

How to Draw Hands

by JeyRam

Welcome to this drawing course!

We will learn how to draw hands in 4 stages which will help us focus on the simplest forms and then build upwards. It's much easier to learn when we start with the simplest forms and then build towards complexity.

4 Stages



1. Central Box



2. Thumb



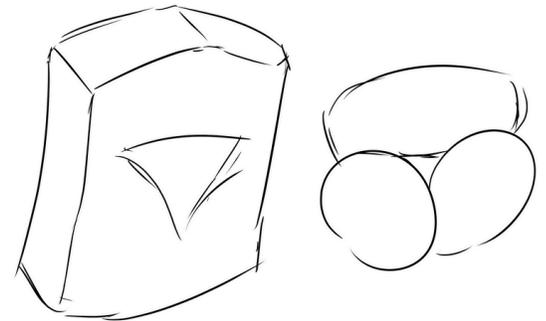
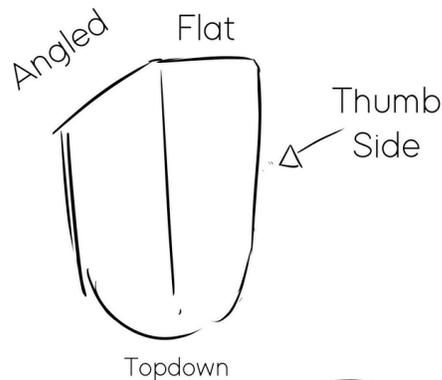
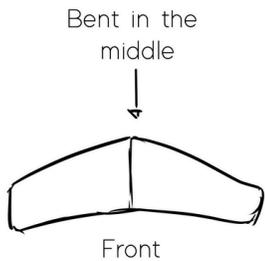
3. Mitten



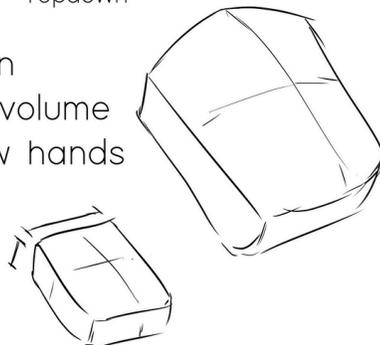
4. Full Hand

Central Box

Lets start by practicing the central form of the hand, this will make it much easier to add the thumb and fingers.



The hands are fairly thin but its critical to capture the volume if you want to be able to draw hands from imagination

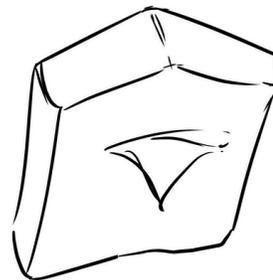
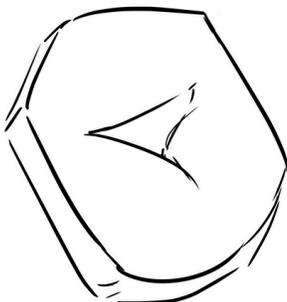
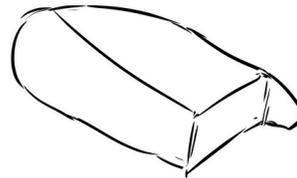
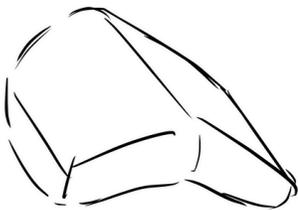
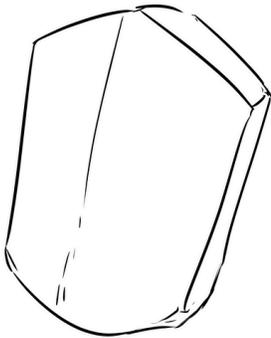
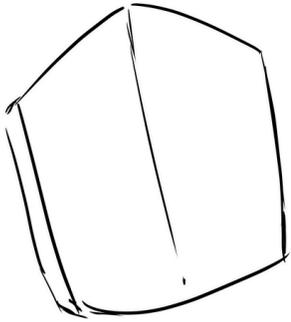


The palm is made up of 3 cushions, two round ones towards the wrist and a longer one closer to the fingers

