



Hello everybody!

I hope you are all well and enjoying the summery temperatures!

It's already June (whaaaat???) so we're well into 2 months of social distancing now, which is a real challenge! So I think we should all stop a minute and give ourselves a huge pat on the back for how well we have done, coping with life and fighting off that nasty bug just like real superheroes!

So for today's class I thought it would be fun to draw ourselves as Lockdown-Superheroes!

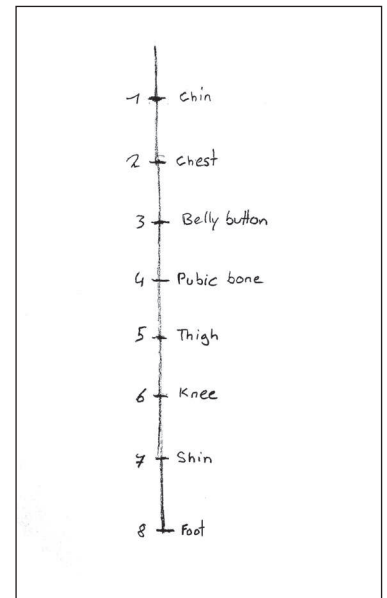
You will need:

- A piece of paper
- A pencil
- A pen for outlines
- An eraser
- Your favourite art supplies to colour in the outlines (eg. felt pens, watercolours etc.)

Step 1

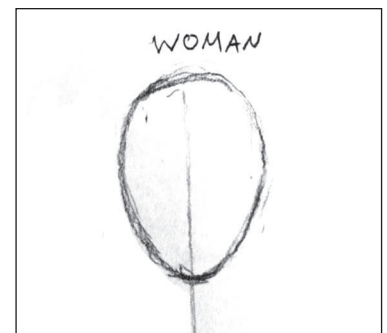
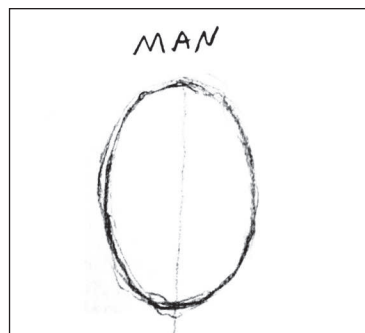
To get the proportions right, we draw a rough grid.

Draw a straight line from top to bottom with your pencil and divide it into 8 equal parts. The best way of doing that is to first hit the middle and then half either side again, so you end up with 4 equal parts. then divide each part once more so you end up with 8 parts (I have included a ready made grid at the end of the lesson).



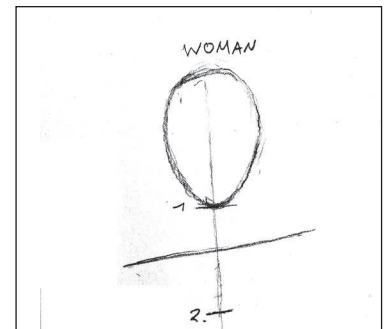
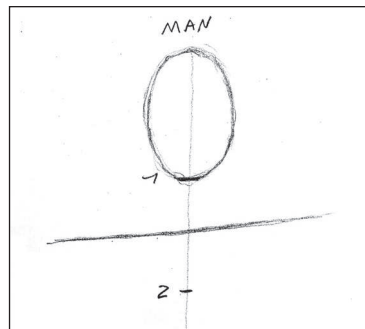
Step 2 - Head

Draw an oval for the man and the shape of egg on it's head for the woman, with the bottom line touching our first line, building the chin.



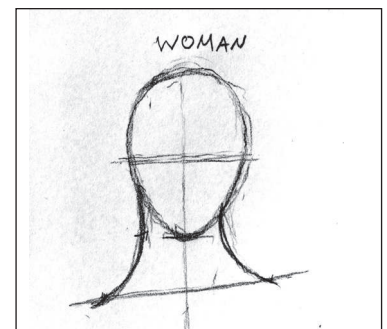
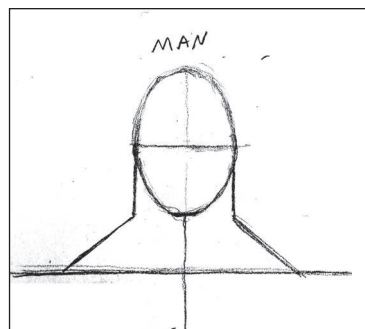
Step 3 - Clavicle Line

Then we draw the clavicle line roughly in the middle between our chin-line 1 and our chest-line 2. Draw this line at a slight angle, tilting to the left for the woman.



