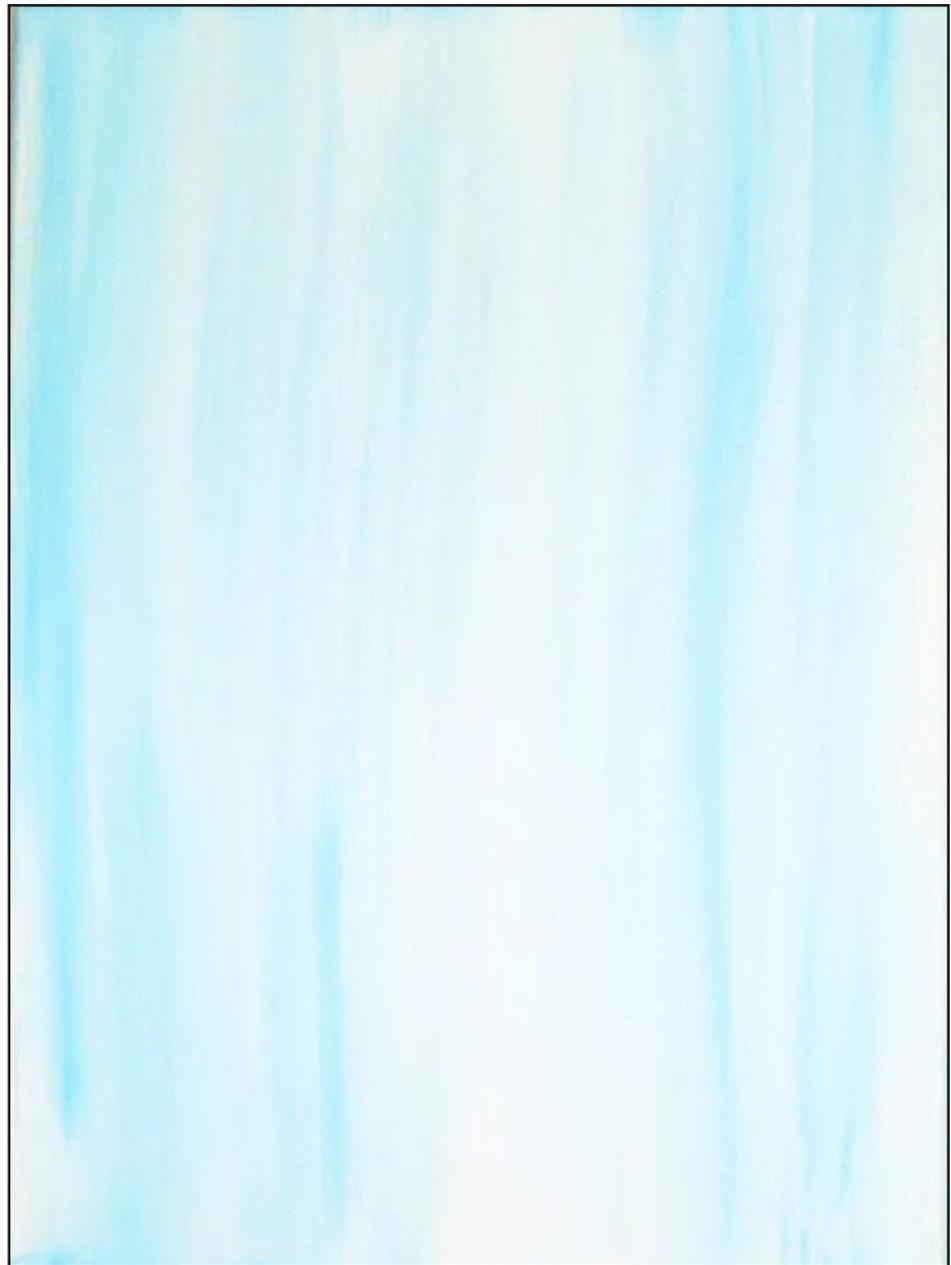
But for now, we're just going to paint the background. Because the blue is stronger than the white, you need to take the Primary Blue to Titanium White and then mix. Apply long smooth brush strokes up and down on a 9 x 12 canvas that is in portrait orientation. I used enough water and the right paint load to find the Goldilocks Zone for this brush. It is loosely mixed because we want the streaks and personality. We paint lightly first because it's

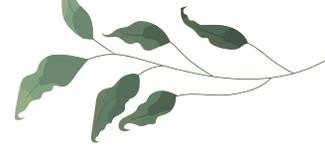
easier to darken than it is to lighten.

