# Tonal gradation exercise. Visual training exercise.

# Exercise 1.



Use two small sheets. Arrange them on your board side by side. Tape around them. Or use one big sheet and divide it in half using tape.

Tilt the board toward you.

Prepare the "juice" by diluting Payne's Grey paint with water in a palette with a deep well. You can use any cup, ramekins or a small jar. The look of the "juice" in the palette must be quite dark. It will look almost like ink. Test the juice on your paper. It must give you a "light grey" tone.



#### The left side of the paper: Mechanical tone gradation.

Step 1. Using a ruler and pencil divide the left side of the paper into 7 even blocks.

Step 2. Load your brush with "juice". Starting from the top create an even wash using "the wave" technique. Do not clean your brush with water or add any clear water directly to the paper. Use only "juice".

Cover the whole area.

Let paper dry completely. You can use a hair dryer.

Step 3. Starting from the second block from the top cover the paper using the same technique as described in step 2. Do not forget to let the paper dry before applying the next layer.

Step 4. Starting from the third block from the top cover the paper using the same technique as described in step 2. Let the paper dry.

Step 5. Continue covering layer after layer each time starting from the next block down. At the end you will see the gradation effect. The seventh block will have seven layers.

When the last layer drys. Step back and look at the grid you just created. You will see the Mach Bending effect.



Mach bands is an optical illusion named after the physicist Ernst Mach. It exaggerates the contrast between edges of the slightly differing shades of gray, as soon as they contact one another, by triggering edge-detection in the human visual system





### The right side of the paper: Intuitive Tone Gradation.

#### Step 1.

Repeat step 2 described above. Let paper dry.

## Step 2.

Starting from the top with clean water create "intuitively" a gradation effect adding as much pigment as you feel necessary to make an even tone transition from light to dark. Let the paper dry.

### Step 3.

Compare the gradation tones that you just created and the "mechanical" tonal exercise on the left side. Trust your visual intuition. If you feel you need to make it darker, you can add one or more layers of the tone by repeating the step 2. Exercise 2.

The Circle. Mechanical and Intuitive Tone Gradation.





With the circle, made a graduated wash covering layer after layer from 1 to 7. Using "the juice". As you did with the Exercise 1 on the left side. The gradation effect would be created "mechanically" and you won't be able to make a mistake. Do not forget to let each wash dry before applying the next wash.

On the other side of the circle you will have uncovered numbers from 2 to 6. Cover them with paint from the palette making concentrated (tones) as you see fit. Try to train your eyes to make the same graduated wash as if you would have used juice. Use your visual intuition to match the tones on both sides of the circle.



The Rectangles: Intuitive Tone Gradation:

Using paint from the palette make lightest wash at number 1 and the most darkest at number 7. Add the middle tone at number 4.

Using your visual intuition find the correct tone gradation for numbers 2 and 3. They must be in-between the tones you used for number 1 and 4.

Next start to cover number 5 and 6. They must be inbetween tones you used for 4 and 7.

Train your eyes to see the tones.

Do not expect to make everything perfect from the beginning. These exercises are an "every day" life long practice. You might need to do them a few (hundred) times to train your eyes to see the tone gradations clearly.

Happy Painting!