



男人体比例 (7.5 头长)

Male body proportions (7.5 heads length)

标出头长，绘制出中心线。

Mark the head length and draw the center line.

1. 首先画出头部，男性的下颌较女性略方。

1. First draw the head, the lower jaw of the male is slightly squarer than that of the female.

2. 第二个头长的 1/2 为肩线的位置，肩宽为 2 个头长（包括肌肉）。

2. 1/2 of the second head length is the position of the shoulder line, and the shoulder width is 2 head lengths (including muscles).

3. 男性的颈部较女性粗壮。

3. Men's necks are thicker than women's.

4. 腰部在第三个头长上，腰部宽度为 1 1/4 个头长。臀部宽度为 1 1/3 个头长。锁骨窝点到裆部的距离等于肩点到腕部的距离，从锁骨窝点到腰部的距离等于从锁骨窝点到肘部的距离。

4. The waist is on the third head length and the waist width is 1 1/4 head length. The hip width is 1 1/3 head length. The distance from the clavicle fossa to the crotch is equal to the distance from the shoulder to the wrist, and the distance from the clavicle fossa to the waist is equal to the distance from the clavicle fossa to the elbow.

5. 第四个头长为裆部的位置。

5. The length of the fourth head is the position of the crotch.

6. 从裆部到足跟中点为膝盖的位置。

6. From the crotch to the midpoint of the heel is the knee position.

7. 标记好比例后，绘制颈部和肩部的形状，绘制出躯干部位的大体形状。7. After marking the proportions, draw the shape of the neck and shoulders, and draw the general shape of the torso.

8. 绘制出手臂的形状。

8. Draw the shape of the arms.



9. 绘制出腿部、脚部的形状。

9. Draw the shape of the legs and feet.

10. 绘制出手部。

10. Draw the hands.

男性人体和女性人体的区别

男性头部较宽、颈部粗壮，较女性肩宽、肌肉发达，躯干整体呈倒T型。

Difference between male and female body

Males have wider heads, thicker necks, wider shoulders and more muscular muscles than females and their torsos are generally inverted T-shaped.