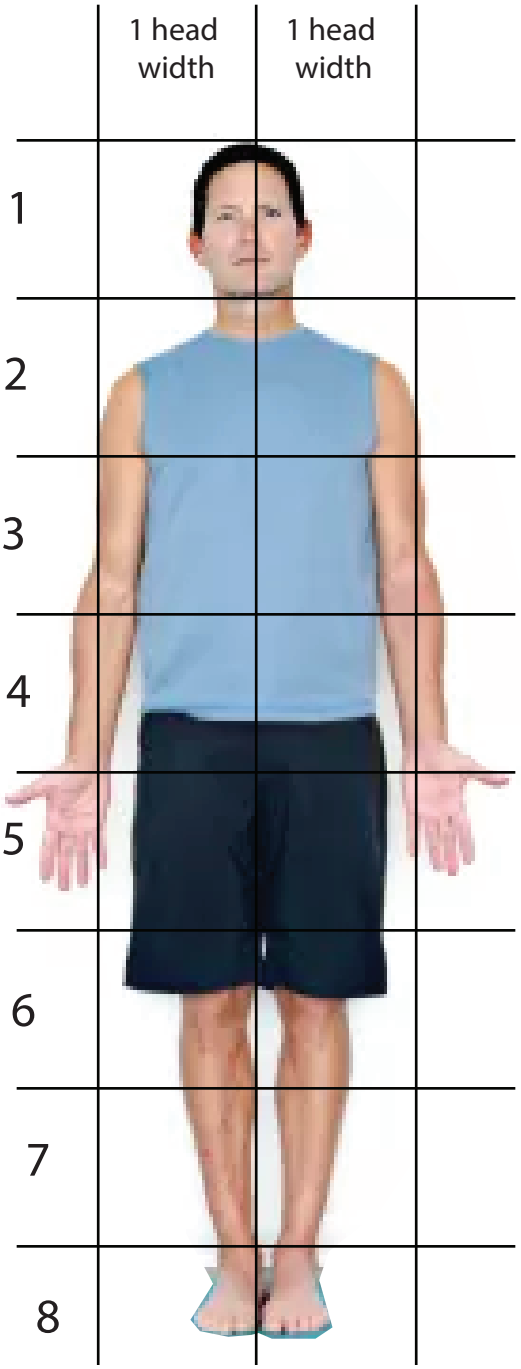
# General guidelines for drawing a human body

1. People are between 6 ½ to 8 heads tall.

2. Males are more angular. Wider shoulders and narrower waists.




1 = The head

2 = Bottom of the chin to the middle of the chest.

3 = Middle of the chest to the top of the hip bones. Elbows will be in area 3.

4 = Top of the hips to the groin.

5 = Thigh above the knee. Hands will be in 5.

6= Knee in roughly in the center

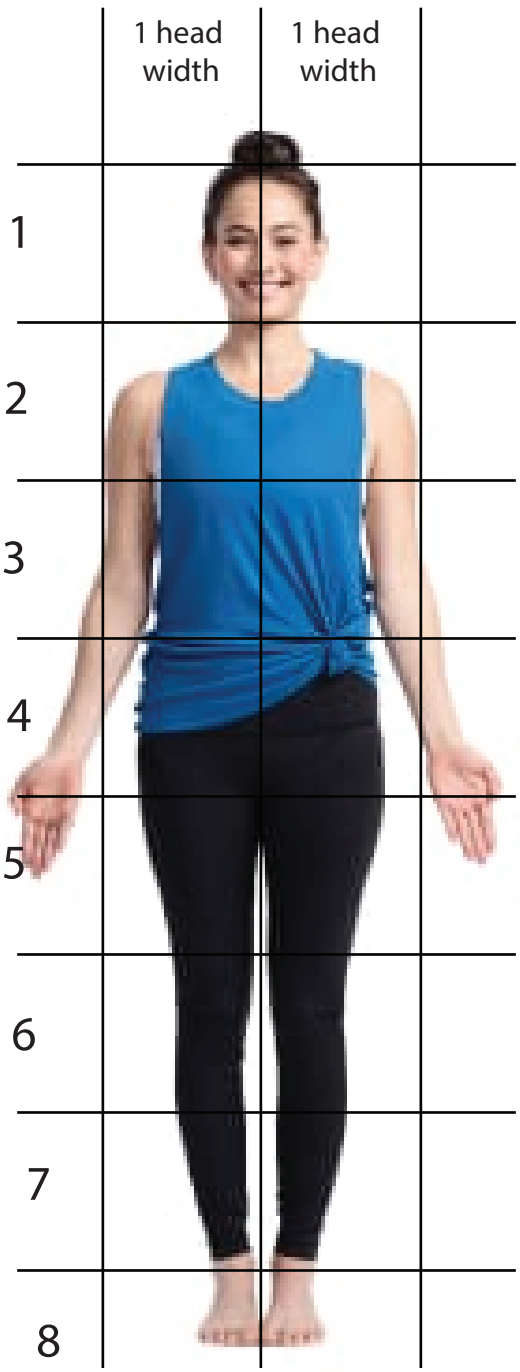
7 = Below the knee and finishes at the ankle.

