# Draw a Side Plank Hip Dip Figure: Pose, Motion, and Alignment

Original tasks 1, 2 / independent work

## Task 1

On a 16 cm by 10 cm plate with a 1.5 cm margin, use coordinates local to the inside box and floor line y=0. Place shoulder (5,4), elbow (5,1), wrist (8,0), top hip (9,3), bottom hip (9,2.5), bottom ankle (12,0), top ankle (12,1), and top hand (5,7). State the usable box size and check alignment and margins.

## Task 2

A student draws the elbow 2 cm behind the shoulder and the top ankle 2 cm in front of the bottom ankle. Add a top and bottom hip marker at the same x coordinate. Describe three fixes that restore all three alignment checks without changing the overall pose.

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Original tasks 3, 4 / independent work

## Task 3

A 20 cm by 14 cm plate has a 2 cm margin. The figure occupies 12 cm of the 16 cm usable width. Design a checklist box that fits in the remaining space with at least 0.5 cm clearance. List four checks.

## Task 4

On a 20 cm by 14 cm plate with a 2 cm margin, use local coordinates from the inside box and floor y=0. Mirror the pose leftward: shoulder (10,6), elbow 3 cm below it, wrist 4 cm left of the elbow on the floor, top hip 6 cm left and 1 cm below the shoulder, bottom hip 0.5 cm below the top hip at the same x, bottom ankle 6 cm left of the top hip on the floor, top ankle 1 cm above it, and top hand 4 cm above the shoulder. Shift the whole pose only as much as needed to fit the inside box, then report all coordinates.