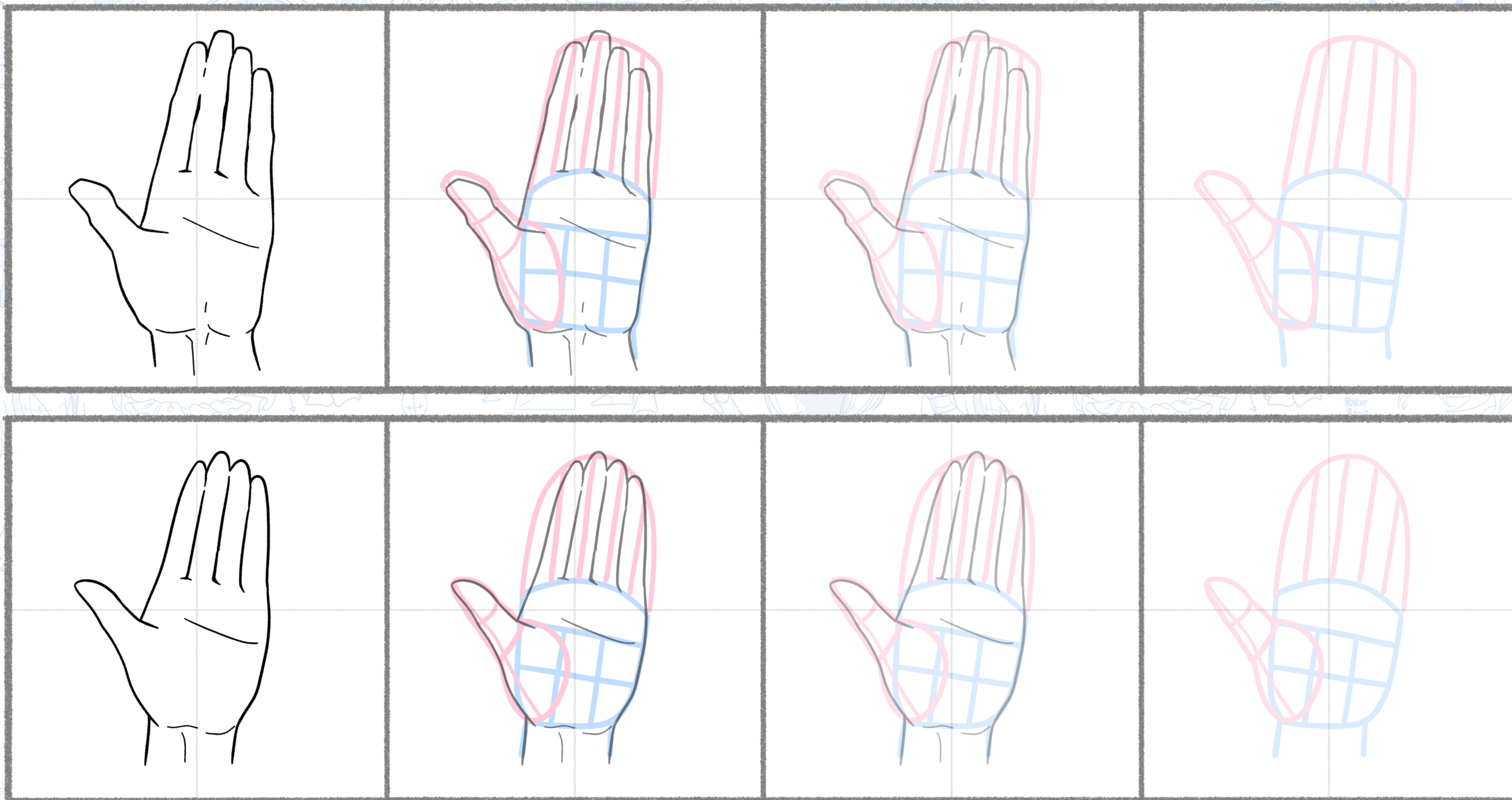


# 練習ドリル

LvUP Sheet No.023

## 手の基本

Hand Basics



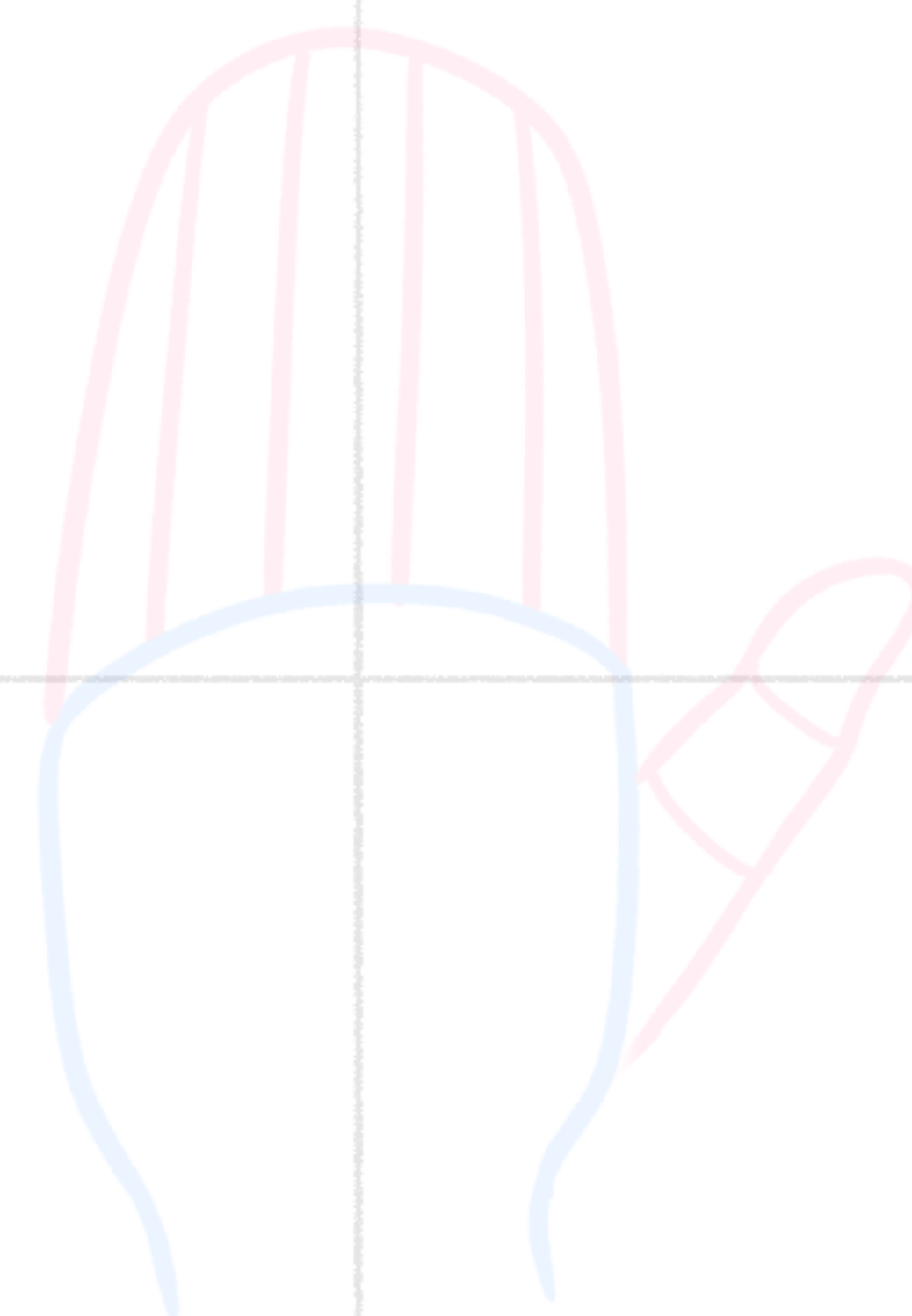
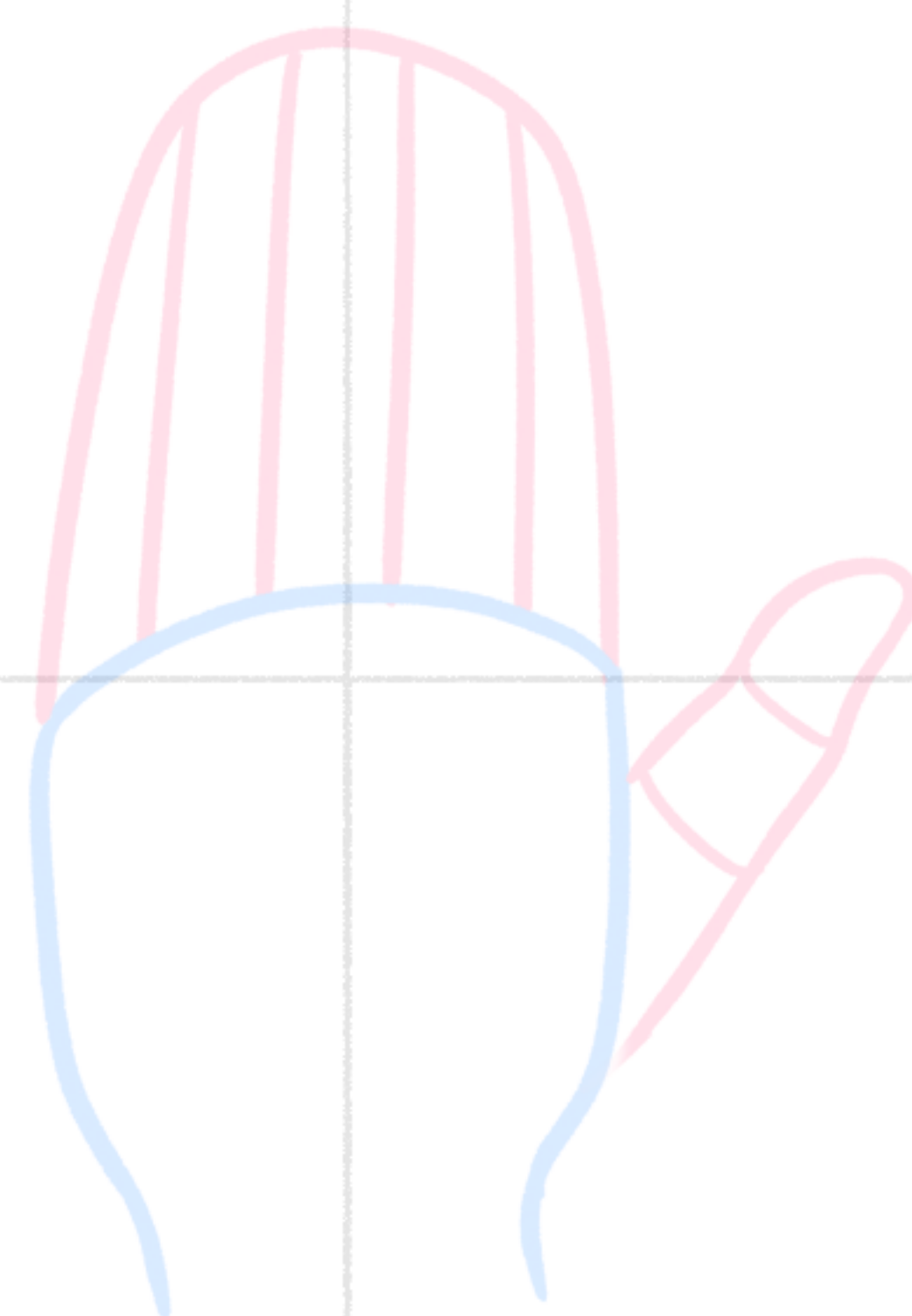
