# Draw a Shoulder Press Pose: Arm-Raise Angles and Joint Guides

Ordinary topic reference / separately checked pixels



# Draw a Shoulder Press Pose: Arm-Raise Angles and Joint Guides

Original worked example / unchanged complete key

Prompt: A sketch shows a standing figure with the left hand at 8 cm above the baseline and the right hand at 8 cm above the baseline. The head top is at 6 cm. The left elbow at the bottom position is at 4 cm, and the right elbow is at 4 cm. The shoulder height is 4.5 cm. Check whether the top hand position is above the head and whether the bottom elbow is near shoulder height.

Answer: The hands are at 8 cm, which is above the head top at 6 cm, so the top position is correct. The elbows are at 4 cm, which is 0.5 cm below the shoulder height at 4.5 cm, so the bottom elbow is near shoulder height. The pose passes both checks. If the hand height were 5 cm, it would be below the head top and would need to be raised.