

STUDIO
ACADEMY
by *M. Miller*



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Rolling Tomatoes

Studio Academy

This is a project I have done for 20 years with students of all levels. It's about movement and repetition and is designed to engage you with quick energetic brush strokes applied around the entire canvas to give the illusion of momentum to the tomatoes. This short video gives you all the necessary suggestions and demonstrations to achieve your own version of Rolling Tomatoes!

M. Miller

SUPPLY LIST

- sketchbook
- black pen
- canvas 24x24 inches
- black grease pencil (China Marker)
- water and bucket
- rags (cut-up t-shirts)
- hair dryer
- palette
- metal palette knife
- flat brushes: 3 inch, 1.5inch, 1/4 inch,
- round liner brush

PAINTS

- turquoise
- titanium white
- indian yellow
- yellow ochre
- cadmium red deep
- cadmium red light (intense orange)
- black (liquid)

MICHELLE'S TOP 5

1. MASTERS HAND SOAP

This green bar is a miracle during cleanup. Whether it is paint on your skin or clothing. I have used it to take out completely dried paint on clothing and works like a charm!

2. TIN FOIL

I wrap the tin foil over cardboard and use it as a palette! This makes clean up easy and recyclable!

3. COMFY CLOTHING

Being comfy and free as you work makes a huge difference. I love wiping palette knives on my lap because it is so immediate and freeing as you wipe it clean!

4. A COZY CHAIR

I sit in to ponder my paintings at their different stages, curl up with my art books and find inspiration, and, of course, writing in the morning while enjoying my coffee to bring some focus to the day!

5. LONG BAMBOO STICK

I use this to attach (with tape) a brush to paint while canvas on the floor without completely breaking my back!

**EXTRA
STUDIO
ESSENTIALS**



**I recommend printing this booklet,
scribbling in it, doodling in it and making
magic with it.**

THE STUDIO ACADEMY TEAM AND I ARE HERE TO
SUPPORT YOU ON YOUR CREATIVE JOURNEY IF AT ANY
TIME YOU HAVE QUESTIONS OR CONCERNS EMAIL US AT
TEAM@STUDIOACADEMYMILLER.COM

Before you begin to paint, write to bring focus.

Writing before you paint helps to slow your mind down. Even if you don't consider yourself a writer, it will help to coax out the uncensored version of yourself by putting free-flowing thoughts down in black and white. I like to have my sketchbook with me at all times not just for drawing, but for journaling. This way, I can use my written words to reference my drawings and make note of further expanding ideas.

In the space below (or in your sketchbook), write a few sentences that make you think of movement. This will begin to form a visual in your head to better grasp the sense of constant movement. For example:

He dribbled the basketball swiftly and without effort, gliding across the gymnasium floor.

Now your turn...

LET US BEGIN WITH THREE EXERCISES

Drawing warm up:

In comic strips, to suggest the gesture of a person waving their hand, the artist would put repeating brackets around the simply drawn hand. These basic lines are all that is needed for anyone of any language to understand the wave. But extra lines are also used to demonstrate more movement.

In your sketchbook, draw a simple hand in cartoon style (no detail at all) and add the brackets to see for yourself how easy it is to suggest movement in a drawing. Then try it again, but after you draw the hand, draw a portion of the hand on either side instead of the brackets. This gives a 'tracing' effect like a running horse caught on camera in a still photograph. This is not about perfection and the looser it is drawn, the more the illusion of movement will be.

Colour Exercise:

The colours used in the Rolling Tomatoes project are vibrant and intense. For the most part, there is little mixing of colours on the palette; they're mainly left to 'optically mix' by virtue of layering on the canvas. But try this little exercise of layering your colours, making note of which colours seem to come forward off the canvas and which seem to sink into the background. It doesn't matter how you layer them. Just a dab of one colour then a dab of another on top. Be sure to make note of your observations.

Be aware that acrylic paints dry 20% darker so you may need to add more of the second colour to see a difference.



A R O L L I N G T O M A T O :

I have found when students practice in their sketchbook painting the tomatoes in motion, it's easier to then paint a number of tomatoes rolling on the canvas. Imagine a tomato rolling in a straight line on a table. For this short exercise, let's draw then paint a tomato going in one direction. For this exercise, you'll only need your midsize and small brushes.



Step #1 DRAW

- In your sketchbook, using a black grease pencil (China Marker) draw one tomato with its little stem.
- Draw a few more incomplete and overlapping tomatoes.
- Add a line near the left for a suggestion of a table and a few short horizontal lines above to show movement.

Step #2 UNDER COLOUR

- In the video I used the turquoise as the under-colour. For this exercise, let's change it up and use the yellow ochre. Remember to move your brush in different directions!



Step #3 BACKGROUND

- Use the turquoise as well as the white.
- Paint around the tomato shapes as well as some brush strokes inside the tomatoes themselves.
- Notice how I've added more white to the background above the table area.



A R O L L I N G T O M A T O :



Step #4 PAINT THE TOMATO

- Use the cadmium red deep first.
- Highlight some areas with juicy brush strokes of the Cadmium red light (orange).
- Add small bits of Indian yellow on top of the orange strokes.

