

Figure Drawing Basics

by JeyRam

Welcome to this basic figure drawing workbook!
I'm super excited to share these exercises with you because I wish someone had taught me these steps earlier in my art journey.

We will be learning to draw the figure through simple forms and then build towards more complex and organic forms.

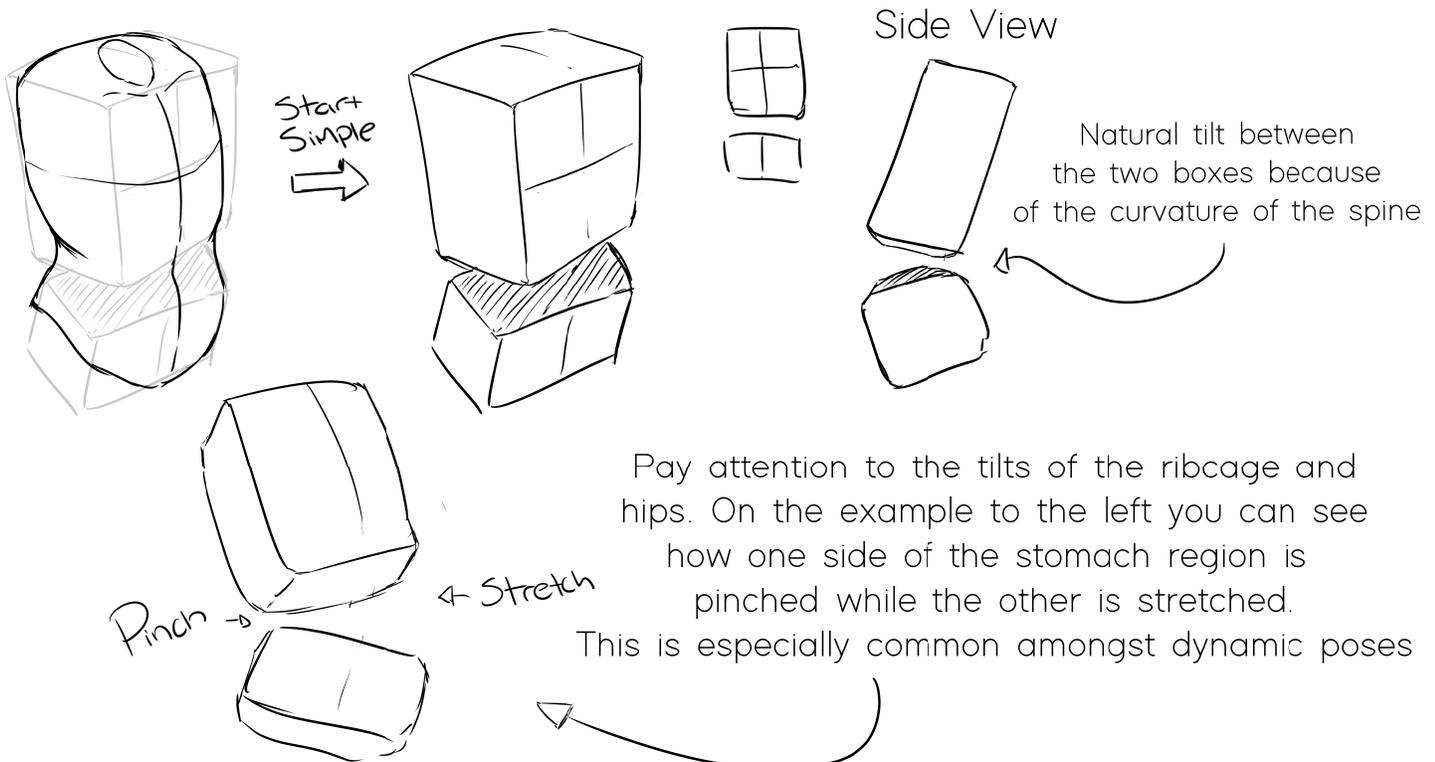
This is a very effective way of learning to draw because it gives you the freedom to draw from imagination while also building our understanding of drawing from references.

We will isolate the figure into a few sections so we can focus on one area at a time and then towards the end we will combine our skills into drawing the entire figure. If drawing the basic forms gets really challenging, I recommend you check out the Basic Forms tutorial at JeyRam.Org/Forms

Torso

Let's start by drawing the torso which is made up of two boxes for the ribcage and hips.

In this step, we will leave the stomach area empty because it doesn't have a rigid structure. Pay attention to the proportions of the boxes, the top box is longer than the bottom one and they are both wider than they are thin.



Pay attention to the tilts of the ribcage and hips. On the example to the left you can see how one side of the stomach region is pinched while the other is stretched.

This is especially common amongst dynamic poses

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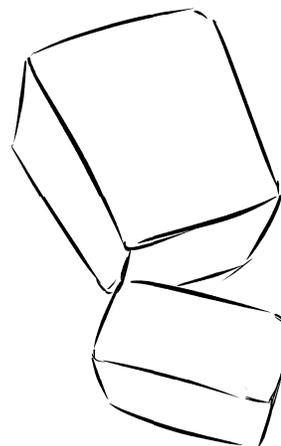
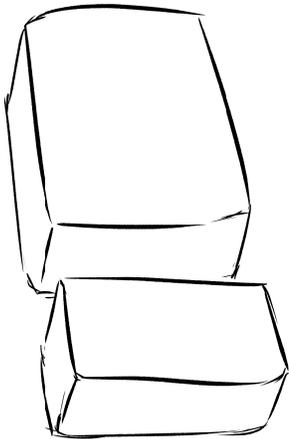
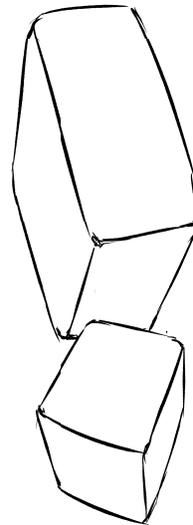
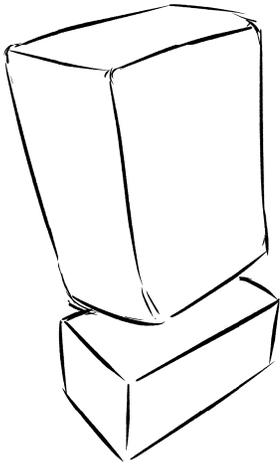
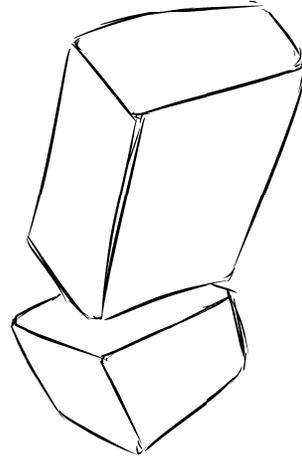
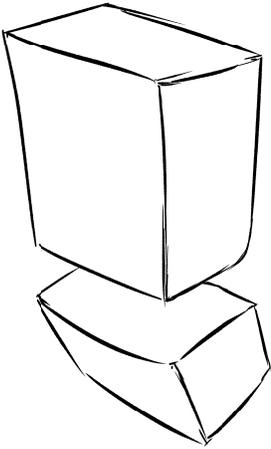


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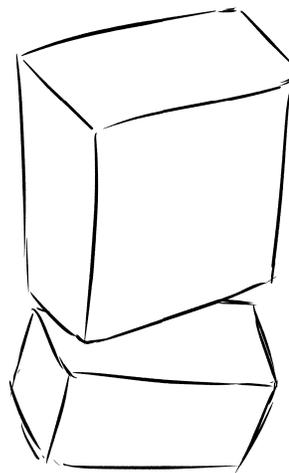
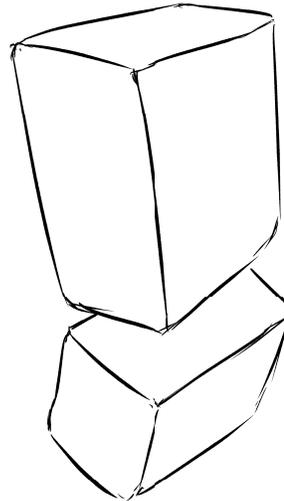
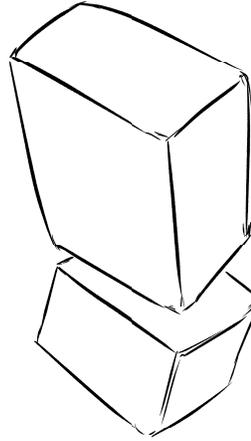
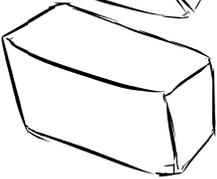
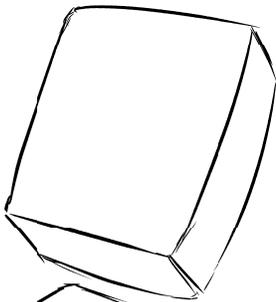
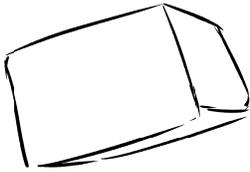
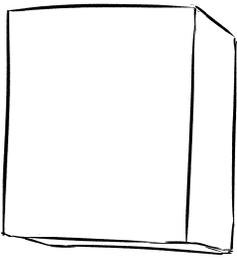
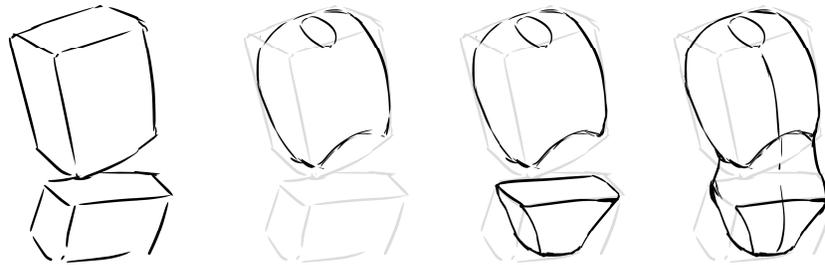


