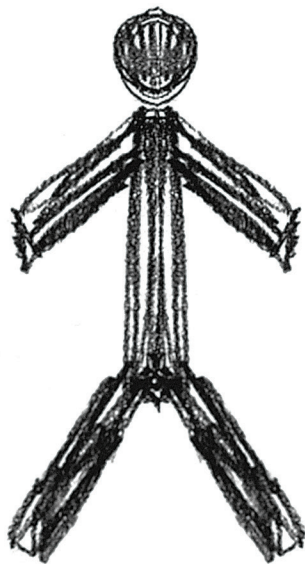
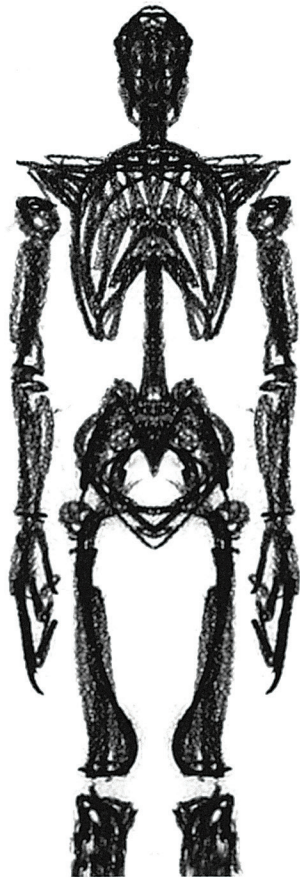


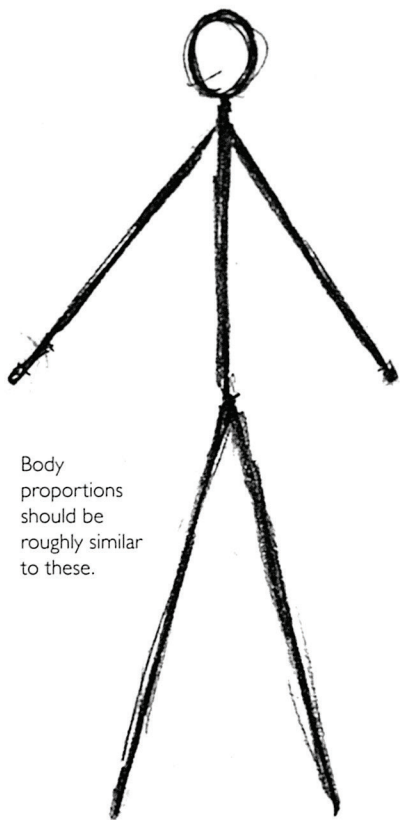
A N A T O M Y   1 0 1

Almost everyone can draw STICK FIGURES, and even though stick figures seem primitive compared to real ANATOMY, they are actually a good basis to begin studying the human form.



Let's start by looking at the classic STICK FIGURE ...



