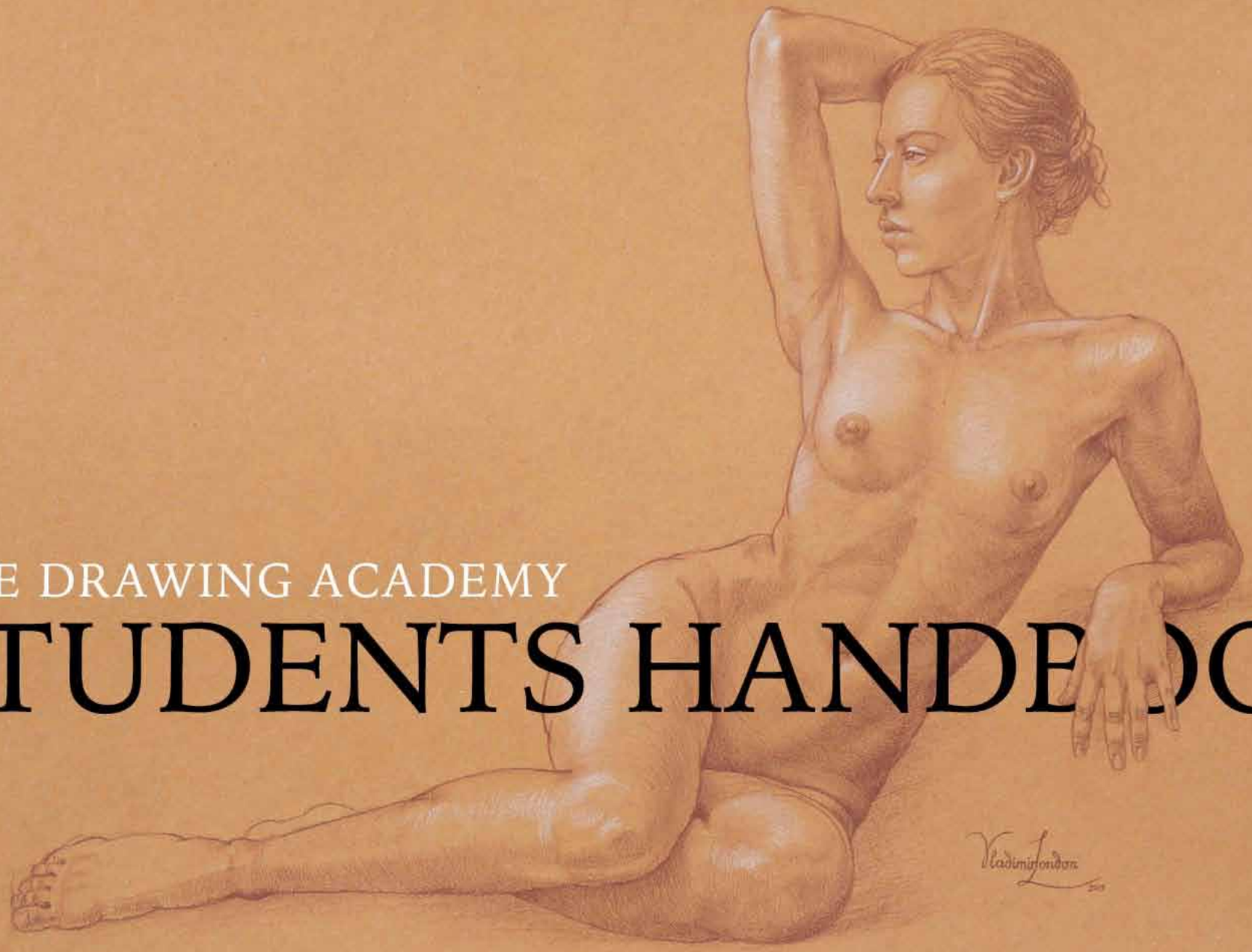
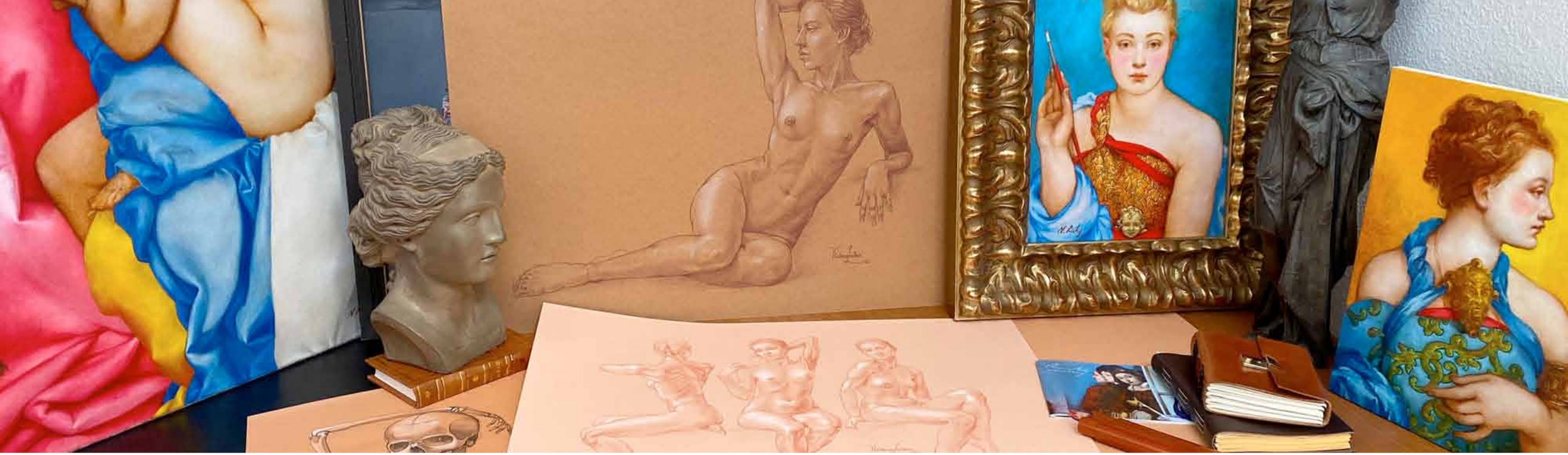
LIFE DRAWING ACADEMY

STUDENTS HANDBOOK



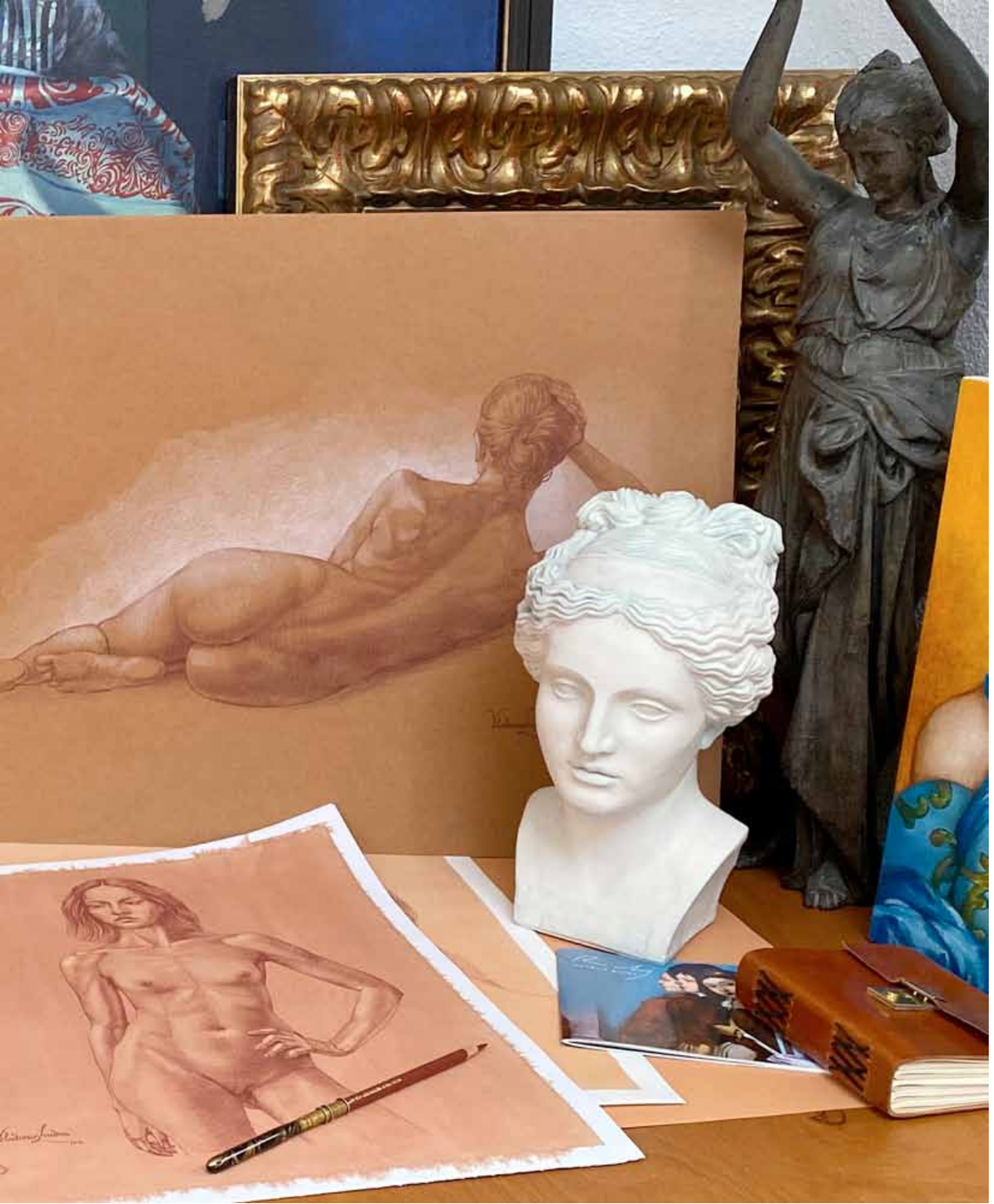


Welcome to the Life Drawing Academy Online Course!

In this course, you will discover how to create realistic drawings of figures and portraits from life, memory, and imagination with the necessary knowledge of the human body's construction, proportions, and anatomy.

In this book, you will find out:

- About Life Drawing Academy courses
- How to study in the self-learning Online Course
- Life Drawing Academy Online Course assignments
- How to receive personal support from the Academy tutors
- How to benefit from the Art Community
- How to apply for a Diploma of Excellence
- Next steps



About Life Drawing Academy courses

There are two art courses within the Life Drawing Academy:

- Self-Study Online Course
- And Personal Tutoring Correspondence Course

This book is created for **Online Course** students and explains the key features of that course.

The main difference between these two courses is that the Online Course is designed for art students who would like to learn life drawing skills on their own by watching video lessons and practicing drawing tasks of their choice.

The Correspondence Course is one-to-one structured study under the personal guidance of Academy tutors, which is custom-tailored to individual needs of every student.

Life Drawing Academy Online Course

The Online Course provides:

- Unlimited access to 52 life drawing video lessons
- Lifetime membership
- Unlimited support from the Academy tutors
- Member access to the Life Drawing Academy Art Community
- Members-only newsletter and bonuses
- Life Drawing Academy Online Course Diploma of Excellence

52 video lessons are available to watch online at any time on any internet-connected device that supports industry-standard HTML5 video playback.

Some videos have multiple parts; the playing time varies from video to video. There are more than 70 parts in total with combined playing time of more than 20 hours.

All video lessons are available online, 24 hours per day, 7 days per week, 365 days per year. Video lessons are streamed online; there are no lessons to download. This way, you always will have up-to-date video materials available, which you can access from any location in the world, on any enabled device you have.

Your membership is for a lifetime. There are no deadlines, no time pressure. You can study at your own pace by watching video lessons as many times as you want.

Your lifetime membership also applies to the unlimited personal support from the Academy tutors. Personal Support includes artwork critiques, answers to your art-related questions, and advice on how to improve your life-drawing skills. This support comes at no extra charge.

As a Life Drawing Academy student, you also a member of the Academy Art Community. As our community member, you can:

- Exhibit your artworks in the Life Drawing Academy Online Students Gallery
- Submit your life drawings for critique
- Ask tutors questions
- Receive tutors' feedback

You can also subscribe for a members-only Life Drawing Academy newsletter and receive news and updates to your mailbox. From time to time, you will get additional art lessons, bonuses, and occasional offers you don't want to miss. You can unsubscribe in one click at any time.

After three months since enrollment, you will be entitled to apply for a Life Drawing Academy Diploma of Excellence in your name to commemorate the completion of this Online Course. There's no time pressure, you can do so at any time in the future when you complete the course and fully benefit from it.

Life Drawing Academy Correspondence Course

There is also the Life Drawing Academy Correspondence Course, which provides one-to-one personal tutoring tailored to your level of drawing skills and needs.

This Correspondence Course includes all the educational materials, access and benefits of the Life Drawing Academy Online Course listed above and, in addition, it provides personal structured coaching by the Academy tutors.

This course is designed for art students who would like to learn strong drawing skills fast from professional artists and art teachers who graduated from leading art academies and who teach art in the best art institutions.

As an Online Course student, you can upgrade your membership to the Correspondence Course level for a one-time discounted fee of only $700 USD.

This is your unique chance to get a lifetime art teacher and unlimited personal tutoring that won't be available anywhere else. Here is the link to upgrade your membership:

https://lifedrawing.academy/members/correspondence-course

If you decide to enroll in the Correspondence Course, you will get:

- Dedicated team of art tutors
- Assessment of your current level of drawing skills
- Personalized curriculum tailored to your level of skills and goals
- Up to 100 drawing tasks to be completed one by one
- One-to-one personal coaching with detailed instructions and feedback
- By-task assessments and critiques
- Lifetime Correspondence Course membership and unlimited coaching
- Life Drawing Academy Correspondence Course Diploma of Excellence

How to study in the self-learning Online Course

Here's what you need to do to benefit from the Life Drawing Academy Online Course:

- Save your access details and keep them safe
- Familiarize yourself with the structure of the Life Drawing Academy membership website
- Subscribe for the members-only newsletter
- Get the necessary drawing materials
- Watch video lessons
- Do life drawing assignments
- Draw from life, memory, and imagination
- Submit your life drawings for critique
- Ask tutors questions
- Give feedback
- Publish your best artwork in the Students Gallery
- Apply for a Diploma of Excellence

Save your access details to a file and keep them safe. Your username is unique and not changeable. You can update your password at any time; should you wish to do so, send an email request to support@lifedrawing.academy

It is advisable to COPY and PASTE your username and password every time you login to avoid mistyping. If your access is blocked by repeatedly entering incorrect details, wait for 30 minutes, and the system will unblock you automatically.

The Life Drawing Academy website contains two areas for non-members and the course students. After login, you will access the Dashboard, the main page of the members-only area. If you browse pages addressed to non-members, click on the "Members Area" link to return to the Members Dashboard - https://lifedrawing.academy/members/

From the Members Dashboard, you will have the access to all the main areas of the membership site. Familiarize yourself with its structure.

