Fighting Pose Drawing Reference: Stance and Limb Contact

Original task 1 / independent drawing and calculation

Task 1

Draw a rear-foot kick. Use a baseline, centerline, hip and shoulder ticks, and a contact cross at the ball of the kicking foot. Assume one head height equals 2 cm and the figure is six head heights tall. State the contact point and the weighted side.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Fighting Pose Drawing Reference: Stance and Limb Contact

Original task 2 / independent drawing and calculation

Task 2

Draw a forearm block against an incoming straight limb. Show the crossing point as the contact cross. Use a centerline and shoulder ticks. Assume the forearm length is three head heights and the incoming limb guide is four head heights. State whether the block reaches the crossing point.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Fighting Pose Drawing Reference: Stance and Limb Contact

Original task 3 / independent drawing and calculation

Task 3

Draw a hook punch. Place the contact cross slightly off-center. Use a baseline, centerline, and hip and shoulder ticks. Assume the shoulder-to-contact guide is five head heights and the other arm guide is four head heights. Adjust one guide so the difference is no more than one head height.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Fighting Pose Drawing Reference: Stance and Limb Contact

Original task 4 / independent drawing and calculation

Task 4

Draw a low fighting stance with both feet on one baseline. Use a centerline and mark the weighted side. Assume the stance width is three head heights and the figure height is seven head heights. State one valid alternative stance width and why it still passes.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Full drawing sheet / reusable blank workspace

Reusable full drawing sheet for Tasks 1 to 4. Print another copy when needed. Keep all original task measurements; if a task specifies larger paper, use that paper size.