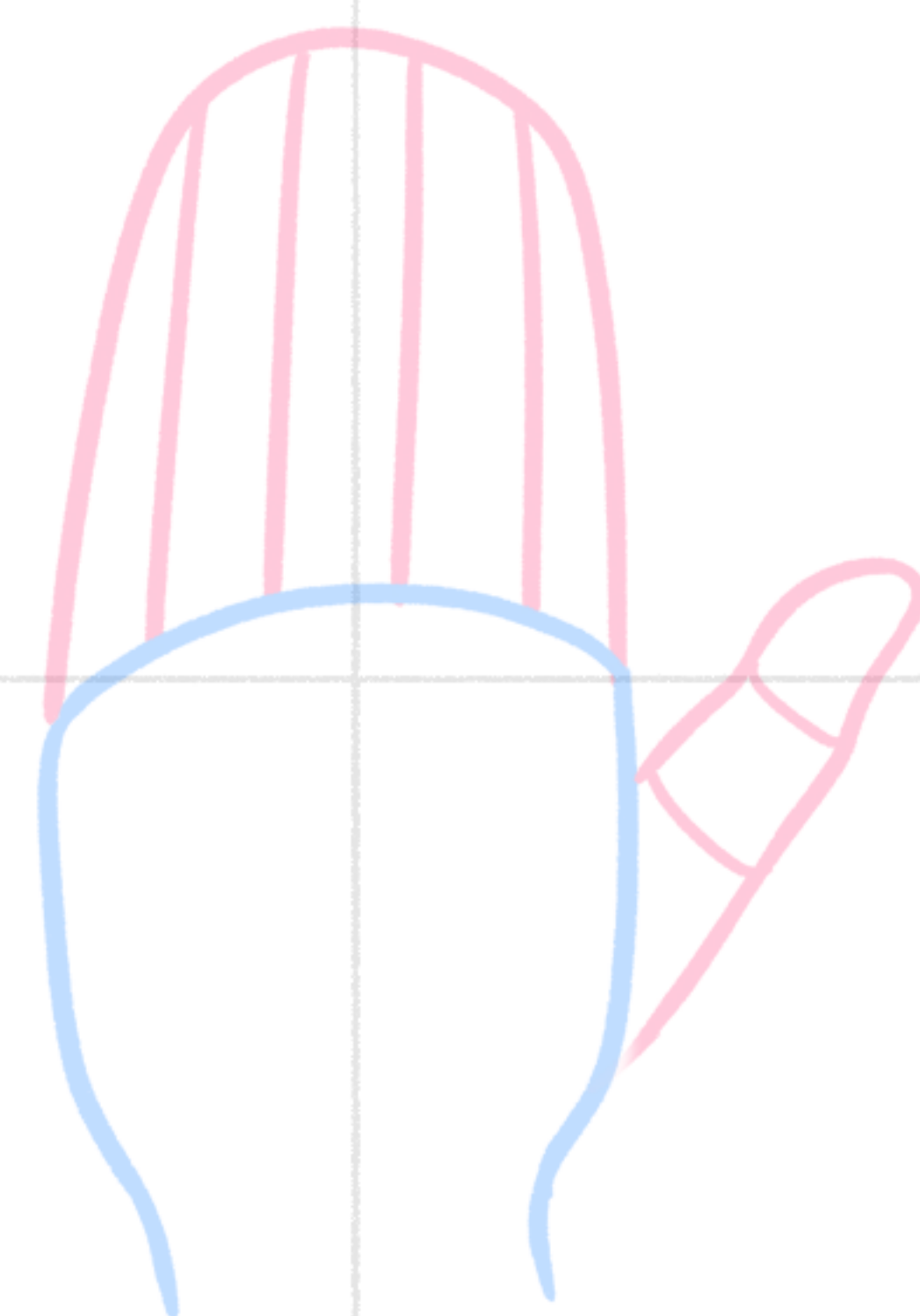
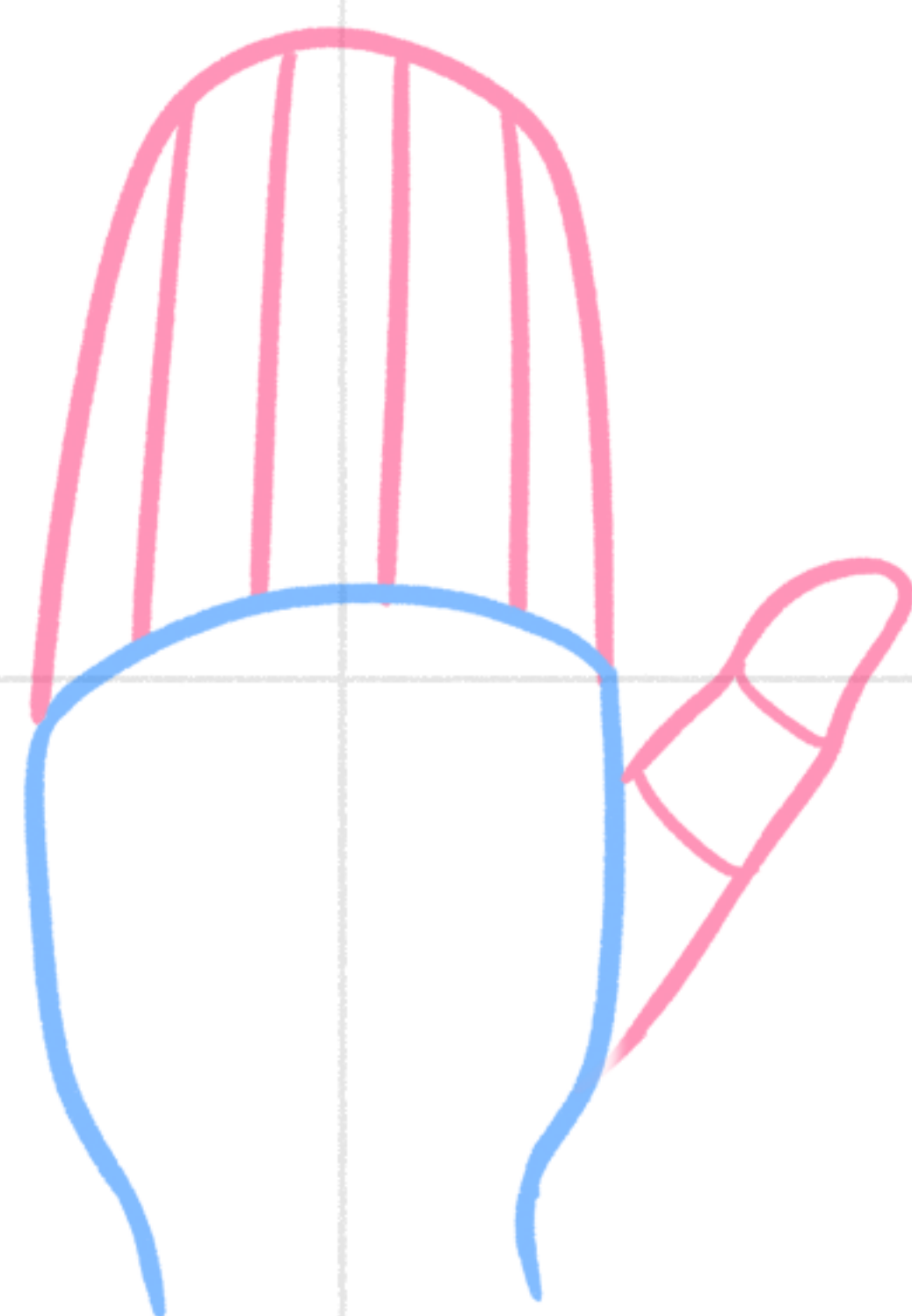
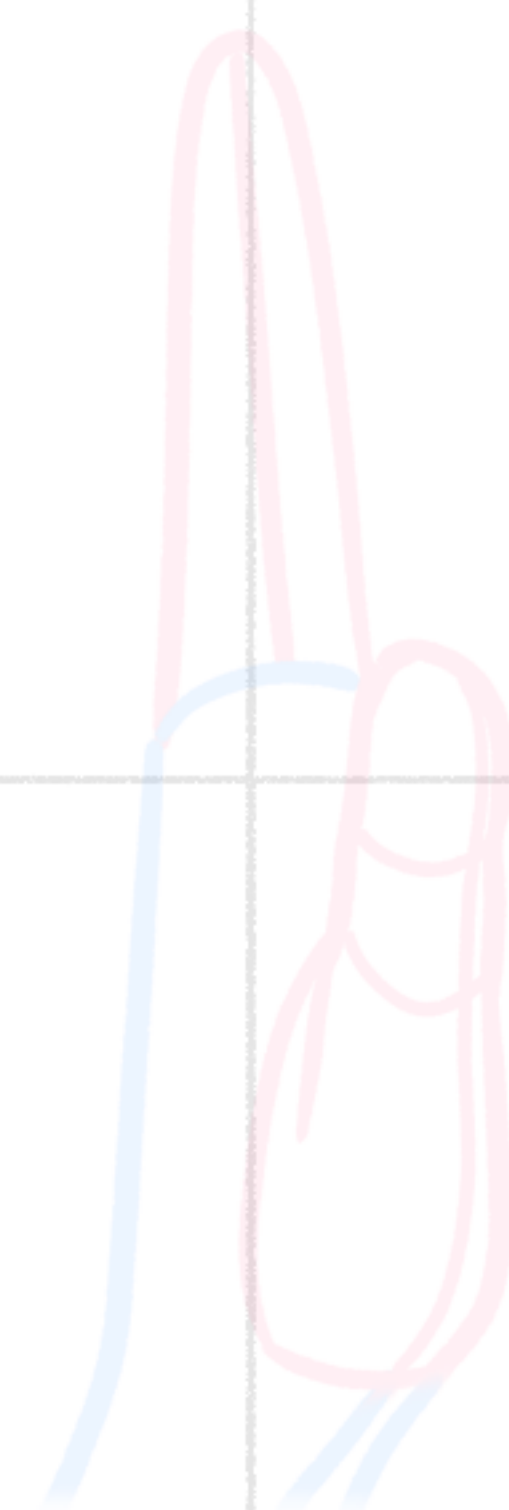
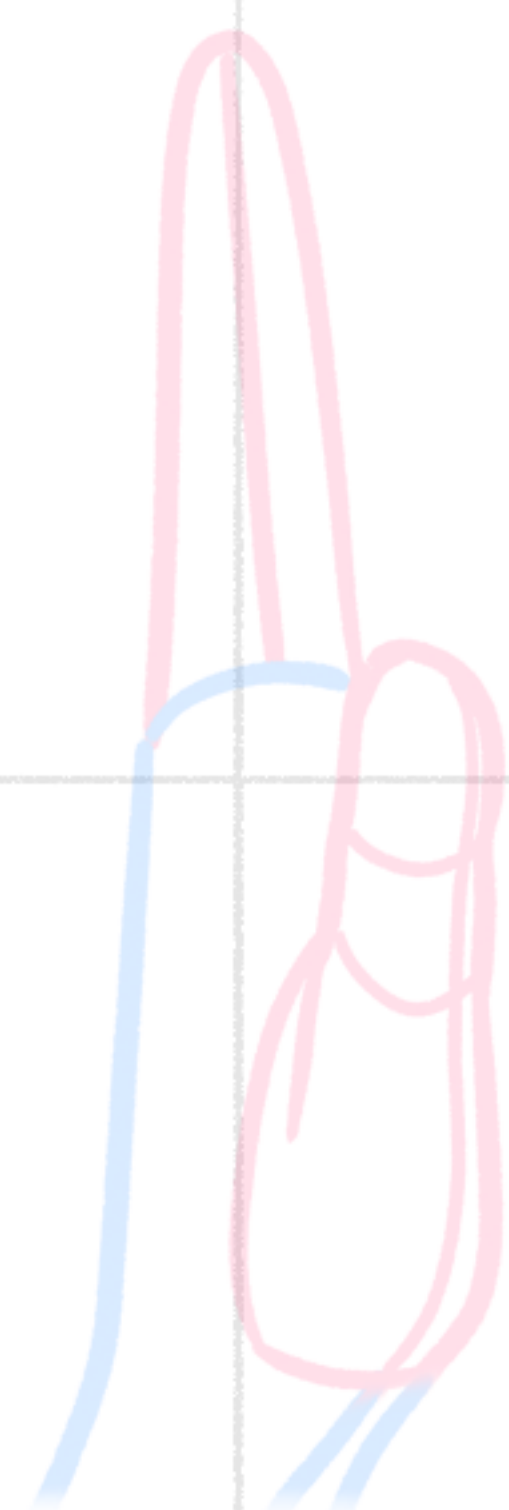
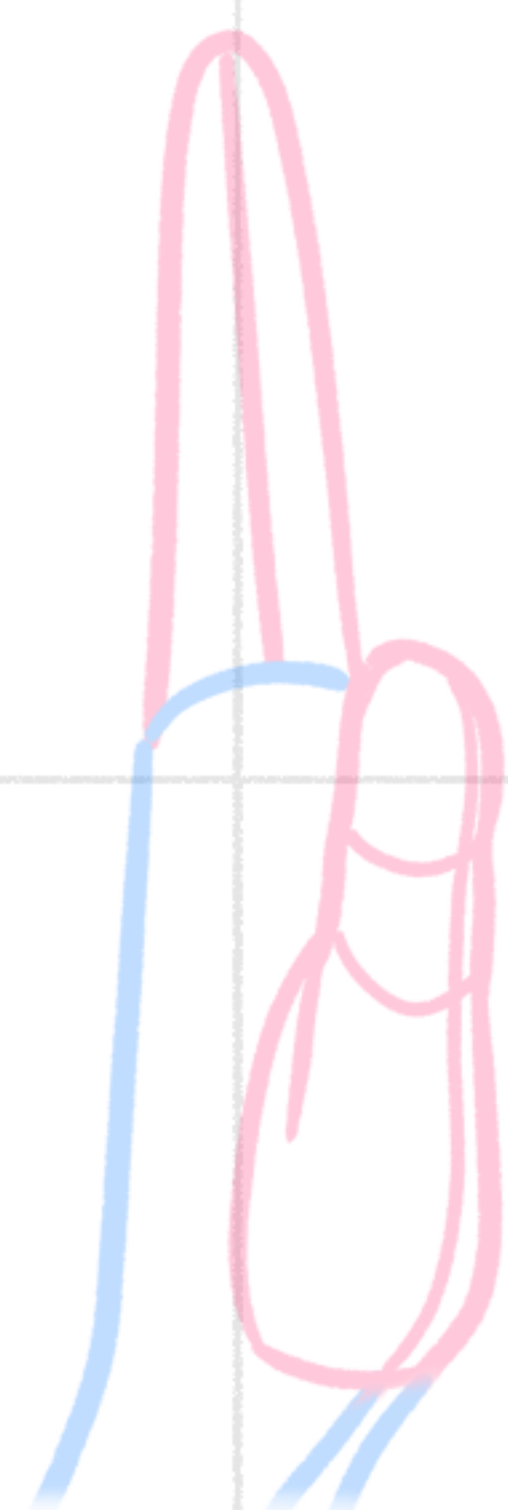