Here are the main links for Online Course members:

- DASHBOARD
  https://lifedrawing.academy/members/
- ART LESSONS
  https://lifedrawing.academy/members/video-lessons
- CONNECT WITH US
  https://lifedrawing.academy/members/connect-with-us
- FREQUENTLY ASKED QUESTIONS
  https://lifedrawing.academy/members/faq
- CONTACT US
  https://lifedrawing.academy/members/contact-us
- CUSTOMER SUPPORT
  https://lifedrawing.academy/members/customer-support

To fully benefit from the Online Course, you can subscribe for the Life Drawing Academy members' newsletter. Some educational materials and bonuses will be delivered to your mailbox. Also, from time to time we send news and updates, as well as great members-only offers.

To begin your practical studies, get the necessary drawing materials. You don't need much.

Here's the shopping list:

- HB, 2B, or 3B graphite pencils
- Erasers (white rubber and kneaded)
- Crafts knife for sharpening pencils
- A2 or similar size drawing paper (180–200gsm)
- Pencil extender
- Drawing board (to hold A2 size paper)

Don't ask us questions such as "What make of paper or pencil should I buy?" Any reputable brand will do; get any artist-grade graphite pencils and start drawing. The sequential steps and know-how of life drawing, anatomy, and proportions of a human body do not depend on a particular type of pencil or paper. It is about your skills and knowledge, not what materials you have.

You may also get a sketchbook for writing down of life drawing steps and tips, as well as for making sketches of anatomy and proportions. Everything else is optional.

One word of caution: although you will see some video lessons where the tutors do artworks in red chalks and colored pencils, it doesn't mean you have to repeat what you see and use colored mediums. If your drawing skills are yet to be developed, it is better to avoid sanguine and red chalks and use graphite pencils instead.

Red color in life artworks looks attractive, and therefore, with untrained eyes, it will be difficult for a beginner to see mistakes in one's works. If you can't see your mistakes, your learning curve will be steeper and your progress slower.

Using charcoal is also not advisable for beginners. Learning good life drawing skills requires precise measurements and correctness of lines, not creative smearing of chalk dust on paper.

For this reason, practice life drawing using a "disciplined" and precise medium—use a graphite pencil for as long as you are learning the main principles of life drawing. Creative use of colors and gradations of pigments will come later.

Watch the video lessons in their sequential order. The main objective of the videos is to tell you the necessary information about life drawing techniques, principles of constructive drawing, rules of human body proportions and its construction and anatomy. That is why, in this course, it is more important for you to write down sequential steps, tips, know-how, rules, and information than to draw figures and portraits as such.

This sounds counterintuitive—you enrolled to make drawings, but we tell you to write. Trust us, this is what will elevate your drawing skills much faster than any drawing practice other students do year after year.

Here's how to learn from the Life Drawing Academy video lessons:

1. Watch a video from the beginning to the end first time to learn what it is about.
2. Watch it again. Pause the video from time to time and write the drawing steps and information you have learned. Along with notes, make schematic illustrations—a sketch per every step. We literally mean writing sentences in your sketchbook. This way, you will memorize how to make a figurative drawing step by step and will also have a self-made reference cheat-sheet you can check at any time you need it.
3. Draw from life a similar pose or a portrait from the same point of view as presented in the lesson. Use the sequence of steps and know-how you discovered in that video. The key here is to draw from LIFE.

IMPORTANT:

Do not copy drawings you see in the Life Drawing Academy video lessons! Do not copy photos of models!

This is LIFE drawing course, not “repeat-after-me, parrot-style, copy-and-paste” training.

We want you to receive good art education and develop strong life drawing skills. That is why we don’t want you to fall into the copying trap.

Here’s the truth that other teachers don’t tell you: the more you copy from flat images, the more challenging life drawing will be for you. Should you do it long enough, you might lose the ability to draw from life at all.

We are very serious here. It is not about how well you can copy a flat picture. Copying is not art; it is a hand-made reproduction.

We want you to become an original, skillful fine artist. That is why we created the Life Drawing Academy course so you can learn universal rules of life drawing that you can apply in any artwork of any pose of any model you draw from life.

If you understand the importance of this message, you will get great returns from this course.

Do the life drawing assignments. Draw from life, memory and imagination. When you need our feedback, submit your life drawings for critique.

You can also ask our tutors any art-related questions you have. We are here to help and give you all the support you need, including critique of your artworks and advice on how to improve your figurative drawing skills.

When you have something to share, give us feedback. We are always interested in hearing your opinions and suggestions.

When you want to share your best works of art, you can publish them in the Life Drawing Academy Students Gallery.

When you learn all you have wanted from this Online Course, you can apply for a Life Drawing Academy Diploma of Excellence. There is no deadline; you can do it at any time after three months since enrollment.

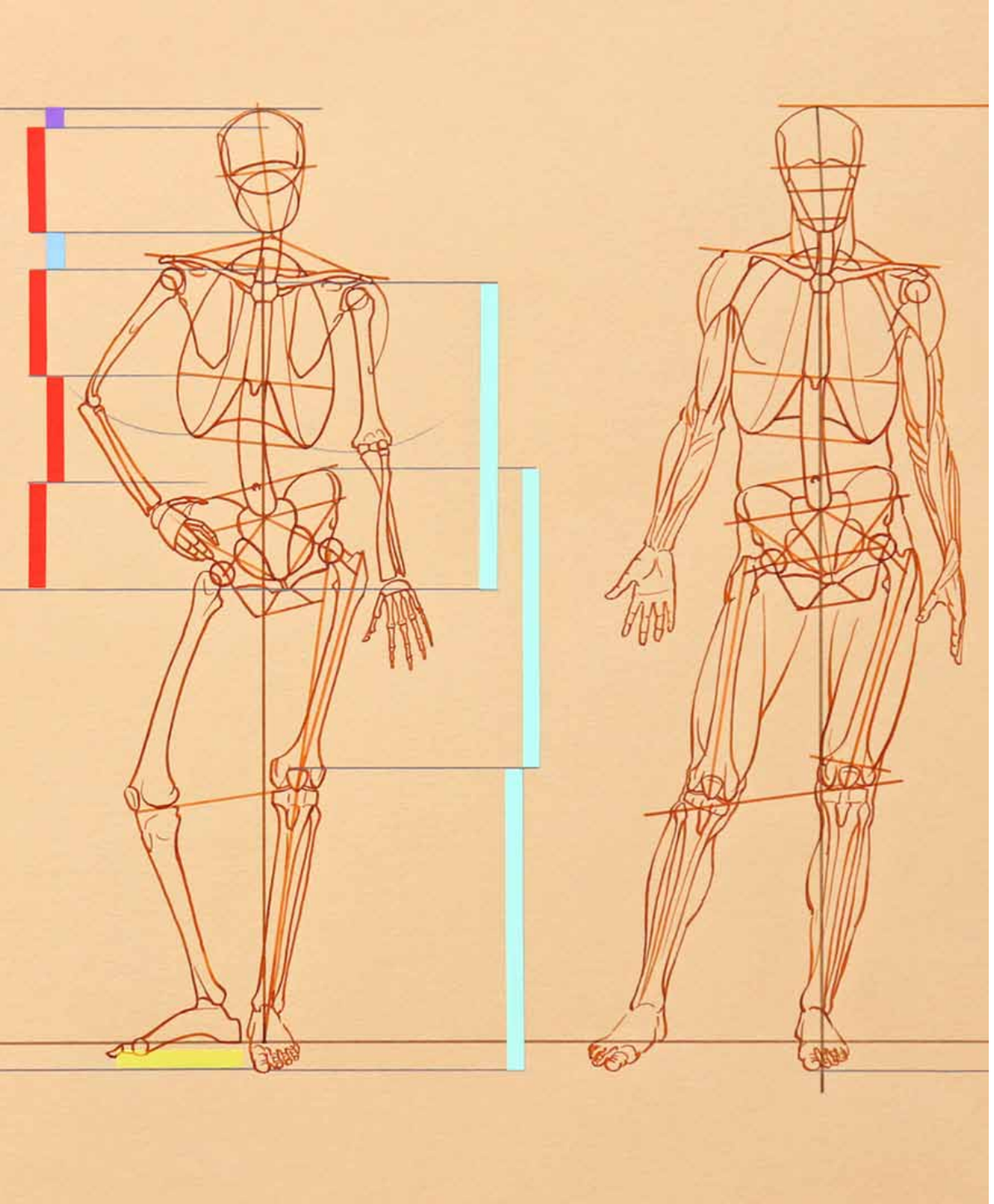
Life Drawing Academy Online Course Assignments

To fully benefit from the Life Drawing Academy Online Course, do the proposed assignments.

Please note, these assignments are optional. You can work on your own creative projects instead using the information you learn in the course video lessons.

Here's the list of assignments you may do to practice life drawing:

1. Developing a canon of human figure proportions
2. Figure in contrapposto - front view (long study)
3. Figure in contrapposto - back view (long study)
4. Drawing a shoulder girdle
5. Three ways of drawing - proportions (fast drawing)
6. Three ways of drawing - symbol (fast drawing)
7. Three ways of drawing - masses (fast drawing)
8. Sitting figure (long study)
9. Reclining figure (long study)
10. Drawing hands
11. Drawing knees
12. Drawing feet
13. Figure gesture sketching - 300 sketches in various poses
14. Developing a canon of human head and face proportions
15. Drawing a skull
16. Drawing muscle anatomy of a head
17. Drawing facial features - 300 sketches of a mouth
18. Drawing facial features - 300 sketches of a nose
19. Drawing facial features - 300 sketches of ears
20. Drawing facial features - 300 sketches of eyes
21. Drawing a portrait in full-face view
22. Drawing a portrait in profile
23. Drawing a portrait in the three-quarters view
24. Depicting emotions in portrait
25. Drawing draperies
26. Drawing a clothed figure



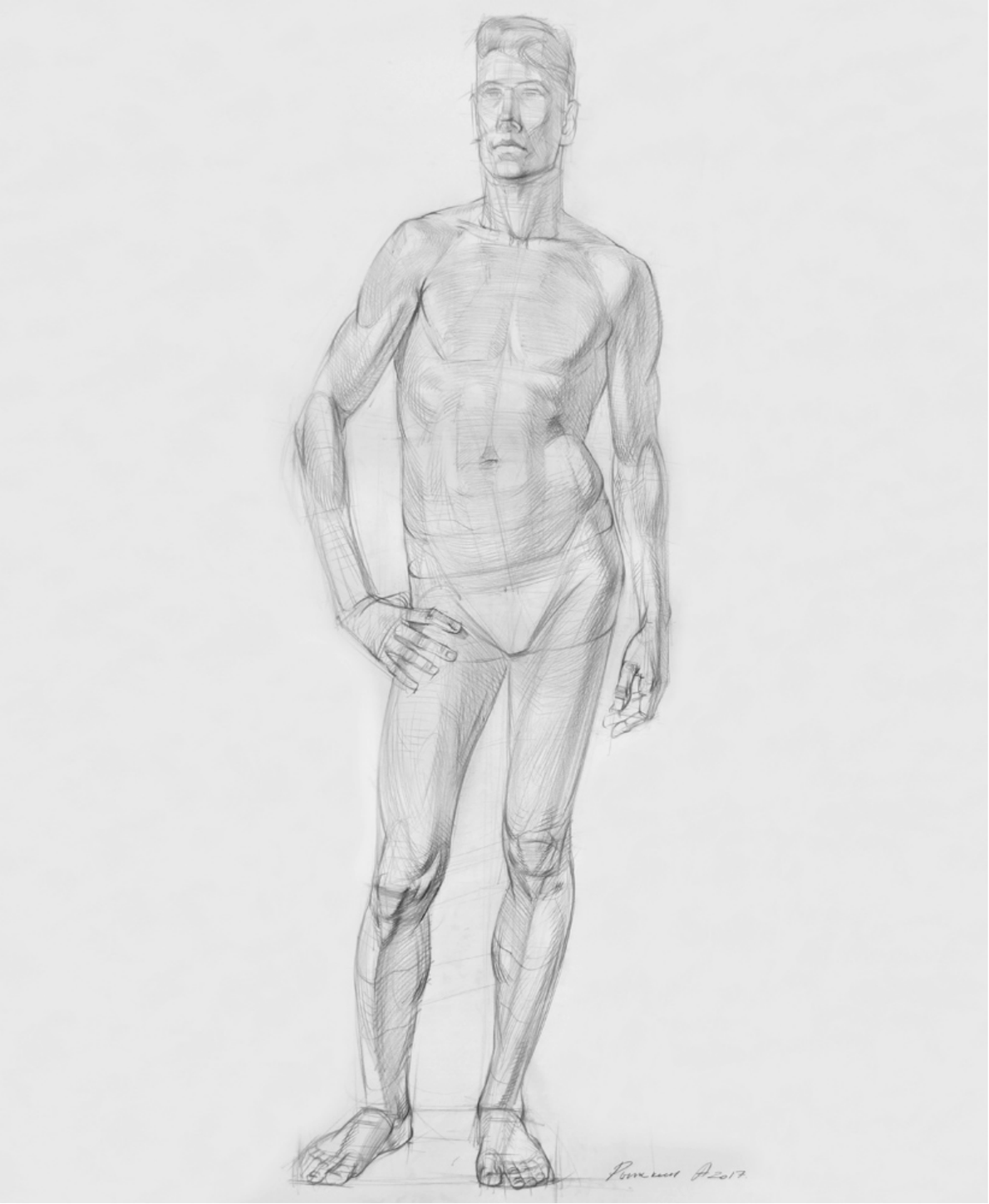
1. Developing a canon of human figure proportions

After learning how to use drawing materials in videos 1, 2, and 3, watch video lessons 4, 6, and 8, which present different canons of human body proportions. Make notes in your sketchbook together with illustrations of various proportions.

Come up with your own set of rules that may combine proportions from different canons. You are welcome to “invent” your own proportions and check them in life on yourself or a model. The more proportions you know, remember, and use, the better.

Make a detailed artwork on an A2 sheet of paper with the various proportions of a human body.

