

Upper Case Flourishing Workbook

GROUP 3

A L K M N



This flourishing practice sheet series is designed to help you explore different ways of flourishing upper case letters through practicing different variations of each letter.

While there are endless possibilities with flourishing, it is important to understand that many variations are often extensions of simpler variations.

I have selected four different variations for each letter. The aim is to cover not only different levels of flourishing complexity, but also different levels of 'novelty'.

My goal is to introduce you to both commonly practiced flourishing variations that can be used in a wide range of contexts, as well as more 'innovative' variations that approach the letters from a different perspective.

Grouping of letters is important when it comes to learning and practicing calligraphy. Practicing letters that have similar attributes together can help you improve your muscle memory for key strokes, and in addition, pick up common trends that you can apply to all the letters in the group.

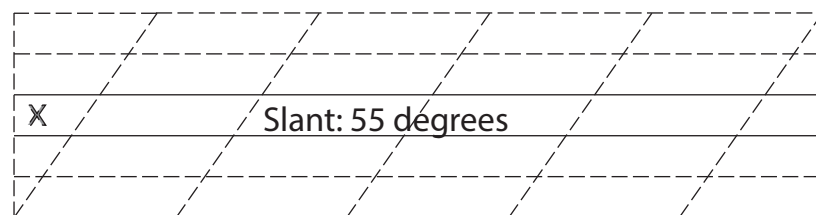
Please note that upper case letters and lower case letters are grouped differently.

This set of flourishing practice sheets covers GROUP 2 Upper Case Letters, which are as follows:

A L K M N

UNDERSTANDING GUIDELINES

2nd ascender
1st ascender
header
baseline
1st descender
2nd descender



*Hairline: Thin line or stroke, written with minimum pressure

*Shade: Thickened line or stroke, written with pressure

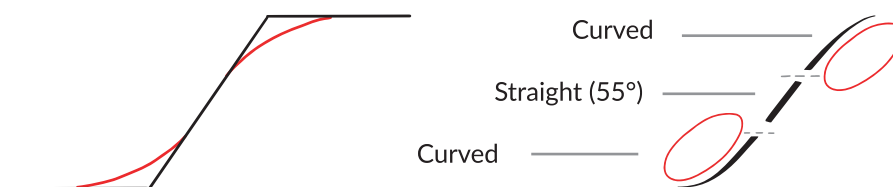


If this is your first time learning capital letters, I would like to insert an extra page for you regarding a fundamental stroke:

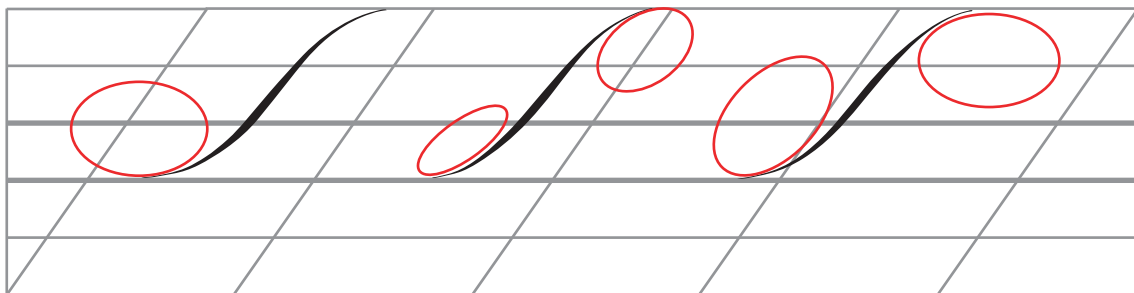
This stroke may be known as the:
Central Stroke
Capital Stem
Universal line of beauty

In these worksheets, I will be referring to it the 'central stroke'.

I would to use a simple diagram to show you the characteristic of this stroke.
Please see below:



As you can see below, this stroke can be extended into ovals large, small, wide or narrow.



