Seniorgiri

Counter the Loneliness Yourself.

Seniorgiri Series: Hobbies
Drawing and Sketching

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THIS IS HOBBY HELP SERIES FOR SENIORS.

I am compiling a series of things to do - what to do to counter loneliness, in addition, how to go about it.

The book about painting is becoming BOOKS about visual arts. As it is inconvenient to upload and download big files, now I have arranged the info in different files.

Learn to Paint Part 1 Covers Supplies, General Techniques, Oil and Acrylic Paintings. Part two is now split in several parts.

This one covers Water Based paintings

The others e books are

- Digital Arts
- Drawing and Sketching
- Glass Painting

I have tested all the links mentioned. As on May 2010, all links are secure, correct and working.

You should look for more as you surf. You may find many that will suit to your needs. This is just a first step.

Please feel free to share this with anyone you like.
Water Color

**Introduction**

As the name implies watercolor is the color that uses water as the base. This is one of the oldest methods of painting in the world. It is known as watercolour in UK and aquarelle in French. The colors are worked with water mostly on paper with brushes. Most of us have done Watercolor painting as the children's activity with boxed sets of colors. The colored blocks are swiped with a wet brush to make patterns on the paper.

Artist grade colors are more expensive as they have more pigments in the block of color. Today we get watercolor pencils and crayons as well as tubes and cakes.
The palette of water paints is also different. It is usually made of plastic with separate round depressions around to put the color, and rectangular ones for mixing.

**History**

Watercolor has historical references. Primitive man used natural pigments mixed with water to create cave paintings by applying the paint with fingers, sticks and bones.

Ancient Egyptians, Greeks and Romans used water-based paints to decorate the walls of temples and tombs.

But it was in the Far and Middle East that the first watercolor styles developed in the modern sense.

Chinese and Japanese painted on silk as well as handmade paper. Their art was mostly calligraphy in monochromes or landscapes.

Invention of paper and its mass availability helped this art.

**Types of watercolor**

Watercolor came to western civilization in the late 1400s.

Artists had to experiment, invent, prepare and grind their own pigments to be mixed with water, and liked to keep their recipes and methods secret. The pigments were mixed with different solvents to make them brighter, and longer lasting.

**Several water based techniques evolved:**

Plain Watercolor is pigment ground with GUM ARABIC (Extract from acacia tree). It is usually transparent.
When it is mixed with chalk to make it opaque, it is known as GOUACHE (Gwash rhyme with Squash).

Tempera is where the pigment is mixed with some water soluble binder. Egg Tempera mixes egg yolks and water. During the middle Ages, monks of Europe used tempera to create illuminated manuscripts.

Poster colors are a kind of Tempera, pigments mixed with glue.

**Earlier Paintings**

Frescoes are mural (wall) paintings where water soluble colors are used on wet plaster. The most famous fresco is Michelangelo's Sistine Chapel of the Vatican painted from 1508 to 1512.

Plaster has been used from ancient times to cover the stone or mud brick on the walls of houses, both inside and outside (on the outside it is called stucco). It was used all over, from Africa to China.
Plaster is made by mixing the lime with water makes plaster. It is painted on the wall, and it gets hard when dried.

Painting on this plaster to decorate it is fresco painting.

Fresco painting by Botticelli (Florence, Italy, ca. 1480 AD)
http://www.historyforkids.org/learn/medieval/art/pictures/botticelli2.jpg

**Commercial colors**

In 1856 Mr. Prang contracted with the American Crayon Company to manufacturer his non-toxic moist pan watercolor sets designed for students. They were a huge success.

Now many companies are producing various kinds of paints so it is easier to learn painting.

In India Camlin is the premier company for colors and craft supplies.
**Watercolor Supplies**

Before you start to paint collect the supplies. For starting, a basic kit will have:

**Paints**

Paints come in tubes, bottles or cakes. Cakes or blocks are ideal for small areas of color and watercolor sketching. Paint in tubes has to be squeezed onto a palette; it's easier to use for large areas of color.

It does not matter if the paint dries in bottle or palette. Squirting water on it will make it usable again.

They are available in two grades. Artists are better, brighter and more expensive than Student’s.

Camlin watercolor tubes come in 5, 9 and 20 ML tubes

I suggest first go for small student’s set of 12 colors, and try small paintings. If it seems to be your medium, invest in artist’s colors.

**Brushes**

Sable brushes are best watercolor brushes because of the fine point the hairs achieve, their ability to spring back into shape, and the amount of paint they hold. They are very expensive also.

