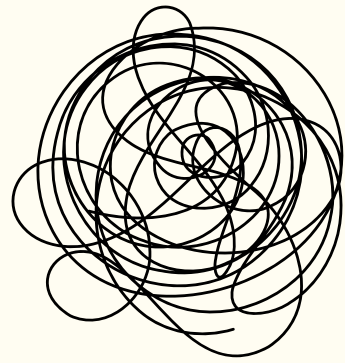


DESSINE

club



Learn to draw people
step by step

Welcome to the Dessine Club

Practice Book

This notebook has been designed to help you learn to draw characters using a simple, progressive and accessible method for everyone.

You'll find 30 exercise sheets, each accompanied by tips and tutorials to help you complete the drawing step by step. The workbook is divided into four main sections: proportions, details, movement, and interactions between characters. Each new section builds upon the previous one, allowing you to progress naturally.

You can follow the program by doing one exercise a day for 30 days, or progress at your own pace. The important thing isn't to go fast, but to practice regularly. Don't hesitate to repeat the exercises on each sheet several times: repetition will help you memorize the shapes and gain fluency. Before starting each sheet, I recommend warming up for a few minutes (see the warm-up guide) with line exercises to loosen your wrist and make your strokes more fluid.

I recommend printing the worksheets and using a pencil at first, then a black pen. You'll find the materials I recommend in the "Materials List" if you want to continue on your own. Each worksheet is designed so you can draw directly on it, allowing you to learn by doing rather than just reading.

By the end of the workbook, you will be able to create different characters, give them movement and make them interact.

Enjoy practicing !

Laurene

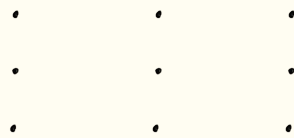
STEP 1

Silhouettes and Proportions

It starts now!

When drawing characters, it's often easier to see them as an assembly of simple shapes rather than detailed figures. This approach helps you better understand proportions and draw with more confidence. Use three dots to mark the approximate size of the characters and different body parts, then gradually add the details.

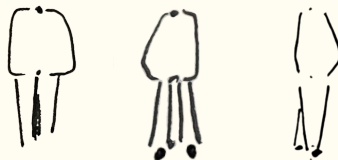
1. Mark three points to give you reference points and ensure you have the correct proportions.



2. Use simple and slightly irregular shapes to draw the bust.



3. Draw the legs, varying the positions, then add the feet.



4. Add simple details with vertical, horizontal, and diagonal lines.



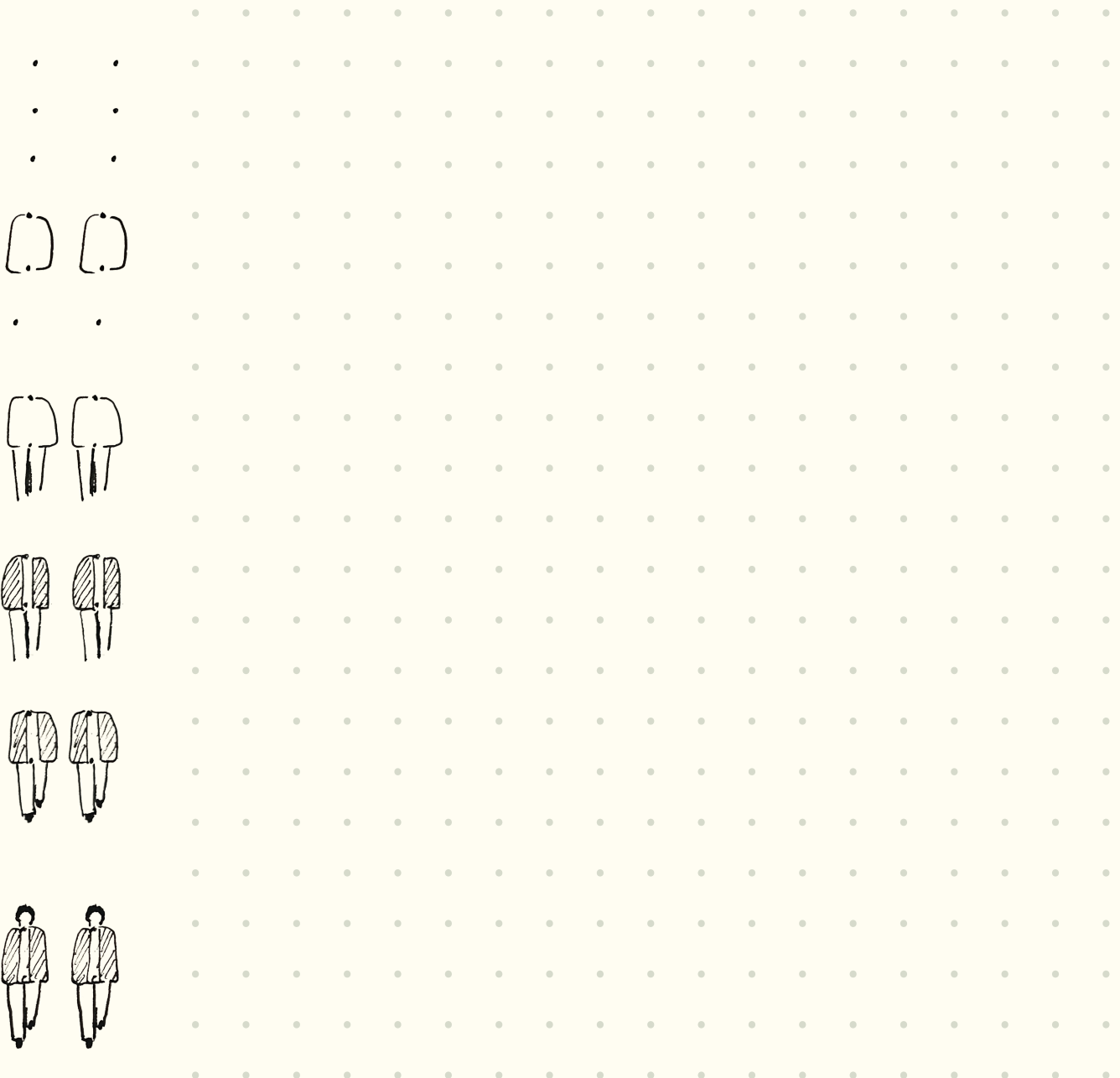
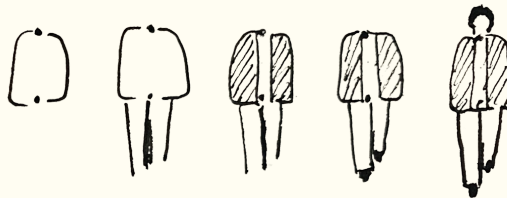
5. Finally, add the head.