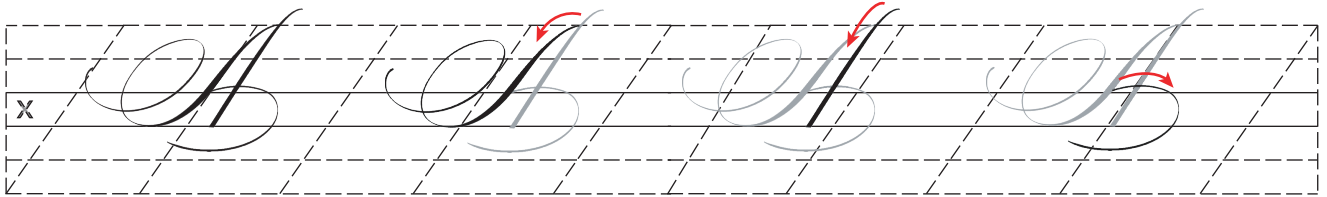
Please note that while it may be admirable to create the 'perfect' central strokes, we are human, not machines.

When learning these flourished capital letters, I would advise you to focus on the overall fluidity of your letters rather than getting every shade perfect.

What you see at the end is a finished combination of strokes, rather than a single stroke

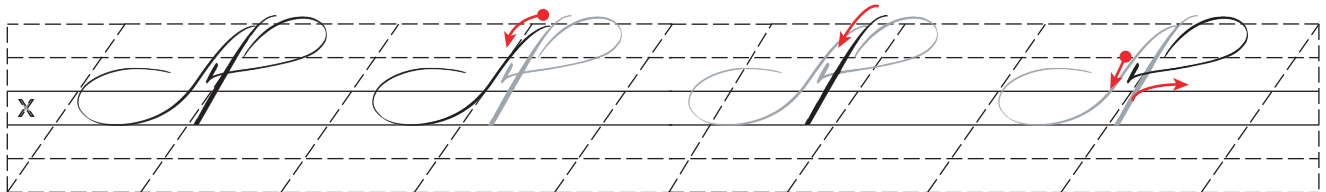
A

1



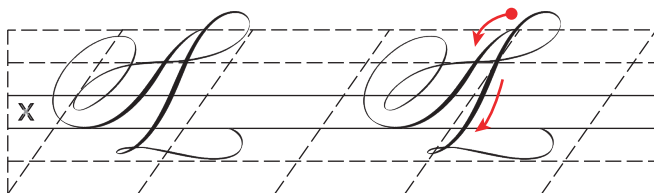
Stroke 1: The central stroke transitions into a slanted oval with parallel lines. It then finishes just after starting a horizontal oval path. Stroke 2: Start slightly curved and transition into a straight line with a square bottom. It should look as though stroke 1 is leaning onto a sturdy stroke 2. Finish off with a horizontal oval path in a hairline starting at the header.

2



Stroke 1: Similar to variation 1, but omit the first oval loop. Stroke 2: Identical to variation 1. Stroke 3: Express the cross-bar of the 'A' in a different form. Start with a shade and reverse back up to finish with a curve parallel to stroke 2.

3



This is one single stroke! Following the arrows starting at the red dot. This will help guide you through the letter. Executing A in one single stroke can create a 'constrained' effect which is why it is useful to extend the ending out to create more scale.

4



Stroke 1: Extension of variation 1, notice the different effect it creates. Stroke 2: Start from the start of stroke 1 so that it appears as a continuous line. Create a small diagonal loop above the top ascender and then bring it down. Stroke 3: This actually executes most easily by starting from where stroke 2 ended. Bring it up with a horizontal oval and then create a small loop and finish with the cross-bar of the A.

