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Life Drawing  
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Dear Core Members,

Hope you are all well and keeping yourselves busy doing plenty of art and exercise when you can. I've got a fun set of activities for you to do from home today to keep your drawing skills up while away from the life drawing room 😊

Take good care and remember to photograph or keep your drawings so you can show me once we re-open.

Best wishes to you all,  
Noel

Put on your favourite music, relax and get the timer on your phone ready to assist you in some warm up drawing exercises!

1. 1 minute: Blind drawing of your foot this means you are looking at your foot and not at your drawing. Don't cheat ;)
2. 1 minute: Draw your foot again but this time with the hand you don't normally use for drawing.
3. 1 minute: Continuous line. Draw your foot without lifting your drawing material off the page, creating a drawing with one continuous line.

### **How to sketch and draw feet**

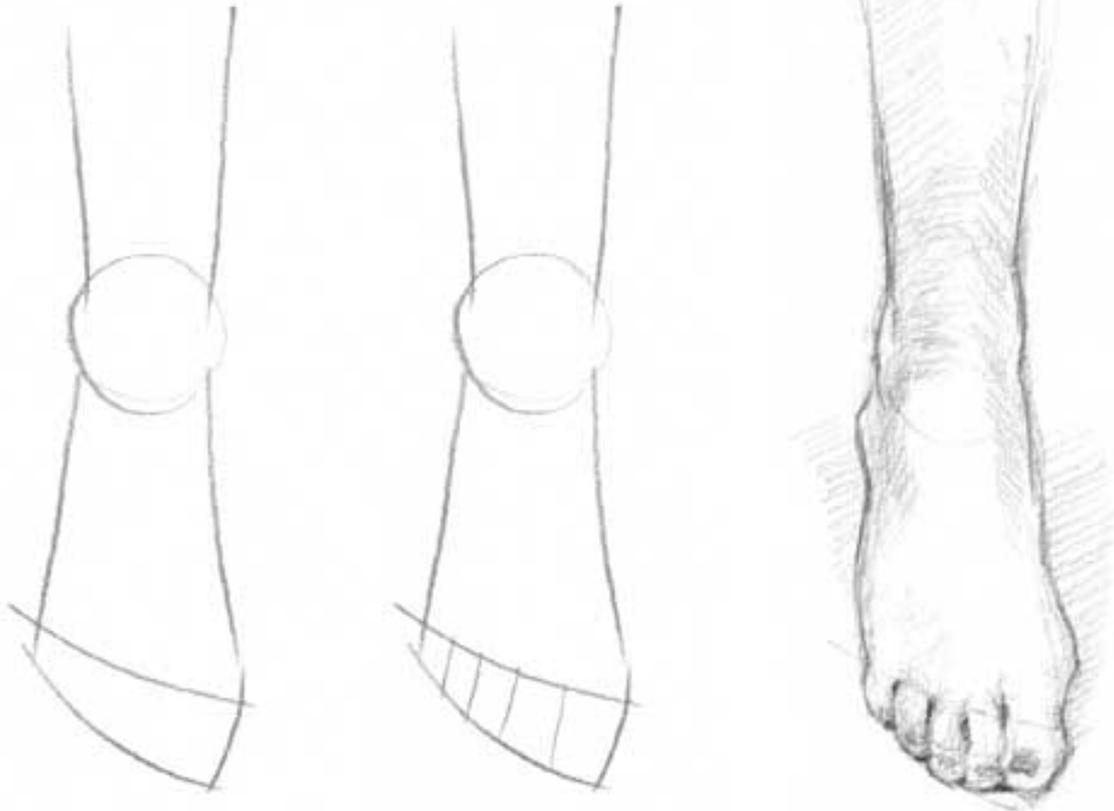
#### **Having trouble perfecting your extremities?**

[Drawing](#) feet can be difficult. With a padded bony heel, a long, arched set of metatarsals and flexible toes, the human foot is made up of a lot of varied elements, and it may seem like a challenge to put all these different parts together.

But like any other subject, the foot can be broken down into different forms before the details are added, no matter what perspective you approach it from. Read on to find out how to draw feet step by step.

## 1 Top plane

When viewed from above the plane of the top of the foot slopes away from the ankle down to the toes. Draw the overall shape that the toes will fit in first, and then divide that space up with lines between the toes.



## 2 Inside plane

The inside plane of the foot is approximately triangular, running from the ankle to the big toe and heel. Use a rounded shape to establish the positions of the heel and ankle; the relationship between them is important for the stability of the figure.



