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

Original task 1 / independent drawing and calculation

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.

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 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.

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

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.

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

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.

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.