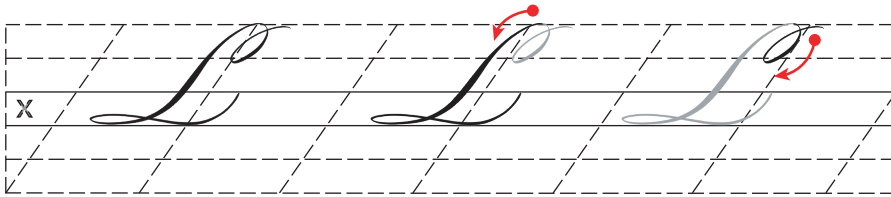
Uppercase A

A handwriting practice grid for the uppercase letter 'A' in cursive script. The grid consists of 10 rows of horizontal lines, with a dashed diagonal line running from the top-left to the bottom-right of each row. The first row contains five solid 'A's, followed by five dashed 'A's. The second row contains one solid 'A' followed by four dashed 'A's. The third row contains five solid 'A's, followed by four dashed 'A's. The fourth row contains one solid 'A' followed by four dashed 'A's. The fifth row contains five solid 'A's, followed by four dashed 'A's. The sixth row contains one solid 'A' followed by four dashed 'A's. The seventh row contains four solid 'A's, followed by one dashed 'A'. The eighth row contains one solid 'A' followed by four dashed 'A's. The ninth row contains one solid 'A' followed by four dashed 'A's. The tenth row contains one solid 'A' followed by four dashed 'A's.



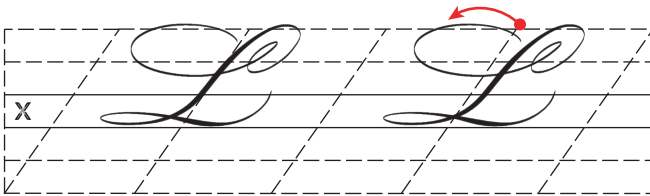
L

1



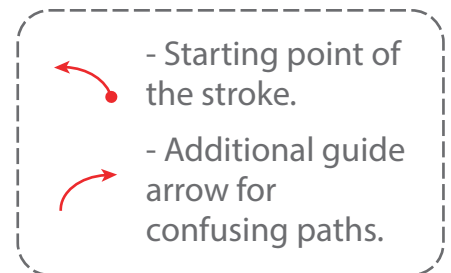
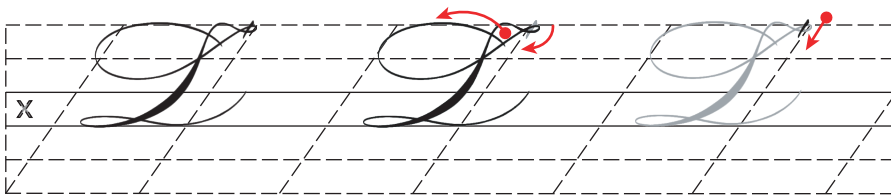
Stroke 1: Start with the central stroke. Transition into a flatter horizontal loop when it reaches the baseline. Then extend the wave and lift the stroke up to the header so that it is approximately in line with the start of the stroke. Stroke 2: Clockwise loop with a slight shade and finish at the top ascender line.

2



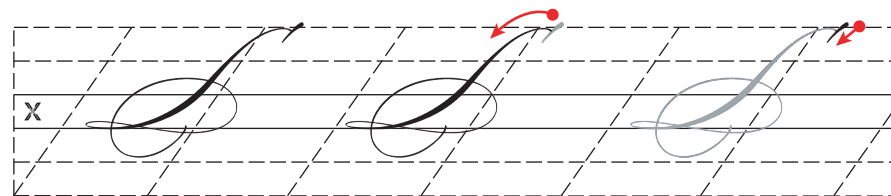
Single stroke version: Start with a large horizontal oval and create a slanted loop with hairlines. Then extend the stroke to a larger slanted oval that's parallel to the small loop (also the central stroke). Finish off the same way as version 1.

3



Stroke 1: Start with a large horizontal loop, then at the far right, loop clockwise and extend the stroke to the top ascender line. Gently turn the curve downward into the central stroke. Transition the central stroke into a flat loop and finish at the header.
Stroke 2: A simple accent at the top right loop.