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Now that we have gotten more comfortable with the boxes in perspective lets try the more complex form. Always keep in mind that you can build up from the box guidelines, there is no pressure to jump straight to rounded forms.

When practicing I like to block in the boxes in light lines, Draw in the ribcage, then the hips followed by the center line and the sides of the stomach



Take your time when copying the examples and don't be shy about erasing! :D

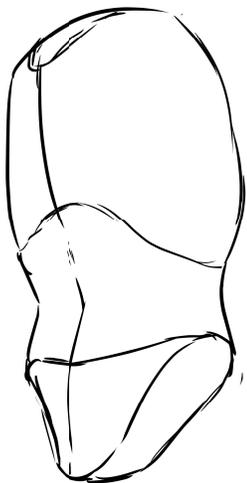
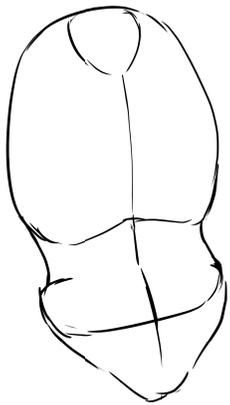


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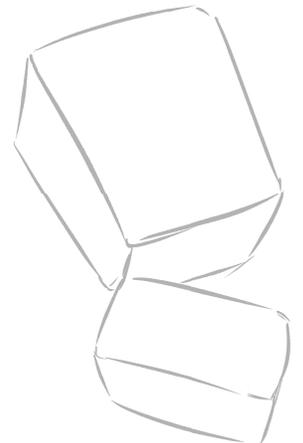
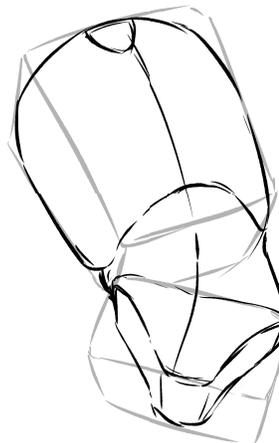
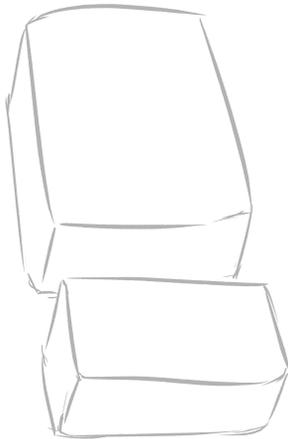
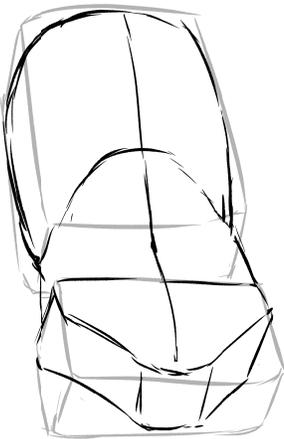
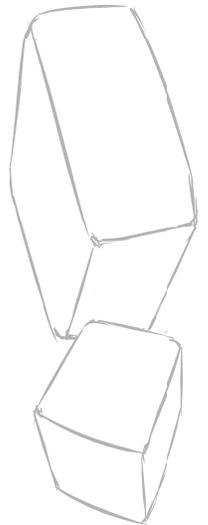
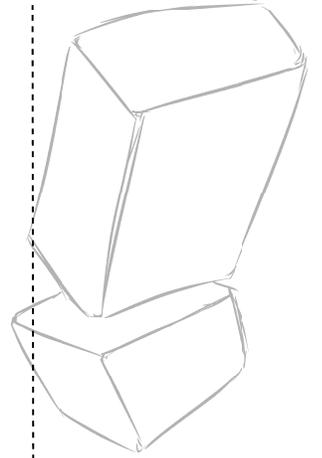
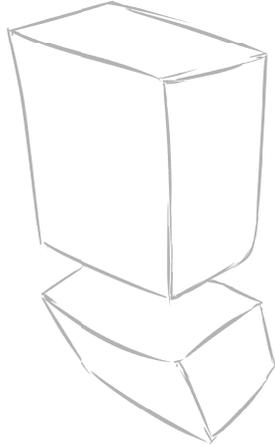
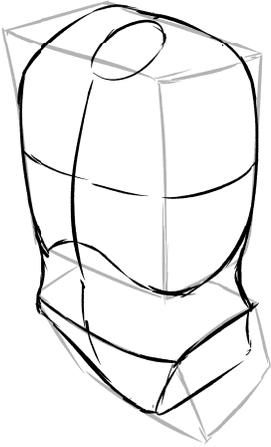


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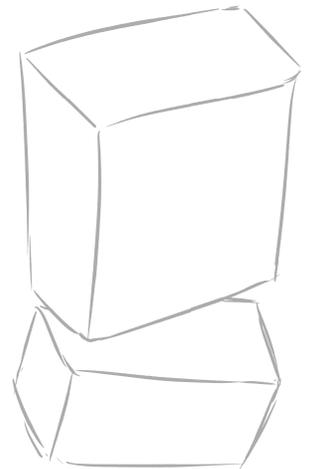
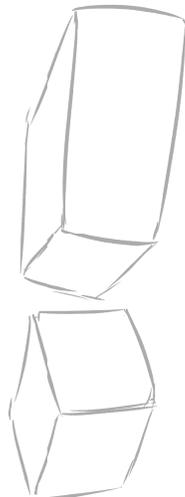
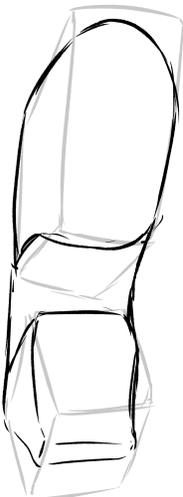
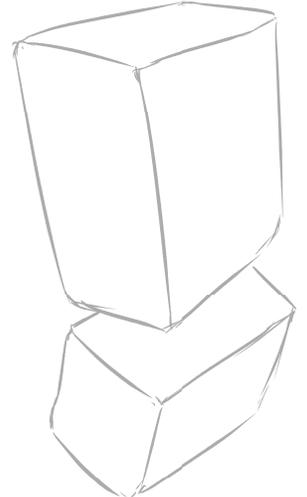
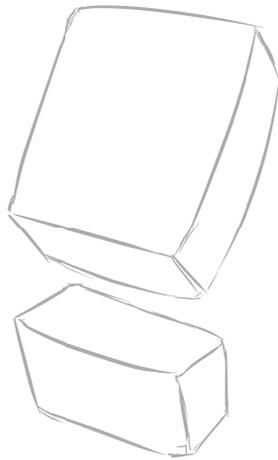
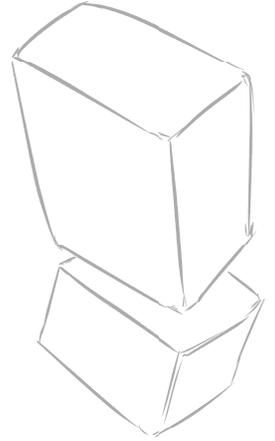
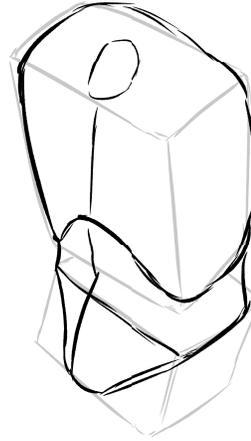
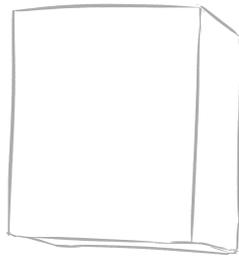
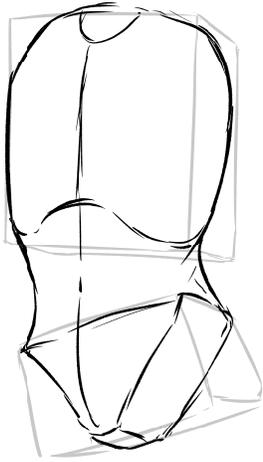


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Arms

Yaay we are onto the next part!

