



One day students were asked to copy a Picasso drawing upside down. That small experiment, more than anything else, showed that something very different is going on during the act of drawing. To everyone's surprise the finished drawings were so extremely well done that the class were asked, "How come you can draw upside down when you can't draw right-side up?"

**Why was that do you think?**

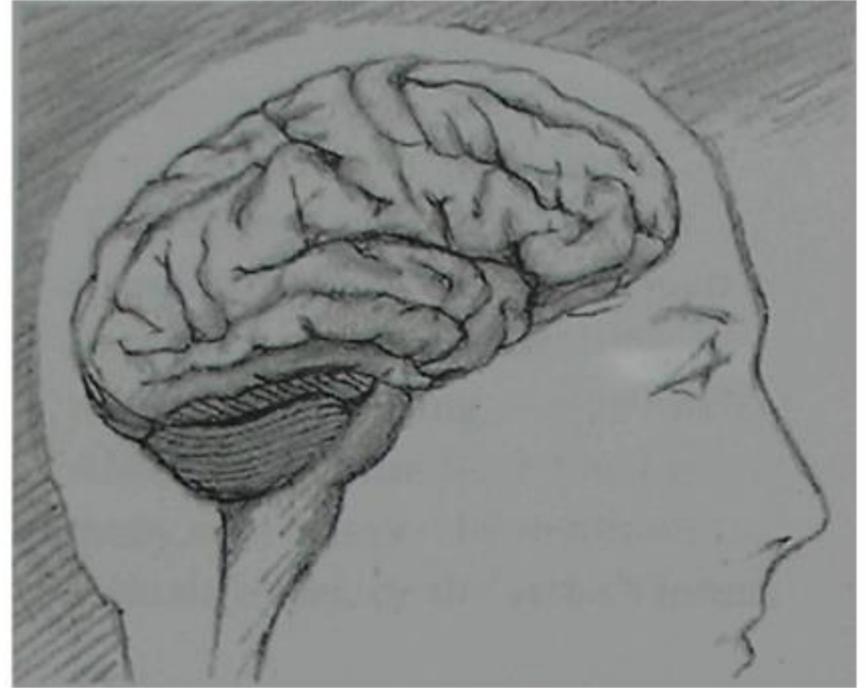
The students responded,  
"Upside down, we didn't know what we  
were drawing."

\*This was the greatest puzzlement of all  
and left me simply baffled. *Betty  
Edwards*



You have two brains: a left and a right. Modern brain scientists now know that your left brain is your verbal and rational brain; it thinks serially and reduces its thoughts to numbers, letters and words...

Your right brain is your nonverbal and intuitive brain; it thinks in patterns, or pictures, composed of 'whole things,' and does not comprehend reductions, either numbers, letters, or words.



Drawing is not really very difficult. Seeing is the problem, or, to be more specific, shifting to a particular way of seeing. You may not believe me at this moment. You may feel that you are seeing things just fine and that it's the drawing that is hard. But the opposite is true.