4

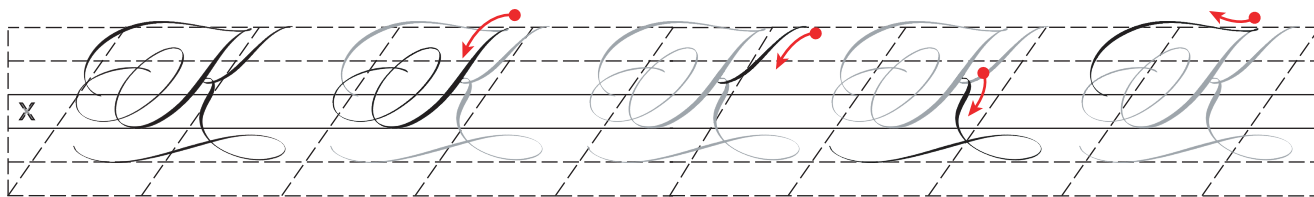


Stroke 1: Start the same way as version 1. Then instead of finishing at the header, transition the curve into a horizontal loop and finish just after intersecting the baseline.
Stroke 2: Finish with an accent to add weight to the top.

Uppercase L

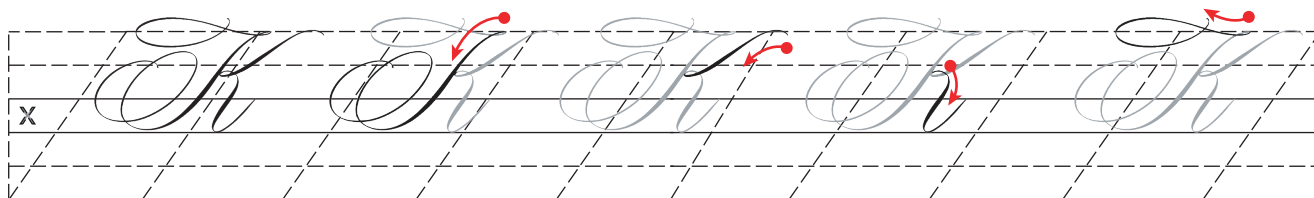
K

1



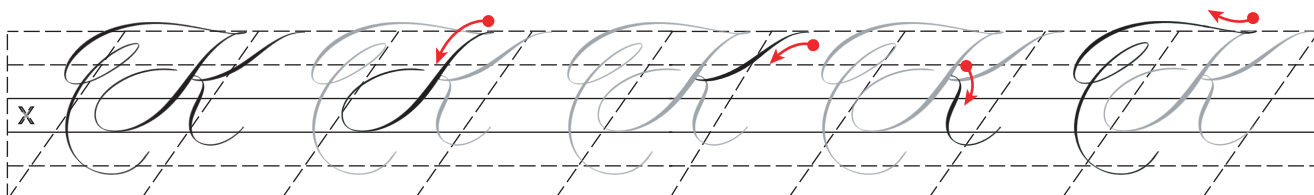
Stroke 1: Central stroke into diagonal oval, and then into a horizontal oval that finishes halfway. Stroke 2: Identical to central stroke, except half the height and slightly greater slant. Stroke 3: The flourish at the bottom should be relatively parallel to the shape at the top to create a 'platform' effect. Stroke 4: Finish with a large loop that wraps the left side and just intersects with the left most loop.

2



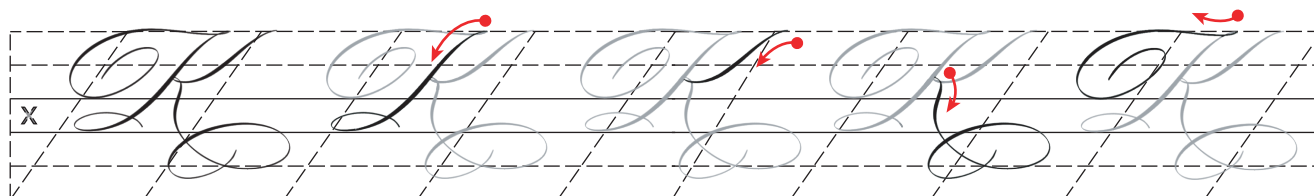
Stroke 1 & 2: Similar to version 1. Stroke 3: a regular 'n' shaped curve. Stroke 4: Stead of wrapping the left side, this stroke should float over the bottom loops.

