Artistic Anatomy & Figure Drawing
What is Artistic Anatomy?

- The ideal human form
- Why we use the male form instead of the female form
- Lesson coverage: basic muscle groups, bones, tendons, and the relative proportions of all.
Units of Measuring

- Fractions
- The head
  - The length of the head
  - Why use the head as a unit of measurement instead of a unit like inches or centimeters?
How to Use the Head to Scale the Body

- The “ideal” human figure stands at 7 ½ heads tall.
- Ex. This means that if the head of your figure drawing is an inch long, that the figure as a whole would be 7 ½ inches in height.
- When first creating your figure drawing, it will be easier to grid out your figure.
Gridding the Figure

Lines from the top:
- 0
- 1
- 2
- 3
- 3/4

Lines from the bottom:
- 0
- 1

Mid-line
Important Muscle Groups

- 640 muscles in the human body
- The following are the form producing muscles/muscle processes:
  - Sternocleidomastoid,
  - Trapezius, Pectoralis,
  - Deltoids, Biceps, Triceps,
  - forearm muscles, Serratus,
  - Obliques, Abdominals,
  - Quadricep grouping,
  - Hamstring muscles, Calf muscles, Lattissimus, Gluteus
The Ideal Face

- The eyes lay $\frac{1}{2}$ way down the face.
  - Five-eyes wide
- The base of the nose $\frac{1}{3}$ of the way up from the chin.
- The lips lay $\frac{1}{4}$ of the way up from the chin.
- Top of ears – brow line, just above the eyes
- Lobes of ears – at the baseline of the nose
- Sternocleidomastoid
Anterior Muscles of the Torso

- Anterior view of **Trapezius** muscles
- Anterior **Deltoids**
  - Width of the torso from shoulder to shoulder is $1 \frac{3}{4} \text{ heads} \ (1 \frac{1}{4} + \frac{1}{4} + \frac{1}{4})$
  - Shoulders lay mid way between lines 1 and 2 from the top
- **Pectoralis** muscles
  - Nipple line lays on line 2 from the top
- **Serratus** muscles
- **Abdominals**
- **Obliques**
  - Lay just above the hips near the **navel line on line 3** from the top.
Posterior Muscles of the Torso

- Posterior view of Trapezius
- Posterior view of Deltoids
- Lattissimus muscles
  - Full width of the ribcage, 1 ¼ wide
Arm Muscles

- Upper arms
  - 1 ½ heads long from shoulder to forearm
  - ¼ head wide
  - Bicep
  - Tricep

- Forearms
  - 1 head long

- The arm ends at the fingertips on line 3 from the bottom
Upper Leg Muscles

- Hips are 1¼ wide and start right below the navel line.
- The pelvis, or groin area, lies on the ¾ or mid-line.
- Upper legs start at mid line (¾) and end on line 2 from the bottom at the knee.
- Gluteus muscles
- Quadricep muscle grouping
- Hamstring grouping
Lower Leg Muscles

- Calf muscle grouping
- Starts at the knee on line 2 from the bottom, and ends on line 0 (accounting for the foot)