If you don't intend to frame, you can paint the sides of the canvas.

Add a bit more blue to the brush and continue in the same direction. Allow this additional paint to mix on the canvas; it's not wet into wet but it's not dry brush either.

Dry the canvas thoroughly.





STEP TWO - CAT BASE

TILT A KITTY

PAINT:

- Mars Black
- Titanium White

BRUSHES:

- Angle Brush

STEP DISCUSSION:

Move your canvas so the top of the canvas tilts left and that upper right corner is directly across from you. Come up the longer, left side of the canvas, about 4" and make a mark; then on the shorter bottom edge, put another mark at about 4" over. Connect those two marks with an arch and this makes the face area of the black cat. Paint the inside of the face black.

Rinse out your brush.

Turn the canvas so the black kitty is upside down across from you, and do the same thing with white. Drawing then painting in the face of the white cat.

Brush directionality is not too important right now but you could curve the brush strokes to make the face seem more round. We are creating opaque layers.

Let's start to paint in the kitty ears. Imagine the ears are equal distance apart from the bottoms of

the canvas and draw in triangles to represent them. Maybe your ears are bigger than mine; you are the artist of your art world.

Turn the canvas around and paint in the kitty ears for the black kitty. Paint the kitty face with a second coat.

Rinse out your brush really well.

Paint the white face and ears with a second coat.

Rinse your brush.

Dry the canvas.





STEP THREE - BUGS

A HEART FLIGHT PATH

PAINT:

- Mars Black
- Titanium White

BRUSHES:

- Round Brush
- Chalk Pencil or Watercolor Pencil

STEP DISCUSSION:

Let's create a flight path above the black cat using chalk. Make a big "V" then round each end toward the other, crossing them in the middle. One path will end near the top and the other off the bottom of the canvas. The object is to create a heart in the center of the flight path.

Get a round brush and if you are using professional paint, thin your black with 1 - 2 drops of water. Paint dashes/dots with a little separation between them, along the flight path using the tip of the brush. If you see your chalk lines through the paint, don't worry; once the canvas is dry, we can remove it with a damp brush.

Rinse out thoroughly and wipe off your brush. Do the same process with your white paint, adding white dots in between the black dots.

Dry with a cool setting on the air dryer.

To paint the bug, load some thinned black, then on one side of the flight path, decide where you want to put your bug and paint a little ball using flicking brush strokes. Draw a couple of long antennae then add both, the upper and the lower wings. Go to the other flight path and paint in another bug.

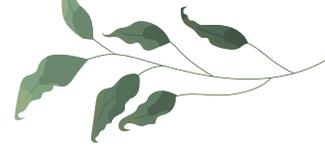
Rinse your brush out thoroughly.

Paint in the wings with thinned white but don't cover the entire section. Add two tiny dots for eyes on his head.

Dry the canvas.

Come back with a tiny bit of thinned black on your brush and add the eye pupils.





STEP FOUR - BLACK CAT

MR. HAPPY CAT

PAINT:

- Mars Black
- Titanium White

BRUSHES:

- Round Brush
- Chalk Pencil or Watercolor Pencil

STEP DISCUSSION:

Let's add some personality to Mr. Happy Cat. Using chalk, draw in the triangle on both his ears. Add his nose in first and then the curved little smile. Make a small horizontal line for the bottom of the mouth, attach that diagonally to the smile curves on either side of his mouth. Add an "m" type shape for his tongue. Then draw in the eyes; I chose circles, but you do you.

Get the round brush and white paint to fill in this kitty's eyes. Just white.

Paint the triangle nose white, then the little open mouth under the "m". Paint the inside of the kitty ears. We are not painting in his teeth yet.

Pull out a bit of white and a touch of black and make a light to mid gray. Wipe the brush on the paper towel if your brush is thick, then

paint in his little smile under his nose and on the outside of the open mouth, entirely.

This must dry completely. You can either dry it or move to the other side of the canvas.

Dry the canvas.





