

LOOSEN UP!

Breaking Free from Tight Painting

Kim Brandon-Watson • Art-A-Fair, Laguna Beach • Acrylic

TODAY'S SCHEDULE

10:15 – 10:30	Welcome & Mindset <i>What does 'loose' really mean?</i> • Introductions — name, experience, what you hope to get today • Loose ≠ sloppy. Loose = confident, decisive, economical • The causes of tight painting: fear, perfectionism, wrong tools • Today you'll feel uncomfortable — that's growth!
10:30 – 10:45	Tool Talk <i>Paint with the biggest brush you can get away with</i> • Demo: same object, tiny brush vs. 1" flat — see the difference • The Rule: always reach for the largest brush first • Practice marks in the air — paint from the shoulder, not the wrist
10:45 – 11:15	Exercise 1 — Big Brush Warm-Up <i>1" brush only. Simple still life. Timed.</i> • Watch the demo: entire object in 15–20 strokes, 1" brush only • Your turn: same subject, same brush, 15-minute timer • Rule: no smaller brushes. Don't go back. Trust it. • Debrief: hold up your work — celebrate looseness over perfection
11:15 – 11:40	Exercise 2 — Wrong Hand Challenge <i>Non-dominant hand. Yes, really.</i> • Paint a simple 2–3 object still life with your non-dominant hand • Goal: experience freshness that comes from losing control • Laughter encouraged — this is supposed to feel weird • Debrief: notice the spontaneity in your marks
11:40 – 11:50	Short Break • Stretch, rest your hand, grab water
11:50 – 12:15	Exercise 3 — Limited Palette Speed Study <i>Ultramarine Blue + Burnt Umber + White only</i> • New subject, three colors, big brushes, 20-minute timer • Can't mix the exact color? Get close and move on • Commit to every stroke — no overworking
12:15 – 1:00	Lunch <i>On your own — explore the fair!</i> • You're surrounded by art — look at what excites you • Back at your easel by 1:00 sharp

1:00 – 1:15	Color Mixing Demo <i>Expanded palette — reference your handout</i> • How to mix anything you need from six colors • Sky, water, sand, vegetation, foam, skin — all covered • Golden rule: commit to your mix, don't overwork it
1:15 – 2:30	Main Painting <i>Coastal subject — apply everything from this morning</i> • Full expanded palette, your biggest brushes first • Individual coaching throughout — ask questions anytime • Bold decisions only. If it's wrong, paint over it. • Gel medium available — mix in for thicker, more expressive paint
2:30 – 2:45	Group Share & Close <i>Celebrate looseness over perfection</i> • Everyone holds up their main painting • Group photo of all work (with your permission) • Take your boards home — you earned them

Remember: A confident wrong color beats a timid right one. Every mark you make today is practice in trusting yourself. Loosen up — the painting will follow.