Now let's work on drawing some simplified arms which are made up of two long cylinders with spheres for joints. We will also add in a box for where the hand will go so that we get a sense of the orientation of the arm.

The most challenging part of drawing the figure is learning how to foreshorten parts of the body. Foreshortening is what occurs when an object is facing towards you in perspective and it becomes difficult to see the length of the object



Drawing cylinders can be quite tricky so take your time with these exercises

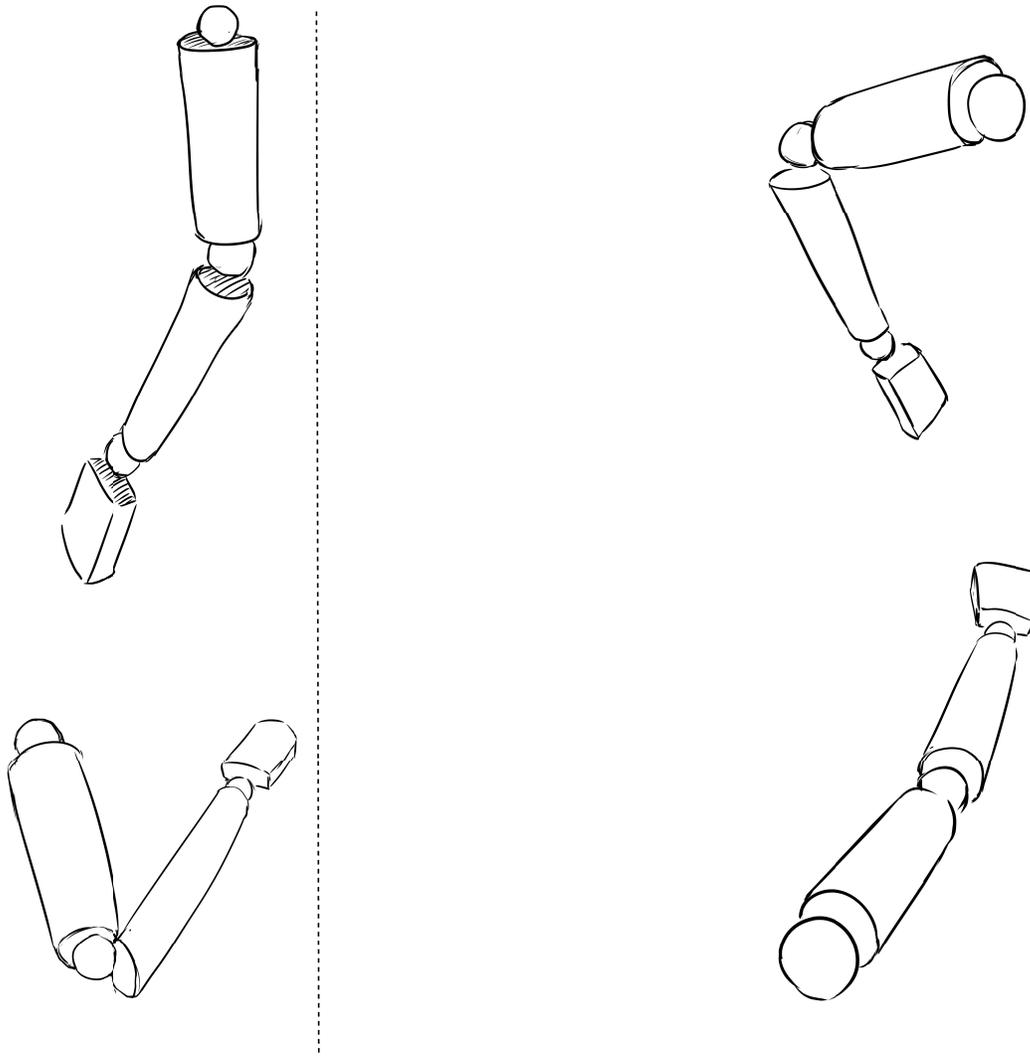


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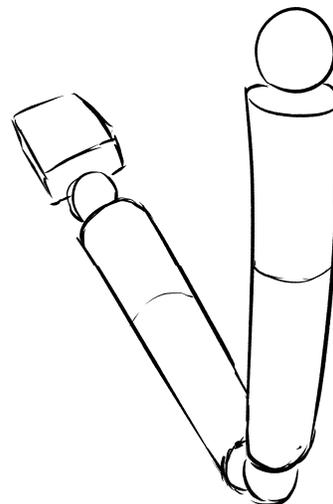
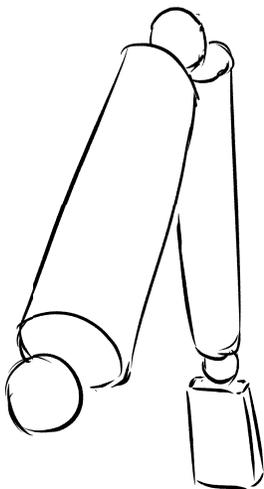
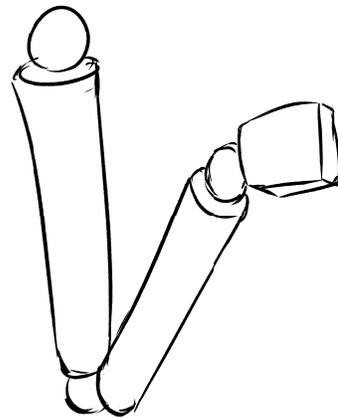
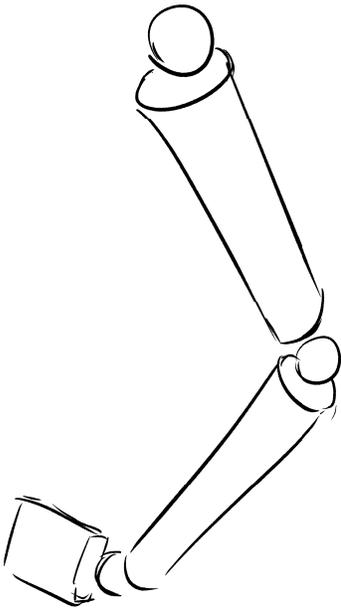
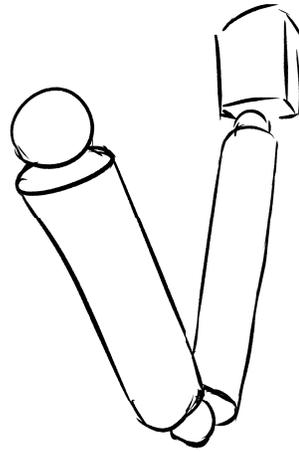
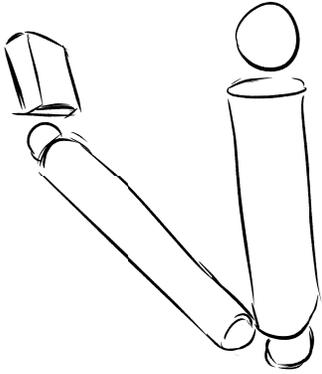


