Yoga Pose Drawing: Joint Landmarks and Balance Lines

Original tasks 1 / complete keys

Task 1

Construct a kneeling pose with one knee on the baseline and the other foot forward. Use a baseline-to-midline height of 10 grid squares. Place the pelvis center 3 squares below the midline and the head center 2 squares above it. Place the forward knee 3 squares below its hip, and place the kneeling knee on the baseline. Check balance.

Answer: The support area includes the kneeling knee and the forward foot. The pelvis center sits on the separate vertical balance guide 3 squares below the midline, and the head center 2 squares above it. The separate vertical balance guide passes between the two support points, so the chosen drawing-guide check passes. Paired shoulders are level, and the forward knee is 3 squares below the hip on that side.

Reason: The pose uses two support points, so the separate vertical balance guide must fall between them. Placing the pelvis and head on that line keeps the torso over the support area. The forward knee is placed relative to its own hip, not the opposite knee, because the pose is asymmetric.

Check: Count grid squares from the baseline to the pelvis center and head center. Confirm the separate vertical balance guide passes between the kneeling knee and the forward foot. Compare shoulder heights and confirm they are within one square. Measure the forward knee from its hip and confirm it is 3 squares below.

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Original tasks 2 / complete keys

Task 2

Construct a seated forward-fold pose with the pelvis on the baseline and both feet extended forward. Use a baseline-to-midline height of 8 grid squares. Place the head center 1 square below the midline and the pelvis center on the baseline. Place both knees 2 squares above the baseline and both ankles on the baseline. Check balance.

Answer: Keep the pelvis on the baseline, the head center 7 squares above it (1 square below the 8-square midline), both knees 2 squares above it, and both ankles on the baseline. The prompt does not fix horizontal coordinates: place the head and shoulders forward of the pelvis to depict a forward fold, rather than stacking the head directly above it. Mark the pelvis and foot contacts as the support extent, then show a separately chosen vertical balance guide inside that drawn extent. This satisfies the selected graphic check; these heights alone do not calculate real stability.

Reason: The stated heights constrain vertical placement but leave horizontal pose construction free. A gesture line may lean forward. A vertical guide representing a classroom assumption is a separate mark, not the head-to-pelvis connection or a measured body center of mass.

Check: Verify pelvis at the baseline, head at 8 - 1 = 7 squares, knees at 2 and ankles at the baseline. Check that the head is forward of the pelvis in the selected view, and distinguish the separate vertical guide from the leaning gesture connection.

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Original tasks 3 / complete keys

Task 3

Construct a standing pose with one arm raised overhead and the other arm at the side. Use a baseline-to-midline height of 12 grid squares. Place the pelvis center 4 squares below the midline and the head center 2 squares above it. The raised hand is 5 squares above the head center. Check balance.

Answer: The support area is both feet on the baseline. The pelvis center is on the separate vertical balance guide 4 squares below the midline, and the head center is 2 squares above it. The raised hand is 5 squares above the head center, and the other hand is at hip level. The separate vertical balance guide passes through the support area, so the chosen drawing-guide check passes. Shoulders are within one square in height.

Reason: The raised arm changes the outline but not the separate vertical balance guide, because the support area remains both feet. Placing the raised hand relative to the head center keeps the arm length consistent. The other arm is placed relative to its own shoulder and hip.

Check: Measure from head center to raised hand in grid squares and confirm it matches the planned 5 squares. Confirm the separate vertical balance guide passes through the support area. Compare shoulder heights and confirm they are within one square.

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Original tasks 4 / complete keys

