

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 your 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 it's normal to put a lot more detail than what it's actually needed

Tips:

- Everyone has their 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 - Arms —

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

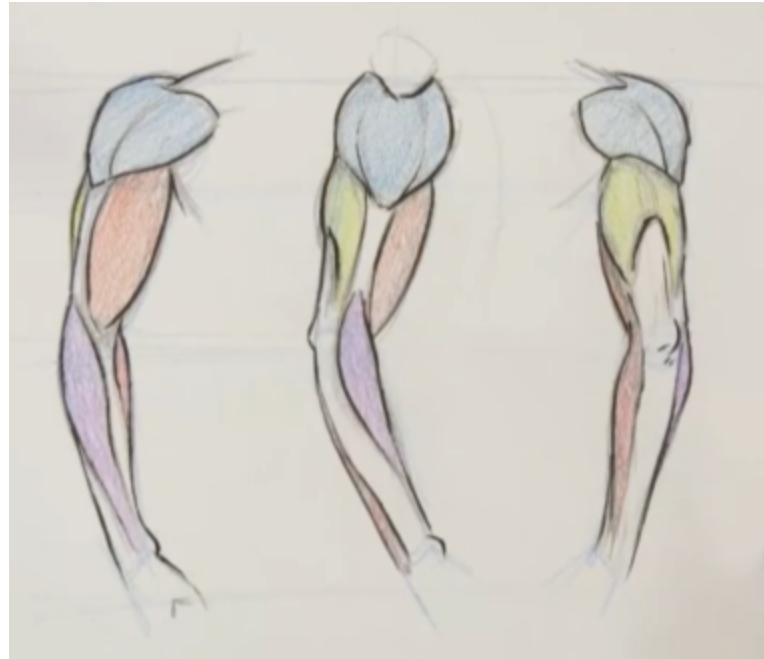
- You don't need to draw every muscle!! Just what will be visible on top of the skin

▼ Arms:

▼ **Form** Breakdown:

- Shoulder
- Triceps
- Biceps
- Forearm

** has two parts that go towards the hand



01 - Arms, Final result reference

First and foremost: **Why is it important** to understand the function of each muscle?

It's simple. The form changes, depending on the action that muscle is performing.

Function

! In this case, when drawing, you'll want to capture the action while in the *block-in process*



02 - Arms, Function reference

✍ Draw the arms *in action*. Try many different poses!

Resources:

▼ **copy pasted**

- [**Download this 3D muscle reference image**](#) to help you understand the under-skin anatomy.
- Want some human references to work from? [**Buy Jazza's pack of anatomy reference photos here!**](#) (Use code "jazzaskillshare" for 25% off of the Anatomy Reference Photo Pack.)
- Connect with Jazza on his [**YouTube**](#), [**website**](#), [**Instagram**](#), [**Twitter**](#), and [**Facebook**](#)
- Learn all of the illustration techniques Jazza uses in his Skillshare class, [**Mastering Illustration: Sketching, Inking & Color Essentials**](#)

Explore More Classes on Skillshare

- [**Cartooning: Drawing Bodies and Poses**](#) — Ira Marcks

- [Learn How to Draw: Features of the Face](#) — Melissa De Nobrega
- [Characters in Motion: Capturing Motion in Illustration](#) — Patrick Brown
- [Character Illustration: Drawing Faces, Figures & Clothing](#) — Gabriel Picolo