Less expensive options are brushes with a mixture of sable and synthetic hairs or 100% synthetic brushes.
Again, start with the cheaper brushes and upgrade as you become more proficient.

**You will need**

Round # 4, 8, (for detail and dry brush)
Round or oval # 12 or 14 (for large color areas or washes)
Flat 1/2" or 1"
Mop 12 (for washes and wicking)
Acrylic 1/2" (for mixing and scrubbing paints before lifting from the paper)

Brushes are expensive, so it is worth taking care of them. After each use, wash them first with water and then with mild hand soap to take out all the pigment. Keep them flat or upside down for drying and storing.

**Paper**

There are many thousands of types of paper, ranging from rough cardboard to thin and textured papers. Though any paper can be used, traditionally there are special papers for watercolor.
Watercolor paper comes in blocks of various sizes, or in sheets. A "full sheet" is approximately 22" x 30", and may have straight or deckle edge.

A deckle edge is uneven or rough (rather than a straight, cut edge) and the paper thins slightly.

Cylinder mould made papers will always have two deckle edges. Hand-made papers will have deckle edges on all four sides.

You can cut or tear these full sheets into smaller size sheets for smaller paintings. You can also buy larger sheets (up to 40" x 60") and even larger rolls of watercolor paper.

Use acid-free paper for paintings as this will yellow less with age.

Watercolor paper is chosen by weight, and/or surface.

**Paper Surfaces**

Watercolor papers come in three surfaces:

- **Rough**, this has a textured surface;
- **Hot-pressed or HP**, which has a fine-grained, smooth surface
- **Cold-pressed (or NOT)**, which has a slightly textured surface and is the paper used most often by watercolor artists.
**Paper Thickness**

The thickness of watercolor paper is indicated by its weight, measured either in grams per square meter (gsm) or pounds per ream (lb).

The standard machine weights are 190 gsm (90 lb), 300 gsm (140 lb), 356 gsm (260 lb), and 638 gsm (300 lb).

Watercolor paper differs from manufacturer to manufacturer, so experiment not only with the different kinds of paper but also with various brands of paper.

Paper less than 356 gsm (260 lb) should be stretched before use, otherwise it's likely to shrink and warp from water.

**Stretching Paper:**

To stretch paper, soak it first for 4-5 minutes in cool clean water in the bathtub, or if it's small enough holding it under running water in the kitchen sink, flipping it so both sides get evenly wet - 2-3 minutes is usually enough.

Lay it wet on a wood drawing board or sealed/varnished plywood. Staple the wet paper all around the edges at 1” intervals to the board. Or it can be taped down with brown packaging tape all round.

As it dries, it shrinks and pulls very tight and flat, and remains that way, even when re-wet during the painting process. Paint it stapled or taped like the photo above.

When the painting is finished and thoroughly dry, remove the staples with a flat staple remover, or cut the tape with knife.
OTHER TOOLS

Some kind of water container is needed. Two large cups or wide mouth jars are better, one for clean water, and one to use for rinsing.

A roll of paper towels is handy for removing excess paint and/or water from the work surface. A roll of toilet tissue turned on its side works as a "blotter" for paint brush...to remove excess water or paint, just swipe the brush on the roll. As the tissue gets dirty, unwind the roll to get cleaner paper.

A sponge or rag can also be used for this purpose, just rinse it out periodically.

A spray bottle filled with water works well for re-wetting.

An old toothbrush for spattering paint.

A flat staple remover or a craft knife to remove stretched paper.

A sketchbook, drawing pencil, and a large soft eraser are needed too. The eraser can be used on a dry painting to remove any visible pencil marks.
**Basic Watercolor Techniques**

**Flat Wash Technique**

The flat wash painting method is a common one.

It is used when large areas of paper need to be covered with paint as for sky or seas.

The area of paper is dampened.

Large supply of colored water is needed as if you have to stop in middle, it will be difficult to match the color again.

Paint is applied with a large brush from top and the paper is slightly tilted so colored water runs down.

Keep applying the color with more brush strokes. The water runs down the slope, effectively washing the area with color.

This can be all over one color, graduated, or streaky.
**Glazing**

Glazing in watercolor is a thin wash of color applied over a completed dry layer of color, which changes the underlying color.

![Glazing example](http://watercolorjournal.files.wordpress.com/2008/11/glazing.jpg)

This technique creates unique and interesting blends of new color.

Try different colors with a soft brush.

