Double-Lined Paper: Paired Guide Lines for Handwriting Practice

Worked example / complete source key

A writer's x-height letters measure about 5 mm tall. Propose a hypothetical double-ruled band width and gap, and explain how to check whether the writing fits the band.

Answer: A hypothetical band width of 7 mm gives about 2 mm above the measured 5 mm x-height, leaving room to aim for the upper rule without forcing cramped letters. A hypothetical gap of 7 mm between bands gives descenders room below the baseline. These are example inputs, not standards. To check, write a line of x-height letters such as 'man' and confirm they touch the baseline and stay below the upper rule; then write 'hang' and confirm the ascender 'h' approaches the upper rule and the descender 'g' enters the gap without touching the next band. If letters routinely cross the upper rule, increase band width or reduce letter size; if descenders collide with the next band, increase the gap.