Draw Kickboxing Poses with Motion Lines: A Sequence Guide

Original task 1 / independent drawing and calculation

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.

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

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.

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

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.

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

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.

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.