For these assignments, I recommend posting your work in the Proko figure drawing facebook group: https://www.facebook.com/groups/figuredrawingproko/

Assignment: Draw the Gesture

I suggest you attempt to practice drawing some gestures on your own before watching the step by step video. You'll have an idea of what it's like and will be able to pull more information from it because you know what to look for. If you need reference photos, I have some pose file sets you can get at proko.com/poses.

Assignment: Draw the Bean

This week, practice drawing the bean from the pose photos at proko.com/poses. It shouldn't take you more than 30 seconds to a minute for each pose. Look for tilting, leaning, twisting, and foreshortening. Exaggerate the motion and draw the two volumes, the skin in between, and the centerline.

Assignment: Draw Cylinders and Boxes

Start by drawing things around you as cylinders and boxes. You're using observation and what you know about structure to draw the forms. Then move on to drawing them from your imagination. Can you imagine a box in your mind and draw it exactly how you imagined it?

When you're ready, get some reference of animals and try to simplify them into balls, cylinders, and boxes. Avoid flat camera angles. Try to find dynamic angles of the animals in motion. That will be a much more valuable exercise.

Assignment: Draw the Landmarks

The best way to learn the landmarks is to draw from life or from photos and try to identify them. Use them in the construction of your drawing. Attempt them on your own before you watch my examples below.

Assignment: Draw the Robo Bean

The assignment for this lesson is pretty straightforward. Just find some poses (plenty available at proko.com/poses) and draw the Robo Bean for that pose. You'll probably have a bunch of questions, concerns, and mistakes you might have made. So, after you're done, watch the examples of me drawing the Robo Bean which hopefully will

address some of your questions.

Assignment: Mannequinization

When you're doing these mannequin sketches, always start by establishing the gesture. Find the flow, major angles, and check your proportions with measurements. Then as a second layer, start adding the 3d forms of the mannequin.

Assignment: Balance

Do some more quicksketch drawings and use all the principles you learned so far. Gesture, bean, robo bean, landmarks, mannequinization… But, find poses that will help you practice the concept of balance.

Another great exercise would be to take a balanced pose and use it as inspiration to invent an action pose – a pose that is in the middle of an action. This one is a bit tougher since you're inventing some elements from imagination. This is a good challenge. You're ready for it.

Assignment: Exaggerate Some Poses

Try doing the process that I just described from any poses you feel could be more dynamic. I've also included a collection of a few photos with 2 versions of the same pose. One rigid and another more dynamic one. Try exaggerating the rigid ones and check your drawing against the dynamic version.

Keep in mind that there are multiple ways of exaggerating something. If you choose to exaggerate in one way, then check it against the dynamic version and it's different, that doesn't mean yours is wrong. They could both be right. You chose to exaggerate it one way and the model chose another way. The dynamic pose is just there as a suggestion. But keep in mind that the model can actually feel the pose. Compare yours to it and see if there's something you like better in the dynamic photo. Is there something you can learn from it?

Use file Exaggeration-Poses.zip

Assignment: Study the Proportions

Study the 3 canons of Richer, Hale and Loomis. Copy them. Then, put the reference away and see if you can draw them from memory!

Assignment: Measuring the Figure

Choose one of the methods I describe in the lesson above. Either digital or traditional. Practice laying in a figure drawing pose and use the measuring techniques you learned. You can use the photo provided below, or any other pose you like in my pose sets. For an example of this assignment, check out lesson 13b.

Assignment: Measuring the Figure

Make sure you have a well sharpened pencil and do these exercises as you warm up to draw.

1. Train your shoulder by filling a page with curves, circles and straight lines
2. Train your hand-eye coordination by drawing 2 dots and connect them with straight lines
3. Draw 4 dots and connect them with an ellipse. Ghost it first!
4. Practice controlling line weight by drawing curves and shifting the line weight
5. Practice clean shading by drawing a 6×6 square and fill it in with even tone

Assignment: Shading the Figure

Use the photo of Yoni or choose another pose from my pose sets to draw a fully shaded figure. I recommend drawing large so that you have room to shade some details. In my example, I'll be drawing on an 18×24 inch paper. Also, don't rush it. A student in most ateliers will spend at least 3 hours on a figure drawing. Personally, I recommend longer, especially if this is one of your first long figure drawings.

After completing this course, I suggest the anatomy course – Anatomy of the Human Body for Artists: proko.com/anatomy