7.4.1 Rigging - Posing - Introduction

Posing

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Posing

Once your armature is *skinned* by the needed object(s), you can start to pose it. Basically, by transforming its bones, you deform or transform the skin object(s). But you don’t do that in *Edit* mode - remember that in this mode, you edit *the default, base, “rest” position of your armature*. You can’t use the *Object* mode either, as

here you can only transform whole objects...

So, armatures in Blender have a third mode, *Pose*, dedicated to this process. It's a sort of "object mode for bones". In rest position (as edited in *Edit* mode), each bone has its own position/rotation/scale to neutral values (i.e. `0.0` for position and rotation, and `1.0` for scale). Hence, when you edit a bone in *Pose* mode, you create an offset in its transform properties, from its rest position - this is quite similar to *meshes relative shape keys*, in fact.

Posing Section Overview

In this section, we will see:

- The *visualization features* specific to *Pose* mode.
- How to *select and edit bones* in this mode.
- How to *use pose library.*
- How to *use constraints* to control your bones' DoF (degrees of freedom).
- How to *use inverse kinematics features*.
- How to *use the Spline inverse kinematics features*.

Even though it might be used for completely static purposes, posing is heavily connected with *animation features and techniques*.

In this part, we will try to focus on animation-independent posing, but this isn't always possible. So if you know nothing about animation in Blender, it might be a good idea to read the *animation features and techniques* chapter first, and then come back here.