

BEND ACADEMY OF ART

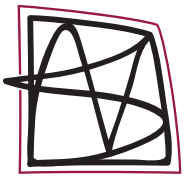
Fall 2020

Intermediate Figure Drawing (ZOOM Format)

Factor

Below schedule is a general guideline. All assignments and dates are subject to change!

Monday	Wednesday
Class 1- Sept. 28th - Intro to class - Supply list (Optional) - Overview of Class, Syllabus and ZOOM basics. • Intro. to Figure Drawing - GESTURE Compressed Charcoal and Graphite - Lecture/Demo - Students Draw from Supplied Videos	Class 2 - Sept 30th - Proportions of Human Anatomy and Skeletal Structures - Graphite - Lecture/Demo - Students Draw from Supplied Images
Class 3- Oct. 5th - Human Muscular Structures - Graphite - Lecture/Demo - Students Draw from Supplied Images	Class 4- Oct. 7th - Drawing the Body with Beans & Boxes - The Figure in Perspective (Foreshortening)
Class 5- Oct. 12th - Long Pose with Graphite / Charcoal - Day 1	Class 6- Oct. 14th - Long Pose with Graphite / Charcoal - Day 2
Class 7- Oct. 19th - Long Pose with Graphite / Charcoal - Day 3	Class 8- Oct. 21st - Long Pose #2 with Any Medium - Dramatic Lighting - Day 1
Class 9- Oct. 26th - Long Pose #2 with Any Medium - Dramatic Lighting - Day 2	Class 10- Oct. 28th - Long Pose #2 with Any Medium - Dramatic Lighting - Day 3 and Final Review / Critique



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SUPPLY LIST

Figure Drawing • Instructor - Ian Factor

SUGGESTED

- * One pad 18" x 24" Strathmore 400 Drawing Paper (24 sheets)
- * Sketch Book - Hard Cover Preferred - 12" x 9" or as close as possible
- * Clicker type mechanical pencil (F, HB or softer, 0.7mm or 0.9mm lead size)
- * Graphite Drawing Pencils (F, H, HB, 2B, 4B)
- * Lg. gray kneaded eraser
- * Tuff-stuff or Tombo vinyl click eraser (fine tip)
- * Paper blending stumps (At least one medium sized)
- * Sandpaper (400 grit) or small sandpaper sharpening pad found at art supply stores
- * Utility Knife and blades (X-Acto Snap-Off Blade Utility Knife is recommended) for shaping pencils
- * 1 small can workable fixative or Grumbacher Spray Fix for charcoal
- * 1 small bottle india ink and/or Parker Quink Ink for Fountain Pens
- * Variety of flexible crow quill nib pens and brushes
- * Variety of ball point pens and markers
- * 18" x 24" Heavy Britsol Drawing Paper (Strathmore 300 or 400 Series Smooth is good for ink)
- * 18" x 24" Masonite or wood drawing board for homework or 20" x 30" piece of Foam Core

Basic Figure Drawing & Anatomy

Instructor - Ian Factor

Gesture:

https://en.wikipedia.org/wiki/Gesture_drawing

“A gesture drawing is a laying in of the action, form, and pose of a model/figure. Typical situations involve an artist drawing a series of poses taken by a model in a short amount of time, often as little as 10 seconds, or as long as 5 minutes. Gesture drawing is often performed as a warm-up for a life drawing session, but is a skill that must be cultivated for its own sake.”

<https://www.wikihow.com/Practice-Gesture-Drawing>

<https://www.bodiesinmotion.photo/artwork/62>

Gesture has a lot to do with feelings and emotions. You want to conceptualize how the body is contorted to understand how it can be exaggerated.

Where is the torso leaning? Which leg takes most of the weight? Ask yourself questions as you analyze each pose and draw based on your conclusions.