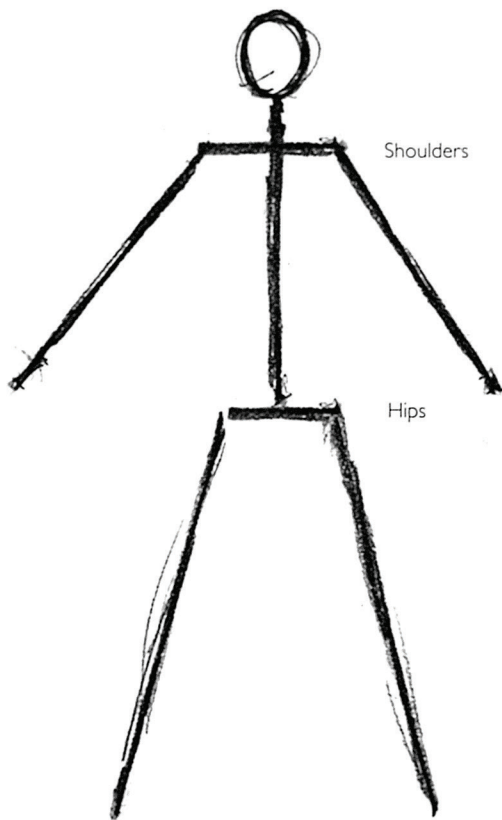


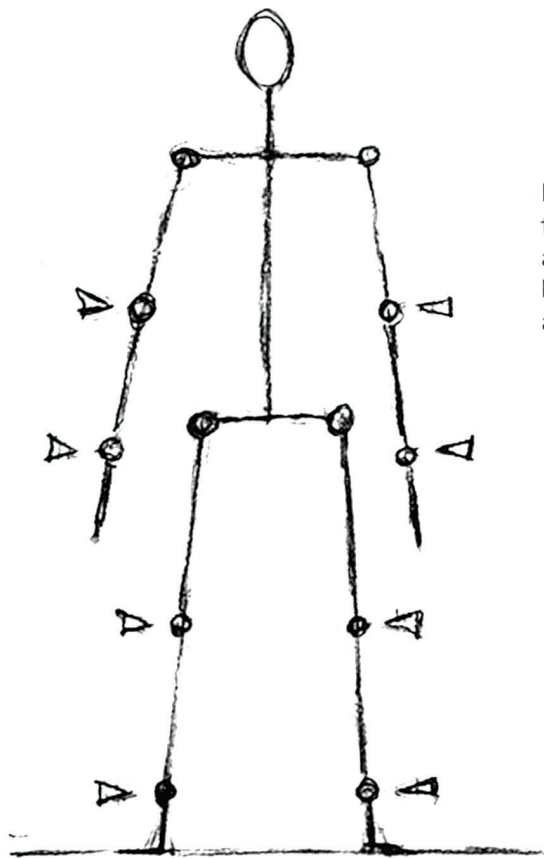
Body proportions should be roughly similar to these.

The stick figure on the left has most of the essential body parts: head and neck, torso, two arms and two legs.

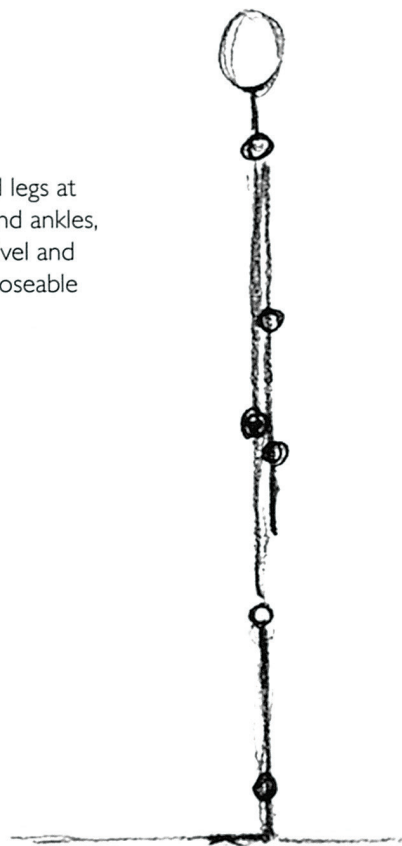
We need to add only two other essentials: the **SHOULDERS** and the **HIPS**.

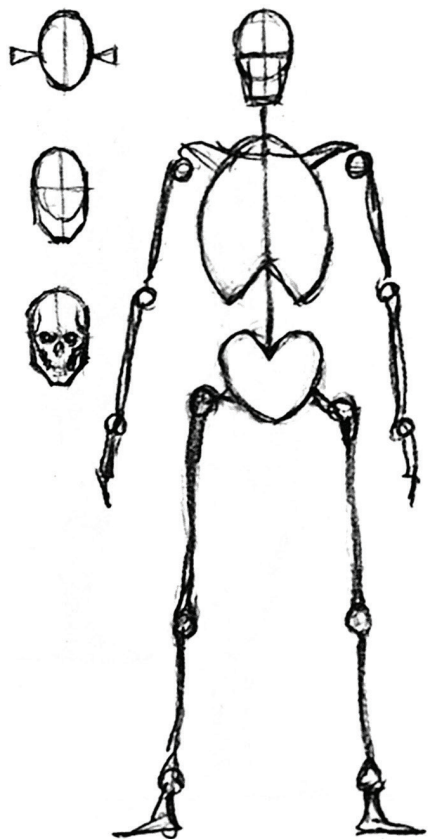
Add these as two simple lines, as in the figure on the right.