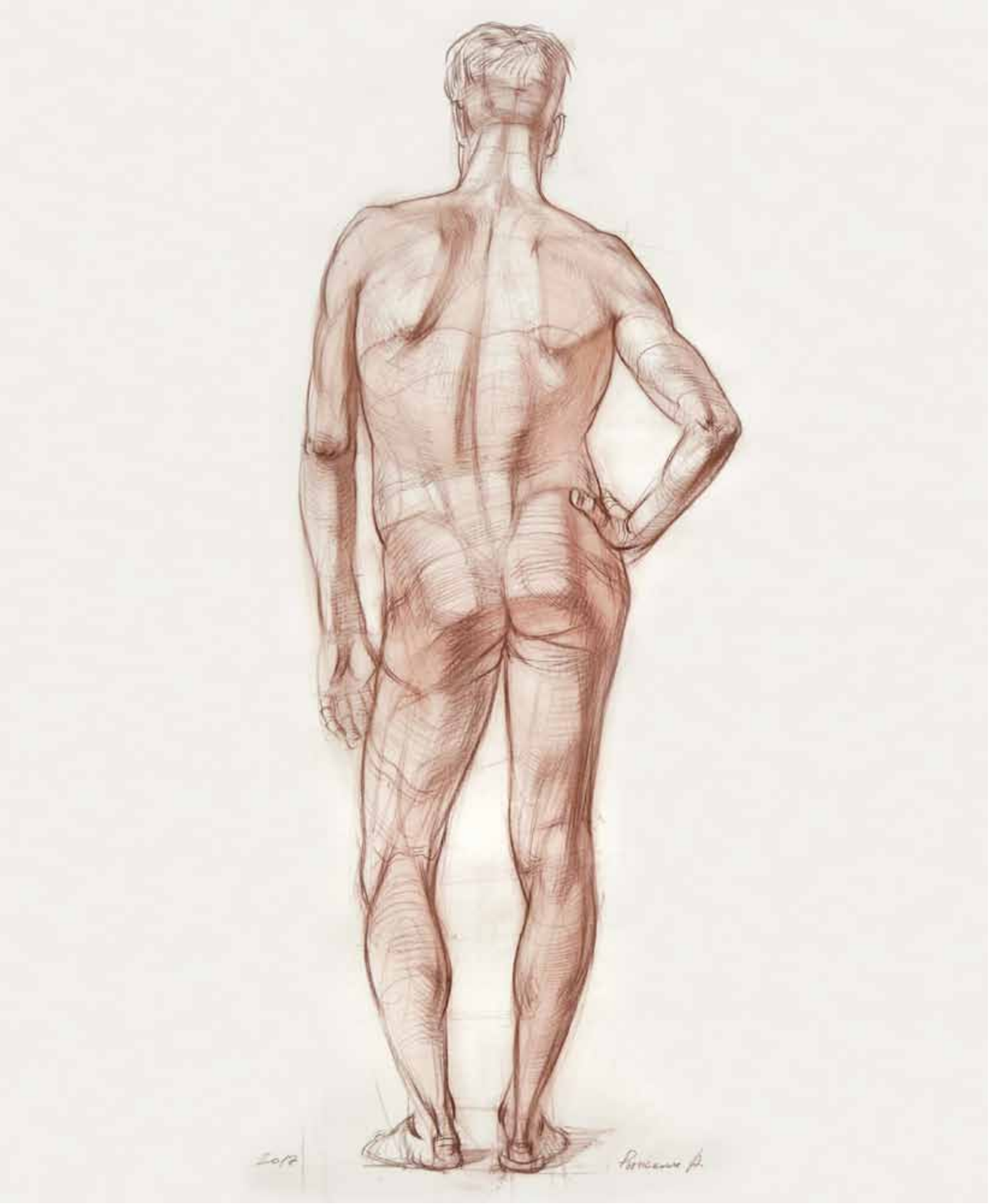
Later in the course, you will see other video lessons that discuss the proportions of the human figure, head, and face. Keep adding new information to your notes as you go along.



2. Figure in contrapposto - front view (long study)

After developing your set of human body proportions, continue to video lessons 5, 9, 10, 11, 12, and 14. Learn the sequential steps of drawing a figure standing in contrapposto and how to apply proportions and other principles of constructive drawing in long-study figurative artworks.

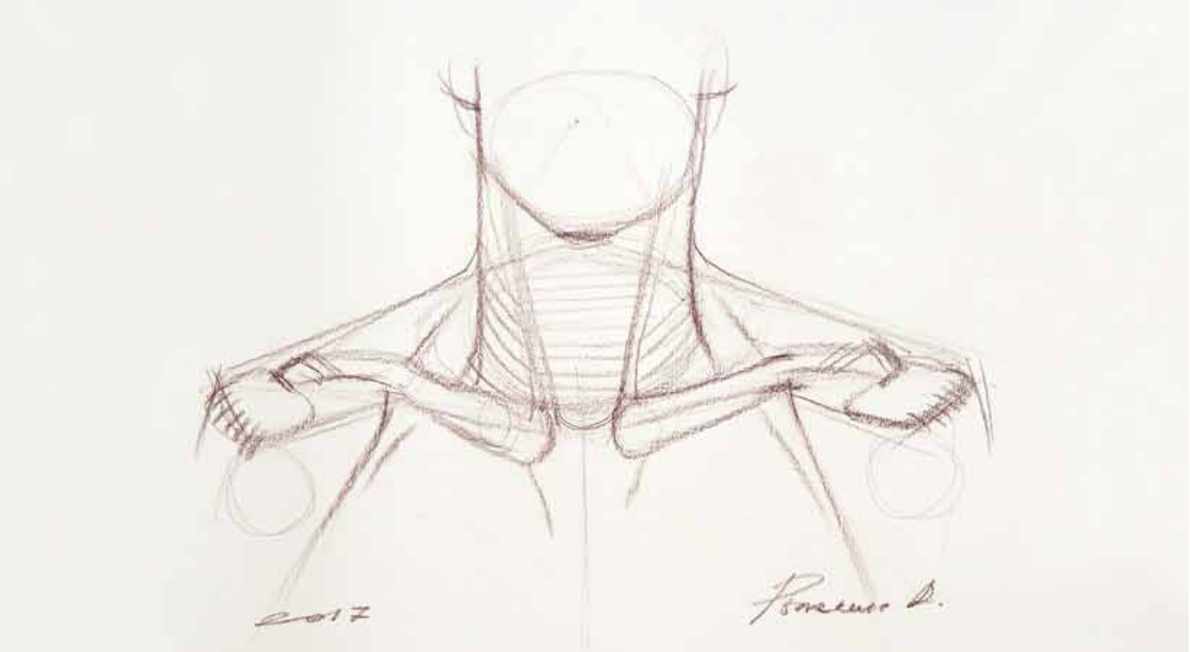
Create several long-study artworks of a model (or yourself) standing in contrapposto in a front view on A2 or similar size sheet of paper in graphite pencil. “Long-study” here refers to several hours (4–20) per artwork.

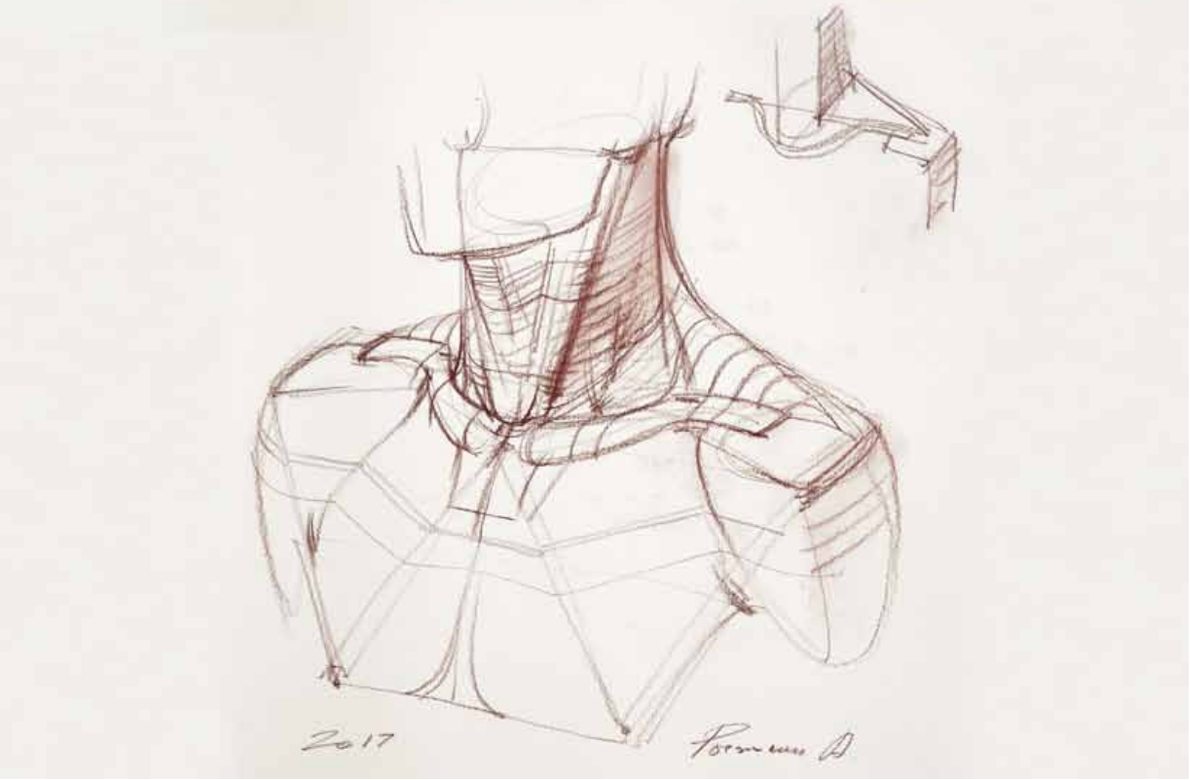


3. Figure in contrapposto - back view (long study)

Watch video lessons 7 and 15 to discover how to draw figures standing in contrapposto in a back view.

Create several long-study artworks in that view from life on an A2 sheet of paper in graphite pencil.





4. Drawing a shoulder girdle

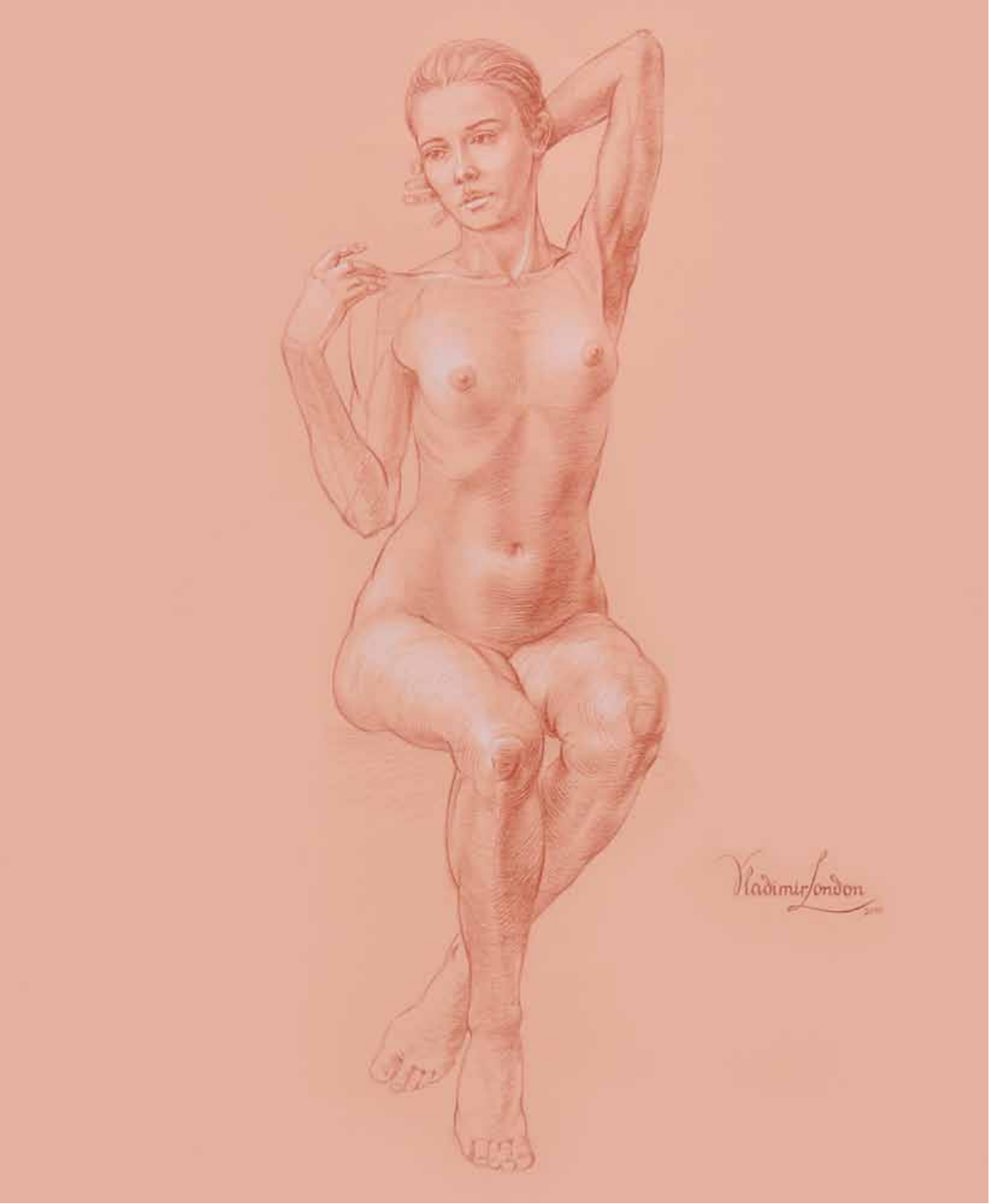
Watch videos 13 and 35 to study the skeletal and muscular construction of a shoulder girdle.

Create several big-scale artworks of the upper-body skeleton from different points of view. You can use 3D apps for reference—for example, a free version of “3D Anatomy for the Artist” https://www.anatomyfortheartist.com

Ideally, if you have access to a full-scale skeleton model, draw it from life.