8 = Feet. Most likely there will be extra space at in the bottom.

# General guidelines for drawing a human body

1. People are between 6 ½ to 8 heads tall.

2. Females are smoother and rounder. Narrow shoulders and wider hips. Female hips are about equal to the width of the sholders.




1 = The head

2 = Bottom of the chin to the middle of the chest.

3 = Middle of the chest to the top of the hip bones. Elbows will be in area 3.

4 = Top of the hips to the groin.

4.5 Hands will be in this area.

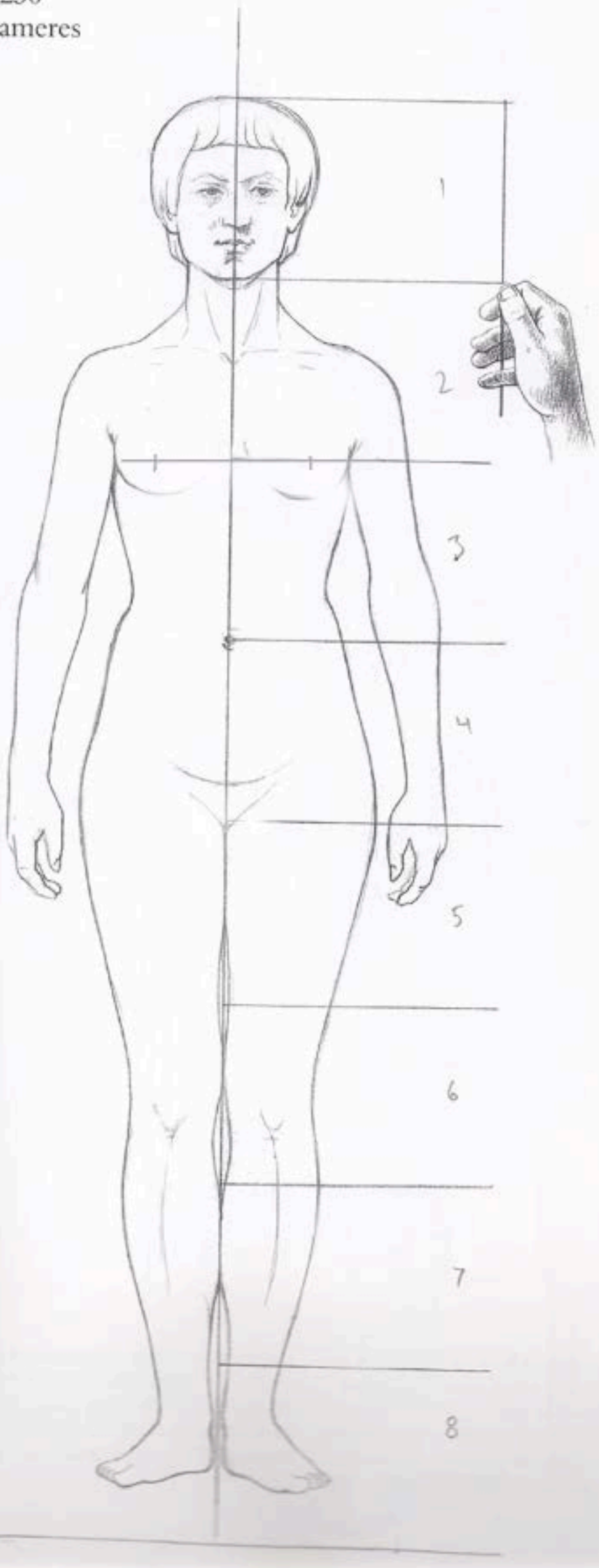
5 = Thigh above the knee.

