Mindful Movement: Ink Painting Methods
Instructor - Leslie Cuenca

Sumi-e Paper Sheets and Rolls:

Left - Examples of Chinese long paper sheets Right – Japanese kozo paper roll

- Sumi Paper (semi sized) 10 sheets (15 x 57 inches) - Pi-Ma is semi sized (good for beginners).
- Sumi paper 10 sheets (15 x 57 inches) - Jin Pi is absorbent and by comparison offers a more painterly bleed effect

Sumi-e Sketch Pads:

Examples of sumi-e sketch pads; a high quality bright white paper by Yasutomo (left), is a Japanese Kozo (mulberry) paper that is super absorbent and strong and excellent for ink wash painting. This 12 x 18 inch pad includes 50 sheets. Aitoh (right) produces a Japanese paper called Hosho, also a mulberry paper that is a bit thicker and slightly less absorbent which is good for more detail. Both of these sketch pads are available at Texas Art Supply. The Aitoh sketchpad is 12 x 18 inches and includes 48 sheets.

- 2 bamboo calligraphy brushes by Yasutomo – sizes 2 & 4, or 0 & 8 Winsor and Newton
- 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
● 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),

Movement/Yoga equipment:

● Chair or meditation cushion for sitting and support
● Yoga mat and block

Ink Grinding tools (optional):

* Suzuri Ink Stone and Ink Stick (You can purchase these seperately) about $8-$12 Texas Art Supply
There is also a nice “Sumi Kit” that comes with brushes, stick and stone. You can also find it at Texas Art Supply in Montrose - Yasutomo Sumi Set around $30

For questions regarding the supply list, please contact instructor, Leslie Cuenca, at: lesliecuencan@yahoo.com