EXERCISE SHEET

Silhouettes and Proportions

Always start with guidelines before drawing the outlines. They will allow you to quickly position the different body parts and achieve more consistent proportions. Repeat the shapes several times on each line to improve your technique. Take your time at this stage: a good structure makes the rest of the drawing easier.



EXERCISE SHEET

Silhouettes and Proportions

Don't try to draw a perfect character on the first try.



Focus first on simple shapes and proportions.



Vary the positions: from the back, from the front or from 3/4 to make your characters more lifelike.



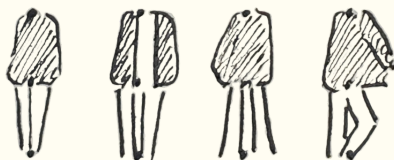
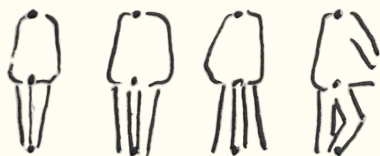
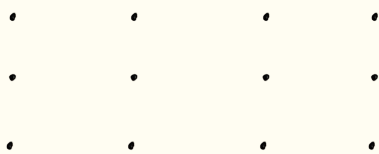
A smaller head is more realistic than one that's too big.



EXERCISE SHEET

Silhouettes and Proportions

Repetition is one of the best ways to improve. Don't hesitate to repeat the same exercise several times, slightly changing your posture. The more you repeat, the more natural the drawing will become.



EXERCISE SHEET
Silhouettes and Proportions

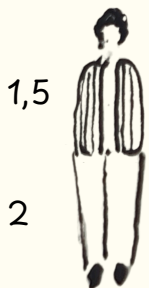
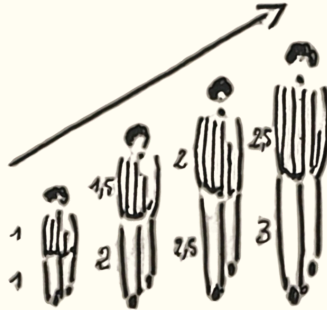
Here are a few examples to practice. A few minutes of practice each day will help you progress quickly.



EXERCISE SHEET

Silhouettes and Proportions

To enlarge a character without distorting their proportions, use the width between points as a guide. For a small character, the torso is equal to the leg length, but the more you enlarge the character, the more the legs become slightly longer than the torso.



STEP 2

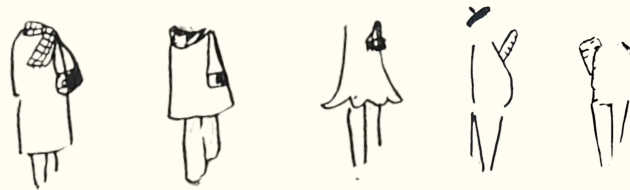
Details, accessories and shadows

Your character is now built with good proportions. It's time to give it personality. In this step, you'll learn how to add clothing, accessories, and some simple shadows. There's no need to add too many details: a few well-chosen elements are often enough to make a character more lifelike and recognizable. Always keep in mind that posture and proportions remain the most important elements. Details only complement them.

1. Start with the clothes before the small details.



2. Add one or two accessories (bag, hat, scarf...) to give the character some personality.



3. Reinforces important outlines and adds some black areas to create contrast.



4. Draw the hair using simple shapes.



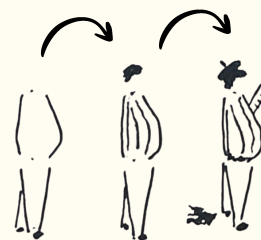
5. Finish with a shadow on the ground to anchor the character in the scene.



EXERCISE SHEET

Details, accessories, and shadows

Start by building your character's silhouette using the basic method. Don't hesitate to vary the shape of the silhouette. Then add one or two accessories to give it personality.



EXERCISE SHEET

Details, accessories, and shadows

Copy these characters reading a newspaper, varying the details of their clothing with vertical lines, diagonal lines or checks.



A large grid of dots for tracing practice, consisting of 20 rows and 16 columns of small grey dots.

EXERCISE SHEET

Details, accessories, and shadows

Play with lines to create new clothes. Then vary the hairstyles. Simplify the hair into large shapes without detailing strand by strand.

EXERCISE SHEET

Details, accessories and shadows

To give your character movement, place one foot in front of the other, drawing one leg shorter than the other.



EXERCISE SHEET

Details, accessories and shadows

Try to recreate these characters using the basic method: establish your guidelines, draw the torso, then the legs, add texture and accessories (hat, bag, boots, beanie, scarf...) and finally the head. Above all, don't try to draw every detail; think of the accessories as simple shapes.