6= Knee in roughly in the center

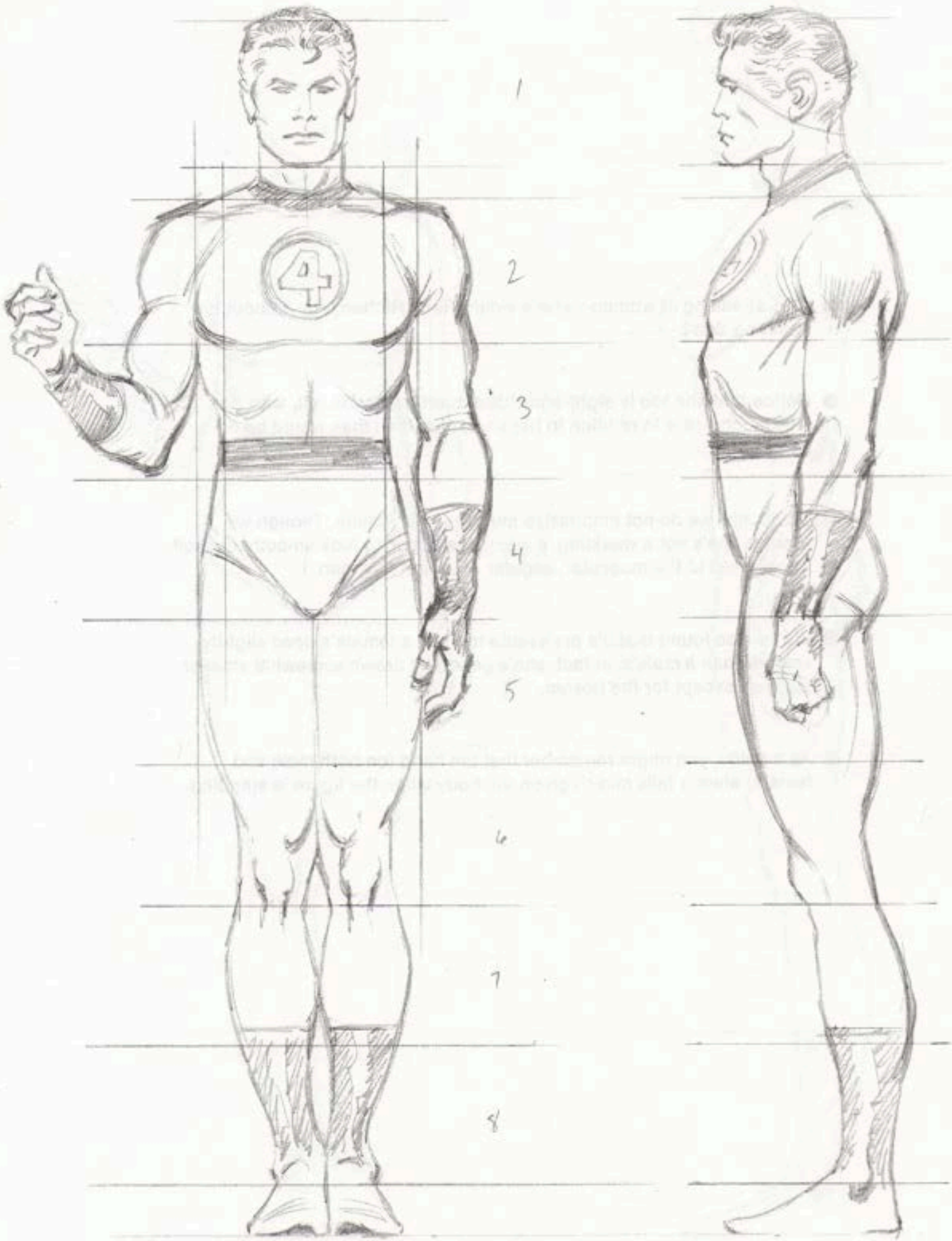
7 = Below the knee and finishes at the ankle.

8 = Feet. Most likely there will be extra space at in the bottom.

