Bird Dog Exercise Drawing: Line Art with Alignment Checks

EXERCISE 1 / PRACTICE

Draw a bird dog pose with a 10 cm torso line and 7 cm supporting limbs. The extended arm and leg are each 7 cm. Check that the supporting arm and leg are parallel.

Drawing scale 1:2: draw each stated centimetre as 0.5 cm on paper. Double measurements taken from your drawing when recording the task values.

My measurements and alignment checks:

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_____

Use the stated measurements. The practice box is not a physical scale.

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EXERCISE 2 / PRACTICE

Draw a bird dog pose where the extended arm is slightly higher than the torso line by 1 cm, and the extended leg is level with the torso. Use a 9 cm torso line and 6 cm supporting limbs.

Drawing scale 1:2: draw each stated centimetre as 0.5 cm on paper. Double measurements taken from your drawing when recording the task values.

My measurements and alignment checks:

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Use the stated measurements. The practice box is not a physical scale.

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EXERCISE 3 / PRACTICE

Draw a bird dog pose with an 8 cm torso line and 6 cm supporting limbs. Place joint circles at the elbow, wrist, knee, and ankle. Check that each joint circle lies on its limb line.

Drawing scale 1:2: draw each stated centimetre as 0.5 cm on paper. Double measurements taken from your drawing when recording the task values.

My measurements and alignment checks:

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Use the stated measurements. The practice box is not a physical scale.

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EXERCISE 4 / PRACTICE

Draw a bird dog pose with a 7 cm torso line and 5 cm supporting limbs. The extended arm and leg are each 5 cm. Check that the shoulder-to-floor and hip-to-floor distances are equal within 1 cm.

Drawing scale 1:2: draw each stated centimetre as 0.5 cm on paper. Double measurements taken from your drawing when recording the task values.

My measurements and alignment checks:

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Use the stated measurements. The practice box is not a physical scale.