

## PUSHING PAINT parts 2 and 3

### Supply list

Links for all the products are listed at the end to make your shopping easier! This links are also on my website and will be on the course. These are mostly EU links, but items with \* are available worldwide.

Most of the supplies are common to both Part 2 and 3 although I use different substrates and palettes in Part 3.

Part 3 has some additional media that are listed at the end of this document.

### COLD WAX MEDIUM

Brands available are Gamblin, Dorlands, and Zest it (I prefer Gamblin as its can be used with alkyd based mediums)

You can make your own CWM my following my recipe [here](#)

### OIL PAINT

You only need three colours, at least one of which is transparent, plus white. The ones I am using in the demonstrations are below. However, the **Part 1** course has suggestions for palettes that you may find useful and can download [HERE](#)

#### PUSHING PAINT PART 2

*Both start with a Cerulean blue base layer*

##### Demo No 1

- Payne's grey
- Violet
- Perylene Crimson
- Indian Yellow
- Titanium White

##### Demo No 2

- Lemon Yellow
- Indian Yellow
- Green Gold
- Titanium White

##### Alla Prima demo

- Cadmium Red
- Raw Umber
- Payne's Grey
- Green Gold
- Indian Yellow
- Titanium White

#### PUSHING PAINT PART 3

##### Demo No 1

- Ultramarine,
- Permanent Yellow
- Alizarin Crimson
- Titanium White

##### Demo No 2

- Prussian Blue
- Cad Red
- Green Gold
- Titanium White

#### **BOTH PARTS 2 & 3**

'Play Squares' which use up excess paint

## **SOLVENT**

Odorless thinner; Gamsol or Bob Ross Thinner

## **MEDIUM**

Galkyd or any brand of Alkyd medium (see below if you are using Dorlands or Zest it, they use damar resin so not compatible with alkyd resin)

Liquin products are also fine to use with any Cold Wax Medium

Adding oil will slow drying time considerably

## **TOOLS**

As a basic kit you will need

- Spreader. I use a Messermiester bowl scraper
- roller (brayer) a soft rubber one
- stiff paintbrush brush. I use a 2cm wide flat Bristlon brush in the demonstrations
- a fan brush for blending (optional)
- palette knife
- some scraping tools like bamboo skewers or pottery loop tools. In Part 2 I show you how to make a Sushi Brush ... all you need is a sushi mat.
- A palette. I use a plate glass shelf but any smooth surface is suitable, or disposable palettes
- A small squeeze bottle.
- Paper towels or rags
- Masking tape/painters tape for delicate surfaces. I use Frog brand
- Gloves to protect your hands and your health

## **SURFACES**

In **Part 2** I am using Arches Huille paper.

In **Part 3** I am using cradled panels that are I show how to texturise/collage/use an acrylic painting etc before using clear gesso to make them receptive to CWM but this is optional.

**Paper**; Arches Huille paper or Fabriano Pittura, but any paper suitable for oil or mixed media will be fine. You can use watercolour paper but you will need to gesso it before-hand. You will need at least TWO sheets of 56cm x 76cm or equivalent.

In addition, you will need large sheets of card, paper or boards to tape your paper to, this keeps the backs clean!

**Panels;** You can use ply, mdf or cradled panels. Any wood needs to be sealed with pva, gloss medium or GAC100 before applying two coats of gesso. *NB If you are not using either the Arches or Fabriano paper your first layer will need longer to dry.*

**Canvas;** I don't recommend you use stretched canvas as you need a solid surface without any 'give' to work on. I often use canvas stapled to a board or panel to work on. I stretch it on bars once finished. Its best if its polyester based as it will not 'give' at the stretching stage. I like Belle Arti canvas as its so fine weave I can even mount it on panels without the edges fraying.

