### CONTENTS

4 INTRODUCTION

#### 6 GETTING STARTED CHAPTER 1

- 8 LEARNING TO DRAW
- 12 TRADITIONAL DRAWING
- 13 DIGITAL DRAWING
- 14 MATERIAL & TIPS FOR TRADITIONAL DRAWING
- 16 MATERIALS & TIPS FOR DIGITAL DRAWING
- 18 BEGINNER EXERCISES
- 20 FROM 2D TO 3D

## 22 DRAWING FACES CHAPTER 2

- 24 FACE SHAPE AND STRUCTURE
- 29 SIDE PROFILE
- 32 FACES IN PERSPECTIVE
- 36 MOUTHS
- 38 EYES
- 42 NOSES
- 45 EARS
- 46 FACIAL EXPRESSION
- 50 MEN & WOMEN
- 52 YOUNG & OLD

## 54 HAIR AND HAIRSTYLES CHAPTER 3

56 HOW HAIR WORKS

# 64 BODIES & ANATOMY CHAPTER 4

- 66 PROPORTIONS & BASICS
- 67 SIMPLIFYING THE BODY
- 70 ARMS & LEGS
- 73 A SIMPLE BODY, STEP BY STEP
- 75 THE NEXT LEVEL . . .



<i>77</i>	TORSO
78	BACK
79	ARMS
82	LEGS
84	HANDS
90	FEET
94	THE PELVIS AND HIPS
96	BREASTS
98	BODY TYPES
99	MUSCLE TYPES
101	FROM BUILDING BLOCKS TO ANATOMY
102	UPPER BODY IN DETAIL
104	ARMS IN DETAIL
106	LEGS IN DETAIL
108	THE BODY IN MOTION

## 110 CLOTHES AND FOLDS CHAPTER 5

112 HOW FOLDS WORK

## 116 POSES AND DYNAMICS CHAPTER 6

118 DYNAMICS
119 CONTRAPPOSTO
120 WIND & MOMENTUM
122 DESIGNING A POSE

## 124 PERSPECTIVE AND SPACE CHAPTER 7

126 DRAWING IN PERSPECTIVE

130 WHOLE BODY IN PERSPECTIVE

## 132 THE END OF THE BEGINNING CHAPTER 8

134 YOUR OWN STYLE

136 OVERCOMING ART BLOCK

138 THUMBNAIL SKETCHES

140 HOW I DESIGN A MOTIF

142 CONCLUSION

143 ABOUT THE AUTHOR