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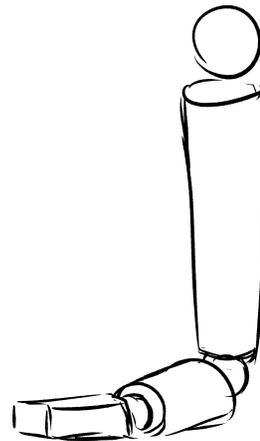
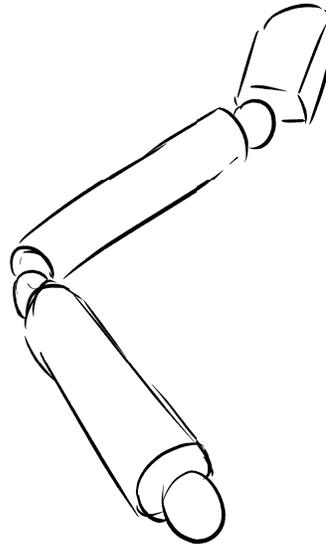
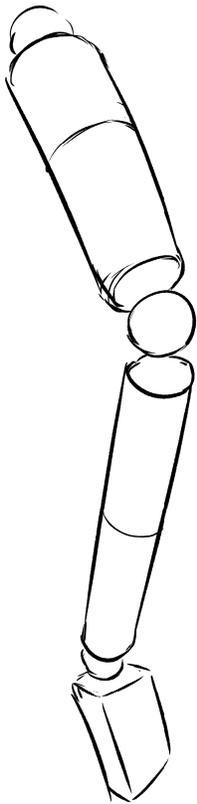
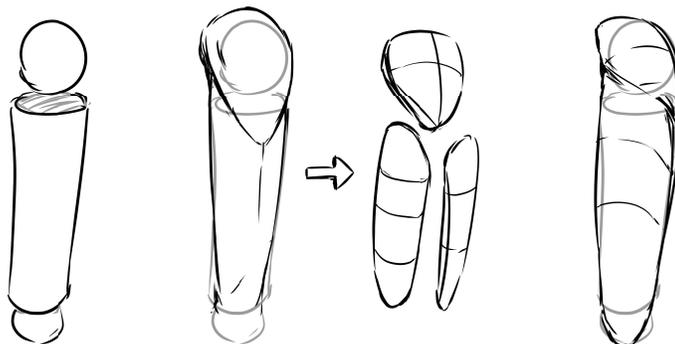


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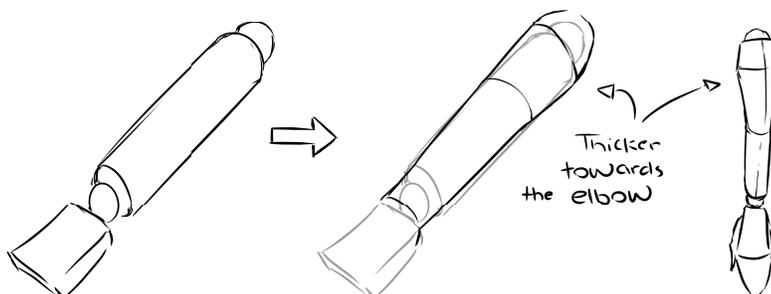
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Now that we are more comfortable with the simplified arm, let's add the muscles.

For the top of the arm, we have the shoulder muscle that goes over the top of the sphere, the biceps, and tricep that go across the cylinder. With less muscular arms the cylinder will stay fairly similar to how we have been drawing them but make sure to practice the shape of the shoulder.



For the forearm the muscles are slightly thicker towards the elbow and thinner towards the wrist.



Copy from the examples below, feel free to draw in the basic forms first and then placing in the detailed lines. Dont be shy about erasing!

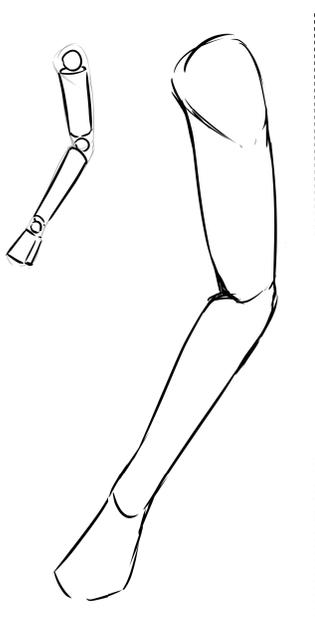


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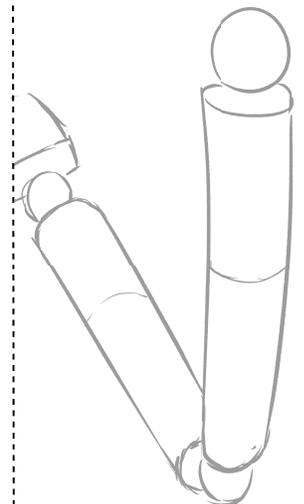
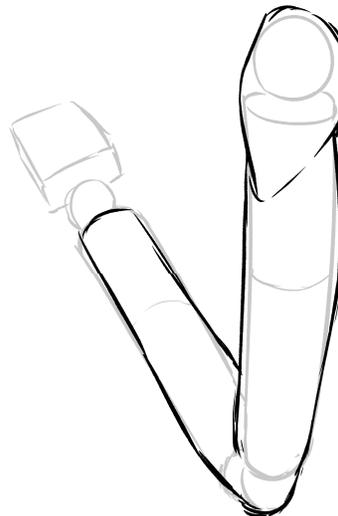
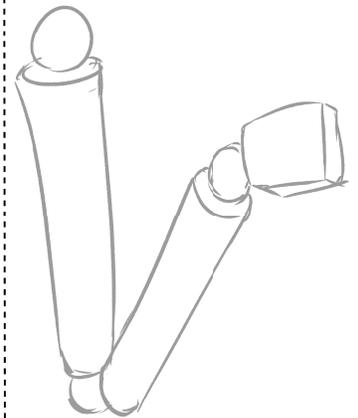
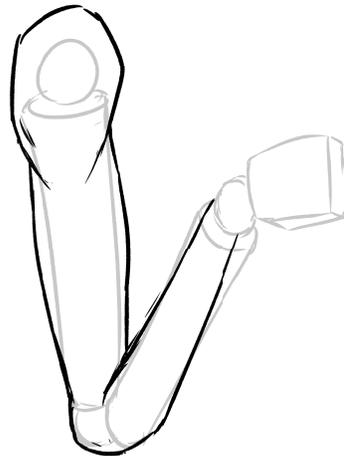
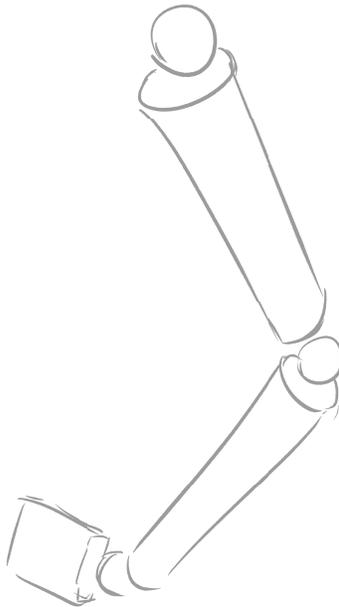
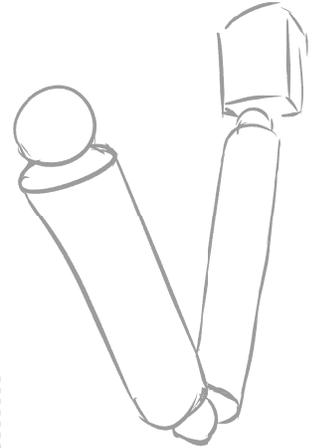
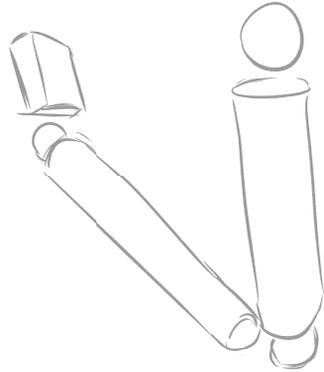
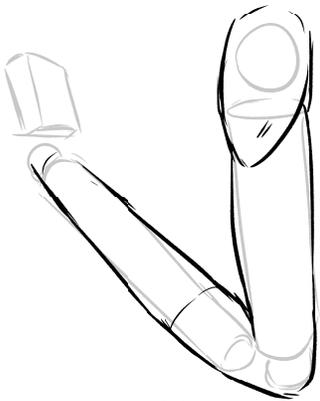


