

This page: Possible style suggestion

Pages 2 – 20 – the sketch items



Parable 1 – Two traveling monks reached a river where they met a young woman. Wary of the current, she asked if they could carry her across. One of the monks hesitated, but the other quickly picked her up onto his shoulders, transported her across the water, and put her down on the other bank.

She thanked him and departed.

As the monks continued on their way, the one was brooding and preoccupied. Unable to hold his silence, he spoke out.

“Brother,” the first monk said. “Our spiritual training teaches us to avoid any contact with women, but you picked that one up on your shoulders and carried her!”

“Brother,” the second monk replied, “I set her down on the other side, while you are still carrying her.”

Brief for sketch: Two monks walking along a path. One of them has a thought bubble, remember them crossing a river, with his friend carrying a woman.

Parable 2 – *A man traveling across a field encountered a tiger. He fled, the tiger chasing after him. Coming to a precipice, he caught hold of the root of a wild vine and swung himself down over the edge. The tiger sniffed at him from above. Trembling, the man looked down to where, far below, another tiger was waiting to eat him. Only the vine sustained him. Two mice, one white and one black, little by little started to gnaw away the vine. The man saw a luscious strawberry near him. Grasping the vine with one hand, he plucked the strawberry with the other. How sweet it tasted!*

Brief for sketch: man hanging by a vine with one hand, the other hand holding a strawberry that he's biting. I'm possible to include tigers above or below, great.

Parable 3 – One day in late summer, an old farmer was working in his field with his old sick horse. The farmer felt compassion for the horse and desired to lift its burden. So he left his horse loose to go the mountains and live out the rest of its life.

Soon after, neighbors from the nearby village visited, offering their condolences and said, "What a shame. Now your only horse is gone. How unfortunate you are!. You must be very sad. How will you live, work the land, and prosper?" The farmer replied: "Who knows? We shall see".

Two days later the old horse came back now rejuvenated after meandering in the mountainsides while eating the wild grasses. He came back with twelve new younger and healthy horses which followed the old horse into the corral.

Word got out in the village of the old farmer's good fortune and it wasn't long before people stopped by to congratulate the farmer on his good luck. "How fortunate you are!" they exclaimed. You must be very happy!" Again, the farmer softly said, "Who knows? We shall see."

At daybreak on the next morning, the farmer's only son set off to attempt to train the new wild horses, but the farmer's son was thrown to the ground and broke his leg. One by one villagers arrived during the day to bemoan the farmer's latest misfortune. "Oh, what a tragedy! Your son won't be able to help you farm with a broken leg. You'll have to do all the work yourself, How will you survive? You must be very sad". they said.

Calmly going about his usual business the farmer answered, "Who knows? We shall see"

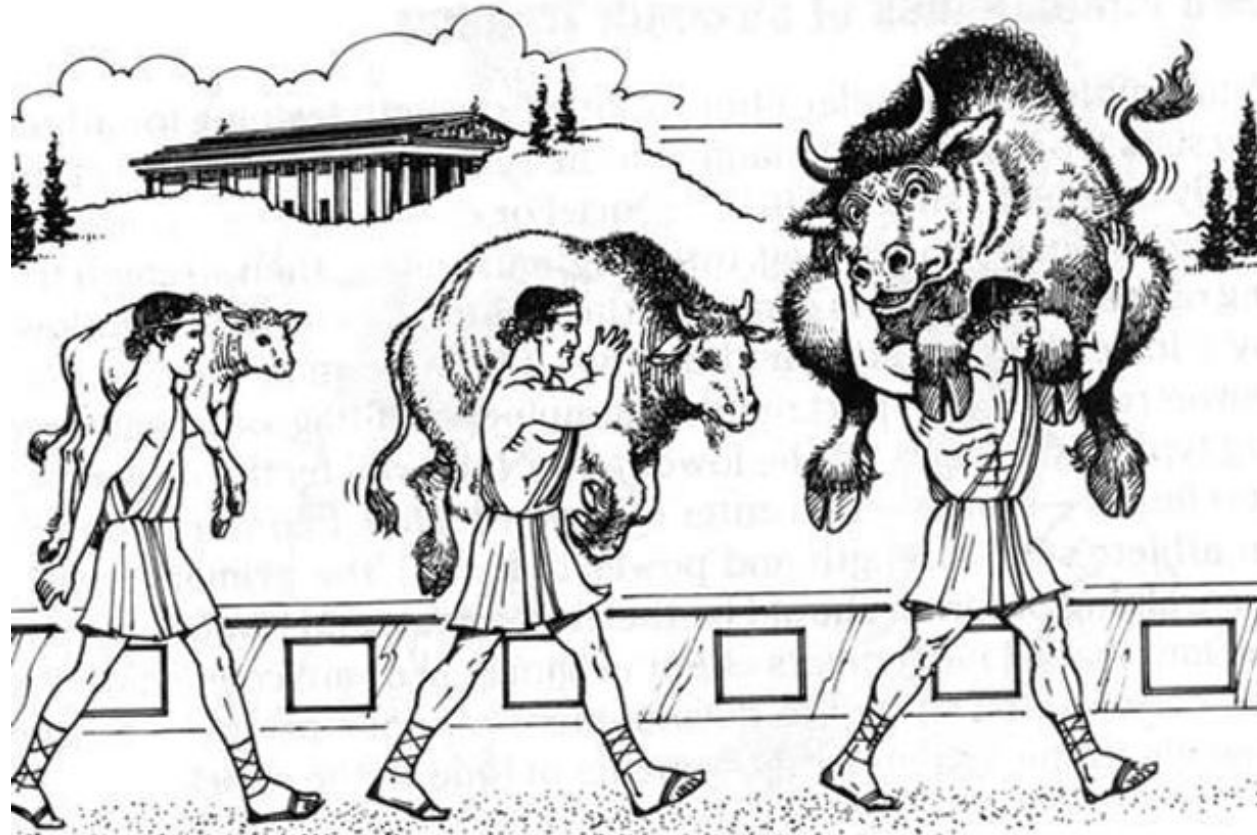
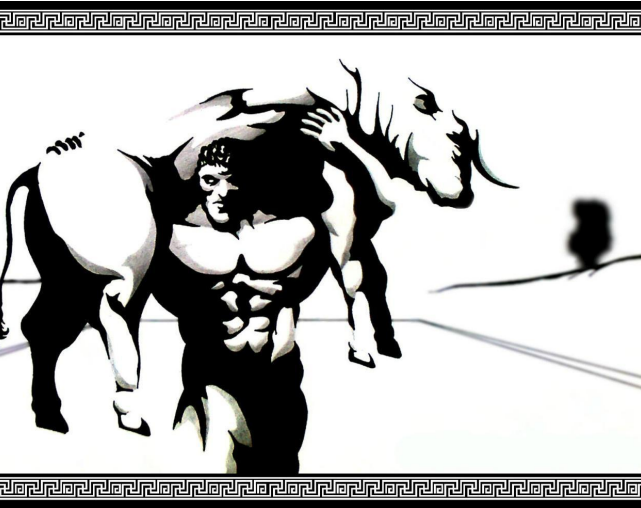
Several days later a war broke out. The Emperor's men arrived in the village demanding that young men come with them to be conscripted into the Emperor's army. As it happened the farmer's son was deemed unfit because of his broken leg. "What very good fortune you have!!" the villagers exclaimed as their own young sons were marched away. "You must be very happy." "Who knows? We shall see!", replied the old farmer as he headed off to work his field alone.