Standing or seated pose

- 1 - Placement of Head (Top)
- 2 - Spine (Center Line - Main Thrust or “Line of Action” of Pose Including Neck)
- 3 - Feet (Bottom)
- 4 - Shoulder Girdle (Line of Action then Volume)
- 5 - Pelvis / Hips (Line of Action then Volume)
- 6 - Torso “Girth” as Form and Volume
- 7 - Arms (Overall Mass, Angles and Lengths - Elbows and Negative Space)
- 8 - Legs (Overall Mass, Angles and Lengths - Knees and Negative Space)

Excellent Online Resources:

Online Figure Model Resources:

<https://www.posespace.com/posetool/models.aspx>

(Paid - High Res Full Pose Downloads)

<https://www.proko.com/poses-for-artists-sekaa/#.XtwYVSI7knM>

(Paid)

<http://www.artmodeltips.com/poses/>

(Free)

<https://line-of-action.com/practice-tools/figure-drawing>

(Free)

<https://modelindexdatabase.smugmug.com/Croquis-Cafe-Model-Photo-Database>

(Free)

Roberto Osti - Contapposto I:

<https://www.youtube.com/watch?v=IE96U77Z5SQ>

Roberto Osti - Contapposto II:

https://www.youtube.com/watch?v=ZoTMpmtRFi0&feature=share&fbclid=IwAR26nomaWpSLb2wtRxx-fy9VJQkiYmCuWMvbZR3uOb3WBnhgTyLHwCs_FXsE

Proko.com

How to Draw Gesture 1:

<https://www.youtube.com/watch?v=74HR59yFZ7Y>

How to Draw Gesture - Step by Step 2:

<https://www.youtube.com/watch?v=8j39NqwL7s4>

Drawing Measuring Techniques:

https://www.youtube.com/watch?v=AzDGO0LssEM&has_verified=1

Landmarks of the Human Body:

https://www.youtube.com/watch?v=Qwt_wggUFHg

Landmarks Example - Step by Step 2:

https://www.youtube.com/watch?v=1xsy0TK2g50&has_verified=1

Improving Line Quality and Rhythm - Mike Mattesi FORCE Series Part 1:

<https://www.youtube.com/watch?v=lyuCq6VWVeA>

Drawing Gestural Forms - Mike Mattesi FORCE Series Part 2:

<https://www.youtube.com/watch?v=sQlljFvlbA>

Drawing with the Mike Mattesi FORCE Method - Series 2a:

https://www.youtube.com/watch?v=tJwiYwPSK_o

How to Draw Dynamic Shapes - Mike Mattesi FORCE Series Part 3:

<https://www.youtube.com/watch?v=38ALpGUi2r4>

Human Figure Proportions - Average Figures - Dr. Paul Richer

<https://www.youtube.com/watch?v=OyWHmxFGVK4>

Human Figure Proportions - Cranial Units - Robert Beverly Hale

<https://www.youtube.com/watch?v=uJMoplyGbol>

Introduction to Human Anatomy for Artists

<https://www.youtube.com/watch?v=pDgyQjNFVQk>

The Language of Anatomy (Terms)

<https://www.youtube.com/watch?v=Rooe4hsA47M>

The 6 Types of Joints - Human Anatomy for Artists

<https://www.youtube.com/watch?v=xonZvWOt670>

How to Draw the Head from Any Angle - Loomis (Part 1)

<https://www.youtube.com/watch?v=1EPNYWeEf1U>

How to Draw the Head - Front View - Loomis (Part 2)

https://www.youtube.com/watch?v=z4ZLkyTuX_w

How to Draw the Head - Side View - Loomis (Part 3)

<https://www.youtube.com/watch?v=yS6R2l8t8wo>

How to Draw the Head from Extreme Angles - Loomis (Part 4)

<https://www.youtube.com/watch?v=PgK90TpV5fA>

Quickly Draw Heads with the Loomis Method - (Part 5)

<https://www.youtube.com/watch?v=wAOldLWIDSM>

Draw ANY Head Type with the Loomis Method - (Part 6)

<https://www.youtube.com/watch?v=JC2ZppKHCqU>

Intuitive Portrait Sketching with the Loomis Method - (Part 7)

<https://www.youtube.com/watch?v=P9LOUHmPhS8>

Anatomy of the Spine - for Artists (1)

https://www.youtube.com/watch?v=0cYal_hitz4

How to Draw the Spine - Human Anatomy for Artists (2)

<https://www.youtube.com/watch?v=H2ZerTdtudk>

Anatomy of the Pelvis - for Artists (1)

<https://www.youtube.com/watch?v=-GA8oC9PFQo>

How to Draw the Pelvis from Any Angle - Human Anatomy for Artists (2)