EXERCISE SHEET

Details, accessories and shadows

You can also add a pet to your character to make your scene more lifelike. Focus on the general shapes: the head, ears, body, paws, and tail. Add shadows to ground them.



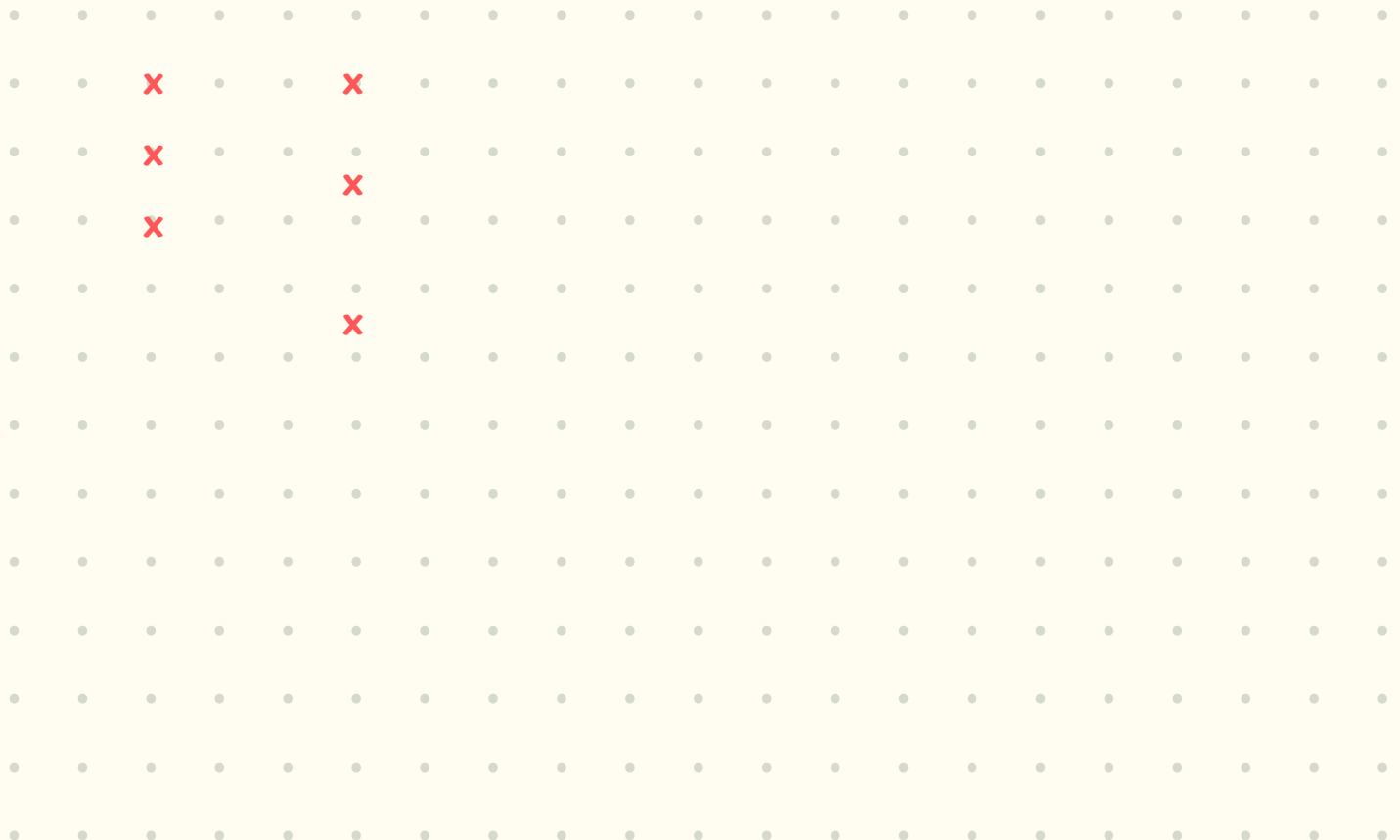
EXERCISE SHEET

Details, accessories and shadows

Contrast is a great way to make your character stand out without adding more detail. By darkening a few strategic areas, you add relief and depth, and naturally guide the eye to the important parts of the drawing.



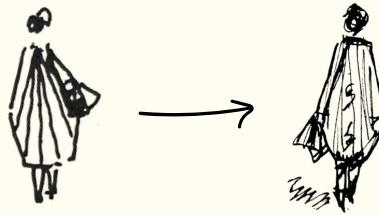
1. Place 3 points. To enlarge it and keep the correct proportions, I advise you not to make the bust equal to the legs, but rather lengthen the legs relative to the size of the bust for a more realistic result.
2. Draw the bust with a simple and slightly irregular shape to give the garment a natural effect.
3. Add the legs, one longer than the other to suggest movement
4. Add one or two accessories to it
5. Then, blacken certain areas to add contrast and depth, and don't forget the shadows on the ground to ground your character.
6. Finish with the head (hair loose, in a bun, with a hat...)



EXERCISE SHEET

Details, accessories and shadows

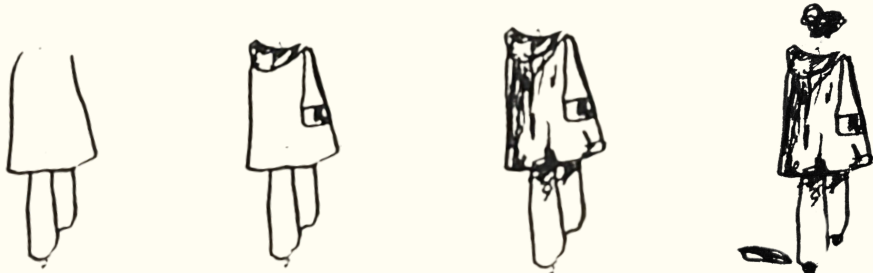
Add shadows to your character to give it more realism.



