Draw a Seated Tubing Row: Pose, Tubing Path, and Motion Arrows

Original tasks 1, 2 / complete keys

Task 1

Draw only the stick figure for a seated row start position: bench line, hip, knee, ankle, shoulder, elbow, wrist, and head. Use a side view facing right. Mark the start hand forward of the knee.

Answer: A stick figure with hip slightly above the bench, knee forward and lower, ankle below knee, shoulder above hip, elbow below shoulder, wrist forward of the knee, and head above the neck. The torso line leans slightly forward.

Reason: The start position needs an open elbow and a forward hand so the rowing motion has room to travel. Joint landmarks make the pose checkable before body shapes are added.

Check: Confirm all seven joints are marked and connected in order: hip to shoulder, shoulder to elbow to wrist, hip to knee to ankle. Check that the wrist is forward of the knee and the head is above the neck.

Task 2

Draw the tubing path for the start position only. Place the anchor low and forward of the feet. Draw a smooth double line from anchor to hand that passes outside the knee. Do not draw the body.

Answer: A smooth double line from a low forward anchor to the start hand, curving gently and passing outside the knee line. The line does not cross the torso area.

Reason: The tubing must connect anchor to hand without crossing the body. Passing outside the knee keeps the path believable in a side view.

Check: Trace the tubing from anchor to hand. Confirm it is a double line, has no sharp kinks, and does not intersect the knee or torso area.

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Original tasks 3, 4 / complete keys

Task 3

Draw two motion arrows for the row: one along the tubing toward the anchor, and one near the elbow pointing back. Keep both arrows outside the body outline. Add a one-sentence label for each arrow.

Answer: Arrow one runs along the tubing toward the anchor with a label such as 'pull toward anchor.' Arrow two sits near the elbow pointing back with a label such as 'elbow moves back.' Both arrows are outside the body outline.

Reason: Arrows communicate direction. Keeping them outside the body prevents confusion with body lines and makes the pulling motion readable.

Check: Confirm each arrow has a shaft and a triangular head, points in the stated direction, and does not overlap the body outline. Read the labels aloud to check they match the arrow direction.

Task 4

Draw a finish-position hand near the lower ribs with a bent elbow near 90 degrees (hypothetical example). Show the shortened tubing from the same low forward anchor. Add a proportion check note using a paper strip for torso and arm lengths.

Answer: A finish hand near the lower ribs, elbow bent to about 90 degrees, tubing shorter and slightly straighter from the same anchor, passing outside the knee. A note states the paper-strip check: torso about one and a half head heights, upper arm and forearm about one head height each (hypothetical examples).

Reason: The finish position shows the row completed. The shortened tubing and bent elbow distinguish it from the start. The proportion note makes the drawing checkable.

Check: Measure the drawn torso and arms with a paper strip and compare to the note. Confirm the elbow angle is visibly more bent than the start and the tubing remains outside the knee.

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Source rubric / reflection

- [ ] Seated pose is clear: bench, hip, knee, ankle, shoulder, elbow, and wrist are readable.
- [ ] Torso leans slightly forward and head sits above the neck.
- [ ] Start and finish hand positions are distinct and connected to the rowing motion.
- [ ] Tubing is a smooth double line from anchor to hand and does not cross the body.
- [ ] Two motion arrows are outside the body and show pull direction and elbow movement.
- [ ] Joint-angle guide is used or clearly implied; valid stylistic alternatives are accepted.
- [ ] Proportion check is visible or described; hypothetical values are labeled as examples.
- [ ] Drawing is readable at a glance without construction-line clutter.

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