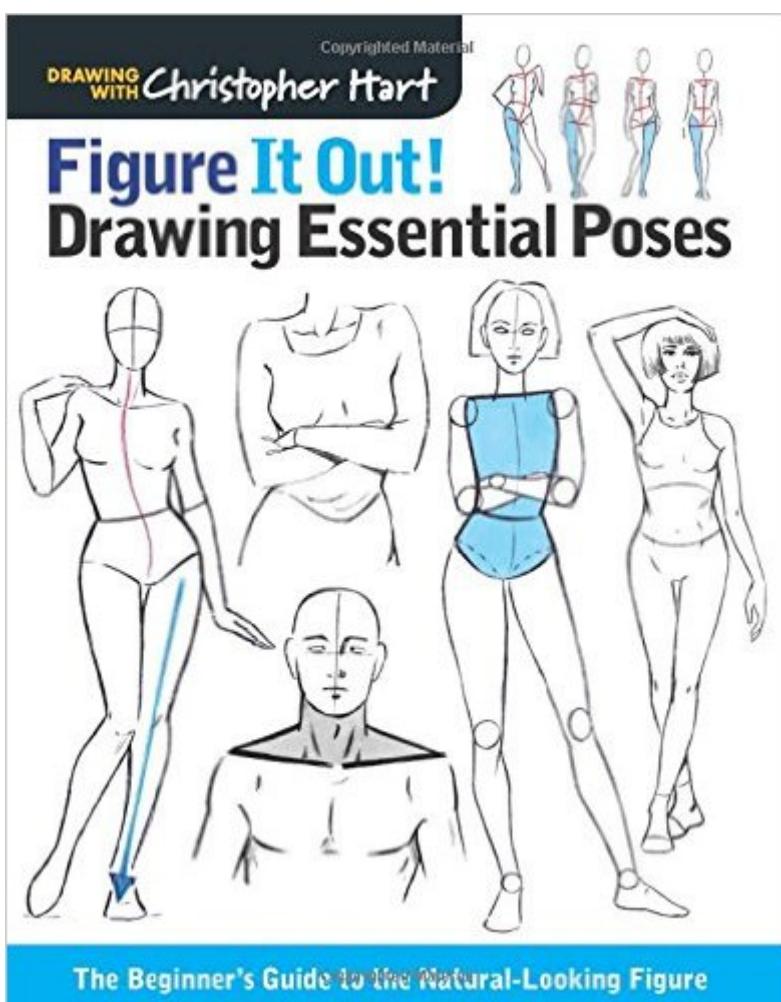


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# Figure It Out! Drawing Essential Poses: The Beginner's Guide To The Natural-Looking Figure (Christopher Hart Figure It Out!)



## Synopsis

Bestselling how-to-draw author Christopher Hart helps artists fine-tune their skills with the fundamentals of drawing natural-looking figures. Eschewing the esoteric and wooden mannequins commonly found in art books, he portrays everyday, real-life gestures on human-looking foundation figures: standing, sitting, kneeling, and reclining, with arms folded, ankles crossed, hands on hips, and more, all shown from various angles. Hart also explores deeper concepts such as perspective, illusion of depth, casting shadows, and foreshortening, and provides step-by-step tutorials that take artists through complete, naturally posed figure drawings from start to finish.

## Book Information

Series: Christopher Hart Figure It Out!

