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**Opening Extract from...**

# **The Power of the Pencil**

Written by Guy Field

Published by Portico

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With thanks to my father Steve, Malcolm, and all the  
teachers who let me draw when I wasn't supposed to...

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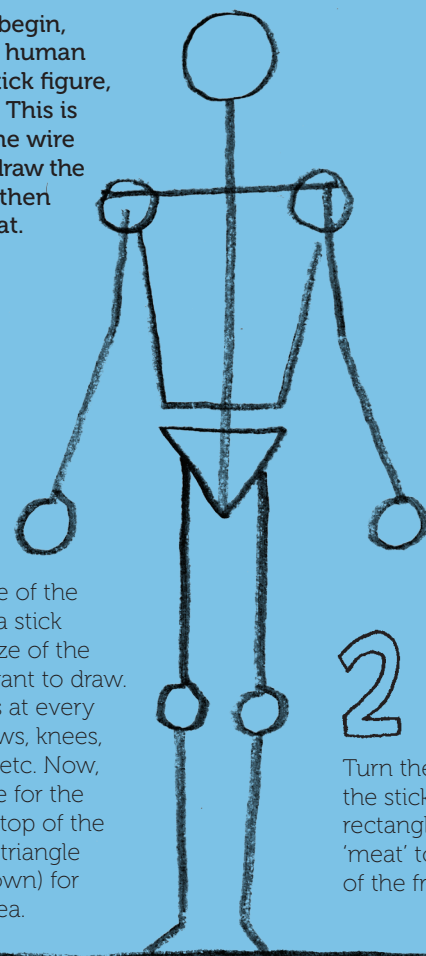
# How to Draw the Human Body

The human body can be seen as a collection of cylinders, spheres and cones. With that in mind, turn your stick figures into fully fleshed bodies. Here's how!

Before you begin, think of the human body as a stick figure, or skeleton. This is known as the wire frame. You draw the bones first, then add the meat. Let's begin by drawing a man.

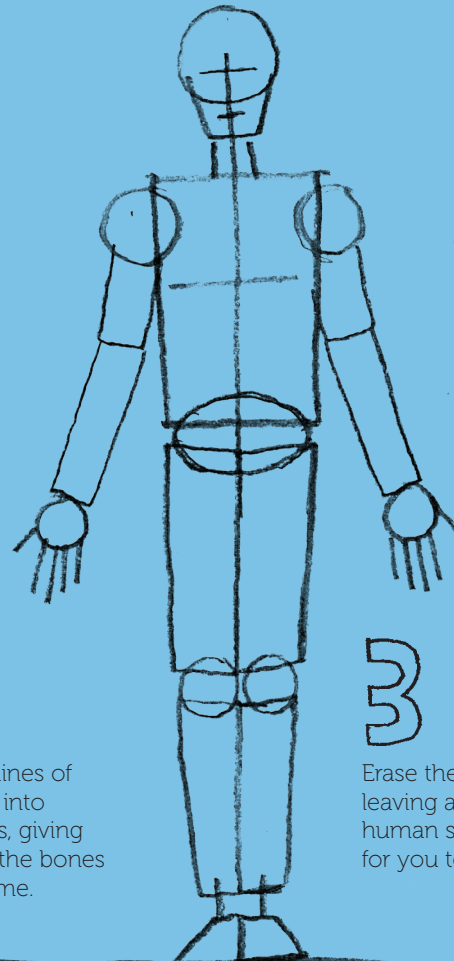
1

In the centre of the page, draw a stick figure the size of the body you want to draw. Draw circles at every joint – elbows, knees, hands, feet, etc. Now, draw a circle for the head at the top of the 'stick' and a triangle (pointing down) for the groin area.



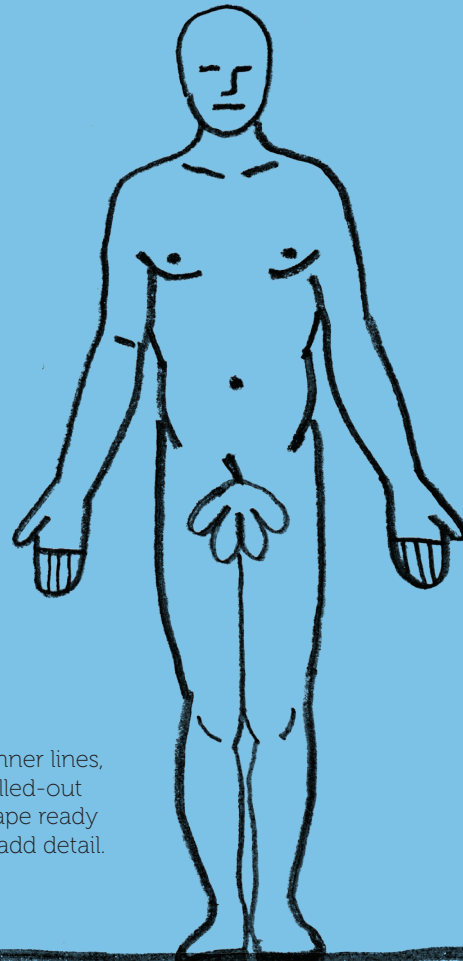
2

Turn the lines of the sticks into rectangles, giving 'meat' to the bones of the frame.