Step 4 - Neck

Man: Divide your head-oval through the middle. This is your eye and ear line and where the neck begins. Draw 2 lines down from each side for your neck, making them as long as the chin-line 1. Then connect the neck lines with your clavicle line at an angle.

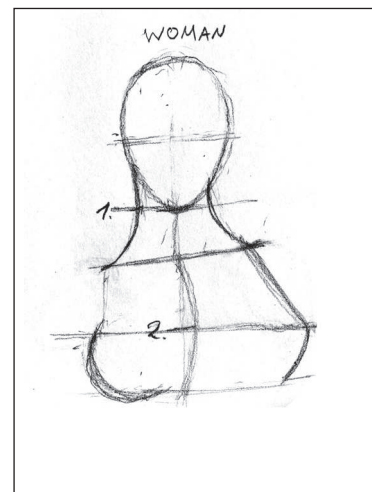
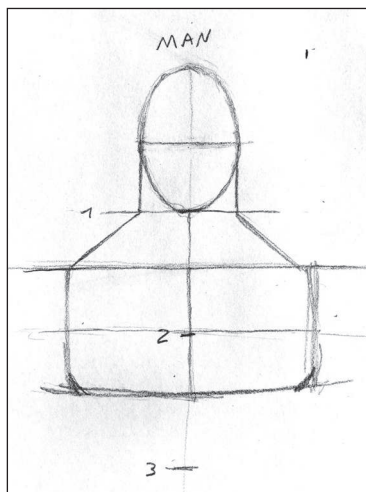


Woman: Follow the same steps but make the neck slightly thinner and connect the neck lines with the clavicle line drawing curves rather than angles.

Step 5 - Chest

Man: Draw a couple of squares down either side of your clavicle line, with the chest line being at the centre. Round off the bottom corners. These are your pecks!

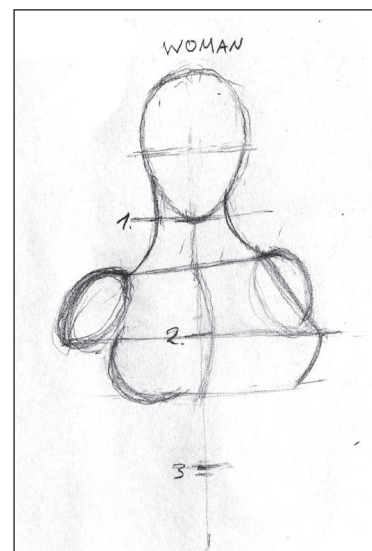
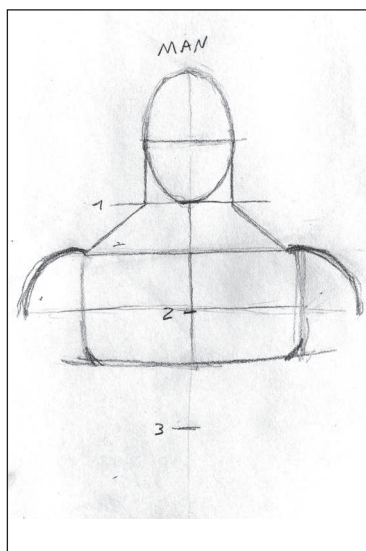
Woman: Draw diagonal line from where your right neck line hits the clavicle line down to the chest line and then a slight curve, reaching roughly half way between your chest-line 2 and your belly button-line 3. Also draw a semi circle on the left side but no need to connect to the clavicle line.



