

28-Day Drawing Challenge: Anatomy for Illustration and Comics

SKDIAN01 - 28 Days Anatomy Challenge

[Course link](#)

▼ — 01 to 04 - Introduction —

- Don't overcomplicate it
- Reference is important
 - Muscle diagrams
 - Pictures of real humans
 - Use you own body as reference

The 3 Step Process to Drawing Anatomy

1. **Block:** simplifying the silhouette into digestable shapes
2. **Shape:** building the muscle groups and connections between them
3. **Define:** choosing what to show through

▼ 01 - Blocking:

- Gesture Drawing
- This is the moment to make important adjustments to size, proportion and posing
- You can start drawing on top of reference
- Keep it loose for now

👉 **Just do some block-ins. The more you do, the more you'll get acquainted with the human proportions**

▼ 02 - Shaping

It's normal that at this stage, you're still learning, so is normal to put a lot more detail than what it's actually needed

Tips:

- Everyone has it's own way of distilling down the anatomy. Start looking for memorable shapes
- Drawing the connections to nearby muscles helps you *creating context* (this is very important since the muscles are very interconnected)

▼ 03 - Defining

▼ — 05 —

If you draw the same groups of muscles from various angles, you'll get pretty comfortable drawing them in any manner

- You don't need to draw every muscle!! Just what will be visible on top of the skin

▼ Arms:

▼ **Form** Breakdown:

- Shoulder
- Triceps
- Biceps
- Forearm

** has two parts that go towards the hand



01 - Arms, Final result for reference

▼ **Function** Breakdown

(...)