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

Original tasks 1, 2 / complete keys

Task 1

A sitting silhouette has a seat base 60 mm wide and a balance line 12 mm right of the seat center. Redraw the pose and state the offset you measure.

Answer: The redraw should show a vertical balance line 12 mm right of the seat center, with the torso shifted slightly right. Measured offset should be 12 mm plus or minus 5 mm (hypothetical).

Reason: Under the worksheet convention the provided line is 12 mm right of the seat center and remains inside the 60 mm span. This is a graphic placement check, not a physical stability measurement.

Check: Measure the horizontal distance from your balance line to the seat center; compare to 12 mm with a 5 mm hypothetical tolerance.

Task 2

A leaning silhouette has one foot as its base, 25 mm wide, and the balance line falls exactly on the outer edge of the foot. Redraw the pose and describe the weight shift.

Answer: The redraw should show the balance line touching the outer edge of the single-foot base, with the body leaning toward that edge. The drawn projection lies on the stated support edge. This is the boundary of the worksheet inside-span check, not a measured physical stability result.

Reason: When the provided vertical line meets the drawn span edge, one signed clearance is zero. This is the boundary of the worksheet inside-span check, not a calculation of falling or stability.

Check: Check that your balance line touches the outer edge of the 25 mm base and that no part of the line falls outside the base.

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Original tasks 3, 4 / complete keys

Task 3

Two standing silhouettes are side by side. One has a base 30 mm wide with a 4 mm offset; the other has a base 50 mm wide with a 20 mm offset. Which pose shows a larger weight shift, and by how much?

Answer: Under this worksheet absolute-offset comparison, the second drawing has the larger horizontal shift: 20 mm versus 4 mm, a difference of 16 mm. The base widths are recorded separately; this is not a comparison of physical load on the feet.

Reason: The selected comparison subtracts the two supplied absolute offsets. It does not normalize by base width or infer real mass distribution from a silhouette.

Check: Subtract the smaller offset from the larger: 20 mm minus 4 mm equals 16 mm. Confirm both values are in millimeters.

Task 4

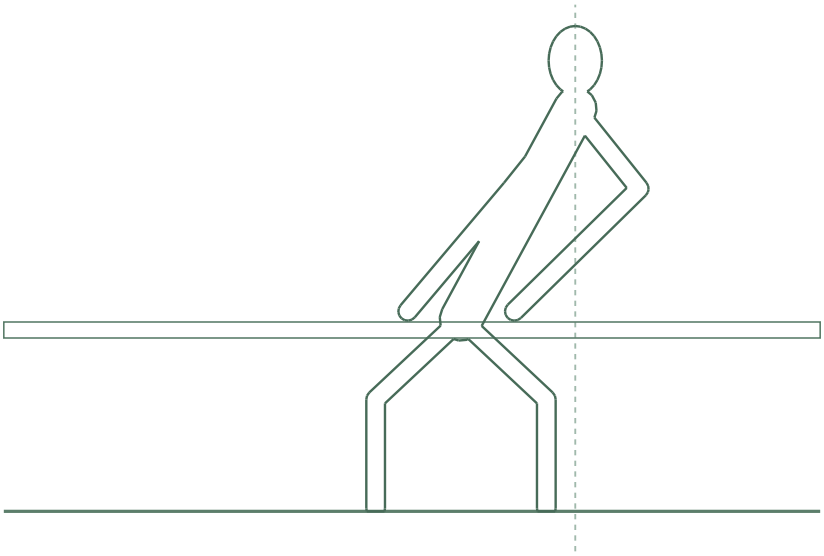
A leaning pose uses a hand on a wall as part of its base. The foot base is 20 mm wide and the hand contact adds 30 mm to the base on one side. The balance line falls 10 mm inside the combined base from the hand side. Redraw the pose and mark the combined base.

Answer: The selected worksheet construction has a combined horizontal span of 50 mm: 20 mm for the foot plus the stipulated 30 mm hand-side extension. Mark the provided vertical guide 10 mm inside from the hand-side edge. That point falls within the drawn span, so the graphic criterion passes. This alone does not establish real wall-supported stability, because wall forces, friction and the body mass distribution are not supplied.

Reason: The arithmetic 20 + 30 = 50 checks the stated graphic convention. A line 10 mm inside that span is a drawable placement condition, not a complete force or center-of-mass calculation.

Check: Measure the 50 mm drawn span and the 10 mm inward distance from the hand-side edge. Record that this checks the drawing convention; do not label it a measured physical stability certificate.

