

keep the shapes
simple

LEARN TO DRAW

TORSO

by
NASTASIA
BERRY

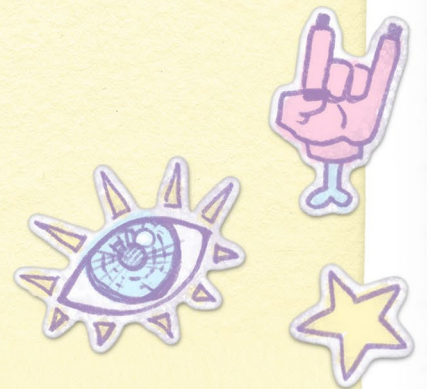
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Thank you so much
for making this book possible!



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Samantha T.



Only because of the support of my **LOVELY
AMAZING GLORIOUS PATRONS & DEVIANTART SUPPORTERS**
I was able to spend **several months** on this book creation! OwO

I can never describe fully **how grateful I am
to each of you** for this opportunity! TTwTT



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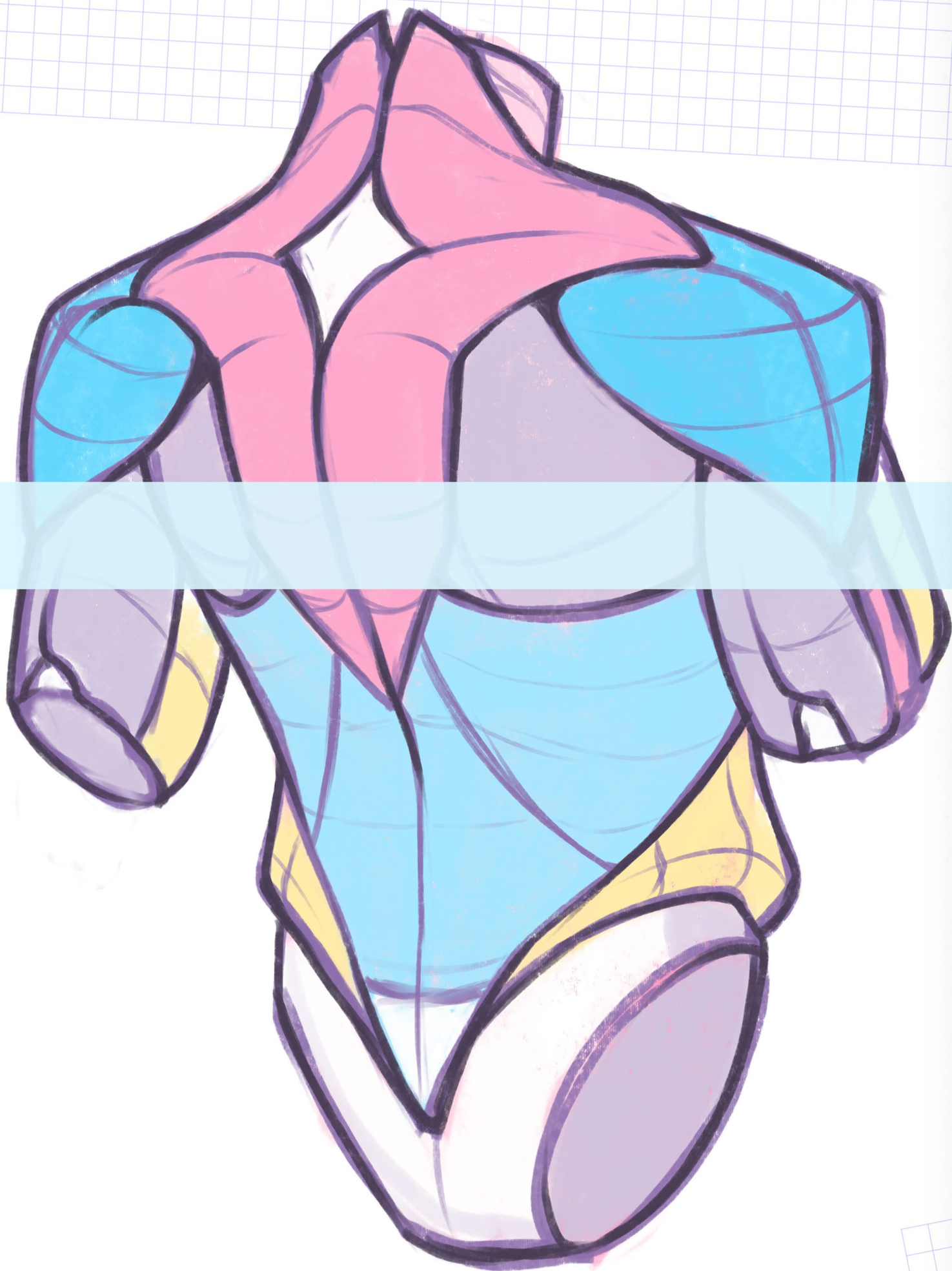


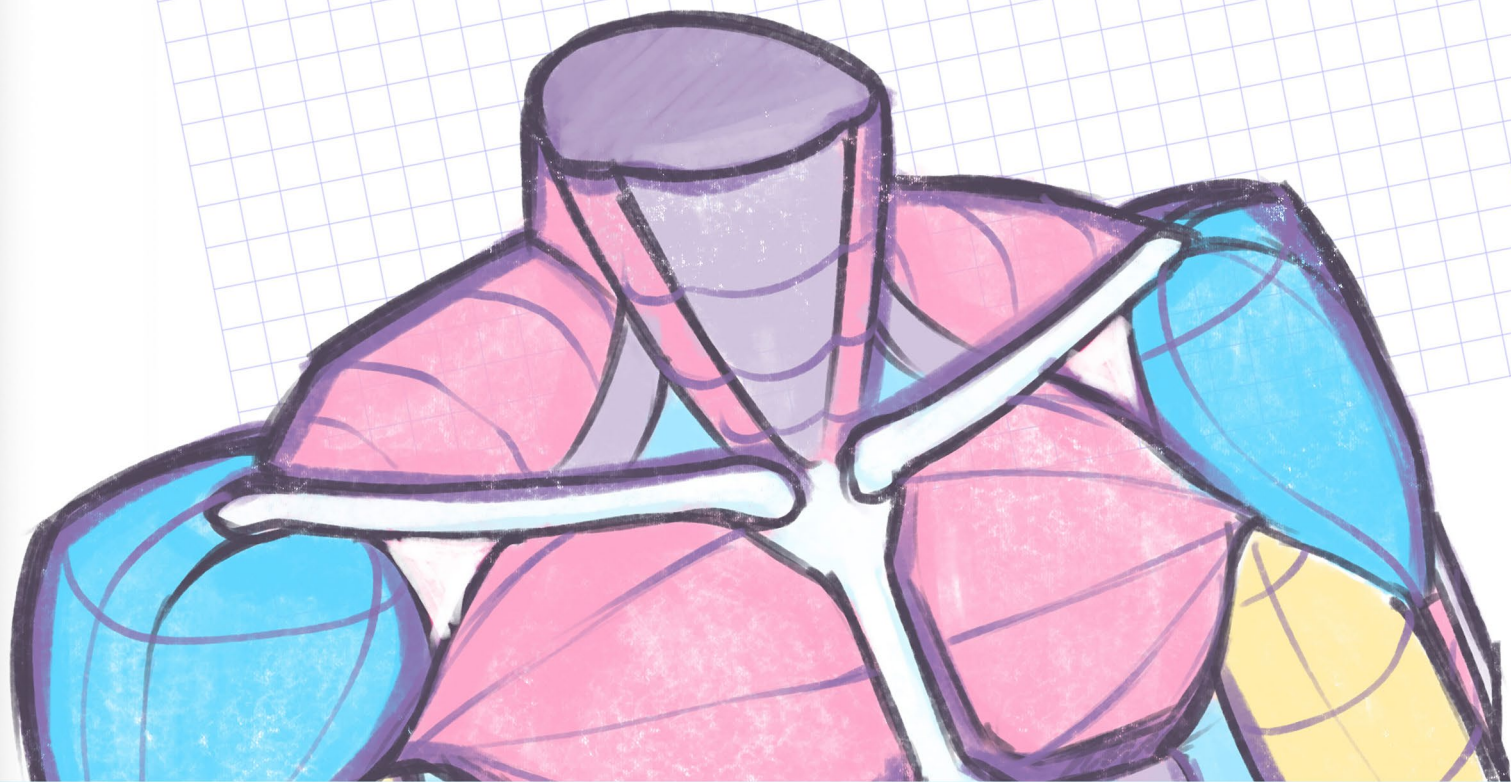
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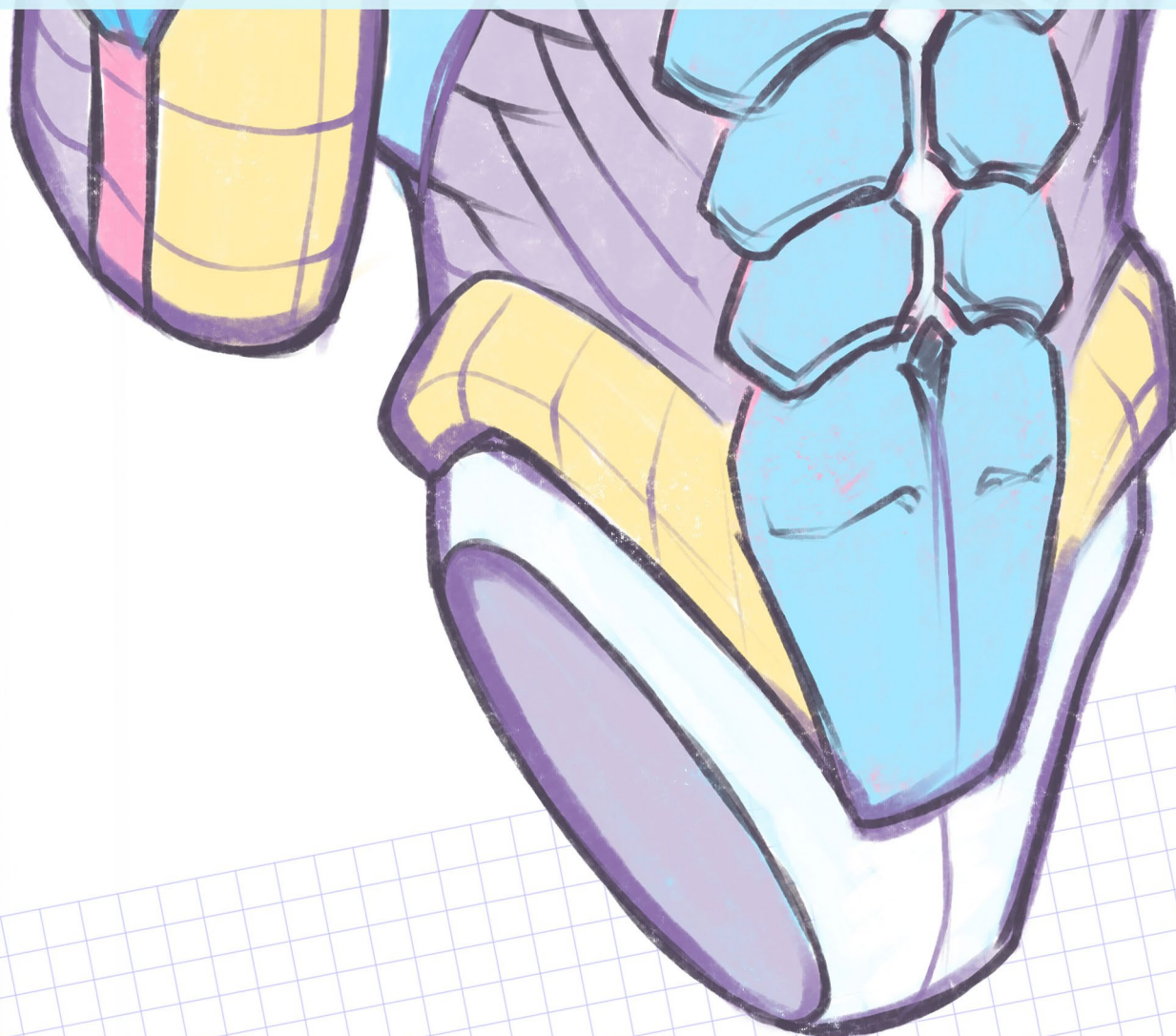
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TORSO



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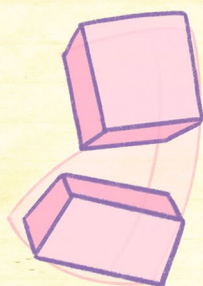
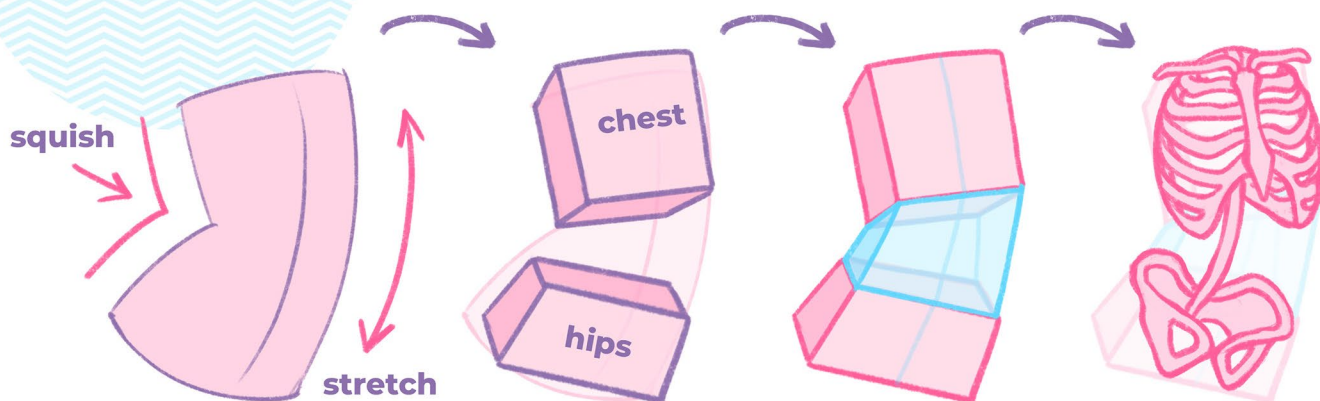
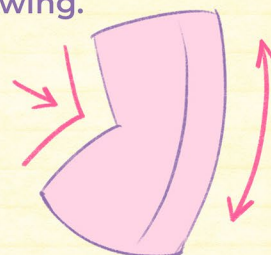
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The **TORSO** is usually represented as a **rectangle** in gesture drawing.