EXERCISE SHEET

Details, accessories and shadows

Practice this method with this new character. Don't strive for perfection; small imperfections and irregularities give character to your drawing.



EXERCISE SHEET

Details, accessories and shadows

To gain accuracy, make the character bigger and add a fourth point to locate the neck, hips, knees, and feet.



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EXERCISE SHEET

Details, accessories and shadows

Practice with this example. Modify the position of the legs, change the posture of the characters, vary the details (bag, hat...), emphasize the shadows to give contrast and add another element such as a pet to create a different character.



EXERCISE SHEET

Details, accessorie, and shadows

In this section you will find several character models to reproduce.
Draw inspiration from their poses, clothing, and accessories to enrich your sketchbook. You can copy them exactly as they are or modify them by changing a few details to create your own characters.





STEP 3

The movement: arm and leg positions

In this third step, you will discover how to modify the position of arms and legs to create more expressive and dynamic characters. By simply varying the posture, you can suggest walking, running, or interacting with other characters.

1. Mark the arm positions with two points. For the arms: one point for the elbow and one point for the hand. The arms are approximately the same length as the torso.



2. Draw the arms around your reference points with simple lines.



3. Now mark the leg points with 2 dots. For the legs: 1 dot for the knee, 1 dot for the foot.



4. Place the legs around your markers (don't forget to mark the feet with a small line or dot in the direction of the legs)



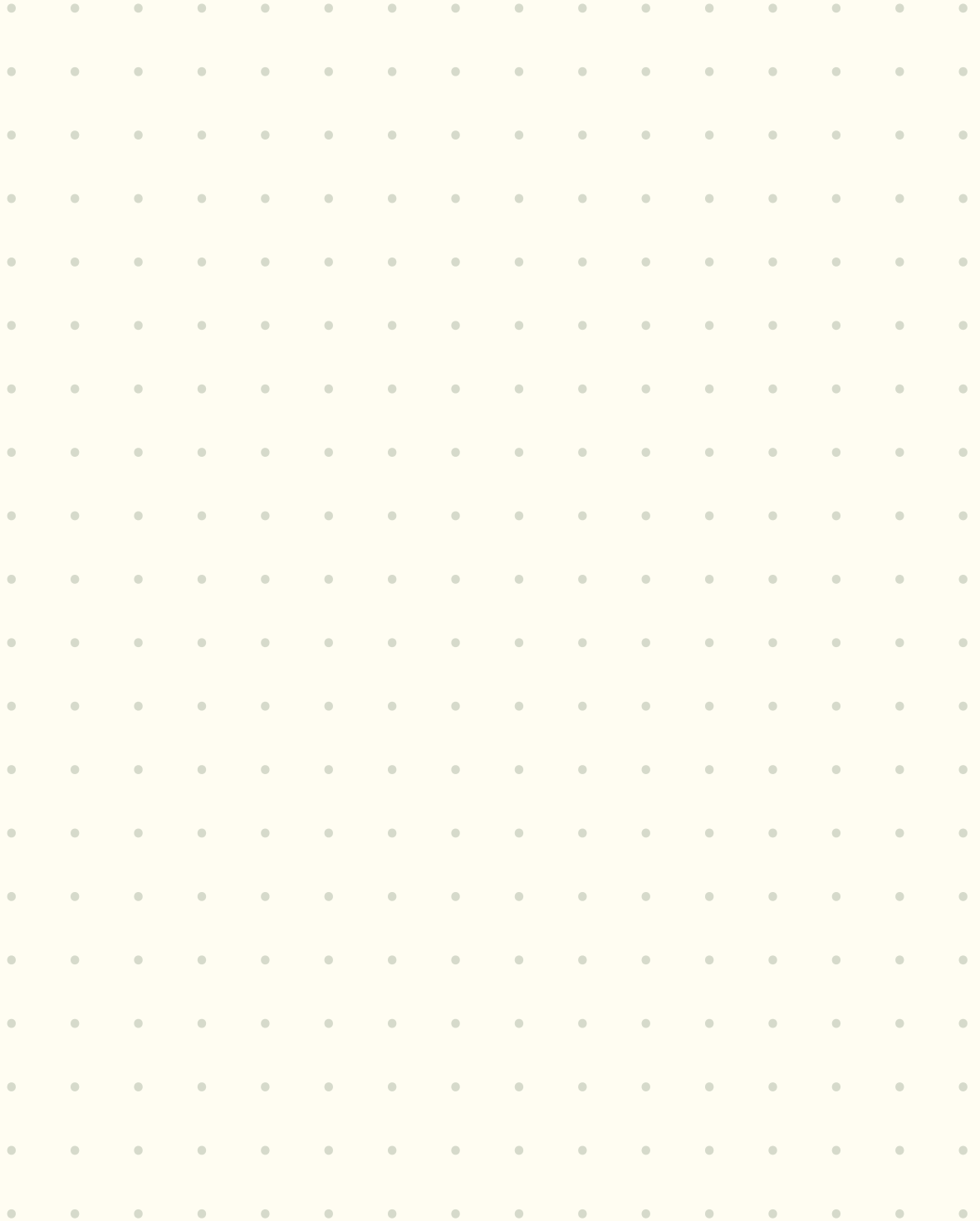
5. Vary their position to suggest an action (walking, running, waving...)