Fig. 230
Metameres




Metameres can be observed in certain living beings. Metameres are segments of equal structure which lie either behind each other or on top of each other. The correct body proportions can be determined by the size of the head. The body measures between 6.5 and 8 (usually 7.5) head-lengths. The vertical distance between the chin and the nipples is about one head-length.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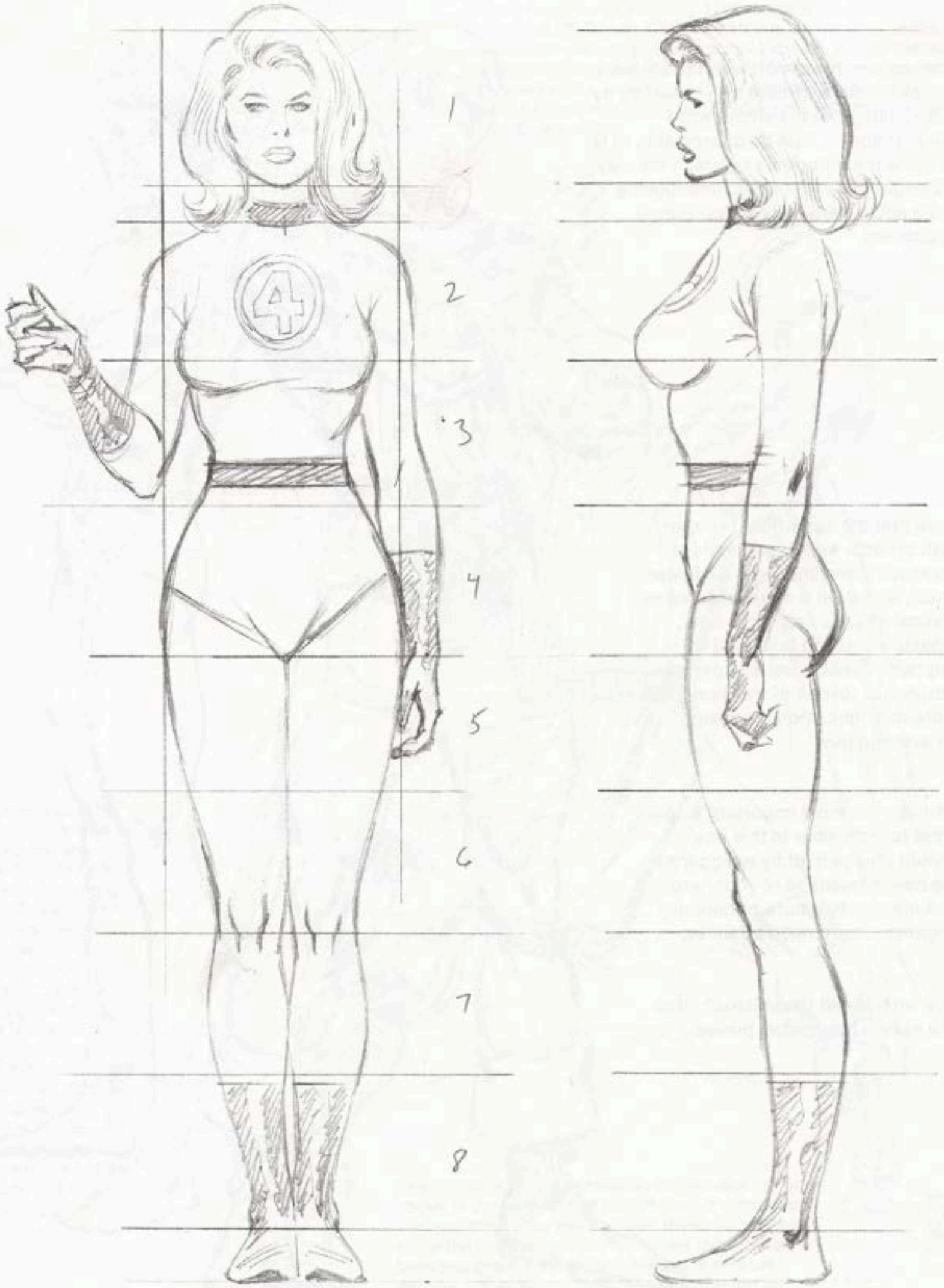
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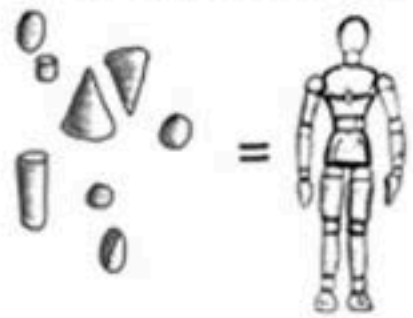
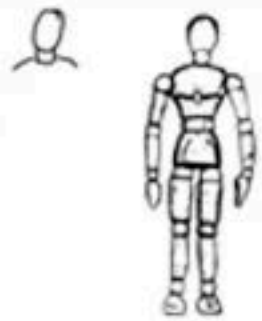
# Helpful Hints for drawing the human figure: Establishing the proportions using geometric forms

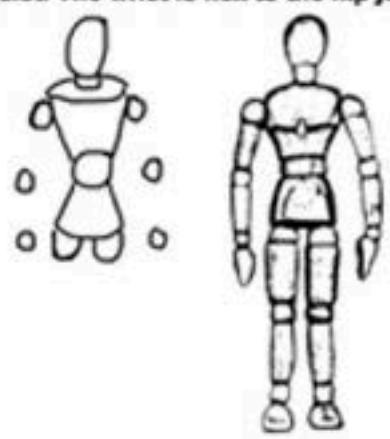
Start out by visualizing the human figure as a combination of simple geometric forms, kind of like an android or robot



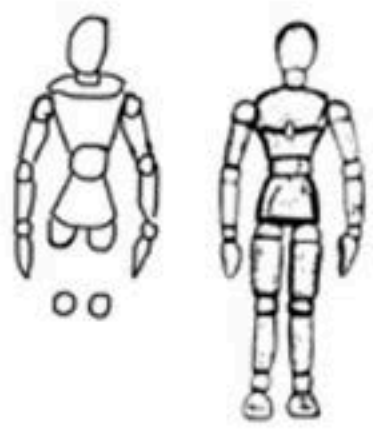
Make sure to draw the shoulders wider than the head.