To make the torso look more **dynamic** and realistic we **squish** it on one side, and **stretch** it on another.

It immediately makes it look more fun.

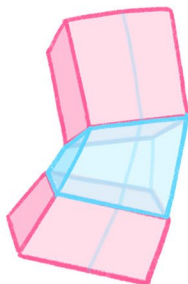


We can represent the torso as **two boxes**:

- One for the **chest**.
- One for the **hips**.

By drawing them as boxes we can easily show the **perspective** and **direction** of each part.

If we connect the chest and the hips, we'll get a box for the **stomach**.



The **chest box** is approximately the size of the **rib cage**.

And the **hip box** is the size of the **hip bone**.



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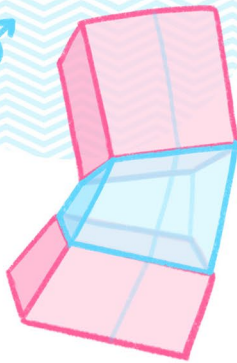
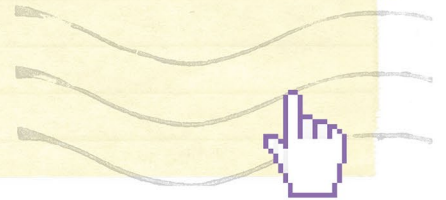


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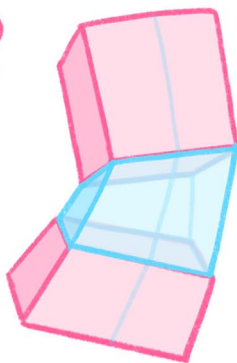
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After you get **comfortable** with different boxes, I highly recommend you to move to more complicated and **organic forms**.

They will represent the torso better, and it will be easier to transform them into actual people.



wider chest



wider hips



simple forms

more organic forms

main muscles

rest of the torso

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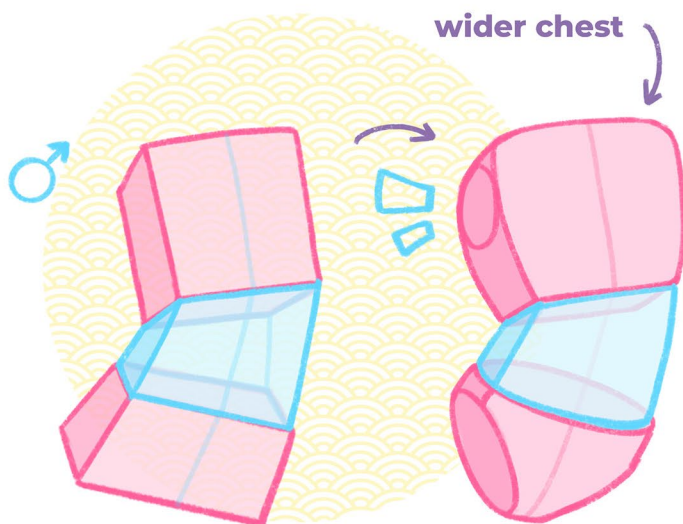


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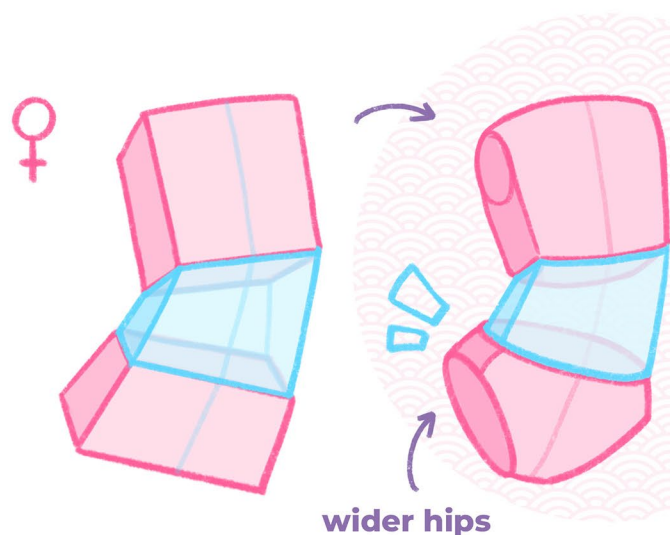
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I also like to sketch torsos **differently** for **male** and **female** characters.



For **male** character I make the **chest** box **bigger and wider**, to show not only the rib cage, but the muscles too.

And **hips** are really straightforward and **narrow**.



For **female** characters I make the **chest** box **smaller** and **hips** **wider**.

Women tend to have **bigger hip bones** and **smaller rib cages**.

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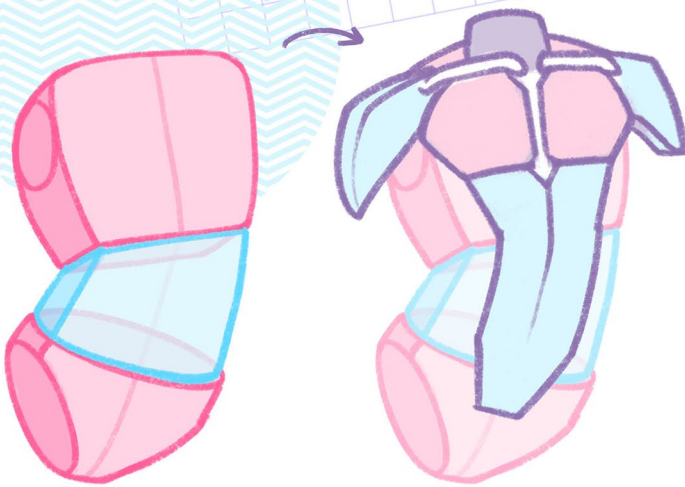
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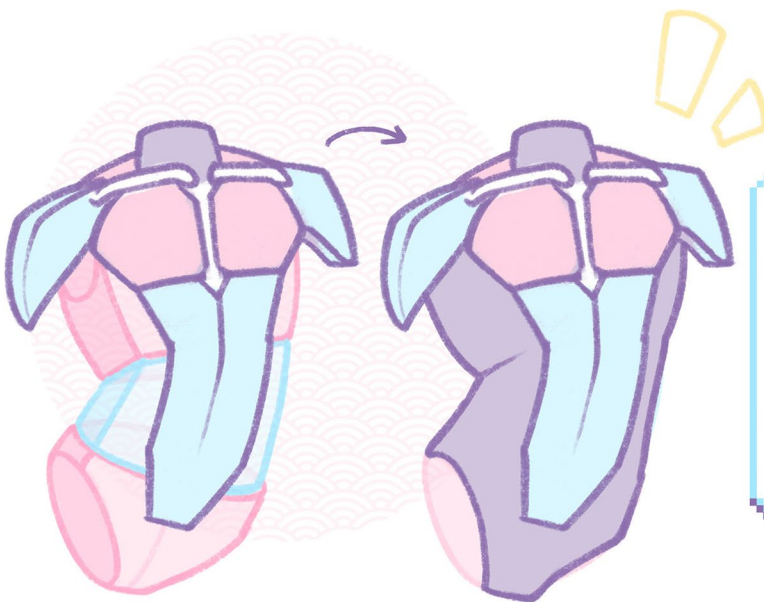
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For the next step, we'll put the **muscles** to our **boxes**.



Add **chest muscles**,
shoulders, neck and abs.



Outline the rest of the forms for
the **rest of the torso**.



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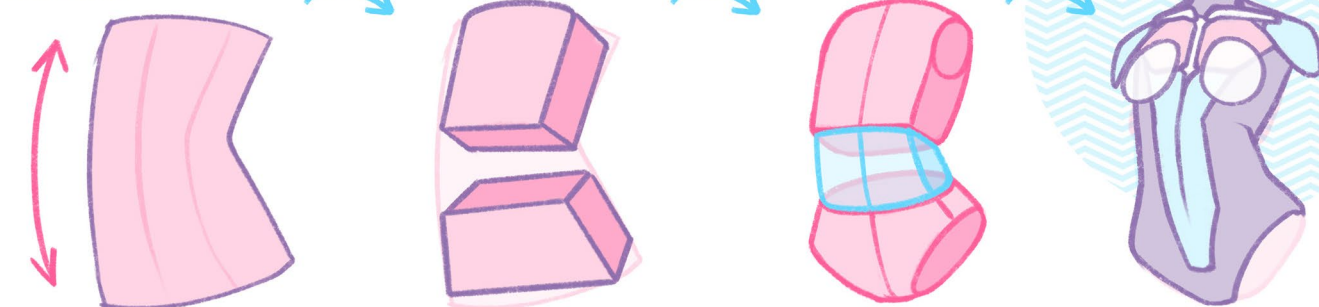
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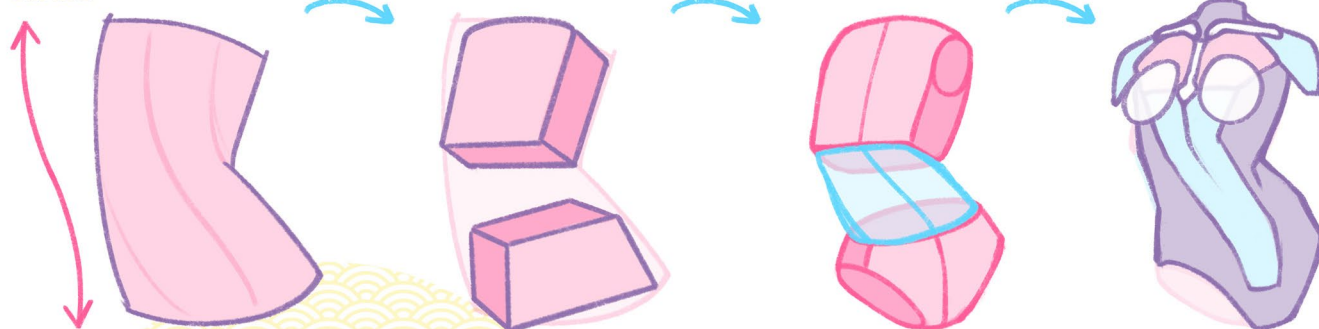
After you get comfortable with this step, you can try **different combinations of chest and hips boxes**, in different directions.

And even try **twisting them!**

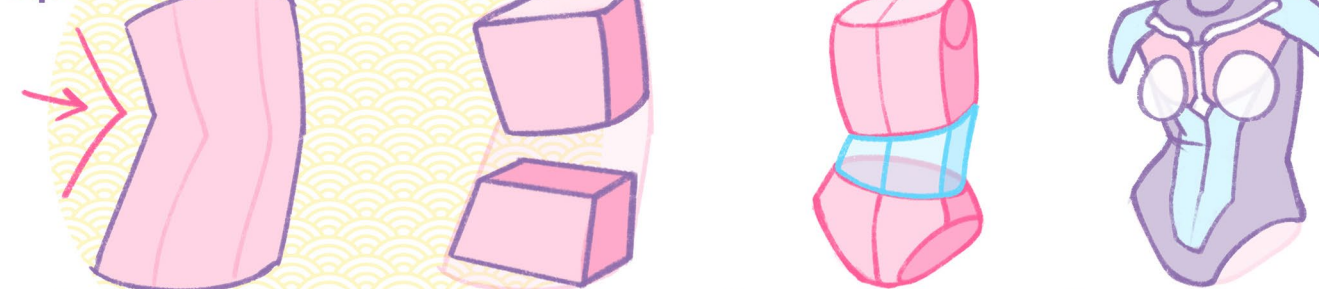
stretch



twist



squish



Start with a
**gesture
rectangle**

Turn it into
structured boxes

Make forms more
complicated and
organic

Add core
muscles to the
torso

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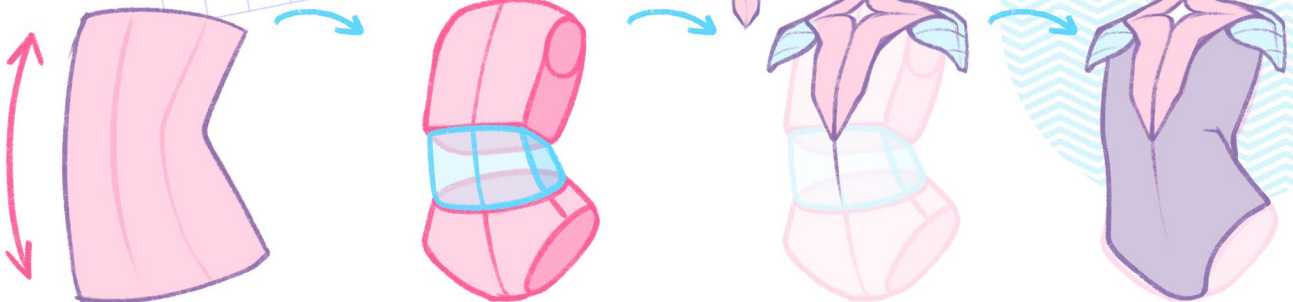
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For drawing backs we use the **same principle** with **boxes**.