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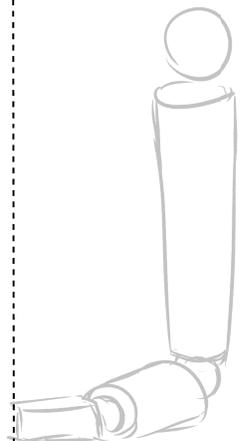
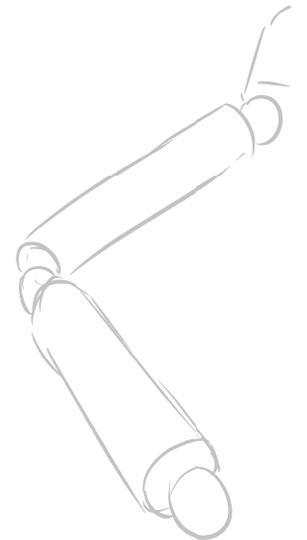
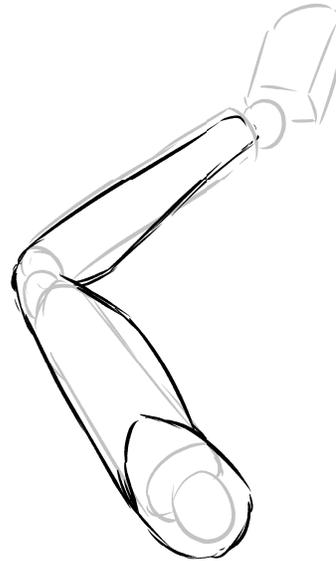
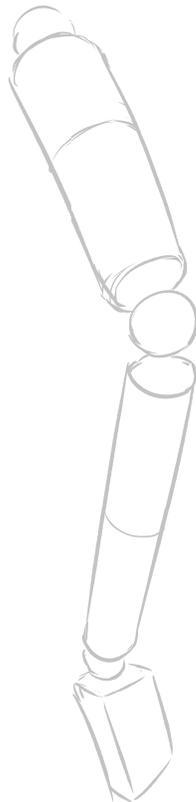
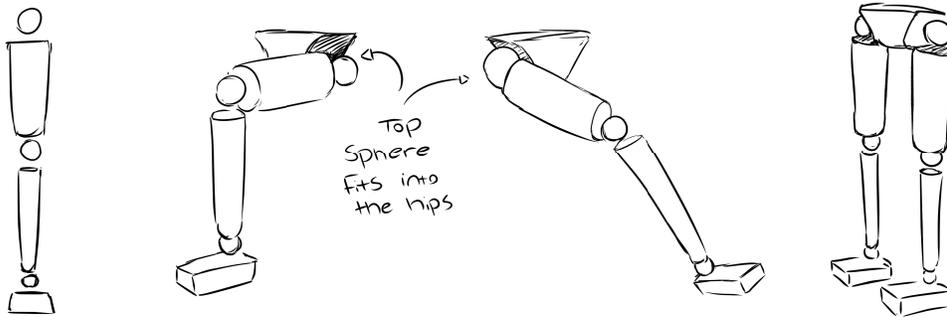


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Legs

Yay and we are onto the next part! Drawing legs is a lot easier once you have gotten comfortable with drawing arms. The legs are also made up of two cylinders and three spheres, we will add in a box for the feet to help us visualize where the leg is facing.



The top cylinder is thicker than the bottom one so make sure to capture that volume when you draw from the examples.

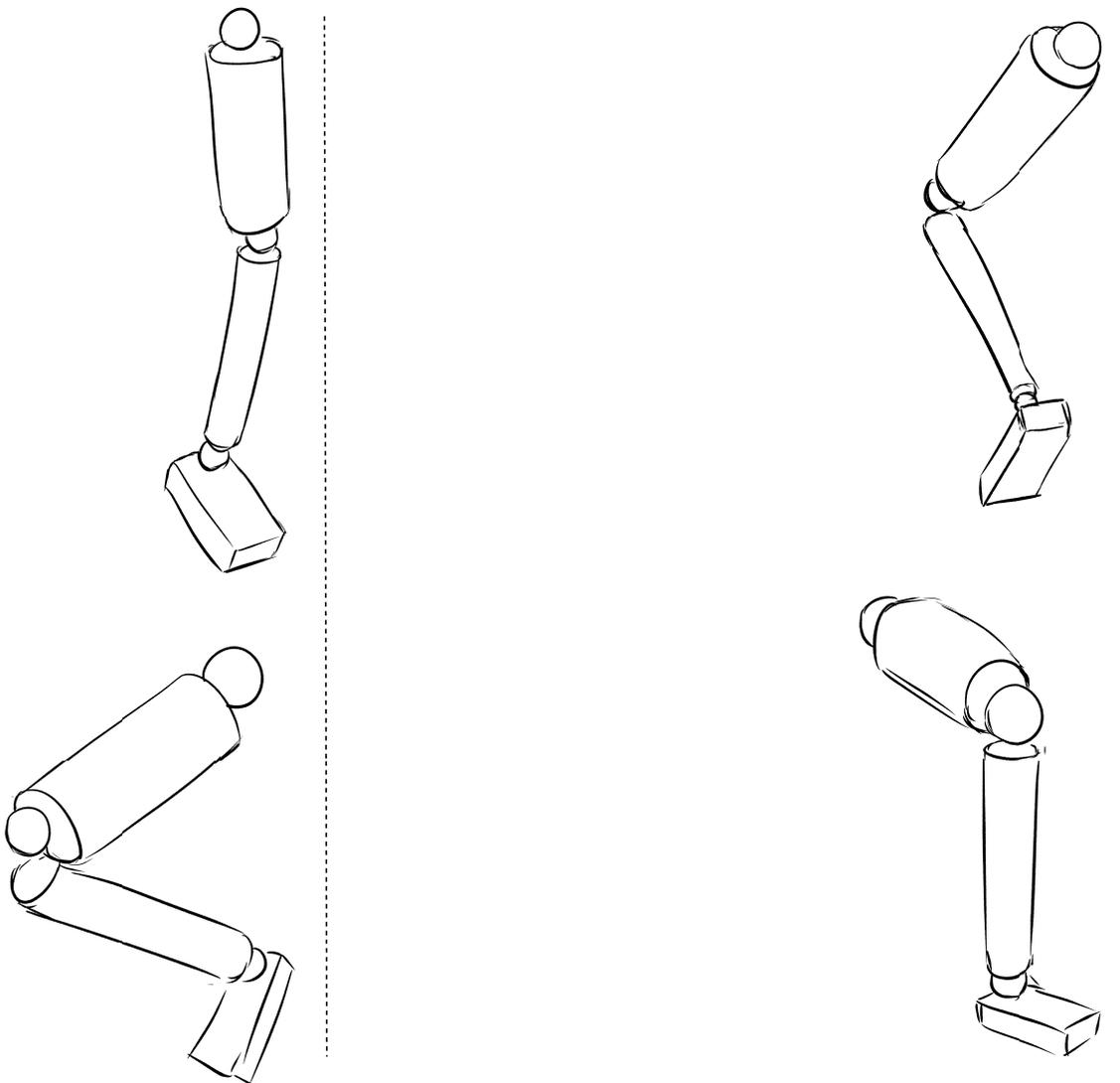


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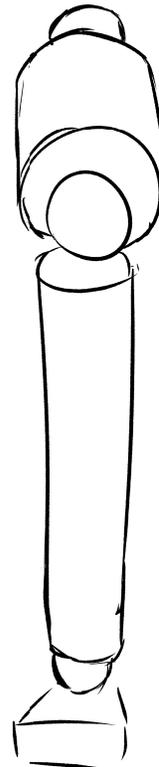
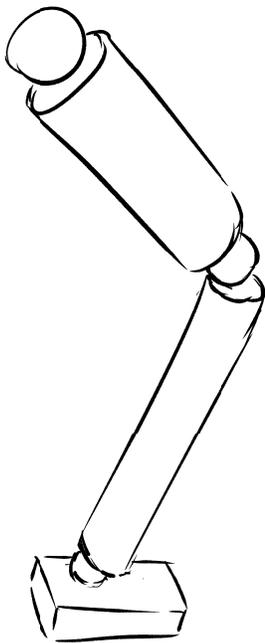
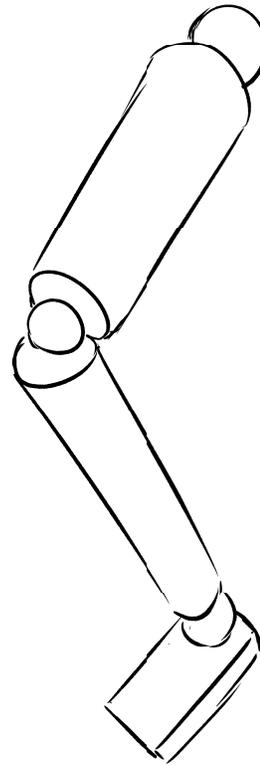
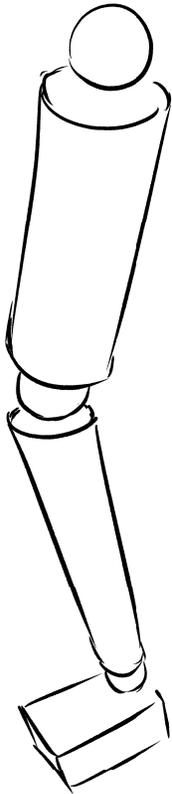
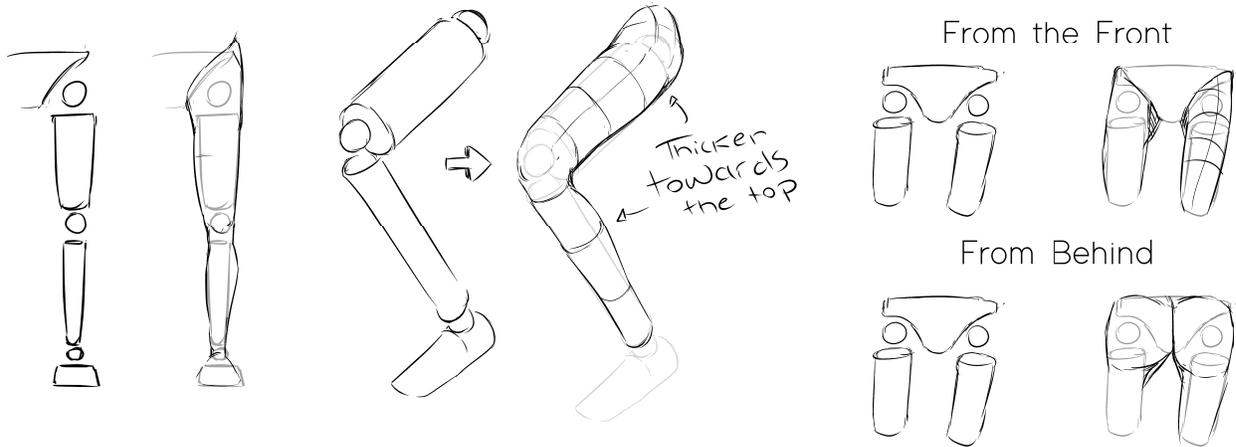


