Draw a Muscular Male Torso: Mass Shapes and Proportion Landmarks

Original tasks 1, 2, 3, 4 / complete keys

Task 1

A torso is 20 cm tall. Divide it into four equal bands. How tall is each band, and at what distance from the top does the top of the pelvis sit?

Answer: Each band is 5 cm tall. The top of the pelvis sits 15 cm down from the top of the torso.

Reason: 20 ÷ 4 = 5 cm per band. The pelvis top is at the boundary between the third and fourth bands, so 3 × 5 = 15 cm.

Check: Measure the total height, divide by four, and count three bands down from the top.

Task 2

A rib-cage mass is 9 cm tall. The nipple line is placed one third down from the top of the rib cage. How far down from the top of the rib cage is the nipple line?

Answer: The nipple line is 3 cm down from the top of the rib cage.

Reason: One third of 9 cm is 9 ÷ 3 = 3 cm.

Check: Measure the rib-cage height, divide by three, and compare the marked line to that distance.

Task 3

A student draws a waist gap of 2 cm and a rib-cage height of 10 cm. Using the convention that the waist gap is about one quarter of the rib-cage height, is the gap too large, too small, or about right?

Answer: The gap is too small. One quarter of 10 cm is 2.5 cm, so a 2 cm gap is slightly under the convention.

Reason: 10 ÷ 4 = 2.5 cm. The drawn gap of 2 cm is less than 2.5 cm.

Check: Divide the rib-cage height by four and compare the result to the measured waist gap.

Task 4

A torso drawing has a rib-cage mass 12 cm tall and a pelvis mass 5 cm tall. The student claims the pelvis is about half the rib-cage height. Is that claim correct, and by how much does it differ from half?

Answer: The claim is not correct. Half of 12 cm is 6 cm, so the 5 cm pelvis is 1 cm shorter than half the rib-cage height.

Reason: 12 ÷ 2 = 6 cm. The pelvis is 5 cm, which is 6 − 5 = 1 cm less than half.

Check: Halve the rib-cage height and subtract the pelvis height to find the difference.

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Source rubric / reflection

- [ ] Three mass shapes are present and share a centre line.
- [ ] The pelvis mass is narrower than the rib-cage mass.
- [ ] The waist gap is visible and roughly one quarter of the rib-cage height.
- [ ] Four equal height bands are marked or implied.
- [ ] The nipple line sits about one third down the rib cage.
- [ ] Pectoral, abdominal, and latissimus masses each align with a landmark.
- [ ] Construction lines are light and do not obscure the masses.
- [ ] Valid alternative line styles are accepted if mass placement and landmarks are clear.

Reflection: What did you check, what did you change, and what will you try next?