Draw a Sit-Up Pose with Motion Arrows: A Step-by-Step Guide

Ordinary topic reference / separately checked pixels



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Original worked example / unchanged complete key

Prompt: On a sheet of paper, draw a two-frame sit-up sequence (start and end) with one solid motion arrow from the start shoulder to the end shoulder. Use a hip-to-shoulder length of 6 cm and a hip-to-knee length of 4 cm. Label the arrow lift.

Answer: Frame 1: hip dot at the left, spine line at about 15 degrees from the floor, shoulder dot 6 cm from the hip, knee dot 4 cm from the hip with the knee bent at about 90 degrees. Frame 2: same hip and knee positions, spine line at about 80 degrees, shoulder dot 6 cm from the hip. A solid arrow starts at the frame 1 shoulder dot and ends at the frame 2 shoulder dot, with a 5 mm arrowhead. The label lift is placed above the arrow. Check: hip-to-shoulder length is 6 cm in both frames; arrow endpoints match shoulder dots within 2 mm. All numerical values are hypothetical examples; measure your own paper.