EXERCISE SHEET

The movement: arm and leg positions

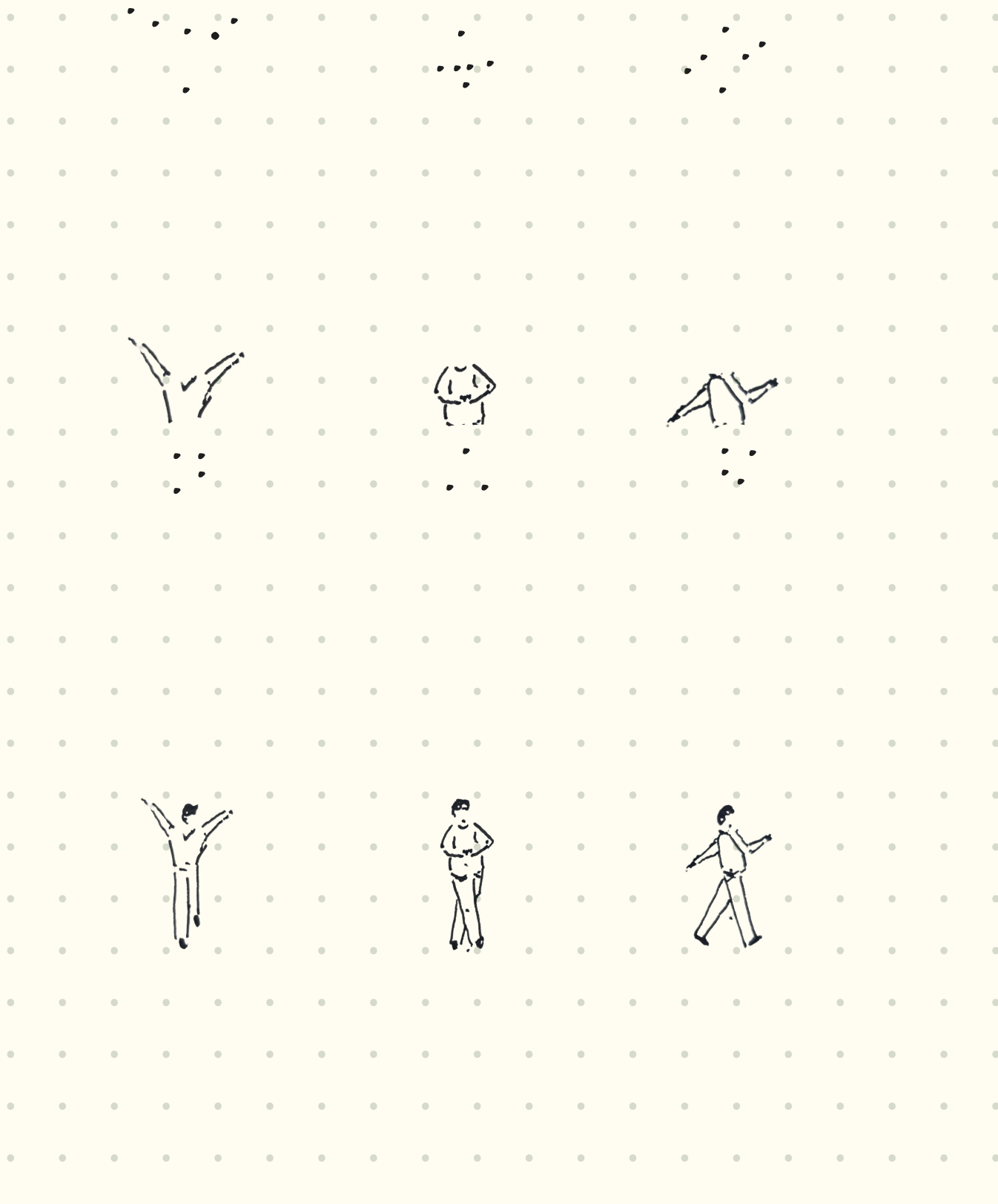
To begin, draw a figure in a basic standing position, arms at their sides, using the pointillism technique. To suggest walking, one leg should be shorter than the other. Focus on proportions and movement before the details.



EXERCISE SHEET

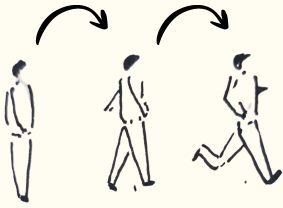
The movement: arm and leg positions

Now draw your character in motion. Try different poses: arms in the air, legs crossed, or a character walking...



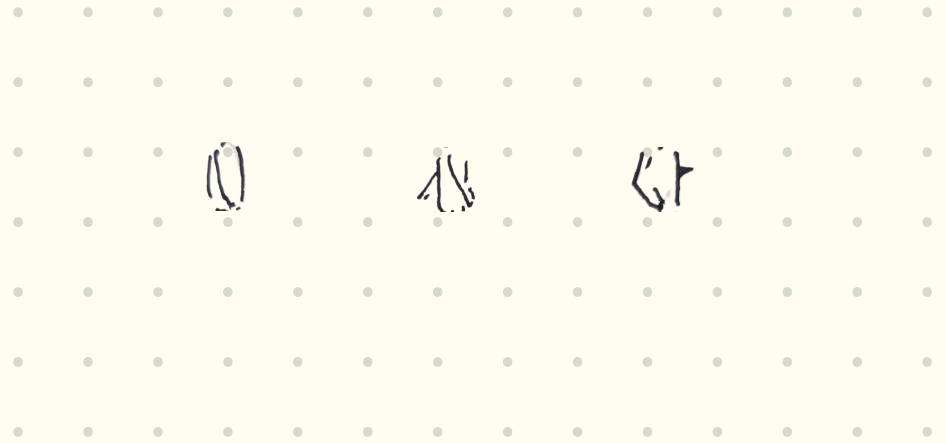
EXERCISE SHEET

The movement: arm and leg positions



To draw a person running, start with a profile view; it's easier. Use the pointillism technique to help you with proportions.

