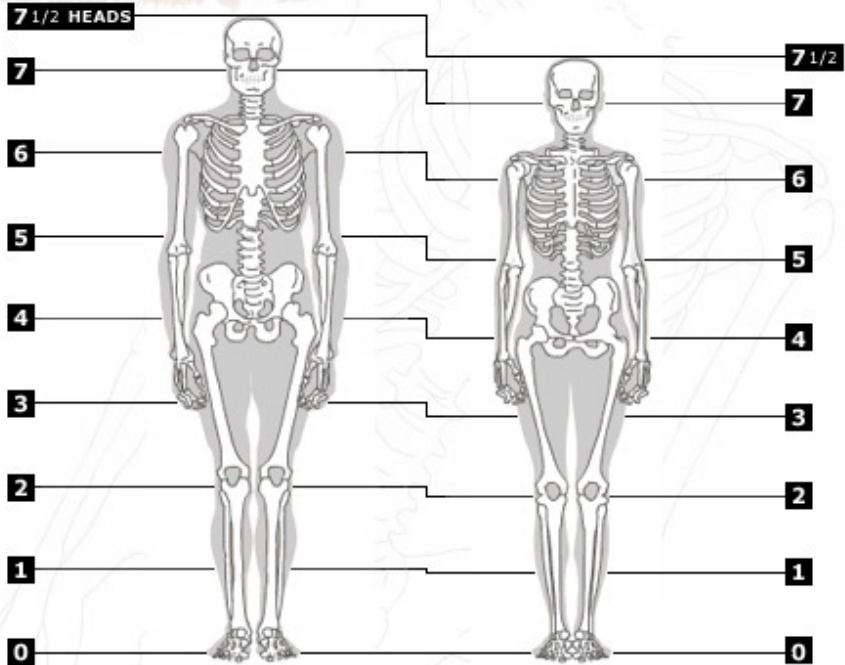


In nature, we find that most people are between 7–7 ½ heads high. This more realistic system of measurement is called standard system. Generally speaking, both male and female figures have a similar proportion in terms of height in all systems.

## Male and Female Body Proportions



Comic book or super hero characters can be exaggerated to as many as 12 head heights. For example, in the same way, the male shoulder is 3 heads wide and his hips are 2 heads wide. The female shoulder and hips are both 2 heads apart. The female shoulders also taper down and are more rounded than are those of males.

The strategy of using head size to measure proportions can also be used for the proportions of various ages. Children tend to have larger heads in comparison to the rest of their bodies. This aspect is more prominent at birth. By 1 year, the overall anatomy reaches about 4 ½ heads in height. At 8 years, the body reaches at least 6

½ heads high. As the body approaches early teens at 12 years, the figure is at least 7 heads high. Several changes also occur at this age and continue into adulthood. The groin area becomes the center of gravity and the body becomes more robust and angular for the male or rounded and slender for the female. By adulthood, the body gains at least an additional head size in height, bringing it to a total of about 7½ heads.

When drawing the human form, an understanding of anatomy and the correct proportions of the body are required. It is essential to train the eye to see what is going on inside the body before depicting the outline. The more you learn about balance, proportion, and anatomy, the more you will see. You will eventually be able to translate that information into your drawing.