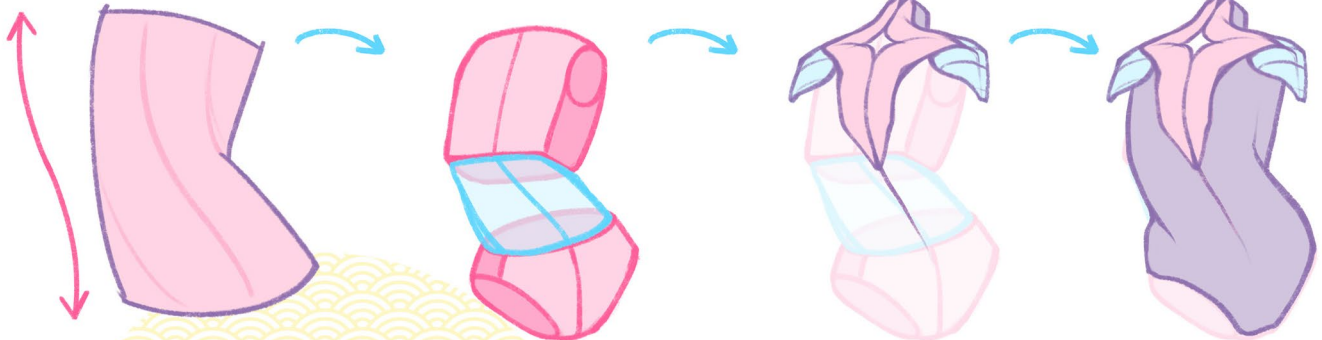
Basic forms stay the **same**.
But the **muscles** are **different**.



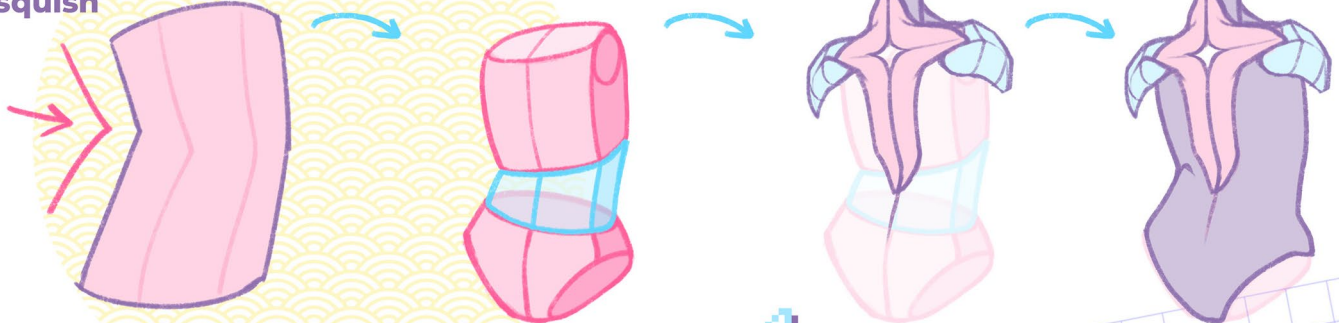
stretch



twist



squish



The **key muscle** on the back will be this
“**spark**” shaped **Trapezius**.



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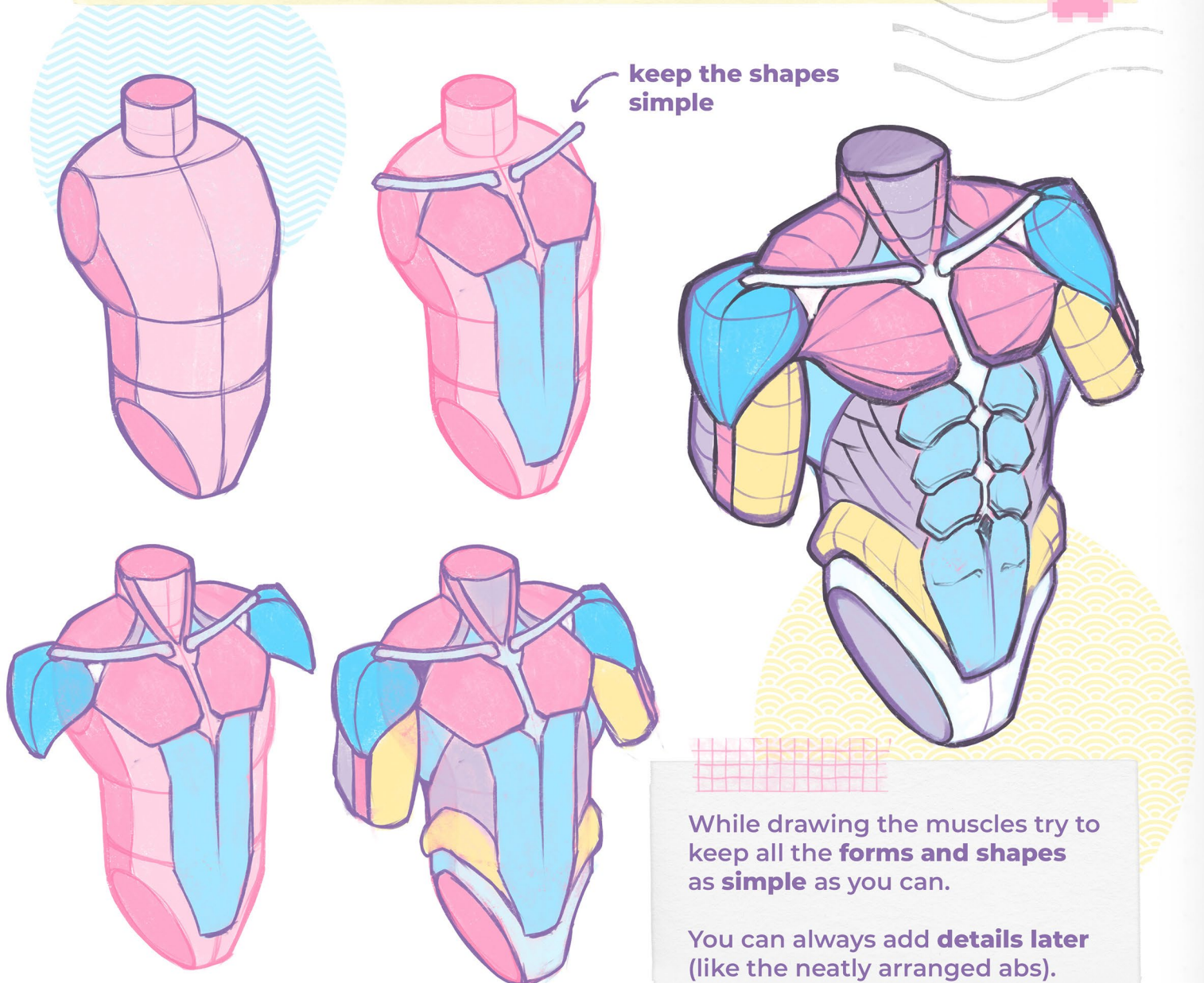
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Now, let's look closer at the **torso anatomy** and how to draw its **muscles in detail**.

This will be our **reference** for all the future torso drawings and practices.



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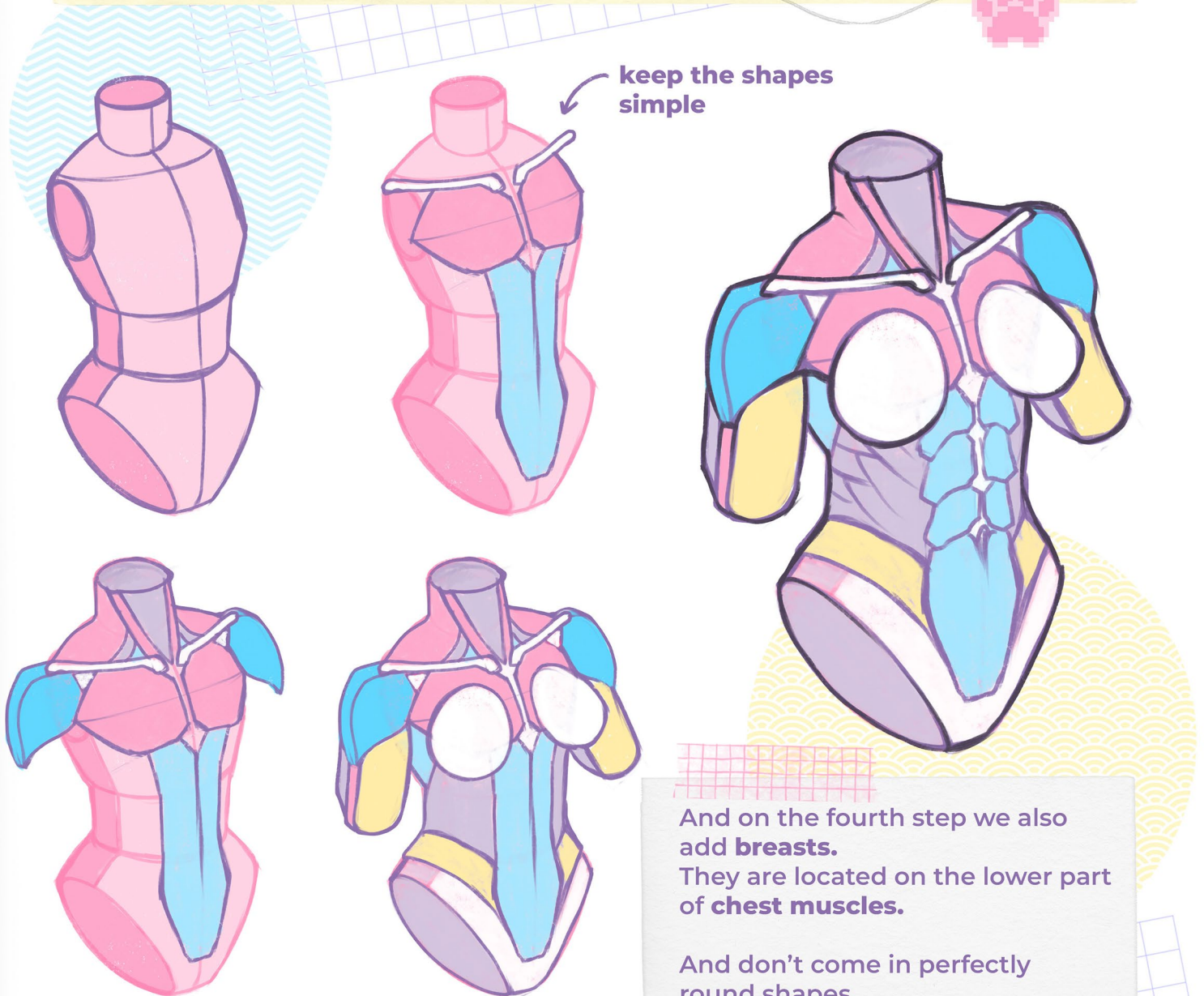


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The female torso has the **same muscles**.

But its chest part is smaller.



And on the fourth step we also add **breasts**.

They are located on the lower part of **chest muscles**.

And don't come in perfectly round shapes.

But more of a **water drop**.

