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

Original task 1 / independent drawing and calculation

Task 1

On a blank page, draw a baseline and a midline. Mark a shoulder joint at 5 cm above the baseline and a hand at 9 cm above the baseline. Draw an upper arm at 90 degrees from the baseline and a forearm continuing to the hand. Label the shoulder angle and the elbow angle using your convention.

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.

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

Original task 2 / independent drawing and calculation

Task 2

A practice box is 12 cm tall. The head top is at 8 cm from the bottom edge, the shoulder is at 6 cm, the elbow at the bottom position is at 5 cm, and the hand at the top position is at 11 cm. Check the vertical order and state whether the top hand is above the head.

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.

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

Original task 3 / independent drawing and calculation

Task 3

Draw two arm-raise arrows on a sketch. The first arrow represents a hand movement of 5 cm. The second arrow represents a hand movement of 10 cm. If the first arrow is drawn 5 cm long, how long should the second arrow be to keep the same scale? State the scale.

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.

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

Original task 4 / independent drawing and calculation

Task 4

A sketch shows the left hand at 7 cm above the baseline and the right hand at 9 cm above the baseline. The head top is at 8 cm. Is either hand below the head? If the drawing is meant to be symmetric, what adjustment would you make?

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.