LESSON – 1A
CONSONANTS (Continuants)

You learnt in the previous lesson that the first eight consonants i.e. “explodents” are represented by straight lines (strokes) that are drawn from these two circles.

Now you will be learning the next eight consonants, called “continuants”, because, in pronouncing them, the outgoing breath is allowed to escape in a continuous stream through partially closed barriers. These “continuants” are represented by quarter-circles, also called as “shallow curves”, drawn from the same two circles.

<table>
<thead>
<tr>
<th>LETTER of Alphabet (Sound in English)</th>
<th>f</th>
<th>v</th>
<th>th</th>
<th>TH</th>
<th>s</th>
<th>z</th>
<th>sh</th>
<th>zh</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stroke representing Sounds in Alphabet</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Name by which the stroke is always called</td>
<td>ef</td>
<td>vee</td>
<td>ith</td>
<td>THee</td>
<td>ess</td>
<td>zee</td>
<td>ish</td>
<td>zhee</td>
</tr>
<tr>
<td>Orientation of the stroke</td>
<td>45° down left to right</td>
<td>90° down</td>
<td>90° down</td>
<td>90° down</td>
<td>90° down</td>
<td>45° down right to left</td>
<td></td>
<td></td>
</tr>
<tr>
<td>As sounded in</td>
<td>Feet</td>
<td>Van</td>
<td>Thin</td>
<td>THat</td>
<td>Sale</td>
<td>Zero</td>
<td>Show</td>
<td>Pleasure</td>
</tr>
<tr>
<td></td>
<td>Life</td>
<td>Move</td>
<td>Bath</td>
<td>Breathe</td>
<td>Lace</td>
<td>Craze</td>
<td>Cash</td>
<td>Closure</td>
</tr>
</tbody>
</table>

➢ Now, you have to start practicing the consonants (continuants), as shown in the following demo pages.
➢ Remember, all the strokes are to be written with the same length i.e. 1/6th of an inch.
➢ Strokes are to be written with single infliction of pen/pencil.
➢ Light (thin) curves are to be written with light pressure of the pencil.
➢ Heavy (thick) strokes are to be tapered at the edges and thickened in the middle, as shown in the examples.
Practice 'ef' with light stroke for full page or more, 45°, 1/6th of inch, down stroke. Take a print out of this page on A5 size paper in portrait orientation and copy the strokes on the lines, as shown, saying 'ef' yourself each time you write the stroke.
Practice 'v' with heavy stroke for full page or more, 45°, 1/6th inch, down stroke. Take a print out and just copy the strokes on the lines below, saying 'vee' yourself. See that all thick curved strokes are tapered at edges and thickened at centre of stroke.
Practice ‘ith’ with light stroke for full page or more, 90°, 1/6th inch, down stroke.
Practice ‘THee’ with heavy stroke for full page or more, 90°, 1/6 th inch, down stroke.
Print this page and copy saying yourself ‘THee’ each time you write the stroke.
Practice ‘ess’ with light stroke for full page or more, 90°, 1/6th inch. Print this page and copy saying yourself ‘ess’ each time you write the stroke.

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Practice ‘zee’ with heavy stroke, for full page or more, 90°, 1/6th inch, downstroke. Print this page and copy saying yourself ‘zee’ each time you write the stroke.
Practice ‘ish’ with light stroke for full page, 1/6th of an inch, 45° from right to left. Print this page and copy saying yourself ‘ish’ each time you write the stroke.

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Practice ‘zh’ with heavy stroke for full page, 45°, 1/6th of an inch, right to left. Print this page and copy saying yourself ‘zh’ each time you write the stroke.
ef, vee, ith, THee, ess, zee, ish, zhee, say yourself and practice for a full page.
Now take a print out and practice the pairs, saying the sounds yourself. Practice this exercise as many number of times as you can.

LESSON-1B