STEP FIVE - WHITE CAT

MEET MR. GRUMPY CAT

PAINT:

- Primary Red
- Mars Black
- Titanium White

BRUSHES:

- Round Brush
- Chalk Pencil or Watercolor Pencil

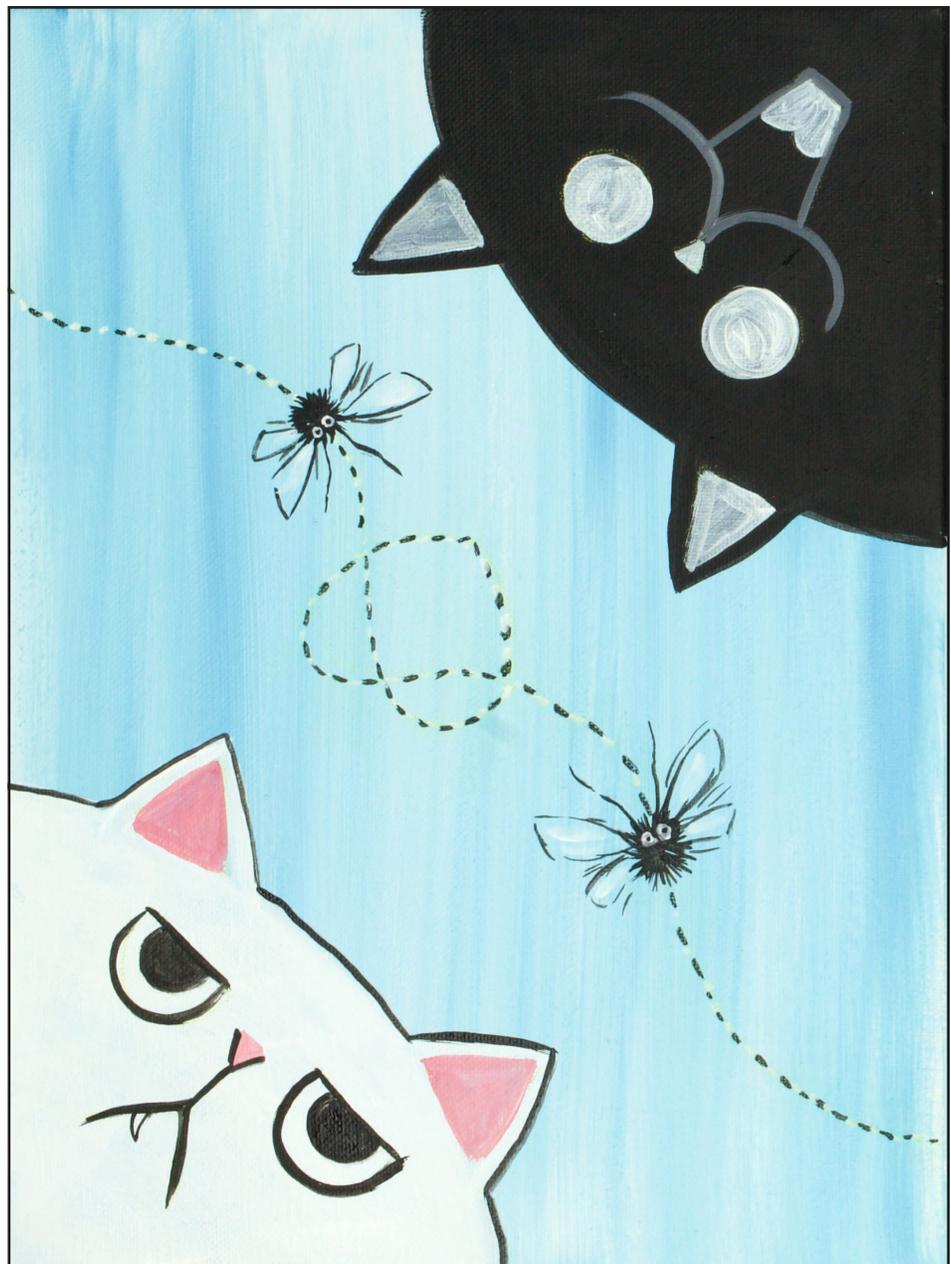
STEP DISCUSSION:

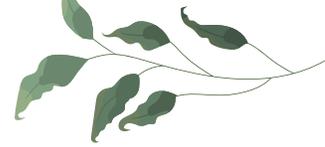
We have moved over to the white kitty and did a similar process. Start with the chalk and the nose, except that under the triangle of the nose you want an upside down V" for the mouth. He's grumpy. Come up above his nose and make a 1" line for the upper eye brow and then give him half circles underneath, for the eyes.

