Draw a One-Leg Hanging Pose: Grip, Gravity, and Sway Cues

Original tasks 1, 2, 3 / complete keys

Task 1

In a blank frame, mark a grip cross at top center and draw a gravity line straight down. Add a supporting leg that hooks over a horizontal bar with a return line. Label the grip point.

Answer: A grip cross at top center, a vertical gravity line, a horizontal bar, and a supporting leg crossing the bar with a short return line under it. The grip point is labeled beside the contact.

Reason: The return line proves the leg is holding the bar rather than resting on it, which is the key grip cue.

Check: Confirm the return line is visible under the bar and the grip label sits beside the contact, not across the figure.

Task 2

Draw a hanging torso below a hip point, tilted slightly left of the gravity line. Add a free leg and arms hanging downward. Place two sway arrows near the hips.

Answer: A torso oval below the hip, tilted slightly left, with the free leg and arms dropping downward. Two curved arrows near the hips show swing and return.

Reason: Gravity pulls the free limbs down, while the small tilt plus arrows shows sway without making the pose look like falling.

Check: Check that the torso stays close to the gravity line and that both sway arrows are present and labeled.

Task 3

Redraw a one-leg hanging pose from memory in a blank frame. Include the grip cross, gravity line, supporting leg hook, hanging torso, and sway arrows. Then list two cues you used.

Answer: The redraw includes all five elements: grip cross, gravity line, hook with return line, hanging torso with downward limbs, and labeled sway arrows. Two cues listed might be the return line at the bar and the small labeled tilt.

Reason: Redrawing from memory tests whether the cues are understood rather than copied.

Check: Compare the redraw to the rubric: grip hook visible, body below cross, sway small and labeled.

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Original tasks 4 / complete keys

Task 4

A classmate's drawing shows a figure touching the bar with a straight leg, arms reaching upward, and a large tilt with no arrows. Identify two mistakes and state a fix for each.

Answer: Mistake one: no hook or wrap at the bar; fix by adding a return line under the bar. Mistake two: arms reach upward and tilt is large with no arrows; fix by hanging the arms downward and adding small labeled sway arrows.

Reason: These errors break the grip and gravity cues, so the pose stops reading as hanging.

Check: Verify each fix addresses the named mistake and that the revised pose still reads as hanging.

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Source rubric / reflection

- [ ] Grip cross is marked at the highest contact point.
- [ ] Supporting leg shows a visible hook or wrap with a return line under the bar.
- [ ] Torso hangs below the grip cross and stays close to the gravity line.
- [ ] Free leg and arms respond to gravity by hanging downward.
- [ ] Sway is small and labeled with direction arrows.
- [ ] Labels are consistent and legible under the x-height convention.
- [ ] Valid alternatives such as calf hook or ankle wrap are accepted if the return line is visible.

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