3



Stroke 1: Central stroke with a simple diagonal oval finish. This is to leave room for the larger flourishes in stroke 4. Stroke 2: Same as version 1 & 2. Stroke 3: similar to version 2, except less compressed, allow it to stretch open a little. Stroke 4: Large double loops that wrap over the letter with horizontal curves.

4



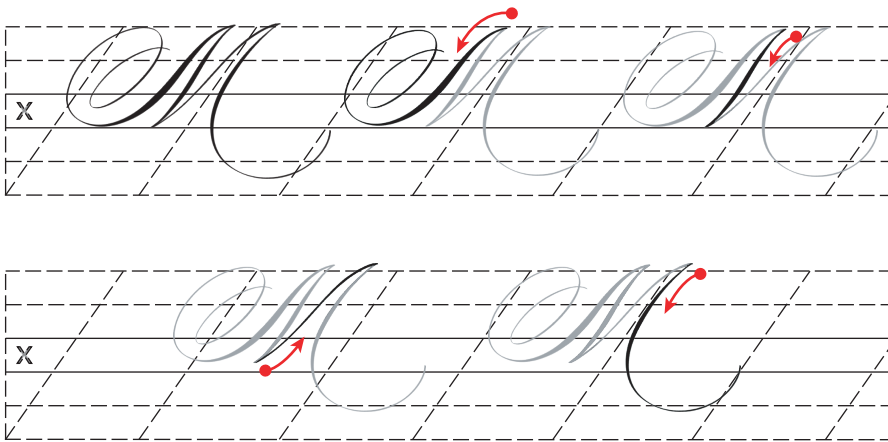
Stroke 1: Central stroke finished with a small horizontal loop that intersects itself. Stroke 2: As versions above. Stroke 3: Extend it even more and create a large 'knot'-like loop. Stroke 4: This last stroke is a large loop at the top left, matching the large loop at the bottom right. This variation should appear symmetrical along the diagonal axis.

Uppercase K

The main body of the page is a handwriting practice grid. It consists of 10 rows of horizontal lines. Each row is divided into five columns by vertical dashed lines. The first row contains five examples of the uppercase cursive letter 'K'. The second row contains five dashed 'K's for tracing. The third row contains five examples of 'K'. The fourth row contains one dashed 'K' for tracing. The fifth row contains five examples of 'K'. The sixth row contains one dashed 'K' for tracing. The seventh row contains five examples of 'K'. The eighth row contains one dashed 'K' for tracing. The ninth row contains five examples of 'K'. The tenth row contains one dashed 'K' for tracing. This pattern of examples and dashed lines repeats throughout the grid.

M

1



As you can see I gave up on squeezing all four variations into one page here, because M is a big letter!

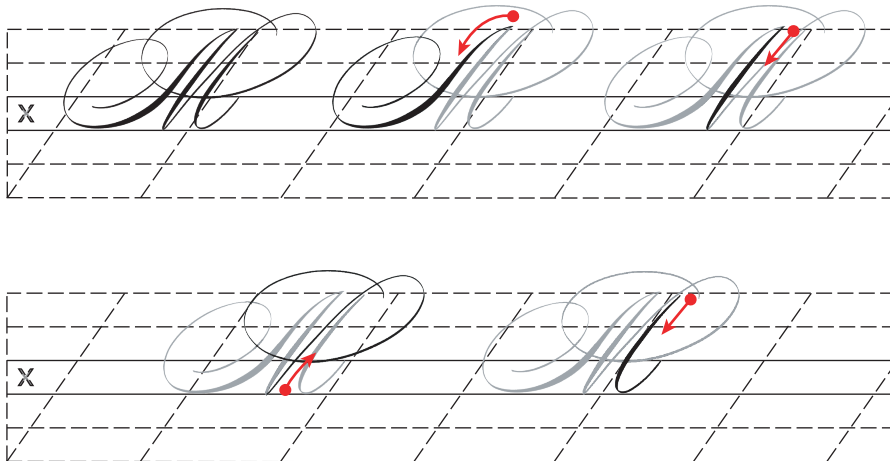
Stroke 1: Central stroke into double diagonal ovals.

Stroke 2: A less slanted, more subtle version of the central stroke.