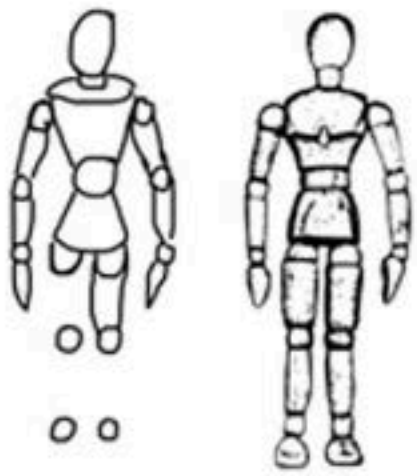
Draw circles for the shoulders, elbows and wrists and then connect them to form the arms. The elbow is next to the waist. The wrist is nex to the hip joint.



Draw the circles for the knees slightly lower than the tips of the fingers

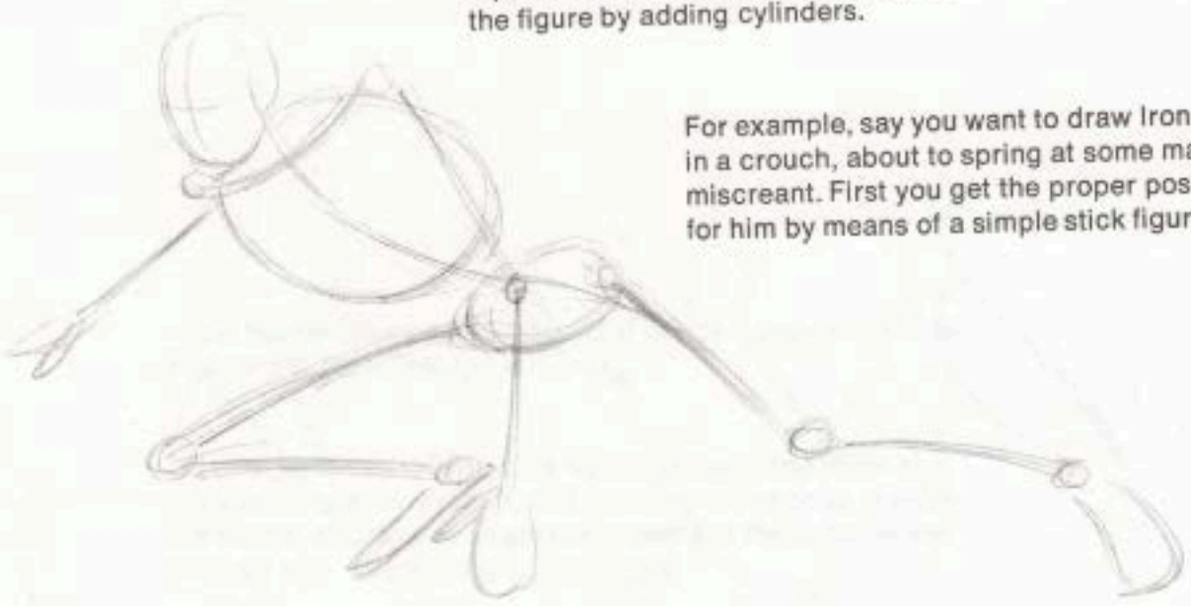


To make the thighs, draw a line from the outside of the oval shaped hip joint to the outside of the knee. Draw a line from the inside of the hip to the inside of the knee. This insures that the thigh is drawn wide enough at the top and narrows as it goes down.

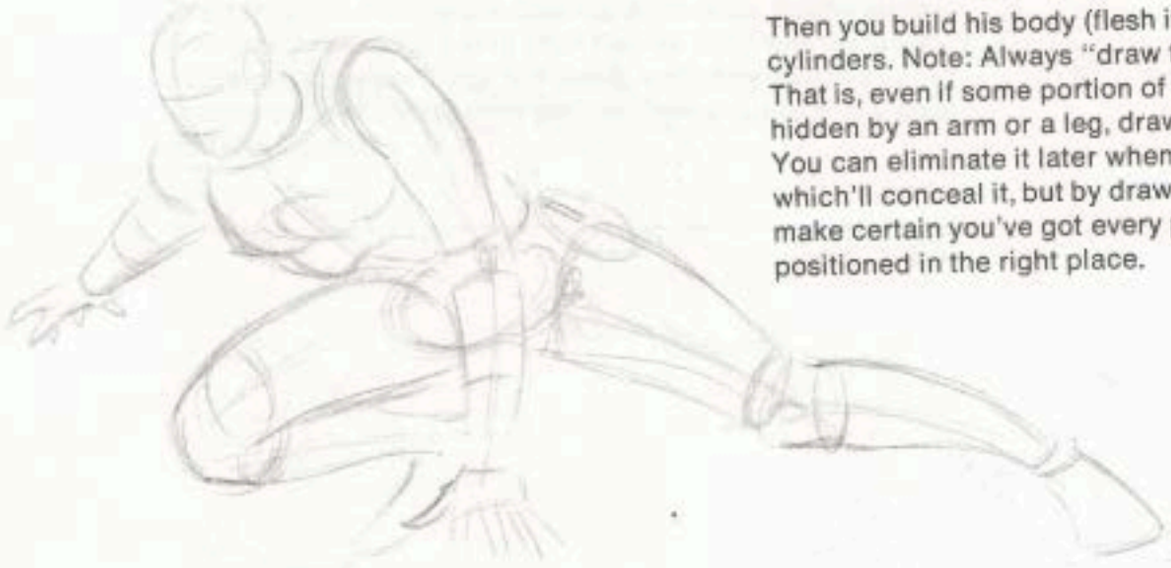


The entire leg, from the top of the hip joint to the sole of the foot, is half the length of the whole human figure