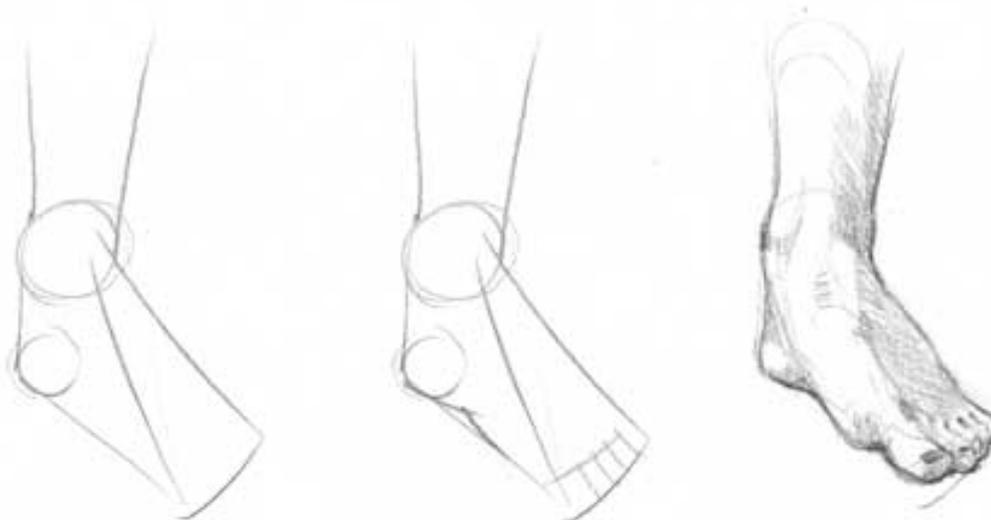
### 3 Underside

The underside of the foot is the kind of shape you see imprinted on the sand on beaches, the curves of this plane are more pronounced although it will still fit within a broad triangle.



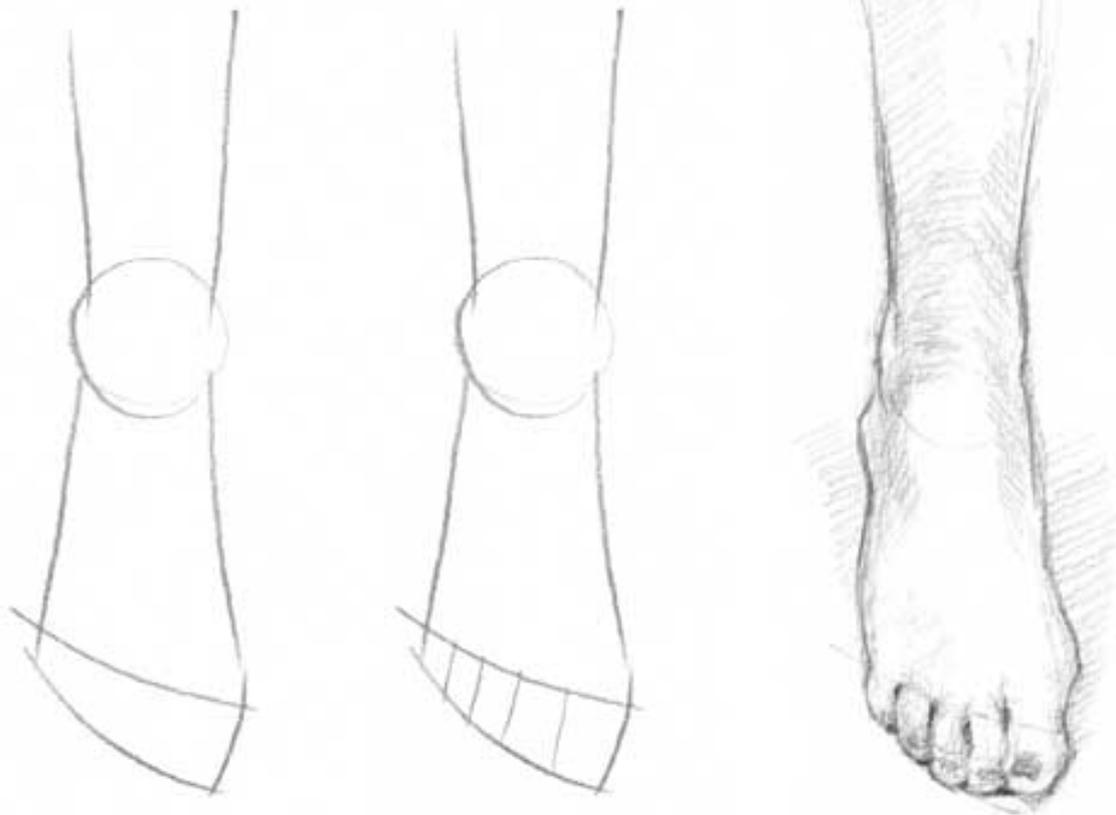
### 4 Angled view

You'll rarely see any single plane exclusively. Use the idea of the planes of the foot to break a complex shape down into simple elements before developing the foot drawing to more closely reflect what you see.



### **5 Back of the foot**

The calf muscles taper to the Achilles tendon, and that in turn creates a hard edge on the back of the foot as it connects to the heel. You can see the ankle protruding out to each side and the foot sticking out in front.



**How to draw a foot: try this exercise**

Have a go at drawing feet by following the steps below. It should only take about 20 minutes.



**What you'll need:**

- Your feet
- A mirror
- Your preferred drawing medium
- A sketchbook

**Method:**

**1** Lean a mirror against a wall at floor height and sit, shoes and socks off, so that you can see your feet in the mirror.

**2** Make five-minute studies of your feet in your sketchbook using the structures suggested above as a guide.

**3** Try a top plane, inside plane and angled views of the foot. You'll need somebody else to pose to get a good view of the underside or back of the heel.

**4** Repeat these studies as often as you can to improve your observational skills and develop a personal approach that suits your way of working.

