

## Perspective & Foreshortening in Life Drawing

### What Are They?

- **Perspective:** The technique used to represent three-dimensional space on a two-dimensional surface. It helps create depth and spatial relationships.
- **Foreshortening:** A visual effect that causes an object or part of the body to appear compressed when viewed from a particular angle. It's a key part of drawing the human figure in space.

### Why Are These Techniques Important?

#### They Help You Draw Realistically

- Perspective and foreshortening allow you to **accurately depict depth**, scale, and proportion.
- They make your drawings feel **grounded and believable**, especially when the figure interacts with space.

#### They Train Your Eye

- You learn to **see the figure as a 3D form**, not just a flat outline.
- These exercises sharpen your ability to **observe angles, overlaps, and distortions** caused by viewpoint.

#### They Build Technical Confidence

- Understanding these principles gives you tools to tackle **complex poses** and **dynamic compositions**.
- You become more confident in drawing figures from unusual or dramatic angles.

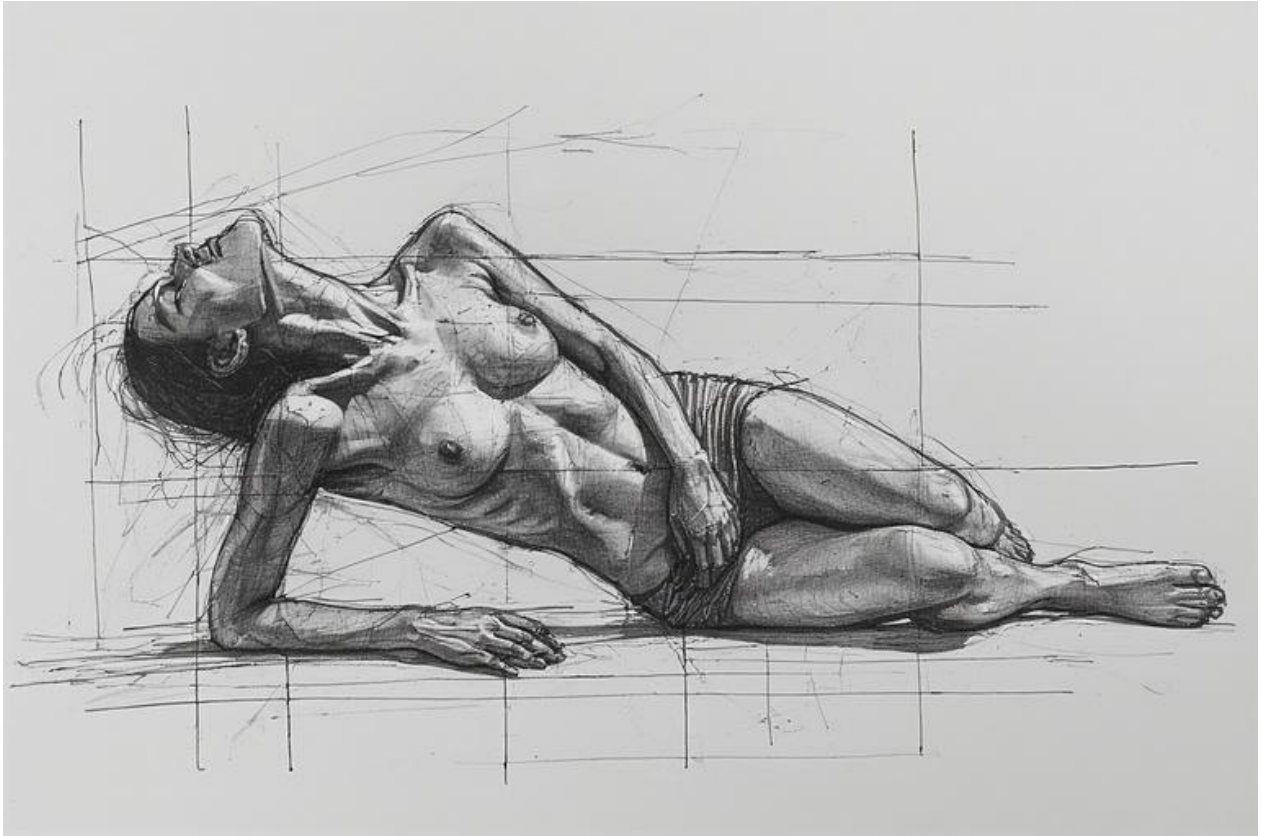
### Skills Developed

| Skill             | How It's Strengthened                                       |
|-------------------|-------------------------------------------------------------|
| Spatial Awareness | Understand how the figure sits in space                     |
| Proportion        | Adjust scale based on viewpoint                             |
| Depth             | Create a sense of foreground, middle ground, and background |
| Visual Measuring  | Use sighting techniques to judge angles and distances       |
| Composition       | Place the figure effectively within the page                |

### Tips for Practicing

- Start with **simple shapes** to block in the figure before refining.
- Practice drawing **limbs coming toward or away** from the viewer.
- Use **overlapping forms** and **tonal contrast** to enhance depth.

## Examples



*Mantegna, Dead Christ. 1490.*

## Quote to Inspire

"Perspective is to painting what the bridle is to the horse, the rudder to a ship."

*Leonardo da Vinci*