

Dragon Fire O C E A N M I S T

Life! Gesture! Action!

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In China there is a saying that the Universe was created in one stroke. This remark reflects the importance of every single stroke of the brush. The calligraphic stroke is the energy, or gesture, of the mark. Gesture is also a term of art used commonly to describe the energy, or life-force of a form, particularly a human body. For this art game, you and a friend will discover the energy within your bodies and how that can be translated into your artwork to create an energetic gesture drawing or painting.

Materials needed:

- Paper – as large as you can find - even newspaper will work if you can see your marks on it.
- Magic Marker
- Or
- Paint and a brush

Have your partner pretend that she is actively involved in a sport. Ask her to pretend that she has been “caught in the act” of throwing a ball, swinging a bat, running, swimming, or – you name it!

After she decides what active pose to take, ask her to hold this pose for 15 seconds. She can count out-loud!

While she is posing, your job is to draw or paint her gesture!

QUICK! Look for the big lines of movement her body is making! Start at the highest point of her pose and travel with your eyes to the bottom of her pose. What sort of line does this path make? Is it straight? Curved? Angled? Can you draw that line really fast? Do you see any other lines of movement in her body? How about from the fingers of her left hand to the fingers of her right hand? Does the pose that she is holding make her body look like a letter from the alphabet? How could you make a pose that looks like the letter “A”? “Z”? “X”?

After you have found the lines of movement in her body, QUICKLY scribble in the shapes that make up the rest of her form. This can be messy and fun! Remember you are capturing her energy, or her gesture!

Have you used up your 15 seconds? Ha ha! It goes by fast, doesn't it?



For a different approach, try turning your friend's pose into a scribbled stick figure. By simplifying the way you draw the body, you can often capture big lines of movement without even thinking about it! Give it a try! Have fun!

Now trade places. You pose while your friend draws!

