

# ALLA PRIMA PORTRAIT PAINTING

1-DAY WORKSHOP | SUNDAY, 7 AUGUST 2022



ADRIAN COOKE  
CLASSICAL ART  
— ATELIER —

For help and support during this course, please email [info@classicalartatelier.com](mailto:info@classicalartatelier.com) or call +353 (0)87 660 9644

## MATERIALS LIST

### OIL PAINTS

Please make sure that all of your oil colours use oil only, and are not water-soluble. The best cheapest brand is Winsor & Newton Artists Oil Colours (and not their Winton student grade paint) or Gamblin Oil Colours. Other and better brands include Rembrandt, Old Holland, Williamsburg, and Michael Harding.

#### Basic Palette

A good basic palette includes:

- Titanium White
- Ivory Black
- Burnt Umber
- Yellow Ochre
- Cadmium Yellow
- Alizarin Crimson
- Cadmium Red
- French Ultramarine Blue

#### Recommended Extras

If possible, you should also have:

- Lemon Yellow
- Cadmium Orange
- Sap Green
- Viridian
- Cobalt Blue

### BRUSHES

The brushes you will need fall into three categories: bristle, sable, and synthetic.

- Bristle brushes consist of stiff hair making them ideal for big and heavier brushwork in the early and middle stages of a painting
- Sable brushes like Kolinsky are used for finer work – they're softer and tend to be used as your painting becomes more detailed and nuanced
- Synthetic brushes, like sable, will be used in the late stages of your painting when subtle blending is required

## Recommended Brushes

Brush Type	Size	Quantity
Soft Filbert	12	1
Soft Synthetic Filbert	8	2
Bristle Filbert	6	4
Soft Round	1	1
Soft Fan	1	6 or 8

## MEDIUMS & SOLVENTS

Solvent, as the name suggests, *dissolves* a solute (or the oil paint). Medium, again, as the name suggests, *carries* or acts as a vehicle for the paint. In oil painting, the medium is oil. The paint itself, straight from the tube, contains a certain amount of oil, hence “oil paint.” By adding medium (in the form of linseed oil, for example), we’re just increasing the amount of oil in the paint mixture.

**Please choose any one medium and any one solvent.**

Recommended Mediums		Recommended Solvents	
<b>Odourless Mineral Spirits</b>	Made from distilled petroleum with chemicals added to remove the strong odour	<b>Linseed Oil</b>	Reduces the consistency of the paint and slows the speed of drying. All linseed oil variants tend to dry with a slightly yellowish tinge but on its own, it dries to a high gloss.
<b>Gamblin Gamsol</b>	Low odour solvent	<b>(Fast) Drying Linseed Oil</b>	Slightly darker than the others, and as its name suggests, dries even more quickly.
		<b>Liquin &amp; Alkyd Mediums</b>	Halves the drying the time.

## SUPPORTS

### Canvas

Canvases, boards and easels will be provided.

## ACCESSORIES

Below are some of the most essential accessories you will need to bring. Basics supplies such as paper towels, glass jars, and masking tape will be provided:

- **Palette**  
You can use glass, wood, plastic or disposable. The best standard is the oval-shaped wooden palette with thumb hole. If you are using any other type of palette, just make sure that it isn't white.
- **Palette Knife**  
The palette knife should be medium-sized and with a crank in the handle.
- **Palette Cups**  
Convenient for holding small amounts of solvent and medium on the palette, rather than constantly reaching to your work table.
- **Paper Towel**  
Absolutely essential. This should be in your hand at all times.
- **Mahlstick**  
Especially for bigger paintings, you will need a mahlstick, which braces your painting hand and prevents you from touching the wet paint and also stabilises your hand for detailed work. You can make your own mahlstick by taking a long  $\frac{3}{4}$  inch dowel, wrapping a ball of newspaper in tape at one end of the stick.
- **Glass Jar(s)**  
For mediums and solvents.
- **Tape**  
Magic Tape, Scotch 3M, Masking Tape
- **Knitting Needle or Skewer**  
For taking measurements – angles and distances
- **Plumbline**  
About 50-10cm long, made from black string with a weight at the end of it will be needed as you move into larger studies. As Sargent said, "A plumbline should never leave a student's hand." It can be used to check vertical and horizontal alignments, as well as to take measurements of distance. Having said this, the eye is very good at recognising horizontal, vertical and 45 degree angles.
- **Black Hand Mirror**  
Using your smartphone or a hand-held mirror, look straight up or down, to the left or to the right, to see the reverse true image of what you're working on. This is a useful way of tricking the eye when it becomes tired or biased. Any piece of reflective piece of glass, welding glass, or glass painted black will work, and help you assess values.