If we HINGE the arms and legs at the elbows, knees, wrists and ankles, and allow the figure to swivel and bend, the result is a very poseable and lifelike mannequin.



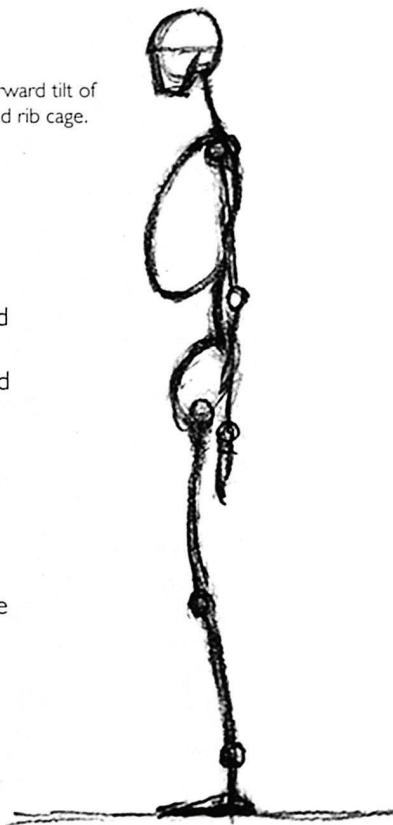


Note the forward tilt of the pelvis and rib cage.

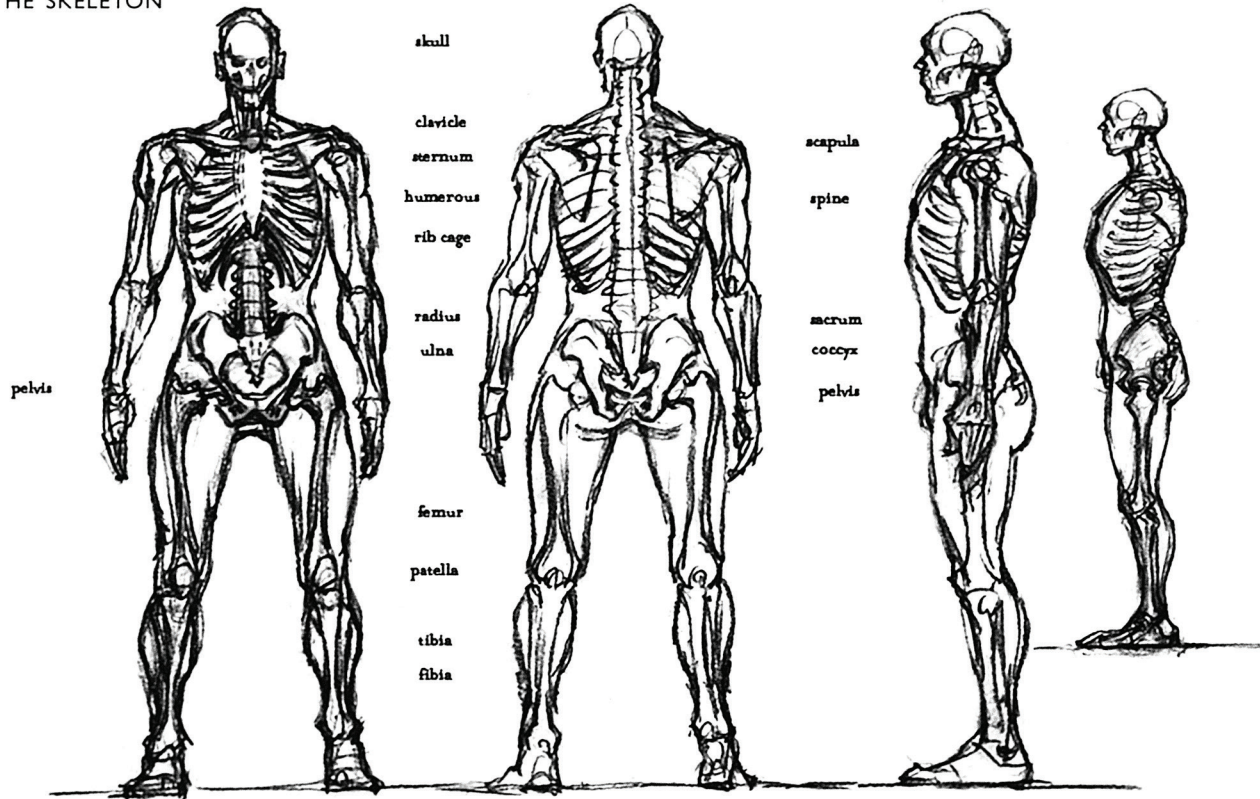
The next step is to add two shapes: one for the RIB CAGE and one for the PELVIS. Next we add refinements to the limbs, head and spine.