Mix Primary Red and White and make a light pink, or any pink that you want, and paint the inside of the ears. Paint the upside down triangle nose.

Rinse your brush then get black and paint in the outline of the eyes, thin with water if you need to. Paint the outline of the bottom of the nose, and the grumpy inverted "V" and his fangs. Then paint the pupils in the inner eye.

Let Dry.





STEP SIX - HAPPY CAT DETAILS

YOU'RE NEVER FULLY DRESSED WITHOUT A SMILE

PAINT:

- Primary Red
- Primary Yellow
- Primary Blue
- Mars Black
- Titanium White

BRUSHES:

- Round Brush

STEP DISCUSSION:

Let's start painting the inner part of the ear on the black cat, using our pink color to cover the white that we added earlier. Paint the nose and the tongue pink too. Painting over the white parts allows the pink to stand out against the black.

Rinse your brush and even change your water if you need to.

Take a dot of blue over to your yellow and mix a bright green. Paint in the whole circle of his eyes. Your kitty can have any color of eyes you want him or her to have. You can add a little more yellow into the mix if you like.

Rinse your brush and wipe it.

Take blue over to the red and mix a purple, almost a red violet color, and paint the back part of his open mouth.

Rinse out thoroughly.

Repaint the pink ears and nose.

Dry the canvas to make sure the eyes are dry.

Add a white highlight on the top of the nose and on the tongue; then paint in his little white kitty fangs. Define the kitty smile anywhere you need to, using the gray color.

Rinse out thoroughly.

Get thinned black and paint in the pupils of the eyes.





STEP SEVEN - GRUMPY CAT DETAILS

GUESS WHO'S NOT FULLY DRESSED

PAINT:

- Primary Red
- Primary Yellow
- Primary Blue
- Mars Black
- Titanium White

BRUSHES:

- Round Brush

STEP DISCUSSION:

Let's start by tinting the blue with a little white, and paint the iris of the white kitty's eyes. Add a little more white to the blue for a kitty eye highlight color.

Rinse your brush and roll back to the black kitty. Mix yellow and white and add some highlights to this kitty's eyes.

Now back to Mr. Grumpy. Add white to your previous gray mix and, with a curved stroke and flicking motion, we will add in some disgruntled lines on his face, above and below his eyes. Get a little pink on the dirty brush and add a little blush in the grump.

Get white paint and add little highlights to the pupils of his eye and maybe a bit on his nose.

Sign. You can sign on one

cat, or you can sign on both cats so no matter what way you hang it, everyone knows you painted it.

Sherpa Tip: Remember to refresh your water when you need to and pay attention to your body position so you don't get strained. I also actually had a boo boo and was able to successfully repair it to my satisfaction. Boo Boos happen.



Q & A

IT DIDN'T MATTER HOW I WORKED WITH THE PAINT IT WAS JUST SO DRY ON THE CANVAS. IS IT A BAD CANVAS, OR MAYBE NOT PRIMED AS IT SAYS IT IS?

Raw canvas looks like oatmeal, again, there is no standard in the art world. Some canvases are very thirsty, almost waterproof, that is a coating. Rinse it and let it dry, then coat 2 coats of acrylic on it. If it is pulling the acrylic out of the canvas, that is an over thirsty gesso treatment. It might be the surface. Do three coats of acrylic to seal.

I SAW A T-SQUARE USED IN PRE-INFORMATION HOW DID YOU USE IT FOR THIS PAINTING?

We did not use it today but will in one of the 9 that are coming before Nov 23.

WHAT IS THE CHALK TOOL YOU USE?

It's a Dritz tailor's chalk pencil.

WHAT WAS THE RAPHAEL BRUSH YOU USED TODAY? I'M LOOKING FOR MORE CHRISTMAS GIFT IDEAS FOR MY HUBBY TO GIVE ME.

A Raphael Textora and it's a great brush. The entire line.

I'M USING CHALK PENCIL WILL THAT BE OK?

Yes

WHAT BRAND DETAIL BRUSHES DO YOU RECOMMEND SINCE YOUR OWN BRAND ARE GOING AWAY AND SOLD OUT EVERYWHERE ON DETAIL BRUSHES PLEASE?

Simply Simmons; Raphael, Princeton all have some.

WATERCOLOR PENCIL OK?

Caron D'Ache are usable, but most watercolor pencils are too hard. You want a nice buttery pigment.