The arms and legs move together, but always in opposition. If one leg moves forward, the opposite arm also moves forward.



More bent arms give an impression of more dynamic movement.



Spread your legs to suggest movement.



To draw your running character, bend the back leg and lift it off the ground.



EXERCISE SHEET

The movement: arm and leg positions

Practice using the pointillism technique to draw your running character. Once you've mastered the arm and leg positions, you can add details (cap, bag, shorts...).

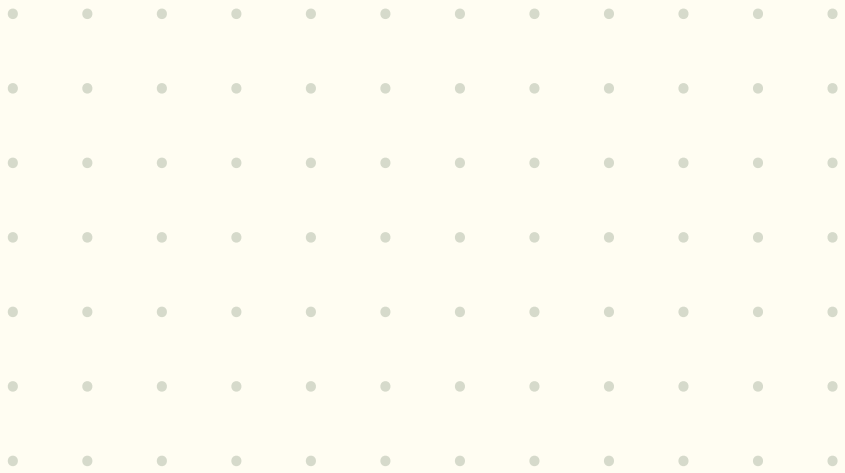


EXERCISE SHEET

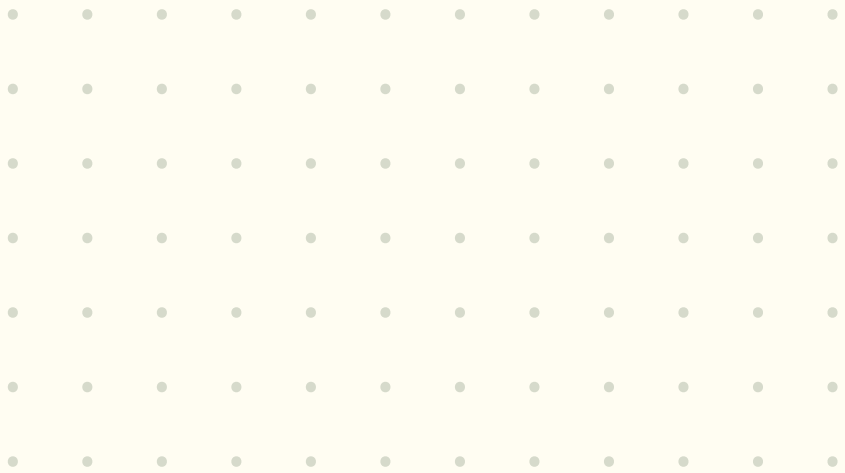
The movement: arm and leg positions

Draw a character running from different angles: profile, three-quarter view, or front view, playing with the overlapping of the legs.

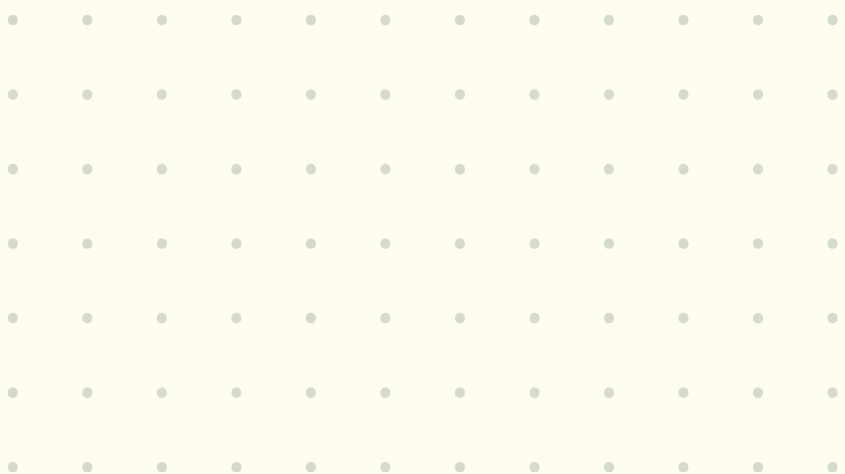
From the side: the back leg is bent and raised off the ground



From a 3/4 view: the back leg is shorter and the top of the thigh is slightly visible.



From the front: you can only see the thigh and a small part of the calf.

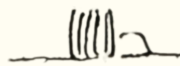
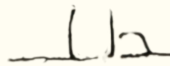
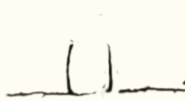


EXERCISE SHEET

The movement: arm and leg positions

People often think that drawing a seated person is very complicated... To draw them easily, imagine that the legs form an upside-down V to represent a character sitting from behind and a sideways V for a character sitting from the front.

1. Place a line and then the bust on top of it
2. Draw an upside-down V to represent the legs
3. Add lines to the bust
4. Draw the head with a hairstyle or a hat
5. Place a person next to you or add a newspaper to bring your drawing to life.



