Timed Figure Gesture Warm-Up Drills for Life Drawing

Original tasks 1, 2, 3, 4 / complete keys

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?

Answer: 4 mm apart.

Reason: One x-height equals 4 mm, so each gap is 4 mm.

Check: Measure the gap between the first two lines with a ruler; it should read about 4 mm.

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.

Answer: Coverage 2, line economy 2, weight cue 2.

Reason: All body areas are clear, fewer than eight strokes, and one weight mark is present.

Check: Recount strokes and confirm each body area and the weight mark are visible.

Task 3

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

Answer: 300 seconds.

Reason: Four times 30 equals 120; three times 60 equals 180; 120 plus 180 equals 300.

Check: Add the two products again or use a timer to confirm the sequence length.

Task 4

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

Answer: Coverage 0, line economy 1, weight cue 0.

Reason: Legs are missing so coverage is 0; ten strokes falls in the 1 band; no weight mark gives 0.

Check: Check for legs, count strokes, and look for a weight mark.

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Source rubric / reflection

- [ ] Coverage 0: missing a major body area; 1: all areas present but unclear; 2: head, torso, and legs clearly indicated.
- [ ] Line economy 0: more than twelve strokes for 30 seconds; 1: eight to twelve strokes; 2: fewer than eight strokes.
- [ ] Weight cue 0: none; 1: ambiguous mark; 2: one clear mark showing load side.
- [ ] Valid alternatives: different line direction, simplified limbs, or different start point are accepted if the three checks pass.

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