THE PREGAME

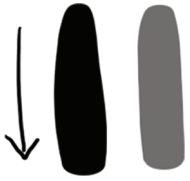**downstrokes:** *apply **HEAVY** pressure to your pen to create thick lines*

upstrokes: *apply **LIGHT** pressure to your pen to create thin lines*

the wave: *now combine the two to create one continuous line and to understand the pressure variations to every letter*