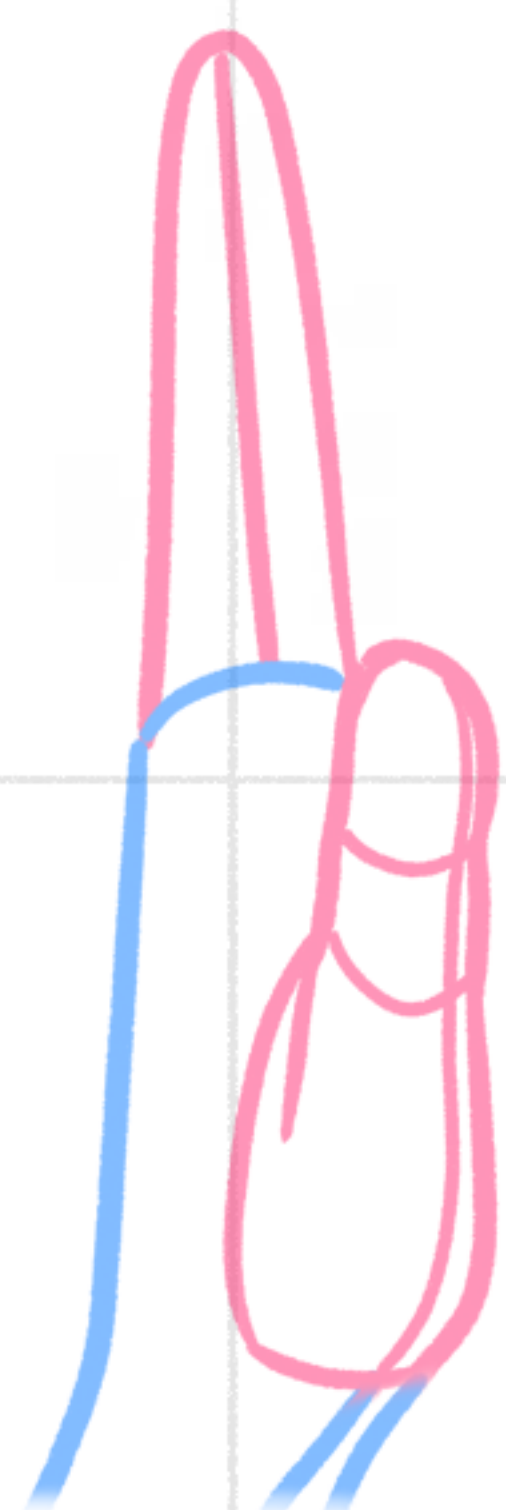
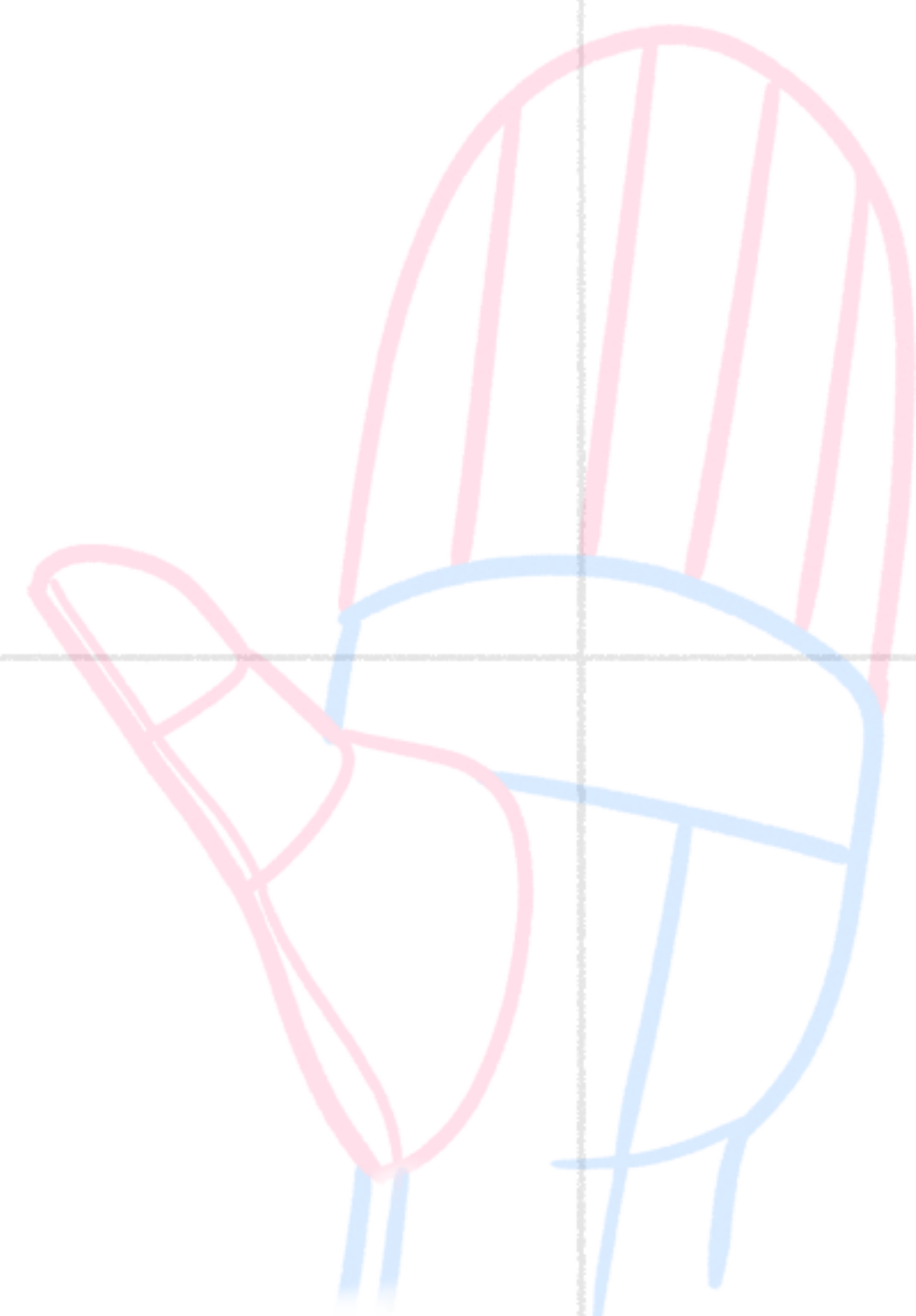
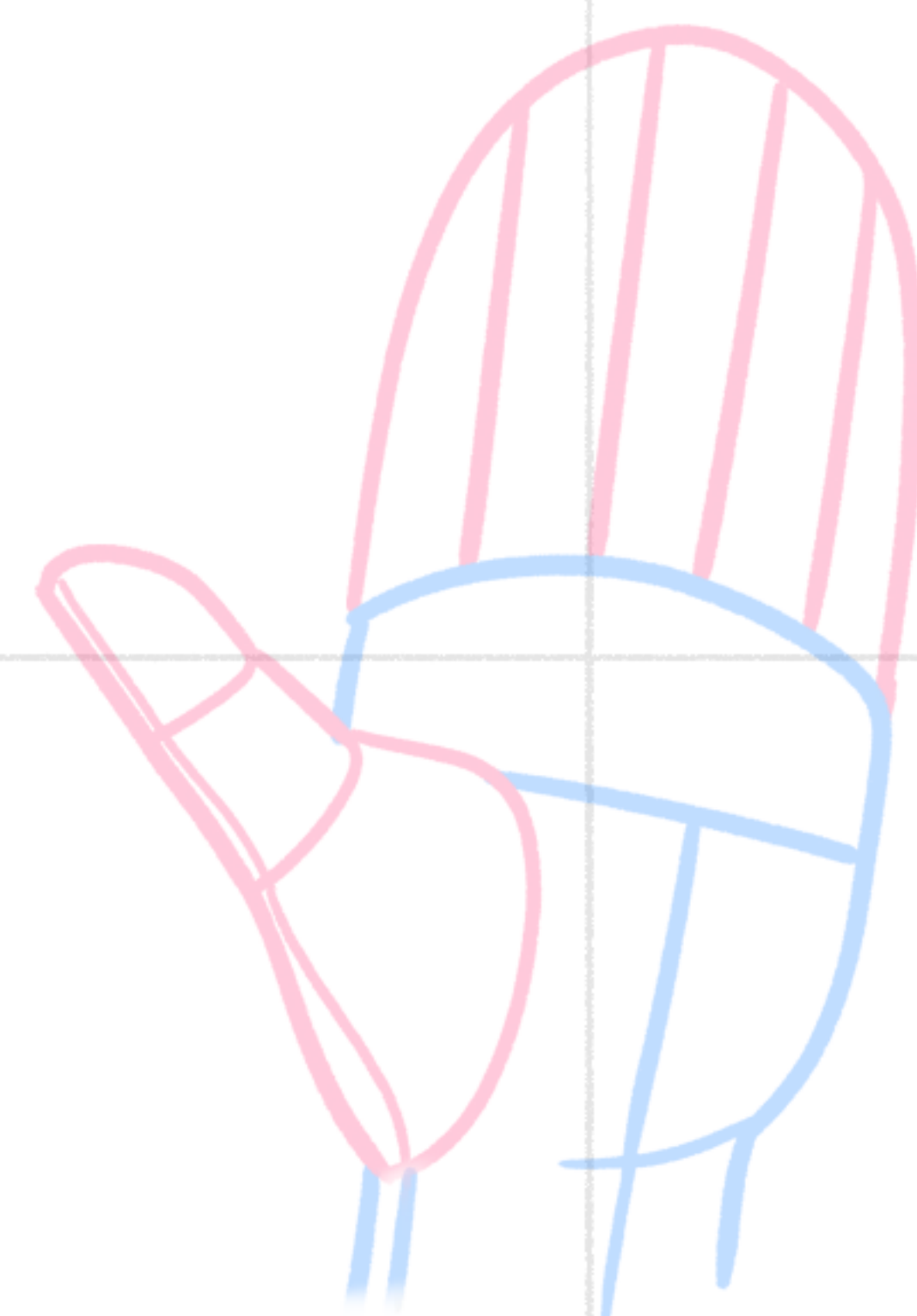
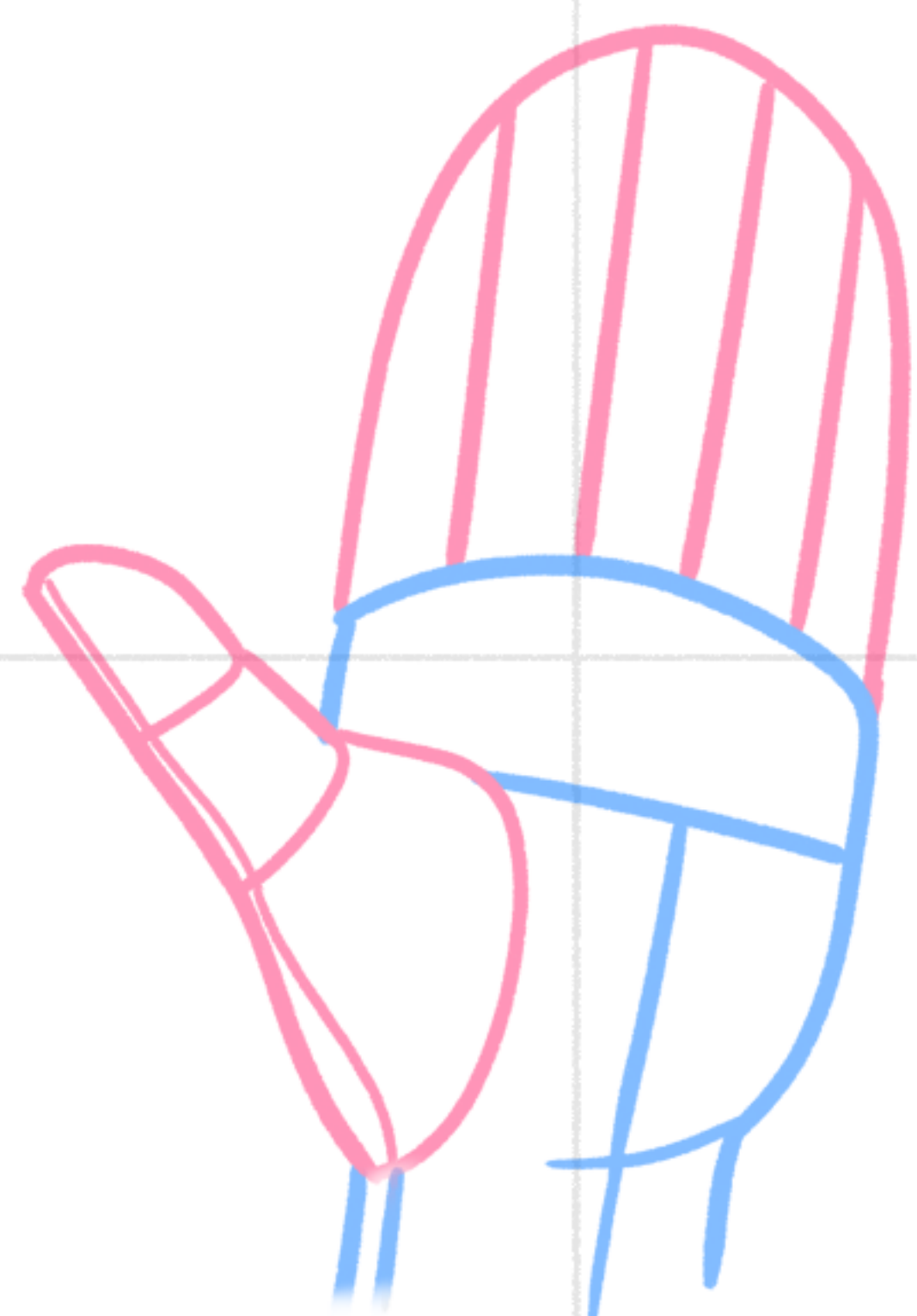