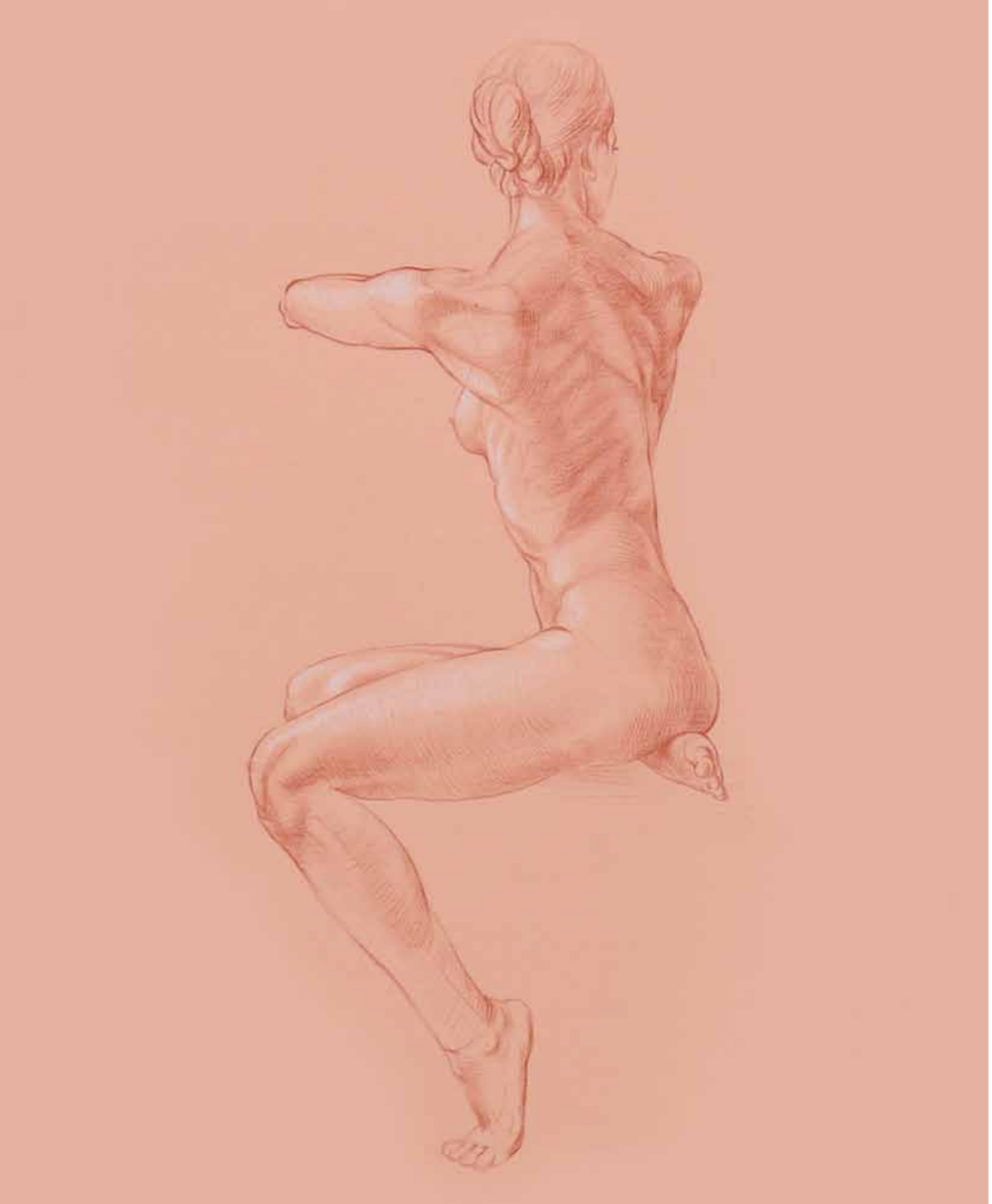
Create several big-scale artworks of the muscular anatomy of the shoulder girdle. The paid version of the previously mentioned 3D app features muscles you can refer to while drawing.

Do several drawings of a shoulder girdle from life, using yourself or a model to draw from.



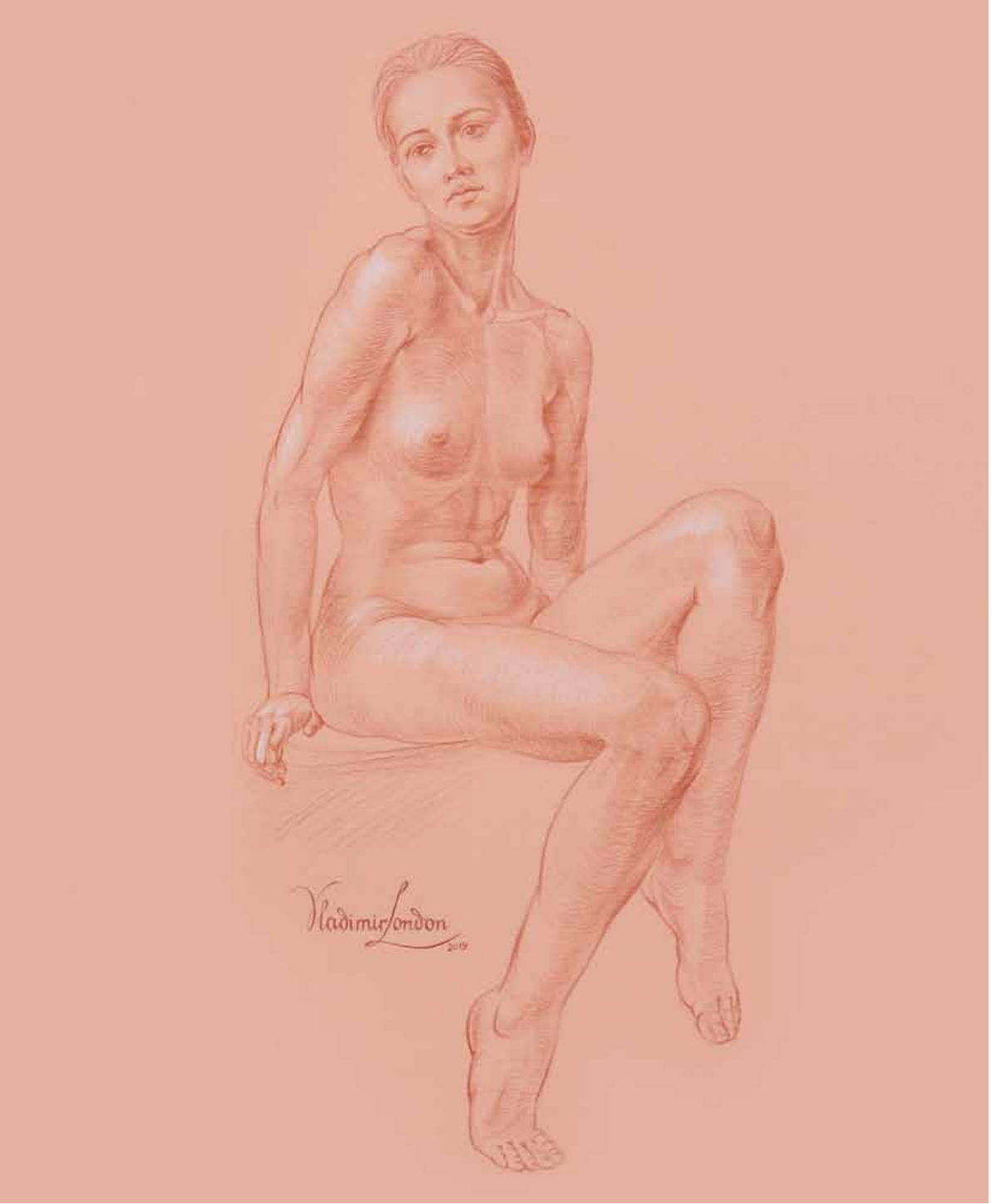
5. Three ways of drawing - proportions (fast drawing)

Watch video lesson 17 and do a fast drawing (2–4 hours) of a sitting model or yourself on an A2 sheet of paper using the method of proportions.



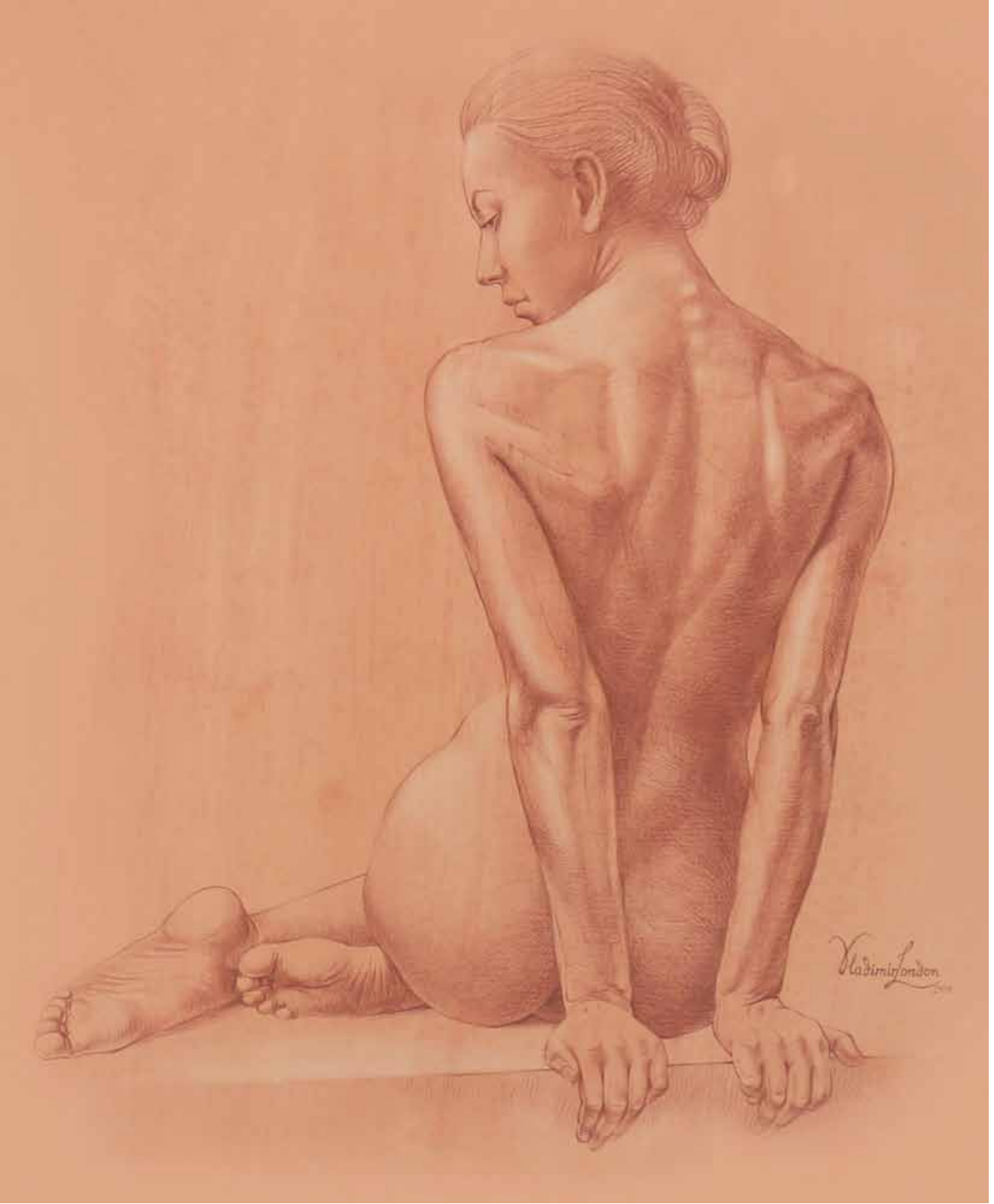
6. Three ways of drawing - symbol (fast drawing)

Watch video lesson 18 and do a fast drawing (2–4 hours) of a sitting model or yourself on an A2 sheet of paper using the method of symbols.



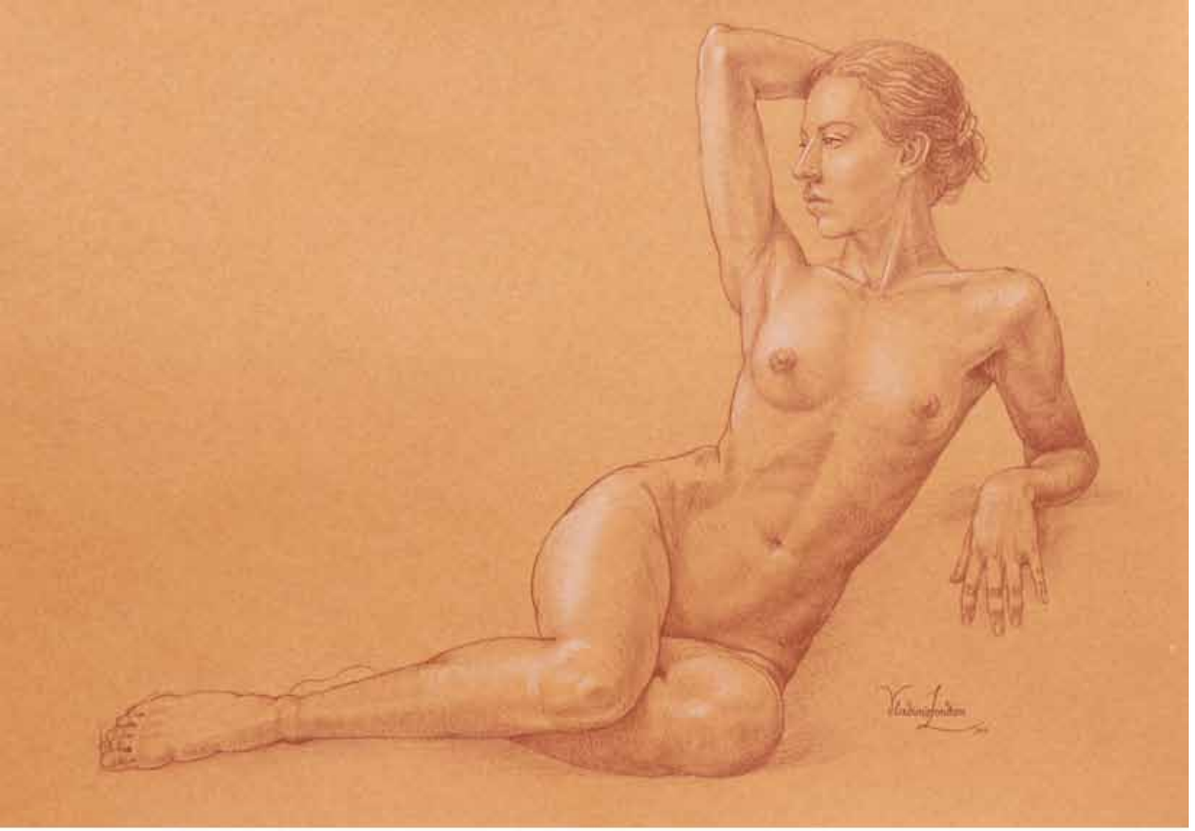
7. Three ways of drawing - masses (fast drawing)

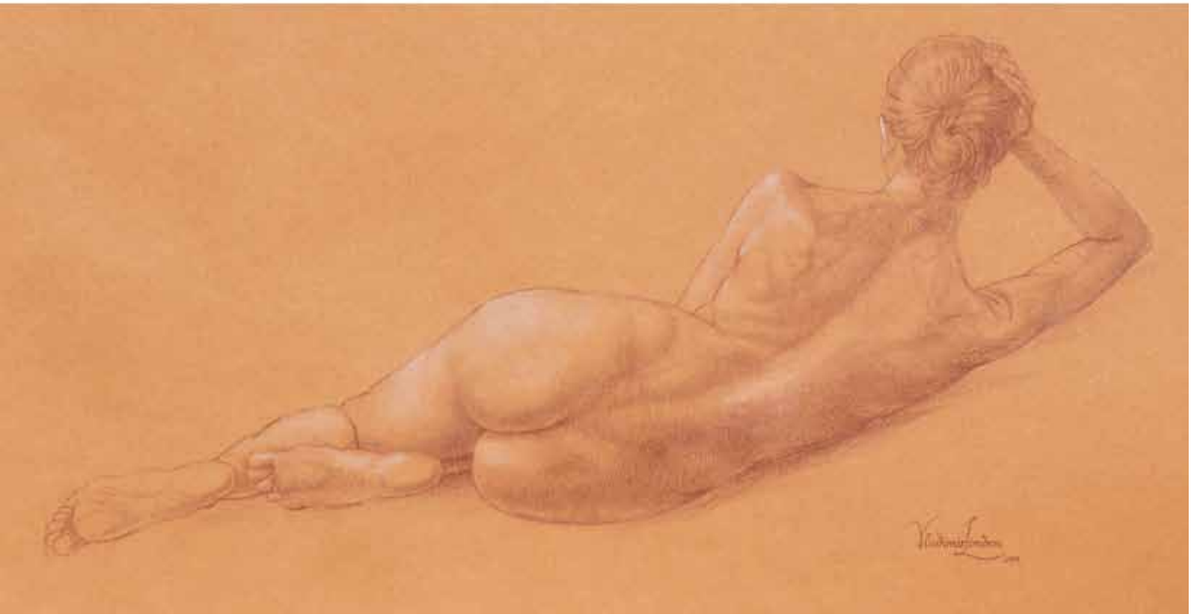
Watch video lesson 19 and do a fast drawing (2–4 hours) of a sitting model or yourself on A2 sheet of paper using the method of masses.