**Wet In Wet**

Wet in wet is simply applying wet color over a wet surface.

It is used for smaller areas and the paper is not tilted.

![Wet In Wet example](http://waldorf mama.typepad.com/waldorf_mama/2009/09/watercolor-painting.html)
Evenly wet the paper with a brush or spray bottle. Have a sponge handy to absorb any excess water. Then apply your watercolor.

**Dry Brush**

Normal coloring. Begin with a dry piece of paper. Then pick up some dry pigment with just a touch of water and apply to paper.

**Lifting with damp or dry tissue:**

Paint a blue wash sky of medium intensity.

Before this has a chance to dry, lift patches of the blue with a damp or dry soft tissue to resemble clouds. Lifting with a dry tissue gives hard edges. Combining both methods gives a realistic look.

Keep rotating the tissue so that the blue which you had lifted does not get pressed back to the paper.

**Lifting with damp brush:**

Flat wash a paper with a color and let it dry completely.

Now take an old stiff brush which is slightly damp. Drag a line on the paint swatch. Blot on a tissue to remove the color which has deposited on the brush and repeat this again and again till you have lifted the color.

http://watercolorjournal.wordpress.com/2008/11/03/other-useful-techniques/
Lifting is useful for correcting mistakes, painting veins on leaves etc.

**Salt technique:**

Paint a patch of a color. The timing for this has to be just right. Take some table salt and sprinkle randomly on the wash, just as the sheen is going away.

Don’t disturb it, till it is completely dry. After it has dried, brush away the salt gently. This reveals a nice random pattern which can be used as textures for stones and rocks or for snow flakes.
You will not get this effect if you sprinkle on a wet wash or wait too long before sprinkling. Experiment with larger salt crystals and see what textures they show.


Watercolor paint is traditionally applied with brushes, but modern painters have experimented with many other tools, namely sprayers, scrapers, sponges or sticks.

Watercolors have been combined with pencil, charcoal, crayon, chalk, ink, or even with acrylic paint. There is no set rule to follow.

**Practice Your Brushwork**

Most watercolor paintings are comprised of washes, which are large areas of paint put on wet, damp or dry paper usually with a large mop or wide wash brush. And linear or dry brush marks, like drawing or sketching, with the point, edge or body of round or flat watercolor brushes.

Some painters do work primarily with washes, and some artists choose to use a more linear approach.

There is no "right" or "wrong" approach, just be comfortable with brushwork to add form, texture and character to your paintings.
Painting Step by step

Paint clematis flowers in watercolor:

Sketch a rough guide on paper. Then use washes and colors. Wait after each step to dry.

See the whole tutorial here:

http://www.squidoo.com/paintalongclematis
**Watercolor Pencils and Crayons**

These are incredible inventions.

Watercolor pencils come enclosed in wood, like regular pencils, and as woodless pencils that are simply pigment wrapped in a thin paper.

Both kinds of watercolor pencils can be purchased individually or in standard sets. There are also student sets, which are cheaper and have fewer colors than professional ones.

They are a unique mixture of drawing and painting methods.

Draw with them as you would with any pencil or crayon. When you move a wet brush over the drawing, the color dissolves into a watercolor wash changing the drawing into a painting!

![Watercolor Pencils and Crayons](http://z.about.com/d/painting/1/5/3/m/1/WatercolorPencilTypes.jpg)

**Ways of using them:**

- Creating a drawing on dry paper and washing over it
- Creating a drawing on dry paper and washing over only particular parts of it
- Creating a drawing on wet paper
Dipping the watercolor pencils' tips in water before drawing on dry paper

Drawing on top of work already created and allowed to dry

Combining the use of watercolor pencils and crayons with brushed on pigment.

Wetting the brush and using it to gather pigment from the sharpened end of the pencil.

Don’t use water over all the drawing. Using it on selected areas gives it a special fusion look.

http://painting.about.com/od/usingwatercolorpencils/ss/water_pencils.htm
**Links**

**Watercolor painting tips**
My web presence with watercolor-painting-tips.com to let my students, and anyone else who might be interested, find answers to questions without having to signup for a class.
http://www.watercolor-painting-tips.com/

**WATERCOLOR - TECHNIQUE**
This section looks at the various techniques peculiar to watercolor. It shows examples of different watercolor techniques used in the painting below.
http://www.johnlovett.com/techniq.htm

**Jim’s watercolor gallery**
He now holds on going Watercolor classes and workshops the year round in the USA. Jim has earned a reputation of a first class Watercolor artist and instructor.
http://www.jims-watercolor-gallery.com/

**Art Show**
Is a directory of sites with tips, lessons etc.
http://www.artshow.com/resources/painting.html

**Free Art Lessons - Free Watercolor Lessons**
These free art lessons, including demonstrations tips and tricks, are the result of a lifetime of experience with watercolors oils and acrylics.