<https://www.youtube.com/watch?v=PWGRsD0xen0>

Anatomy of the Rib Cage - for Artists (1)

https://www.youtube.com/watch?v=H2A4SgWWQpM&feature=emb_logo

How to Draw the Rib Cage - Human Anatomy for Artists (2)

<https://www.youtube.com/watch?v=0psVxFg0t1A>

Anatomy of the Shoulder Bones (1)

<https://www.youtube.com/watch?v=jKYMCGDFE9U>

How to Draw the Shoulder Bones (2)

<https://www.youtube.com/watch?v=NHuoMBUnpnM>

Drawing Arm Bones - Anatomy for Artists

https://www.youtube.com/watch?v=Ai0s4KHi_js

How to Draw Hand Bones - Drawing Anatomy for Artists

<https://www.youtube.com/watch?v=rJjMiXlq9ns&list=PLtG4P3lq8RHEXm4hzeEW2TRZTB88wKKY-f&index=1>

How to Draw Legs - Bone Anatomy for Artists

<https://www.youtube.com/watch?v=VFTA4vFQVpM>

What Are All Those Bumps? Learning Leg Bone Anatomy (Tracing)

<https://www.youtube.com/watch?v=b9oAYZ2Xmjw>

How to Draw Feet with Structure - Foot Bone Anatomy

<https://www.youtube.com/watch?v=EDBwlrAo0do>

Why Your (Foot Bone) Proportions are Wrong and How to Fix Them

<https://www.youtube.com/watch?v=Bfh4JvyCtV8>

Drawing Muscles: What You Need to Know (1)

<https://www.youtube.com/watch?v=RT38yDzizYw>

How to Design Muscles and Tendons - Drawing Anatomy for Artists (2)

https://www.youtube.com/watch?v=5_dTcTcgjSg

How to Draw the Neck - Anatomy for Artists

<https://www.youtube.com/watch?v=TvN71bOfC1Q>

How to Draw Upper Back Muscles - Form

<https://www.youtube.com/watch?v=7EgQdvh3c4k>

How to Draw the Upper Back Muscles - Anatomy and Motion

https://www.youtube.com/watch?v=_zgsgKKxEe8

How to Draw Shoulder Muscles - Form

<https://www.youtube.com/watch?v=tNDHVSk2h6o>

How to Draw Shoulder Muscles - Anatomy and Motion

https://www.youtube.com/watch?v=K2XXx6a_Nyw

How to Draw Deltoids - Anatomy for Artists

<https://www.youtube.com/watch?v=xGf8jcTZu2w>

How to Draw Pecs - Anatomy

<https://www.youtube.com/watch?v=PRM7pT-Yric>

How to Draw Obliques - Anatomy and Motion

<https://www.youtube.com/watch?v=SUHjijlsvgg>

How to Draw Obliques - Form

https://www.youtube.com/watch?v=wWf7_MUiJCQ

Drawing Lower Back Muscles - Anatomy & Motion

<https://www.youtube.com/watch?v=ffA1X7Oy9hl>

How to Draw Biceps - Upper Arm Anatomy for Artists

https://www.youtube.com/watch?v=E_7tSCm3FzE

How to Draw Triceps - Arm Anatomy for Artists

<https://www.youtube.com/watch?v=ED3INGPF2Pg>

How To Draw Forearms - Arm Anatomy for Artists

https://www.youtube.com/watch?v=pPWmJj9l1_0

How to Draw HANDS - Muscle Anatomy of the Hand (Part 1)

https://www.youtube.com/watch?v=7xsqbwu_nMI&list=PLtG4P3lq8RHEXm4hzeEW2TRZTB88wKKYf

How to Draw HANDS - Details for Realistic Hands! (Part 2)

<https://www.youtube.com/watch?v=a4qR2J5EL9M&list=PLtG4P3lq8RHEXm4hzeEW2TRZTB88wK-KYf&index=3>

How to Draw Hands from IMAGINATION - Step-by-Step (Part 3)

https://www.youtube.com/watch?v=kV2e_v5Pqho&list=PLtG4P3lq8RHEXm4hzeEW2TRZTB88wKKYf&index=4

