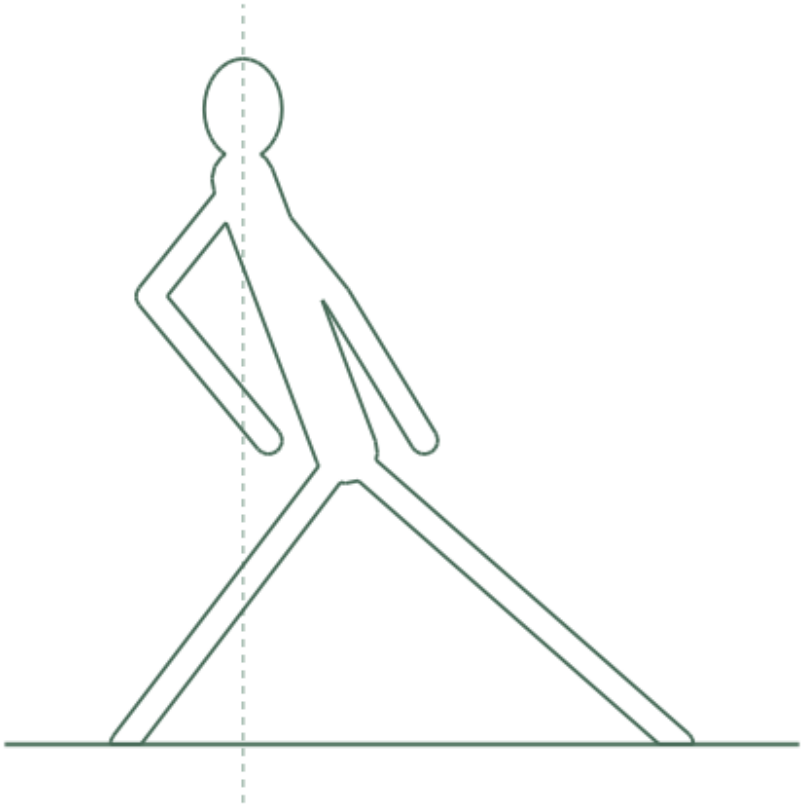
Posture Drawing Practice: Reading Weight and Balance from a Pose Grid

Ordinary topic reference / separately checked pixels



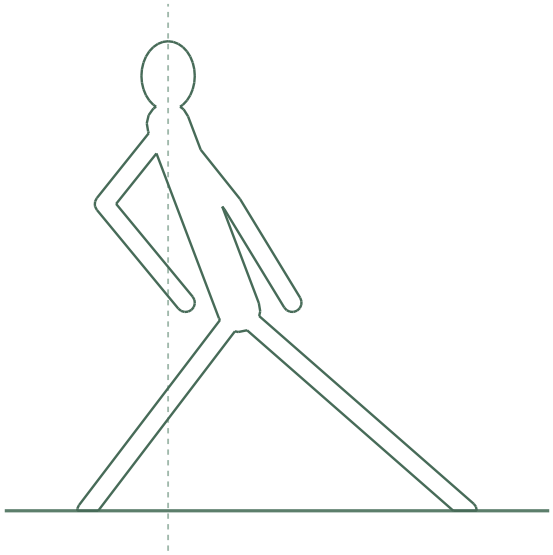
Posture Drawing Practice: Reading Weight and Balance from a Pose Grid

Original worked example / unchanged complete key

Prompt: A standing silhouette on a printed page has a base of support 40 mm wide. The balance line falls 8 mm to the left of the base center. Redraw the pose in a blank box and check the offset.

Answer: Draw a vertical balance line and a 40 mm horizontal base. Place the balance line 8 mm left of the base center. Build the silhouette so the torso leans slightly left and the drawn shift is toward the left side of the support span. Measure your redraw: the signed offset should be -8 mm, meaning 8 mm left, plus or minus 5 mm (hypothetical tolerance). Record the offset and base width in millimeters.

Provided vertical guide / hypothetical drawing-span checks only



Base 40 mm / offset -8 mm

These selected diagrams show assumed graphic guides. They do not measure body mass, foot loading, wall force or friction. Values label the hypothetical drawing; lengths print 1.8:1 (single) or 1.2:1 (pair).