8. Sitting figure (long study)

Watch video lesson 16 and do a long study of a sitting figure on an A2 sheet of paper in graphite pencil.





9. Reclining figure (long study)

Watch video lessons 21, 22, 23, 24, and 25 and make several long study drawings of a reclining model from various points of view on an A2 or A1 sheet of paper.

10. Drawing hands

Watch video lesson 38 and do multiple fast sketches and long studies of hands from different points of view, using yourself as a model. You can also refer to the 3D anatomy app to fill the gaps in your anatomy knowledge if required.

11. Drawing knees

Watch video lesson 39 and do multiple fast sketches and drawings of knees from different points of view, looking at your knee in a mirror. You can also refer to the 3D anatomy app to see the skeletal construction of a knee.

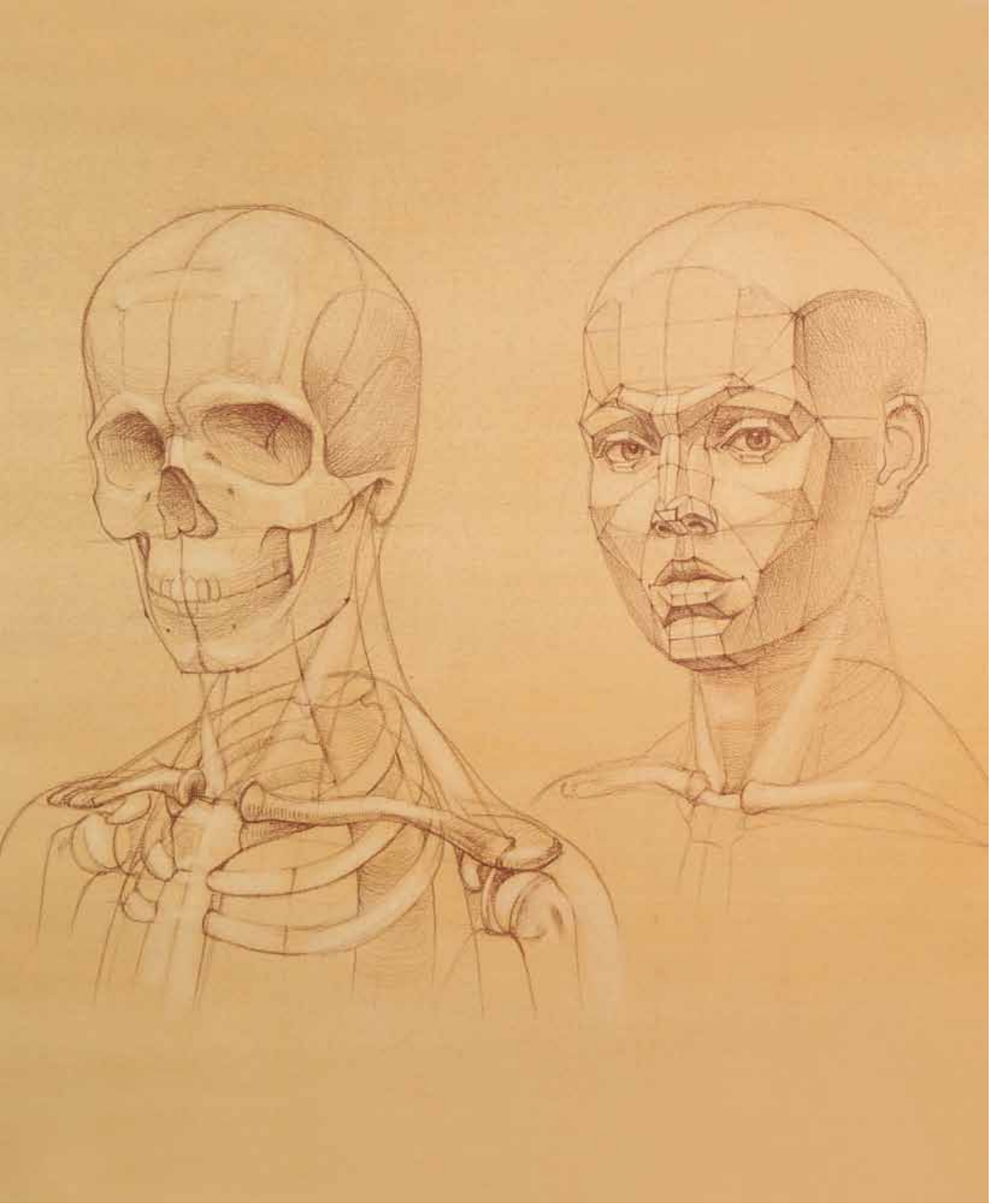
12. Drawing feet

Watch video lessons 40 and 41 and do multiple fast sketches and drawings of feet from different points of view, looking at your feet in a mirror. You can also refer to the 3D anatomy app to see the skeletal construction of a foot.

13. Figure gesture sketching - 300 sketches in various poses

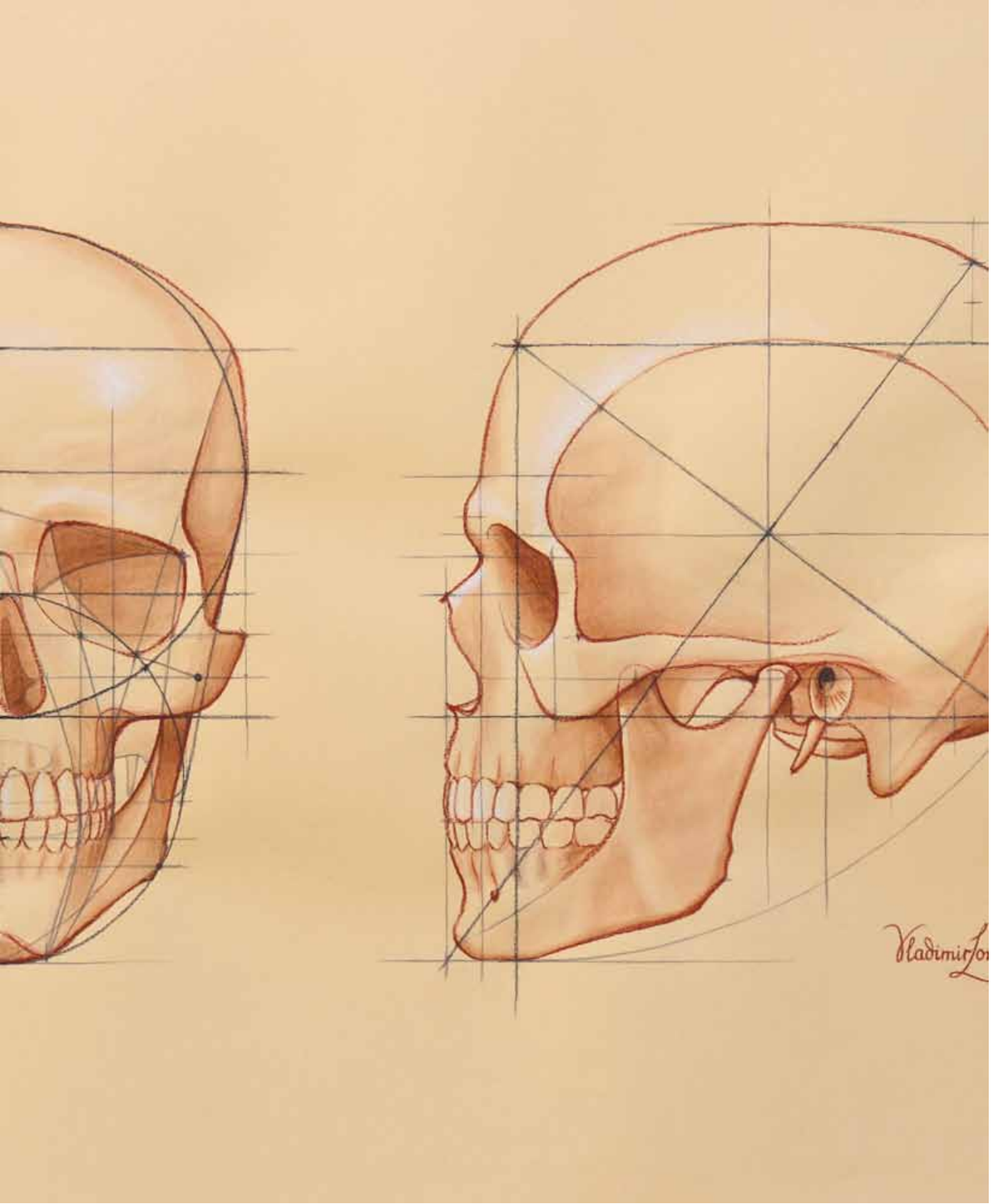
Watch video lessons 20, 42, 43, 44, 45, 46, and 47 and make 300 fast gesture sketches (5–20 minutes per sketch) of people in different poses from life, memory, and imagination. Use an A3 sheet of paper for each sketch and work in graphite pencil.

Thereafter, you can repeat this assignment using different mediums, like red chalk, charcoal, or colored pencils, for example.



14. Developing a canon of human head and face proportions

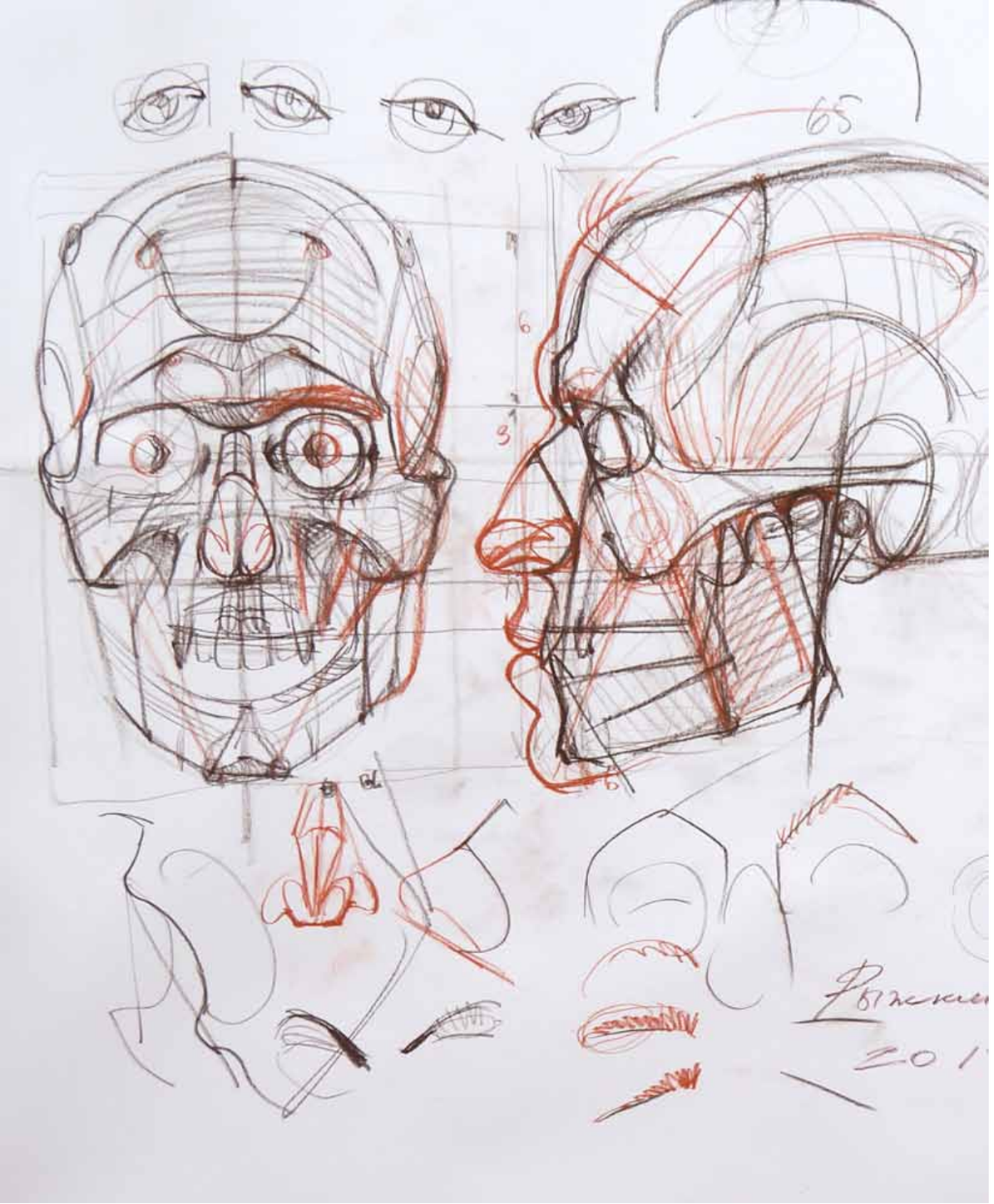
Watch video lessons 26 and 31 to learn proportions of a human head and face. Make a diagram drawing of head and face proportions on an A3 or A2 sheet of paper.



15. Drawing a skul

Watch video lesson 32 to discover the unique way of drawing skull proportions as invented by the Life Drawing Academy tutor, Vladimir London, and then watch lesson 33 to learn the skull's anatomy. You can also refer to the 3D app mentioned above for reference to skull construction.