How to Draw Legs - The Quad Muscles

<https://www.youtube.com/watch?v=BnTuNjP6-8E>

How to Draw Legs - The Adductors

<https://www.youtube.com/watch?v=mxMG11ikG3s>

How to Draw Hamstrings - Leg Anatomy for Artists

<https://www.youtube.com/watch?v=DBi7Trni8o>

How to Draw BUTTS!!!

https://www.youtube.com/watch?v=qiTUSDCbGPw&has_verified=1

How to Draw Butts From Any Angle

https://www.youtube.com/watch?v=JIHVjkiE8bc&has_verified=1

How to Draw Calf Muscles - Leg Anatomy for Artists

<https://www.youtube.com/watch?v=NBUIxZB462Y>

How to Draw the Lower Leg - Anatomy for Artists

<https://www.youtube.com/watch?v=cSKiEVWg5VY>

How to Do an Anatomy Tracing

<https://www.youtube.com/watch?v=qP--30V8ZA4>

How to Study Anatomy Correctly - Construct the Body

https://www.youtube.com/watch?v=e_ouLZwMCYw

Structure Basics - Making Things Look 3D (1):

<https://www.youtube.com/watch?v=3uEtdDvK6Xo>

Structure - How to Simplify the Motion of the Torso - The Bean (1a):

https://www.youtube.com/watch?v=0660Fuih7qo&has_verified=1

Structure - How to Draw Structure in the Body - Robo Bean (1b):

<https://www.youtube.com/watch?v=yqxPHew5bGQ>

Structure - Robo Bean Examples - Step by Step (1c):

<https://www.youtube.com/watch?v=PGgo0EE8ats>

Mannequinization - Drawing Example 1

https://www.youtube.com/watch?v=EkfE2CJKHrA&has_verified=1

Deliberate Practice - The Secret of Getting Good Fast

https://www.youtube.com/watch?v=wWuaQ84kGwl&has_verified=1

New Masters Academy YouTube Gestures:

Main Menu:

https://www.youtube.com/playlist?list=PL7EYwaF6E-H65W-hXeKvvo_xNA_kls5w

Male Nude:

https://www.youtube.com/watch?v=a7gmb1Ba8WA&has_verified=1

https://www.youtube.com/watch?v=WroqthjSyM0&list=PL7EYwaF6E-H65W-hXeKvvo_xNA_kls5w&index=24&t=0s&has_verified=1

https://www.youtube.com/watch?v=sBPYftj98j8&list=PL7EYwaF6E-H65W-hXeKvvo_xNA_kls5w&index=13&t=0s&has_verified=1

Female Nude :

https://www.youtube.com/watch?v=lzEw6ynDkvQ&list=PL7EYwaF6E-H65W-hXeKvvo_xNA_kls5w&index=4&t=0s&has_verified=1

https://www.youtube.com/watch?v=76RVDxZHW5U&list=PL7EYwaF6E-H65W-hXeKvvo_xNA_kls5w&index=32&t=0s&has_verified=1

https://www.youtube.com/watch?v=6b4hDF_mVqA&list=PL7EYwaF6E-H65W-hXeKvvo_xNA_kls5w&index=27&t=716s&has_verified=1

https://www.youtube.com/watch?v=FaCMoxNo9E8&list=PL7EYwaF6E-H65W-hXeKvvo_xNA_kls5w&index=26&t=0s&has_verified=1

https://www.youtube.com/watch?v=B6cLTWnbeOc&list=PL7EYwaF6E-H65W-hXeKvvo_xNA_kls5w&index=5&t=0s&has_verified=1

Male Clothed:

<https://www.youtube.com/watch?v=UbLVbaGrzBY&list=PL7EYwaF6E-FZ8JiBlz2tF1D-QUCw-GCmn&index=3&t=0s>

<https://www.youtube.com/watch?v=YUjbCB6U0Es&list=PL7EYwaF6E-FZ8JiBlz2tF1D-QUCw-GCmn&index=4&t=0s>

Female Clothed:

<https://www.youtube.com/watch?v=rWbeelH9eCA&list=PL7EYwaF6E-FZ8JiBlz2tF1D-QUCw-GCmn&index=9&t=0s>

Anatomy Terms

Terms of Location

Anterior describes something that is toward the front of the body. Alternatively, **posterior** describes something that is toward the back of the body. It also refers to the back of the hand, and top of the foot. **Medial** is something located toward the middle of the body or away from the side. The opposite is **Lateral**. Something that is toward the side of the body or away from the middle. **Superior** is toward the top or above. And **Inferior** is toward the bottom, below. **Distal** refers mainly to the limbs and describes something away from the center of the body. Alternatively, **Proximal** is something closer to the center of the body. When I say that something is **deep**, I mean that it is not visible on the surface. It's covered with other volumes. However, **superficial** means it is visible on the surface. And similarly, **subcutaneous** means just below the skin. Like the bony landmarks.