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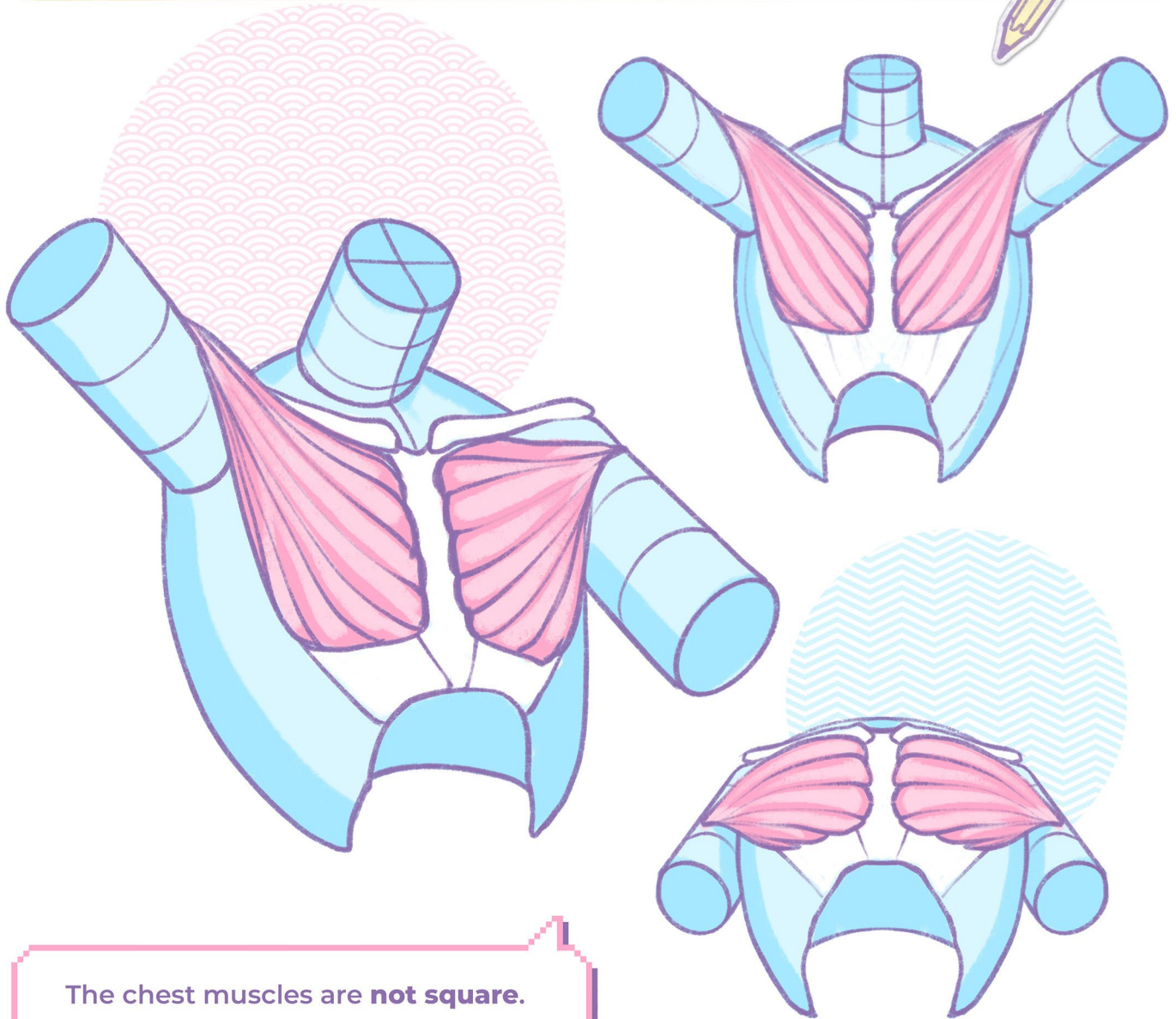
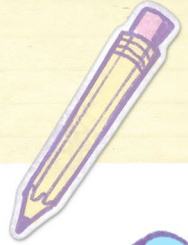
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Here is how the chest **muscles** behave in **different conditions**.

As you can see they **stretch** a lot when you **raise your hands**.



The chest muscles are **not square**.

They have more of a **bat shape**.

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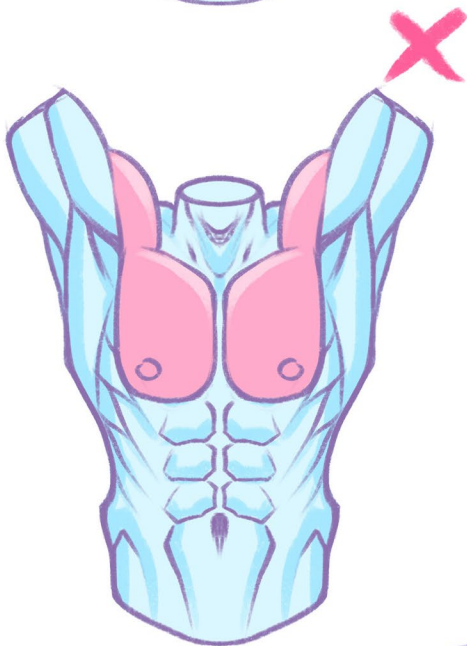
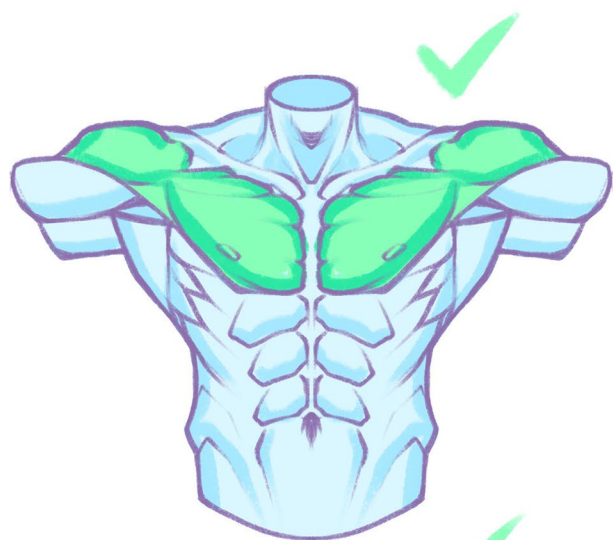
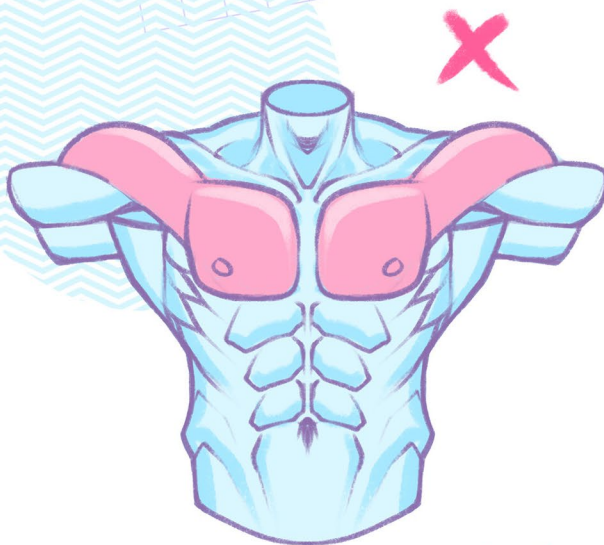


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And chest **muscles stretch** a lot, when you raise your hands.
They don't keep their shape.

And they are again, **not square**.



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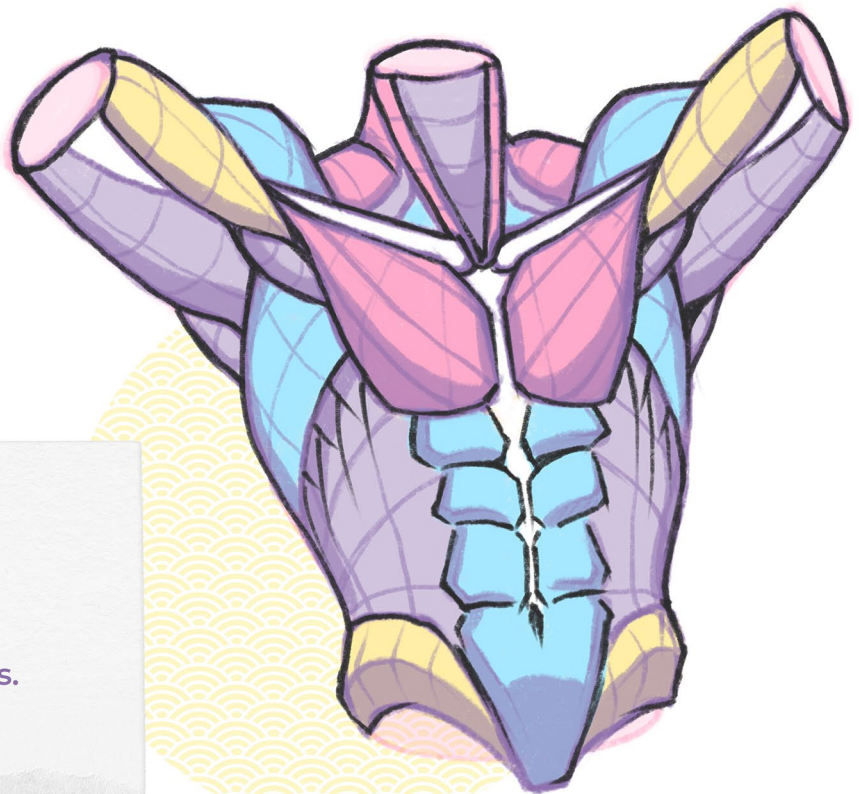
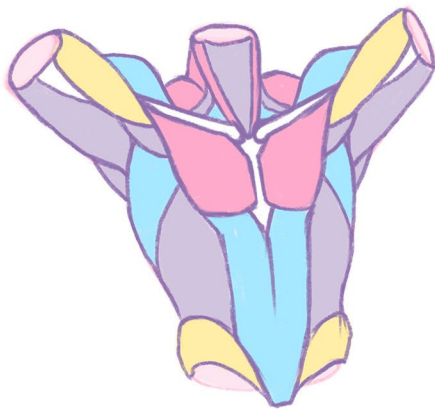
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Here is the detailed **muscle structure** of the torso with **raised hands**.

keep the shapes
simple



Look how **abs** actually also
changed their form
and **stretched**,
following the chest muscles.

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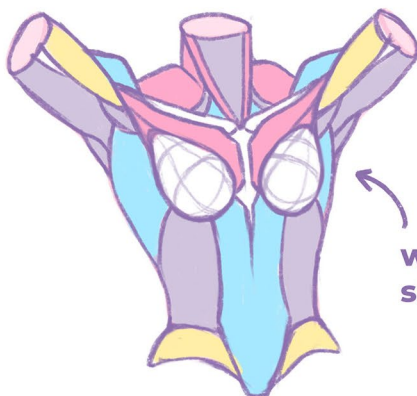
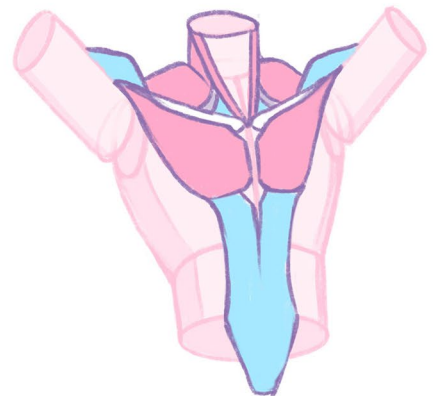
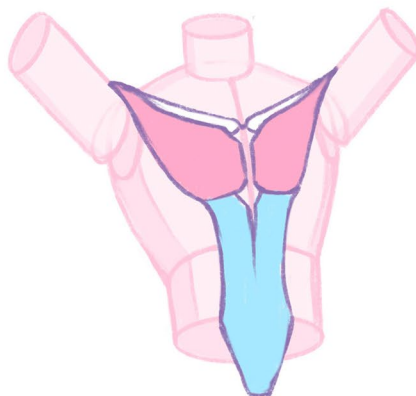


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For the female torso the **muscle structure** stays the same.

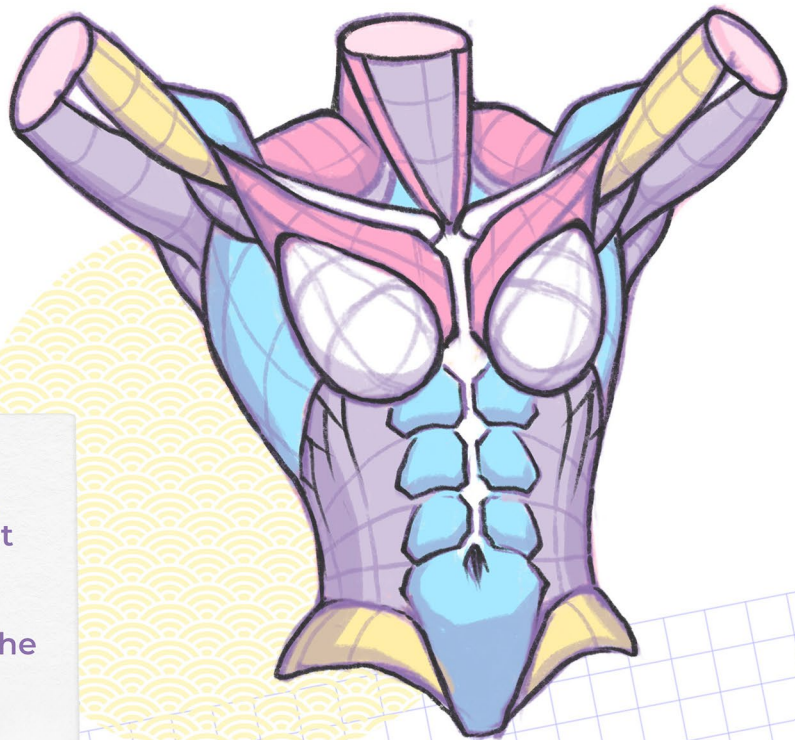
keep the shapes
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water drop
shape

And the **breasts**, as well as **abs**,
also **stretch**, following the chest
muscles.

