

# Draw From Your Head



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著者: 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.

作者介绍:

目录:

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## 标签

人体

绘画

艺术

艺用人体

## 评论

最棒的人体入门书籍，没有之一。在伯里曼和霍加思之前，悠闲阅读这本书。其中文译作：想打实学绘画-如何默写人体（不知为何豆瓣上木有）

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## 书评

这本书循序渐进的把肌肉从解剖中归纳出主要的肌肉块，这些肌肉块的位置何以一目了然的记忆在大脑中，而且即使是大腿内侧的肌肉都能很清晰的表示出来，读完此书最好的效果就是能把身体的三视图肌肉块都默写出来，顺便能把小臂转动的结构也清晰的画出来（以前的伯里曼也好，霍加...

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