Task 4

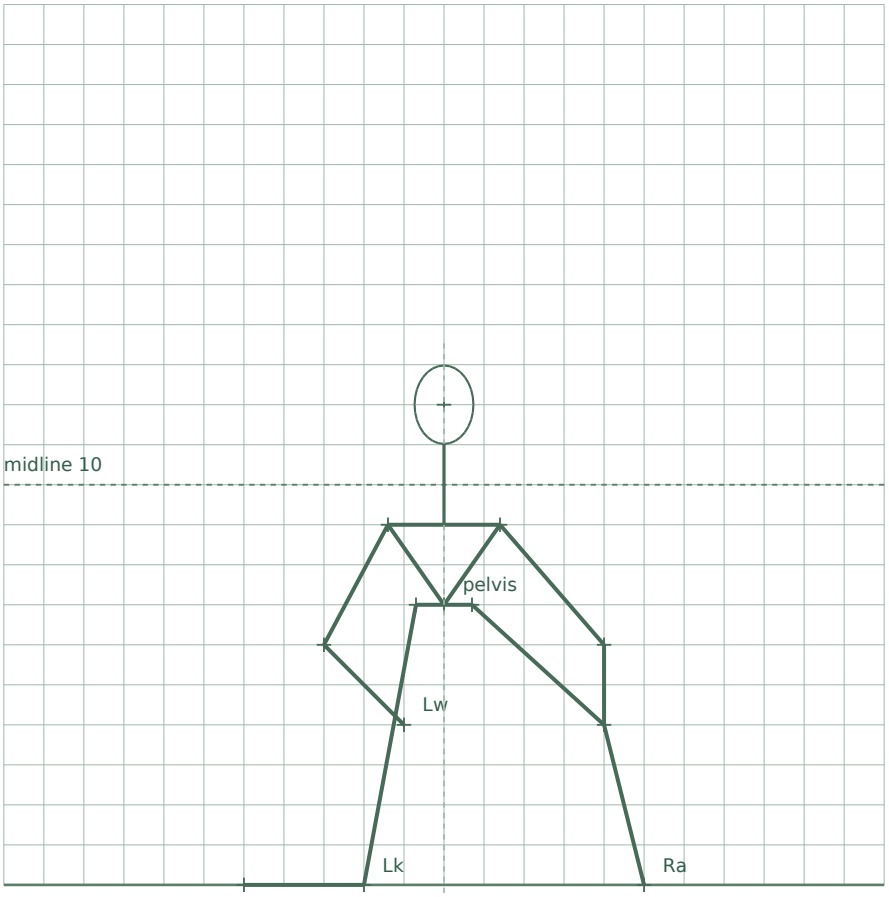
Construct a pose on hands and knees with both hands and both knees on the baseline. Use a baseline-to-midline height of 9 grid squares. Place the pelvis center 2 squares above the midline and the head center 3 squares above the midline. Place both shoulders 1 square below the head center and both hips at the pelvis center level. Check balance.

Answer: The pelvis center is 11 squares above the baseline (9 + 2), the head center is 12 (9 + 3), and both shoulders are at 11 (12 - 1); paired hips share the pelvis height. In a side-view construction, place the pelvis over the knee contacts and the shoulders and head forward over the hand contacts. The prompt does not require head and pelvis at the same horizontal position. Both hands and both knees remain on the baseline. Mark their drawn support extent and a separate chosen vertical guide inside it. Paired shoulder and hip heights meet the given coordinates; the graphic support check passes without claiming a measured physical equilibrium.

Reason: Equal shoulder and hip heights permit a horizontal torso when the centers are separated horizontally. Forcing those centers onto the same vertical line would collapse that construction and is not required by the question. The drawing guide is not a calculated body center of mass.

Check: Check pelvis 9 + 2 = 11, head 9 + 3 = 12 and shoulder height 12 - 1 = 11. Verify separated fore-aft torso centers and baseline hand/knee contacts. Confirm that the gesture connection and the separate assumed vertical guide are identified correctly.