# 練習ドリル

LvUP Sheet No.024

## ミトン型アタリ

Mitten-shaped guideline



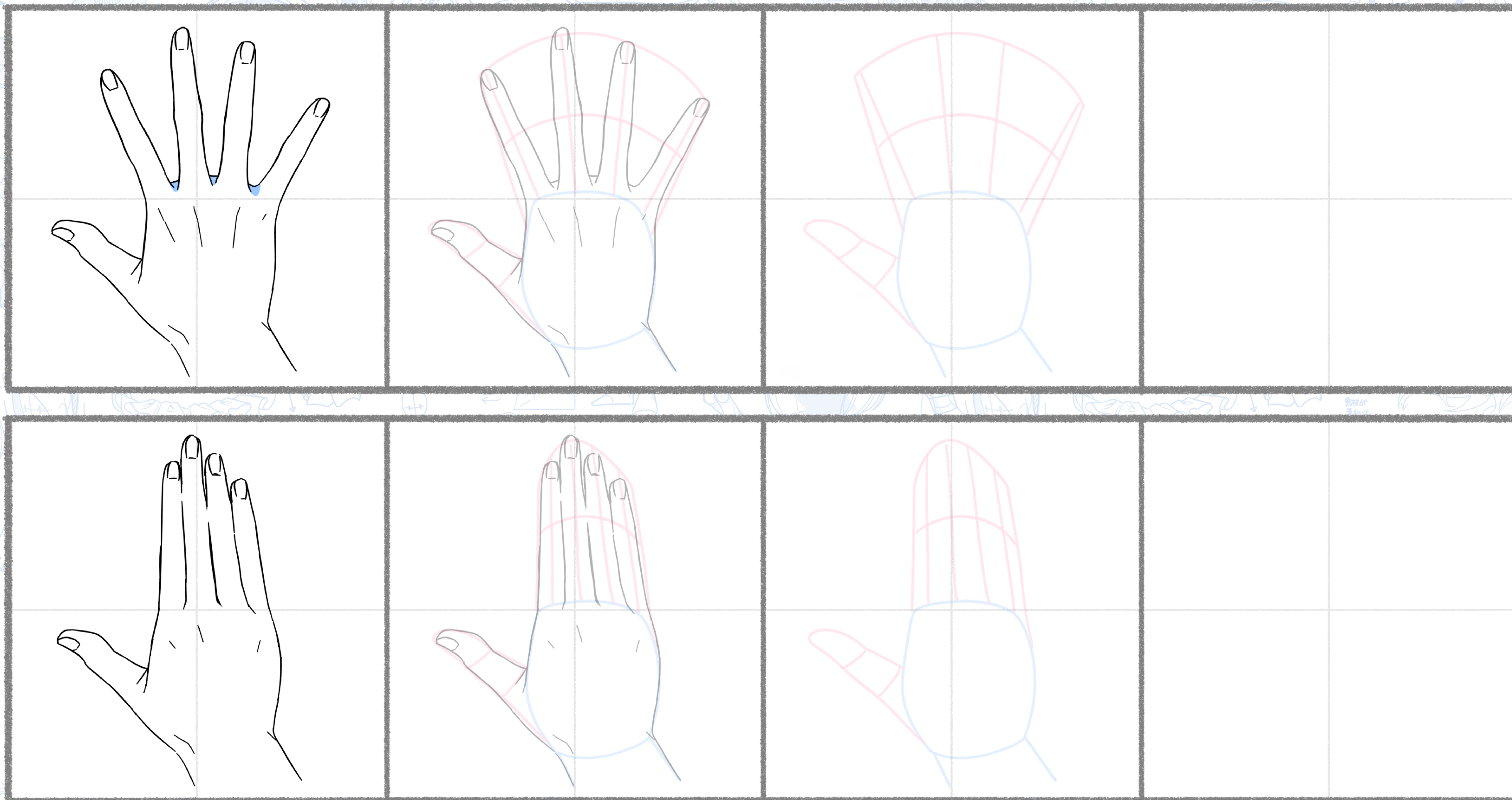


# 練習ドリル

LvUP Sheet No.025

## 手の甲の描き方

How to draw the back of the hand



