Timed Figure Gesture Warm-Up Drills for Life Drawing

Original task 1 / independent drawing and calculation

Task 1

Line-control drill: on a blank box, draw five straight lines spaced about one x-height apart. Your x-height is 4 mm (hypothetical example). How far apart are the lines?

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

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Original task 2 / independent drawing and calculation

Task 2

A 60-second gesture uses seven strokes and shows head, torso, legs, and a clear weight mark at the left hip. Score coverage, line economy, and weight cue using the rubric.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

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Original task 3 / independent drawing and calculation

Task 3

You have four 30-second poses and three 60-second poses. What is the total drill time in seconds?

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

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Original task 4 / independent drawing and calculation

Task 4

A sketch has head and torso but no legs, uses ten strokes, and has no weight mark. Score all three parts.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Full drawing sheet / reusable blank workspace

Reusable full drawing sheet for Tasks 1 to 4. Print another copy when needed. Keep all original task measurements; if a task specifies larger paper, use that paper size.