Running Drawing: Build Stride and Arm-Swing with Simple Construction

Original tasks 1, 2 / complete keys

Task 1

A figure faces right. The front foot is at lower right and the rear foot at lower left. The forward hand is drawn on the same side as the front foot. Using the opposite-phase rule, describe the correction and state one check.

Answer: Move the forward hand to the side opposite the front foot, so it crosses the torso midline. Keep the rear hand swinging back. Check by marking F on the forward hand and confirming it is opposite the front foot.

Reason: The opposite-phase rule links the forward leg to the opposite arm. If both are on the same side, the arm-swing reads as a mistake rather than motion.

Check: Mark F and R on the hands, then compare F with the front foot side. If they match, adjust the shoulder or elbow angle.

Task 2

A torso block is drawn vertically with its base at the hip projection. The stride line slopes upward to the right. Describe how to adjust the torso for a running read, and give a hypothetical lean value.

Answer: Tilt the torso block toward the front foot, keeping its base at the hip projection. A hypothetical lean of 10 to 15 degrees from vertical is a useful teaching example. Then recheck that the shoulder line stays above the hip projection.

Reason: A vertical torso reads as standing. A forward lean aligned with the stride direction signals motion without changing the contact points.

Check: Draw a light vertical reference through the hip projection and compare the torso axis to it. The torso should tilt toward the front foot.

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Original tasks 3, 4 / complete keys

Task 3

The rear leg is perfectly straight and the front knee is locked. The stride line is correct. Describe two changes that make the stride read as running, and state how to check leg length consistency.

Answer: Add a visible bend to the front knee and a slight bend to the rear knee, keeping both contact points fixed. Check leg length by measuring hip-to-contact along each leg with a scrap of paper; the two measurements should be close, and small differences are acceptable.

Reason: Locked knees make the figure look like it is standing or stretching. Knee bends absorb the stride and make the pose dynamic.

Check: Measure each leg from hip to contact with a scrap of paper. If one leg is much longer, adjust the knee position rather than the contact point.

Task 4

A running figure faces left. The stride line runs from rear contact at lower right to front contact at lower left. The forward arm is drawn at chin height and overlaps the head. Describe the correction and one readability check.

Answer: Lower the forward hand to near the front hip level and keep it clear of the head and torso block. Keep the rear arm swinging back. Check readability by stepping back: the stride line, torso lean, and opposing arms should be visible at a glance.

Reason: A hand at chin height crowds the head and weakens the arm-swing arc. Lowering it restores the arc and keeps the silhouette readable.

Check: View the drawing from a short distance. If the arm-swing and stride are not obvious, adjust the forward hand height before adding detail.

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Source rubric / reflection

- [ ] Stride line is present and connects rear contact to front contact.
- [ ] Torso block leans forward from the hip projection.
- [ ] Legs show visible knee bends and reach their contact points.
- [ ] Arms swing in opposite phase, with the forward hand opposite the front foot.
- [ ] Silhouette reads as running from a short distance without extra detail.
- [ ] Construction lines are light and do not obscure the final figure.

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