Step 6 - Shoulders

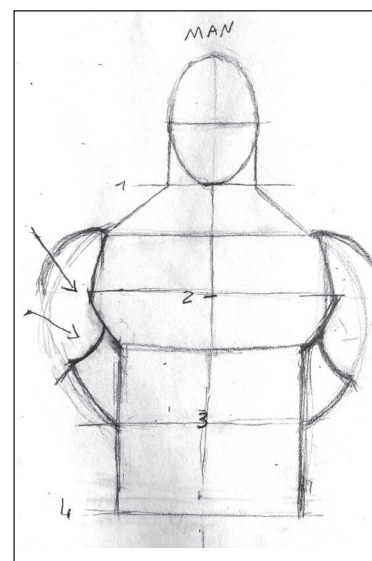
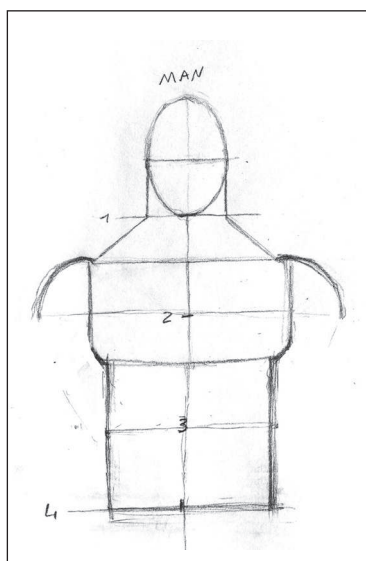
Man: For the shoulders we draw a quarter circle on each end of the clavicle line, reaching as far as the chest-line 2.

Woman: Draw little tilted ovals reaching between the clavicle line and the chest line.



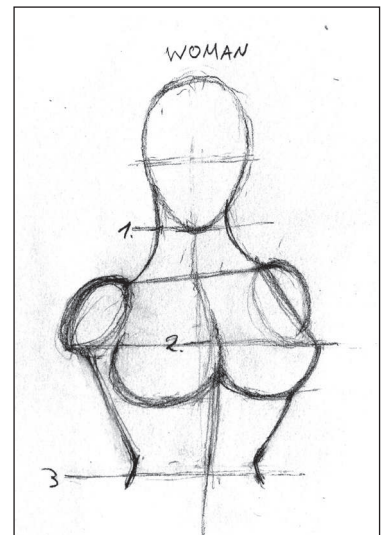
Step 7 - Waist

Man: where the rounded corners of the pecks straighten out again, draw a square from the peck line down to the pubic bone-line 4. Also draw the biceps and back muscle on each side, from your armpit to the belly button-line 3. Then bring up the corner of your pecks so they hit the chest line.



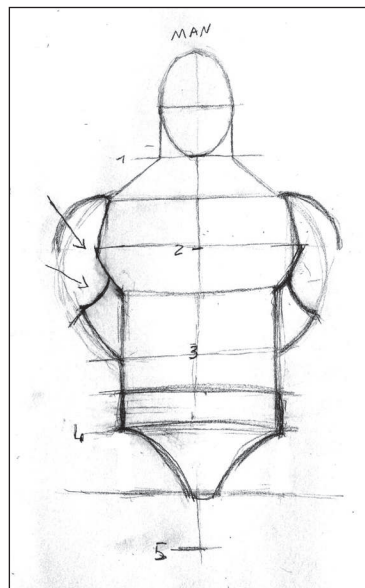
Woman: Draw a V-shape from the bottom of your shoulder oval on the left (your arm pit) and the bottom of the right breast, to reach just above the belly button line. Then flick the lines outwards.

For the cleavage, join the lower chest lines in the centre, slightly to the right, drawing semi circles.

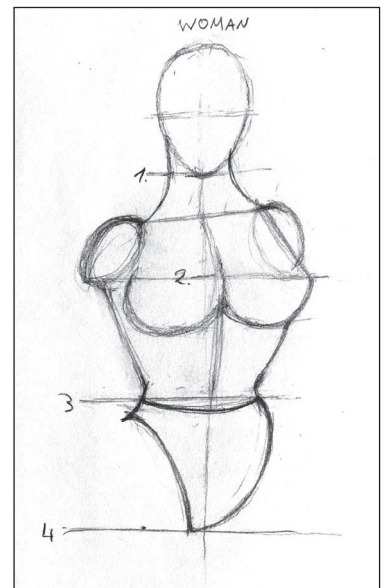


Step 8 - Crutch

Man: Draw a quarter circle on each side of the pubic bone-line 4, facing inwards, half way between line 4 and 5. You can add a line half way between the belly button-line 3 and the pubic bone-line 4. This will become your belt.