As time went on the broken leg healed but the son was left with a slight limp. Again the neighbors came to pay their condolences. "Oh what bad luck. Too bad for you"! But the old farmer simply replied; "Who knows? We shall see."

As it turned out the other young village boys had died in the war and the old farmer and his son were the only able bodied men capable of working the village lands. The old farmer became wealthy and was very generous to the villagers. They said: "Oh how fortunate we are, you must be very happy", to which the old farmer replied, "Who knows? We shall see!"

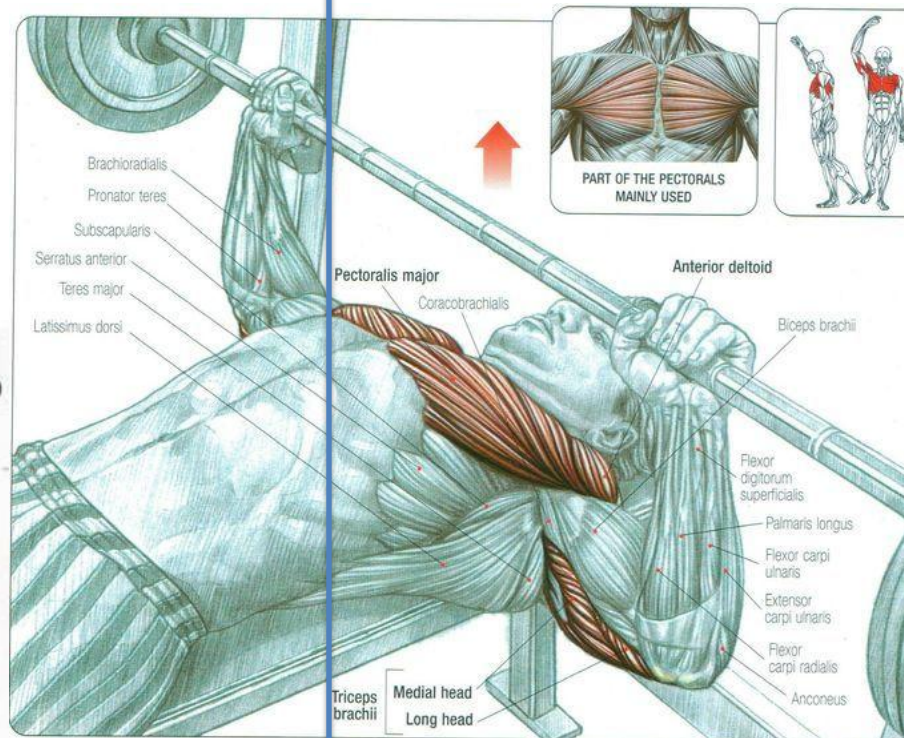
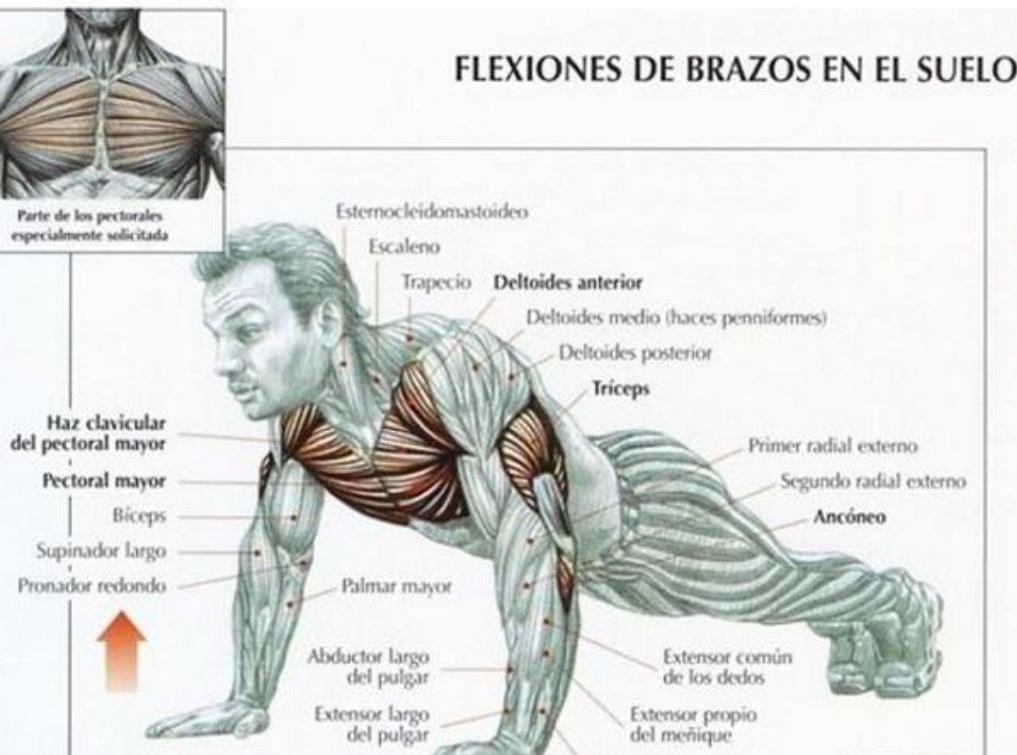
Brief for sketch: show one of the scenes from this story: perhaps the scene where the son is thrown from the horse and breaks his leg.