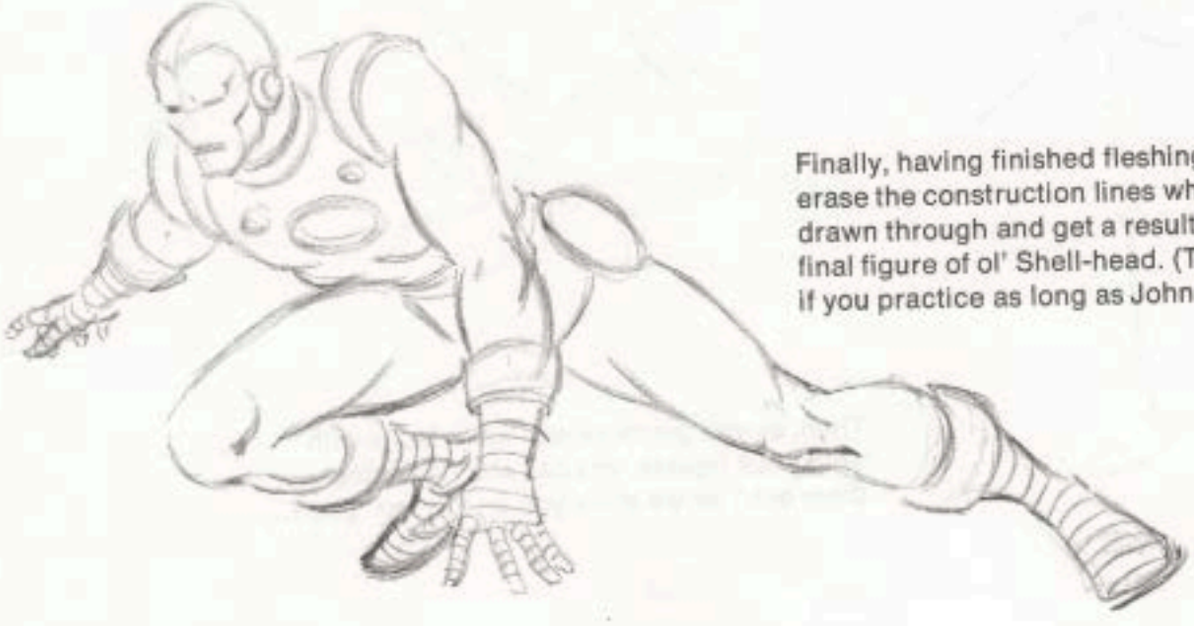
Notice how you can add ovals for the rib cage and the hips. Then, for the arms and legs, you can start building the figure by adding cylinders.