Woman: Draw a curved line along the belly button-line 3 for your belt. Then draw a semi circle facing outwards on the right side and one facing inwards on the left side. Make them join in the middle, on the pubic bone-line 4.

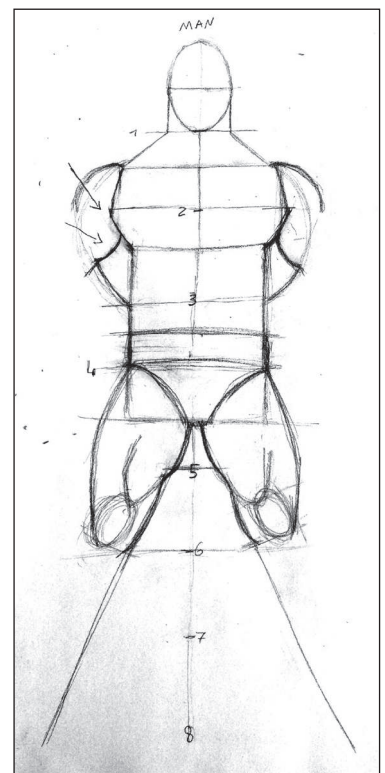


Step 9 - Thighs

Man: Draw 2 guidelines from the centre of the crutch all the way down to the foot-line 8, opening up at the bottom for a wide stand. Make sure the stand is wider than the shoulders. Then draw 2 ovals on top of the knee-line 6, tilted inwards. These are your knee caps.

Draw the outer thigh curves from the edge of the pants at the height of crutch-line 4 down to the knee-line 6.

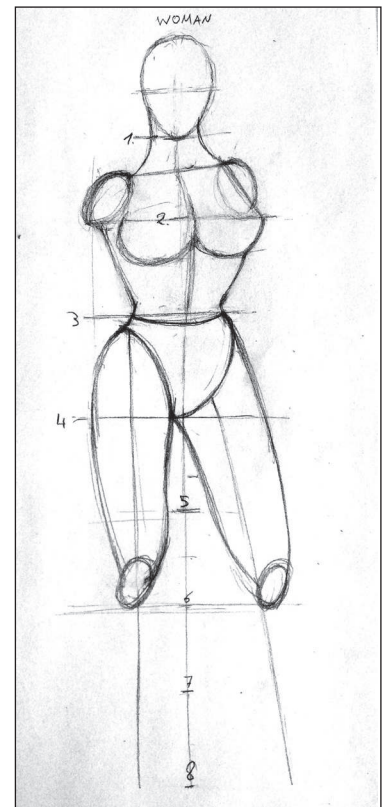
For the inner lines, rather than drawing one long curve, have the line bump at the height of thigh-line 5, joining knee-line 6 inside the knee caps.



Woman: Draw 2 guidelines from the height of the panties all the way down to the foot-line 8, the left line being straight and the right line at a slight angle, opening up at the bottom.

Draw 2 ovals tilted to the right on top of your knee-line 6 for your knee caps.

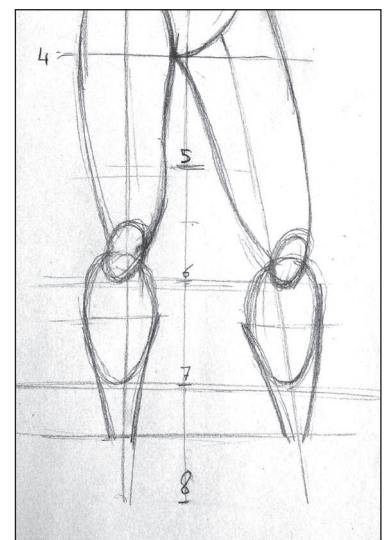
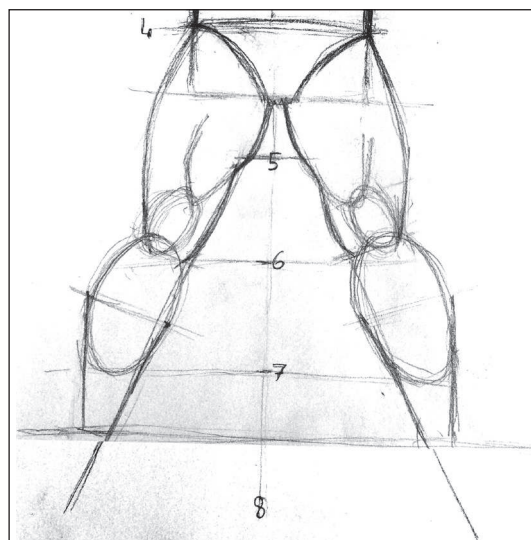
For the outer thigh line, draw one long curve from the edge of the panties down to the knee caps. Draw an S-shaped line for the inner thigh lines.