Their form gets even closer to the
water drops.



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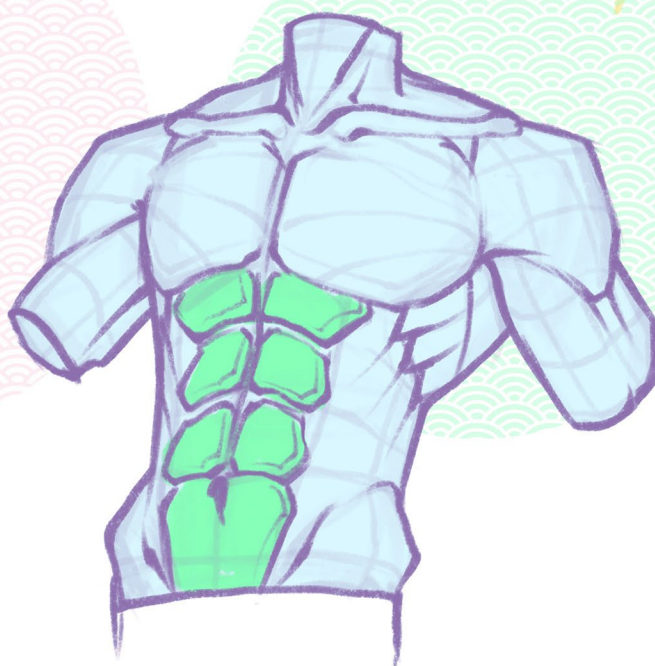
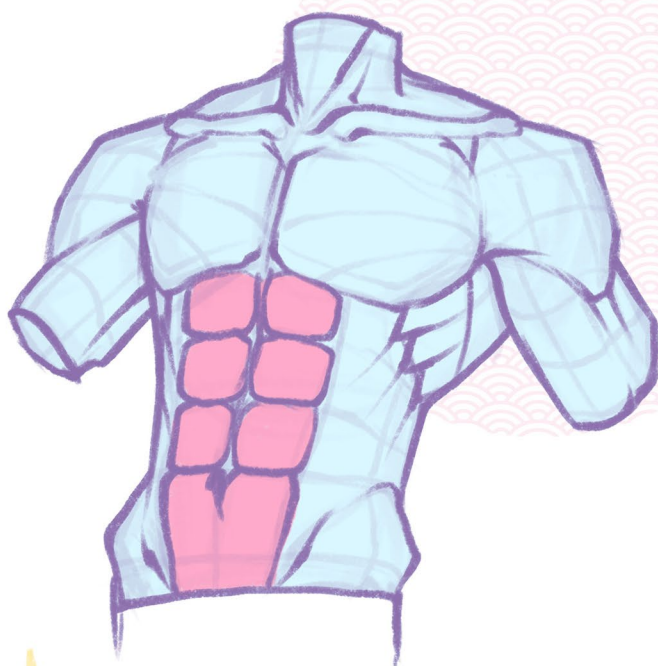


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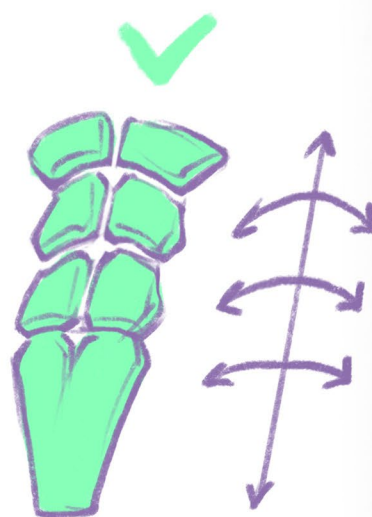
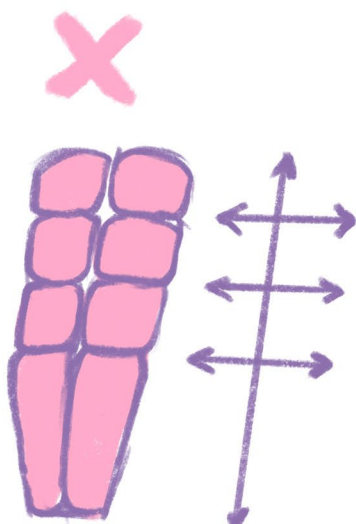
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The **abs** have a slight **curve** in their form. Especially on top.



They don't look like the buttons on the old phones, and not like buns.



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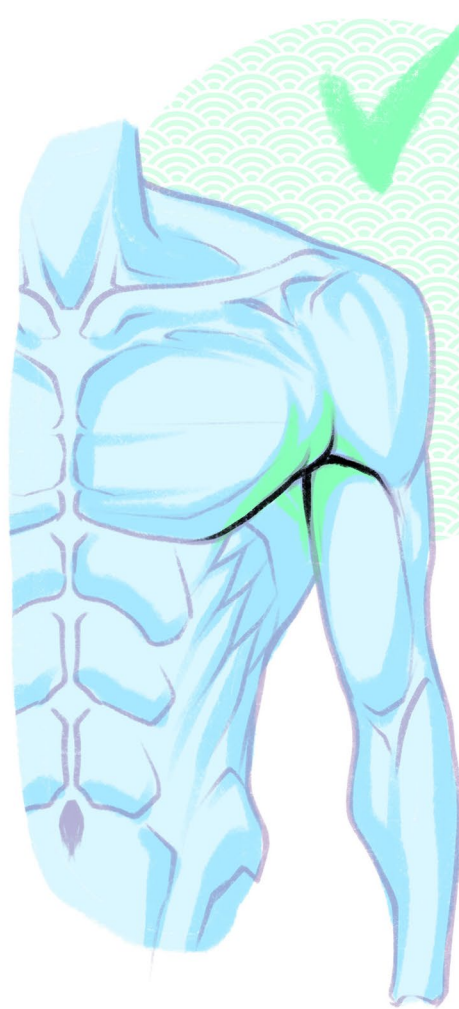
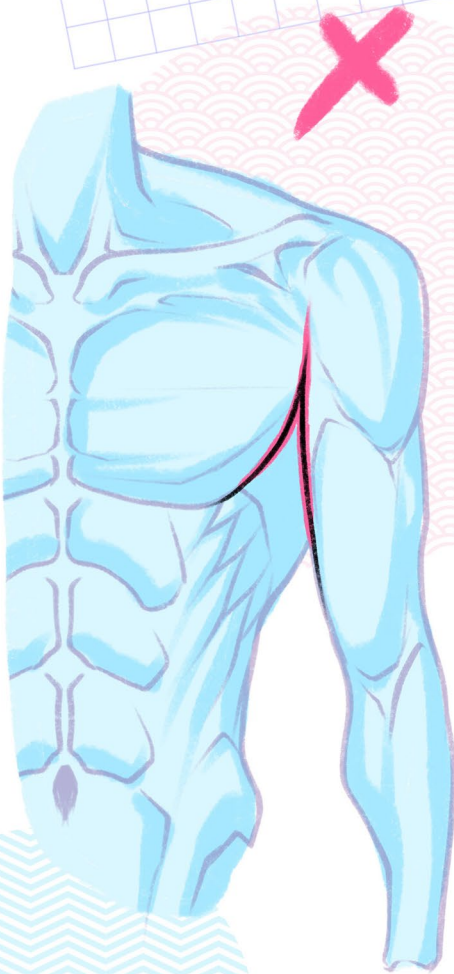
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Because the **chest muscles** connect to the hand, the **armpit** line is located pretty low.



Armpit looks more like a **continuation** of the chest.

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Of course the torso has the other side - **back**.



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The most important for drawing the **back muscles**, is this big pink “**spark**” shaped muscle, which connects the neck to the torso. And the **shoulders**.

These are the **primary things** to remember.

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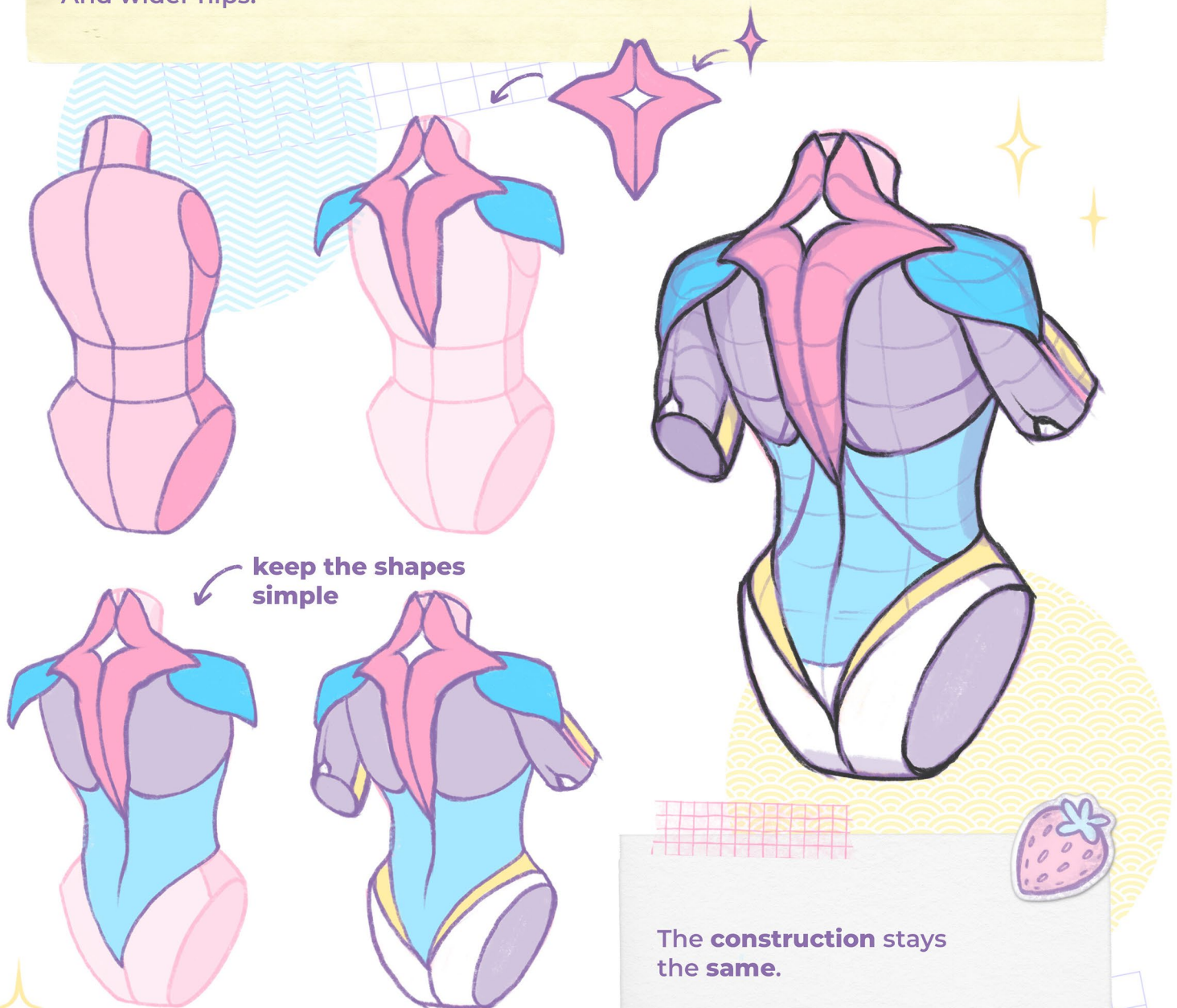
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The females usually have **smaller back muscles**.
And wider hips.



The **construction** stays the **same**.

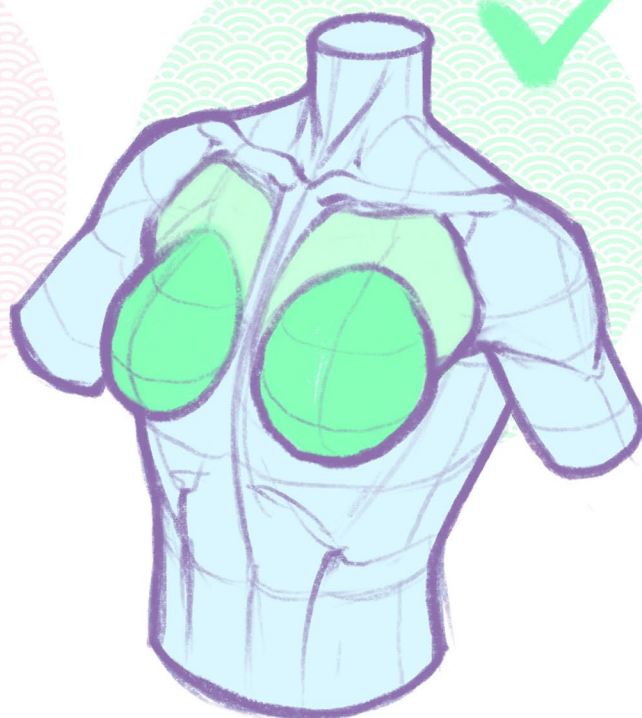
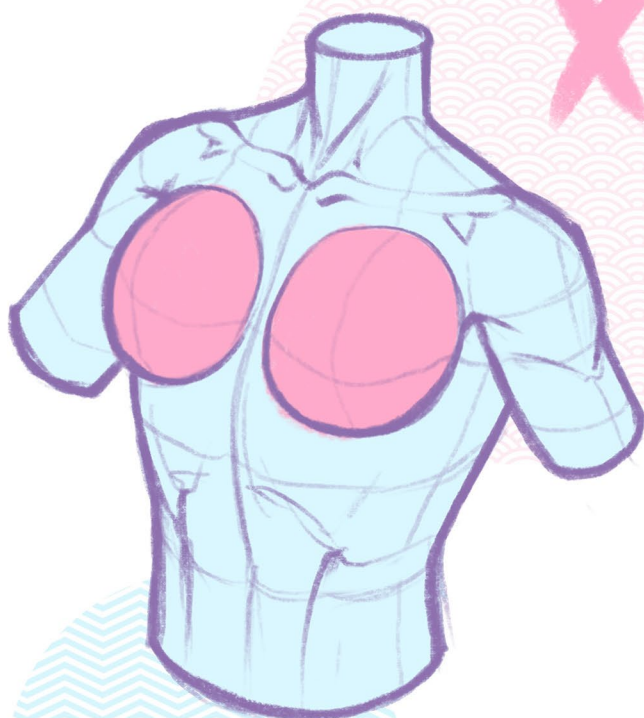
But **proportions** are different.