Sketch brief: please show a young man carrying a calf, and a very strong grown man carrying a large bull... based on milo of kroton. Should have ancient greek garb like the image on the right below. but more modern and muscular like left image



Brief: please sketch each of these in similar fashion, highlighting the active muscles as shown. But no need to label the body parts.

And sketch these separately and larger using this style



And sketch these separately and larger using this style
 Highlighting the back muscles instead of the legs/abs

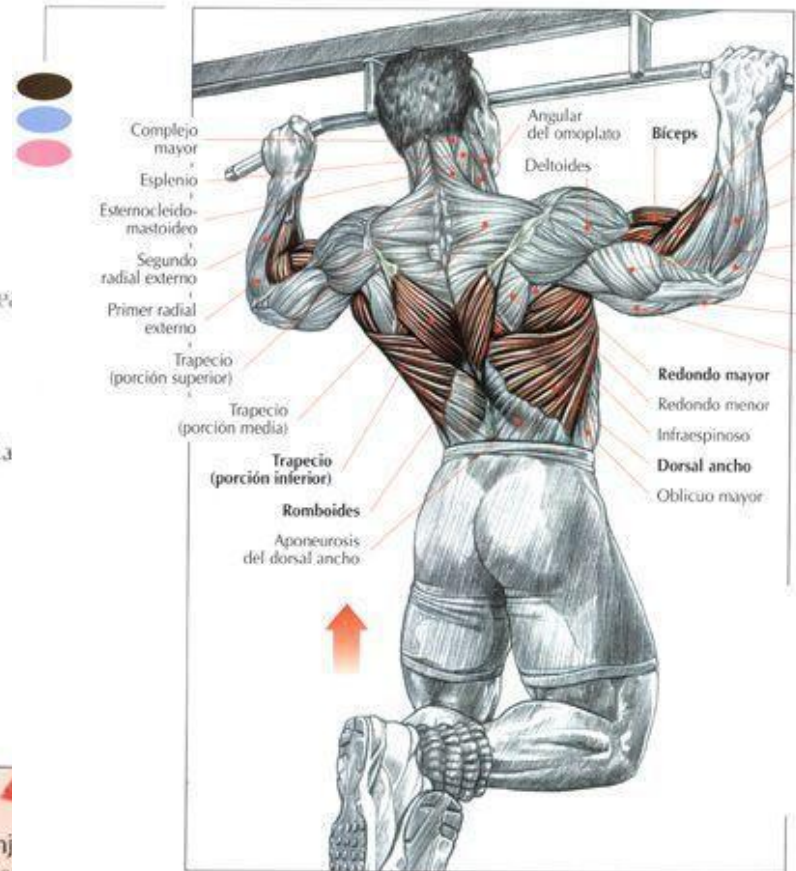
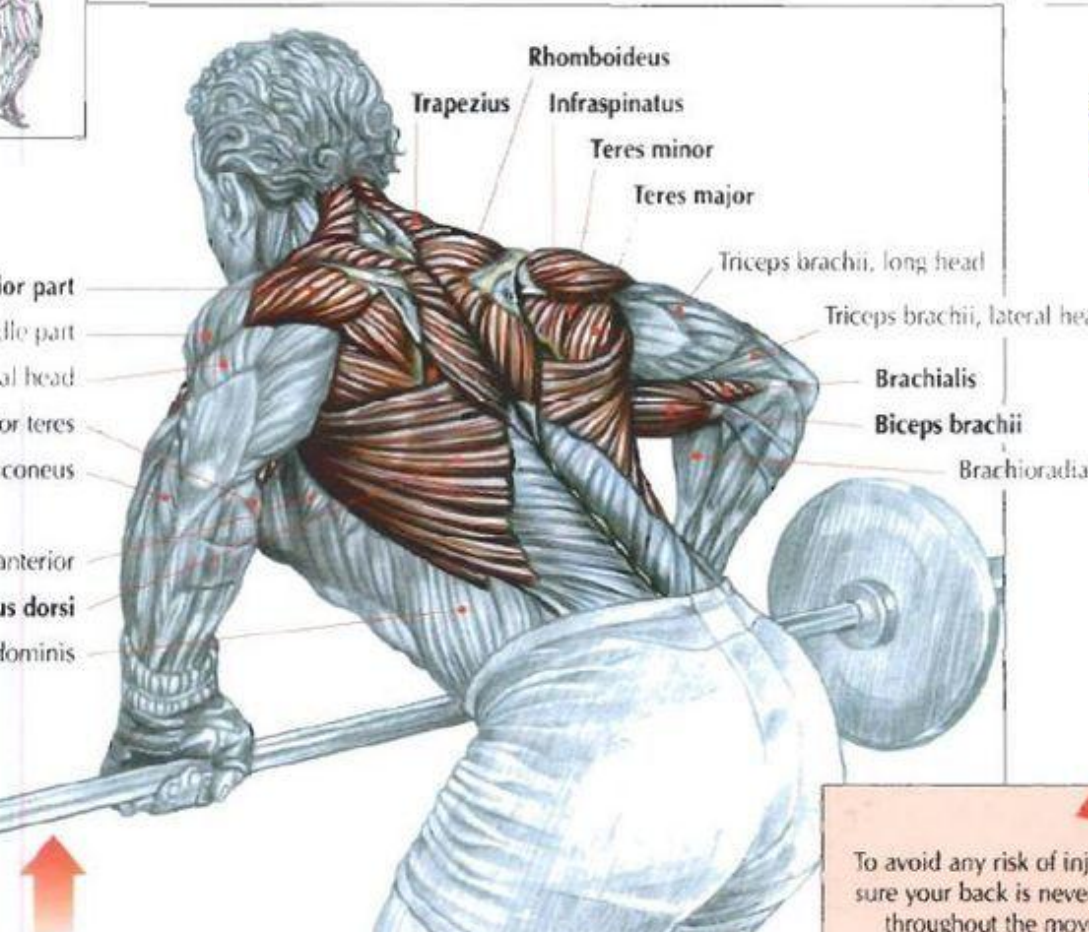