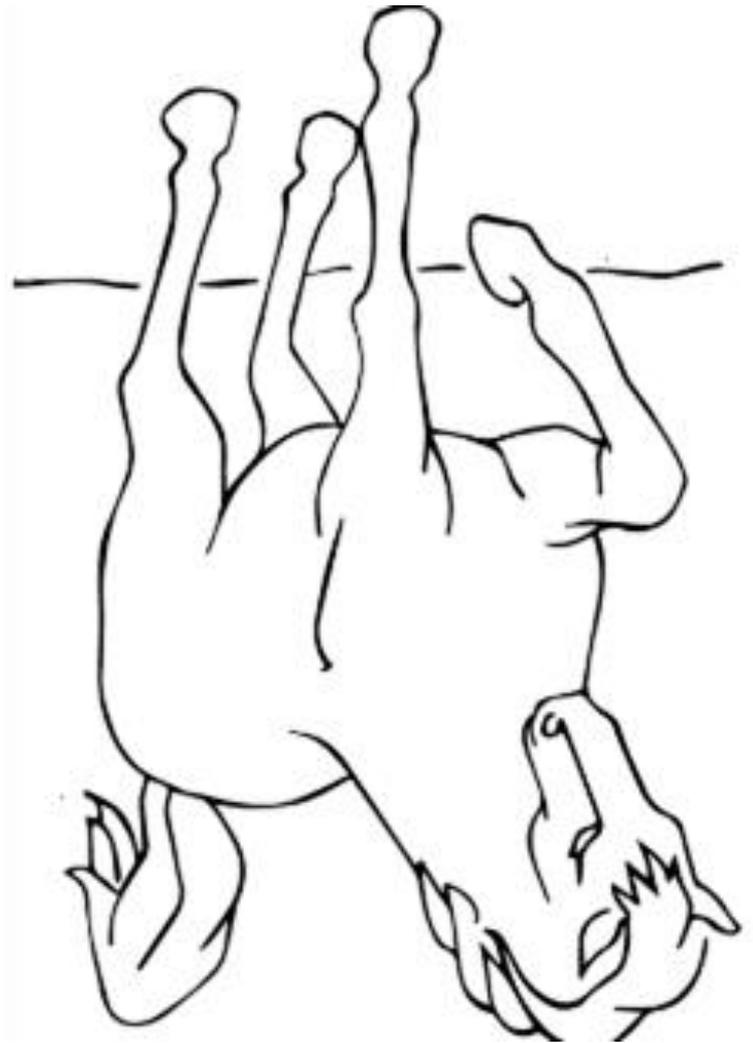
# Upside-down drawing

What is the purpose of Upside Down Drawing?

The purpose of this kind of practice is to force your left (thinking) side of the brain to give up identifying what you draw.

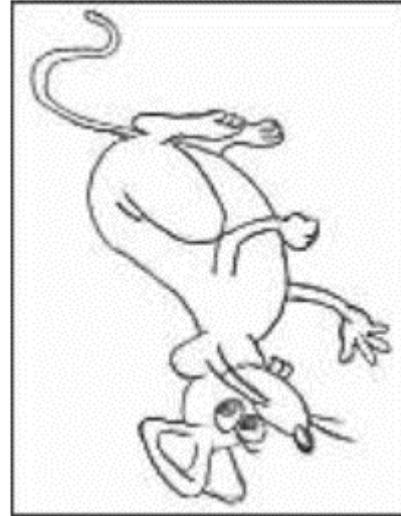
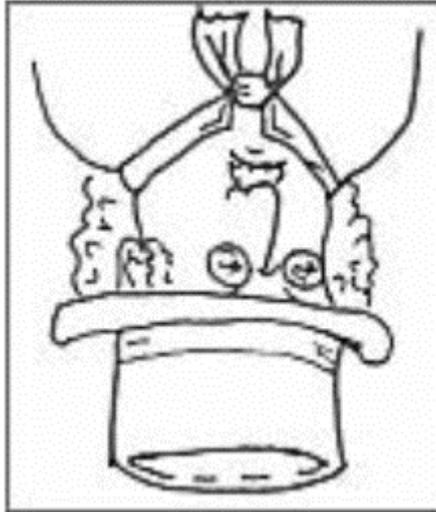
So, even if you have a little voice that tells you the name of features or things, - ignore it! Instead, focus on a specific line and concentrate on its direction and where it lies in relation to the lines around it.

I do have trouble with matching things up as I come to the end of the drawing because it is obviously out of proportion. That doesn't matter, just connect it all as best as you can because the benefit remains.



Drawing upside down is a favourite method of mine because it trains your eyes to really see. You examine the length of a line, the curve in a line and distances from other lines -- it's an excellent practice to perform.