**Free watercolor painting lessons on video:**
http://www.captainwatercolor.com/
Watercolor Painting Tips, Techniques & Instruction: How to Paint Like an Artist: Video Series

There are 22 videos in this series:

Watercolor Painting Techniques | How to Watercolor Paint

There are a number of basic watercolor painting techniques you need to learn if you are interested in becoming a watercolor painter, which is really not that hard.
http://www.squidoo.com/watercolor-painting-techniques

Susie short water colors

Susie's Watercolor Tips for Painting with Watercolor are not just for the beginning watercolor artists, but for the experienced watercolorist as well.
http://susieshort.net/watercolor-tips.html

Artist Daily

Tips and Techniques, also Have a free e book to download about painting a portrait.

Wanna learn com

A site with several tutorials by artists.
http://www.wannalearn.com/Fine_Arts/Visual_Art/Painting/Watercolors/

Watercolor Pencil Painting Demo

In this demo of painting my little house in the snow, I am trying to show the steps I took from photo to finished painting.
http://painting.about.com/od/watercolourpainting/ss/LDort-Winter.htm
**Water color painting and projects**

Clear, easy to follow tutorials and hand painted examples teach you all of the basics, the skills, and watercolor techniques, that will enable you to create beautiful paintings you can be proud of.  
http://www.watercolorpaintingandprojects.com/

**Fountain Studio**

Many tips and lessons.  
http://www.fountainstudio.com/index.html

**World of Watercolor (WOW)**

Free monthly newsletter.  
http://worldofwatercolor.com/index.htm

**Watercolor Online**

Watercolor Online is dedicated to the promotion of all forms of watercolor and the artists who create works in the various media encompassed by this broad classification. In this space, you can view works in acrylic, gouache, transparent watercolor, tempera, and various other water based paint.  
http://www.watercolor-online.com/

**WHY WATERCOLOR?**

This website started as an aid for ex students, but has grown into an online resource of watercolor techniques, painting materials and information on design and color.  
http://www.johnlovett.com/

**Watercolor Painting**

Your Watercolor Painting Information Source! Watercolor Tutorials.  
http://www.watercolorpainting.com/

**Paint Basket**

http://www.paintbasket.co.za/
Introduction to Watercolor Painting Supplies for Beginners

Good tips. Has a free newsletter.
http://www.artinstructionblog.com/introduction-to-watercolor-painting-supplies-for-beginners

Watercolor Painting in 12 Steps


Fun and Joy Learning Center

With step-by-step demonstrations, Yong Chen and his friends demonstrate their unique watercolor painting methods and techniques from start to finish.
http://www.yongchen.com/index_learning.html

Wet Canvas

Free Watercolor Painting Lessons.
Tempera and Gouache

Introduction

There are two more water based coloring methods:

- Tempera
- Gouache

They are not as popular as oil, acrylics and watercolors, but have a long history. They both have their origin in Italy.

They both have pigments bound with some water soluble agent.

Gouache is more opaque, and tempera looks more like oil paint.

Today many people use them together with acrylic or watercolor for accent and interest.

They used to be made manually by grinding and mixing the ingredients, but now are available in tubes. You can also acquire the effect by mixing ordinary water color with selected agents.

Tools are the same as all other painting methods- brushes, Paints, water, palette etc.

Extra mixing agents are indicated where needed.

Use same techniques for cleaning and painting.
Gouache

The word Gouache has its roots in the Italian word guazzo for mud. It is pronounced "gwash". It was invented in the 11th century in Italy by a monk who added zinc white to watercolor for illustrating manuscripts. It is also known as Body color.

This is more opaque than watercolor, as some chalk and gum Arabic is added to the pigment.

**Gum arabic** is produced from the sap of the African acacia tree and is available in crystalline form or an already prepared solution. It binds watercolor pigments when used with water and glycerin or honey. Working with it needs experience, as too much paint can crack and too much water can turn it into powder when dried. It is not suitable for too many layers but is ideal for hiding something under an opaque mask. This also dries quite fast.