Brief: please sketch each of these in similar fashion, highlighting the active muscle. No need to label body parts.

BENT ROW

1

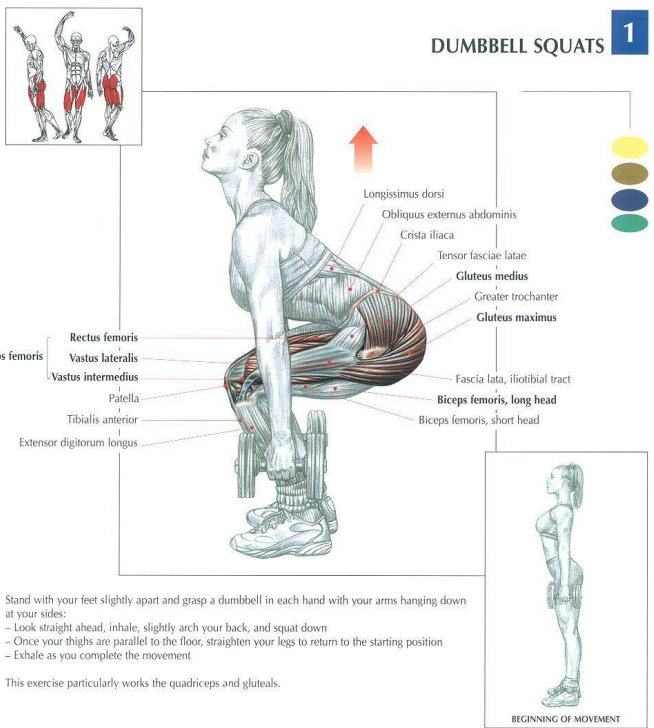
TRACCIÓN O DOMINADAS EN BARRA FIJA



To avoid any risk of injury ensure your back is never throughout the movement.

DUMBBELL SQUATS 1

Please sketch all three of these, highlighting the active muscles. Same brief as previous page.



Stand with your feet slightly apart and grasp a dumbbell in each hand with your arms hanging down at your sides:
 - Look straight ahead, inhale, slightly arch your back, and squat down
 - Once your thighs are parallel to the floor, straighten your legs to return to the starting position
 - Exhale as you complete the movement

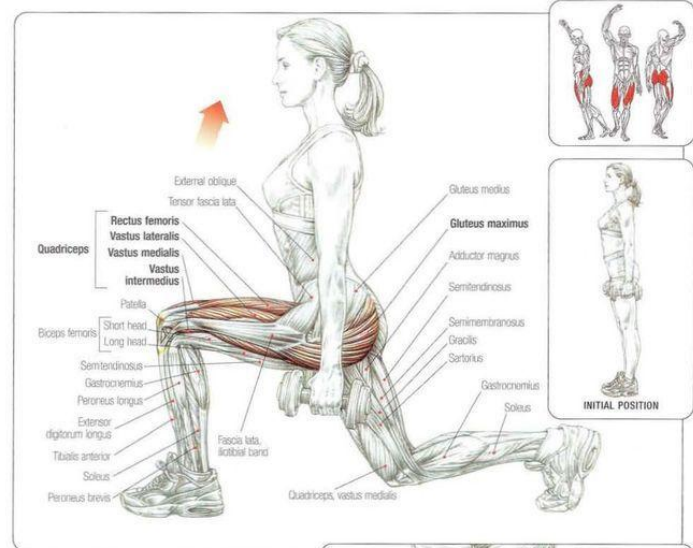
This exercise particularly works the quadriceps and gluteals.