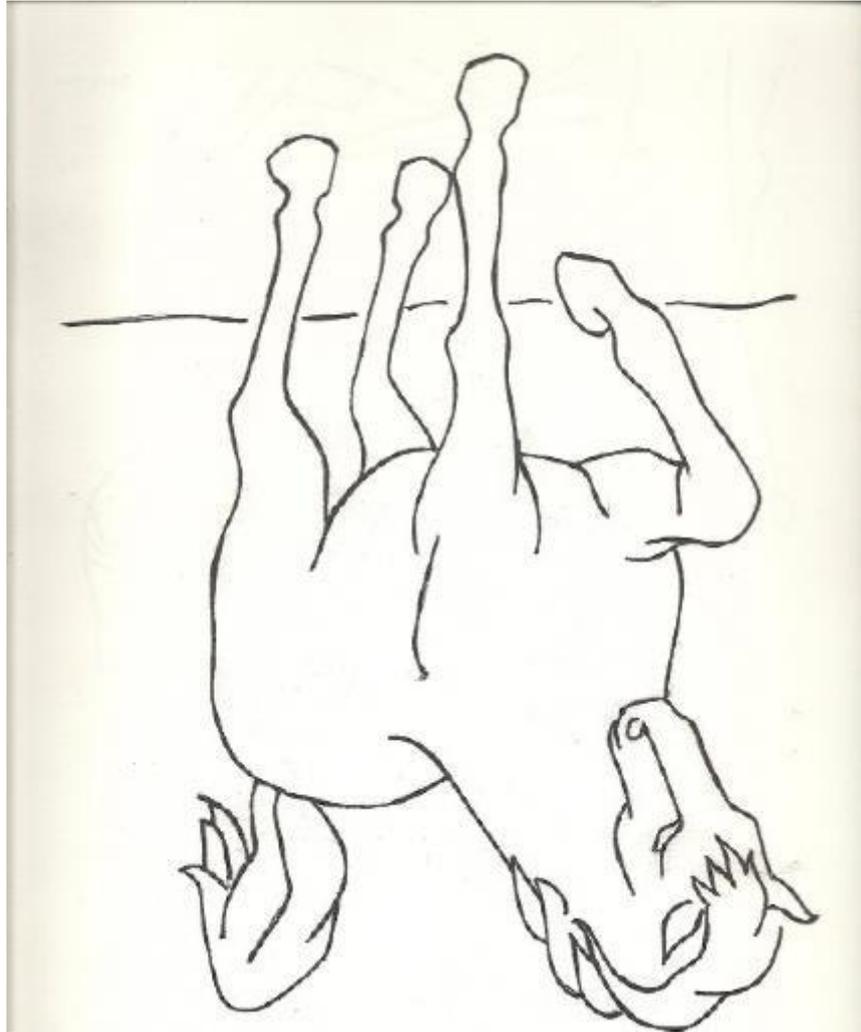
You can do this with any simple image that is comprised of lines or contours. We have these simple images to get us started.

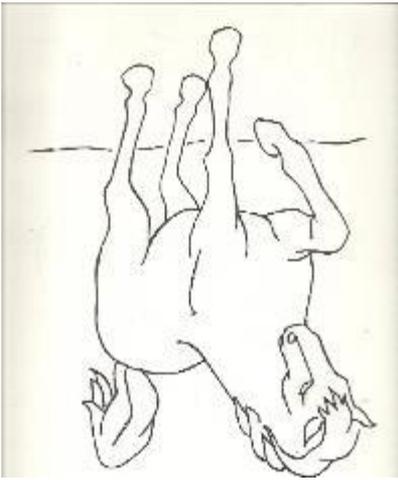


When you draw upside down, try to take notice of how your mind 'turns off'. Your academic brain doesn't recognise what it is you are portraying, so it hands the job over to the artistic side of your brain. Ahh, pure peace reigns. You will most likely notice the calmness that takes over your entire being and that means you are using the artistic (right) side of your brain.

