Full-Body Figure Drawing: Proportion Landmarks and Muscle-Group Reference

Ordinary topic reference / separately checked pixels



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Original worked example / unchanged complete key

Prompt: A standing figure is drawn with a head height of 3 cm. The top of the head is at 0 cm and the floor is at 22.5 cm. Using seven and a half head heights, calculate the band boundaries and place the chin, shoulder, elbow, hip, knee, and ankle landmarks in head-height units.

Answer: Seven and a half head heights times 3 cm equals 22.5 cm, which matches the floor line. Band boundaries are at 3, 6, 9, 12, 15, 18, and 21 cm. The chin is at 1 head height (3 cm). The shoulder line is about 1.25 to 1.5 head heights (3.75 to 4.5 cm). The elbow is about 3 head heights (9 cm). The hip is about 3.75 head heights (11.25 cm). The knee is about 5.5 head heights (16.5 cm). The ankle is near the floor line (about 22.5 cm). These numerical values are hypothetical examples; measure the actual figure you draw.