## LINKS

### COLD WAX MEDIUM

- [The Cold Wax Department](#) at Jackson's
- [Gamblin Cold Wax Medium](#)\*
- [Dorland's Wax Medium](#)\*
- [Zest-It Cold Wax Painting Medium](#)\*
- My SalCera cold wax medium – uses [beeswax pellets](#), [Gamsol](#) and [Galkyd](#) – the recipe can be [downloaded](#) here

### OIL PAINTS

All colours have their own individual level of transparency. If you are unsure if a tube of paint you have is transparent then there should be a symbol on the tube, or the listing on the brand website will state it. This [article](#) is really helpful. I have put together a list [here](#) of my favourites. I mostly use these brands

- [Jackson's Professional Oil Colours](#)
- [Williamsburg Oil Colour](#)\*
- [Rembrandt oil colours](#)\*
- [W&N oil colours](#)\*

### SOLVENT

- [Gamsol Odourless Mineral Spirit](#)\*
- [BOB ROSS thinner](#)
- [Shellsol T Odourless Solvent](#)\*
- [Zest-it Wax Solvent](#)\*

### MEDIUMS

**Alkyd based CWM** (Gamblin or my recipe)

- [Gamblin Galkyd Gel](#)\*
- [Galkyd Oil Painting Medium](#)\*
- [Liquin mediums](#)

## Damar based CWM (Dorlands or Zest-It)

- [Damar painting medium](#)\*
- [Zest-It Clear Painting Medium](#)\*
- [Zest it LiquiBlend Wax](#)\*
- [Liquin mediums](#)

## GESSO *use clear gesso if you wish to see the colour of your surface.*

- Clear Gesso by [Liquitex](#)\*
- Clear gesso by [Windsor and Newton](#)\*
- [GOLDEN](#) gesso, Black or White\*

## SURFACES

- [Arches](#) Huile needs no gesso and you can use either side\*
- Fabriano [Pittura](#)\*
- Fabriano Tela\*
- Canson [Figueres](#)\*
- Any oil, Acrylic or Mixed Media paper which is pre-treated or gesso'ed
- Artesavers [panels](#)
- Ampersand panels\*
- Jacksons [panels](#) I like the 20mm deep ones for smaller picture, deeper ones for over 50cm
- Ply wood; treat with PVA, Gloss medium or Golden GAC100, before gesso
- MDF; treat as ply
- mountcard; gesso
- Heavy watercolour paper; gesso x two layers
- I often use canvas but it must be polyester based, very smooth and stapled to a board or panel homework on. I stretch it on bars once finished. I like [Belle Arti canvas](#) \*

## TOOLS

- [Messermiester](#) bowl scraper
- [Zoie + Chloe scraper](#)
- [Rubber squeegees](#) for painting (large) Small pack of two [here](#)
- [Cold Wax Academy \(SP\) spreader](#)
- [Cold Wax Academy \(SP\) press brayer](#)
- [Jackson's Soft Roller](#)
- [Speedball Soft Roller](#)\*
- [Pottery tools](#) set
- Triangle [shaped scraper](#) (coiler tool 65000)
- [Ribbon tool](#) set\*
- [Princeton Catalyst painting tool](#)\*
- [Gerstaecker Rubber Brush](#)
- [Elizabeth Schowachert](#) makes handmade tools\* specifically for CWM
- Bamboo [Wok Brushes](#)\*
- [Natural brushes for oil and cold wax textures.](#)
- [Silver Brushes](#) Bristlon range
- In Part 2 I show how to make a Sushi Brush, you just need a [sushi mat](#)

## **PART 3 ADDITIONS**

### **MARK MAKING;**

**UNDER CWM;** any acrylic based, or dry media can be used **UNDER** oil and **CWM**

- [Posca pens](#),
- [GOLDEN High Flow](#)
- [Art Graf pastel](#)
- [Pan pastel](#)
- [Stabilo Woody](#) crayons

**OVER CWM** once you have started with CWM you can only use oily/waxy products, or dry pastels/powders

- Pan pastel
- Powder pigments
- Stabilo Woody
- [Marabu Art Crayons](#)
- [Oil Pastels](#)
- [Markal /Shiva Paintstiks](#)
- [R&F Pigment Sticks](#)

**TEXTURE;** Ash, Chalk and Marble Dust, and other dry products such as mica flakes etc I recommend Derivan [DRY MEDIA TO ADD TEXTURE](#)

**COLLAGE;** to embed any thin papers are suitable. I use wet strength tissue. I also demo using gold leaf.

### **COLLAGE PAPERS**

[Wet Strength Tissue](#)

*NB I am an affiliate with JACKSONS and receive a small commission on any sale using the link*