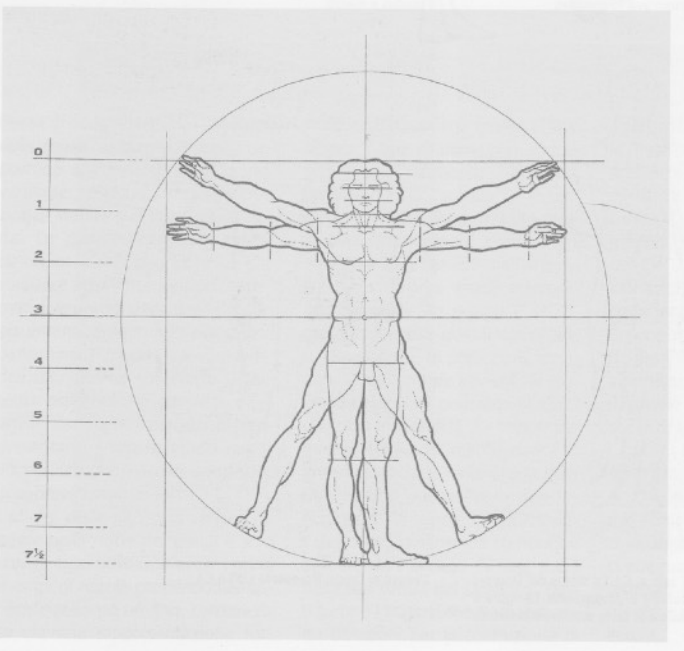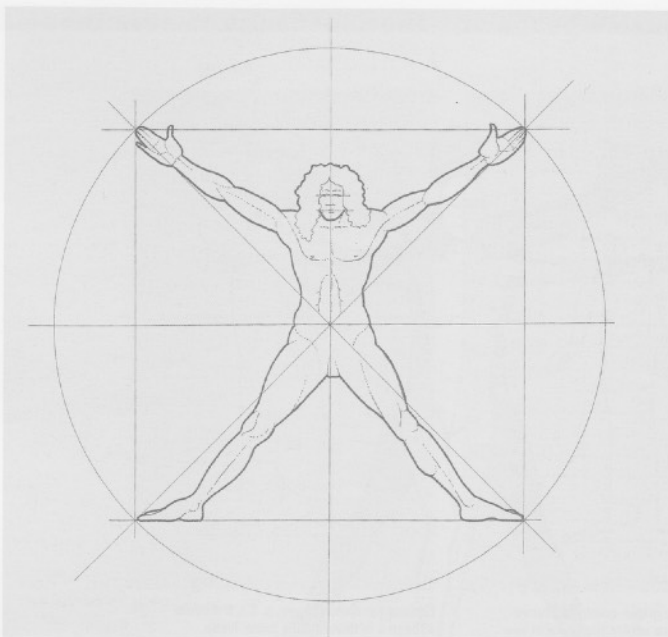For our full body portraits you will need:
• your notebook
• a pencil
• rubber
• sharpener just in case.
• oil pastels

Let's look at the body cannons, these are studies of the body and ratios of it's body part.

One of the most famous is **Leonardo DaVinci's cannons**, you might know these images. Notice the symmetry between our limbs.
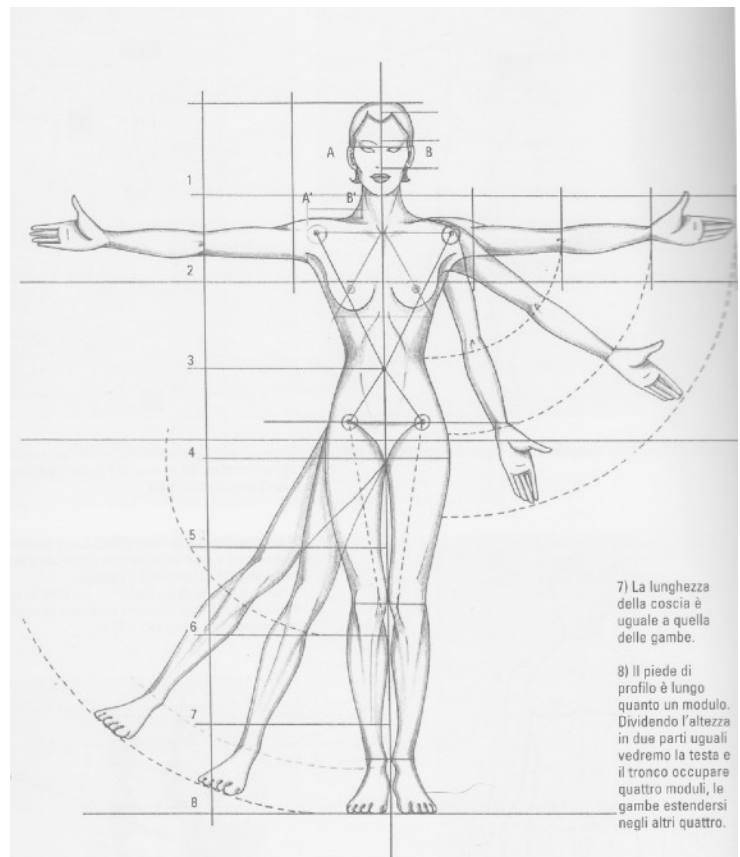

