

FB Courtney on Movement.

There is but one movement to which I have chained my life's work in the field of dashy and rapid writing. It is the muscular movement, the movement that has done more for penmanship than any other ever tried or even suggested. It is the foundation of all penmanship skill. You must acquire it or any amount of time and effort you may devote to this work will be lost. You must develop and store away a generous quantity. You must practice exercises until the action of the arm is light, absolutely free, and under perfect control. Such action can be acquired only through a complete relaxation of all the muscles of the hand, arm and shoulders. Gripping the penholder severely produces a rigid tension of the muscles, prevents freedom lightness of touch, and grace of movement. Do not attempt any of the shaded strokes until you can make the light strokes with perfect ease.