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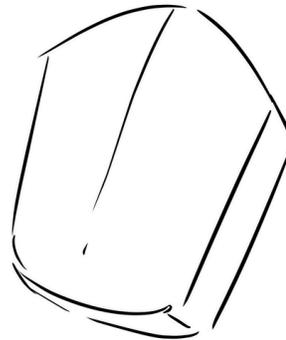
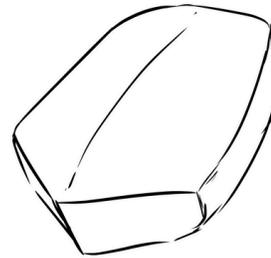
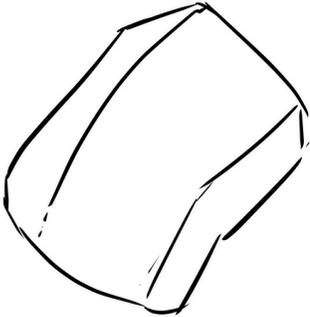
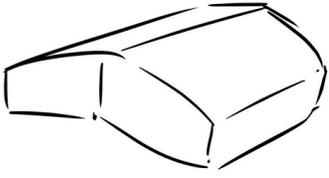
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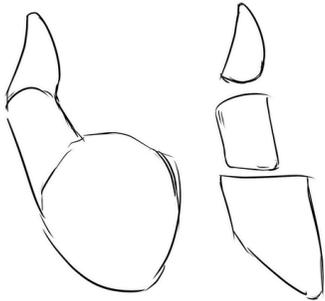
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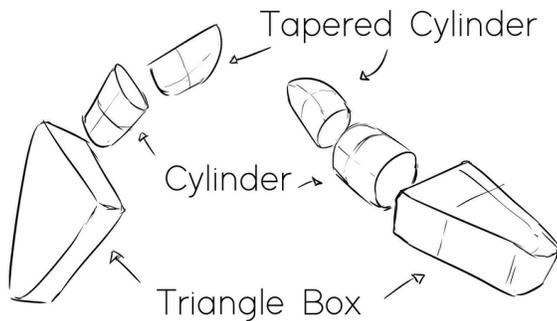
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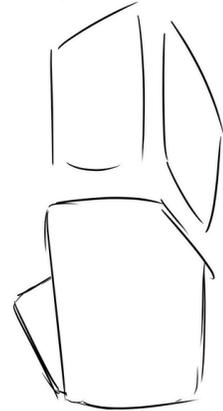
Now that we have gotten more comfortable with the central box, lets add in the thumb to the box. If you want more practice drawing the box take time to draw some in your sketchbook!



There are 3 parts to the thumb, a triangular box that attaches to the central form, a middle cylinder and then a tapered cylinder that makes up the end of the thumb



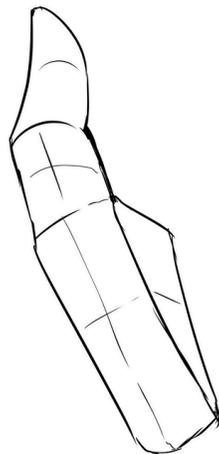
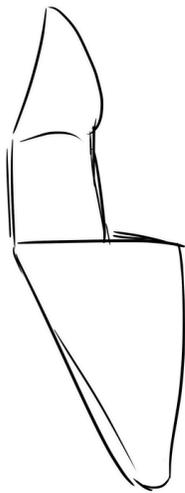
The box for the thumb attaches to the side with the flatter top



The box for the thumb also connects with one of the rounded cushions of the palm. If you look at your own hand and roll your thumb, you can see how this part of your palm moves around.