Step #5 ADD STEMS

- Mix the Indian yellow with turquoise to make green then paint the stems using the small brush.
- Hold the brush in your fingers and roll it slightly as you drag the brush to create the stems.



Step #6 BLACK AND WHITE FINISH

- Use the tiny brush and liquid black paint to create your lines of the tomato as it rolls. These can be offset from the original lines.
- Use a bit of white to contrast the black and add some highlights.

TAH DAH!!!

Try this exercise with different colours, different shapes, and different marks of grease pencil. Playing and letting your mind go is the best way to learn as it allows for spontaneity which then leads to innovation!



Lets Begin the Project

I've noted the time frames of exactly what I'm doing in the video. You can pause, back up and take your time creating your painting. Remember, that this is YOUR painting and it will reflect YOU!!!!

I am just here to guide and facilitate the process. Most importantly...

Have fun!!!



Step #1 DRAW

00:41 - Use the grease pencil (China marker) to loosely draw circular lines as a path that the tomatoes will follow.

00:45 - Draw some stems and a few more circular shapes of tomatoes.

00:50 - Draw a tomato or two seemingly falling off the edge of the canvas.



Step #2 UNDER COLOUR

00:57 - Squeeze some turquoise onto your palette.

1:01 - Use your widest brush, wet with water and apply the turquoise to the canvas.

1:04 - Notice the paint is not opaque. We WANT to still see the lines through the under colour. If your turquoise is too opaque, add more water to your brush.

1:09 - Cover the entire canvas.

1:10 - Pat dry with a rag.

Step #3 BACKGROUND

1:23 - With the Indian yellow, yellow ochre and white, mix a bit of each on the palette, this doesn't have to be thoroughly mixed. Use your 1.5 inch brush.

1:33 - With that brush being lightly damp, paint around the tomato shapes. Move your brush in different directions.

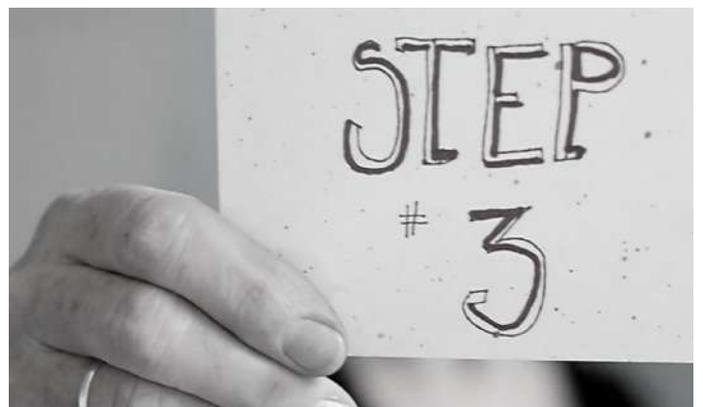
1:42 - Notice how the juicy brush strokes appear and are not all smooth and blended. This loose brushwork is called 'painterliness'.

1:45 - Some of the yellow brush strokes are applied inside the tomato shapes.

1:50 - While the paint is still wet, use the opposite end of your brush to carve out some of those 'pathway lines' again.

2:01 - I'm adding more white to the yellows so there's more life to the background.

Be sure to move your brush in different directions as the texture of the brush marks is important.





Remember: you can't make a mistake! If you don't like it, just paint over it; make changes that inspire you!



Step #4 TOMATOES

2:07 - Squirt out both the cadmium red deep and the light (orange).

2:15 - Rinse the yellow from your 1.5 inch brush and dry it on your rag. Dab your brush into both reds and apply loose strokes to the tomatoes. Add extra red lines on the outside areas of the tomatoes too.

2:23 - Scratch some more rounded tomato shapes into the reds.

2:28 - Add some pops of pure Indian yellow on top of the reds for highlights-with almost no pressure on the brush as you apply it to the canvas.

Step #5 STEMS

2:40 - Use your palette knife and mix turquoise with indian yellow to create green.

2:48 - Use the 1/4 inch brush to paint the green stems.

2:55 - Roll the brush in your fingers as you drag along the canvas. Again, very little pressure of brush is applied to the canvas.

3:04 - Using the green and some turquoise, continue with the 1/4 inch brush to create some circular lines to enhance the pathway of the tomatoes.

Step #6 CONTRAST LINES

3:09 - Squirt out a small dollop of liquid black paint.

3:17 - Use a small liner brush to loosely and quickly add some black lines that offset the shape of tomatoes (Offset = outlines that do not sit tightly against the shapes).

3:32 - Tidy some areas up and add more paint where you feel it's needed. TAH DAH!! You have achieved the illusion of movement through repetition and loose brushwork!! Now admire your Rolling Tomatoes!



You did it!!!

Be sure to stand back and have a look at your painting. Look and 'feel' your creation with your entire body. It will lead you to where you should, or could, go next. Painting is infinite when you look at the work and it 'feels' complete; leave it. Then look at it in 2-3 days when the paint has cured and decide then if changes need to be made or not.

Team Studio Academy and I would love to see your painting and share it with our painting community. Email team@studioacademymiller.com with a photo of your painting, and tell us what you thought of this project.

We will return the love with a 15% off coupon for your next Studio Academy project!