In watercolor the tiny particles of pigment become trapped in the fibre of the paper; in gouache the color lies on the surface of the paper, forming a continuous layer, or coating.

Because they are opaque they are also brighter than watercolor. The intensity of color changes after drying. It can become more or less strong.

Many experts advise that Gouache paintings should not be varnished because the varnish severely affects the depth, darkness and finish of the work. For protection, frame the work behind glass. But some also advise varnishing. It is personal choice.
Sable or Synthetic brushes are ideal, bristle brushes if you want more expressive brush marks.

Gouache painting can be done on watercolor paper, white or tinted, colored pastel paper or mount board. Heavier papers give a more stable surface for the paint.

**LINKS**

**How to paint with Gouache..like a pro..**
http://www.learn-gouache-painting.com/

**Working with gouache**

**How to Paint With Gouache**
http://www.ehow.com/how_2052749_paint-gouache.html
How to Paint With Gouache
http://www.wikihow.com/Paint-With-Gouache

Painting in Gouache
The Stages of How to Paint Using Gouache
http://www.michaelvincentartworks.com/paintingingouache.htm

Jacqui Blackman’s Art studio
An introduction to Gouache paint.
http://www.jacquiblackman.co.uk/gouache.htm

Creative Painting Techniques
Painting with Watercolors, Acrylics, Gouache, and Alkyds

Gouache: A Revealing Look
http://www.danielsmith.com/content--id-161

How To Paint With Gouache
**Tempera**

**Introduction**

Tempera, is traditionally made of dry, powdered pigments ground with other binding agent or medium, such as glue, honey, water, milk (in the form of casein) and a variety of plant gums.

This paint is then applied to a wood panel. This is primed first with a layer of glue (called "size" or "sizing"), followed by several sanded layers of gesso.

The most common form of classical tempera painting is "egg tempera". For this only the contents of the egg yolk is used. The white of the egg and the membrane of the yolk are discarded. The egg acts as the binder, and will stick almost any pigment to many different surfaces.

Tempera paintings are very long lasting, and examples from the first centuries AD still exist.

Tempera painting was the primary panel painting medium in the European Medieval and Early renaissance period up to 1500. For example, every existing panel painting by Michelangelo is egg tempera.

Tempera painting continues to be used in Greece and Russia where it is the required medium for Orthodox icons.

Poster paints of today are version of tempera consisting of pigment and glue size.

**How to make the egg medium**

The standard medium is pure yolk which is free from the white. Pierce the yolk sac and drain the yellow into a clean container. Add about a teaspoon of water and mix well. The medium is ready.
This will not keep very long or stored. Use a fresh egg each day.
Only make enough paint for the actual painting session.

Different preparations use the egg white or the whole egg for different effect. Egg white mixed in the medium will cause the paint to dry faster.

Other additives such as oil and wax emulsions can modify the medium.

Adding oil for instance in no more than a 1:1 ratio with the egg yolk by volume will produce a water soluble medium with many of the color effects of oil paint, although it cannot be painted thickly.

http://www.lindapaul.com/about_egg_tempera.htm

Ancient painters used stones and earths available in their particular geographical areas and knowledge of the locations of these pigments has vanished.

Today readymade Tempera paints are available, or you can use standard watercolor paints with egg yolk as medium.

Tempera paint is relatively water resistant when completely dry.

Finish the session and let it dry. As EGG is used, it will begin to smell. Just put it somewhere out of the way, till the smell goes away (few Days).
Use dish soap and water to clean your brushes. Don't let the egg dry on the brushes, or the bristles will be ruined.

Links

The Society of Painters in Tempera
In 1997 The Society of Tempera Painters was established following the decline of the original Society. The Society is now well established both in the United States of America and in the United Kingdom.
http://www.eggtempera.com/

How to Paint With Egg Tempera
The Techniques for Painting with Egg-Yolk-Based Paints
http://painting.suite101.com/article.cfm/painting_with_egg_tempera

Egg Tempera Painting
http://www.instructables.com/id/Egg-Tempera-Painting/

Painting Demonstration 1
http://www.eggtempera.com/demo1.html

Making Egg Tempera
Learn the Basic Steps for Making Your Own Egg Tempera.
http://www.danielsmith.com/content--id-105
Acknowledgement

The filler Flower graphics used here are from Hellas Multimedia http://www.hellasmultimedia.com/webimages/default.htm. The beautiful graphics are free.

Graphics from the net are acknowledged at the point.

Other clipart are from Microsoft WP Clipart Free Collection.

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