In the second image, the body divides into **7 1/2 heads**. When we are drawing the human body we always want to measure in relation to head size.

The guide lines on this study show how you can adapt these lines with movement in the torso.
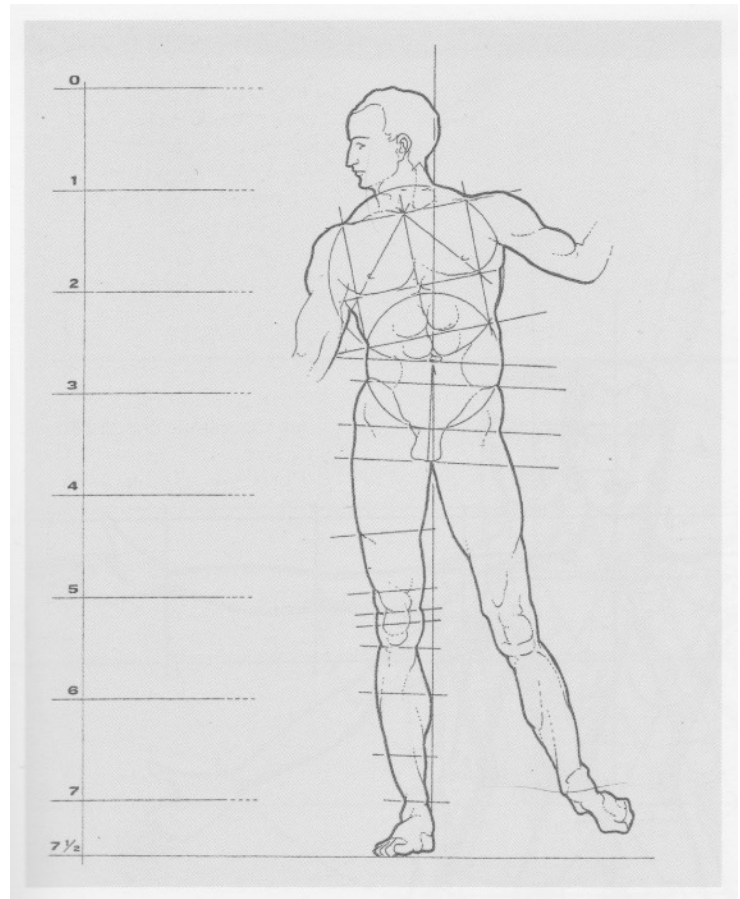
Today we will be working with the **Greek cannon**, which is a little bit longer, it breaks down the body into **8 heads**.

7) La lunghezza della coscia è uguale a quella delle gambe.

8) Il piede di profilo è lungo quanto un modulo. Dividendo l'altezza in due parti uguali vedremo la testa e il tronco occupare quattro moduli, le gambe estendersi negli altri quattro

Tip: For fashion and stylised illustration like comic books, another 1/2 head gets added to the legs, making the cannon 8 1/2 heads.

1. Start by asking a member of your household to pose for a portrait and take a photo of them or pick an existing photo you you really like.

Think about the pose, props and background, all of these are important parts of your painting's composition and they should tell a story about the person, you can also imagine in some parts.

I chose an image of my brother and me being silly and pretending to be greek statues.


Breaking your image down into smaller parts can be very useful as references. You can use your pencil against the screen or photo as a guide or use the computer or phone's crop feature to see these lines if you are having a hard time visualising.