Step 10 - Calves and Shins

Man/Woman: Draw 2 ovals in the space between knee-line 6 and shin-line 7, slightly overlapping with your knee caps.

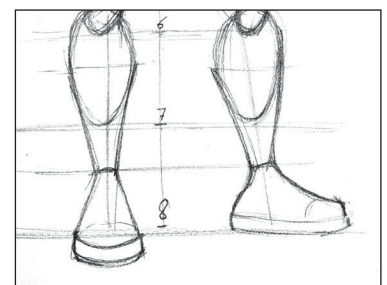
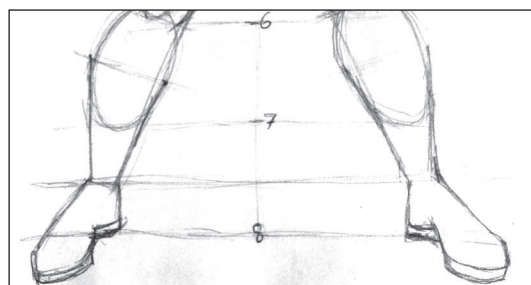
Draw a horizontal guideline between shin-line 7 and foot-line 8. Then, draw 2 lines from each calf-oval down to the new guideline, narrowing at the bottom for your ankle.



Step 11 - Feet

Man: The foot-line 8 is where we place the heel.

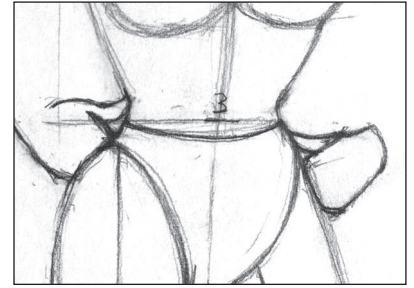
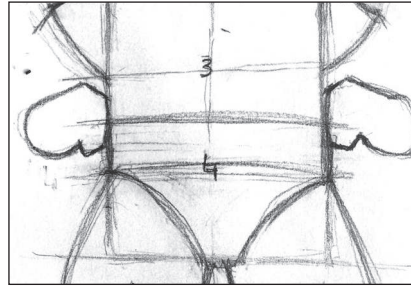
Draw the shape of the feet slightly pointed at the front. Double up the lines to show the sole of the shoes.



Woman: We see the foot on the right from it's side, standing on the foot-line 8. The left foot is pointed forward and reaches beyond the foot-line 8 because it is in front.

Step 12 - Hands

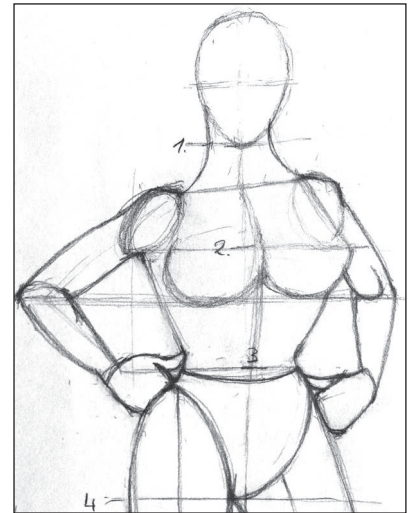
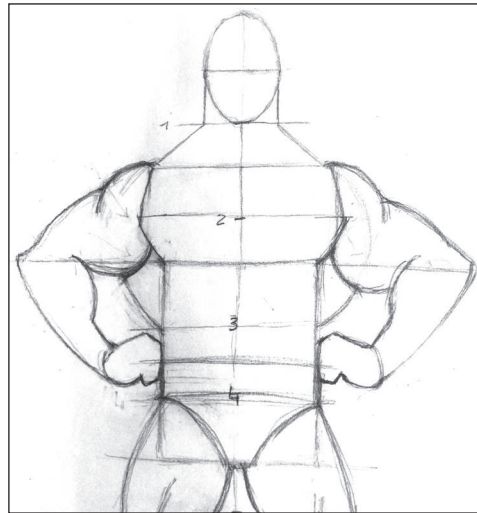
Place the hands on the hips, roughly on the panty line. You can start out by drawing ovals and then carving out the shape as shown.



