

L9 Practice Sheet: Anatomy for Artists

LESSON GOALS

- Understand the skeleton as an armature that determines proportion and movement
 - Know the major landmark muscles and where they attach on the skeleton
 - Draw heads, hands, and full figures with anatomical consistency from imagination
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4-WEEK PLAN OVERVIEW

Week 1: Skeleton & Landmarks

Study and draw the skeleton repeatedly, focusing on the key landmarks visible through the skin.

Week 2: Torso & Limb Muscles

Layer major muscle groups over the skeleton — focus on the big forms, not individual muscles.

Week 3: Head & Hands

Intensive study of the two hardest parts: the head construction (Loomis method) and the hand.

Week 4: Figure from Imagination

Draw complete figures from imagination, testing your internalized anatomy knowledge.

KEY CONCEPTS IN THIS LESSON

- The Skeleton as Armature — The skeleton determines every proportion, movement range, and surface landmark. Understanding it is the foundation of consistent figure drawing.
 - The Head & Facial Landmarks — The Loomis head construction method — breaking the skull into a sphere and a plane — places all facial features in consistent spatial positions.
 - Major Muscle Groups — The handful of large muscle groups that determine the surface form of the figure — understanding these is enough for expressive figure drawing.
 - The Hand — One of the most complex structures in the body — and the one that communicates character, emotion, and life most directly after the face.
 - The Figure in Motion — How the body distributes weight, shifts balance, and coordinates movement — the principles that make drawn figures feel physically alive.
 - Simplified vs. Detailed Anatomy — Knowing when to use full anatomical detail and when to simplify — and how to simplify without losing structural truth.
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DAILY SKETCHBOOK PRACTICE

