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## Notan - Contrast Images

32 contrast image templates with 16 motifs  
to cut out, arrange and glue together

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### PRINT SETTINGS

Please use Acrobat Reader to print and make sure that the settings 'Actual size' and 'Auto portrait/landscape' are selected.

### SAVE PAPER & TONER

Only print out the pages you need.

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## INTRODUCTION

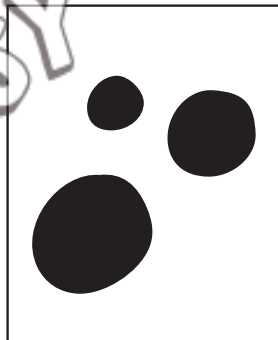
# About Notan - Contrast Images

"Notan" is Japanese and means "dark-light". Originally, it was a traditional black and white painting technique in which ascetic Zen monks painted only with black ink. Notan reflects the simple way of life of these monks, because they need only two colors for their art: black - the ink - and white - the paper. Notan is the contrast as well as the balance between dark and light. This design concept from the Far East is easily recognized in the well-known Chinese yin and yang symbol.



Yin stands for the dark, soft and passive and yang for the light, hard and active principle. Similar dualities are light and dark, high and low, hot and cold, fire and water, life and death, man and woman, sun and moon, and so on. These seemingly opposite forces are interconnected and interdependent - leading to one another and forming an indivisible whole.

"Notans" is also the name given to the Japanese silhouette with positive and negative forms. In the Western way of looking at things, the positive form is predominantly seen in the foreground and the negative form in the background. Such a contrast phenomenon can lead to perceptual illusions.



For example, you could imagine these circles as three black stones (foreground) in white water (background). The sensory stimuli could also be processed the other way around: A white wall (foreground) with three black holes (background).

Just like with paper folding and cutting and symmetry, Notan silhouettes thrive on contrast. This refers to the interaction between the black and white areas or dark and light shapes; between the positive and negative. The main rule for making Notan silhouettes is: nothing must be taken away and nothing must be added. When you first try it, it's best to use white and black cardstock. After some experience, you can also use construction paper, etc.

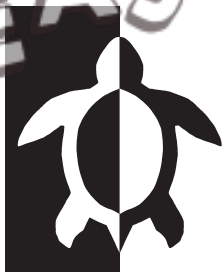
*Micha Labbé*

## OVERVIEW

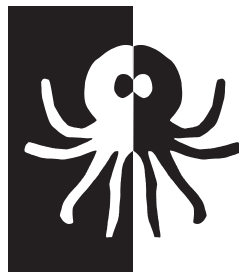
# Notan - Contrast Images



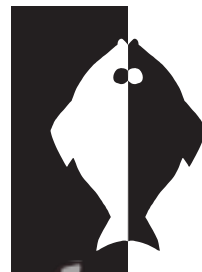
Penguin  
Page 7



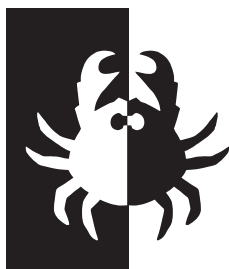
Turtle  
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Flounder  
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Ant  
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Butterfly  
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Dragonfly  
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Swift  
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Owl  
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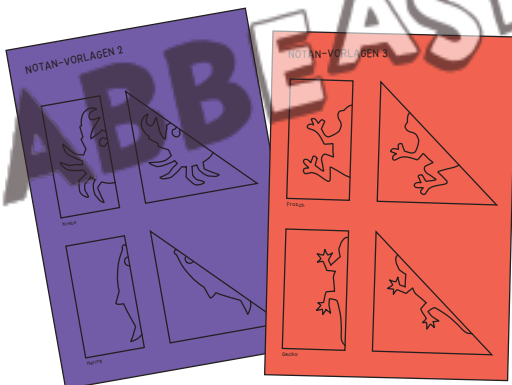


Gecko  
Page 14

## OVERVIEW

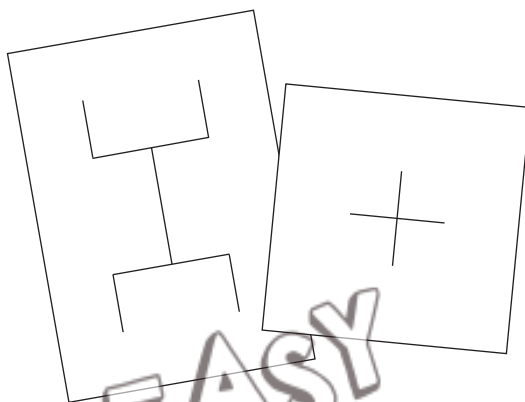
# Notan - Contrast Images

1



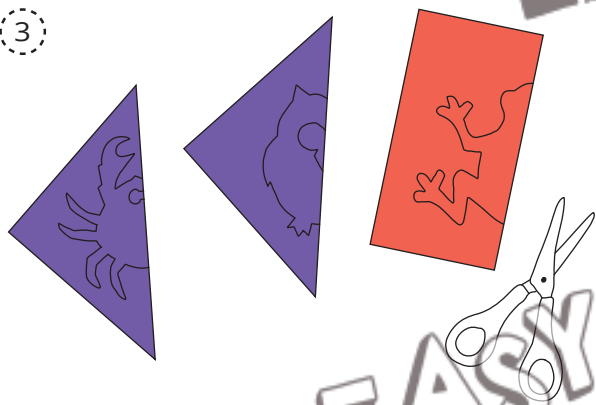
Print out one or more Notan templates on white or different colored paper. Each has triangular and rectangular shapes.

2



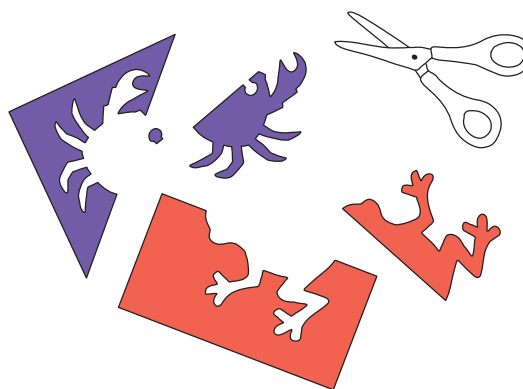
Print out a base sheet on light-colored cardstock. Use the square template for the triangular shapes and the rectangular template for the rectangular shapes.

3



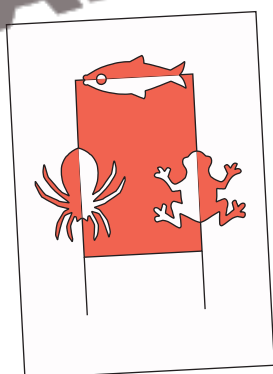
Neatly cut out the shapes. You will combine them later.

4



Cut out the half motifs very carefully and in one piece along the lines. Do not throw away any pieces.

5



Glue the outer shapes of the design along the edges shown on the rectangular base sheet. Mirror the dotted pieces and glue them edge to edge.

6



Glue the outer shapes of the design along the edges shown on the square base sheet. Mirror the dotted pieces and glue them edge to edge.