Fighting Pose Drawing Reference: Stance and Limb Contact

Ordinary topic reference / separately checked pixels



Fighting Pose Drawing Reference: Stance and Limb Contact

Original worked example / unchanged complete key

Prompt: Draw a forward punch from a staggered stance. Use a baseline, centerline, hip and shoulder ticks, and one contact point at the knuckles. Assume one head height equals 3 cm and the figure is seven head heights tall. Place the feet two head heights apart.

Answer: Draw a baseline. The figure is 21 cm tall (seven head heights at 3 cm each). Place the feet two head heights apart, i.e., 6 cm total, so mark the forward foot 3 cm from the centerline and the rear foot 3 cm on the other side. Mark hip and shoulder ticks. Lower the hip on the rear-foot side. Draw the punching arm guide from shoulder through elbow to a contact cross at the knuckles, about one head height (3 cm) in front of the shoulder. Draw the other arm as a guard guide from its shoulder to a point near the chin, and compare the two shoulder-to-end guides: keep the difference to about one head height or less. If the punching guide is much longer, move the contact cross closer or shorten the extended arm. Tick the weighted hip and shoulder.