Fighting Pose Drawing Reference: Stance and Limb Contact

Original tasks 1, 2 / complete keys

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.

Answer: A valid answer shows a baseline, a centerline, hip and shoulder ticks, a contact cross at the ball of the rear foot, and a guide from hip through knee to the cross. The weighted side is the supporting foot. The figure height is 12 cm by the stated convention.

Reason: The kick needs a stable support leg and a readable contact point. Marking the ball of the foot as the contact cross and connecting it to the hip through the knee makes the kick length checkable.

Check: Confirm the baseline is present, the contact cross is on the kicking foot, the guide passes through the knee, and the weighted hip is lower on the support side.

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.

Answer: A valid answer shows a centerline, shoulder ticks, an incoming limb guide of four head heights, and a forearm guide of three head heights meeting at a contact cross. The block reaches the crossing point only if the forearm guide is extended by moving the shoulder or stepping in; otherwise the crossing point must be moved closer.

Reason: The block is valid when the forearm guide actually meets the incoming limb guide. Comparing the two guide lengths shows whether the contact point is reachable.

Check: Measure both guides against the chosen head-height unit; confirm the contact cross sits where the guides meet and that the shoulder tick is marked.

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Original tasks 3, 4 / complete keys

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.

Answer: A valid answer shows an off-center contact cross, a curved arm path, and guides adjusted so the difference is one head height or less. For example, shorten the hook guide to four head heights or lengthen the other arm guide to five.

Reason: A hook curves, but the guide lengths should still be comparable. A large mismatch makes one arm look implausibly long or short.

Check: Compare the two shoulder-to-contact guides using the head-height unit; confirm the difference is one unit or less and the contact cross is off-center.

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.

Answer: A valid answer shows a low stance, both feet on one baseline, a centerline, and a lowered hip on the weighted side. A narrower stance of two head heights is also valid if the baseline, centerline, and weight side remain readable.

Reason: Stance width is a stylistic choice. The structural requirement is a shared baseline and a visible weight side, not one fixed width.

Check: Confirm both feet touch the same baseline, the centerline is marked, the weighted hip is lower, and the stated alternative width still keeps the pose readable.

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Source rubric / reflection

- [ ] Baseline is present and both feet relate to it clearly.
- [ ] Centerline, hip midline, and shoulder midline are marked.
- [ ] At least one limb-contact point is marked with a cross and connected to a joint by a guide line.
- [ ] Weight side is visible through a lowered hip and shoulder tick.
- [ ] Limb guide lengths are compared and any large mismatch is adjusted.
- [ ] Valid alternatives are accepted if the four structural checks pass.

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