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Here is one more visualisation of how the **chest muscles** look for the **female**.



For the **female**:
chest and **breasts** are **separate**.

Breasts are located on the **lower part** of
the **chest muscles**.

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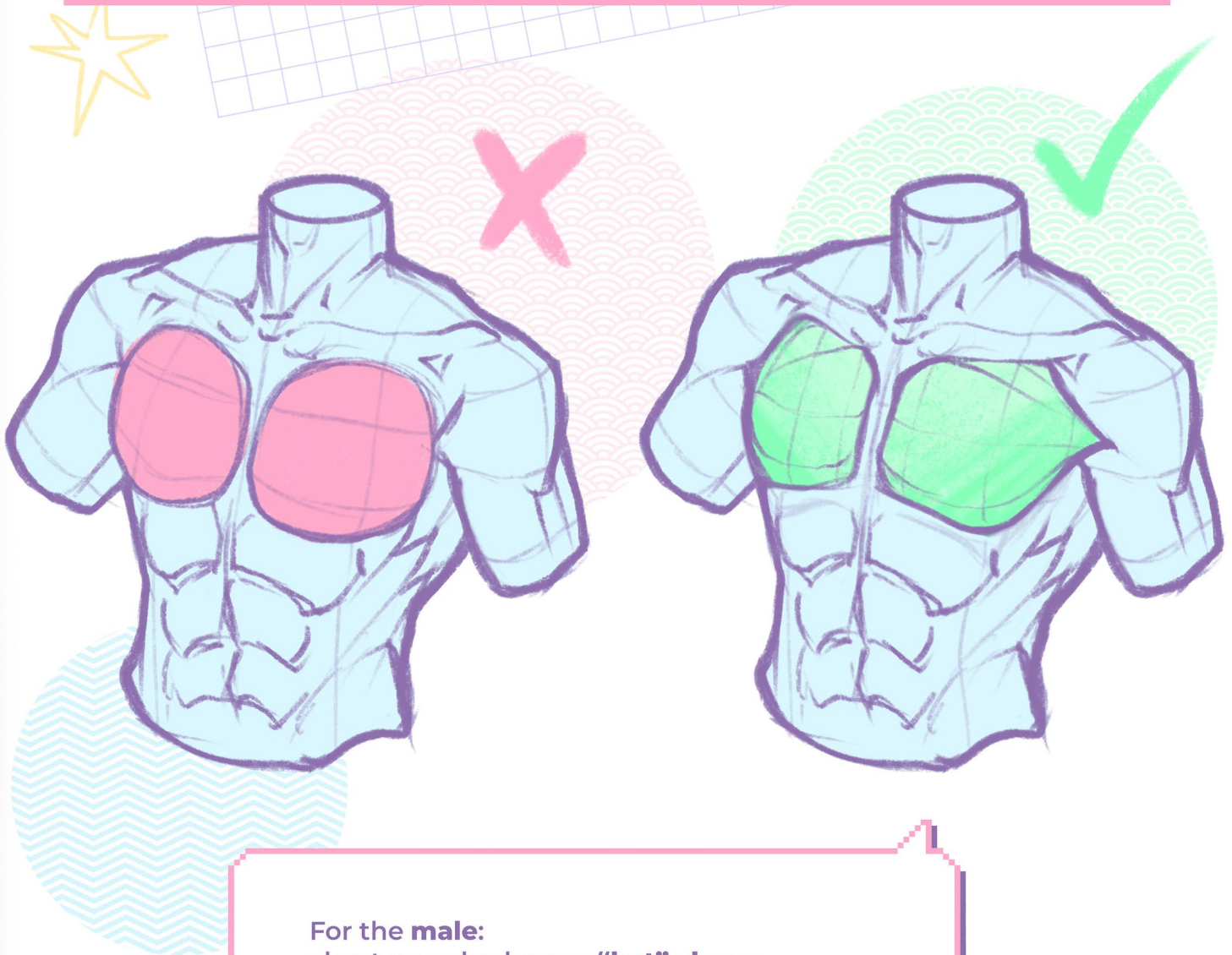
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Here is one more visualisation of how the **chest muscles** look for the **male**.



For the **male**:
chest muscles have a “bat” shape
and are **connected** to the **arms**.

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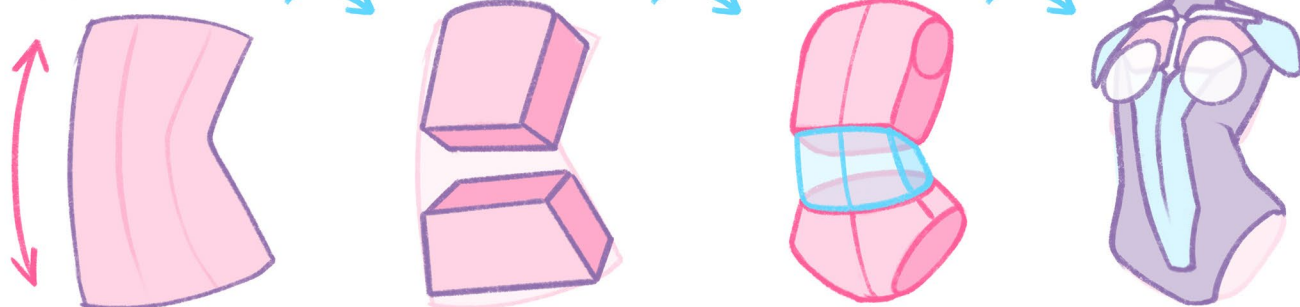


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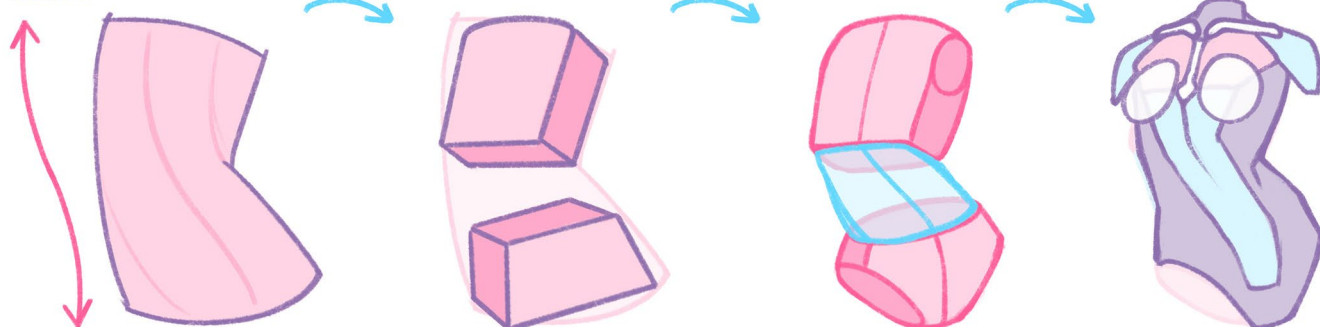
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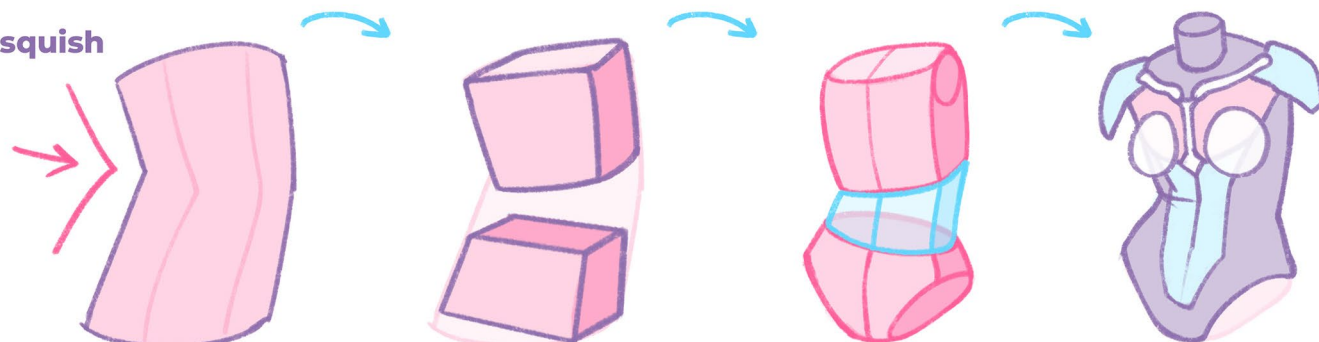
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twist



squish



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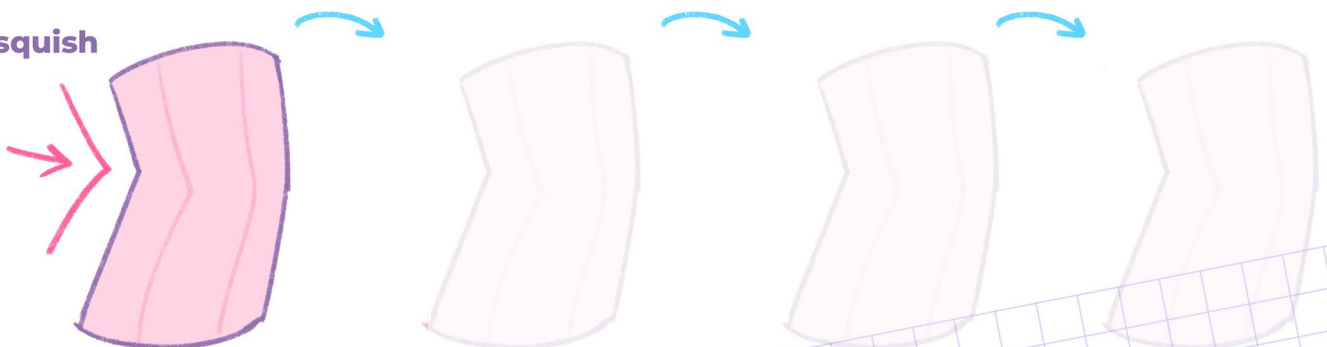
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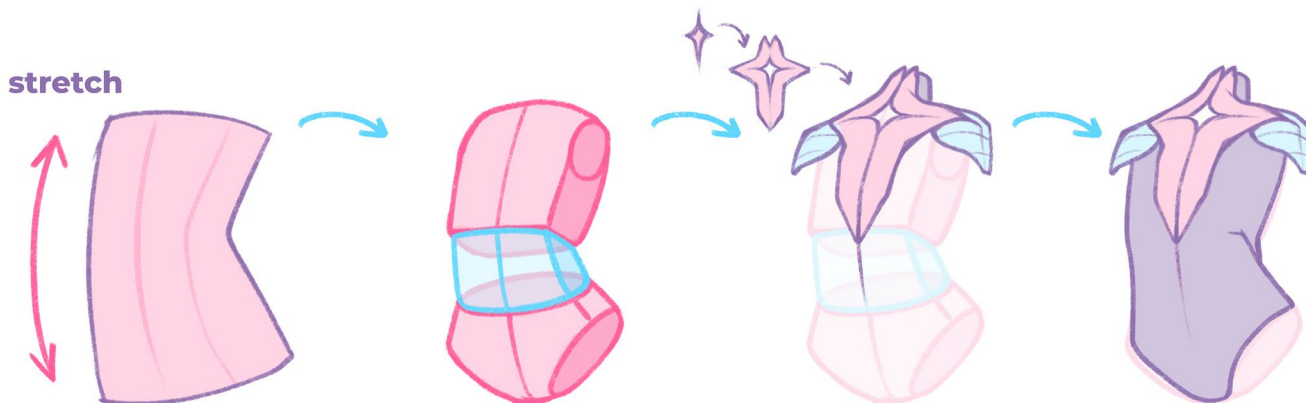