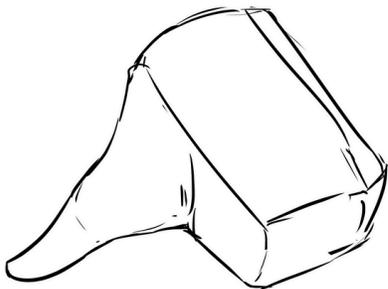
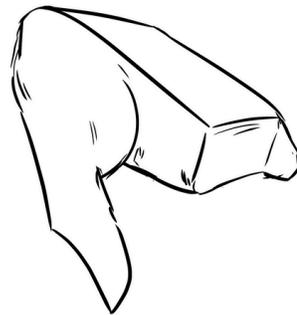
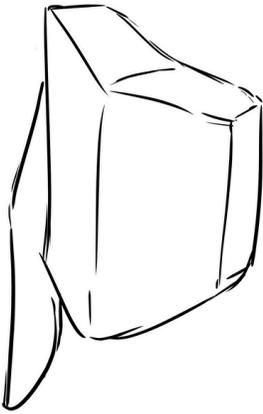
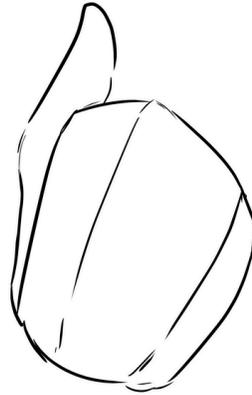
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Keep in mind that drawing 3D forms is challenging so dont be shy about erasing and trying as many times as necessary



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Now lets move onto the Mitten stage of drawing hands, as always feel free to take time to practice the thumb stage in your sketchbook until you feel comfortable with it. Any time spent practicing will pay off in the future.

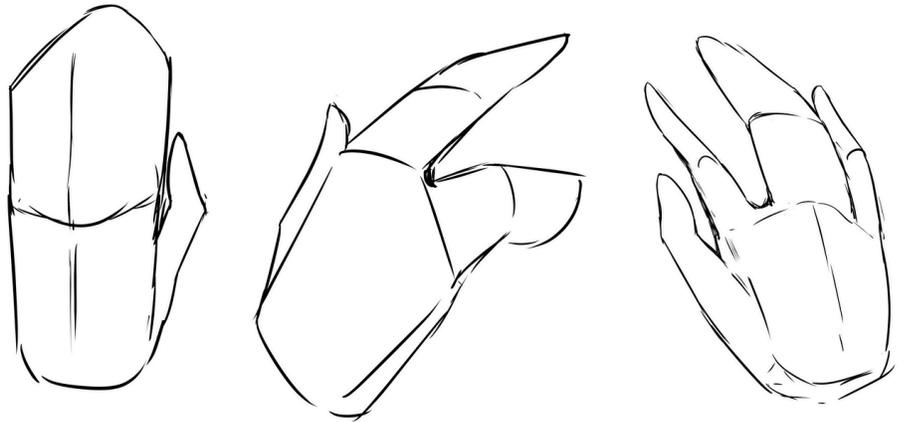
The mitten stage of drawing hands is when we add the fingers to what we have practiced so far but we try to group the fingers together as you can see below.



Learning this stage of drawing hands becomes especially useful for when you want to quickly block in a drawing to capture the general gesture and form of the hand without getting into too many details.

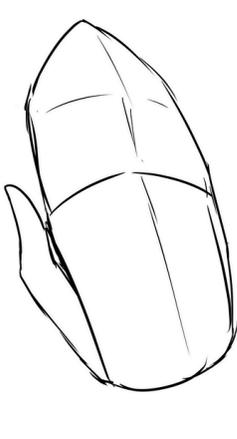
When grouping fingers together you get a shape that is similar to a mitten, make sure to capture the rounded edge because your fingers arent all of equal length.

It's important to that we get used to drawing different groupings of the fingers so that we have as much versatility as possible



You can see how in the examples above I have different groupings of fingers so that its easier to simplify different hand gestures.

To practice these shapes, copy from the examples below.

