

# 28-Day Drawing Challenge: Anatomy for Illustration and Comics

## SKDIAN01 - 28 Days Anatomy Challenge

[Course link](#)

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### ▼ — 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

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### # 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 - 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