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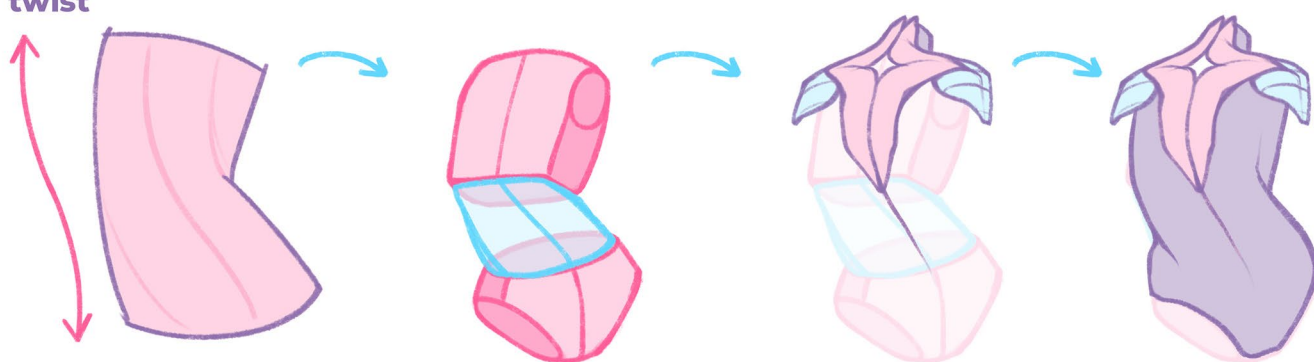
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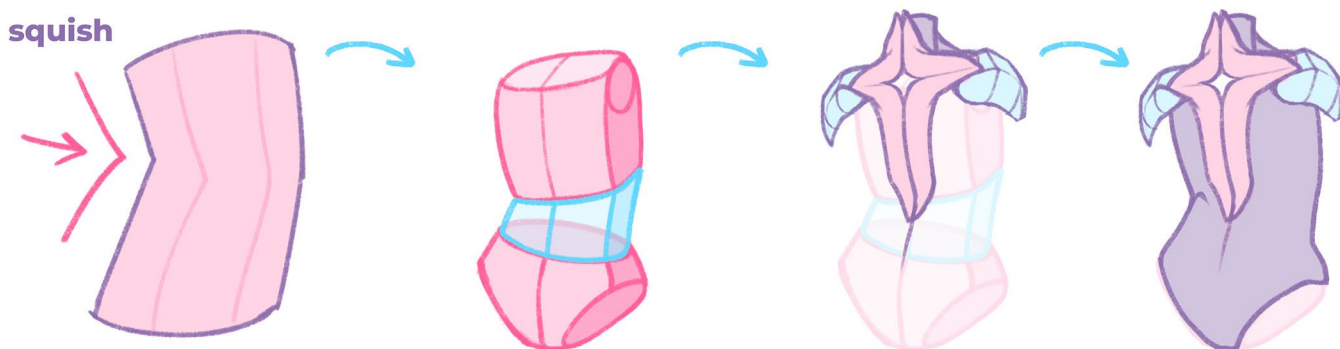
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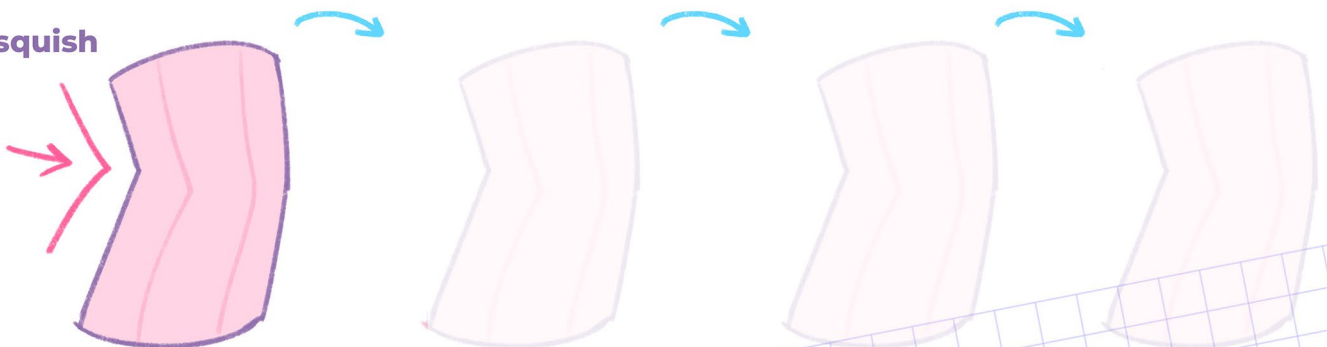
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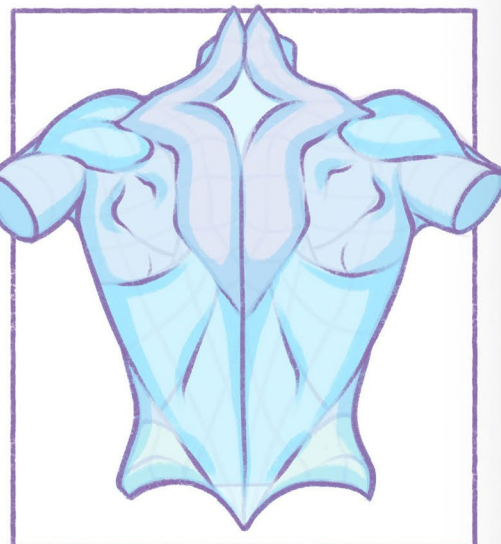
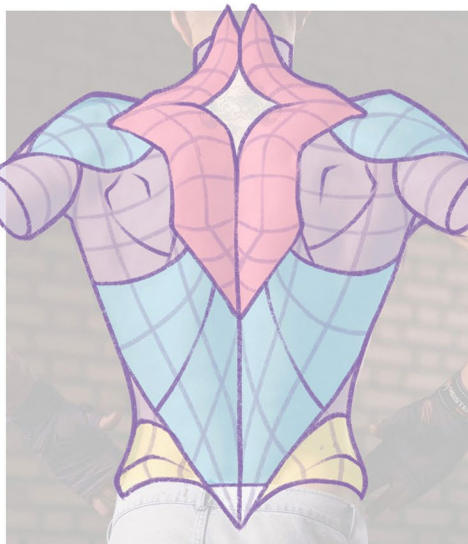
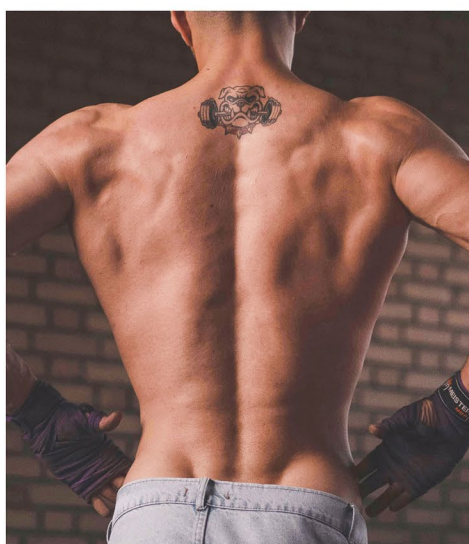
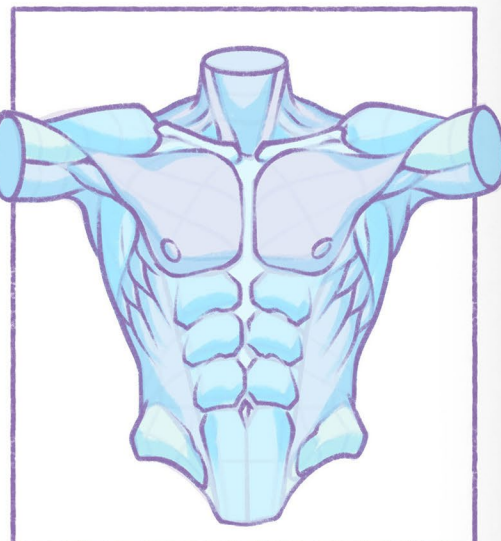
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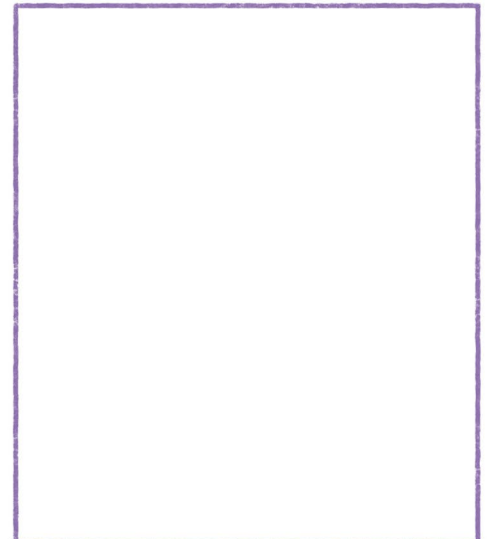
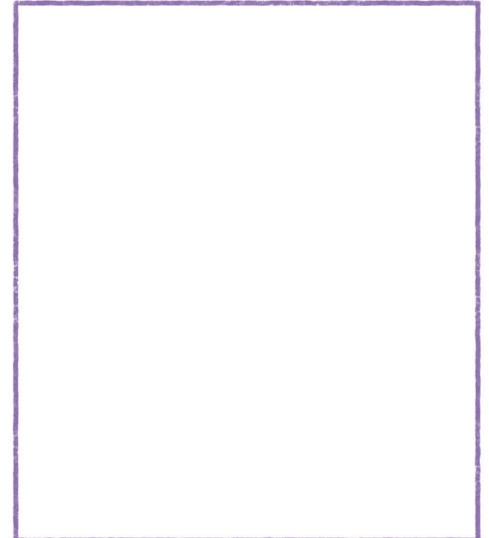
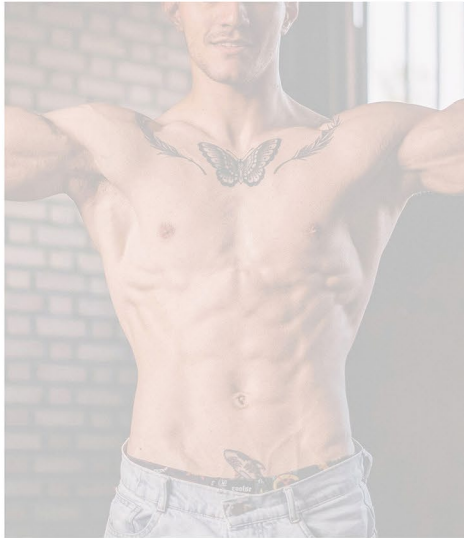
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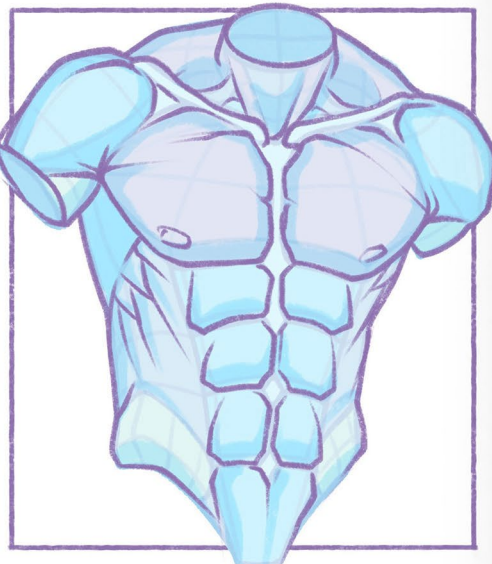
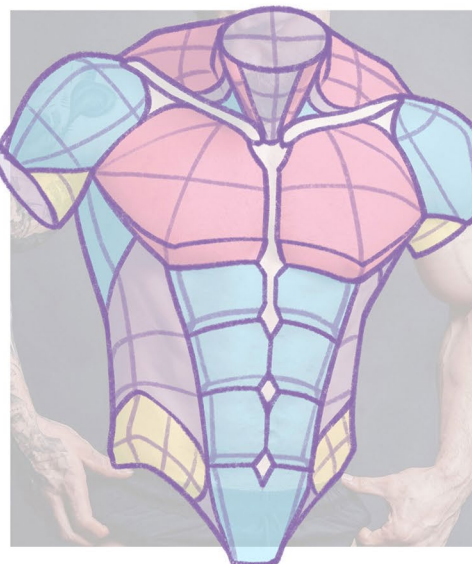
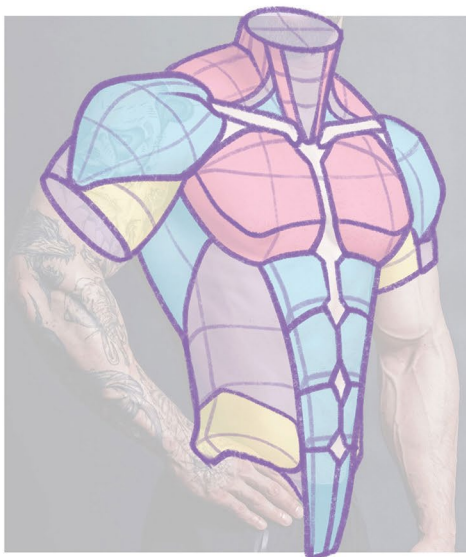
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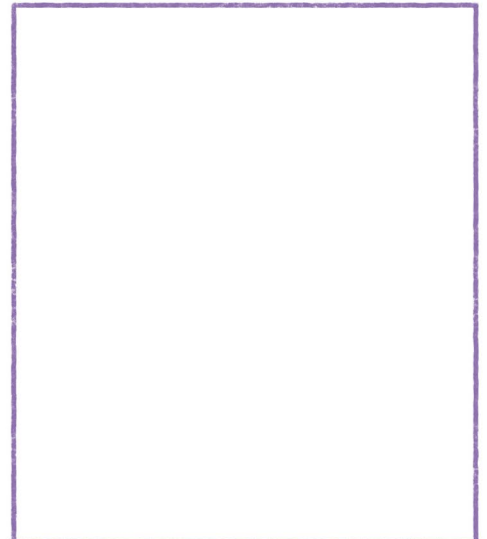