I HAVE A QUESTION ABOUT KEEPING ROUND BRUSHES LOADED PROPERLY AND CONTROL-I CANNOT FOR THE LIFE OF ME, KEEP IT LOADED WELL ENOUGH TO GET A NICE LINE. I END UP HAVING TO GO OVER THE LINE AND THEN IT GETS TOO WIDE. NO MATTER WHAT SIZE I USE-LARGE, MEDIUM, SMALL. WHAT AM I DOING WRONG?

I did a demo of how to load a detail brush; bring water to the paint and swirl it on the toe of the brush, at least 3 drops, then roll the brush out, and you are creating a fluid paint. Wipe off the canvas and load just the tip of the brush.

CAN YOU USE WATERCOLOR PENCIL OVER ACRYLIC TO SKETCH OUT A PAINTING? I'VE ONLY USED IT ON BLANK CANVAS?

Yes you can, but you want to use a color that blends.

CAN YOU USE SOFT PASTELS TO DO YOUR SKETCHING?

Soft pastels, only; not oil pastels.

WHAT ARE YOUR THOUGHTS ON ARTEZA BRAND PAINTS?

They don't offer good customer service has been our experience.

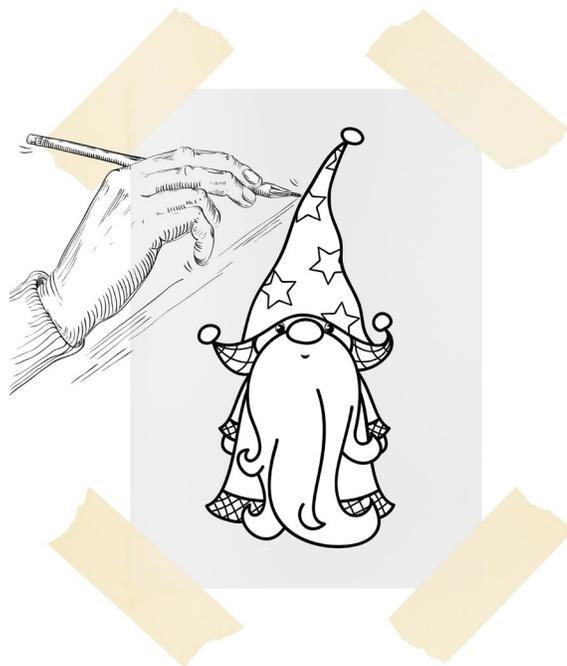


THE TRACING METHOD

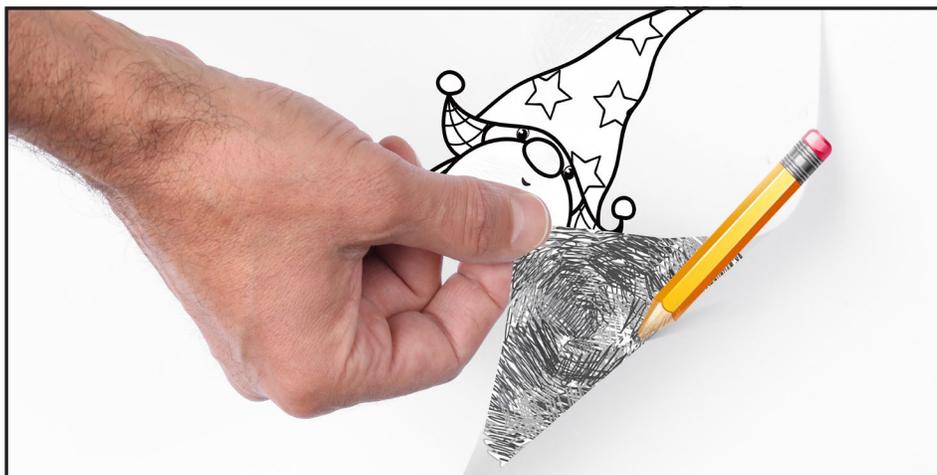
- Adjust the size to fit your surface and be sure to check your printer settings to see if the final size reflects the size you need.



