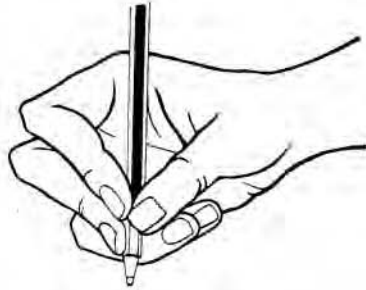


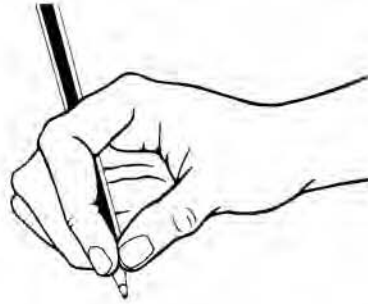
Your hand and your handwriting

The way you hold your pen affects your letterforms. Your whole hand as well as your fingers need to move freely to produce all the different strokes. Your pen hold should be relaxed to let you write fast and painlessly. Change pen hold, for whatever reason and you will probably alter the shape and slant of your letters.



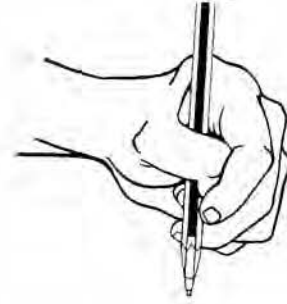
This is the way I used to v
This is the way I used to wri
This is the way I used to
This is the way I used to
Hundreds of people writing

This is a tense pen hold. The hand is on edge with two fingers stiffly on the pen. The hand cannot move freely enough to make joining strokes. A slow, rather childish printing is the result. Write like this for long and it will hurt.



can write faster
there is so little pressure
on my fingers

A complete change of pen hold gave immediate relief. The hand is slightly flattened, the fingers relaxed, and the writing now flows. This unconventional but efficient pen hold is specially good for those with long fingers.



any sequence
cannot unique
can make words
up the hill
making the ball

This pen hold is bad. It does not let the fingers move. The limited movement shows in the writing. The hand pushes along the line but cannot go up and down, so there is hardly any difference between the tall and short strokes.