Paperback: 144 pages

Publisher: Drawing with Christopher Hart (July 19, 2016)

Language: English

ISBN-10: 1936096994

ISBN-13: 978-1936096992

Product Dimensions: 8.6 x 0.6 x 10.9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars (See all reviews) (9 customer reviews)

Best Sellers Rank: #22,291 in Books (See Top 100 in Books) #8 in Books > Arts & Photography > History & Criticism > Themes > Human Figure #20 in Books > Arts & Photography > Drawing > Figure Drawing

## Customer Reviews

This is the third book in Christopher Hart's "Figure It Out!" series on figure drawing. The first book is an easy guide to drawing people. The second is a guide to human proportions. And the third, this book, focuses on how to draw natural-looking poses. Most of Christopher Hart's books are superb--he has a knack for teaching essential sketching techniques without getting overly technical or advanced. This book is no exception! The book itself is paperback, with large enough print to read easily while you're trying to sketch. Like the others in this series, it has integrated flaps at the front and back covers, so you can save your place, as you might do with a dust jacket. It's well illustrated throughout, with brief sections of text to explain the principles being demonstrated. The core premise of this book explores how the human body changes as it shifts position, so you can learn to draw

poses that look natural, rather than forced or stiff. For example, when you take on a certain pose, curves appear in some parts of the body, while others flatten out. Some limbs may appear foreshortened, while others lengthen. Certain muscles might become more prominent, while others become less visible. There are lots of tips and tricks! So as not to overwhelm you, the book divides the body into sections, focusing first on the head and neck, then the arms and shoulders, then the legs. It even explains how to add depth to a pose, so it doesn't look two-dimensional. I especially appreciate that the author's sketches have ethnic variations, as well as size/shape variations. His female models don't all have huge boobs and tiny waists. Many appear fleshed out, with realistic-looking bodies.

While I have bought a lot of Christopher Hart's "How to Draw" books they have been mostly about drawing Cartoons and Anime. Much of those books have some exaggerations in their designs. There not about creating realistic characters but ones more visually appealing. So when I went to look at his new book "Figure It Out! Drawing Essential Poses" one thing I thought I would dislike was how realistic all the designs were. Fortunately this change in style did not make me like this book any less. First off the purpose of the book is to show the reader the tips and tricks on how to draw more dynamic poses in there character drawings. While all the models have a more realistic body structure the tips this can be combined with the other cartoonish drawing styles he has made books for in the past. The book focuses more on tips to make your characters less stiff and have a more realistic and dynamic pose, as well as talk about why these poses works and common mistakes people make. I also noticed that there was a good balance between male and female examples. I really appreciated this since many of the drawing I tend to focus on are mostly female. The book is separated into 9 parts: Head and Body Basics, Posture, The Must-Know Info, Opposing Forces, Arm and Shoulder Poses, Leg Pose, Depth, Seated Poses, and Exercises. All these sections (excluding Exercises) goes into basic details about the concepts about the example poses. Most examples have the pose in 3 to 5 drawings. Usually the first drawing is a basic line drawing with each other drawing adds more details to it until the last finished drawing. This gives you the step by step process of how to build the pose.

Chris Hart has another well written (and illustrated!) book to add to your collection. While he is well known for his many books on manga, he is equally adept at writing books on the human body i.e. *Human Anatomy Made Amazingly Easy* and *Drawing Cutting Edge Anatomy*. This book is about drawing the human form with the correct skeletal positioning taken into account. Personally, I have

always struggled with this, but with the help of Chris' tips, along with his drawings, I will be able to draw more accurate poses now that I can refer to his drawings showing the lines to follow to draw the figure or body part in a more natural pose. Each chapter focuses on a part of the body or pose and takes the reader through the process used to get to the final drawing. Extra tips are peppered through the book in coloured boxes on the pages. The poses that Chris demonstrates are the everyday poses you see rather than the stiff art school poses we are used to seeing. He starts off with the basics and takes you through the various poses i.e. head and body basics for both males and females, posture (i.e. how people actually stand, and as you'll find out, it's not straight up and down), arm and shoulder poses, seated poses, and so much more. The final chapter has the reader/artist drawing and putting the skills they have learned onto the page to see how well they have understood the previous chapters on drawing, one lesson at a time. If you are like me, you have had a sketch pad beside you and been practising each lesson as you came to it. So, the last chapter of exercises shouldn't be too difficult since you can refer back to the chapter you need. In addition, it will point out to you what chapters you should go back to and practise again.

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