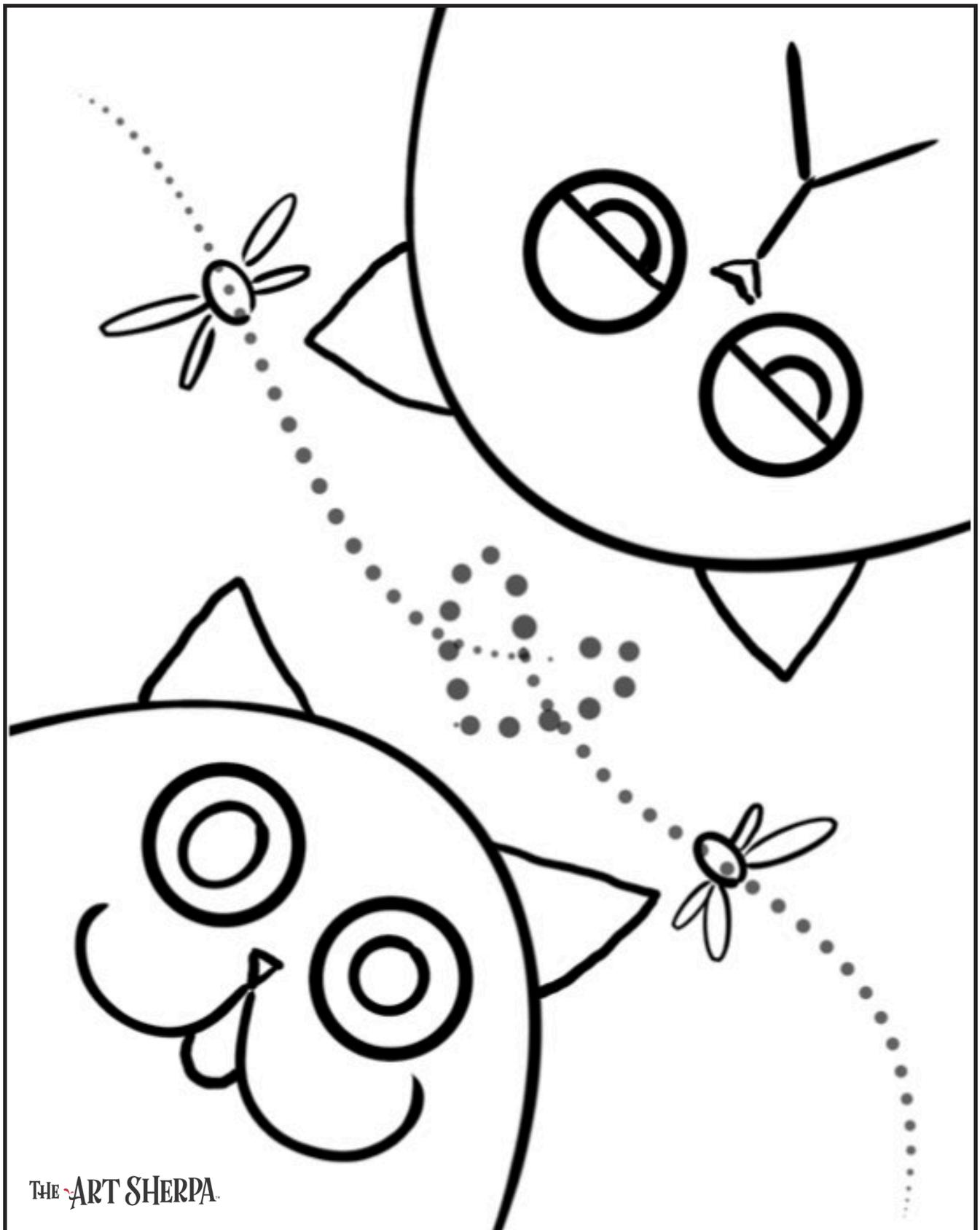
see that your transfer is happening. If not check if your rubbing is too thin or that your pressure is not too light. After you are done tracing the lines, remove your traceable and you should have a copy of the line art on your canvas.



- Rub the back with graphite or use Saral paper and skip this step.
- Be sure to rub the back of your paper on the side without the lines drawing using a HB pencil.
- Hold up to window light to make sure graphite covers all the lines of the subject drawing.
- Test your Saral paper to make sure the color you are using is going to show on the canvas.
- Tape your paper on your surface to transfer with tape to keep it from moving. If you are using saral paper make sure you have both sheets taped down and the transfer side of the Saral paper will be facing your surface. Carefully, with medium pressure, redraw over every line. You can lift one corner of paper to



TRACEABLE:



THE ART SHERPA



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