Anatomy Terms

Anatomical Position (reference position) – Standing figure with feet together, arms down and supinated

The Three Anatomical Planes

Sagittal Plane – A vertical line, divides the body into a left and right

Coronal Plane – A vertical line, divides the body into a front and back

Transverse Plane – A horizontal line, divides the body into a top and bottom

Terms of Location

Anterior – Toward the front of the body

Median – Located on the midline of the torso or limbs

Posterior – Toward the back of the body

Lateral – Toward the side of the body, away from the middle

Medial – Toward the middle of the body, away from the side

Superior – Toward the top, above

Proximal – Situated nearer to the center of the body or the point of attachment

Deep – Not visible on the surface, covered with something else

Inferior – Toward the bottom, below

Distal – Situated away from the center of the body or from the point of attachment

Superficial – Visible on the surface

Subcutaneous – Just below the skin, specifically referring to the bony landmarks

Origin (of a muscle) -Where the muscle attaches to a part of the body that doesn't move, or moves very little

Insertion (of a muscle) – Where the muscle attaches to a part of the body that will move when the muscle pulls

Terms of Movement

Flexion – Bending movement that decreases the angle between two parts (e.g bending the elbow)

Extension – Straightening movement that increases the angle between body parts (e.g straightening the elbow)

Abduction – Movement away from the midline (e.g lift arm up to side)

Adduction – Movement towards the midline (e.g lower arm back to hip)

Medial Rotation – Rotating movement towards the midline (e.g rotating the knee inward)

Lateral Rotation – Rotating movement away from the midline (e.g rotating the knee outward)

Elevation – Movement in a superior direction (e.g shoulder shrug)

Depression – Movement in an inferior direction (e.g shoulder down)

Protraction – Movement in the anterior direction (e.g shoulder forward)

Retraction – Movement in the posterior direction (e.g shoulder back)

Pronation – Rotate the palm of the hand so that it is facing posteriorly, or down (e.g typing on a keyboard)

Supination – Rotate the palm of the hand so that it is facing anteriorly, or up (e.g holding a bowl of soup)

Dorsiflexion – Flexion of the foot at the ankle so the foot points superiorly, and rotating the hand so the back of the hand moves closer to the forearm

Plantarflexion – Extension of the foot at the ankle, so the foot points inferiorly

Palmarflexion – Rotating the hand so the palm of the hand moves closer to the forearm

Opposition – Bring the thumb and little finger together

Reposition – Move the thumb and little finger away from each other

Circumduction – The circular movement of a limb, a combination of flexion, extension, adduction and abduction

Inversion – Movement which faces the sole of the foot inwards

Eversion – Movement which faces the sole of the foot outwards

Quantity

Bi – Two

Tri – Three

Quad – Four

Size

Minor/Minimus – Small

Major/Maximus/Vastus/Magnus – Great/Large

Brevis – Short

Longus – Long

Pertaining to a Part of the Body

Cephalic/Cranial – Of the Head

Clavicular – Of the Collar bone

Acromial – Of the Shoulder region

Brachial – Of the Arm

Cubital – Of the Elbow

Carpal – Of the Wrist

Abdominal – Of the Stomach region

Pelvic – Of the Hipbone

Pubic – Of the Groin

Geniculate – Of the Knee region

Pedal – Of the Foot

Palmar – Of the Palm of the hand

Plantar – Of the Sole of the foot

Cervical Region – Part of spinal column comprising the neck

Thoracic Region – Part of spinal column comprising the thorax or chest

Lumbar Region – Part of spinal column comprising the dorsal section of umbilical region

Sacral Region – Part of spinal column comprising the pelvic area

Coccyx Region – Part of spinal column comprising the tail bone