Draw Kickboxing Poses with Motion Lines: A Sequence Guide

Original tasks 1, 2 / complete keys

Task 1

Draw a two-pose sequence: guard and chamber. Add motion lines for the lifting knee only. Use two boxes of 5 cm width with a 1 cm gap and state the total width.

Answer: Two boxes of 5 cm with one 1 cm gap give 2 × 5 + 1 = 11 cm total width. Box one shows guard. Box two shows the knee lifted with two short arcs behind the knee moving upward and a small arrow pointing up. The planted foot and hands have no motion lines.

Reason: The knee is the moving part between guard and chamber, so motion lines belong behind the knee. The arithmetic checks the row width before drawing.

Check: Measure the row to confirm 11 cm. Check that only the knee has motion lines and that the arrow points upward.

Task 2

Draw a three-pose sequence: chamber, extension, return. Add motion lines for the kicking foot in the extension and return poses. Use three boxes of 7 cm width with 0.5 cm gaps and state the total width.

Answer: Three boxes of 7 cm with two 0.5 cm gaps give 3 × 7 + 2 × 0.5 = 22 cm total width. The extension pose has two arcs behind the foot pointing forward. The return pose has two shorter dashes behind the foot pointing back toward the guard. The planted foot has no motion lines.

Reason: The foot moves forward in extension and back in return, so the motion lines change direction. The arithmetic checks the row width.

Check: Measure the row to confirm 22 cm. Check that the extension arrows point forward and the return arrows point back, and that the planted foot has no lines.

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Original tasks 3, 4 / complete keys

Task 3

Draw a four-pose sequence with one deliberate scale change in box three. Label the change in a margin note. Add motion lines for the kicking foot in boxes two and three. Use four boxes of 6 cm width with 1 cm gaps and state the total width.

Answer: Four boxes of 6 cm with three 1 cm gaps give 4 × 6 + 3 × 1 = 27 cm total width. Box three is drawn 20 percent larger and labeled 'scale change: 1.2×' in the margin. Motion lines appear behind the kicking foot in boxes two and three, with forward arrows. The planted foot has no motion lines.

Reason: A labeled scale change is allowed by the rubric. Motion lines stay on the moving foot only. The arithmetic checks the row width.

Check: Measure the row to confirm 27 cm. Check that the margin note is present and that motion lines appear only on the kicking foot in boxes two and three.

Task 4

Draw a four-pose sequence right to left: guard, chamber, extension, return. Add motion lines for the kicking foot and one hand that moves from guard to counterbalance. Use four boxes of 8 cm width with 1 cm gaps and state the total width.

Answer: Four boxes of 8 cm with three 1 cm gaps give 4 × 8 + 3 × 1 = 35 cm total width. The sequence reads right to left with arrows pointing left. The kicking foot has arcs behind it in the chamber and extension poses. The moving hand has two short dashes behind it in the extension pose. The planted foot has no motion lines.

Reason: Right-to-left is acceptable if arrows and labels are consistent. The hand moves, so it gets its own short motion-line group. The arithmetic checks the row width.

Check: Measure the row to confirm 35 cm. Check that all arrows point left, that the moving hand has dashes, and that the planted foot has no lines.

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Source rubric / reflection

- [ ] Four poses are present and in a readable kickboxing order: guard, chamber, extension, return.
- [ ] The body convention is consistent and not a stick figure; head, torso, arms, and legs are visible.
- [ ] Motion lines appear only on moving parts and follow the path with a direction arrow.
- [ ] Motion lines stay outside the body outline and do not hide the face or pose.
- [ ] A ground line is visible and used consistently; the planted foot touches it.
- [ ] Labels and arrows are readable and consistent in direction.
- [ ] Any scale change or height guide is labeled in a margin note.
- [ ] Valid alternatives are accepted: different guard styles, left or right kick, curved arcs or straight dashes, and right-to-left sequence, provided the choices are consistent and labeled.

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