



BARBARA NICHOL'S TOP TIPS TO IMPROVE YOUR HANDWRITING

Handwriting expert, author and teacher, Barbara Nichol, shares her top tips to help you improve your handwriting and perfect your penmanship. For a free sample of her guidebook "Polishing your Penmanship", visit the link below:

https://issuu.com/pensdeluxe/docs/penmanship_guidebook.2014_08097150af6954

- 1. Down the Line:** Practice your letter formation using a set of grid lines. This will help ensure your writing covers upper, middle and lower zones. It is called writing in 'the thirds'.
- 2. Grip:** Ensure you are holding the pen properly using a tripod pen hold which ensures the fingers are free to flex and rotate. Work on improving your pen hold separately from the practice of letter formation as it is too difficult to perfect by learning together.
- 3. Free Flow:** Use writing instruments that have free flowing ink and that do not encourage heavy pressure.
- 4. Perfect Pen:** Switch from a ball-point pen to a fountain pen which requires no pressure so the ink flows smoothly and freely.
- 5. Stroke Style:** Always start and finish on an upstroke. This is the golden rule of letter formation.
- 6. Train Track:** Ensure your down strokes are parallel and never meet. Practice using a slope-card.