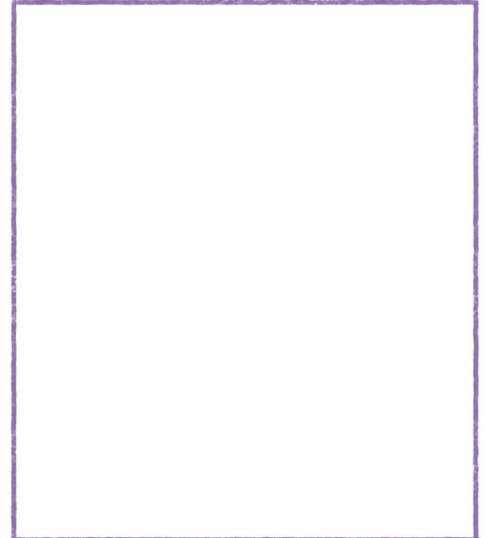
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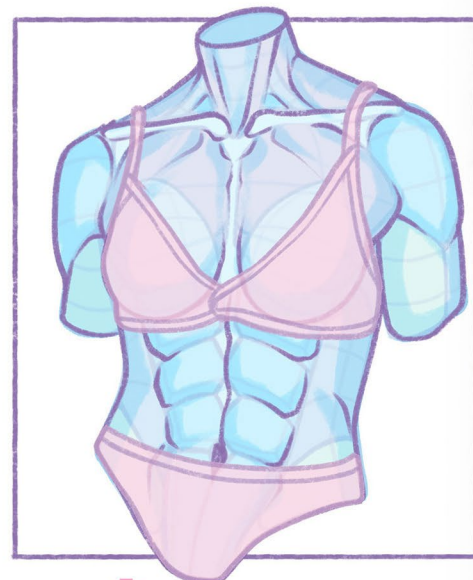
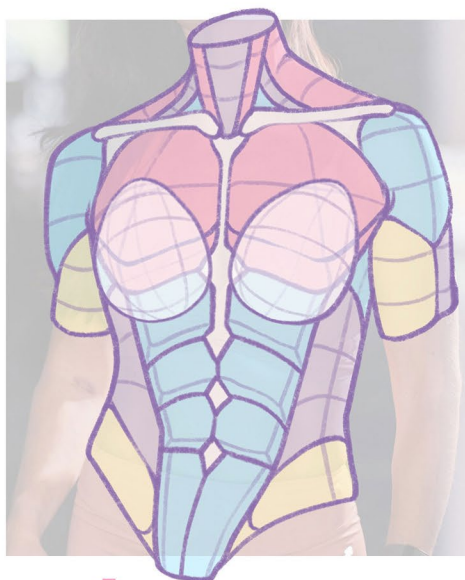
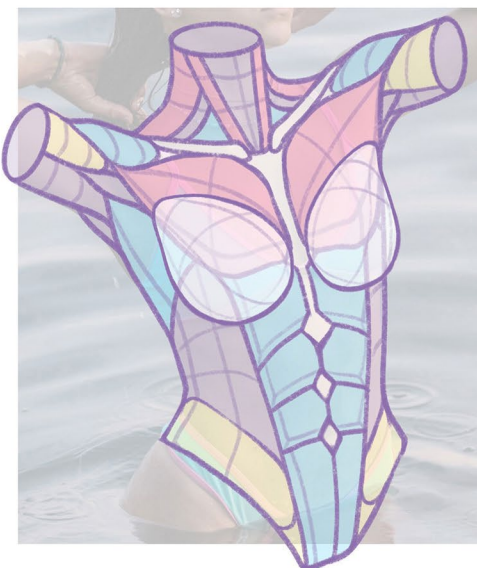
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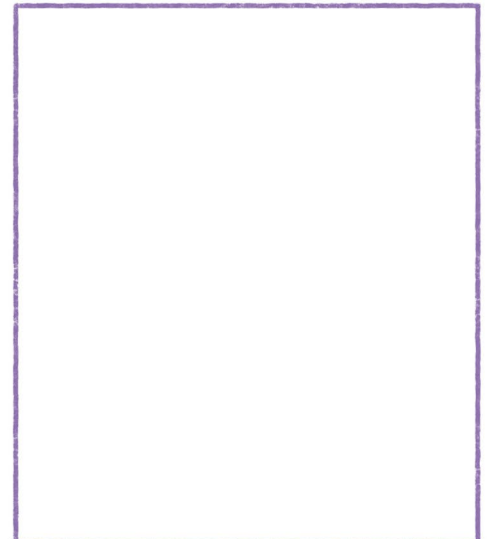
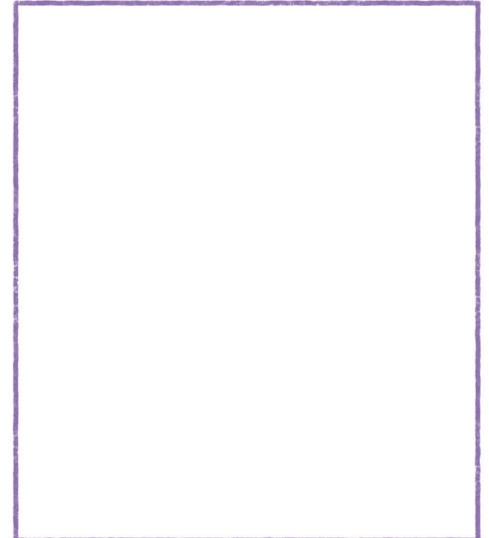
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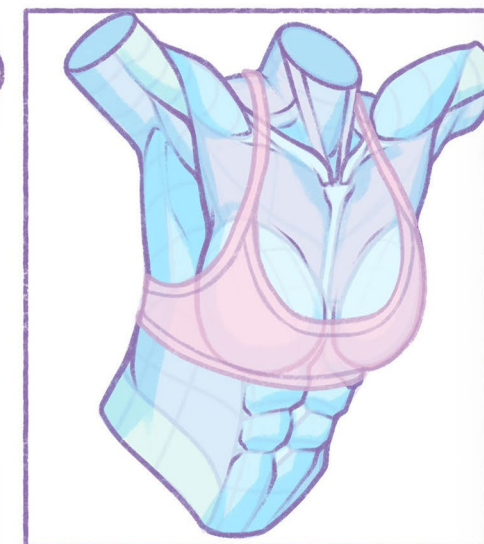
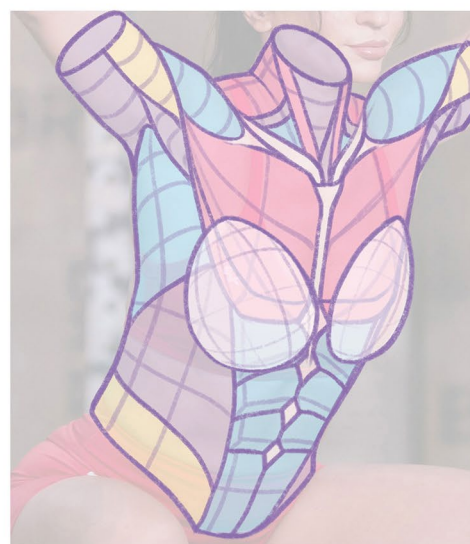
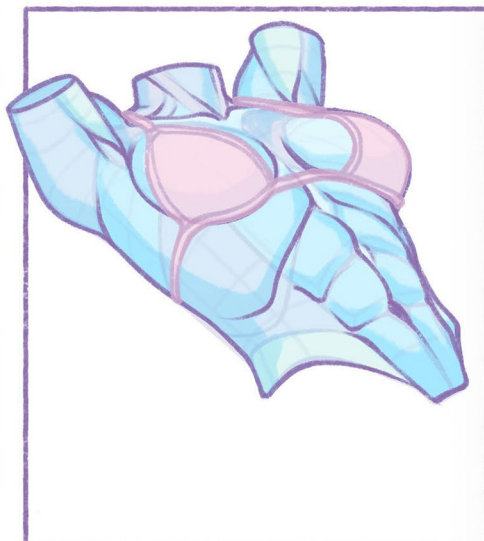
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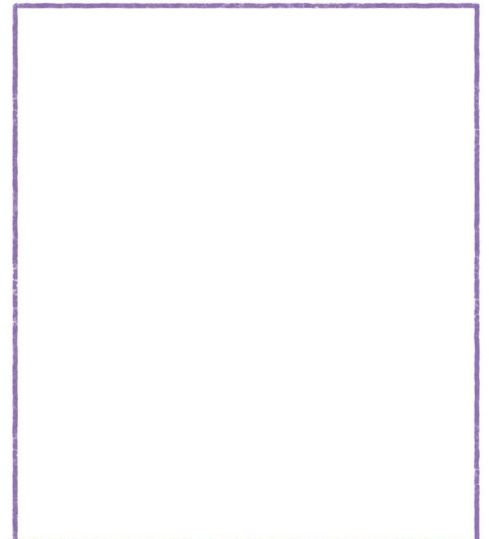
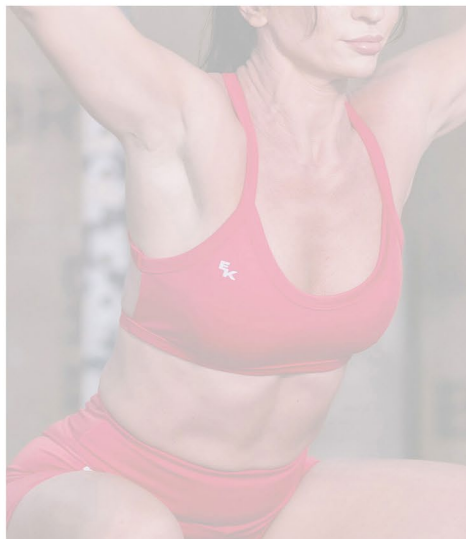
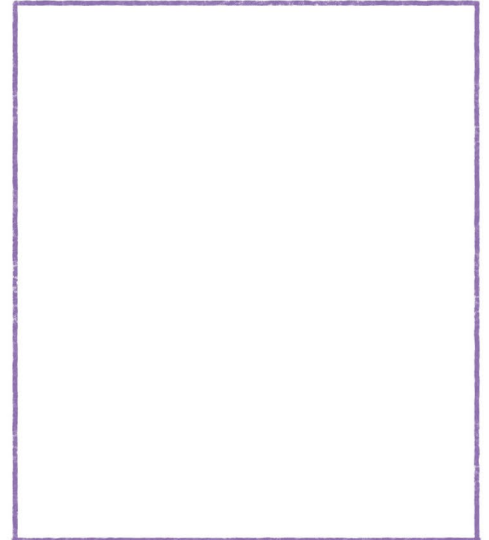
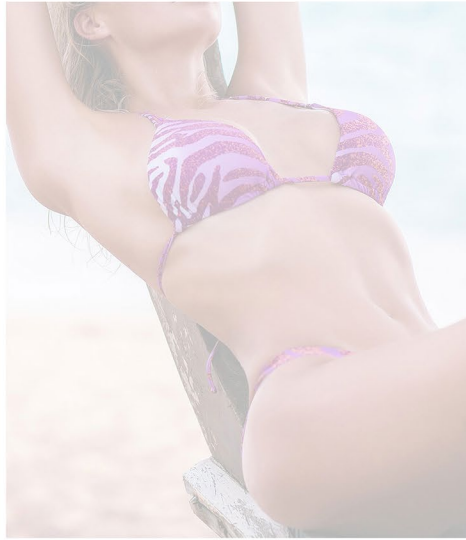
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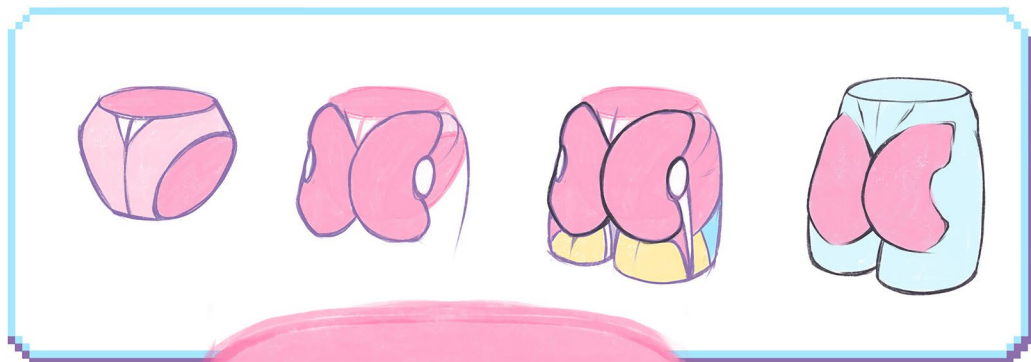
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