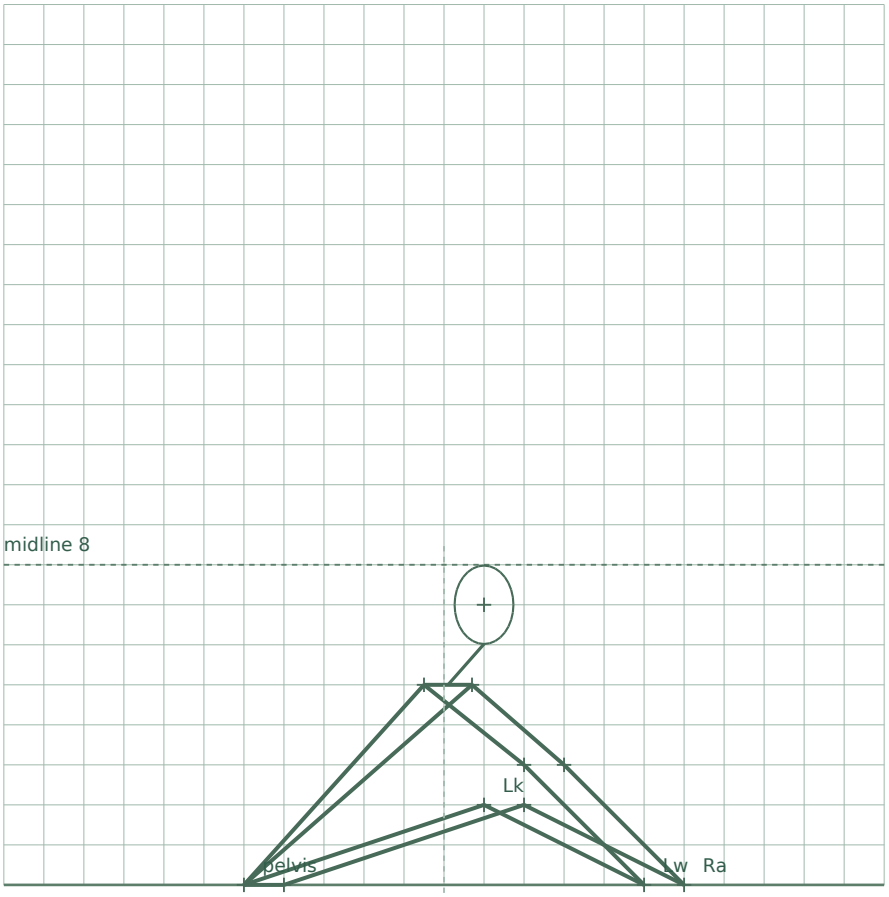
Landmark scaffold / grid heights and a separate assumed vertical guide



Crosses mark the source landmarks; neutral lengths and horizontal offsets are chosen.

The gesture scaffold may lean or fold. The dashed vertical line is a separate classroom assumption inside the drawn support span, not a measured center of mass or a claim that this construction proves physical equilibrium.