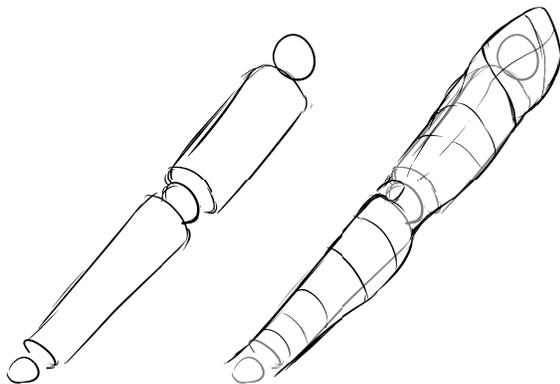
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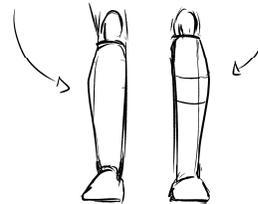
Now that we are comfortable with drawing simplified legs, lets add in the muscles. Most of the added forms will be fairly similar to basic forms we used in the last step except the muscles that connect the legs to the hips



You dont have to memorize the names of the muscles, just make sure to develop an understanding of the 3D forms that they create.



The calf muscles are especially big towards the outer sides of the leg (away from the center of the body)



Copy from the examples and feel free to build up from the basic forms and then add the muscles over the top!

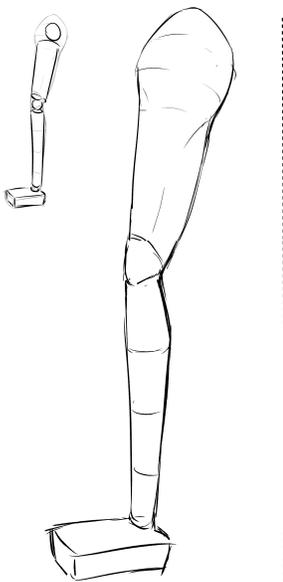


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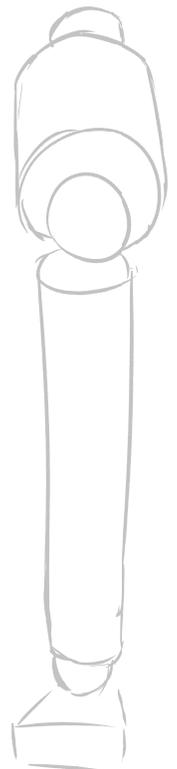
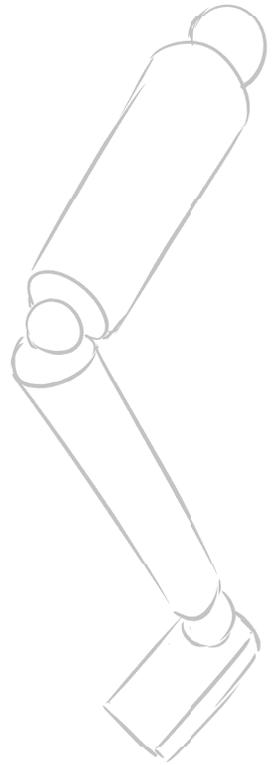


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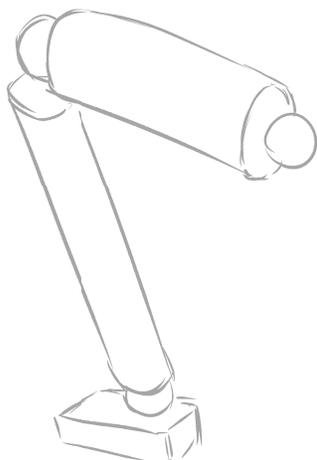
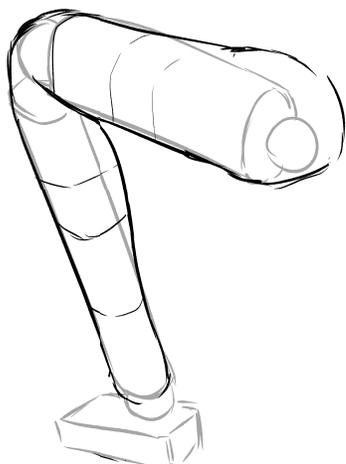
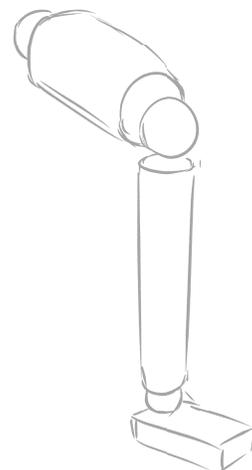
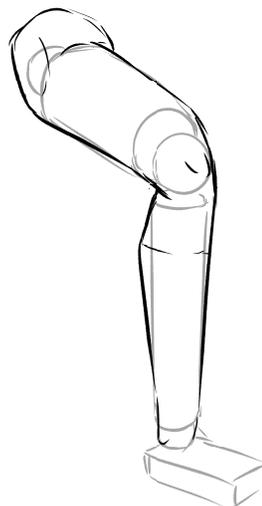
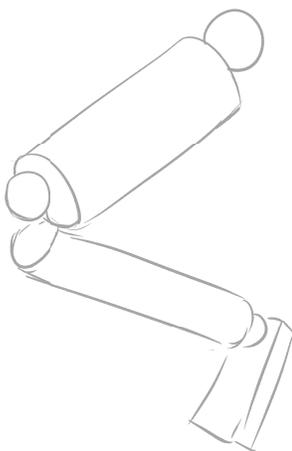
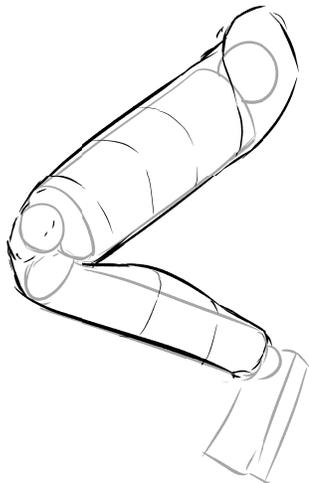


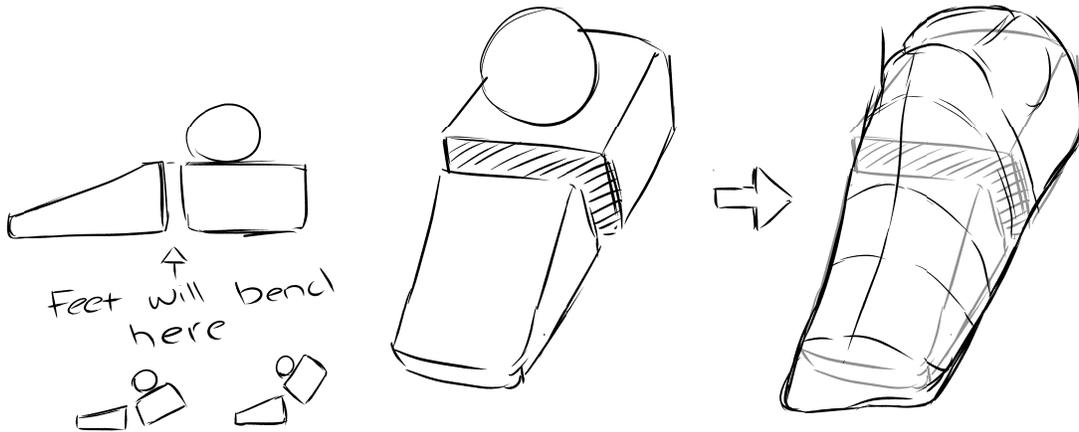
Figure Drawing Basics

by JeyRam

Feet

Congrats on finishing up the legs! Now we can practice drawing the feet.

