



Draw from Your Head: A Step-by-Step System for Drawing the Human Figure Without a Model

Doug Jamieson

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This book is based on a drawing system that the author developed and has taught for 12 years at New York's School of Visual Arts. Anatomy books usually start students off with the fleshed figure, analyzing its internal and external appearance but offering no specific procedure for drawing it. This system, however, founded on principles and formulas of applied anatomy, enables the student to draw the figure in a step-by-step fashion. We learn first to construct a simple, schematic skeleton according to standardized measurements and basic principles of motion and balance, then progressively to drape the skeleton with individual and grouped bones and muscles, ending with the fully fleshed figure. Once the student grasps this process, he or she will be able to draw the figure in any posture or action from his or her imagination - without having to rely on a live model or photography.

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