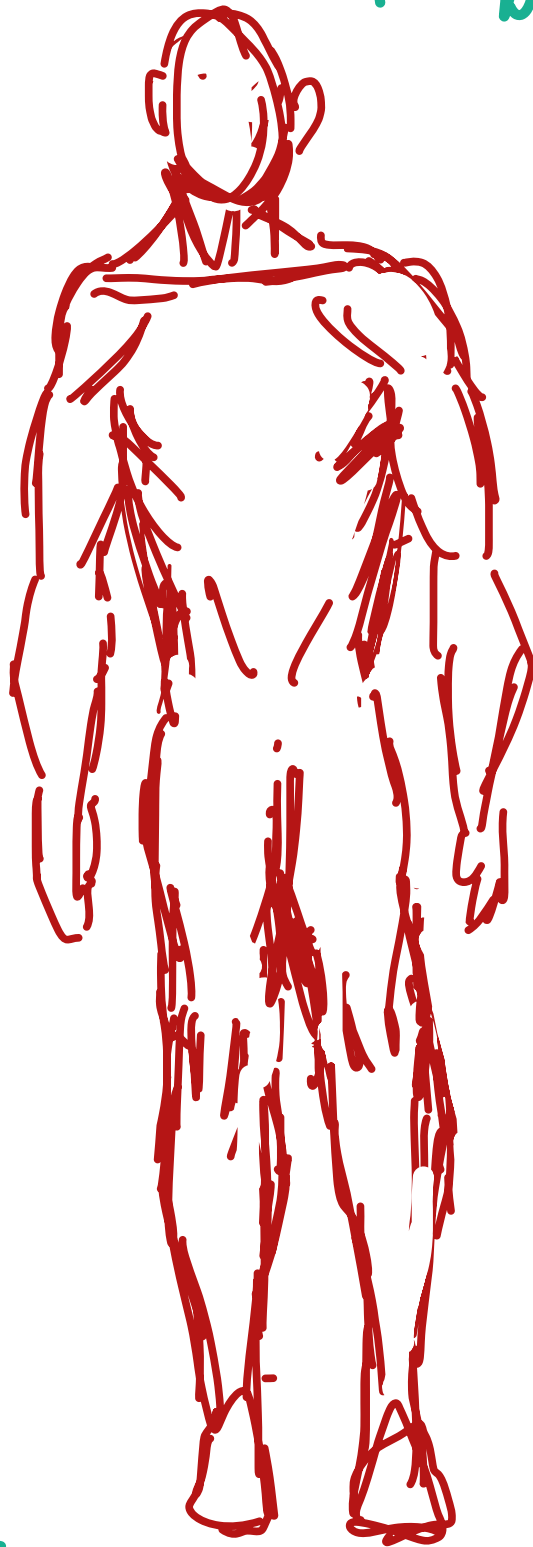


(1/27/2025)

A tutorial by



contains
nudity

and
not the best
tips

bu_hn_ii02

first off:

anatomy is complex. It takes a lot of time and effort to learn and understand (generally) all the different parts.

my tips

- look at the masters. how do they quickly define different parts of the body?

2 lines:

(yoneyama mai)



- watch a basic anat omy vid. nothing complex. just get the general idea.

- JUST KEEP GOING

PART ONE: the head and neck

anatomy stuff:



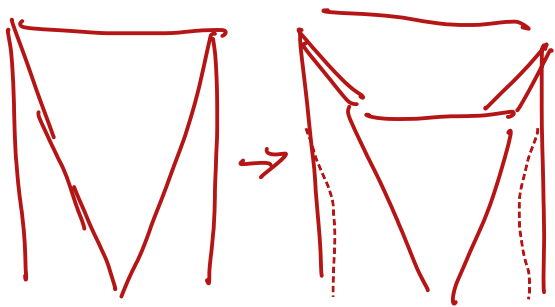
- trapezius!

- SCM

full.



PART TWO: the upper torso



anatomy stuff

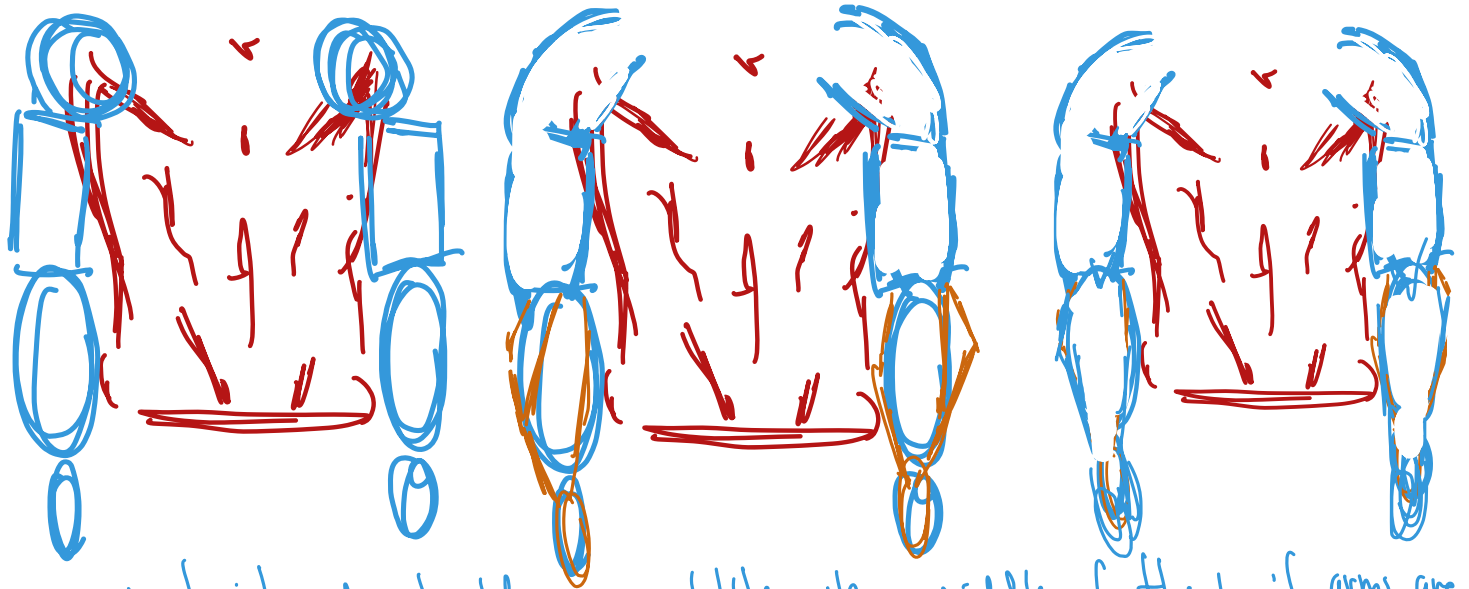
- rectus abdominis (abs)
- external oblique
- pectorals
- latissimus dorsi:



full.



PART THREE: the arms (and upper torso)



tip: hands should rest a little above middle of thighs if arms are ✓

Anatomy stuff:

- biceps / triceps brachii
- brachioradialis

PART FOUR: the legs.



let's talk about calves + feet really quickly.

ankle and calf higher on this side

back view



front view



feet



Try to your's:
copy
this,
and
add a
face!