



## INK PAINTING & MEDITATIVE APPROACHES

Leslie Cuenca

### MATERIALS NEEDED

**Papers:** Please have at least one of the pads/rolls listed here.



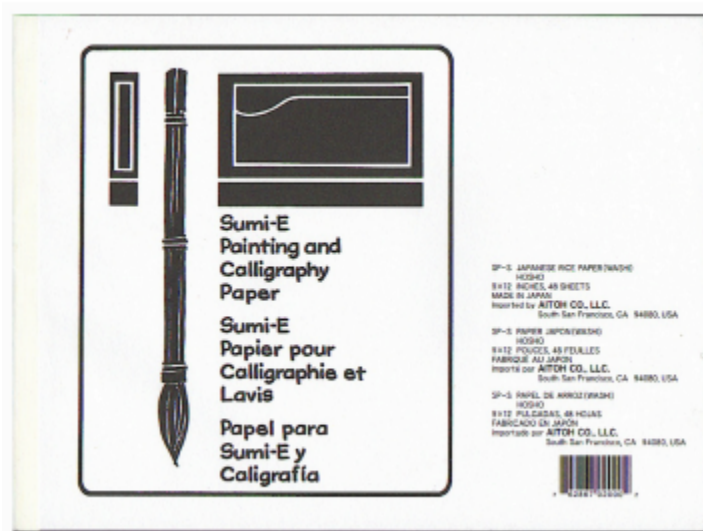
(above) Examples of Chinese long paper sheets– Japanese kozo paper roll at Texas Art Supply



(above) Black Ink Block Printing Pack in unbleached mulberry 9' x 12". Both sold at Texas Art Supply in Montrose and Voss locations



(above) Kozo sketch paper pad at Texas Art Supply. Examples of ink painting sketch pads; a high quality bright white paper by **Yasutomo**, is a Japanese Koza (mulberry) paper that is super absorbent and strong and excellent for ink wash painting. This 12 x 18 inch pad includes 50 sheets.



(above) Aitoh sketchpads are available at Texas Art Supply. The Aitoh sketchpad is 12 x 18 inches and includes 48 sheets.

Everyone should also bring the following matte photo paper.



**(above) Premium Plus Matte Photo Paper at Office Depot 8.5” x 11” 50 sheets**

- 2 bamboo calligraphy brushes, Yasutomo is a good brand– sizes 2 & 4. If you cannot find bamboo brushes at Texas Art or Art Supply you can always go online to Blick Art Supplies: <https://www.dickblick.com>
- 1 small 2 oz bottle of Yasutomo Sumi ink (black).
- 1 or 2 Pencils (eg. 38 and 68)
- 1 or 2 sticks of charcoal (willow or vine)
- 1 or 2 flat brushes e.g. Japanese Hake brushes sizes 1 1/2 inch and 3 inch (or bristle brushes are fine too) for laying down washes
- 1 Pentel Fude Pen Brush Pen (Medium)
- Bamboo skewer or wooden toothpicks

- Toothbrush for splattering ink
- 2 jars for water - one for cleaning brush and one for mixing ink
- A spoon, small ladle or jug for adding water to ink stone
- White ceramic plate 8 inches wide for palette
- Felt mat, cloth, piece of cardboard or newsprint layers to work on
- Paper towels/cloth towel (kitchen towel works well too if you don't want to waste paper towel) for blotting ink etc.
- 2 – 4 Pebbles to use as paper weights
- Water diffuser bottle
- Ragged cut piece of synthetic sponge a grouting sponge is good for this or a dishwashing sponge)
- A few found twigs (some may be bundled together with wire or string or elastic band, see photo below),
- Yoga mat, block, strap for meditation and gentle movement

### **Materials for ink grinding (optional from bottled ink)**

I like to have both bottled ink and ink grinding tools

Yasutomo Sumi ink stick and ink grinding stone (Texas Art Supply) sold separately. If you cannot find ink sticks or ink stones at Texas Art Supply or Art Supply you can find them at Blick Art Supplies <https://www.dickblick.com>

Other Houston locations for ink painting supplies:

Katy Asia Town

9888 Bellaire Blvd.

Great Wall Bookstore



Yasutomo Sumi ink stick is ground on the stone surface with water to produce liquid ink



John Neal Books (online) also carries a nice complete sumi ink set with brushes, ink stick and suzuri stone.

[www.johnnealbooks.com](http://www.johnnealbooks.com)

For questions about the materials list, please contact your instructor, Leslie Cucena, at [lesliecucena@yahoo.com](mailto:lesliecucena@yahoo.com)