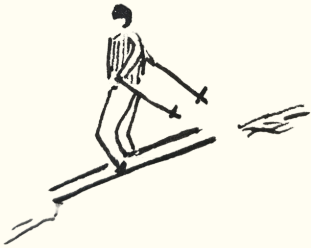
1. Place a line and then the bust on top of it
2. Draw two V shapes sideways to represent a leg
3. Add a 3rd V for the other leg
4. Add lines to the bust to create contrast
5. Position the head



EXERCISE SHEET

The movement: arm and leg positions

Now that you've mastered arms and legs, you can create characters in different situations (skier, skater, golfer, soccer player, etc.). By adopting the right posture and adding one or two elements, you can tell a story. Always keep in mind that posture is more important than details.



STEP 4

Creating a connection between the characters

In this fourth step, you will learn to create more lively scenes by having several characters interact. Through a few adjustments to posture and small details, you will be able to suggest a conversation, an exchange, or a feeling of closeness between friends, a family, a couple... and thus tell a story with your drawings.

1. Position your characters to create interaction: place them facing each other or side by side, have them look in the same direction...



2. Play with the position of the body, arms and legs to suggest a discussion, an exchange or an action



3. Vary the sizes and heights by drawing adult men and women as well as children



EXERCISE SHEET

Creating a connection between the characters

Start by imagining a scene with friends, bringing the characters closer together to suggest a conversation, a meeting, a walk, or simply a moment of togetherness. Remember that the proportions of the silhouette, legs, and arms are more important than the details. Begin with two characters, then add more when you feel more comfortable.



EXERCISE SHEET

Creating a connection between the characters

Next, play with arm positions to suggest the closeness of a couple: holding hands, an arm around the back... You can also overlap the figures to emphasize the contact. For a more natural look, don't hesitate to draw the woman slightly shorter than the man (this is often the case in reality).



EXERCISE SHEET

Creating a connection between the characters

Now add children of different sizes and in different positions: a child holding their parents' hands, a child on a parent's shoulders or in their arms... This allows you to create a bond and tell a story.



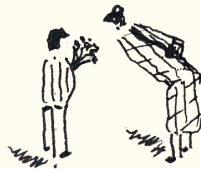
EXERCISE SHEET

Creating a connection between the characters

Draw a short story in three drawings. The idea is to convey the emotions and the bond between this mother and her little boy. A well-placed detail is often enough to tell a story.



1. The child gives his mother a bouquet of flowers



2. The mother bends down to smell the flowers



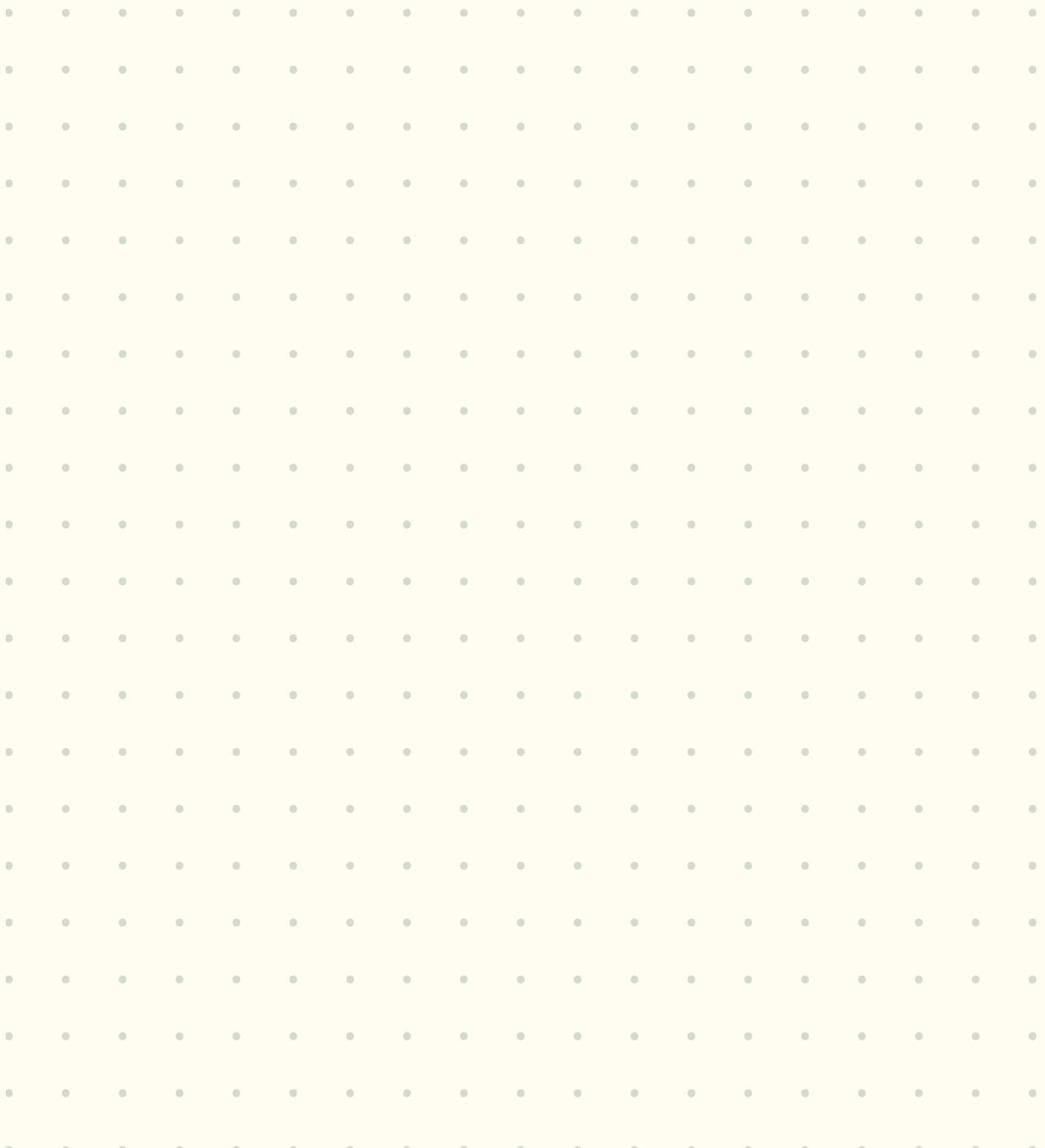
3. They leave together, side by side, bouquet in hand.

