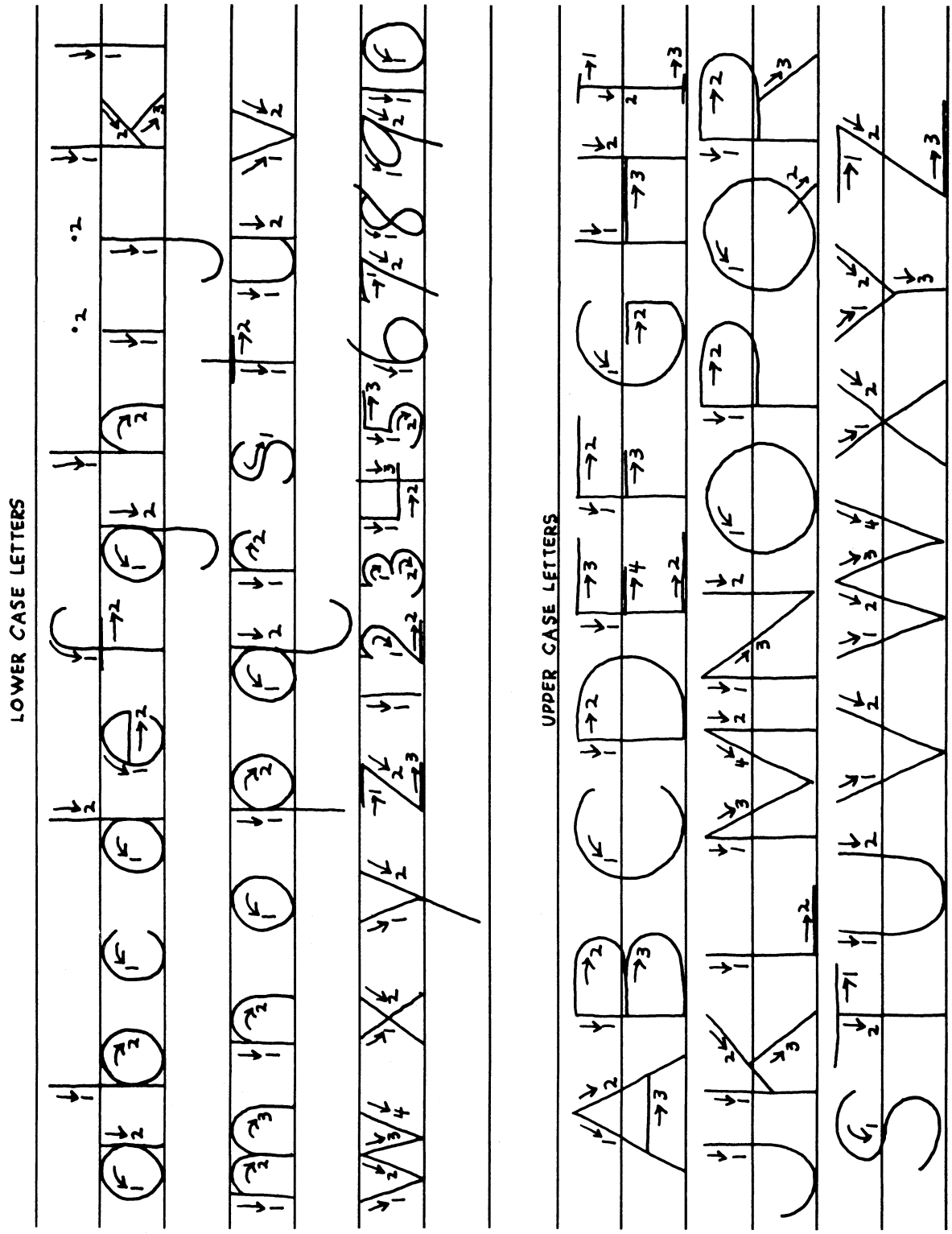An excellent exercise in drawing is to practice the basic manuscript strokes.