Draw a Seated Figure: Spine and Limb Alignment Guide

Original tasks 1, 2, 3 / complete keys

Task 1

On a page with a seat line and midline, draw a seated figure facing forward with a straight spine. Mark all six joint pairs and connect them with tapered tubes. The seat line is 8 cm from the bottom; the skull base is 10 cm above the seat contact.

Answer: A seated figure with a straight spine from skull base to seat contact, shoulders near the spine top, hips at the seat contact, knees forward of hips, ankles below knees, and all joint markers visible.

Reason: The straight spine is a valid alternative. The check is continuity and joint logic, not curvature.

Check: Trace the spine from skull base to seat contact without lifting the pencil. Confirm knees are forward of hips and ankles below knees.

Task 2

Draw a seated figure with a gentle lean to the left. Keep the hips at the seat contact point and shift the shoulders left. Mark joint pairs and draw limb tubes. The lean should be smooth, not kinked.

Answer: A seated figure whose spine curves smoothly left from the seat contact to the skull base, with shoulders shifted left and hips fixed at the seat contact. Joint markers remain visible and limb tubes taper.

Reason: A lean is valid when the spine is continuous and the hips stay at the seat contact. The shoulders move with the spine.

Check: Check that the spine line has no sharp kinks and that the hip markers remain at the seat line.

Task 3

Draw a seated figure with crossed ankles. Place hip, knee, and ankle markers first, then draw the limb tubes. The knees are forward of the hips; the ankles cross below the knees.

Answer: A seated figure with knees forward of hips and ankles crossed below the knees. Joint markers are visible and the spine runs continuously from skull base to seat contact.

Reason: Crossed ankles are a valid alternative if the joint markers remain clear and the knees stay forward of the hips.

Check: Confirm that both ankle markers are below the knee markers and that the crossing does not hide a joint marker.

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Original tasks 4 / complete keys

Task 4

Draw a seated figure with hands resting on knees. Mark shoulders, elbows, and wrists so the wrists reach the knee markers. Keep the spine gently curved and the hips at the seat contact.

Answer: A seated figure with wrists at the knee markers, elbows between shoulders and wrists, a gently curved spine, and hips at the seat contact. Limb tubes taper and joint markers are visible.

Reason: Hand placement is controlled by wrist markers reaching the knees. The spine and hips follow the same alignment checks.

Check: Check that each wrist marker coincides with a knee marker and that the spine remains continuous from skull base to seat contact.

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Source rubric / reflection

- [ ] Spine is one continuous line from skull base to seat contact.
- [ ] Joint markers for shoulders, elbows, wrists, hips, knees, and ankles are placed before limb outlines.
- [ ] Limb tubes taper consistently between joint markers.
- [ ] Knees are forward of hips and ankles are below knees, unless a stated alternative is used.
- [ ] Shoulders sit near the top of the spine line and hips near the seat contact anchor.
- [ ] Valid alternatives such as a straight spine or crossed ankles are accepted if joint logic remains clear.

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