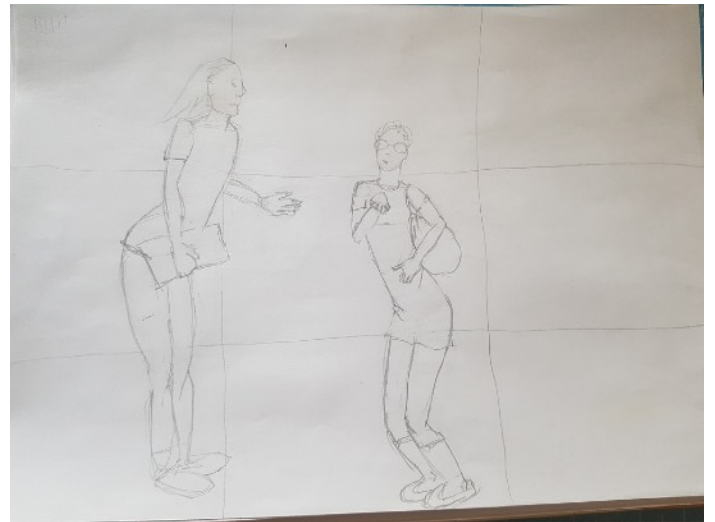**2.** Now your reference image is ready we can start marking down our heads and guide lines.
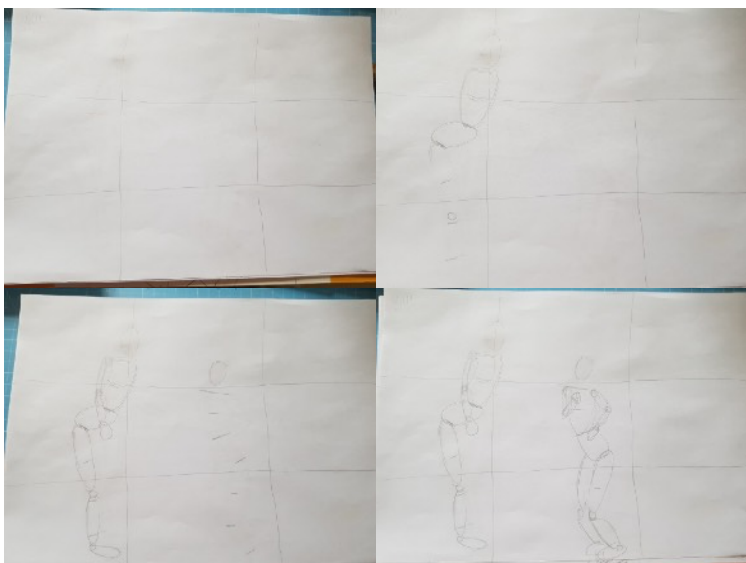
3. Same as we worked with the animal anatomy we work from big to small. From general shapes to details. At this point we can start working in some of the background lines, if you have any.
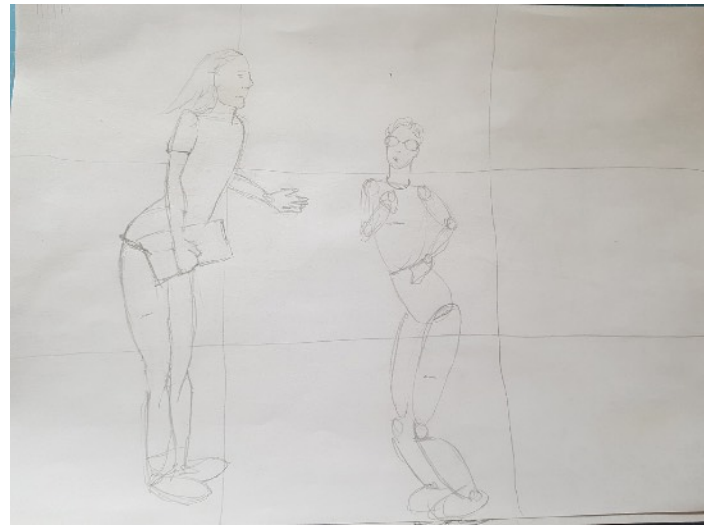
4. Looking back at your reference place the final details and shading.

5. Bring in colour and texture to finalise your painting.