Step 13 - Arms

The elbows are right in between chest-line 2 and belly button-line 3, or where the bottom chest curves sit.

The arm is narrow at the wrist and wider at the elbow. Then connect the elbow with the arm pits and shoulders, making big curves for the man's muscles and thinner ones for the woman.



Step 14 - Face

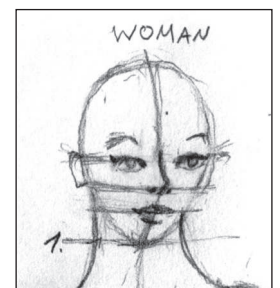
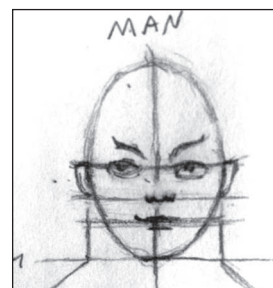
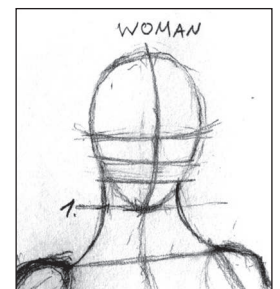
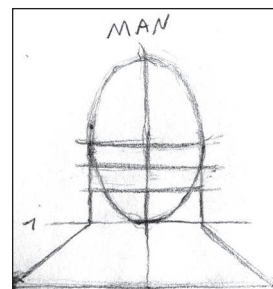
First quarter the head, curving the vertical line of the woman's face slightly to the right, as she is slightly looking to the right. Then divide the bottom half into 3 equal parts.

The eyes are placed on the middle line of the face. The space in between the eyes is as big as the eye itself. The ears are attached to either side of the head and level with the eyes.

The mouth reaches the first line bottom up and the tip of the nose reaches the second line.

You can chisel out the jaw line a little more if you like.