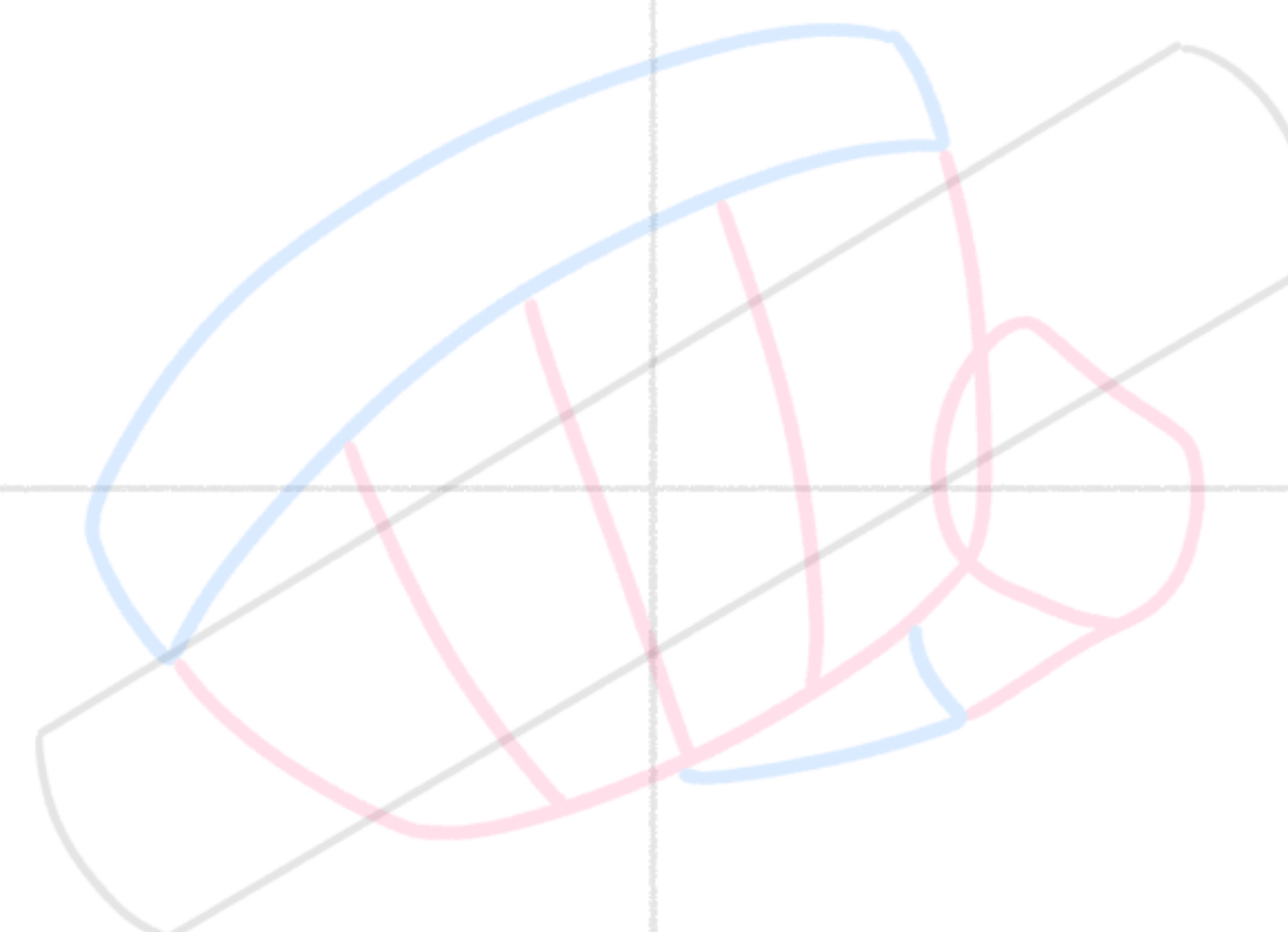
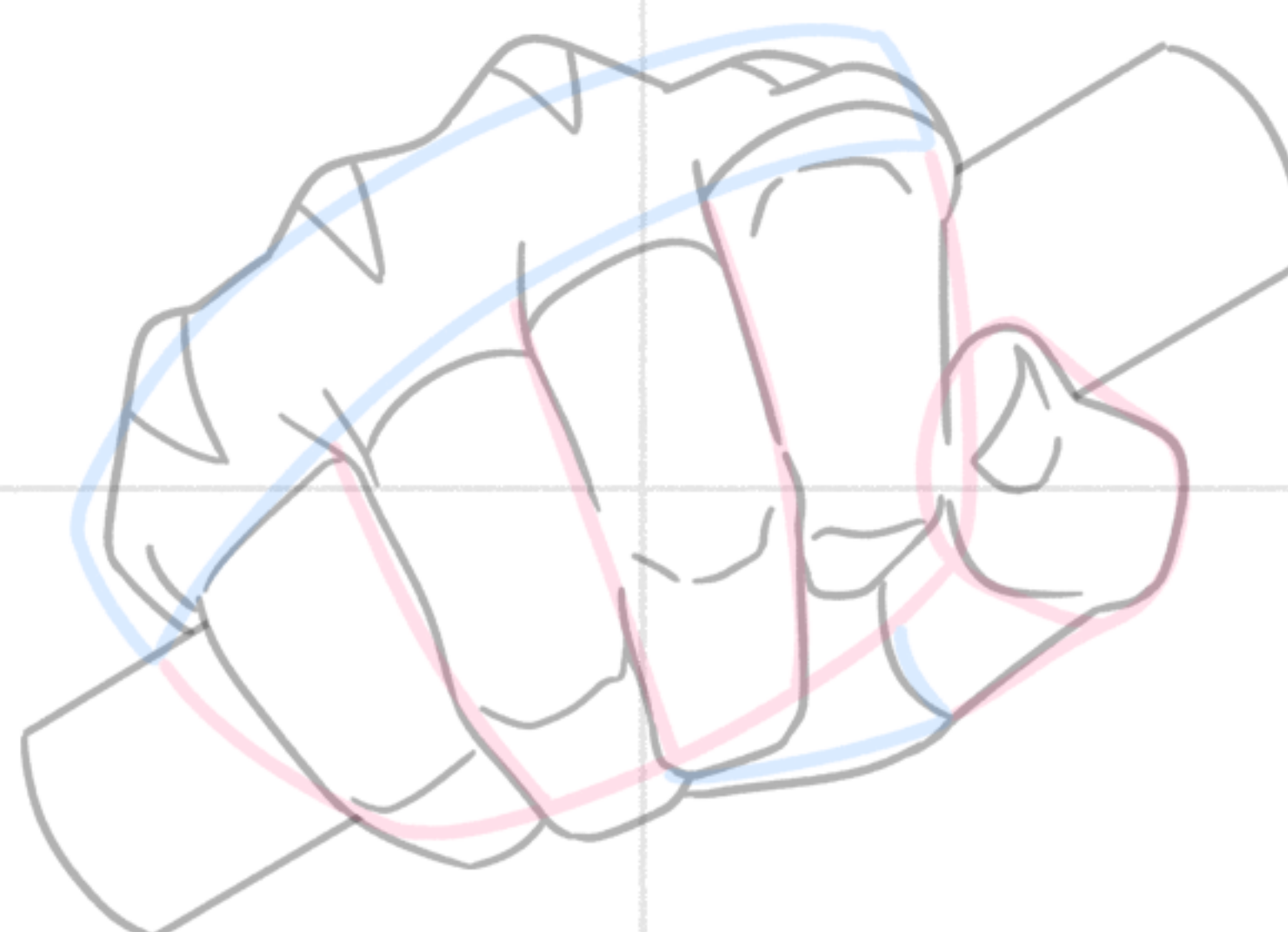
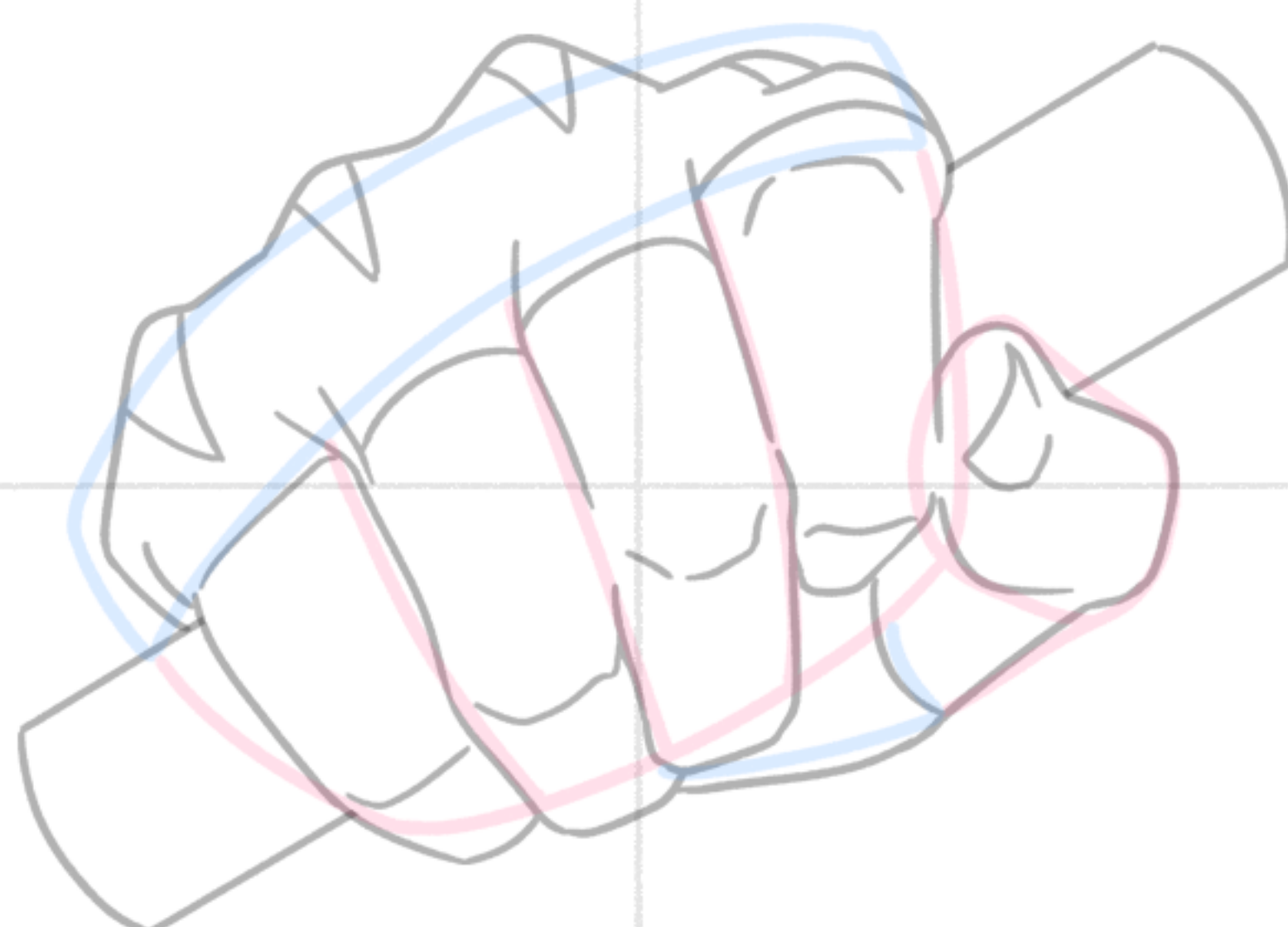
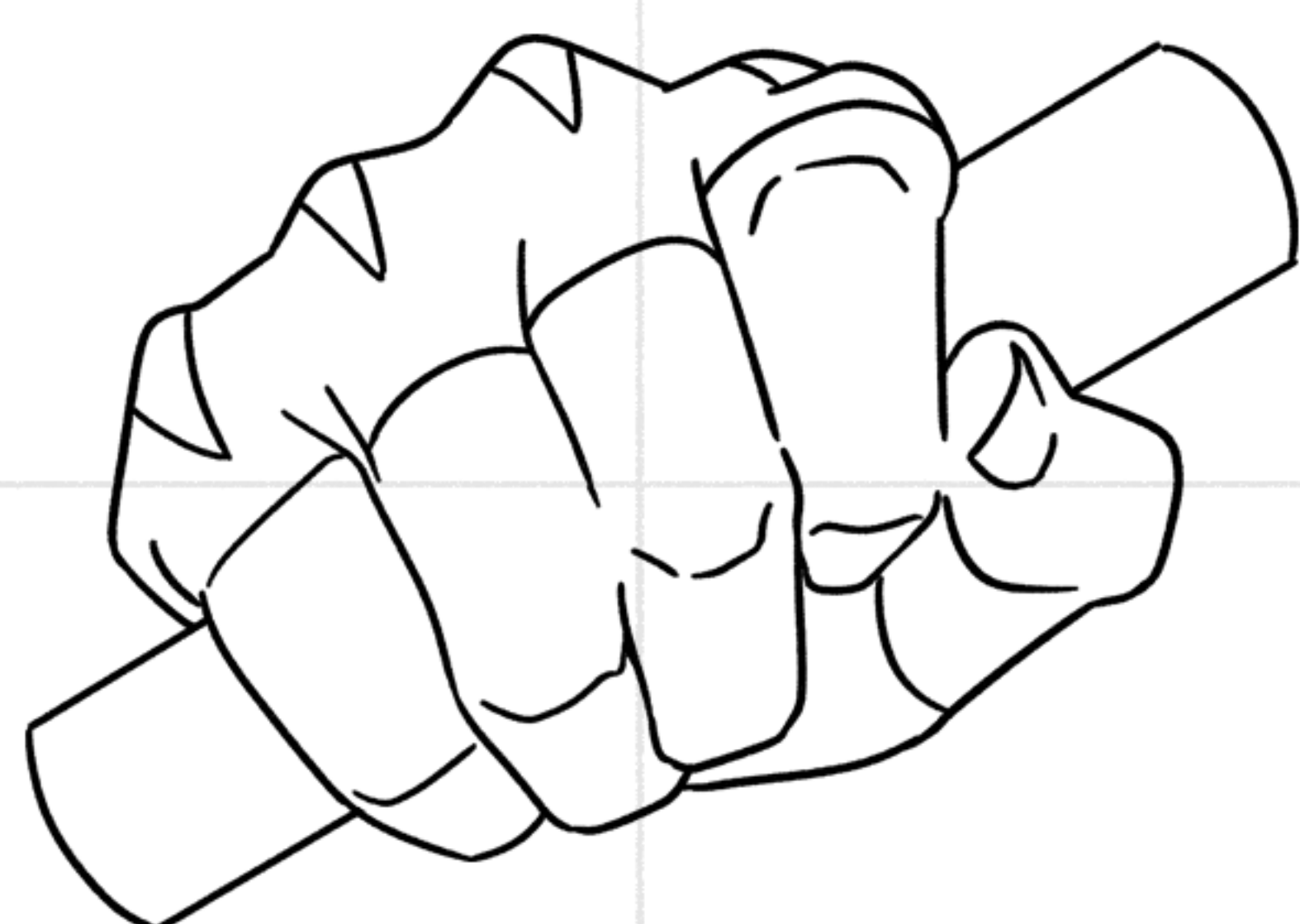
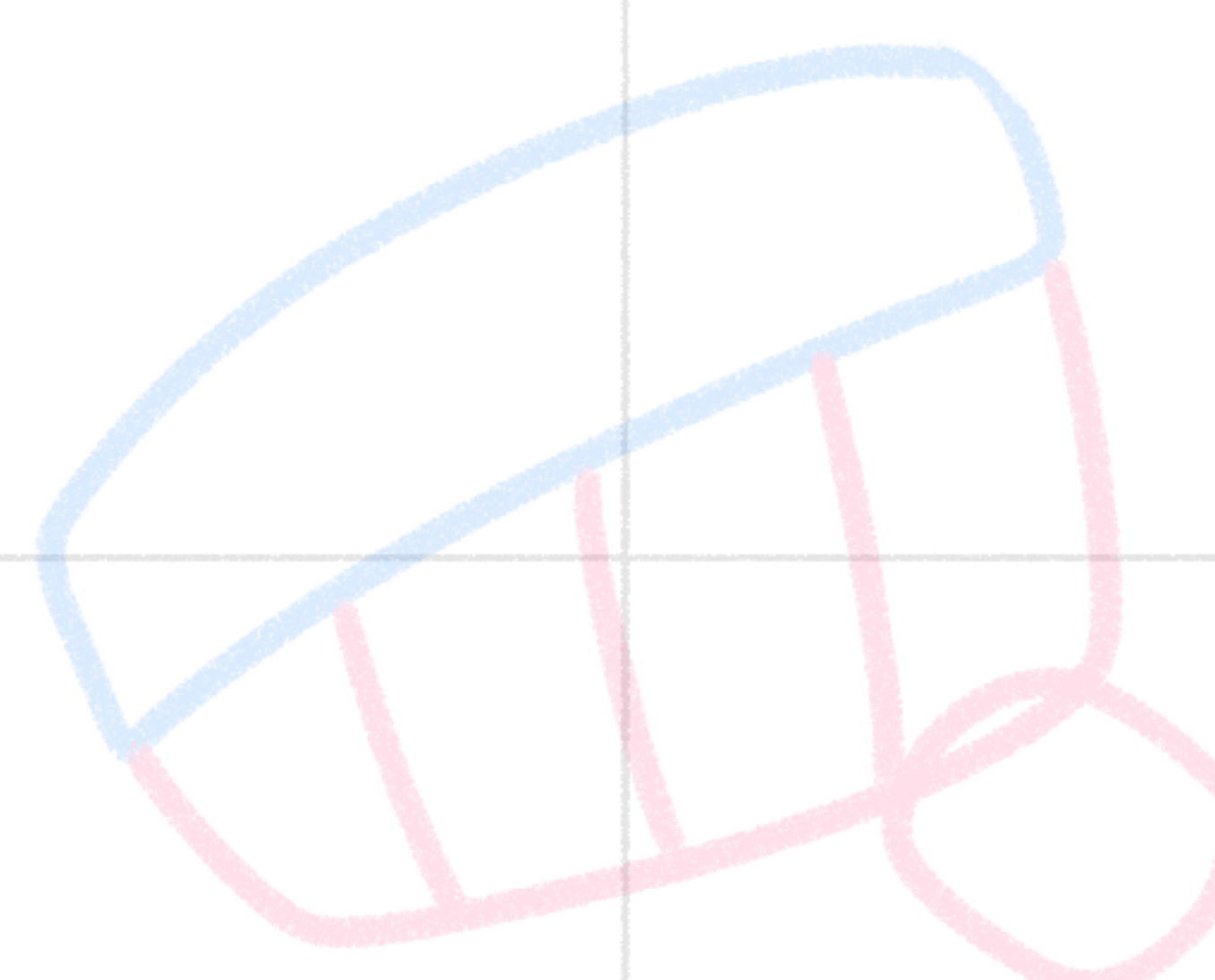