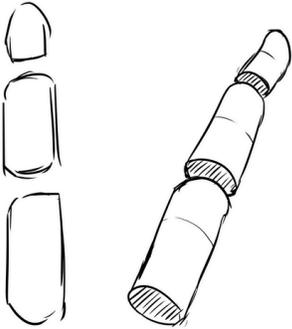


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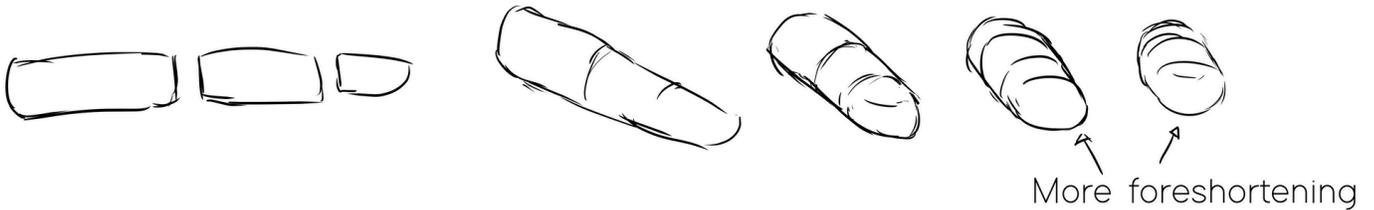
The mitten is very useful for simplifying but it's also important that we start to practice drawing individual fingers.

The fingers are made up of three cylinders, two longer ones followed by a short one that is rounded for the tips. In many positions you will find that the fingers are mainly bent between the two larger cylinders and only slightly bent at the small one.



Drawing hands is challenging because as you add the fingers you have multiple cylinders that you are trying to draw in perspective. As you practice drawing hands I recommend that you try to draw more simple hands that have less foreshortening.

Foreshortening is what occurs when you see an object face on and the length of the object becomes harder to see.



The middle finger is the tallest (1) followed by the ring finger (2), the index finger (3) is only slightly shorter than the ring finger and then then pinky (4) is the shortest and usually the thinnest.



The cylinders of the fingers attach to the front side of the central box, you can draw circles to indicate their point of attachment. This isn't a step you will be drawing in every time but it is important to have this understanding in mind as you practice drawing the fingers.

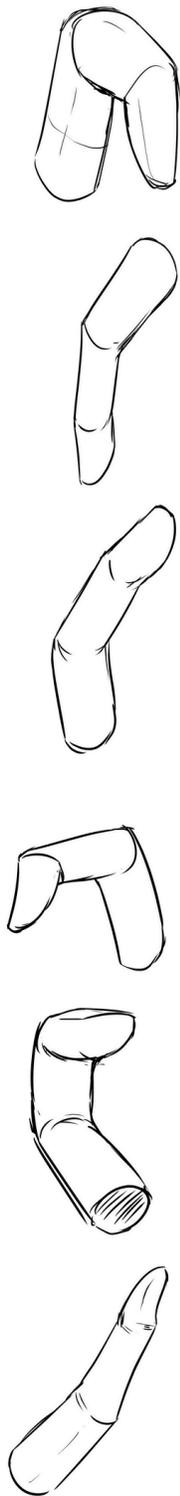


On the next page we will be practicing some individual fingers followed by some simplified mitten hands. As always, don't feel any pressure to get through these exercises quickly, take as much time as you need to get comfortable with each step.

