



INSTITUTE OF INK

INSTITUTE OF INK — FINE LINE TATTOO

PRACTICE SKIN DRILL WORKBOOK

Skill is built before skin is touched.

♥ HOW TO USE THIS WORKBOOK

This workbook must be completed before tattooing on live models.
Practice skins are used to:

- build muscle memory
- understand depth control
- stabilise hand movement
- master stretch and pressure
- eliminate hesitation

Do not rush these drills.

Repetition builds consistency.

PAGE 1 — PRACTICE RULES

Before starting, confirm:

- ☐ Machine is set correctly
- ☐ Needle selection is intentional
- ☐ Voltage is appropriate
- ☐ Practice skin is clean + flat
- ☐ Stretch is firm and controlled

Rule:

Speed comes after control.

Perfection comes after repetition.

DRILL 1 — DEPTH AWARENESS LINES

Purpose: Learn shallow vs correct vs too deep.

Instructions:

Draw 3 straight lines side by side

Each line should intentionally change depth

- Line A — Too Shallow
- Line B — Correct Depth
- Line C — Too Deep

After Completion:

Circle which line looks most even

Identify visual differences

Observations:

Goal:

Recognise depth visually and by feel.

DRILL 2 — SINGLE-PASS STRAIGHT LINES

Purpose: Build confidence and commitment.

Instructions:

- Draw **10 straight lines**
- One pass only
- No re-tracing

- ☐ Strong 3-point stretch
- ☐ Locked wrist
- ☐ Slow, steady movement

Self-Check (tick):

- ☐ Lines are consistent
- ☐ No wobbling
- ☐ No patchiness

What improved from line 1 to line 10?

DRILL 3 — LINE WEIGHT CONSISTENCY

Purpose: Control pressure without changing voltage.

Instructions:

Using the same needle + voltage
Create 5 lines of identical thickness

Do NOT:

- ✗ change voltage
- ✗ change needle
- ✗ build lines

Focus on:

- pressure
- stretch
- hand speed

Result assessment:

- ☐ Even thickness
- ☐ No darker sections
- ☐ No faded sections

DRILL 4 — CURVED LINE CONTROL

Purpose: Control movement without hesitation.

Instructions:

- Draw slow **S-curves**
- Maintain consistent depth through curves

Watch for:

- ✗ speeding up on curves
- ✗ wobble at direction change
- ✗ pressure drop

Reflection:

Where did the line struggle most?

DRILL 5 — CIRCLES & OVALS

Purpose: Teach wrist control + flow.

Instructions:

- Draw **10 circles**
- One continuous stroke per circle

- ☐ Start and finish points meet
- ☐ No thick spots
- ☐ No hesitation

Circle Quality (rate 1–5):

1 2 3 4 5

DRILL 6 — STOP / START CONTROL

Purpose: Clean line endings.

Instructions:

- Draw short line segments
- Stop cleanly
- Lift needle gently

Focus on:

- entry
- exit
- no ink pooling

Common mistake noticed:

DRILL 8 — HIGH-RISK ZONE SIMULATION

Purpose: Prepare for wrists, ribs, ankles.

Instructions:

- Reduce voltage slightly
- Use lighter pressure
- Slow hand speed

Create:

- short lines
- fine curves
- minimal trauma

What adjustments were required?

DRILL 9 — MICRO TOUCH-UP PRACTICE

Purpose: Avoid overworking.

• **Instructions:**

- Create a light line
- Allow it to “settle”
- Perform micro corrections only

✗ Do not re-line the entire stroke

Did the correction improve or worsen the line?

DRILL 10 — FULL COMPOSITION PRACTICE

Purpose: Combine all skills.

Instructions:

- Create a simple fine line design using:
 - straight lines
 - curves
 - clean starts/stops
- ☐ Stretch maintained
- ☐ One-pass priority
- ☐ Minimal trauma

Would this be model-ready?

YES / NO

Why or why not?