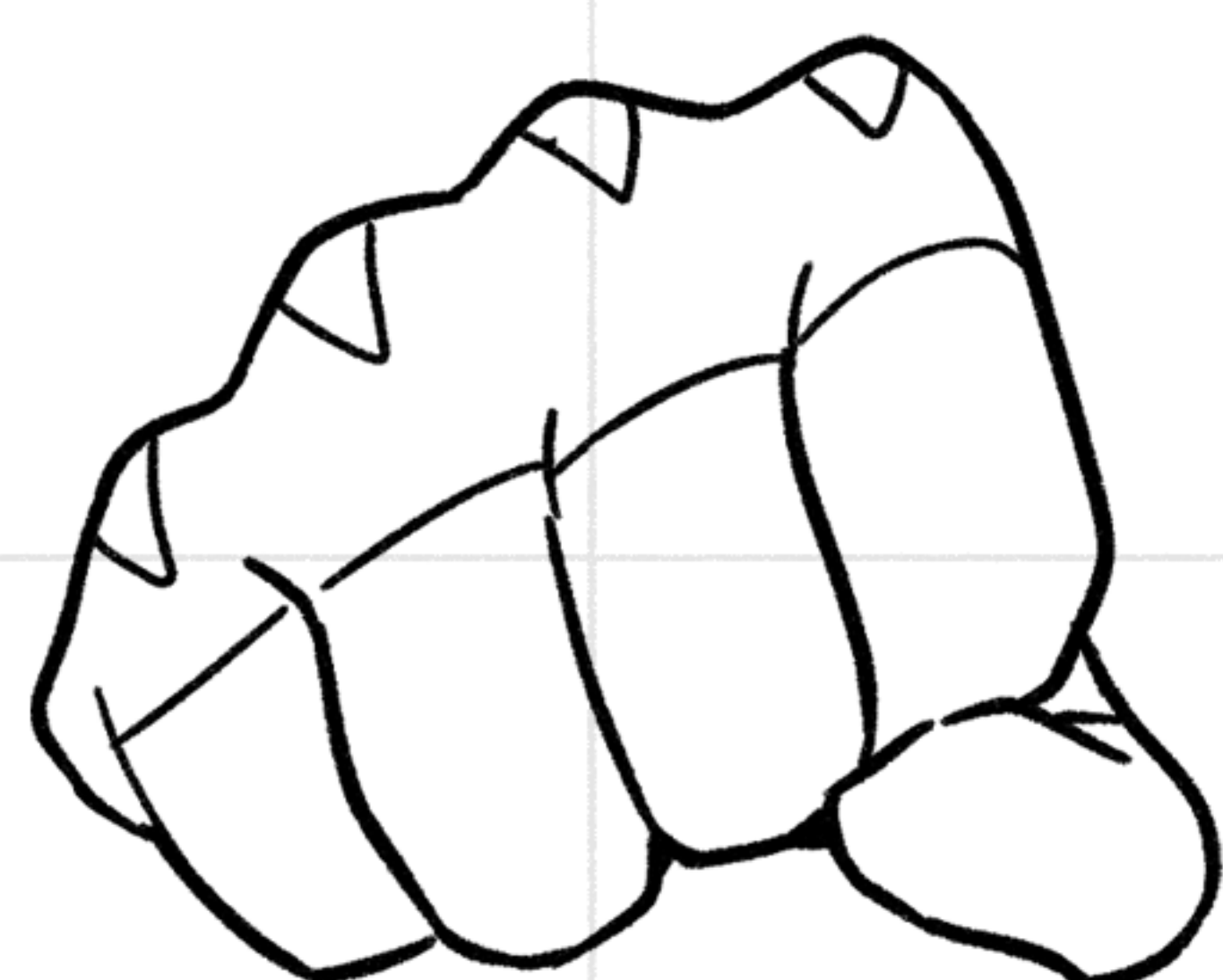
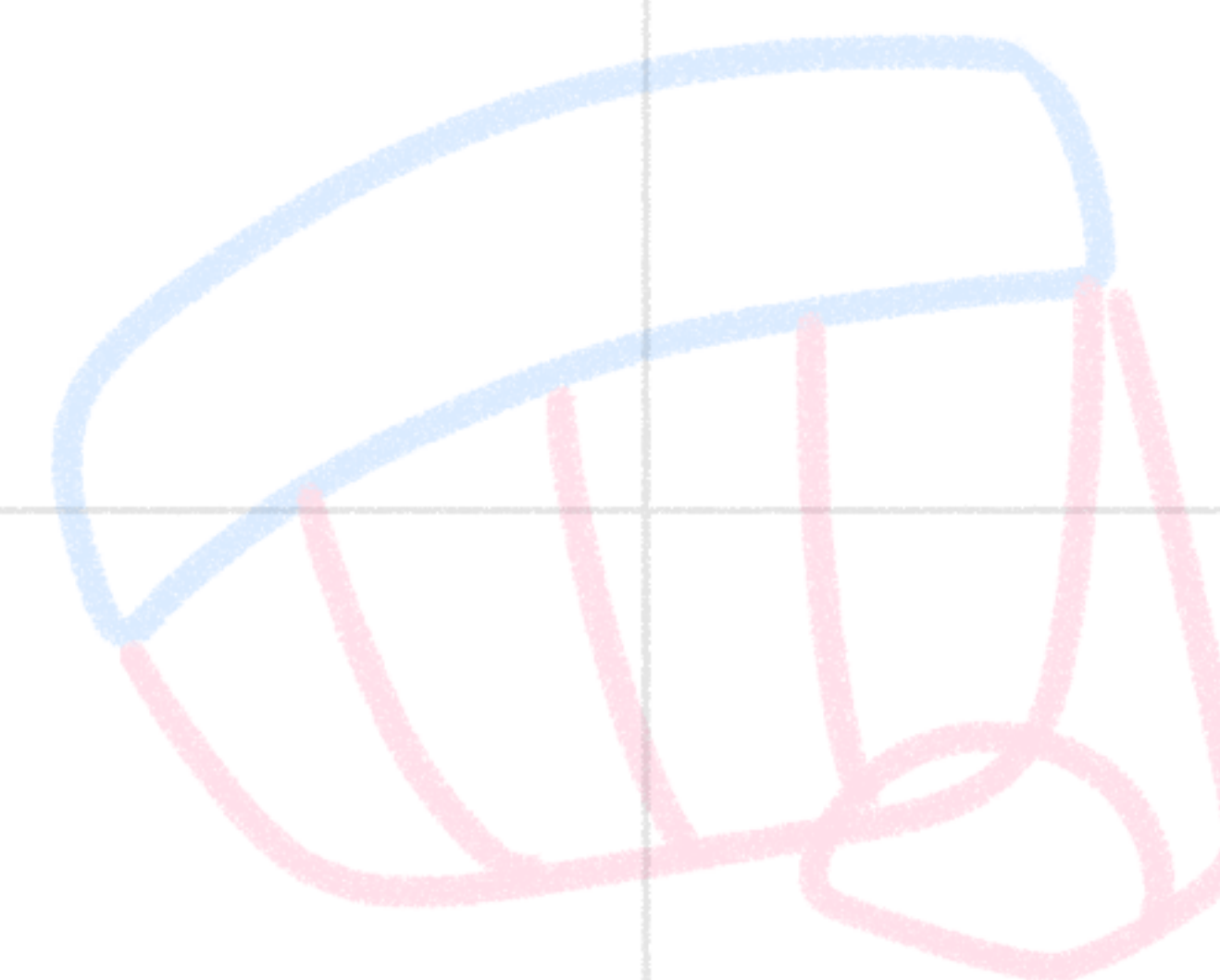
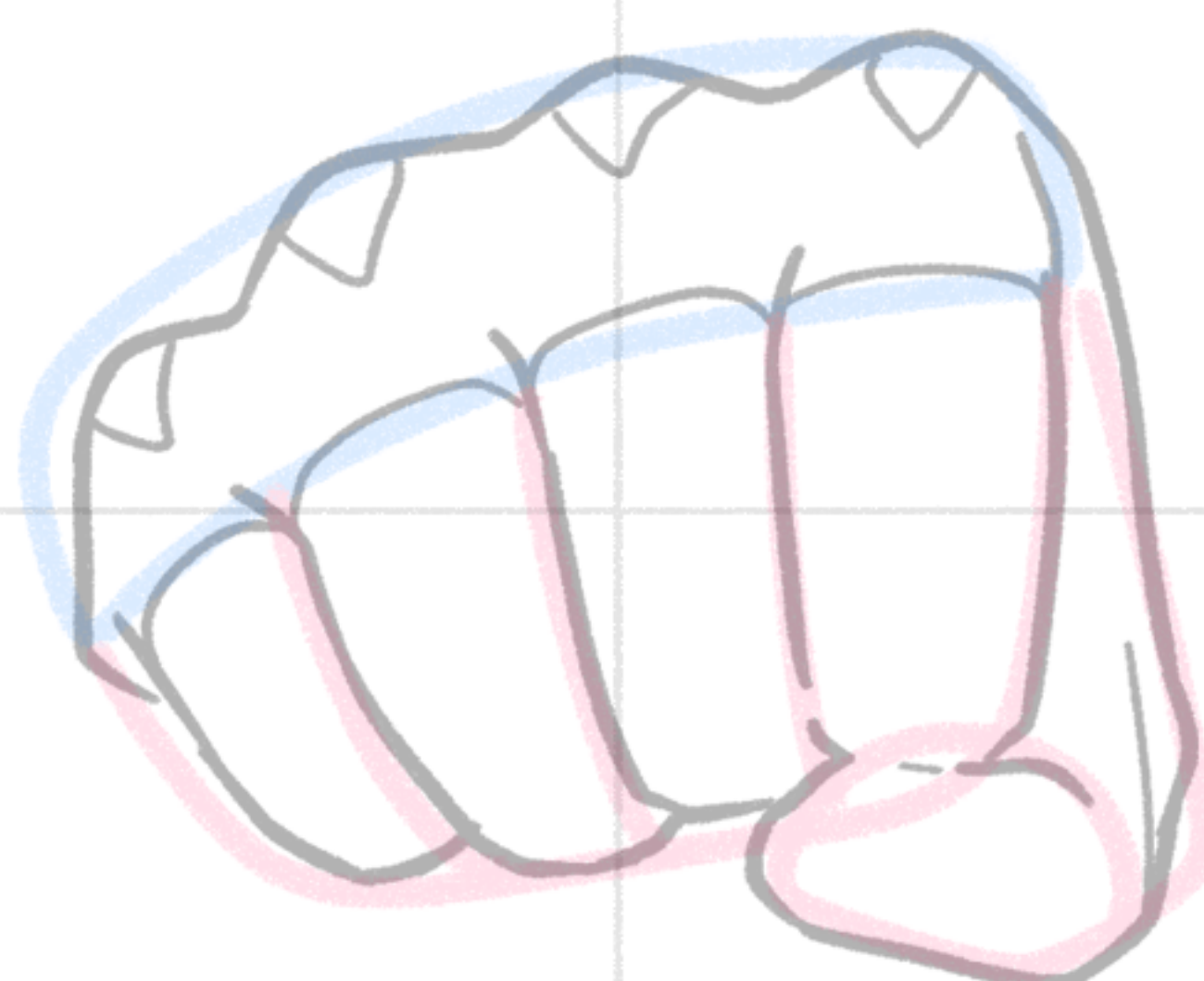
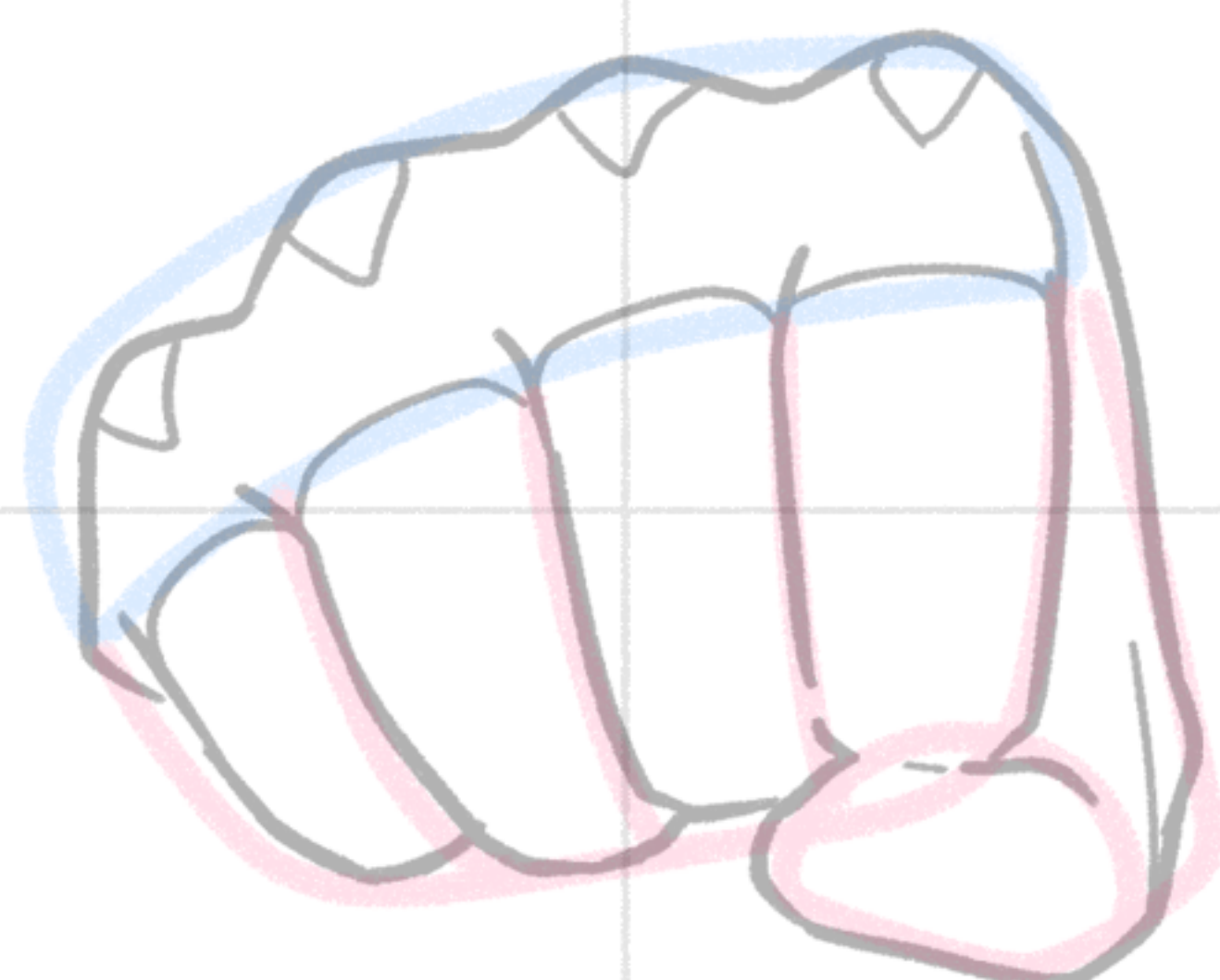
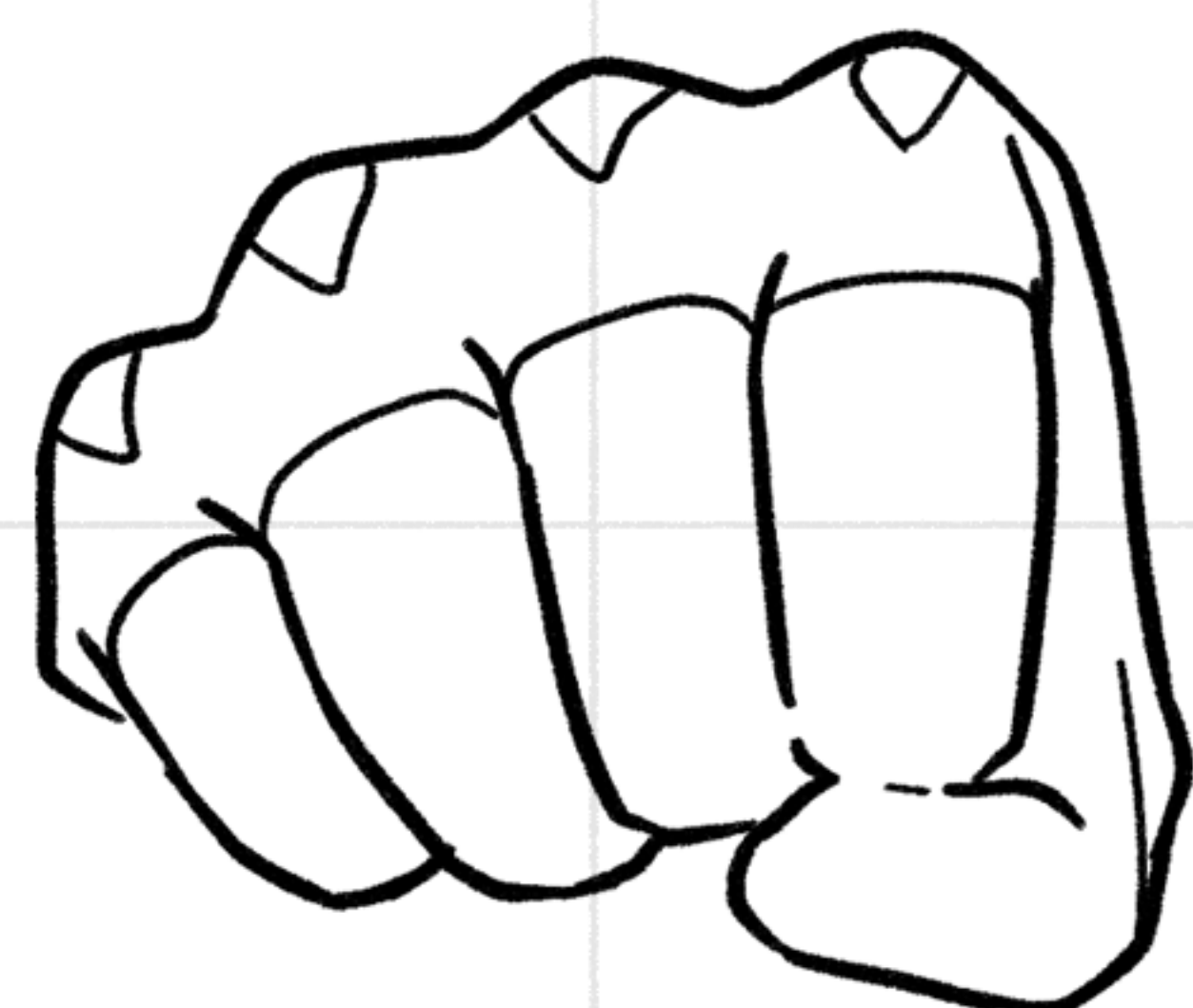


