

L8 Practice Sheet: Gesture & Figure Drawing

LESSON GOALS

- Capture the feeling and action of a pose in under two minutes
 - Build a simplified structural figure from the action line outward
 - Understand rhythm and flow as the core qualities of expressive figure work
-

4-WEEK PLAN OVERVIEW

Week 1: Gesture & Action Line

30-second to 2-minute gesture drawings daily using online pose references. Focus on the single line of action.

Week 2: The Mannequin

Build figures from boxes and cylinders over gesture sketches — head, ribcage, pelvis, limbs.

Week 3: Rhythm & Contour

Work on longer poses (5-10 min), finding the flow lines that connect one form to the next.

Week 4: Full Figure Sessions

20-30 minute pose drawings integrating gesture, structure, and contour into complete figures.

KEY CONCEPTS IN THIS LESSON

- **Gesture as Action Line** — The single line that captures the direction, energy, and feeling of a pose before any anatomy or detail is drawn.
 - **The Mannequin Approach** — Building the figure from simple 3D forms — boxes for the torso and pelvis, cylinders for limbs — creates spatial consistency before anatomy is added.
 - **Rhythm & Flow** — The visual connections between forms that create a sense of movement through the figure — even in a static drawing.
 - **Quick Pose Techniques** — Strategies for capturing a complete readable figure in 30 seconds to 2 minutes — prioritizing energy and readability over accuracy.
 - **Simplifying the Figure** — Reducing the complex human form to its essential readable elements — the skill that makes both quick sketching and stylized character design possible.
 - **Contour Drawing** — Following the edges and surface curves of a form with a single unbroken line. Develops observation and hand-eye coordination simultaneously.
-

DAILY SKETCHBOOK PRACTICE