Add a JAW to the circular SKULL by attaching a "box" shape to the lower half.

Arch the SPINE in the small of the back and tilt it forward where it meets the skull.

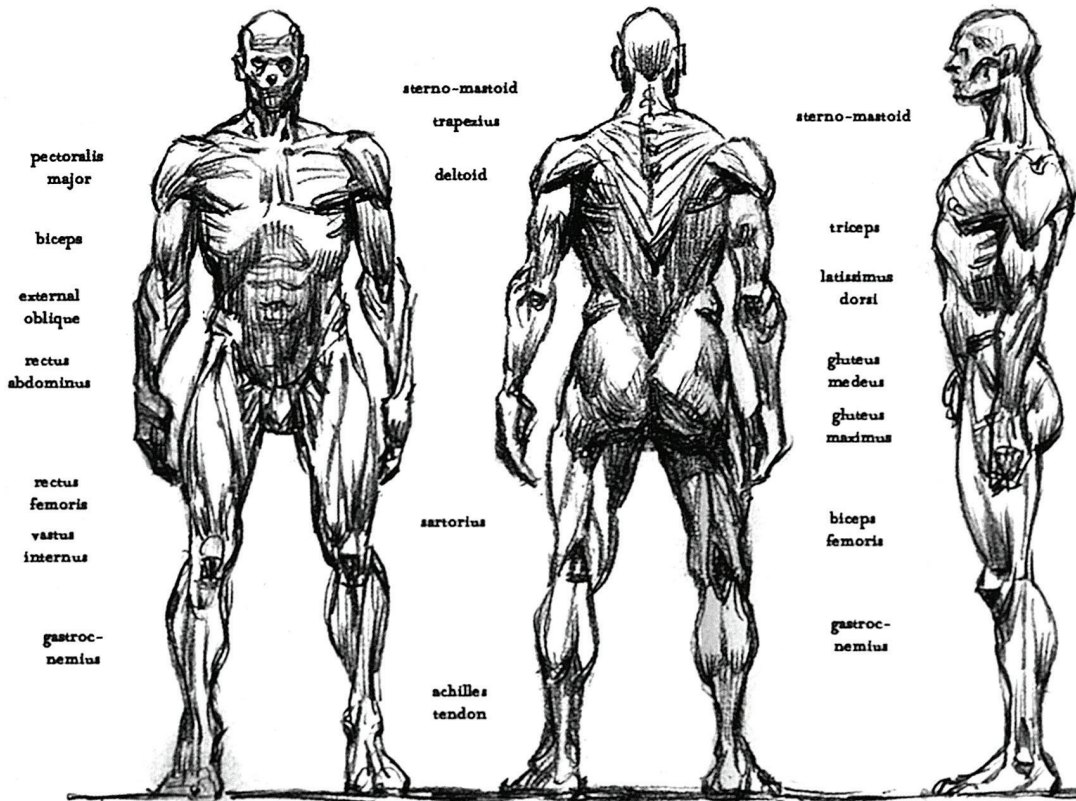


# THE SKELETON



CHALLENGE: Connect the names to the bones and the muscles.

## THE MUSCLES



NOTE: These are only some of the many muscles that make up the human body.

For more complete study and greater accuracy when it comes to muscle systems, refer to a medical text (such as *Gray's Anatomy*) or one of the many reference books for artists on the subject (such as the Andrew Loomis' masterpiece *Figure Drawing for All It's Worth*).

Good Luck!