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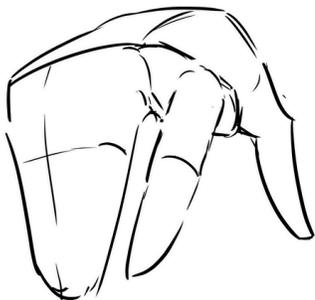
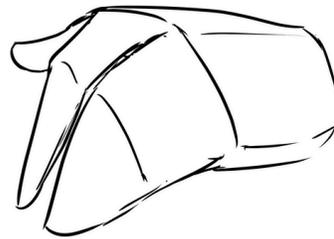
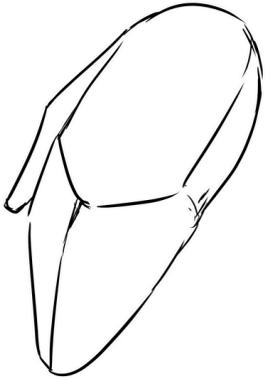
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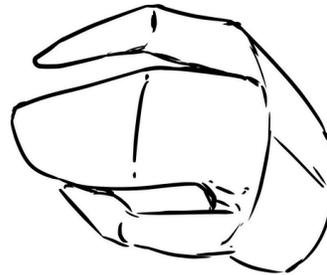
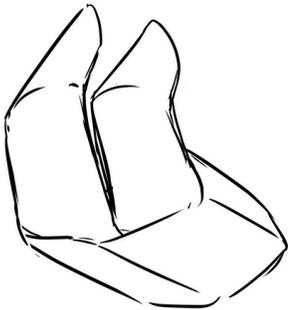
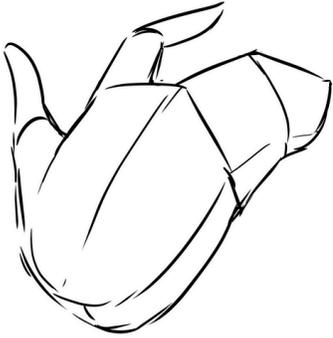
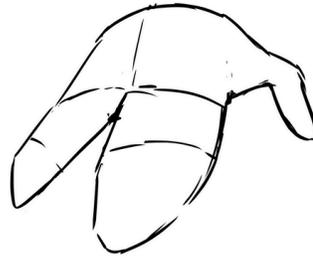
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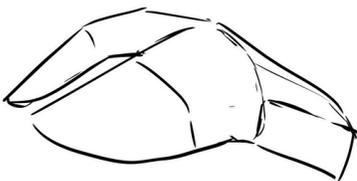
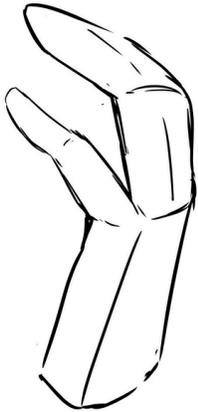
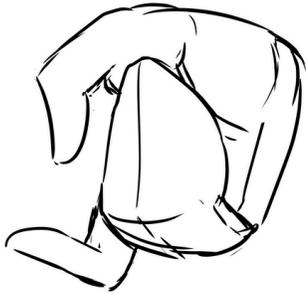
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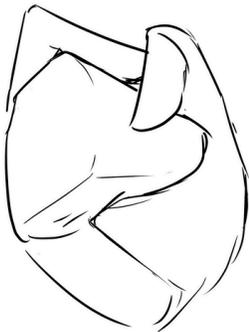
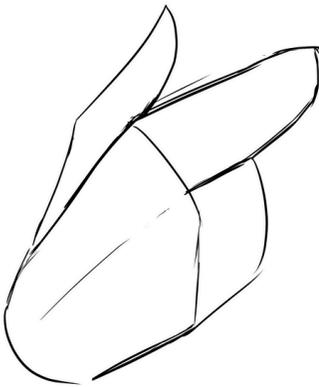
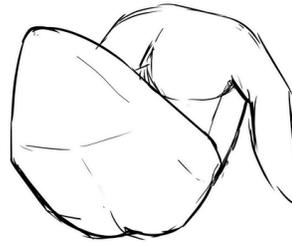
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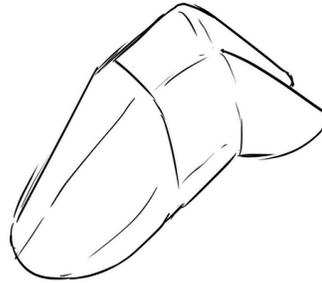
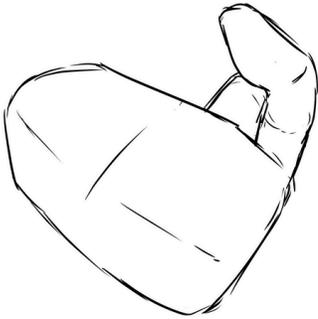
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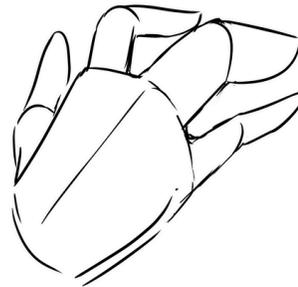
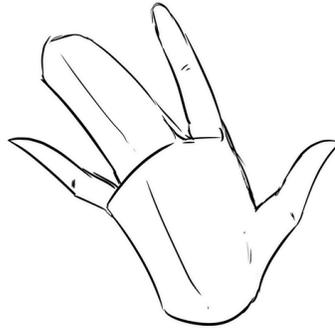
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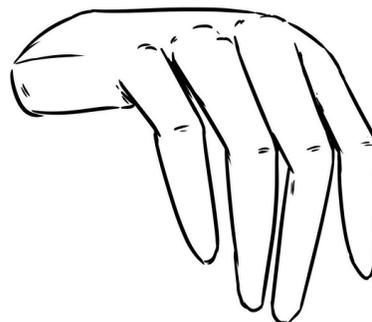
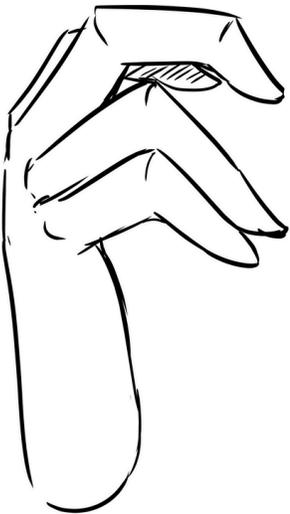
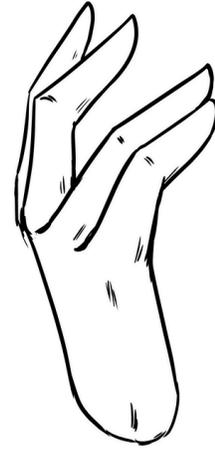
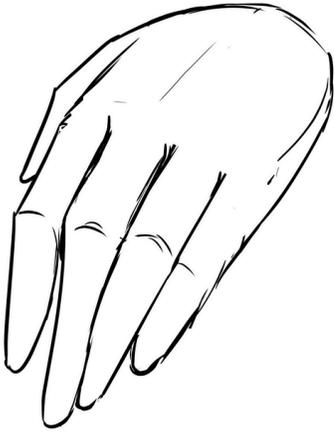
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Now lets take the final step and draw complete hands with all the fingers.
Make sure to use the steps we have practiced!