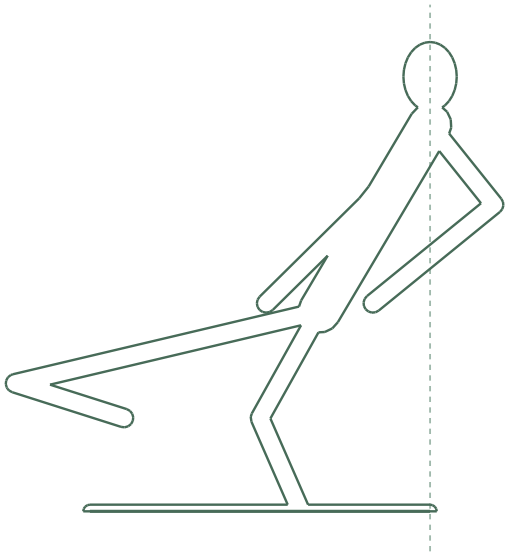
Provided vertical guide / hypothetical drawing-span checks only



Base 60 mm / offset +12 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).

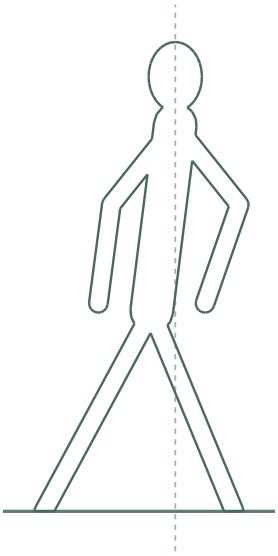
Provided vertical guide / hypothetical drawing-span checks only



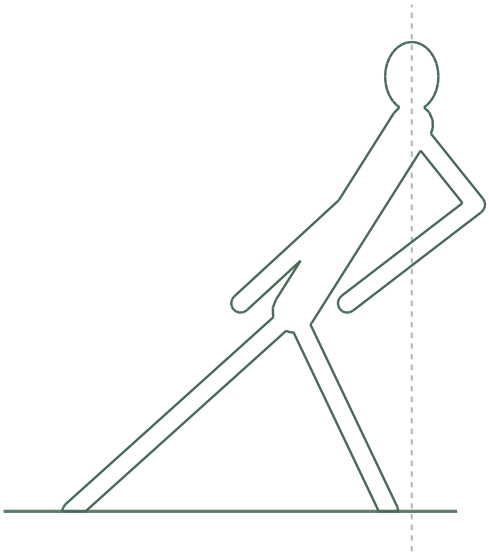
Base 25 mm / offset +12.5 mm

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).

Provided vertical guide / hypothetical drawing-span checks only



Base 30 mm / offset +4 mm

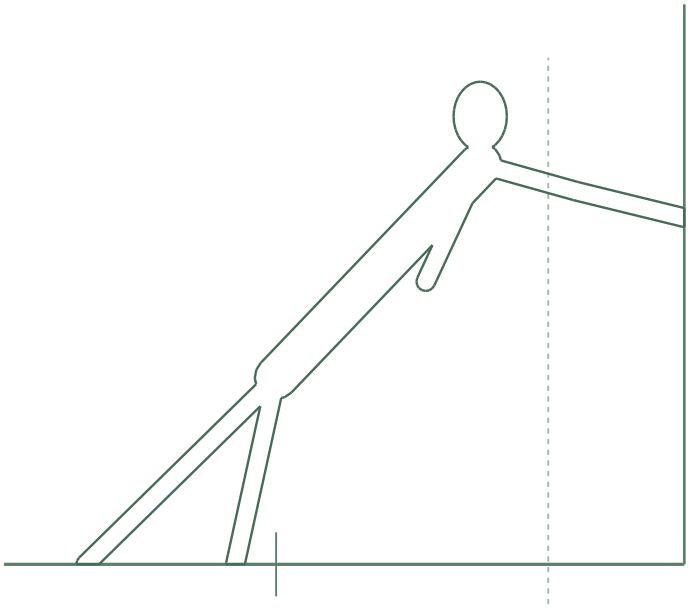


Base 50 mm / offset +20 mm

Absolute offset comparison: 20 - 4 = 16 mm. Base widths remain separate.

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).

Provided vertical guide / hypothetical drawing-span checks only



Base 50 mm / offset +40 mm

20 mm foot span + 30 mm stipulated hand-side extension = 50 mm

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Source rubric / reflection

- [ ] Balance line is vertical and is at the stipulated horizontal position relative to the support span.
- [ ] Base of support is marked and measured in consistent units.
- [ ] The signed center offset, or its magnitude with an explicit left/right side, is recorded with units.
- [ ] Redraw preserves the weight shift within the stated hypothetical tolerance.
- [ ] All numerical values are labeled as hypothetical examples.
- [ ] Redraw is freehand, not a tracing, and preserves the vertical balance line and base of support.

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