# 練習ドリル

LvUP Sheet No.026

## 握り拳の描き方

How to draw a clenched fist



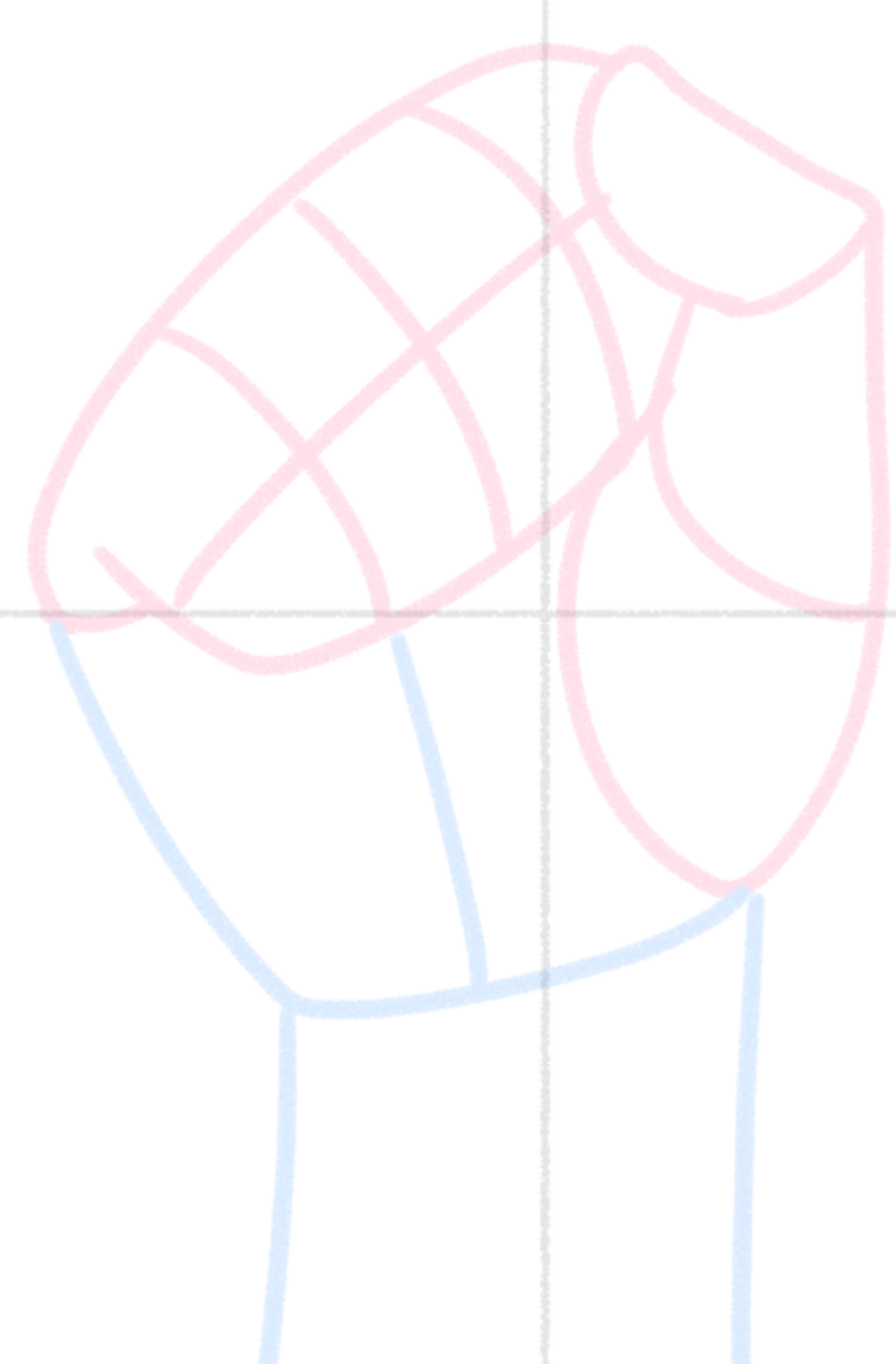
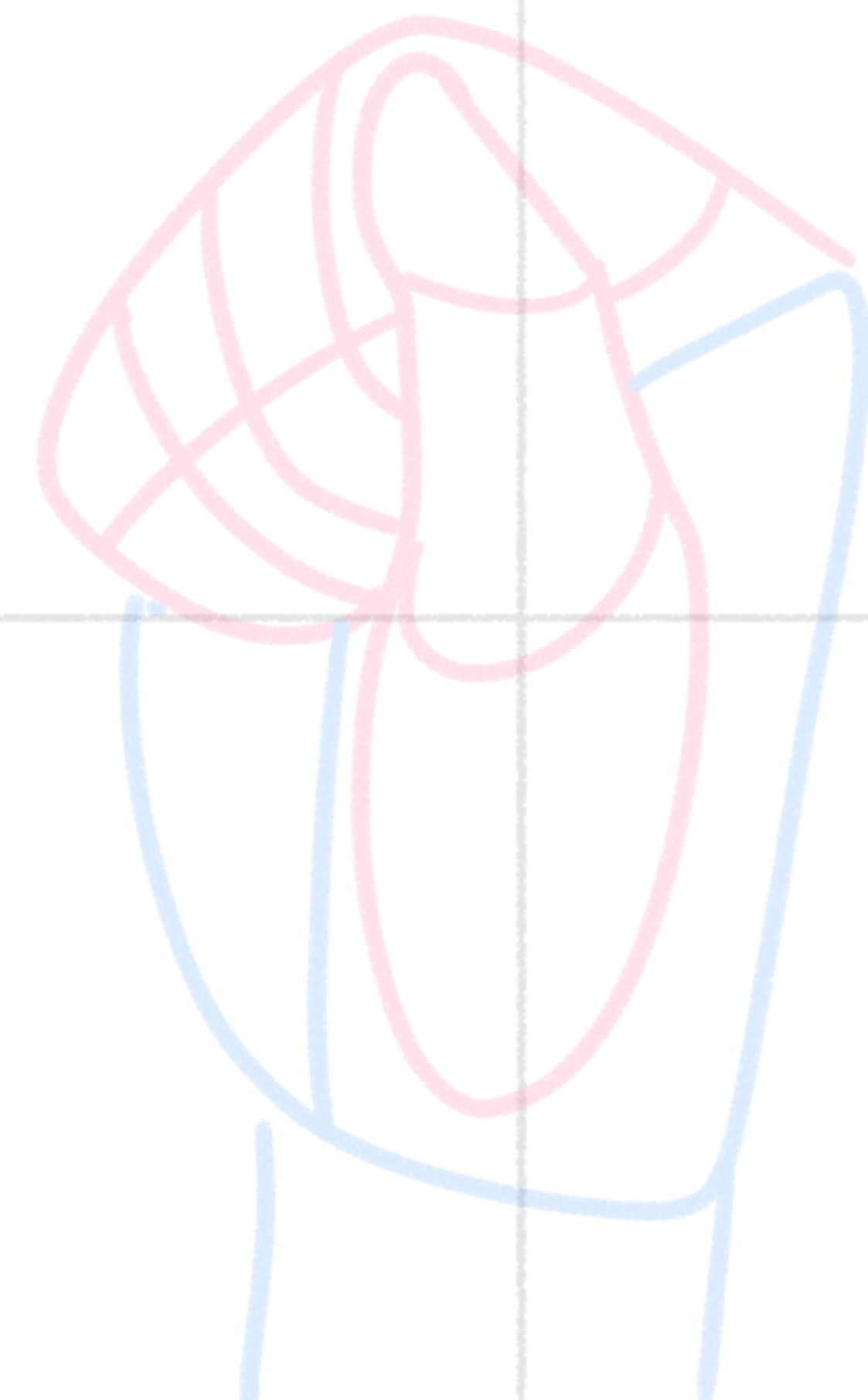
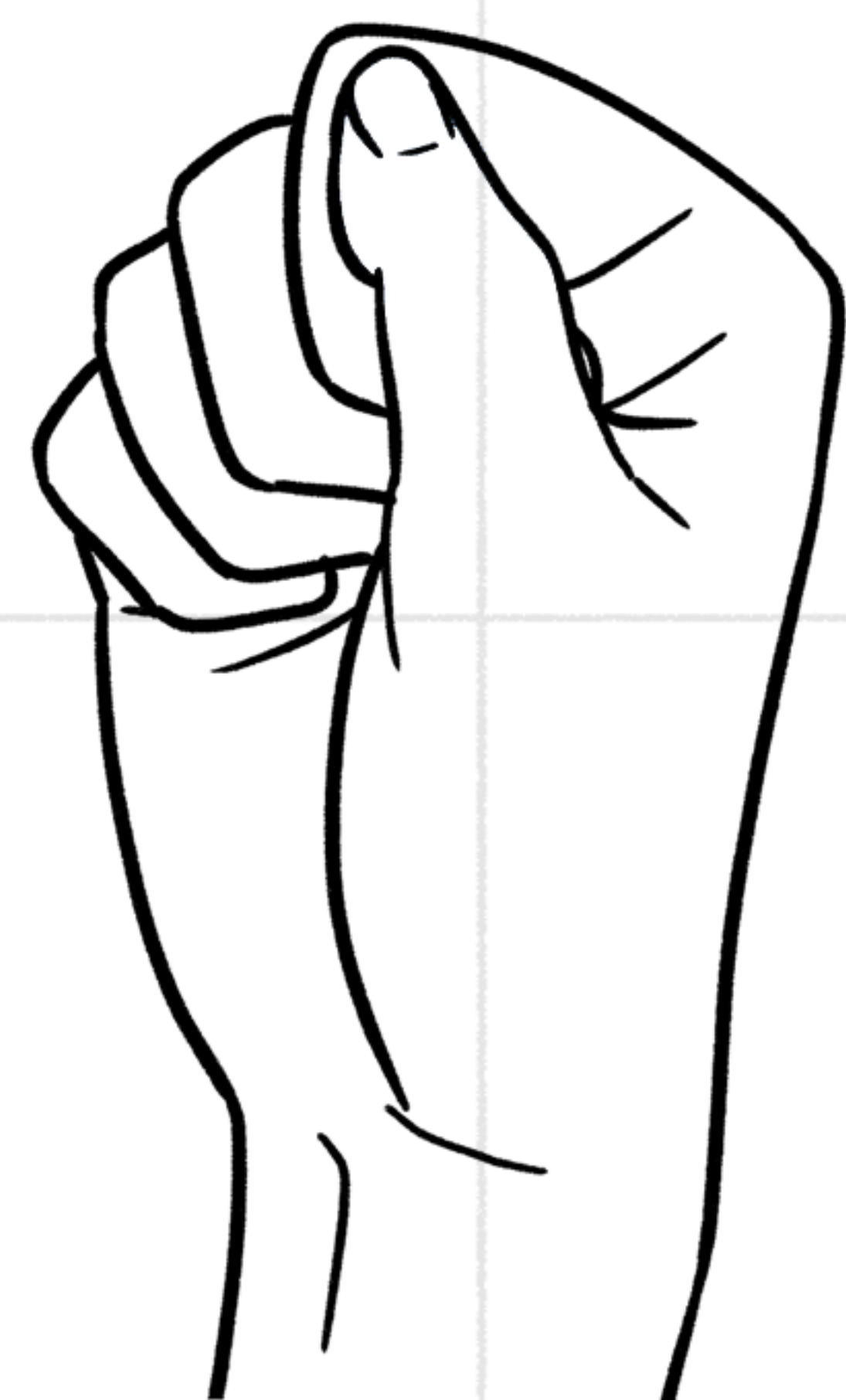