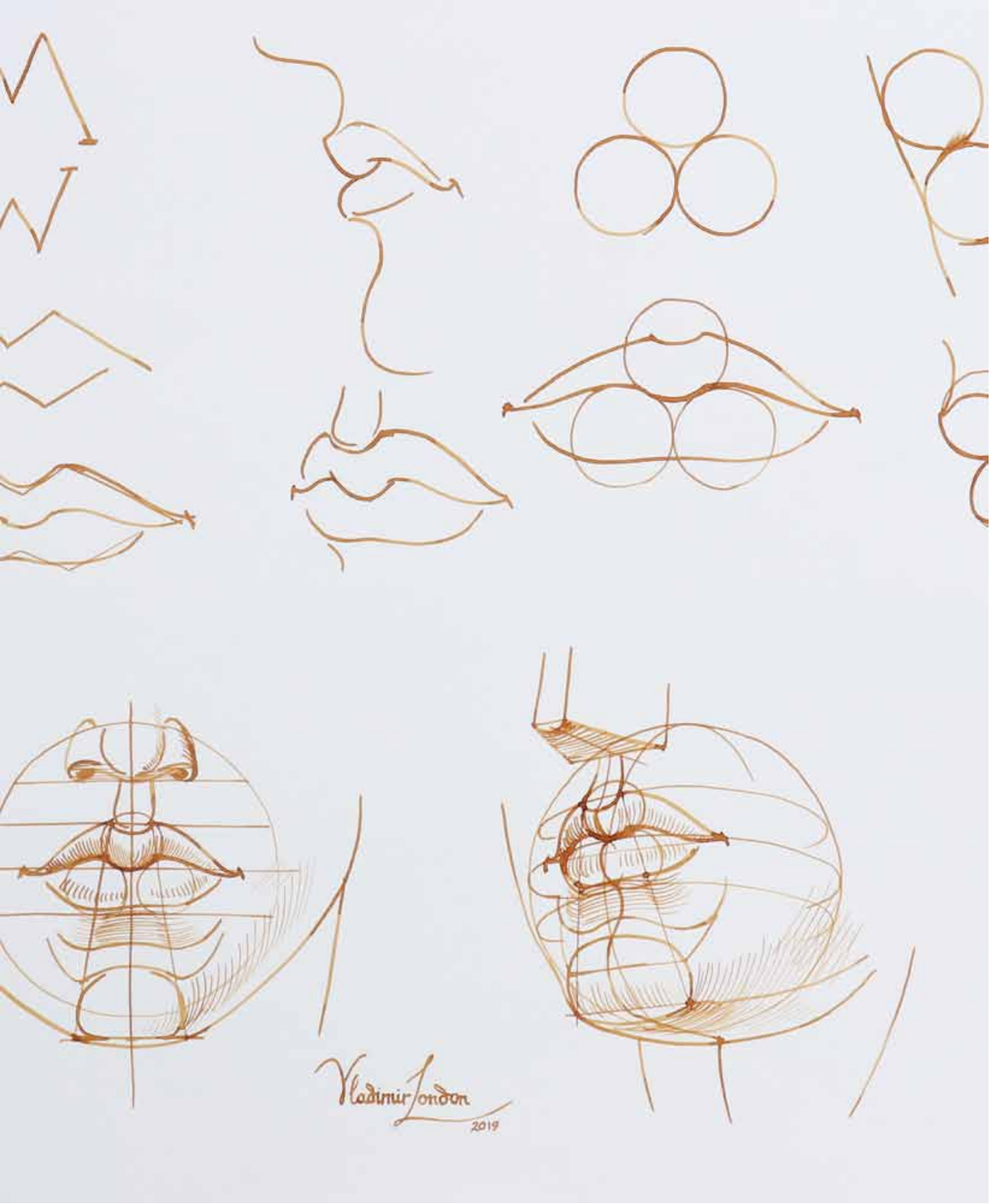
Make several drawings of a human skull using the info you have learned on an A3 or A2 sheet of paper.



16. Drawing the muscle anatomy of a head

Watch video lesson 34 to learn the muscular anatomy of a human head.

Make schematic sketches of head and face muscles on an A3 or A2 sheet of paper.



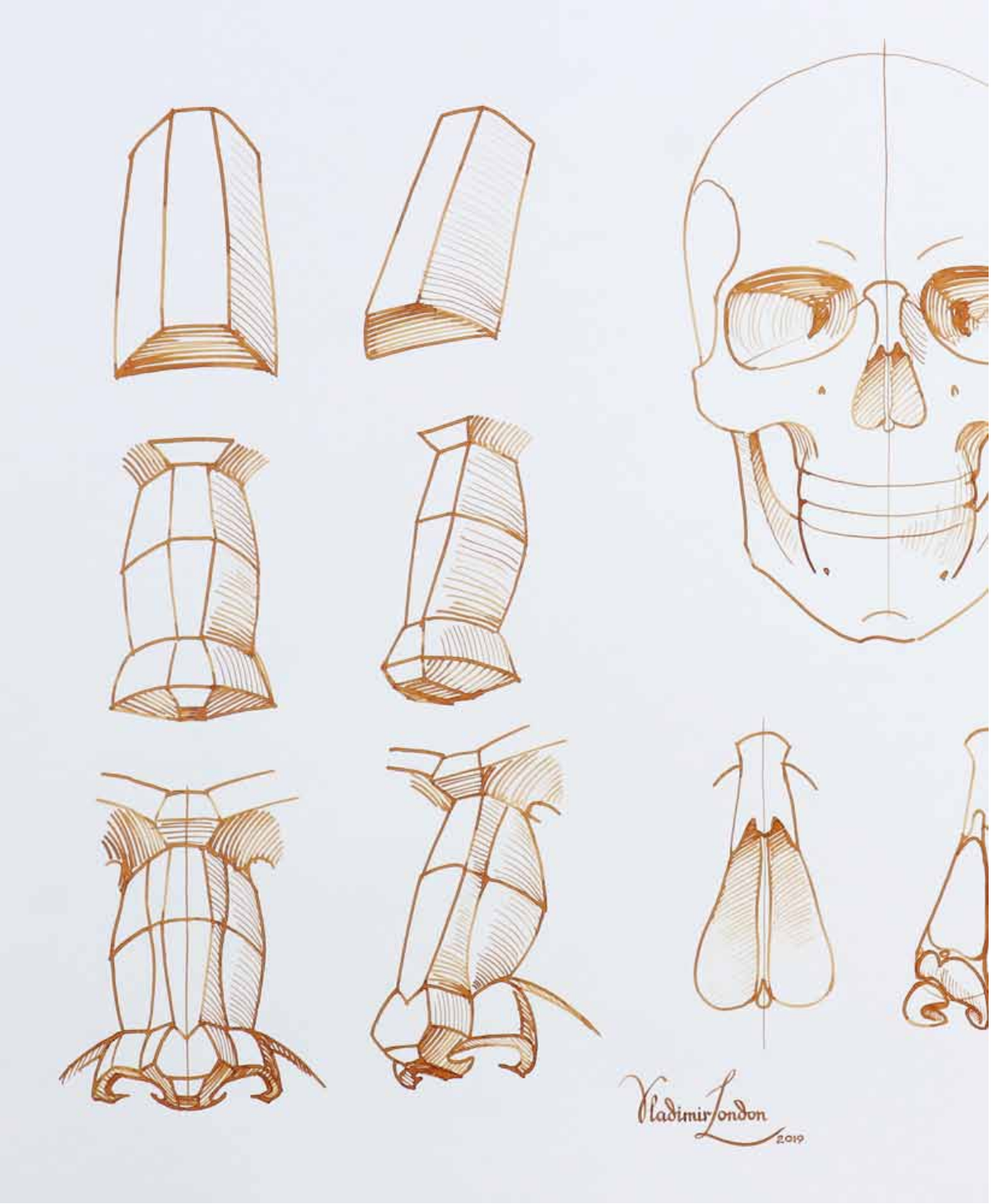
17. Drawing facial features - 300 sketches of a mouth

Watch video lesson 27 to discover how to draw a mouth using constructive drawing tips as presented in the video.

Make at least 300 sketches of a mouth from various points of view on A2 or A3 sheets of paper in graphite pencil or pen and ink.

The main point of this exercise is to develop the “muscle memory” of sketching a mouth, so you can draw it almost on autopilot.

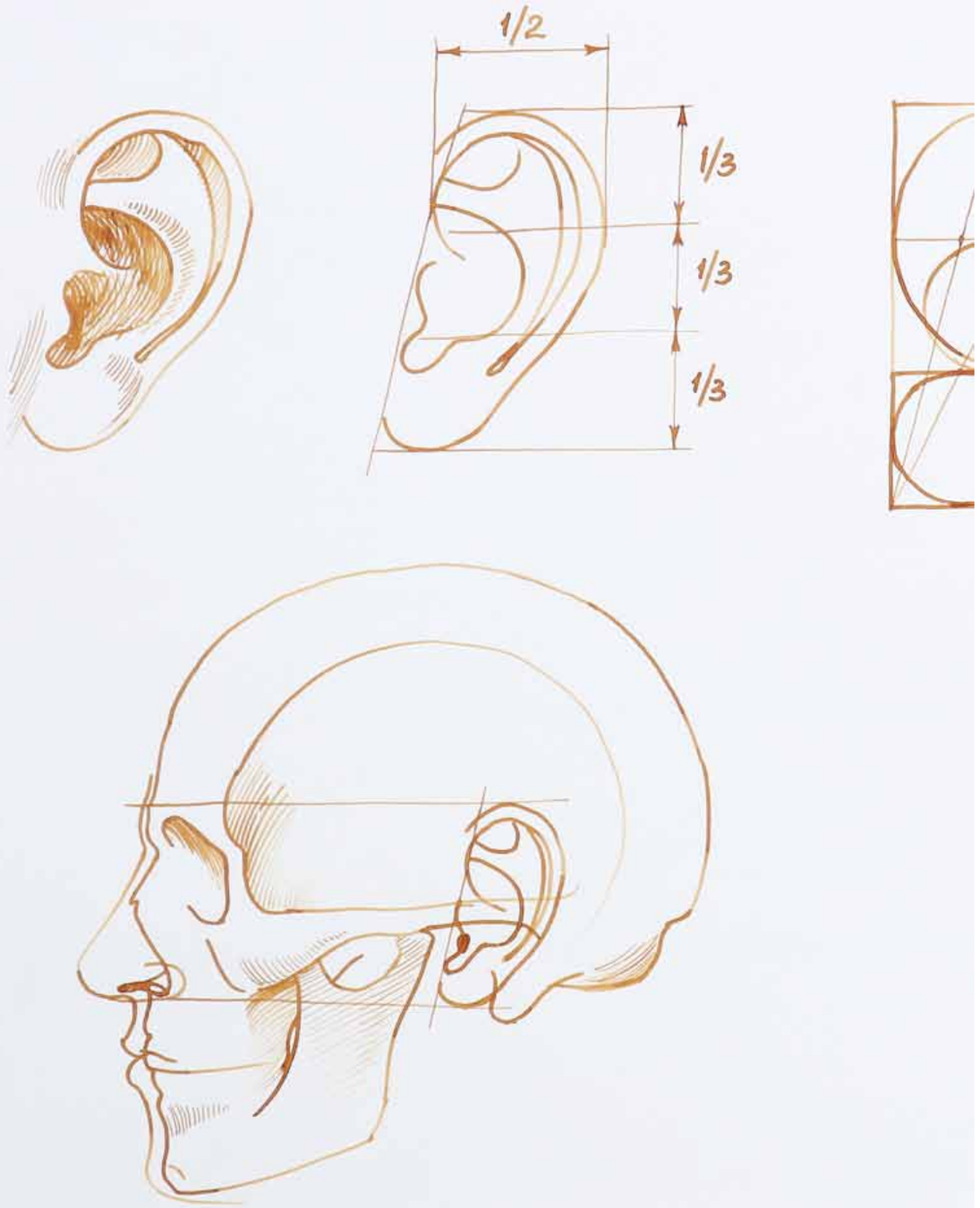
Keep in mind that 300 sketches might not be enough and keep practicing until you reach the point at which you can draw a realistic mouth from life, memory, and imagination from any angle.



18. Drawing facial features - 300 sketches of a nose

Watch video lesson 28 and make at least 300 sketches of a nose from various points of view from life, memory, and imagination on A2 or A3 sheets of paper in graphite pencil or pen and ink.

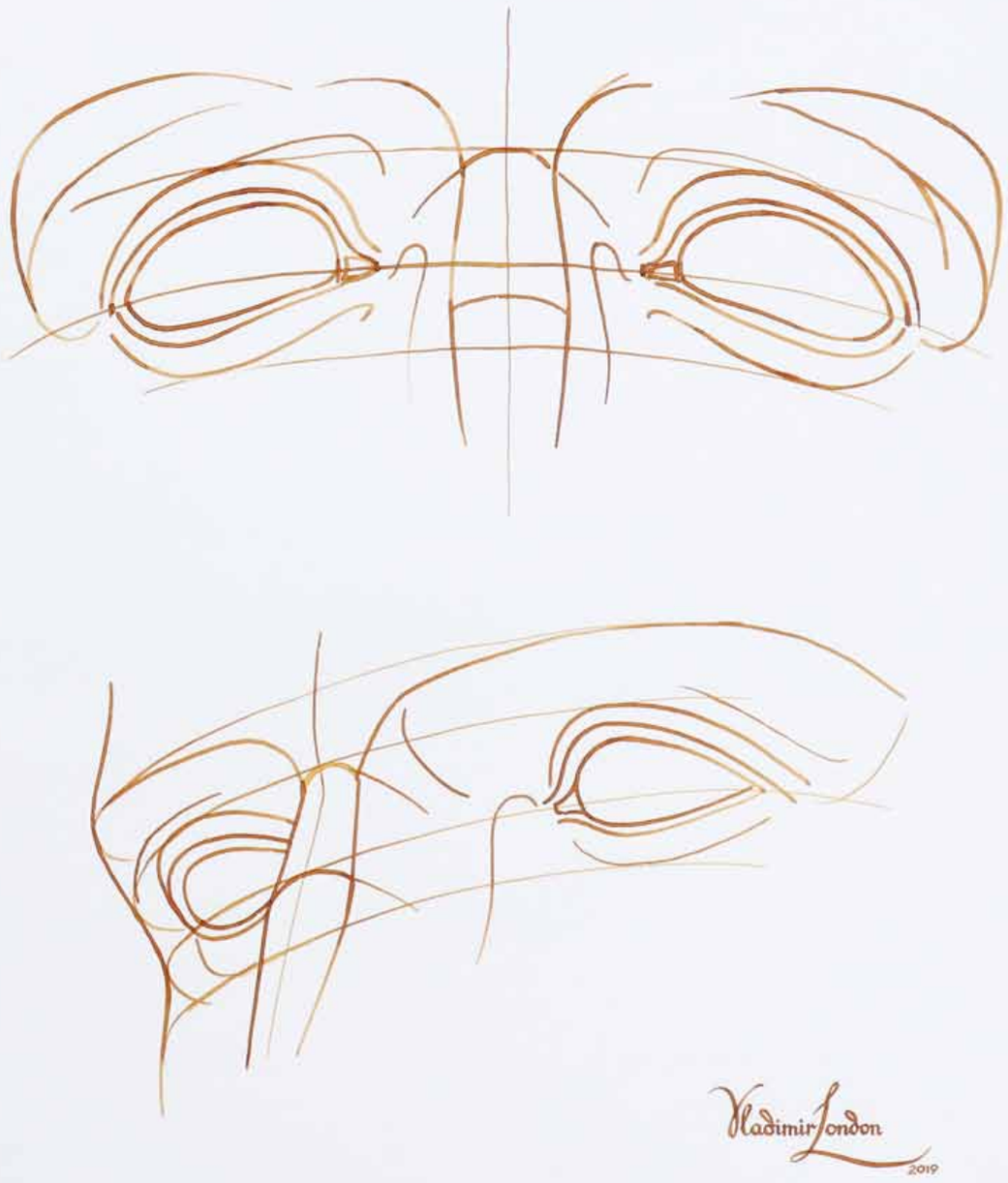
The “muscle memory” comment is fully applicable to this task as well.



19. Drawing facial features - 300 sketches of ears

Watch video lesson 29 and make at least 300 sketches of an ear from various points of view from life, memory, and imagination on A2 or A3 sheets of paper in graphite pencil or pen and ink.