Stroke 3: Again the same shape but executed upward with a hairline.

Stroke 4: A large 'C' shape that extends below the baseline. This helps the letter find balance

2



Stroke 1: The focus here is the extremely parallel finish.

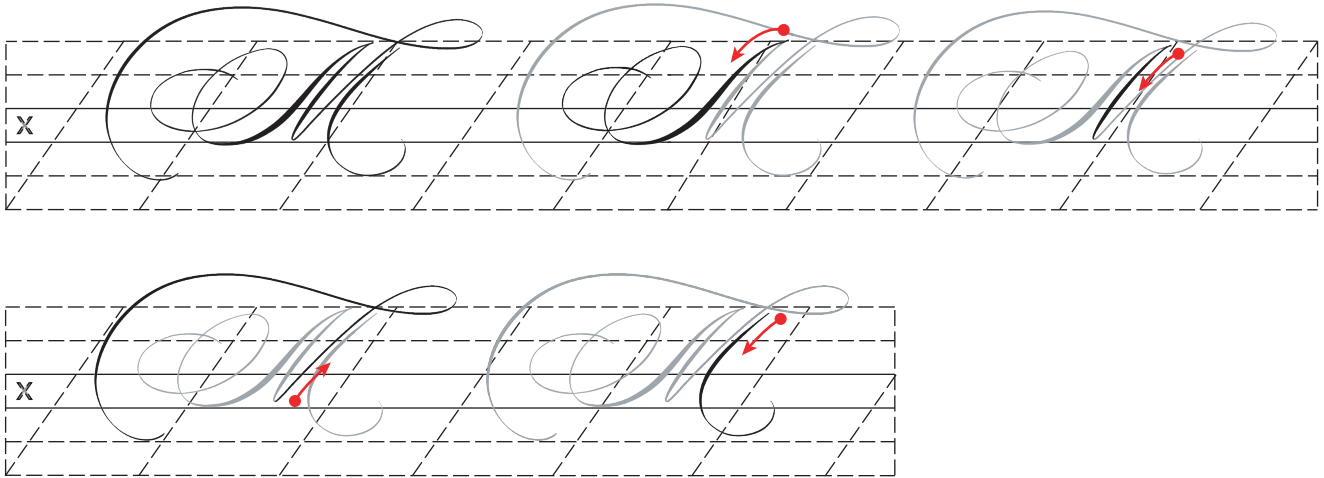
Stroke 2: This is different to version 1 as the line is a very flat 'C', almost straight.

Stroke 3: Extend upward and into a large oval that wraps around the whole letter, making it extremely graceful.

Stroke 4: Simple 'l' finish as the attention is put on stroke 3.

M

3



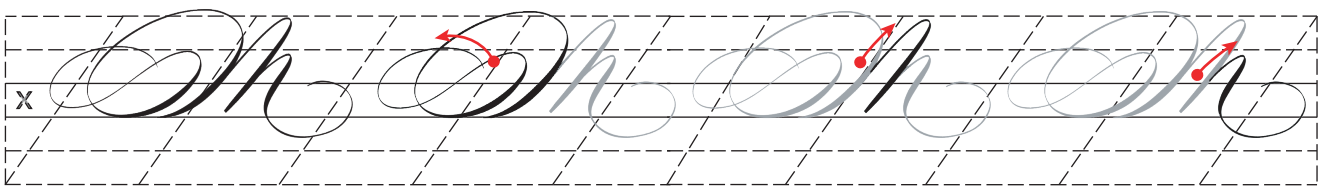
Stroke 1: Central stroke into diagonal oval, then into horizontal oval and finishing just after intersecting.

Stroke 2: Same as version 2.

Stroke 3: This is the main stroke of this variation. This stroke should extend above the top ascender line and make visible a loop that allows the stroke to turn back to the left side and wrap around the whole letter.

Stroke 4: Finish with a simple 'C' stroke that extends down to the same level as stroke 3 to balance.

4



This first stroke appears complicated, but the movement starts with a horizontal oval transitioning into a diagonal oval, it then spirals into a larger diagonal oval and finishes at the baseline with a shade. Notice that the intersections are all around 90 degrees.