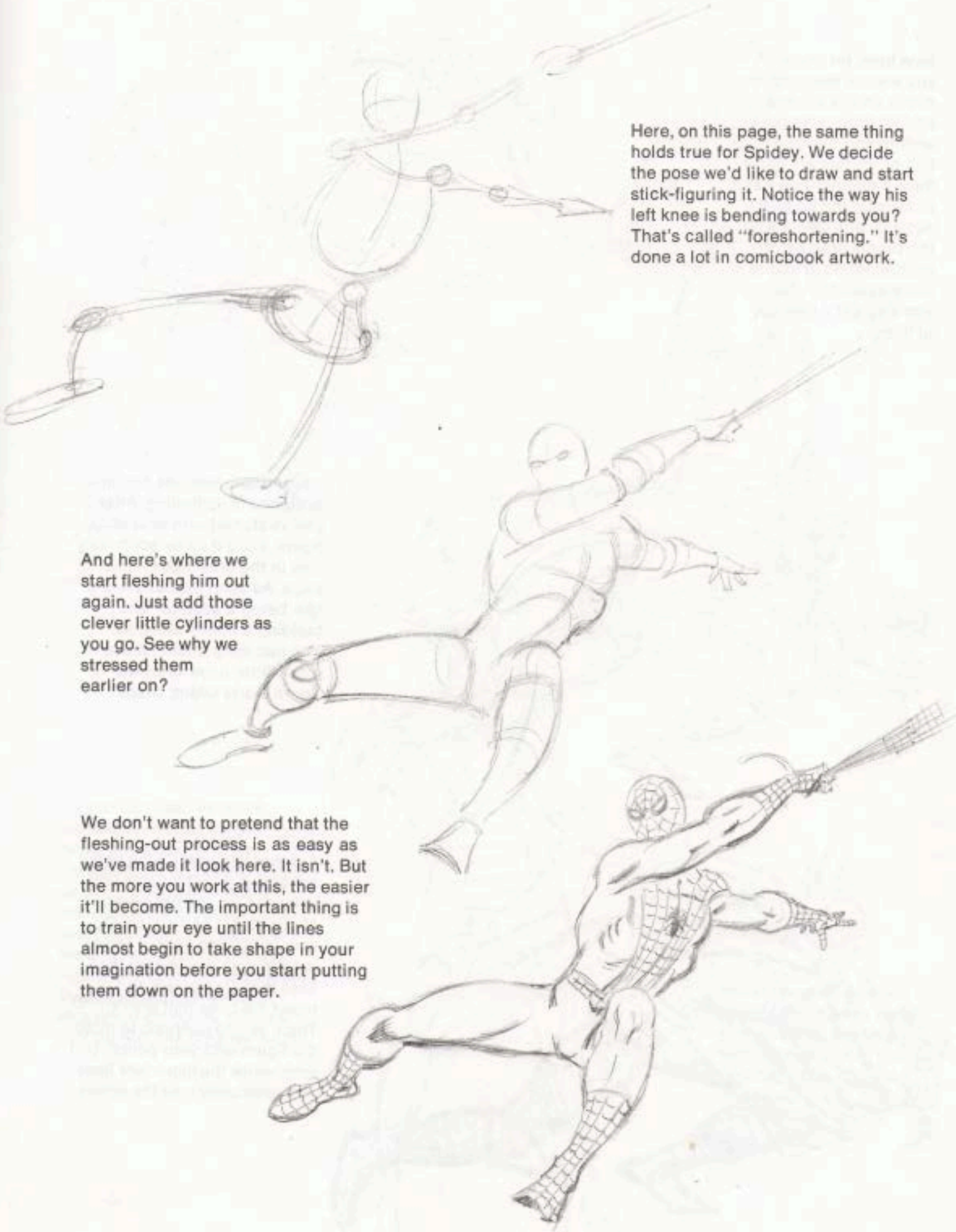
For example, say you want to draw Iron Man in a crouch, about to spring at some malicious miscreant. First you get the proper position for him by means of a simple stick figure.



Then you build his body (flesh it out) by adding cylinders. Note: Always "draw through" the figure. That is, even if some portion of the body will be hidden by an arm or a leg, draw it through anyway. You can eliminate it later when you add the limb which'll conceal it, but by drawing through, you make certain you've got every part of the anatomy positioned in the right place.



Finally, having finished fleshing out the figure, you erase the construction lines which have been drawn through and get a result somewhat like this final figure of ol' Shell-head. (That is, you'll get it if you practice as long as Johnny did!)



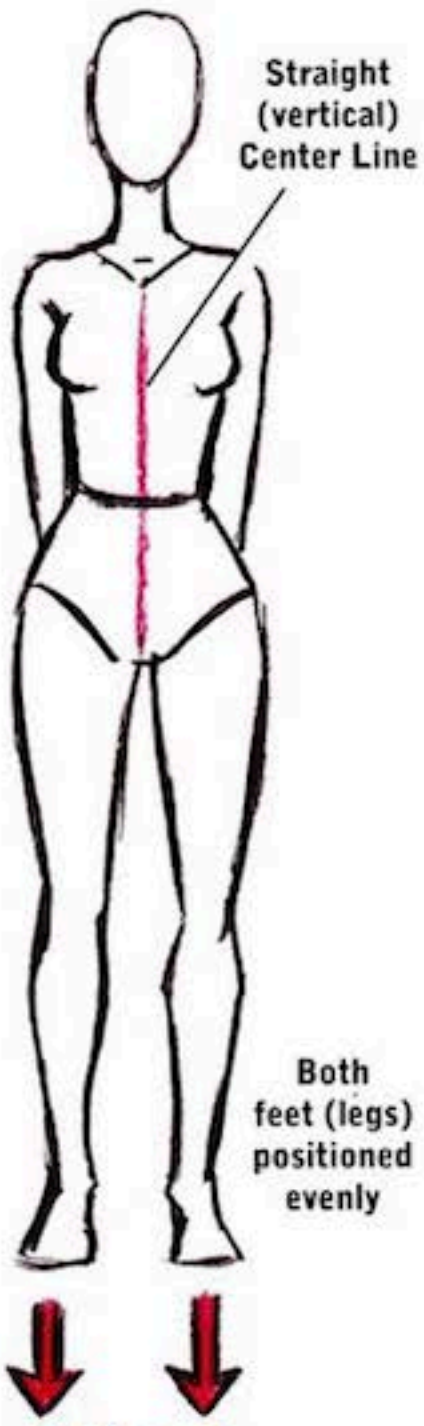
Here, on this page, the same thing holds true for Spidey. We decide the pose we'd like to draw and start stick-figuring it. Notice the way his left knee is bending towards you? That's called "foreshortening." It's done a lot in comicbook artwork.

