



COSTA VAVAGIAKIS

Anatomy for Artists, Life Drawing

Most of the following supplies may be purchased at the League's art supply store, located in the lobby. It is advisable to speak with the instructor before buying supplies.

PM DRAWING – SKETCH (Studio 1)

- Sketch Pad Board --15 x16 inches
- Newsprint Pad --14 x17 inches
- Multi-Use 50-90lb Drawing Pad -- 14 x17 inches
- 4 to 6 Woodless Graphite Pencils: 6B
(For use on newsprint paper for 1, 2 and 5 minute poses.)
- 4 to 6 Woodless Graphite Pencils: 2B
(For use on multi-use paper for poses 10 minutes or longer.)
- General's Flat Sketching Pencil: 4B
- One-hole Long Point Sharpener
- Snap-Off Blade
- Kneaded Eraser
- (2) 2 inch Binder Clips
- (2) 1.25 inch Binder Clips

PM STUDIO I – SHORT POSE SETS

PM POSE SCHEDULE

1) 1:00-1:20

2) 1:25-1:45

3) 1:50-2:10

4) 2:15-2:35

Long Break

5) 2:55-3:15

6) 3:20-3:40

7) 3:45-4:00

8) 4:10-4:30

Monday

- 1) 20 x 1-minute poses
- 2) 10 x 2-minute poses
- 3) 4 x 5-minute poses
- 4) 2 x 10-minute poses

Long Break

- 5) 20 x 1-minute poses
- 6) 10 x 2-minute poses
- 7) 4 x 5-minute poses
- 8) 2 x 10-minute poses

Tuesday

- 1) 20 x 1-minute poses
- 2) 4 x 5-minute poses
- 3) 2 x 10-minute poses
- 4) 1 x 20-minute pose

Long Break

- 5) 10 x 2-minute poses
- 6) 2 x 10-minute poses
- 7) 1 x 20-minute pose
- 8) 1 x 20-minute pose

Wednesday

- 1) 10 x 2-minute poses
- 2) 4 x 5-minute poses
- 3) 2 x 10-minute poses
- 4) 1 x 20-minute pose

Long Break

Long Pose (one pose for the rest of the class)

Thursday

Rotation pose

Friday

Long pose (one pose for the class)



The Art Students League of New York

215 West 57th Street, New York, NY 10019 TEL: 212-247-4510 FAX: 212-541-7024
www.theartstudentsleague.org EMAIL: info@artstudentsleague.org

PM DRAWING – LONG POSE (Studio 2)

GRAPHITE PENCILS

Graphite pencils (1 each): 2B, B, HB, F, H, 2H, 3H, 4H, 5H, 6H, 7H, 8H, 9H

Mechanical pencils: .5mm & .9mm -- HB, F, H, 2H, 4H leads

The core of drawing pencils is made with ground graphite and fillers. The type (clay/wax) and percentage of the fillers determines the grade of hardness of a pencil. The "harder" grades (F - 9H) contain more clay filler, and the "softer" grades (HB - 9B) contain more wax filler. I've never found two brands of drawing pencils use the same formula; one brand's 2H pencil can be the same as another's 4H. I've even found huge variations in consistency between different lots of the same brand, so it's a good idea to test each new pencil.

Drawing Pencil Grades

Extremely Hard - 9H to 7H Very Hard - 6H to 5H Hard - 4H to 3H

Medium Hard - 2H to H Medium - F to HB Medium Soft - B to 2B

Soft - 3B to 4B Very Soft - 5B to 6B Extremely Soft - 7B to 9B

ERASERS

Kneaded Eraser

Tuff Stuff Erasure Stick

Tombow MONO Zero Eraser

Faber-Castell Perfection Eraser #7056

Faber-Castell Perfection Eraser #7058

Students will be exploring working with graphite on white paper. You can buy paper in pads and/or on individual sheets.

DRAWING SURFACES

Drawing Pads come in either glued, wirebound, or hardbound/softbond, called Journals.

Bristol Pad 14 x 17" or Bristol Pad 18 x 24"

Over the years, I have used several different kinds of paper for my graphite drawings and found each one to be unique. The paper that I use most often is Bristol paper. Bristol papers come in a variety of weights and sizes. They come in two surfaces: plate (smooth) and vellum (medium). Some manufactures of Bristol papers are Strathmore, Bienfang, Rising, and Utrecht. You can cut the sheets for variety in shapes and sizes

SUGGESTED PAPERS

Aquabee Bristol Vellum

Arches Text Wove

Rising Bristol 2 ply Vellum/Plate

Strathmore 500 Bristol Vellum/Plate

Arches Hot Pressed Watercolor Paper

Arches Platine

Stonehenge

Utrecht 2ply Smooth



The Art Students League of New York

215 West 57th Street, New York, NY 10019 TEL: 212-247-4510 FAX: 212-541-7024
www.theartstudentsleague.org EMAIL: info@artstudentsleague.org

PM DRAWING – LONG POSE (Studio 2) cont.

MISCELLANEOUS

Binder Clips (small, medium and large 2 of each)

Banker Clips (small and large 2 of each)

Artist Tape

Blending Stumps (small and medium)

Snap Off Blade Cutter (small)

Knitting Needle or Straight Skewer

View-finder: Make one of cardboard. Make 2 “L” shapes, about 7”-8” on the leg and 1½” wide. Use binder clips or buy *View Catcher*

PAPER TERMS USED FOR WEIGHT AND SURFACES

Drawing papers:	bond, plate bristol, vellum, sketch charcoal, laid, Ingres pastel	smooth medium coarse rough
Stationary papers:	writing text cover	light weight medium weight heavy weight
Printmaking papers:	plate vellum kid	smooth surface medium surface rough surface
Watercolor papers:	hot pressed Cold pressed rough	smooth surface medium surface rough surface

These are some paper that work well with graphite, charcoal or chalks:

ARCHES COVER ♦	FOLIO ♦
ARCHES MBM INGRES (MICHALLET) *	MAGNANI Annigoni ♦
ARCHES TEXT LAID */ARCHES TEXT WOVE	RIVES BFK ♦
CANSON MI TEINTES * ♣	RIVES Heavyweight
COVENTRY RAG ♦	STONEHENGE ♦
CRANE'S CREST LAID */CRANE'S CREST WOVE	STRATHMORE CHARCOAL * ♣
DUROTONE Butcher, Newsprint, Kraft	STRATHMORE BRISTOL Series 500
FABRIANO INGRES * ♣	STRATHMORE TONED TAN or GRAY ♣
FABRIANO TIZIANO * ♣	

* coarse surface

♦ printmaking papers

♣ available in several colors

You can find these papers at the following stores:

1. The Art Students League Store	215 W 57th St	212 247-4510 x. 134
2. Blick/ Utrecht	1 Bond Street and other locations	212 533-2444
3. Jerry's Palette Shop	111 4 th Avenue	646 678-5474