Draw a Kneeling Person: Knee Contact, Torso Alignment, and Weight

Original tasks 1, 2 / complete keys

Task 1

Draw a kneeling figure with both knees on the ground and both hands resting on the thighs. Mark the ground line and torso vertical.

Answer: Two knee contacts sit on the ground line, each with a flattened ellipse. The torso vertical rises from the midpoint between the knees. Shoulders are centered on the guide, and both arms rest on the thighs without pulling the torso off line. As a check, measure the two knee contacts: they should be roughly 2 to 3 head-height units apart, and the torso guide should fall within that span.

Reason: With both knees down, the support base is wider, so the torso line can sit between the two knee contacts. Resting hands do not shift weight, so the torso remains vertical.

Check: Confirm both knee ellipses touch the ground line and the torso guide falls between them. Check that the shoulder line is centered on the guide.

Task 2

Draw a kneeling figure with the left knee on the ground, the right foot forward, and the right hand raised. Use 3 head-height units between knee and foot contacts.

Answer: Left knee contact is on the ground line with a flattened ellipse. Right foot contact is 3 head-height units to the right. Torso vertical rises from the left hip and passes near the midpoint between contacts. Right arm is raised with the elbow relaxed and rising toward shoulder height. The grounded left knee remains the primary support; if the raised right hand pulls the torso off the guide, adjust the arm angle or shift the hip slightly away from the raised-hand side, toward the support side so the torso guide still falls between the contacts. Left leg (grounded knee) is firmer; right leg is lighter. As a check, the torso guide should fall between the knee and foot contacts, and the raised hand should not pull the shoulder line off the guide.

Reason: The raised right hand can pull the torso toward the raised-hand side, so adjust the arm angle or shift the hip slightly away from the raised-hand side, toward the support side to keep the torso guide between the contacts.

Check: Measure the distance between knee and foot contacts as 3 head-height units. Verify the torso guide passes between them and the raised hand does not pull the shoulder line off center.

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Original tasks 3, 4 / complete keys

Task 3

Draw a kneeling figure with the right knee on the ground and the left knee raised, left foot flat. Add a torso lean forward justified by a raised left hand.

Answer: Right knee contact is on the ground line. Left foot is flat and forward, with the left knee raised. Torso guide leans forward from the right hip, remaining over the support base between the right knee and left foot. Left hand is raised, and the shoulder line is centered on the leaning torso guide. As a check, the torso guide should still pass near the support base between the right knee and left foot, and the shoulder line should be perpendicular to the leaning torso guide.

Reason: The raised left hand and forward lean shift weight toward the left foot, so the torso guide tilts forward while remaining over the support base.

Check: Check that the torso guide still passes near the support base between right knee and left foot. Confirm the shoulder line is perpendicular to the leaning torso guide.

Task 4

Draw a kneeling figure with the left knee on the ground, right foot forward, and both hands on the ground. Mark four contact points.

Answer: Left knee contact, right foot contact, and both hand contacts are marked. The torso guide rises from the left hip and leans forward over the hand contacts, remaining within the support base formed by the knee, foot, and hands. Hands are placed forward, and the shoulder line is centered on the torso guide. As a check, count four contact points touching the ground line or ground plane: left knee, right foot, and both hands. Verify the torso guide remains within the support base and the shoulder line is centered on the guide.

Reason: Four contact points create a stable support base. The torso guide remains between the knee and foot contacts, and the hands support the forward lean without pulling the torso off line.

Check: Count four contact points touching the ground line or ground plane: left knee, right foot, and both hands. Verify the torso guide remains within the support base formed by the left knee, right foot, and both hands, and the shoulder line is centered on the guide.

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Source rubric / reflection

- [ ] Knee contact ellipse touches the ground line and is darkened.
- [ ] Torso vertical guide passes between the knee and foot contacts.
- [ ] Weight-bearing leg has a firmer contour than the non-weight-bearing leg.
- [ ] Raised hand is balanced by a slight hip shift or justified torso lean.
- [ ] Shoulder line is centered on the torso guide.
- [ ] Construction lines are light and do not obscure the pose.

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