Draw a Seated Figure: Spine and Limb Alignment Guide

Original task 1 / independent drawing and calculation

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.

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.

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Original task 2 / independent drawing and calculation

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.

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.

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Original task 3 / independent drawing and calculation

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.

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.

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Original task 4 / independent drawing and calculation

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.

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.