Squat

- Quadriceps
- Gluteus Maximus
- Adductor Magnus
- Soleus
- Hamstrings
- Gastrocnemius
- Erector Spinae
- Rectus Abdominis
- Obliques

DUMBBELL LUNGES 2

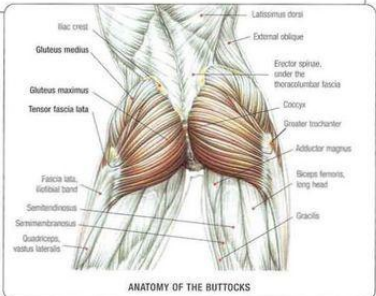


Stand with the legs slightly apart and hold a dumbbell in each hand:
 • Inhale and take a big step forward, keeping the torso as straight as possible.
 • When the forward thigh reaches horizontal or slightly below, use tonic extension to return to the initial position.
 • Exhale at the end of the movement.

This exercise mainly works the gluteus maximus and quadriceps.

Variations: The bigger the step, the more the gluteus maximus of the forward leg is used and the iliopsoas and rectus femoris of the back leg is stretched.
 A smaller step isolates the quadriceps of the forward leg.
 You can perform a complete set on one side and then the other or work the legs alternately during the same set.

Comment: Because all of the weight is supported by the front leg in the lunge position and the exercise requires a good sense of balance, work with light weights to protect the knee.



ANATOMY OF THE BUTTOCKS

Sketch brief, please sketch both sides of this image. If you can sketch the deadlifting man on the right with a body type more like the man on the left, that is best!!!

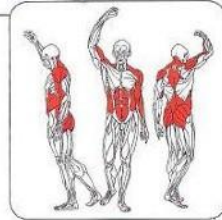


Please sketch both exercises, highlighting active muscles, and re sketching the small diagram

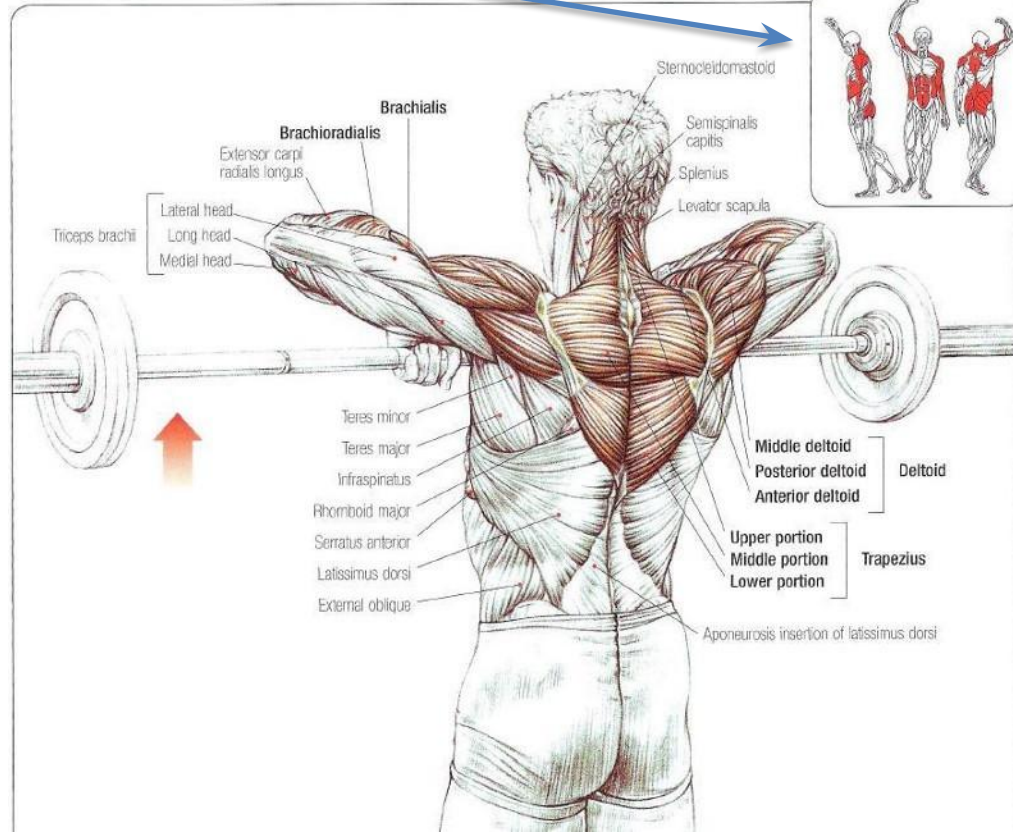
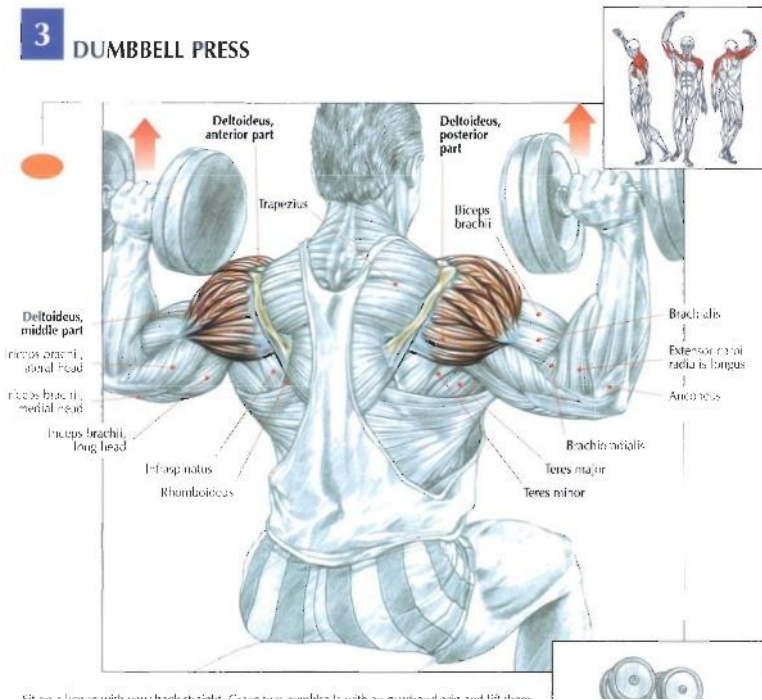