3

Erase the inner lines, leaving a filled-out human shape ready for you to add detail.



## PROPORTION, PROPORTION, PROPORTION



Once you have worked out the size of the head you want to draw (and therefore the size of the entire body), proportionally everything else should follow naturally... just remember these 11 useful facts:

### IN ART THERE ARE TWO WAYS OF DRAWING A PERSON

1. A drawing of the head and face is known as a portrait.
2. A drawing of a person's whole body is called a figure drawing.

**a** The average male body is seven and a half heads high.

**b** It's about one head from the bottom of the chin to the bottom of the pectorals.

**c** From the top of the shoulder to the elbow, the bicep is about one and a half heads long.

**d** The arm, from armpit to fingertip, is about two-thirds the length of the leg from groin to sole.

**e** From navel to groin is about one head length.

**f** From chin to groin is about three heads.

**g** The neck is about one quarter of a head tall.

**h** The chest, from collarbone to top of the hip, is a little less than two heads.

**i** From elbow to wrist is about the same as from elbow to armpit. The thigh is about one and a half heads long.

**j** The shin is about two heads long.

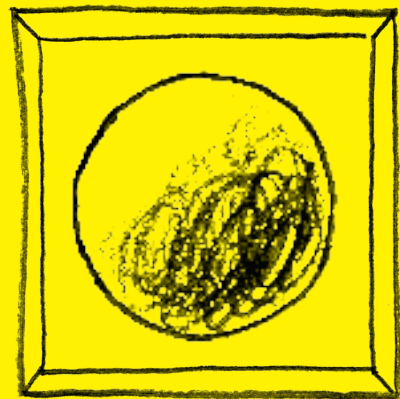
**k** From the groin, the legs are about three and a half heads long.

## THINGS TO REMEMBER

The size of the head is generally five eyes wide. There is one eye's distance between the two eyes.

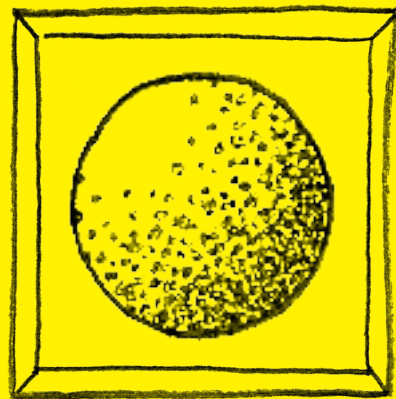
# Shading Techniques

Once you understand the position of light in your drawing, you can tackle the four fundamental techniques of shading: hatching and cross-hatching, scribbling, stumping and stippling.



## Scribbling

This one is self-explanatory. Add shade by scribbling dark lines loosely together. It's not very masterful, but it can be effective if drawing very quickly.



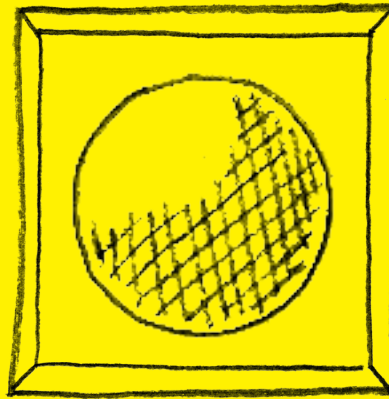
## Stippling

Stippling is the creation of a pattern, using small dots, to highlight varying degrees of shading. The closer and more dense the dots, the darker the areas you create.



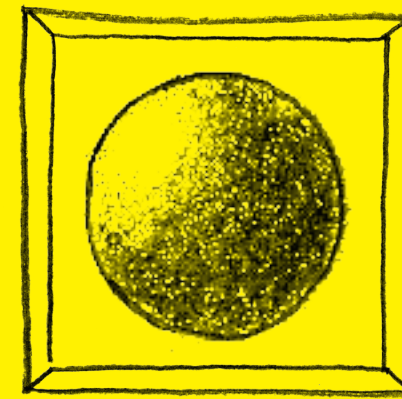
## Hatching

Hatching is making a series of short parallel marks. The marks can be made diagonally, horizontally or vertically, but they should all line up.



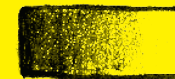
## Cross-Hatching

This is a method of shading by drawing crossing lines that form many small 'X' shapes on your drawing. Cross-hatching is a useful technique for creating darkness quickly and easily, while simultaneously adding texture.