We will simplify the feet down to a sphere, box and triangular box and then we will practice the rounded form. We are leaving out the shape of the toes for the first set of practice.



Copy from the examples below! I really hope you are starting to see how drawing the basic forms makes figure drawing much easier to understand!

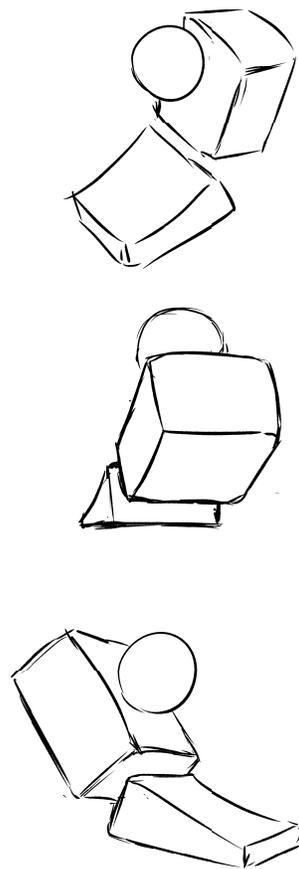
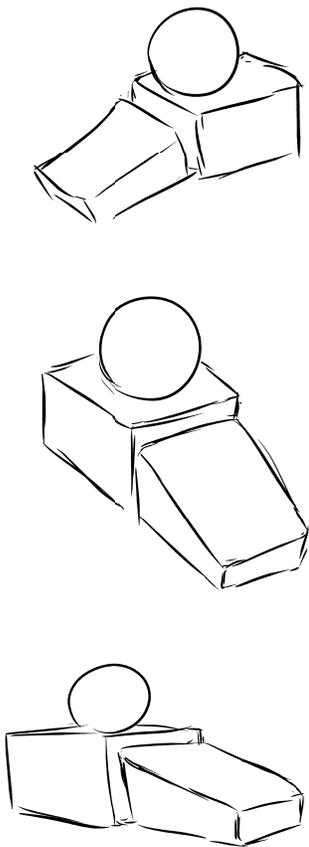


Figure Drawing Basics

by JeyRam

Copy from the examples below, dont be shy about erasing~ ^^

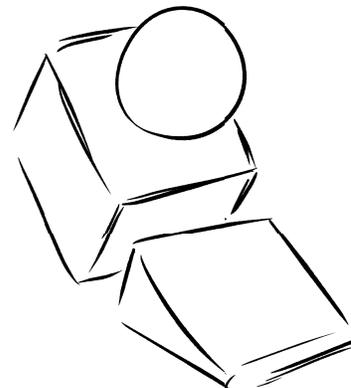
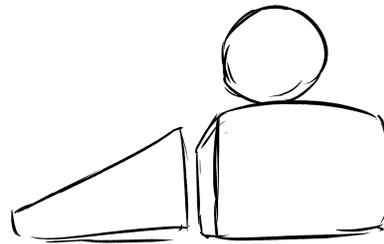
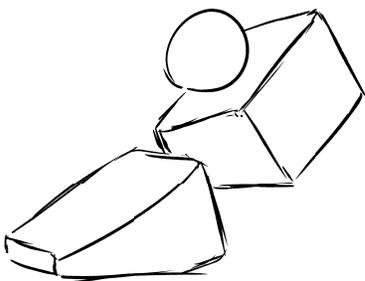
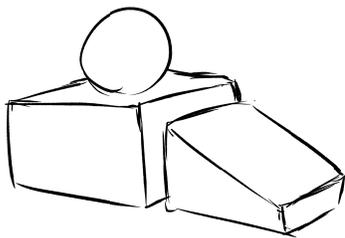
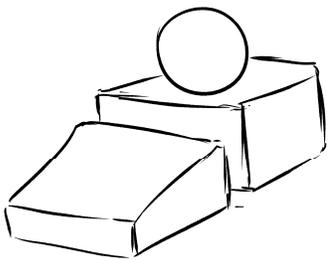
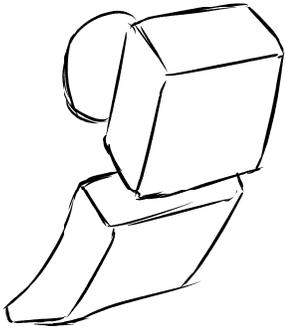
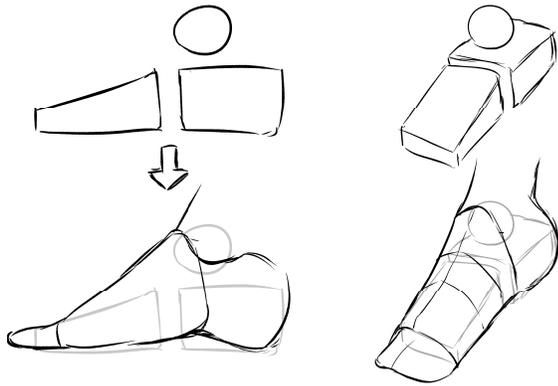


Figure Drawing Basics

by JeyRam

Now lets add in the rounded forms of the feet!



The feet are made up of 3 sections, one for the heel, one for the central portion of the foot and one for the toes. The central region curves up to ankles which is why it has a triangular shape from the side.

For these exercises we will be simplifying down the toes into these rounded forms that are longer towards the center of the body (where the big toe would be)

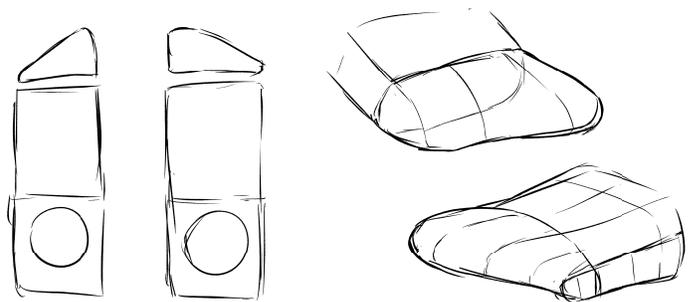


Figure Drawing Basics

by JeyRam

Copy from the examples below, dont be shy about erasing~ ^^

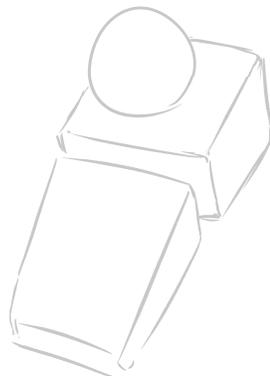
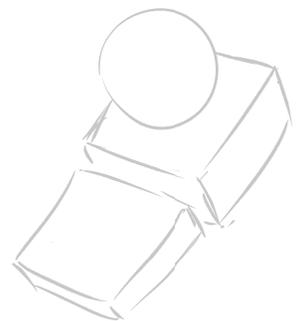
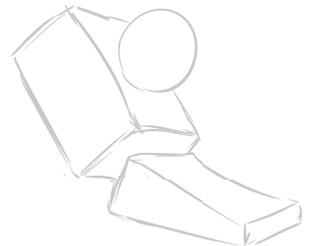
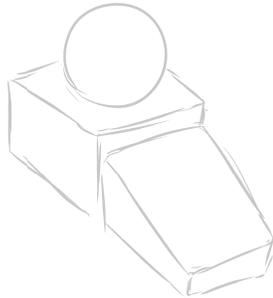
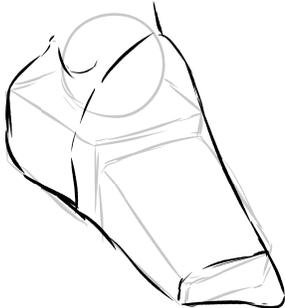
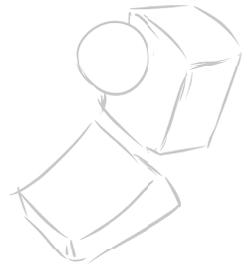
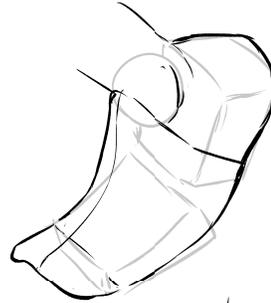
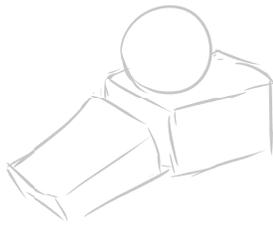


Figure Drawing Basics

by JeyRam

The Head

I have a free set of worksheets available at JeyRam.Org/Head for drawing the shape of the head so I wont be reviewing them here. Feel free to go grab them and practice before finishing this page!