And here's where we start fleshing him out again. Just add those clever little cylinders as you go. See why we stressed them earlier on?

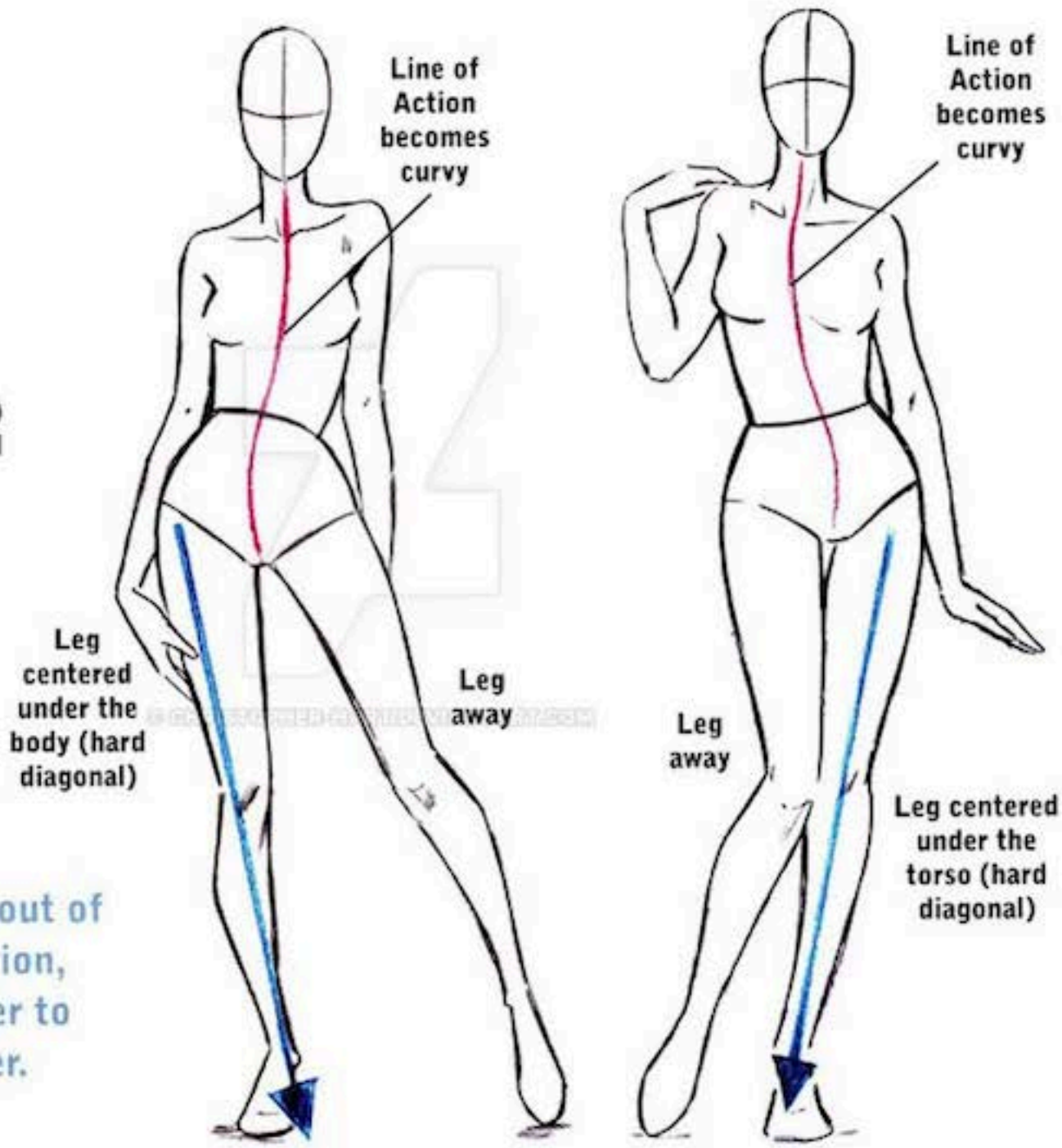
We don't want to pretend that the fleshing-out process is as easy as we've made it look here. It isn't. But the more you work at this, the easier it'll become. The important thing is to train your eye until the lines almost begin to take shape in your imagination before you start putting them down on the paper.

# Legs and the Mechanics of the Body

When the legs are in a static, symmetrical position, the weight is divided evenly. It's a sturdy stance. It works. It's just not very interesting.




Static and Symmetrical




Dramatic

To get more drama out of a centered leg position, shift the hips further to one side or the other.

## POSE POINT

**When one leg is directly under the body, it frees up the other leg.**