## Stumping

A blending stump is used by artists to smudge pencil marks together. In order to stump your drawing, you need this drawing tool, which is made of soft paper that is tightly wound into a stick and sanded to a point at both ends.



The master painter Rembrandt has many excellent examples of cross-hatching in his works, using line to create (or describe) a sense of three-dimensionality. Rembrandt also used cross-hatching to create a dramatic contrast between light and dark.

Commonly used for drawing skin textures, circularism consists of drawing lots of tiny overlapping circles. Press down lightly when using this technique; you can always go back over it if it's not the right shade when you're finished.

## Choose your Pencil

For complex shading, use specialised artist's pencils for the best results. Choose the softest pencil (2B–10B) you have available, as it will blend easily. A hard pencil (2H–10H) will be very difficult to shade with.

### JOIN THE DOTS

Once you've mastered the shading techniques on this page, why not try your hand at a technique called pointillism. This is a type of shading that is done with a series of tiny dots placed next to each other. It is very time-consuming but can produce some great results.

# The Science of Doodling

If you are waiting for someone to arrive, or are on a slow train with nothing else to do, and all you have with you is a pencil and notebook, the chances are you'll start doodling. But did you know that what you choose to doodle reveals volumes about your personality and mood? Let's investigate further.

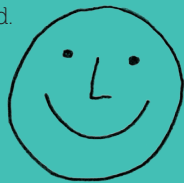
## What Are Doodles?

Doodles are shapes, patterns, drawings or scribbles – anything we produce in an idle moment while the focus of our attention is elsewhere.

## What Your Doodles Say About You

### Faces

The expression you draw on a doodled face is sometimes a very close indication of your own mood. A softly drawn, round face suggests you see the best in people, or that you are happy. Inversely, if a weird or ugly doodle is drawn, you are no doubt in a negative state of mind. A comic face doodle suggests neediness, whereas side profiles indicate you're an introvert.



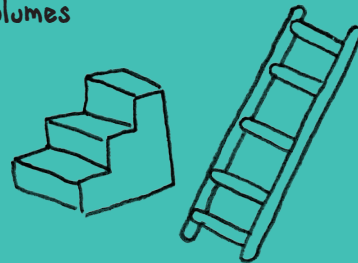
### Flowers

If you doodle soft, rounded petals enclosing the centre of a flower, this indicates you are a friendly, family-oriented person. If you doodle a bunch of drooping flowers, however, this indicates you're burdened by worry.



### Hearts

Obviously a romantic doodle. Drawing a heart indicates you're in love!



### Stairs or Ladder

A doodle of stairs or a ladder signifies ambition and an eagerness to work your way 'up the ladder' in life. It can also imply that you have an important job or task coming up.

### Boats and Planes

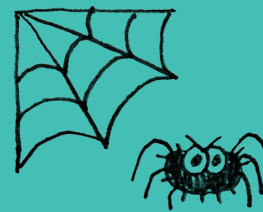
Doodling any form of transport often indicates a desire to escape from a situation.



### House

A neat drawing of a house suggests a secure home life. A messy-looking doodle indicates unhappiness at home.

Dreaming that you are sharpening a pencil suggests that you need to be more flexible. Seeing a pencil in your dream indicates your relationship may not last!



### Spider's Web

Any intricate doodles, such as a spider's web, symbolise a feeling of being trapped.



### Squares or Boxes

Doodling any type of box indicates your desire to control a situation and that you are seriously thinking through a problem. If you progress to doodling a cube this suggests you are a highly efficient and analytical person who can deal with difficult situations.



### Stick Figure

The stick figure reveals someone who is in control of their emotions and incredibly focused on their goals in life. It is a doodle commonly made by highly successful people.

### Names or Initials

Doodling your name or initials is common in those who enjoy being the centre of attention.

### Stars

Stars are often drawn by go-getters. A pattern of lots of little stars indicates you are optimistic. If you've drawn one big, decorated star, it means you've got a target or goal you want to achieve.



### Zigzags

Patterns made up of soft, flowing, curvy lines suggest a similar approach to your affairs; zigzags and harsh, angled patterns made up of lots of straight lines indicate energetic thinking and a desire to progress quickly.



'WE TEND TO DOODLE WHEN WE ARE BORED OR STRESSED. BECAUSE OF THIS, WE'RE USUALLY ONLY HALF-CONSCIOUS OF WHAT WE'RE DRAWING – WHICH MEANS OUR INNER PREOCCUPATIONS SURFACE ON PAPER.'

Ruth Rostron,  
British Institute of Graphologists

## GOOD POINT!

The way a doodle is drawn can also indicate the doodler's true intentions. For example, emotional people who crave affection and attention use rounded shapes and curved lines. Down-to-earth, practical types tend to doodle straight lines and squares. Ambitious people will use corners, zigzags and triangles, while more hesitant types use light, sketchy strokes. Outgoing people often make large doodles, while shy people make smaller ones.