Because of the complex first stroke, the rest of the letter is rather simple, similar to how you would write a lower case 'm' but with more variation in the height.

Despite the complexity of this variation, it's strokes are mostly contained within the guidelines, making it suitable for both headings and paragraph text.

*Hairline: Thin line or stroke, written with minimum pressure

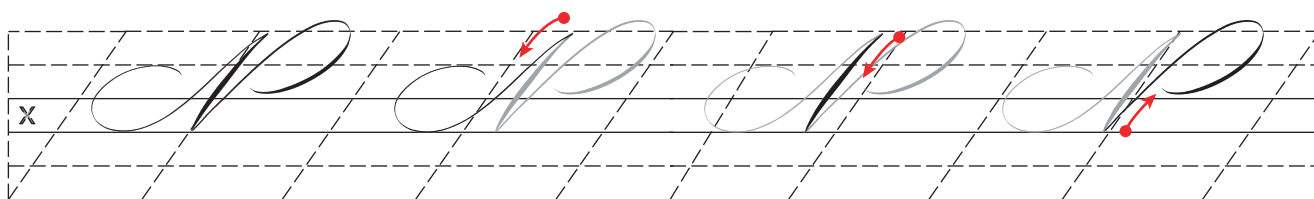
*Shade: Thickened line or stroke, written with pressure

Uppercase M

A handwriting practice grid for the uppercase letter 'M' in cursive script. The grid consists of 10 rows of horizontal lines, with a dashed diagonal line running from the top-left to the bottom-right of each row. Each row contains five cursive 'M' characters. The first character in each row is solid black, and the remaining four are light gray for tracing. The characters vary in style, showing different flourishes and proportions. The first row shows a simple, elegant cursive 'M'. The second row shows a similar style with a slightly different flourish. The third row shows a more decorative 'M' with a large loop. The fourth row shows a 'M' with a large, sweeping flourish. The fifth row shows a 'M' with a large, sweeping flourish. The sixth row shows a 'M' with a large, sweeping flourish. The seventh row shows a 'M' with a large, sweeping flourish. The eighth row shows a 'M' with a large, sweeping flourish. The ninth row shows a 'M' with a large, sweeping flourish. The tenth row shows a 'M' with a large, sweeping flourish.

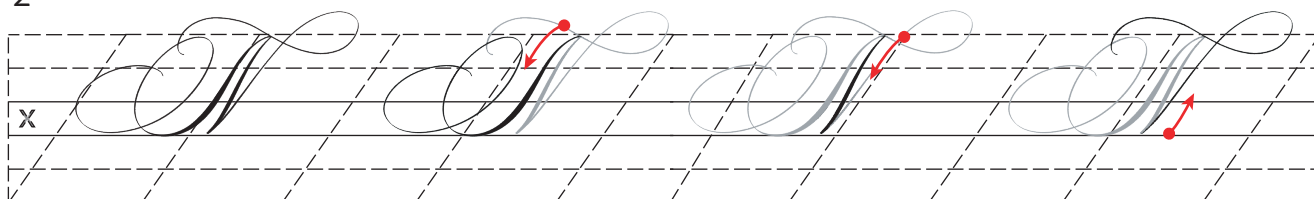
N

1



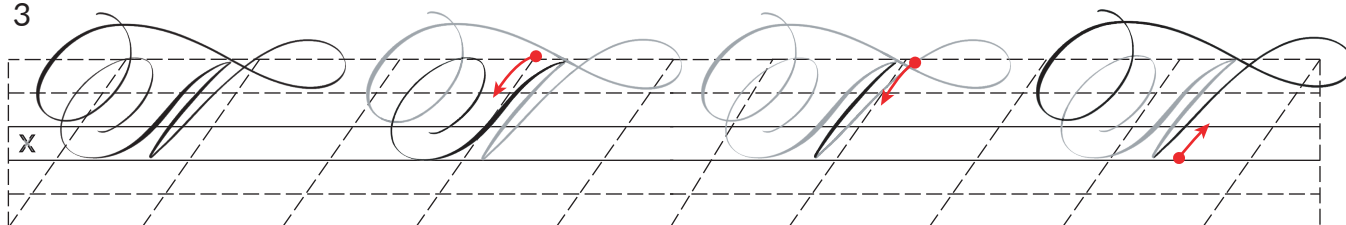
This first variation is almost like a 'P'. The primary factor that makes it clearly an 'N' is how the shade is used. As we can see, stroke 2 defines the 'centre of weight', while strokes 1 and 3 have slight to no shade, allowing it to establish its 'N' form. Note: stroke 1 uses a horizontal oval, stroke 3 uses a diagonal oval. Stroke 2 has a very subtle curve giving it its slight crescent shape.