The “muscle memory” comment is fully applicable to this task as well.

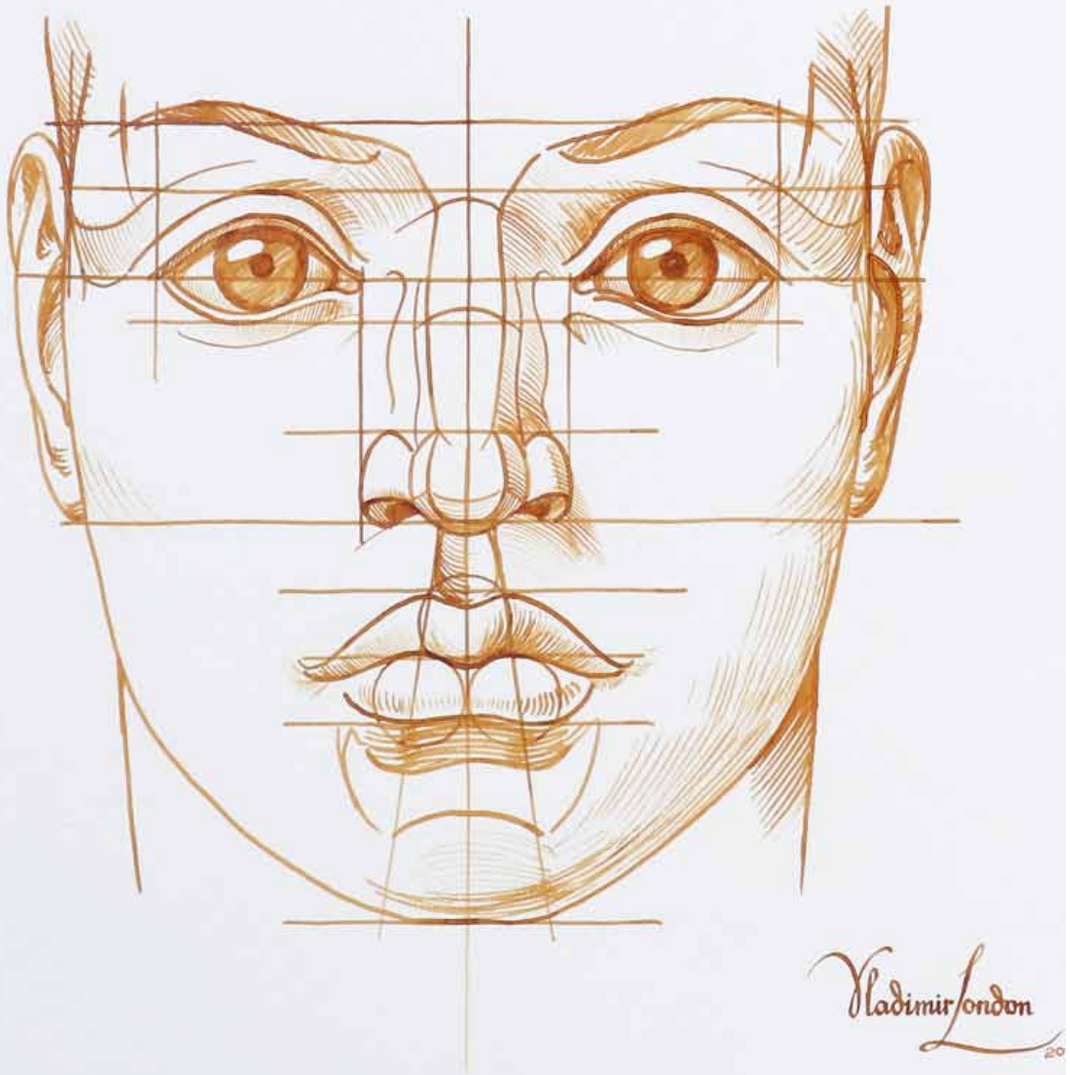


20. Drawing facial features - 300 sketches of eyes

Watch video lesson 30 to learn how to make linear drawings of eyes.

Make at least 300 sketches of eyes at various angles, drawing from life, memory, and imagination on A2 or A3 sheets of paper in graphite pencil or pen and ink.

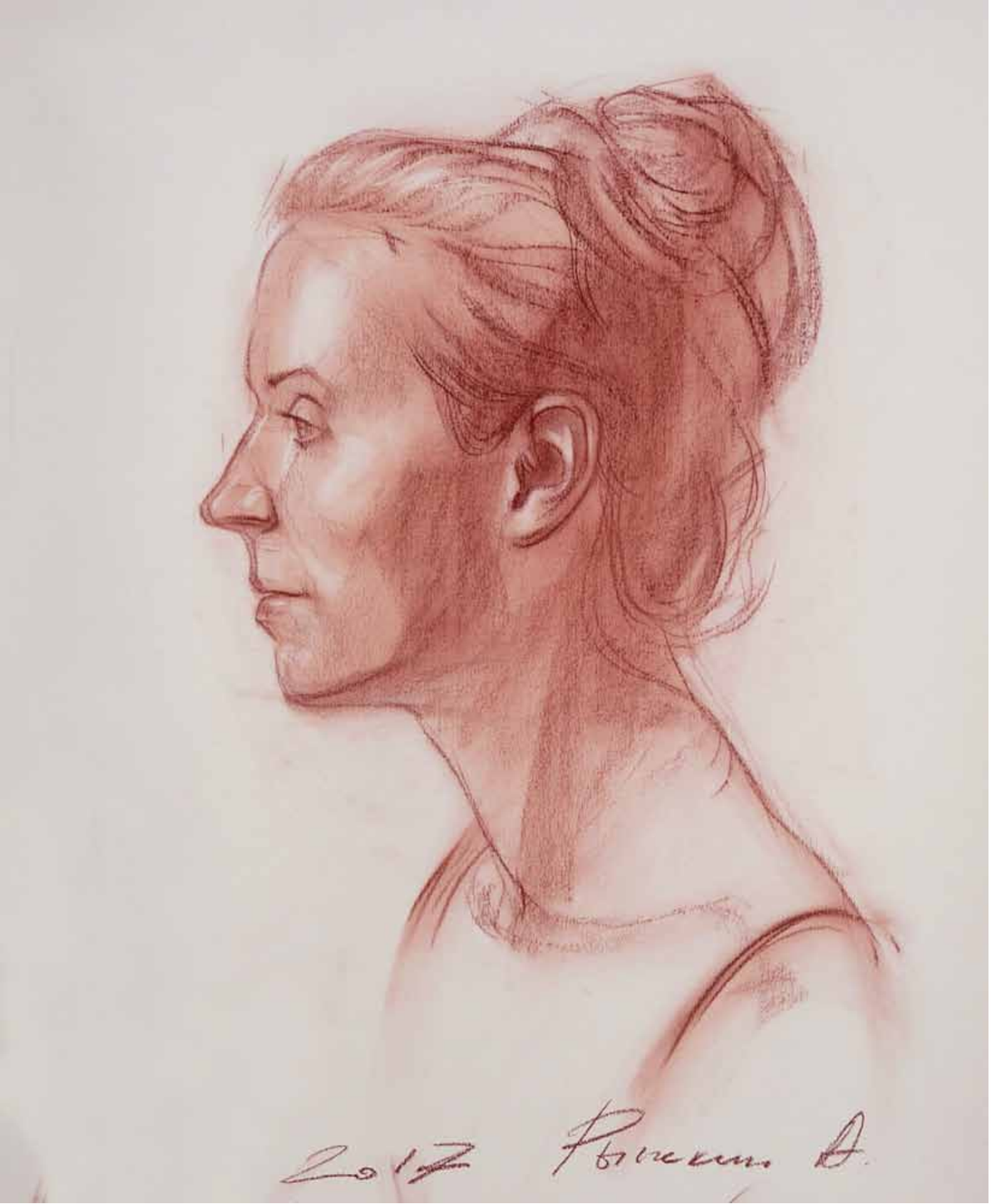
The “muscle memory” applies here as well.



21. Drawing a portrait in full-face view

Watch the part of video lesson 31 that is dedicated to the full-face portrait once again and make several life-size portraits, using one A2 sheet of paper per portrait.

This time, you have to draw a model from life or do a self-portrait with the full knowledge of how to draw eyes, nose, mouth and ears and human head proportions and anatomy.

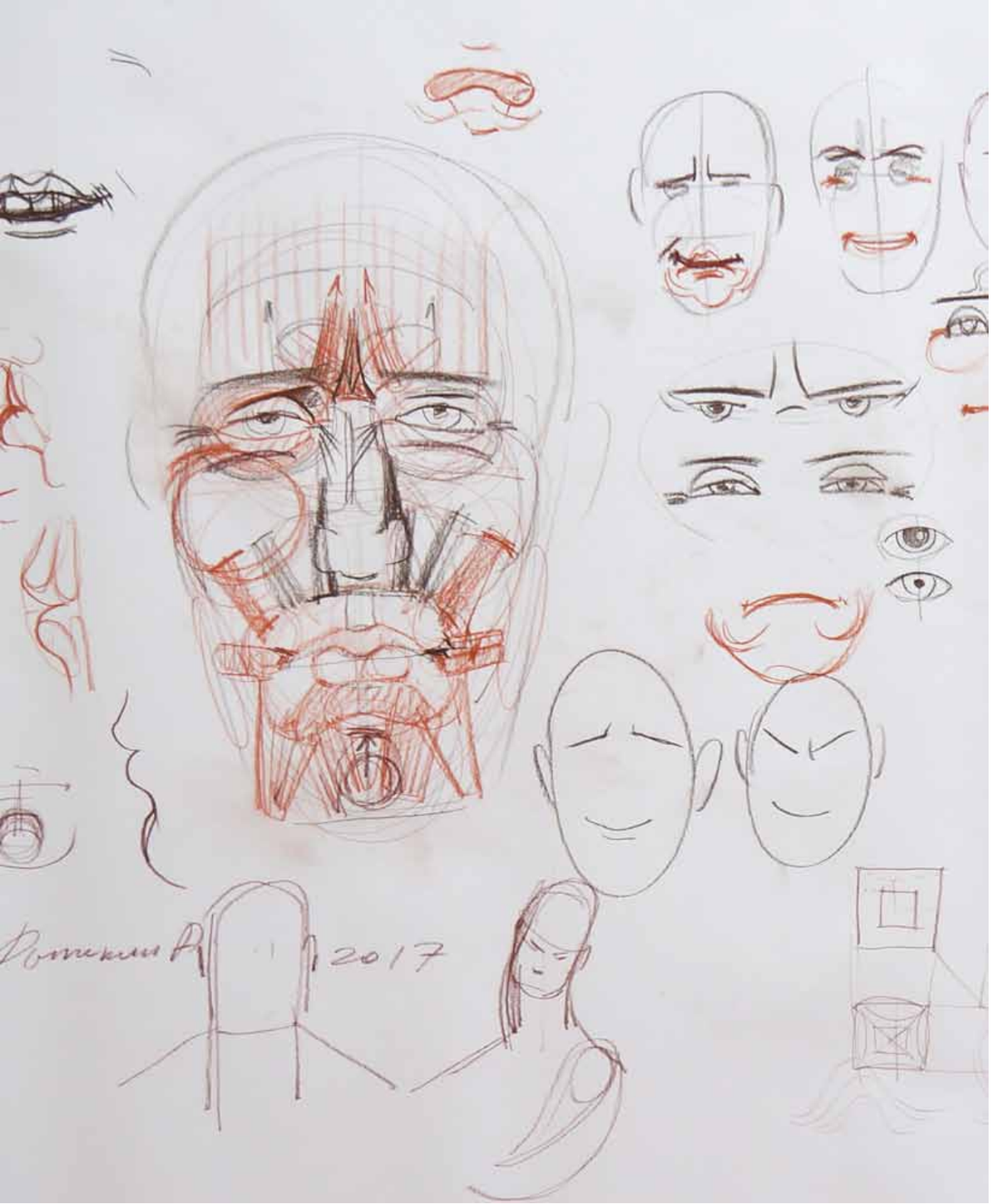


22. Drawing a portrait in profile

Watch video lesson 36 to discover how to draw a portrait in profile and make several portrait drawings in the side view. Use one A2 sheet of paper per portrait and make artworks from life in life-size scale.

23. Drawing a portrait in the three-quarters view

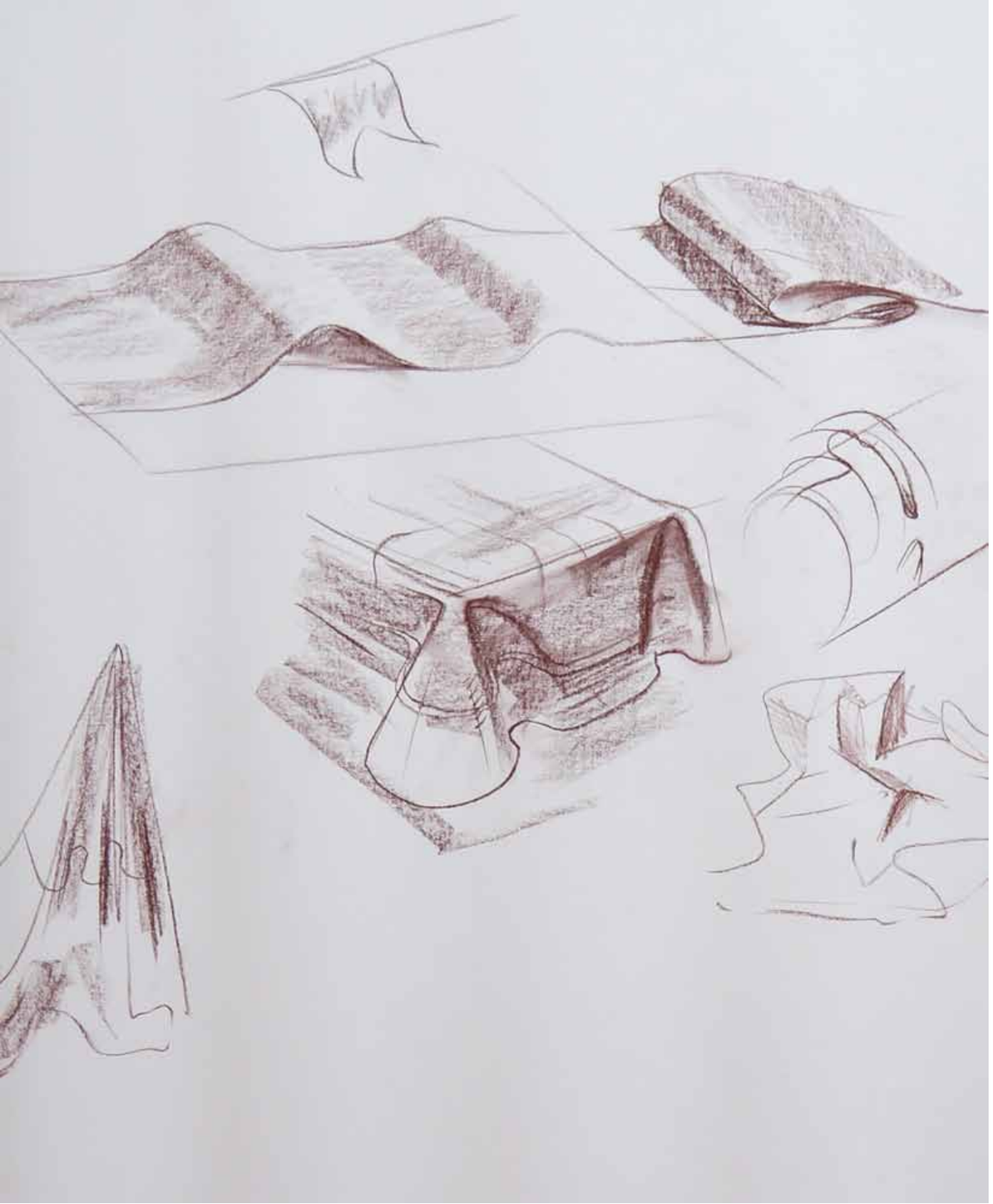
Watch video lesson 31 once again (the part dedicated to the three-quarters view) and video lesson 37 and draw from life several portraits in the three-quarters view in graphite pencil.



