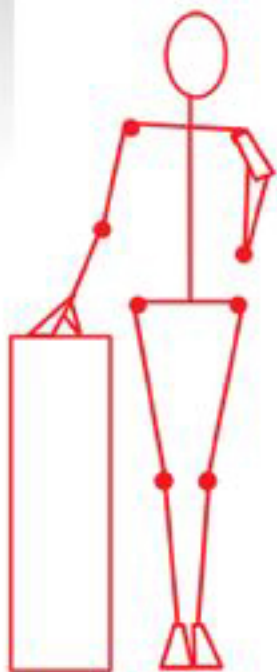


# BALANCE

The human figure is constantly shifting positions to maintain balance. When you record these subtle shifts in your drawings, your figures will have more believability and life. Use simple stick figures to help analyze these subtleties in your gesture stage.



It takes conscious effort to stand symmetrically because it is one of the least stable stances, see how the stick figure looks stiff and unnatural



Instead, we usually stand with more weight on one leg, the straight leg holds the weight and pushes up the hip on that side



The body maintains balance by contrasting positions, when the hips move at an angle the shoulders often take a contrasting angle to compensate, this type of pose is referred to as a "contrapposto".

In contrapposto, one side of the torso is in a stretch and the opposite is squashed



Squash and stretch is a principle frequently used in animation

S curves have a natural beauty, since contrapposto is full of them, it is commonly used in classical art.

