curve distortions
Practice on the next page

Important:
As you add a curve segment - make sure it "flows" into the SAME line. It helps to mark the start and the finish of a curve.

Now connect the broken vertical lines with a curve segment. Make the left segments curve to the left, the right segments - curve to the right.

Complete all vertical lines. Double-check that the lines are continuous. Then - complete horizontal lines.

stretching grids
Practice on the next page

After drawing a flat grid - draw a shape, that you want to "pop" from the surface. In this case - it's a circle.

Erase the grid inside the shape.
Erase the outline of the shape itself.

Curve upper segments upward;
Curve the lower segments downward.