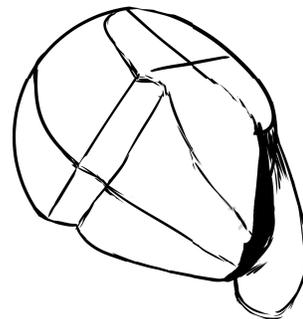
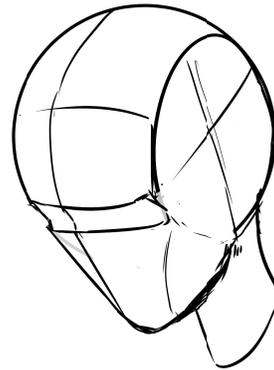
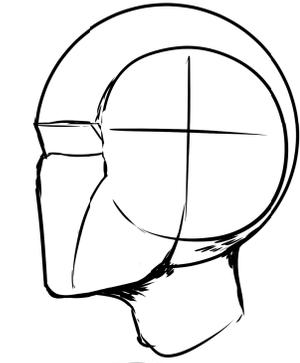


Figure Drawing Basics

by JeyRam

Hands

There are four stages to drawing the hands, on this page we will practice up to the mitten stage because I feel that it is the most useful when doing basic figure drawing since it captures the gesture and overall form without having to worry about too many details.

4 Stages



1. Central Box



2. Thumb



3. Mitten



4. Full Hand

If you want more practice and explanation on each step, you can check out the tutorial on JeyRam.Org/Hand

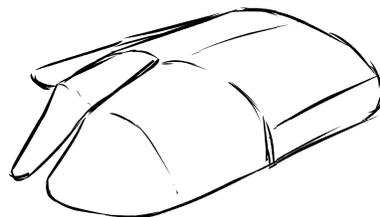
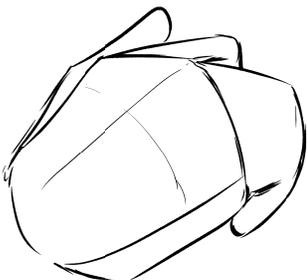


Figure Drawing Basics

by JeyRam

Full Figure

Now that we have practiced all of the individual body parts, let's combine what we have learned and draw the entire figure. First, we will practice some basic proportions and then move onto poses, there are a variety of proportions you can use so I recommend you play around and see what you personally like.

If you want proportions that are very realistic then make sure to do a lot of studies from photos and real life. Below we are drawing a figure that is 6 heads tall.

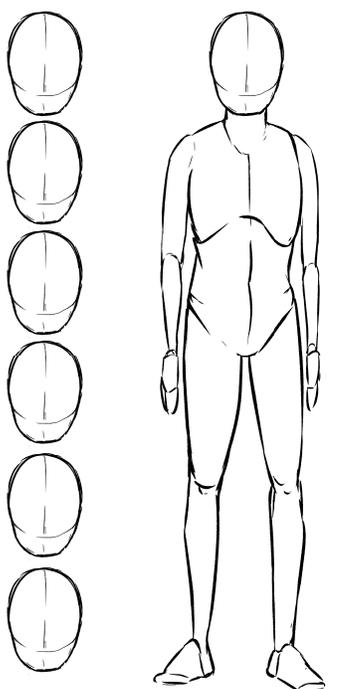
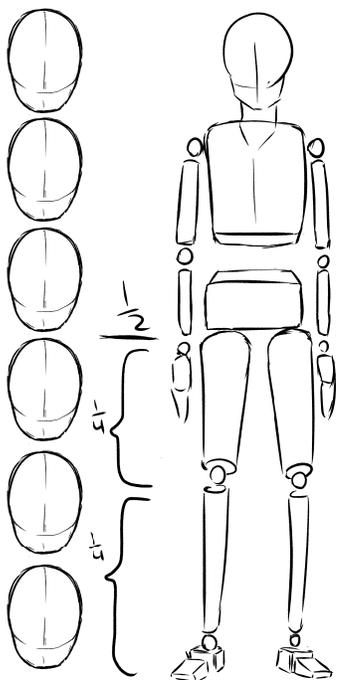


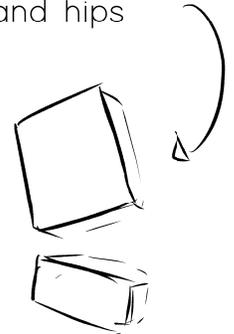
Figure Drawing Basics

by JeyRam

Copy from the examples below, I have given you the simplified guideline for this pose to help you see how constructing from these forms can be immensely helpful. Once you have the pose drawn, try to draw it again on another sheet of paper or in your sketchbook to help you deepen your understanding of the anatomy.



Pay attention to the tilt of the shoulders and hips



The body weight is on the leg that is more straight which pushes the hip upwards

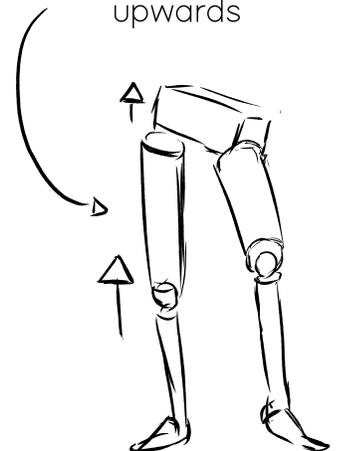


Figure Drawing Basics

by JeyRam

Copy from the example below, feel free to build up from simplified forms and then draw in the more specific and complex forms!



Figure Drawing Basics

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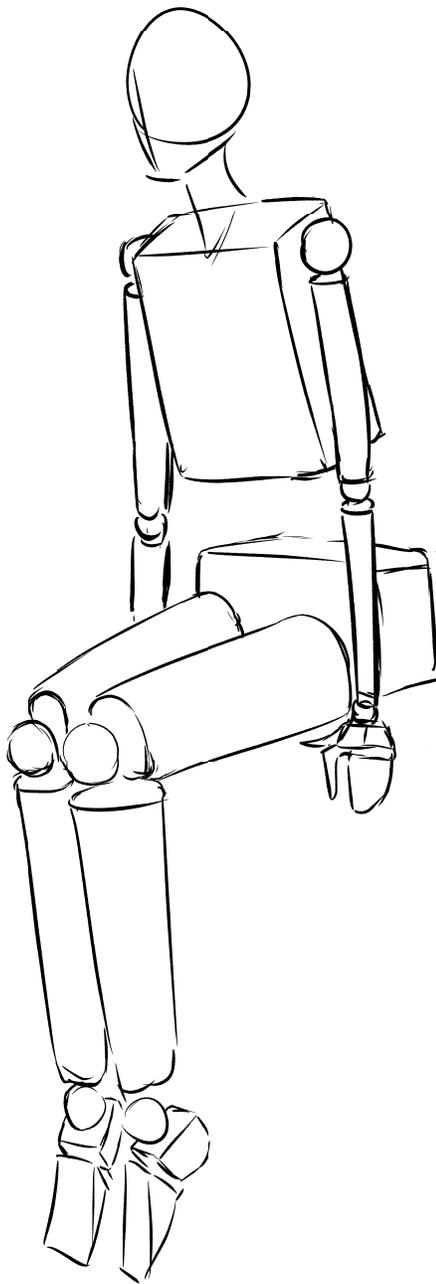
Copy from the example below, feel free to build up from simplified forms and then draw in the more specific and complex forms!



Figure Drawing Basics

by JeyRam

Copy from the simplified forms of the example and then try to draw in the complex forms from imagination. This is a great way to reinforce what we have learned.



Congratulations! You made it to the end of this workbook ^^
Thank you for letting me be part of your art journey. I really hope this was helpful to you,
I have lots more tutorials over on JeyRam.Org if you want to learn more subject matter.

Make sure to practice regularly, try to draw a figure per day to help you improve
over the long haul. Daily practice will pay off in a huge way if you stick to it!
Hope to see you again soon~