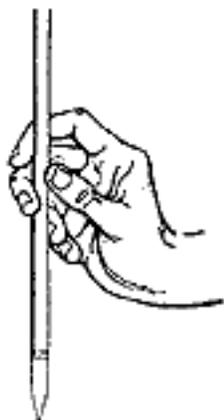


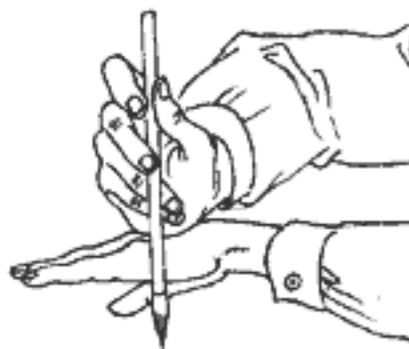
## Chinese calligraphy

Chen-shu or “regular” style calligraphy has been in use for nearly 2,000 years. In regular style, every line, dot, and nuance of the brush can be controlled by the sensitivity and skill of the calligrapher. Oriental painting and calligraphy have close bonds. Both are executed with ink on paper or silk using gestured strokes of the brush.

On the next sheets of paper, you'll find examples of Chinese characters and their meanings. Practice lettering chen-shu, or “regular” style calligraphy.



**Start by holding the brush perpendicular to the paper**



**The supported wrist method**

The fingers must exert substantial force. The palm does no actual work. Besides the fingers, one must use the wrist and elbow to write Chinese characters. You use the wrist to manipulate the tip of the brush. The four positions of the wrist are: rest, cushion, lift and suspend.

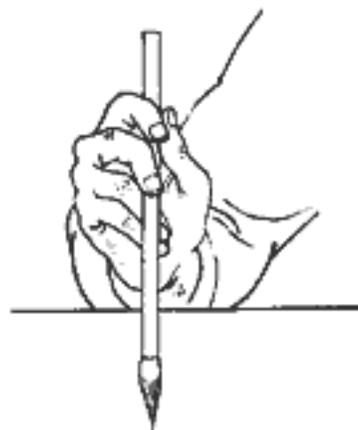
Rest the wrist of your right hand on the table. This will enable you to use your fingers well. Employ this method when you are writing very small characters—as small as the head of a fly, the Chinese say.

Cushion the wrist of your right hand. Usually you cushion it with your left thumb or your left wrist. This lifts your right wrist. This method is very often used for writing ordinary small characters.

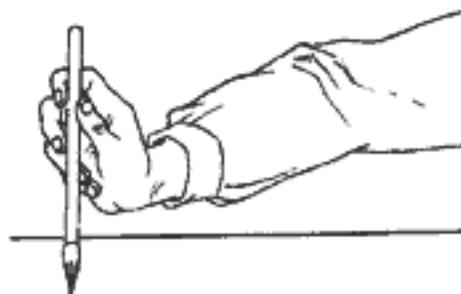
Lift your right wrist from the table. Some people also call it suspending the wrist. It is used to write medium-sized characters.

The last position is to suspend both the wrist and the elbow. Neither touches the table. This method is used to write big characters.

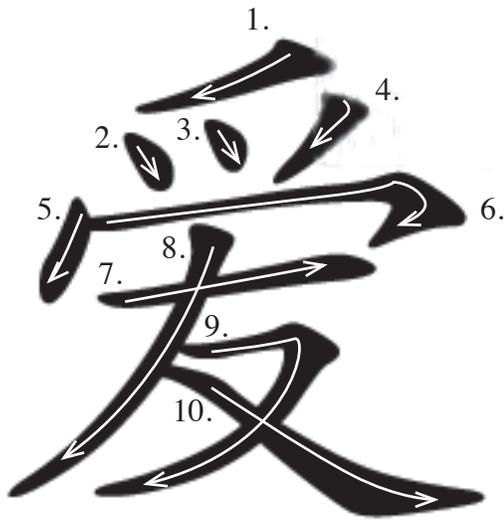
These four wrist positions are only relative. If you intend to raise your calligraphy to the level of art, you must practice the suspended-wrist position from the very beginning. Would-be calligraphers must not be afraid of difficulty. They must acquire this basic skill.



**The suspended wrist method**



**The raised wrist method**



LOVE

Chinese calligraphy is written from top on down and from left to right.

Begin at the top, and draw each stroke as indicated.

Envision each character as being contained within a "block."




chiaku-wen



hsiao chuan



chen-shu

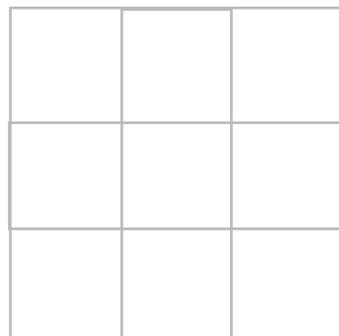
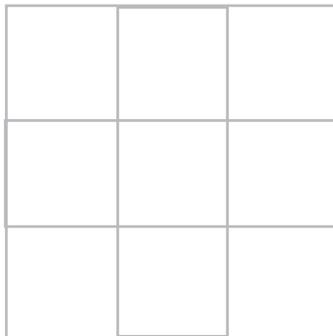
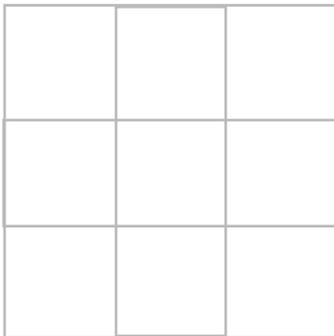
## FISH

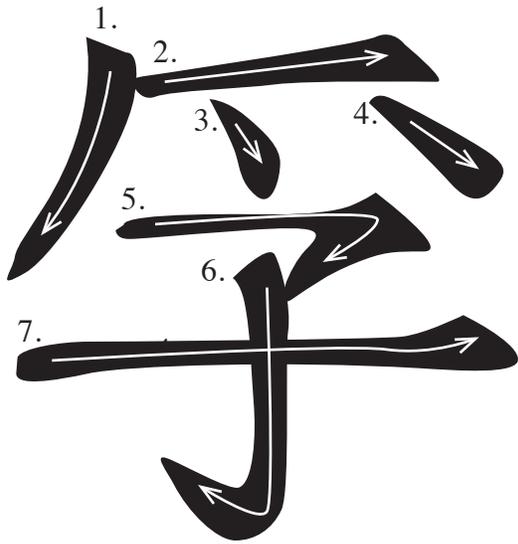
Chinese word: yù

A fish is depicted as a pictograph in ancient chiaku-wen.

Its hsiao chuan (small-seal) version is simplified.

The fish in chen-shu style is a logogram composed of the stylized fish and a "river" that flows beneath it.





# INSPIRE CONFIDENCE

This is one Chinese word: fu

Translated as 'to cherish a young one'

This character combines the symbols:  
protecting hand (above) + sprout  
(youngster) = brood (to hatch or grow)
