

# How to... DRAW! a figure in motion



BRADFORD 2025  
UK City of Culture

## You will need:

- Something to draw onto, any paper or card will do
- Something to draw with, either a pencil, pen, crayon or marker

## Exercise:

### Step 1

Have a look around for a picture of a person (a 'figure') that looks like they're in motion, aka, moving. This could be a footballer from yesterday's paper, a picture from a story book or an image from the internet. Spend some time looking for something that really jumps out at you, literally.

### Step 2

Now you have your chosen figure, grab whatever you are drawing with and what you are drawing onto. Place the figure so you can see it easily and start with drawing one line that captures the movement the person is making.

### Step 3

Next, find the shapes in 'what makes a body' and start to break it down. For example, the torso is a circle and the rectangle of the shoulders.

**Tip:** Joints tend to be circle (wrist and hips) and pieces of the body, like forearms and thighs tend to be rectangles.

### Step 4

Keep building in the shapes of the body and then start to add details like pieces of clothing and facial features.

If you like, you can add details to the foreground and background of the picture to make the figure look like they're truly traveling through a place.