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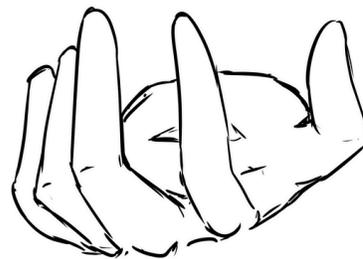
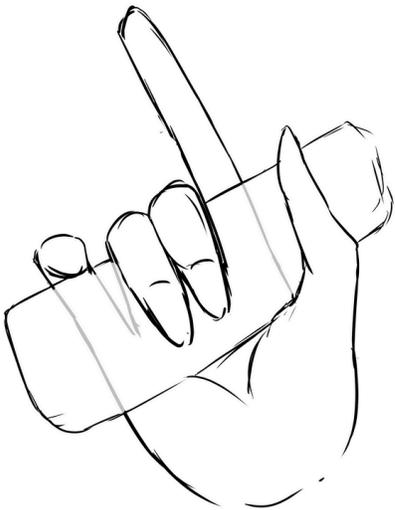
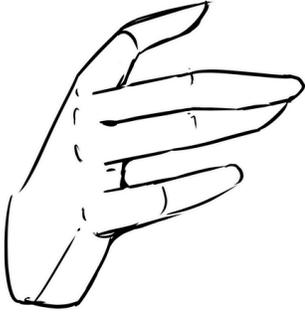
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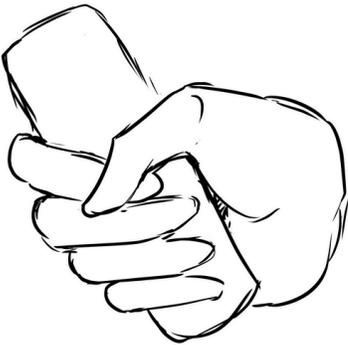
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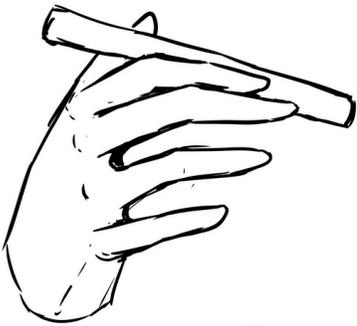
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Congrats! You completed this workbook! ^^

Thank you for letting me share my love for drawing with you!!
I really hope this was helpful, I have tons more tutorials and worksheets
on the site (JeyRam.Org) that you can check out if you liked this workbook