With this style

Highlighting the Shoulder muscles as shown here



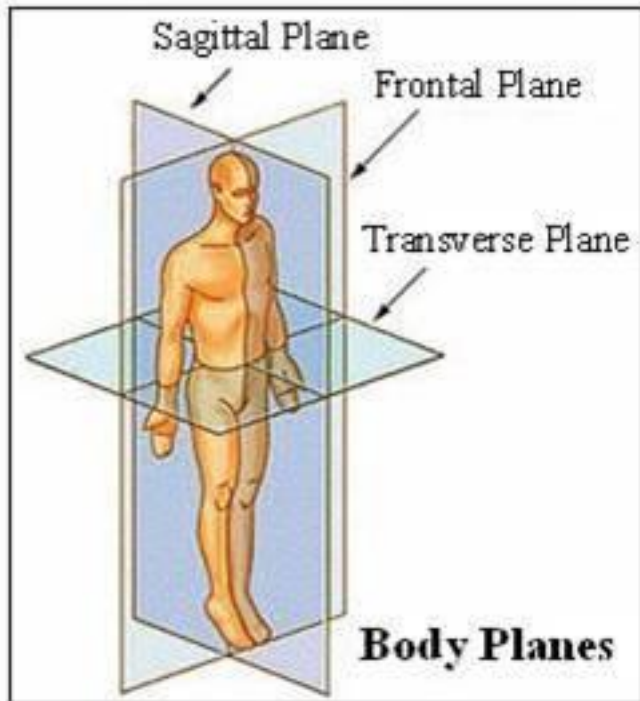
3 DUMBBELL PRESS



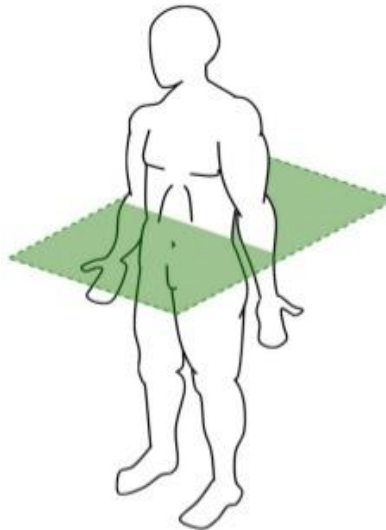
Please sketch this in similar fashion as the other body images so there's a consistent style for all.



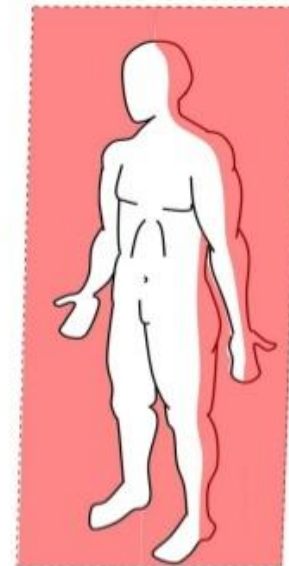
Sketch brief: please apply the four below “planes” images to a sketch of me meditating on the right. So, that’s one image with 3 planes, and then 3 more images, each with only 1 plane.



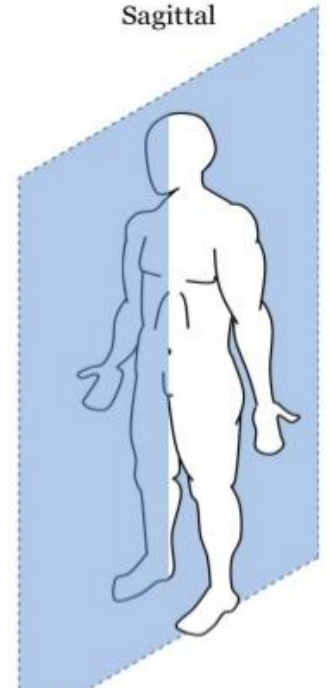
Transverse



Frontal



Sagittal



Create sketch of meditation position in a bubble or sphere to signify bubble of awareness...