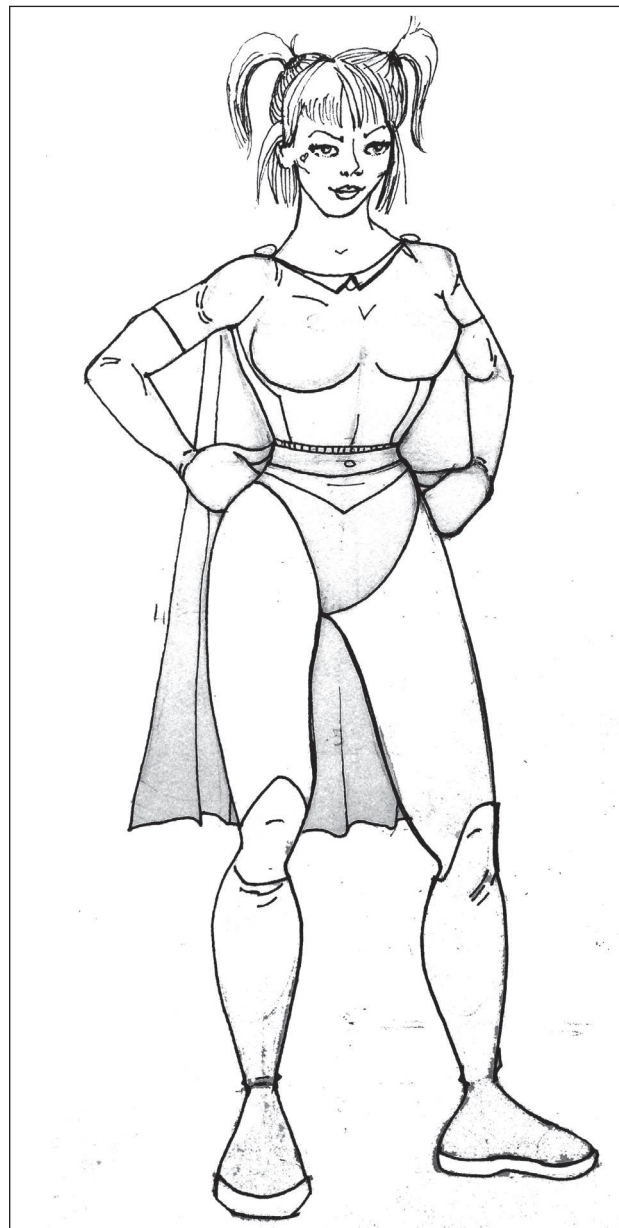
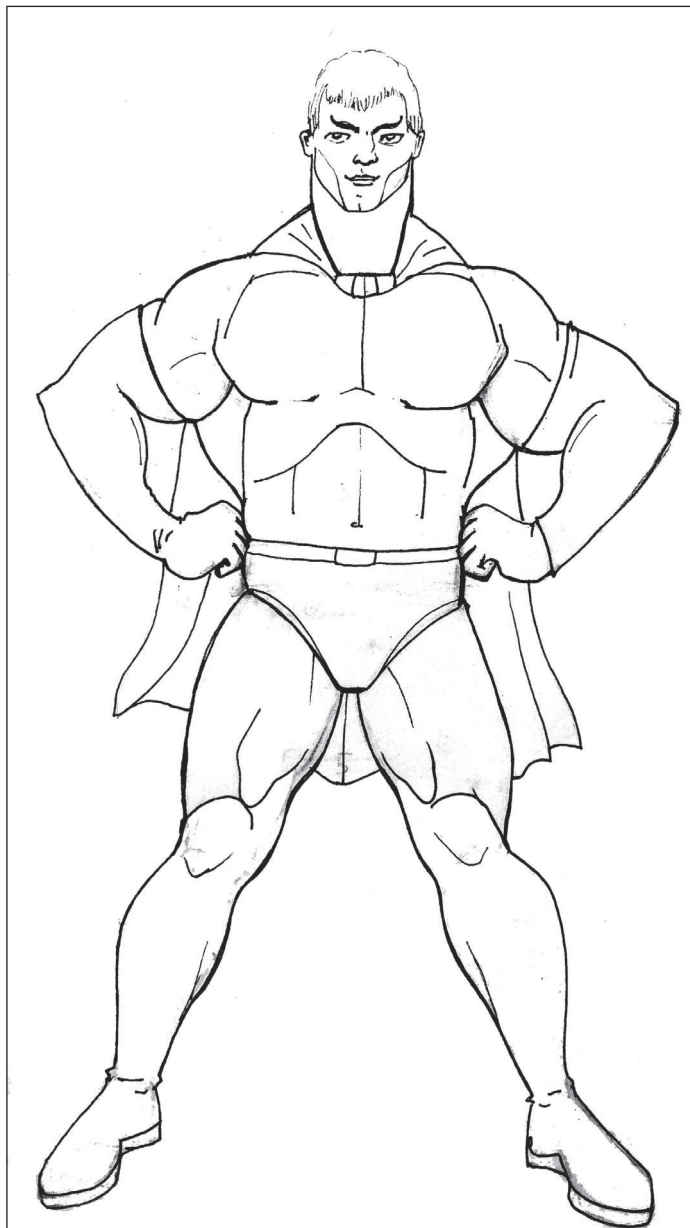
Then you can decide on a hair style. The top of your head is where the fringe starts.



Step 15 - Outlines

Now trace the drawing with your pen, leaving out the guide lines and adding some details to the clothes.

Then erase the pencil lines.



Now all that's left to do is colour in your hero!

I hope you had a lot of fun with this workshop!
I can't wait to see all your heroes!

Much love

Vera xx

1

Head

2

Chin

Clavicle

3

Breast

Solarplexus

4

Bellybutton

Hip points

5

Pubic bone

6

Thigh

7

Knee

8

Shin

Ankle

Foot