A large grid of dots for drawing the story.

Final exercise

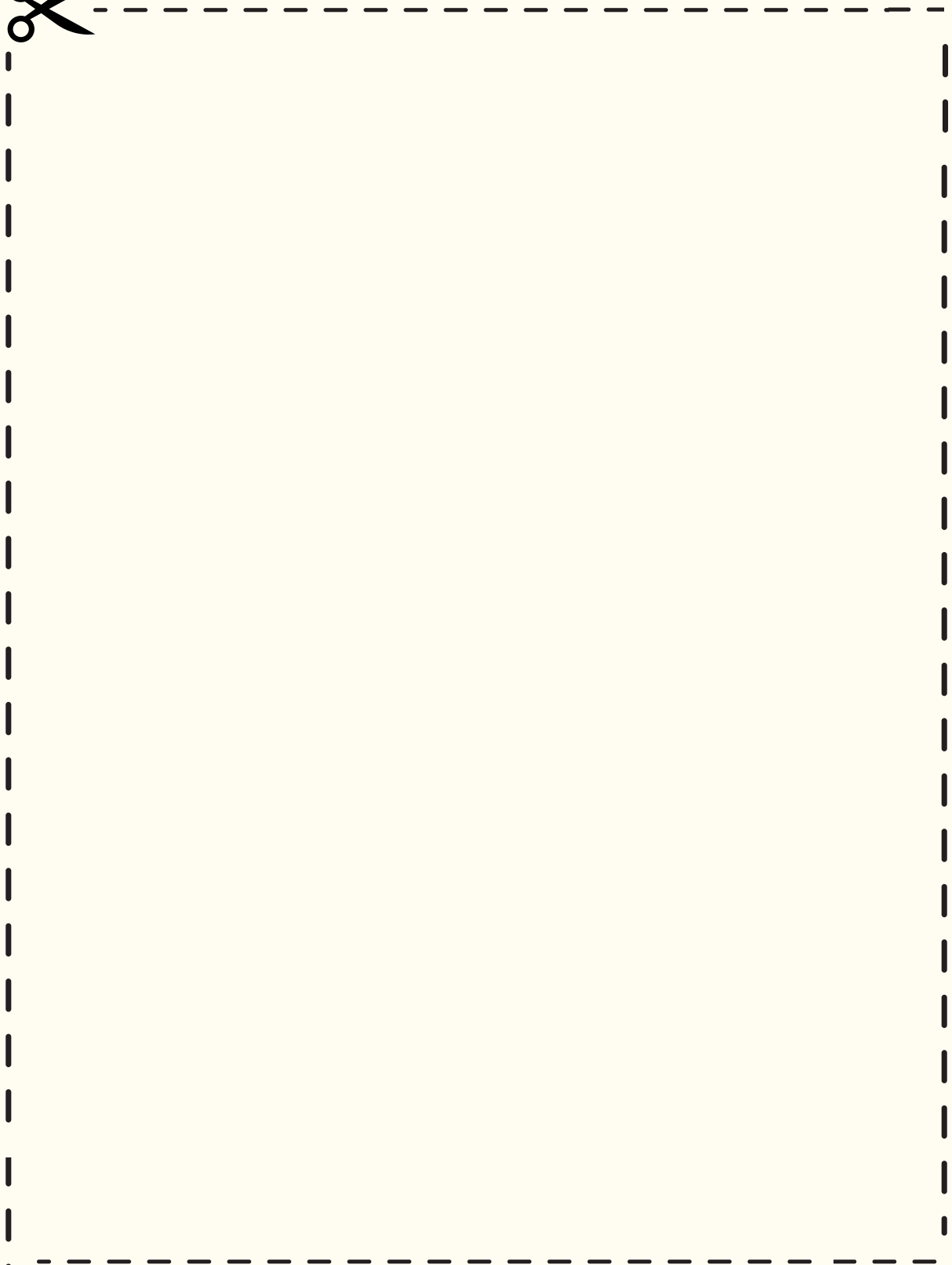
Create your own character

You now know all the basics of drawing characters. It's time to let your imagination run wild. Create your own character using the techniques learned throughout the workbook: proportions, posture, movement, details, and shadows. Have fun making it unique! You can vary the sizes, but always remember to maintain proportions for a more realistic result (legs = 1.5 times the torso).



Frame your character

1. Draw your character (without the dotted lines, pay attention to proportions)
2. Print it in A4
3. Cut along the dotted lines
4. Frame it (A5 size) to keep a lovely memory!





Well done! You have completed the Dessine Club Complete Guide.

The most important thing is to keep drawing regularly. A few minutes a day is enough to make progress.

Before each drawing, remember:

- ✓ Start with the proportions.
- ✓ Draw the main shapes before the details.
- ✓ Adds movement.
- ✓ Finish with shadows and accessories.

And most importantly... have fun!

And now, bring your characters to life.

You now know how to draw simple, well-proportioned, and lifelike characters. But a character doesn't always tell a story on its own. The elements surrounding it also help to establish the scene, create an atmosphere, and give context to your drawing. A tree, a bench, a lamp, a bicycle... a few well-chosen elements can completely transform your character and begin to tell a story.

I will soon show you how to learn to draw these elements and integrate them around your characters.

Share photos of your drawings by tagging @dessineclub on Instagram. I love seeing my clients' creations.

See you very soon,
Laurene