Creat sketch of meditation position, and then looking through cone to signify narrowing of focus to a specific thing? I couldn't find a better sample or example... this looks like crap, but hopefully something that indicates a narrowing of focus and higher concentration.



Please also include an image that combines this image with the image on the previous page...I know that's a loose brief, but ideally signifying both concentration and awareness.

Text in red is description of image to sketch, the pictures are base guideline

Eye looking, (can include more of face)



Mirror reflecting eye



wall



change tree to a person looking back at them



Sketch these six with same style as the weightlifting images.



Spiral Line



Arm Line



Superficial Front Line



Deep Front Line

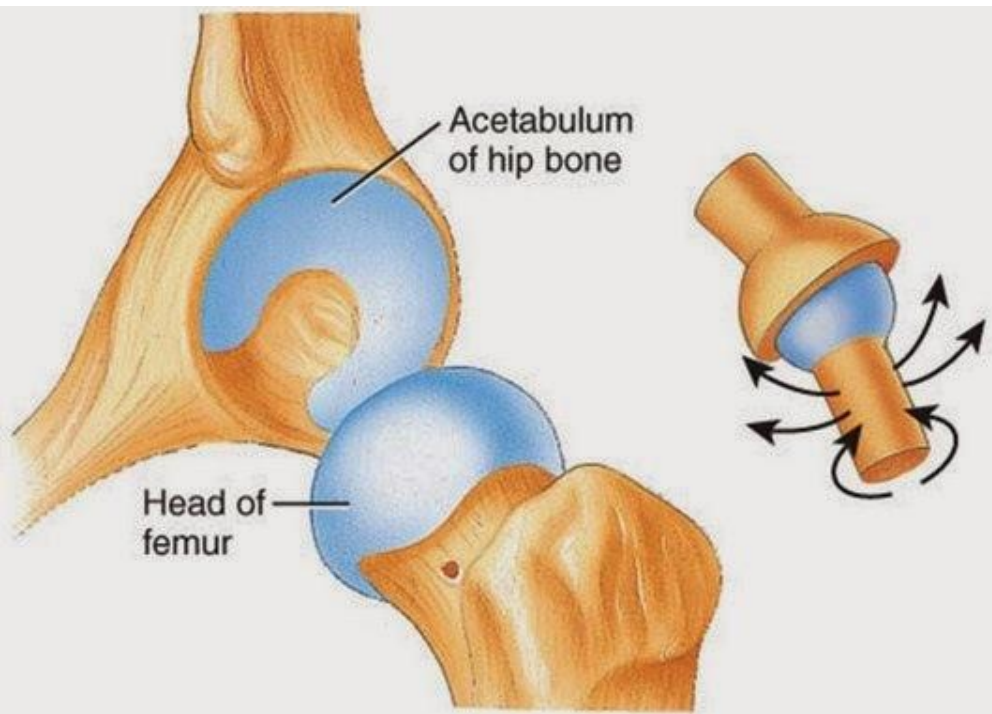


Lateral Line



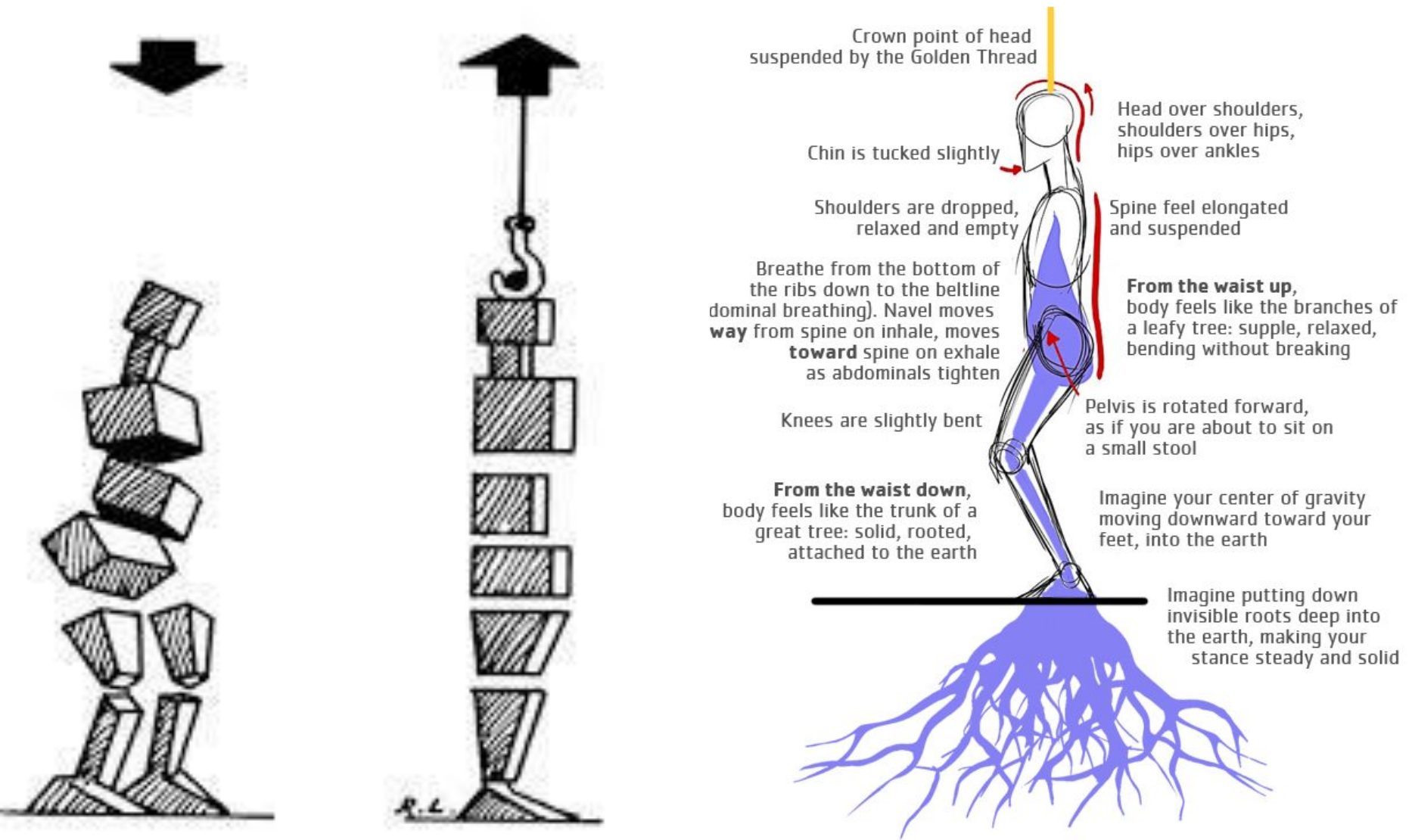
Superficial Back Line

Sketch both in the same style as previous images.

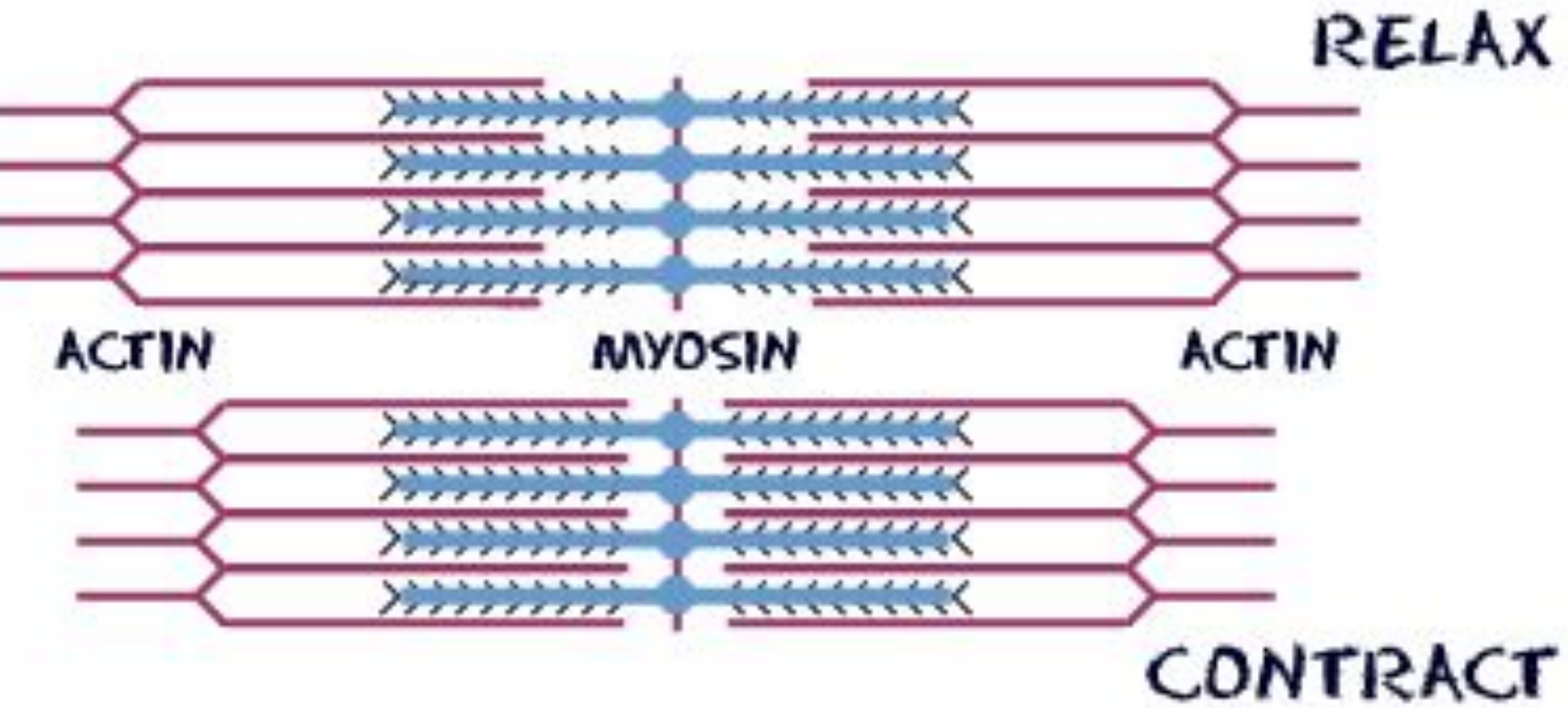


The shoulder joint

Each of these three images in similar sketch style. (no text needed)



This one is very easy, just need a high res version.



Please sketch both simply in same style as previous images.

