

# FIGURE IT OUT I: SHAPES & GESTURES

## PUTTING IT INTO SHAPES I

Are you tired of drawing eyes, faces and portraits? Ready to learn some basic anatomy? Here's how you can get started:

- When learning anatomy, a good rule of thumb is: “That **everything** can be described as/seen through **simple shapes**, i.e. rectangles, cylinders, circles etc.” (See Image a)
  - Shapes are how you can break down the human anatomy into simple forms to understand the body

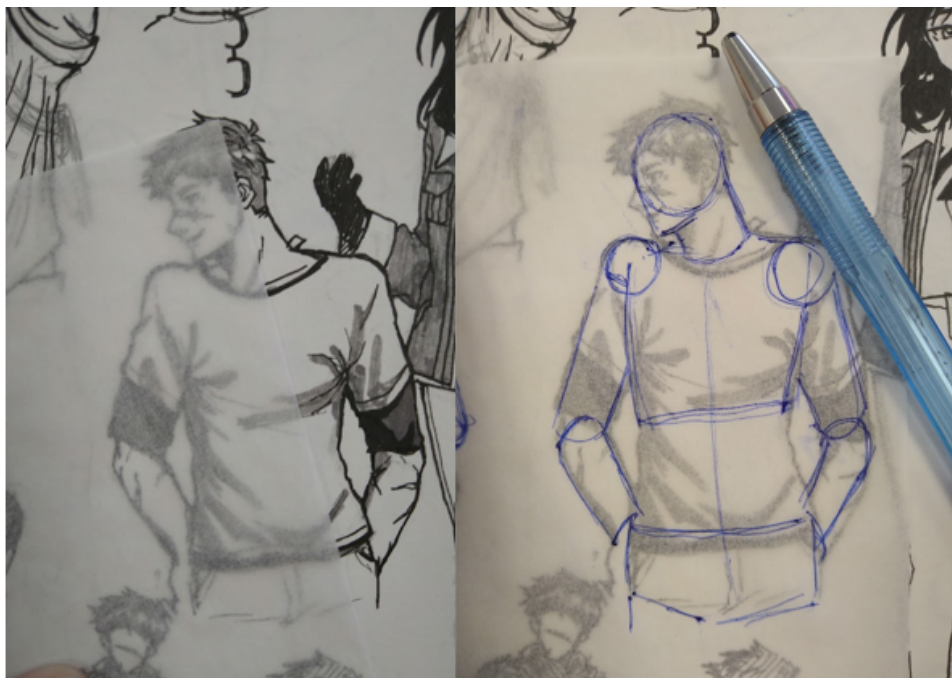


Image a: Putting it into shapes example

- **Gesture** refers to the motion of a pose (See Image b).
  - Gesture is the simplest way to get a basic understanding of the forms/shapes by drawing the **contours**, that the human body is composed of.
  - *Note:* Contour defines the outline of the shapes and forms. (See image c.)



Image b: The blue line = Gesture example



Image c: Contour examples

## EXERCISE

1. Find 1 to 3 reference images – for example, pictures showcasing poses, or covers of your favorite manga, comics, or books featuring one or two individuals.
2. Find a thin, transparent paper, such as baking paper or Post-it notes. You will use this to trace over the references you've discovered. (Refer to Image A for an example.)
3. Draw the poses using basic shapes and forms, such as rectangles, ovals/circles, and cylinders.
  - a. There is no specific number of shapes you must draw.
  - b. Whether you use a few or many shapes is entirely up to you; the goal is to ensure you understand the pose of the human body through reconstructing it by using shapes and forms.

## CHALLENGE

14 days of gesture drawing - Draw approximately 1-3 gestures (poses) per. day.

## RELEVANT RESSOURCES

- Quickposes.com - If you need quick picture references of poses ;)  
<https://quickposes.com/en/gestures/random>
- Proko Figure Drawing fundamentals Love Life Drawing.  
<https://youtu.be/74HR59yFZ7Y?si=n8cqVzQU0FIwDit9>