2



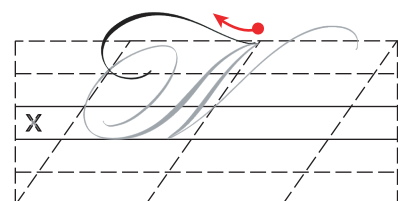
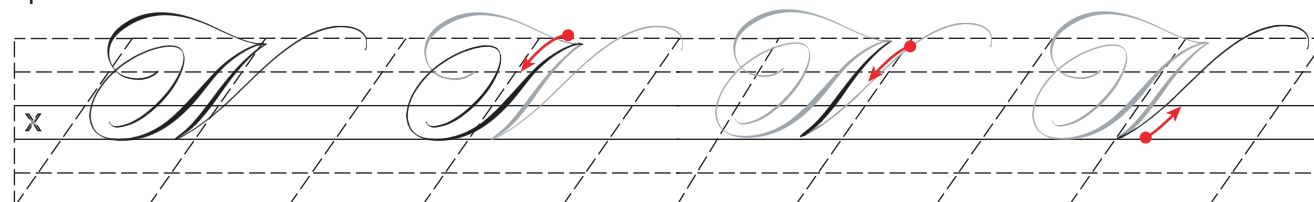
Stroke 1: You should be quite familiar with this stroke by now (refer to A-4). Stroke 2: Unlike N-1, this is a 'wave' shape as it curves anti-clockwise at the start, then transitions into clockwise curve. Again keep the curve as subtle as possible. Stroke 3: Finish with a horizontal flourish that floats above the letter.

3



Stroke 1: Refer to M-2. Stroke 2: Refer to N-1. Stroke 3: A similar shape to N-2 but this time much more size when it reaches the top. Unlike N-1, this weight is centered at the top left rather than bottom left, making it great for filling top corners of pages.

4



Stroke 1: Same as N-3. Stroke 2: Same as N-2.
Stroke 3: Hairline extending just above the top ascender line, and then bringing it back down to just below the top ascender.
Stroke 4: Add weight to the top left with the final horizontal oval flourish. The height should be around the same or just higher than stroke 3. Intersect with stroke 1 at around ~right angles.

Uppercase N

The page contains ten rows of handwriting practice on a four-line grid. Each row is divided into four columns by dashed diagonal lines. The first row shows five examples of the cursive uppercase letter 'N' in black ink. The second row shows one 'N' in black ink followed by three in light grey. The third row shows five 'N's in light grey. The fourth row shows four 'N's in light grey. The fifth row shows one 'N' in black ink followed by three in light grey. The sixth row shows four 'N's in light grey. The seventh row shows one 'N' in black ink followed by three in light grey. The eighth row shows one 'N' in light grey. The ninth and tenth rows are empty for practice.



This brings us to the end of the Group 3 Uppercase flourishing worksheets.

When practicing, remember to stay present and focus on every stroke executed.

Be aware of where the strokes start, end and its position relative to the guidelines and previous strokes.

Trace, trace, trace! Tracing is a great way to practice muscle memory. Always compare your writing to the exemplars to see where you can improve on.

If you are going through a difficult time, I hope these practice sheets can help you become present, clear your mind and also feel accomplished by learning or improving on a new skill.

To follow updates on new worksheet releases, stay in touch with me on @charlartscript on instagram!

Stay safe!

Charlotte