24. Depicting emotions in portrait

Refer once again to video lesson 34 and study how various muscles play their roles in expressing different emotions on a human face.

Make multiple sketches from life, memory, and imagination of faces with different emotions.



25. Drawing draperies

Watch video 48 to discover how to depict draperies and folds, and then draw draperies from life with different types of wrinkles and folds.

Make several fast sketches and drawings as well as long tonal studies of draperies and folds. Use A3 size of paper for fast drawings and A2 for long studies.

26. Drawing a clothed figure

Watch video 49 to learn how to draw draped figures and make multiple sketches from life and fast drawings of clothed figures, as well as long tonal studies of clothed figures.

These 26 assignments are essential parts of life drawing education; they cannot, however, cover all aspects of life drawing that every proficient artist must know.

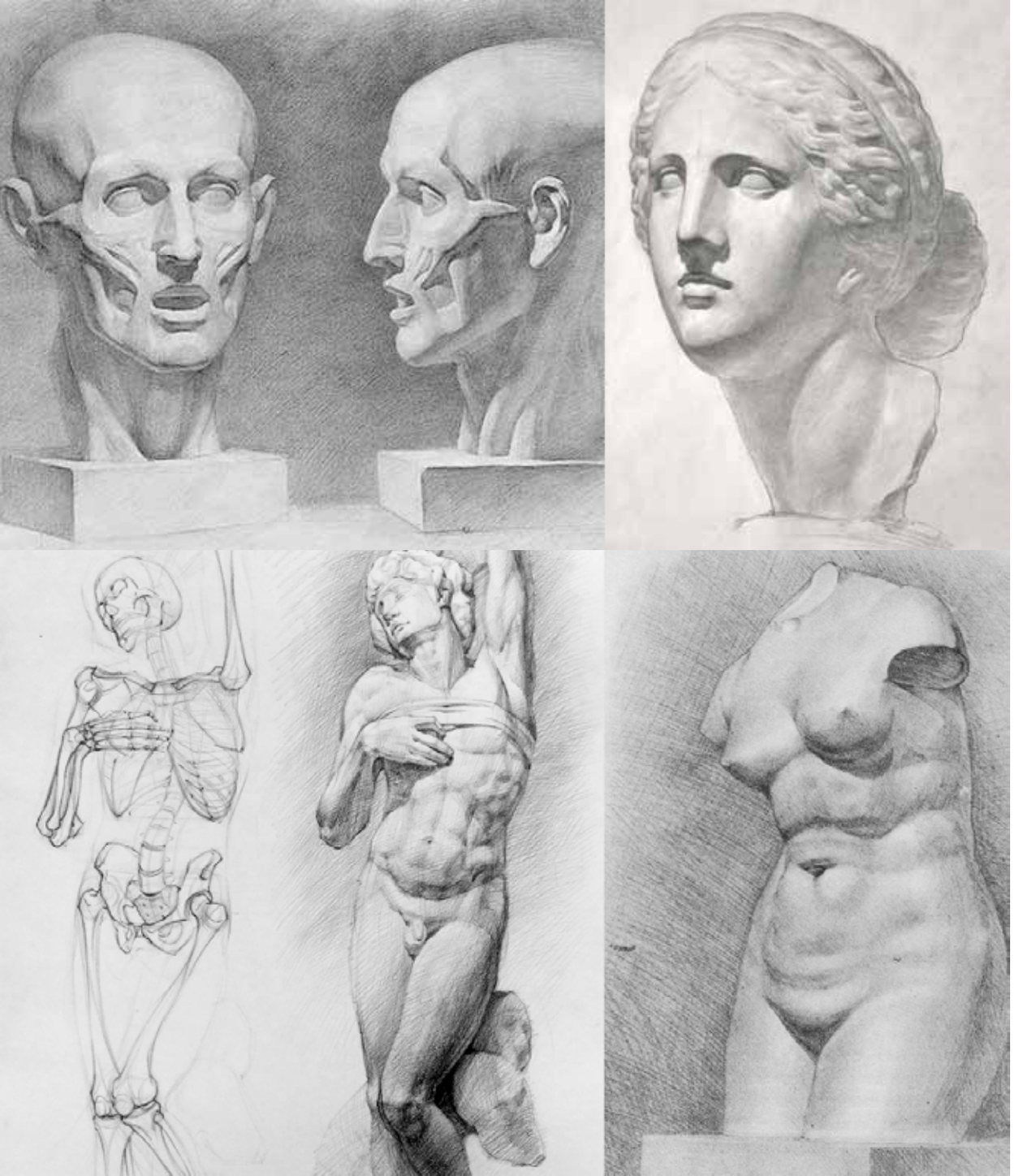
To learn all that the Life Drawing Academy tutors have to offer, upgrade your Online Course membership to the Correspondence Course personal tutoring.

How to receive personal support from the Academy tutors

As a Life Drawing Academy Online Course student, you can rely on personal support from the Academy tutors. Such support includes answers to your art-related questions and artwork critiques.

You can send your artworks for critique and questions to Life Drawing Academy tutors via email support@lifedrawing.academy or submit your questions and artworks on this page:
https://lifedrawing.academy/members/connect-with-us

Please note that by sending your artworks for critique and asking questions, you give us permission to publish your art and feedback online, together with our critiques and answers. This way, you will contribute to the Life Drawing Academy Art Community, and other members and website visitors will have an opportunity to learn from and be inspired by such content.



How to benefit from the Life Drawing Academy Art Community

As an Online Course member, you can also publish your works of art in the Life Drawing Academy Students Gallery.

It is a great way to share your art, showcase your progress, and connect with fellow students and gallery visitors.

You can send your artworks to be exhibited via email support@lifedrawing.academy or submit your work online here: https://lifedrawing.academy/members/connect-with-us

How to apply for a Life Drawing Academy Diploma of Excellence

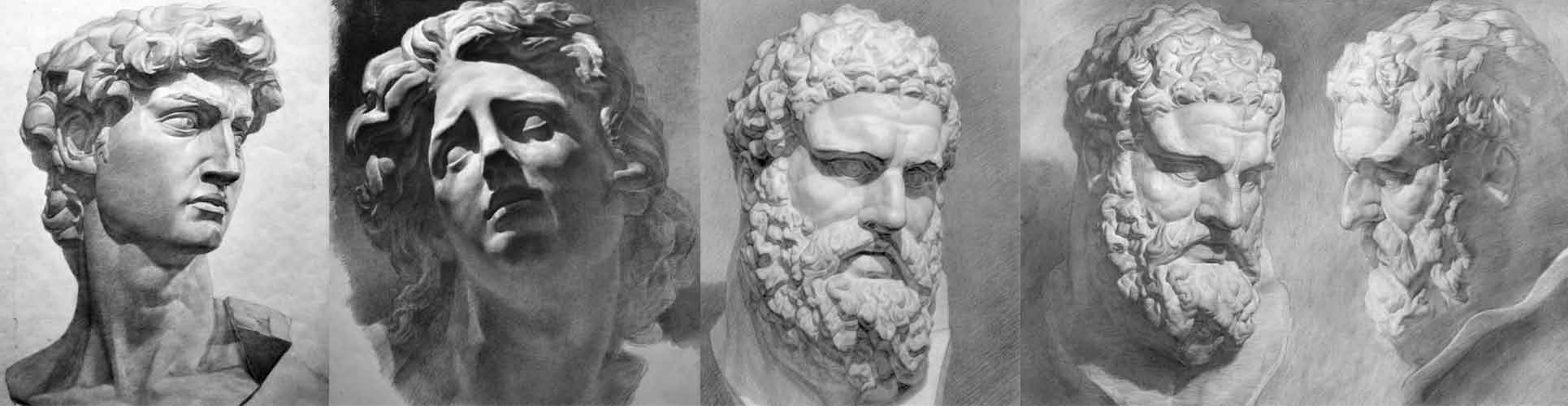
A Life Drawing Academy Diploma of Excellence commemorates your achievement of completing this online course.

Although there are no exams to receive a diploma, it is not issued automatically. We would like to make sure that the course was helpful for you, and therefore we want to hear your feedback and see figurative artworks you did before, during, and after the course. This way, we can evaluate your progress and our contribution, which helps us make ongoing improvements to the course and tutoring.

Please note that your artworks and feedback might be published on our website to showcase your achievement and inspire others.

A diploma is sent in digital format - high resolution printable PDF.

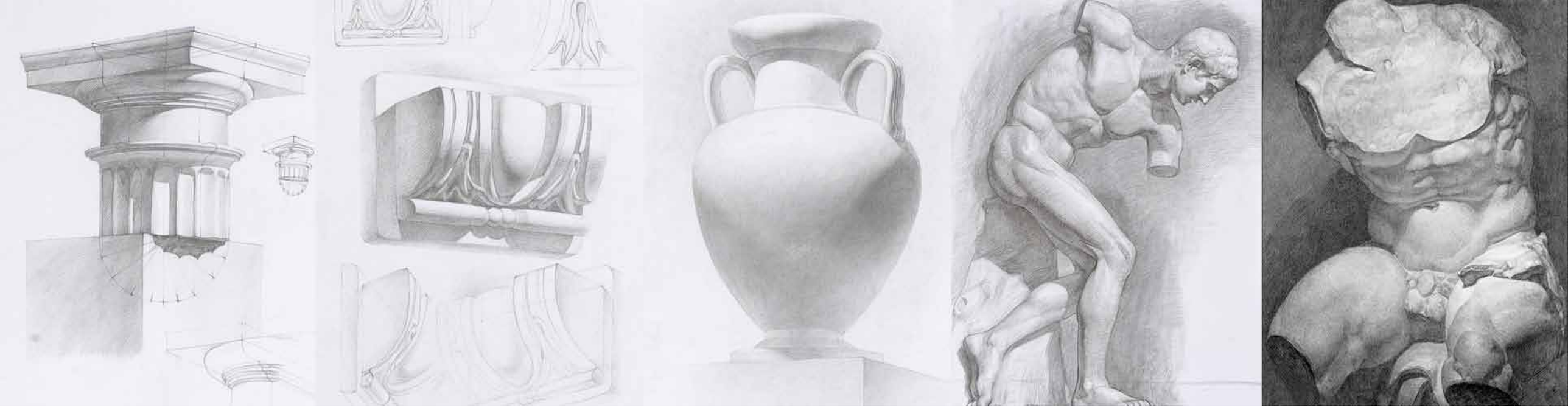
You can apply for your Diploma here:
https://lifedrawing.academy/members/graduate-feedback



Next steps

You have a lifetime Online Course membership and can continue to study and rely on the tutors' support even after receiving a Life Drawing Academy diploma.

However, your art education doesn't stop here. Great artists never stop learning. As long you are learning, you are growing. To help artists like you, we created other art courses you may find very helpful.

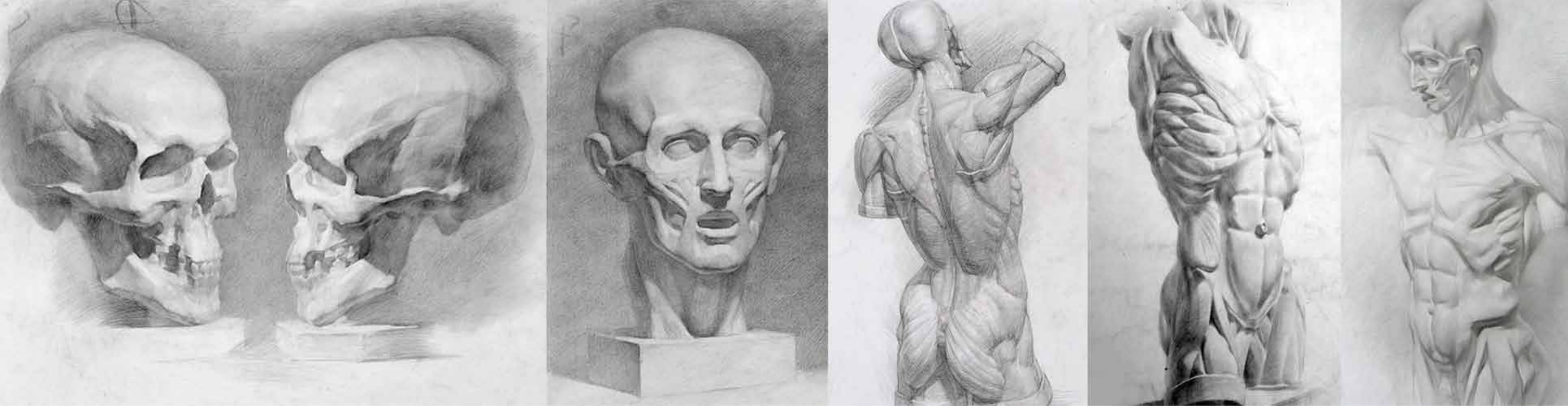


DRAWING ACADEMY

Drawing is the foundation of all visual arts. If you feel that your drawing skills could be improved, Drawing Academy is a great place to do so.

In this online video course, you will discover proficient techniques and methods of drawing, learn constructive drawing principles, including perspective and golden proportions, discover rules of traditional tonal rendering and much more.

This is the course where you can learn how to draw whatever you see or imagine.
https://DrawingAcademy.com



ANATOMY MASTER CLASS

Every great figurative artist must know human anatomy. If you want to learn it in a fast and easy way, the Anatomy Master Class is for you.

In this online video course, you will find out all you need to know about skeletal and muscular anatomy for artists, classical proportions of a human body, head, and face, and proficient techniques for drawing figure and portraits.

This is the course where you can learn how to draw figurative artworks with the necessary knowledge of anatomy and proportions.
https://AnatomyMasterClass.com

OLD MASTERS ACADEMY

If you are interested in oil painting, Old Masters Academy is a great place to learn time-honored oil painting techniques that were invented and used by the Old Masters.

In this online course, you will discover the color theory, various methods of paint mixing, and different traditional techniques of oil painting.

To learn how to paint like the Old Masters using modern materials, enroll in the Old Masters Academy course here:
https://OldMasters.Academy