# Upside-down drawing

Now we are going to do the horse



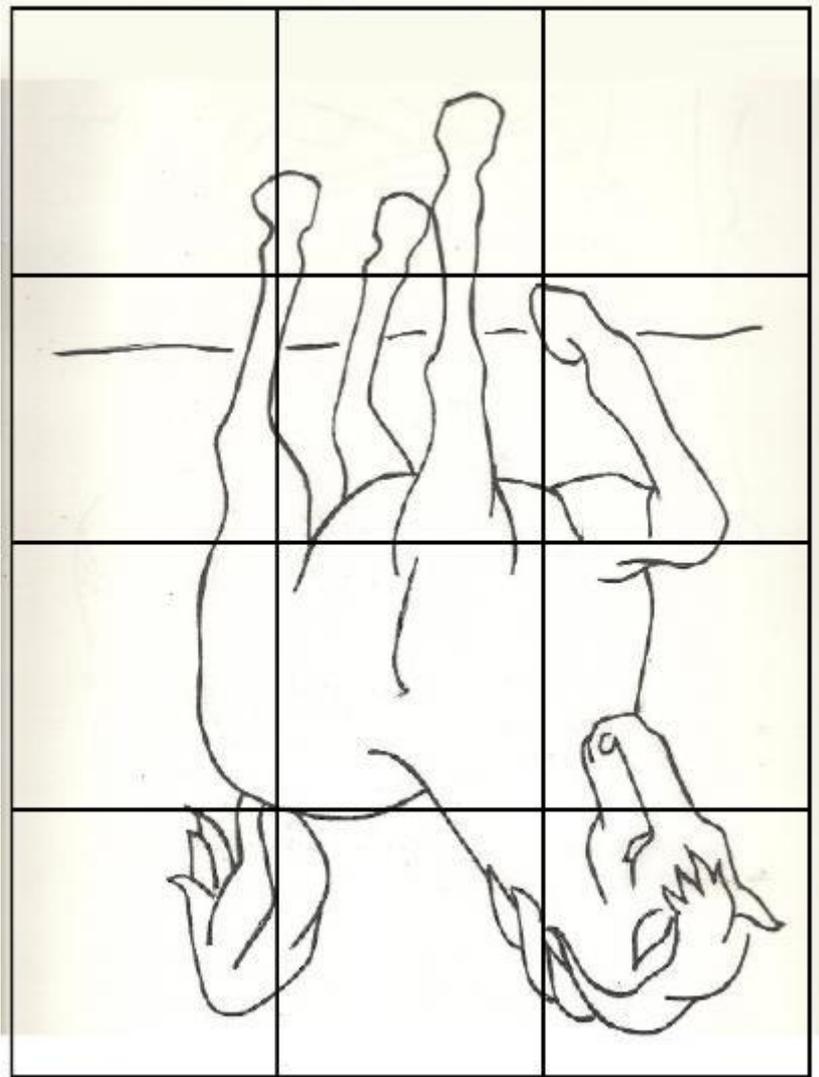


If you feel your observations still need some work and you're not quite in proportion, then use a grid.

Notice that this horse is now divided into a grid of 3 squares across and 4 down.

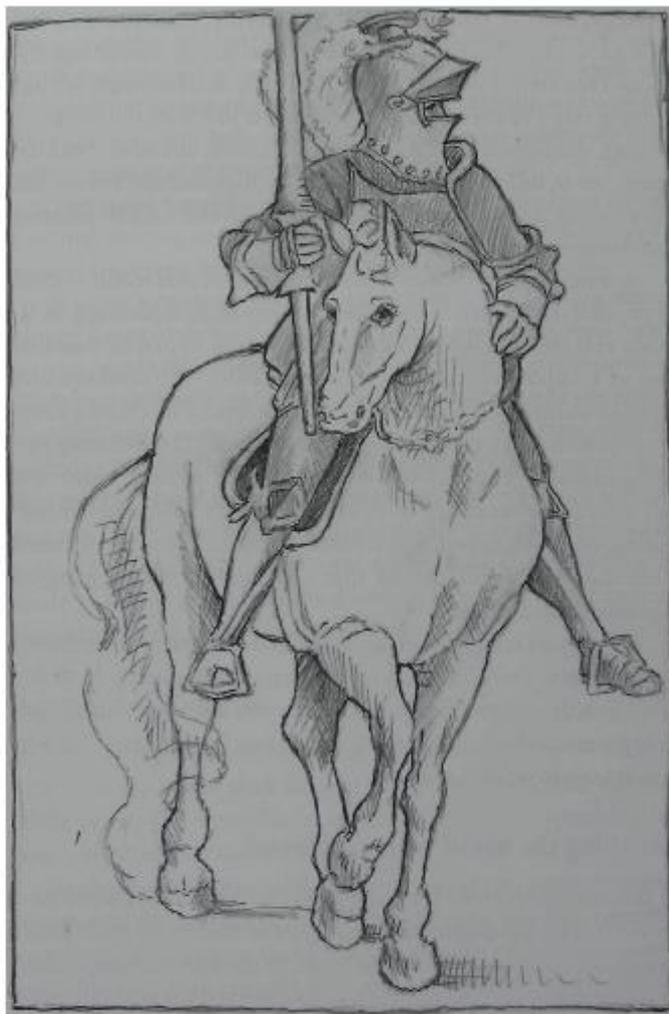
So, you need to divide your sketchbook page into a grid of squares, 3 across, by 4 down. They **HAVE** to be **EXACT SQUARES** and they **HAVE** to be **ALL THE SAME SIZE**.

Then you can copy each square one at a time to make up your image.





This sixteenth-century drawing by an unknown German artist offers a wonderful opportunity to practice upside-down drawing.



Practice upside down drawing by copying images from any art books that you have and, most of all, have fun doing it!

Fig. 4-13. Line drawing copy of the German horse and rider.