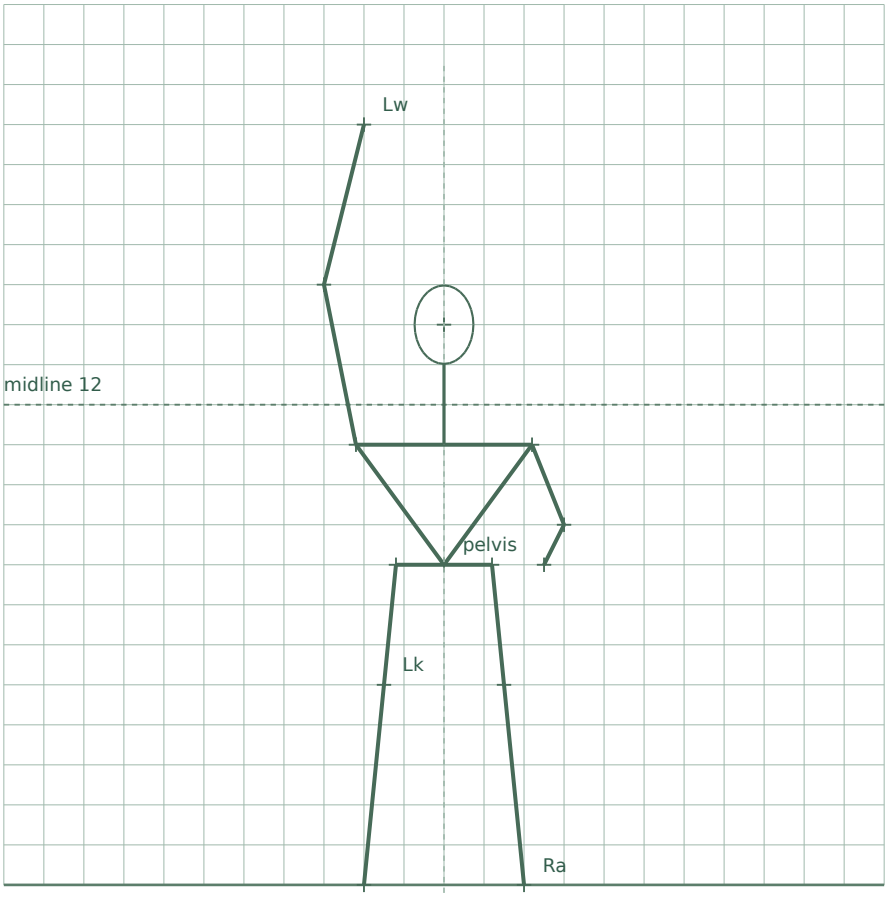
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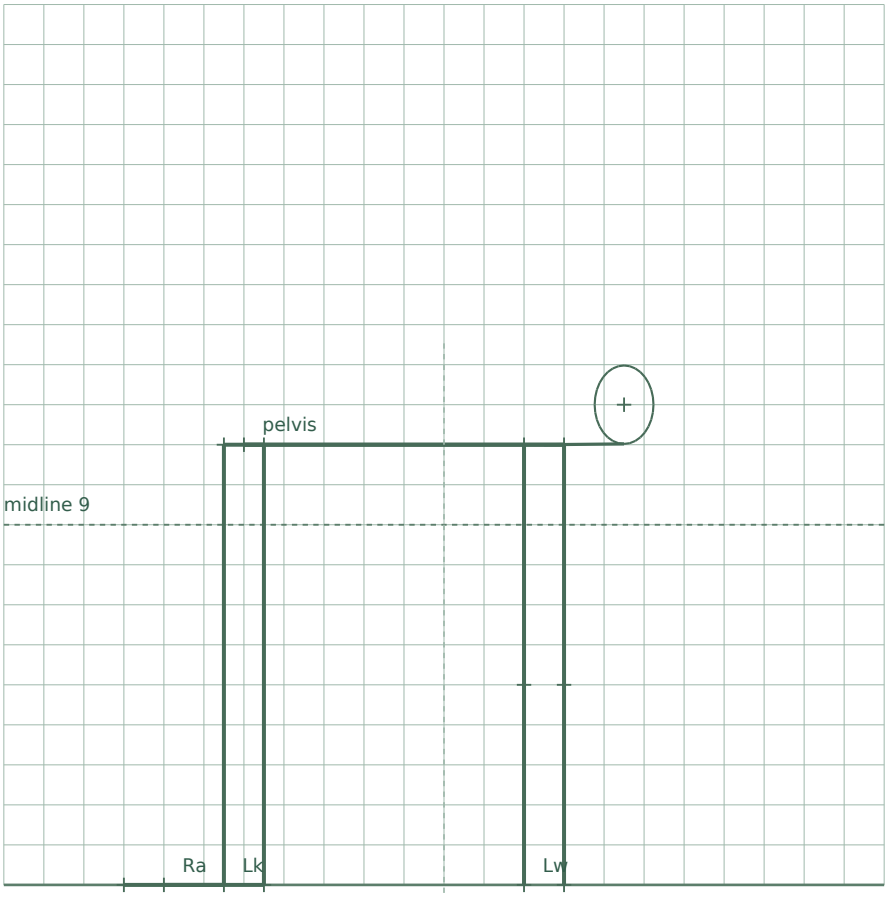
Landmark scaffold / grid heights and a separate assumed vertical guide



Crosses mark the source landmarks; neutral lengths and horizontal offsets are chosen.

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Landmark scaffold / grid heights and a separate assumed vertical guide



Crosses mark the source landmarks; neutral lengths and horizontal offsets are chosen.

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Source rubric / reflection

- [ ] All major joint landmarks are marked with crosses before the outline is drawn.
- [ ] The separate vertical balance guide passes through or very near the support area.
- [ ] Paired joints are within one grid square in height unless the pose intentionally tilts.
- [ ] Limb lengths on each side match planned values or are consistently adjusted.
- [ ] One unit is used for all measurements, and any numerical values are labeled as hypothetical.
- [ ] Valid alternatives such as a narrow oval or rounded rectangle torso are accepted if joint crosses and balance lines are consistent.

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