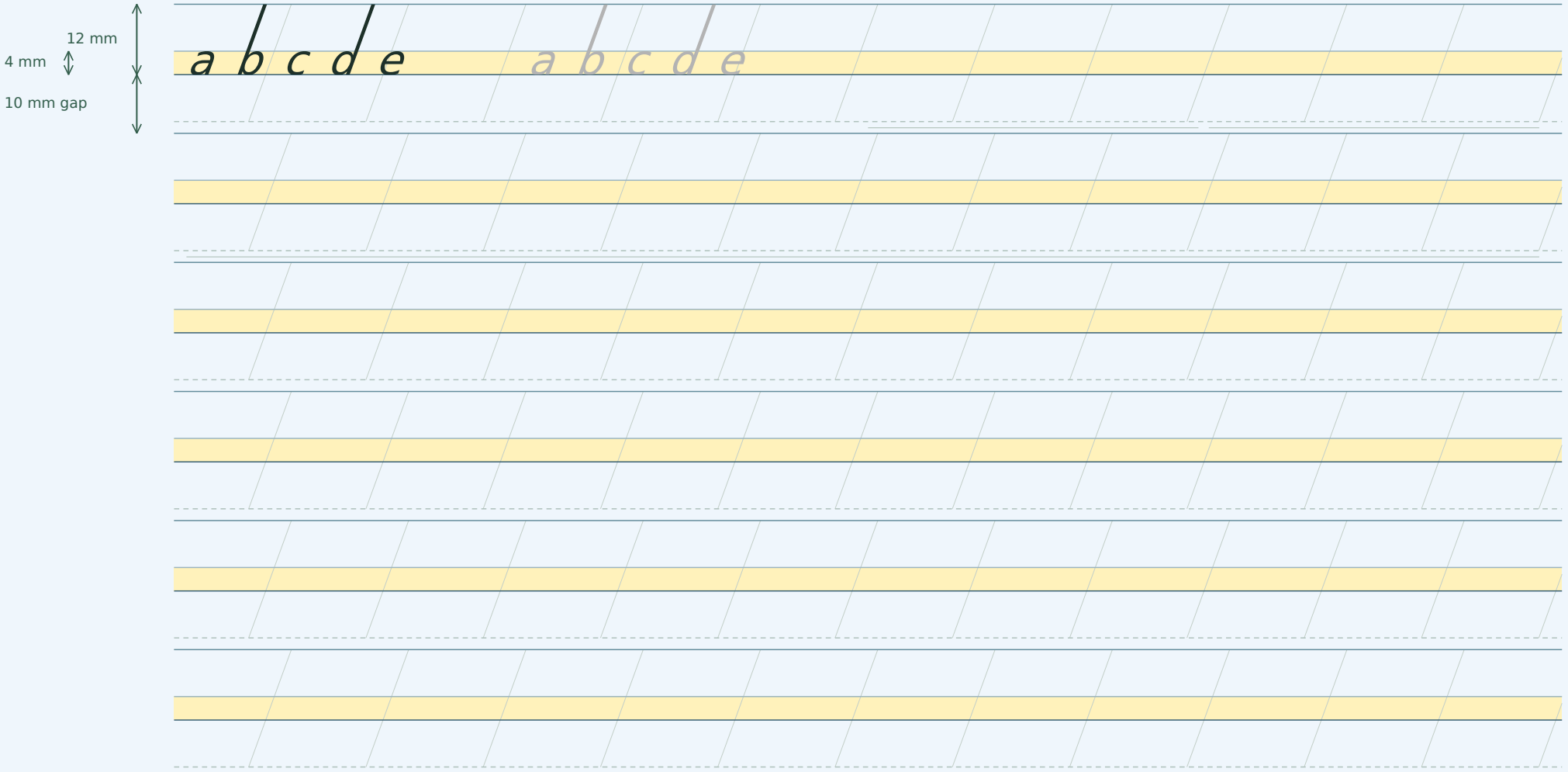
Graph-Paper Handwriting Drills for Spacing and Alignment

Baseline, midline, x-height zone, and counted start dots for a five-letter word



Hypothetical example: x-height 4mm, top 12mm, mid 4mm, desc 8mm; one-square bodies and gaps; starts at squares 1,3,5,7,9; planned span 9 squares.

Graph-Paper Handwriting Drills for Spacing and Alignment

Ascender and descender zones with hypothetical example heights



Hypothetical example: x-height 4mm, ascender 2 squares above midline, descender 2 squares below baseline; t rises only slightly above x-height.