# 練習ドリル

LvUP Sheet No.027

## 拳の描き方

How to draw a fist



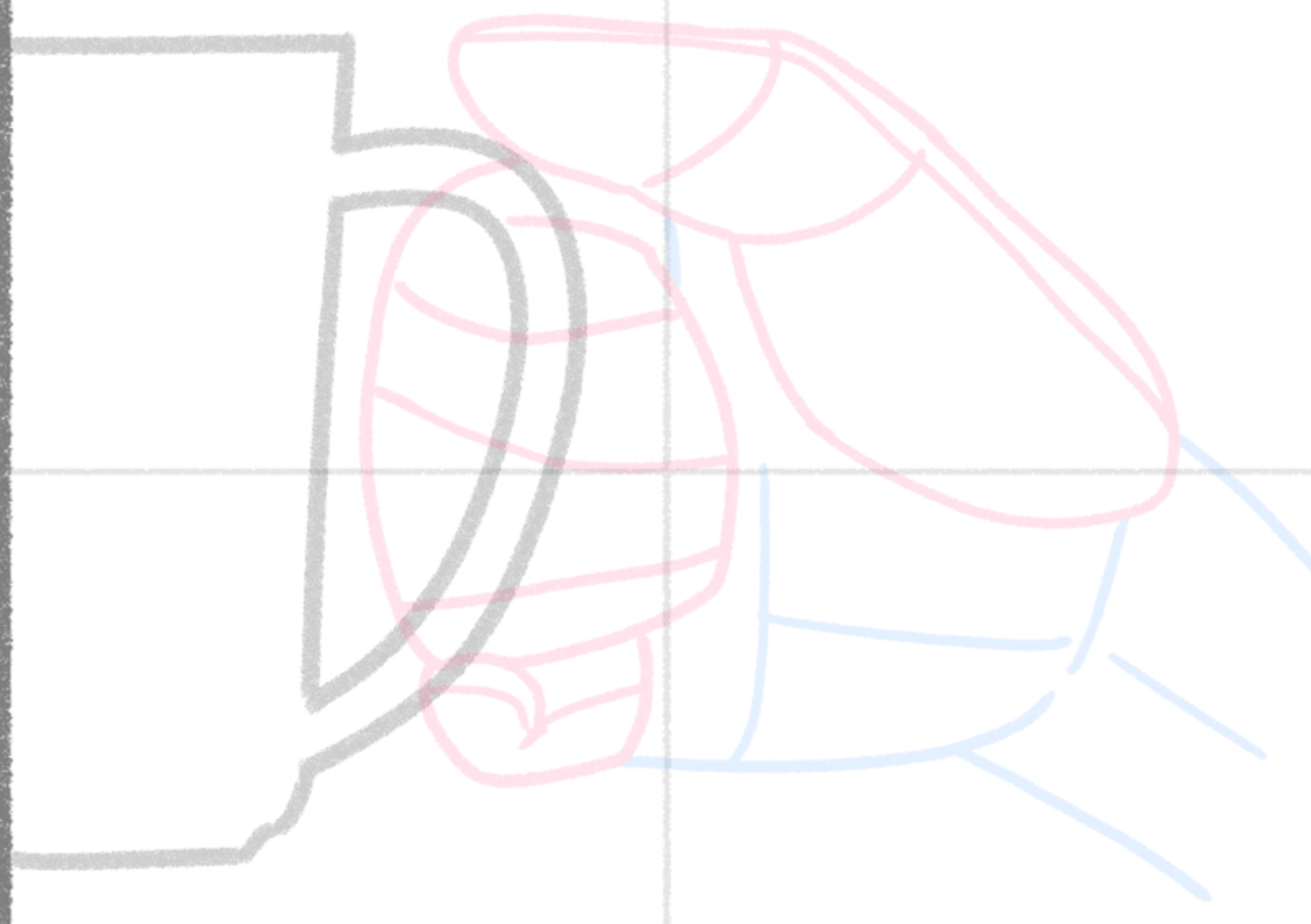
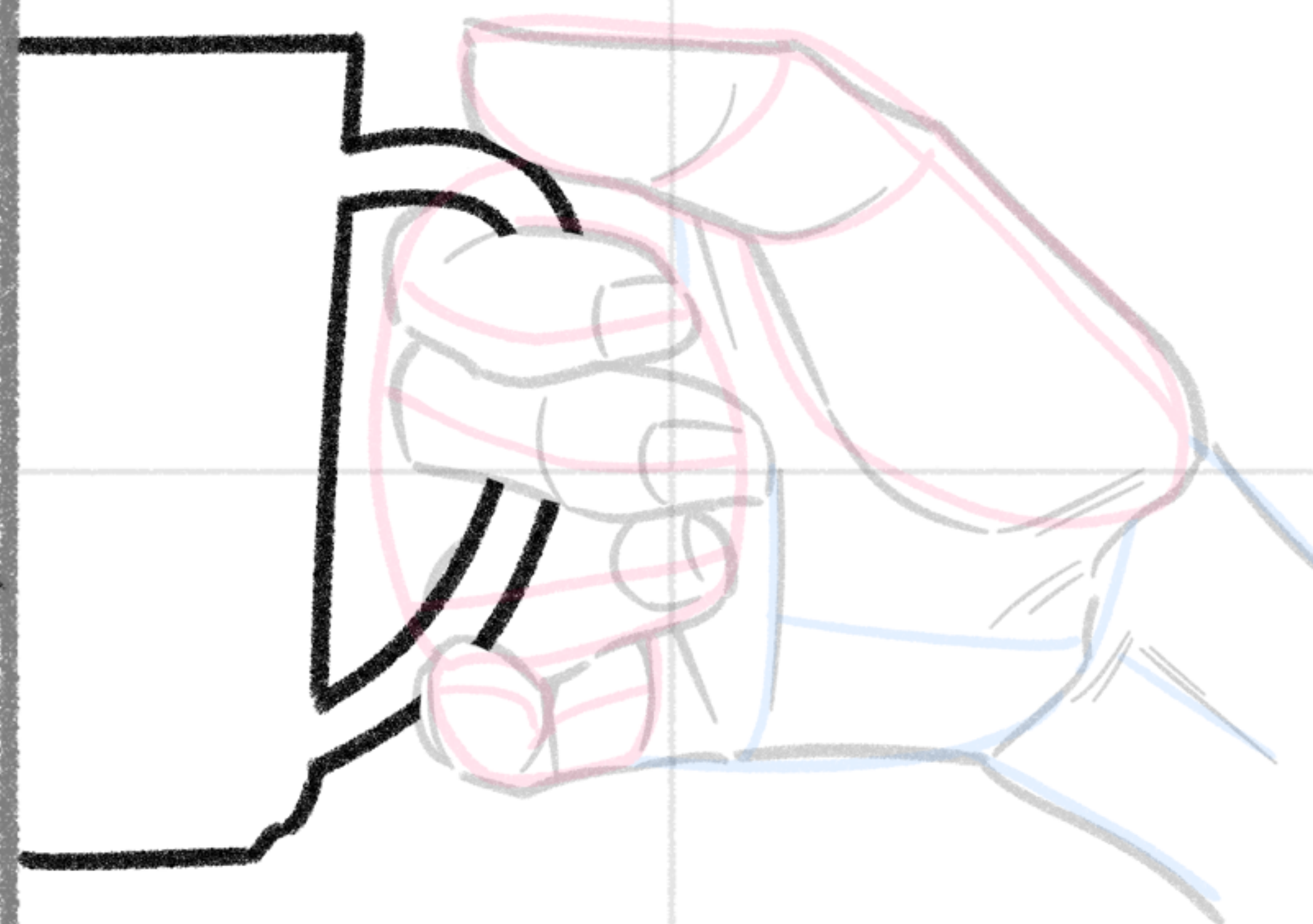
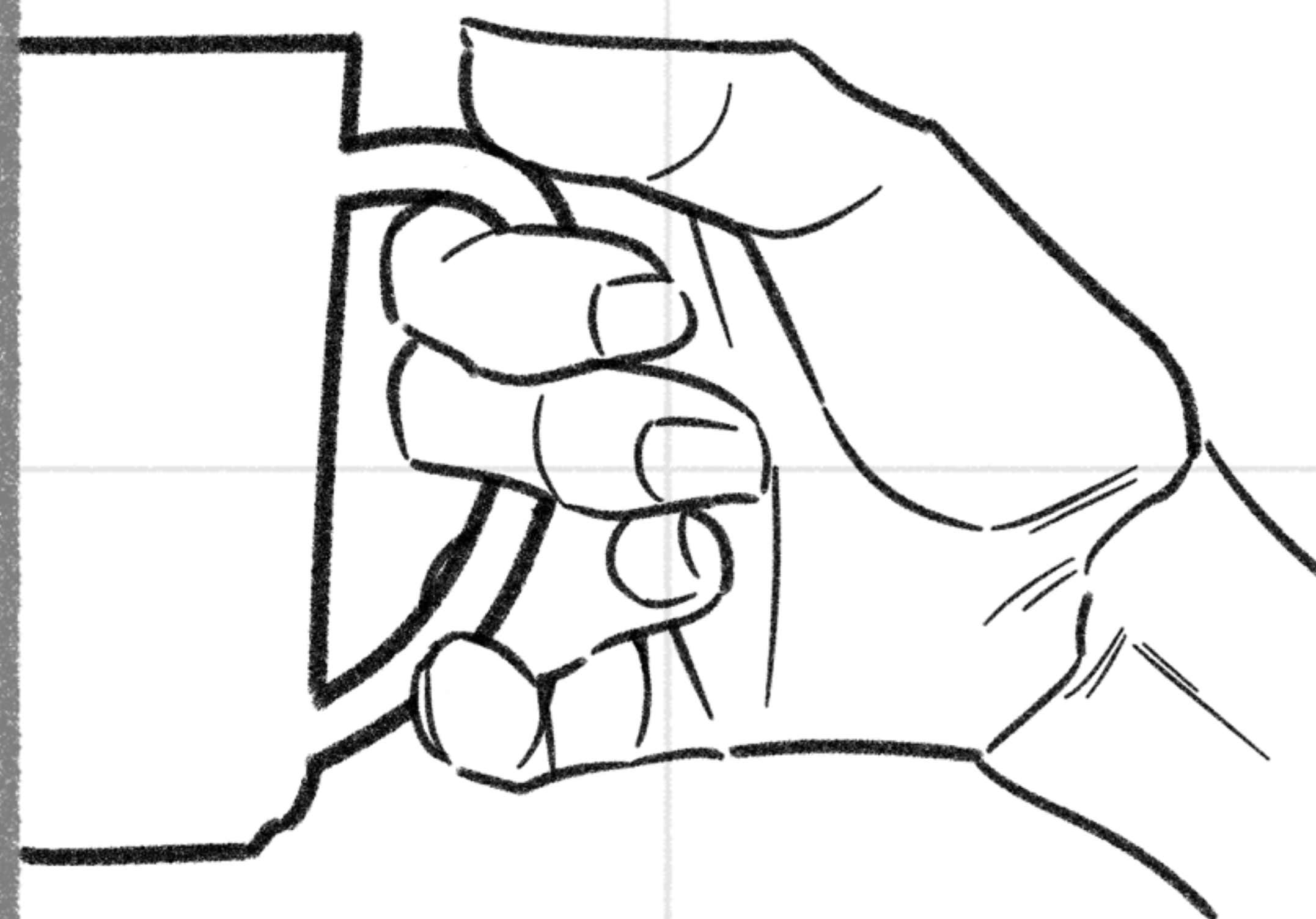
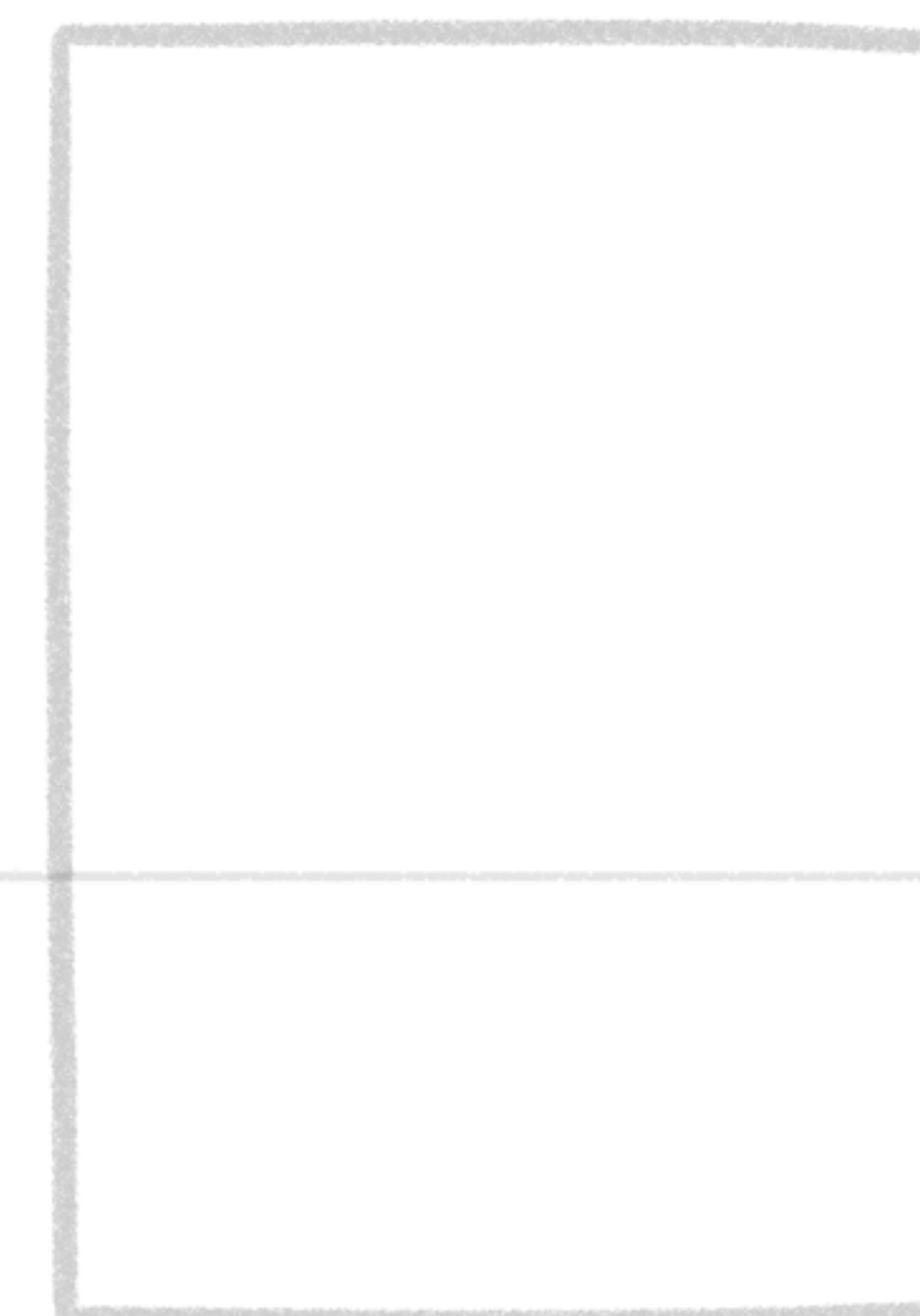
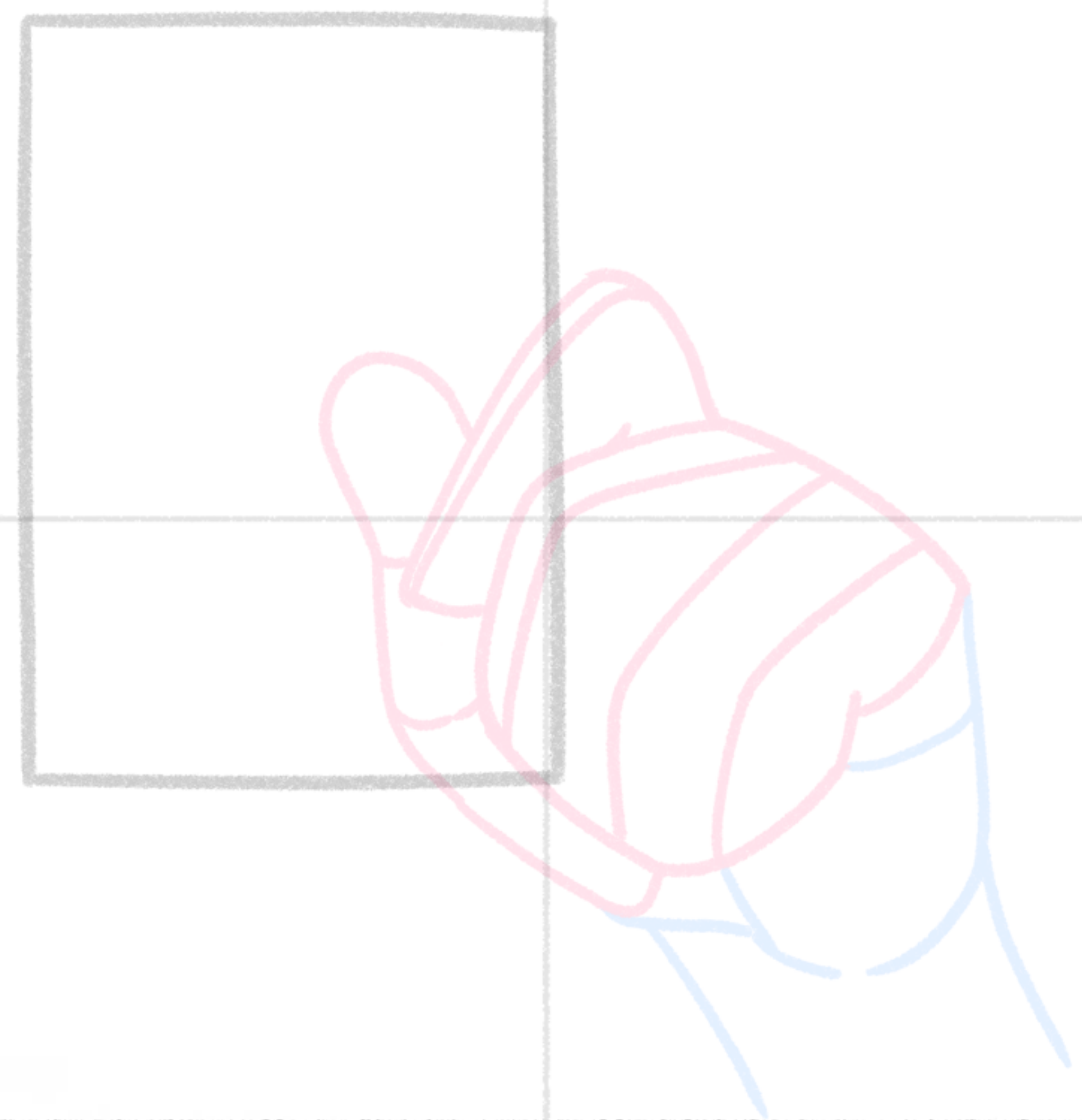
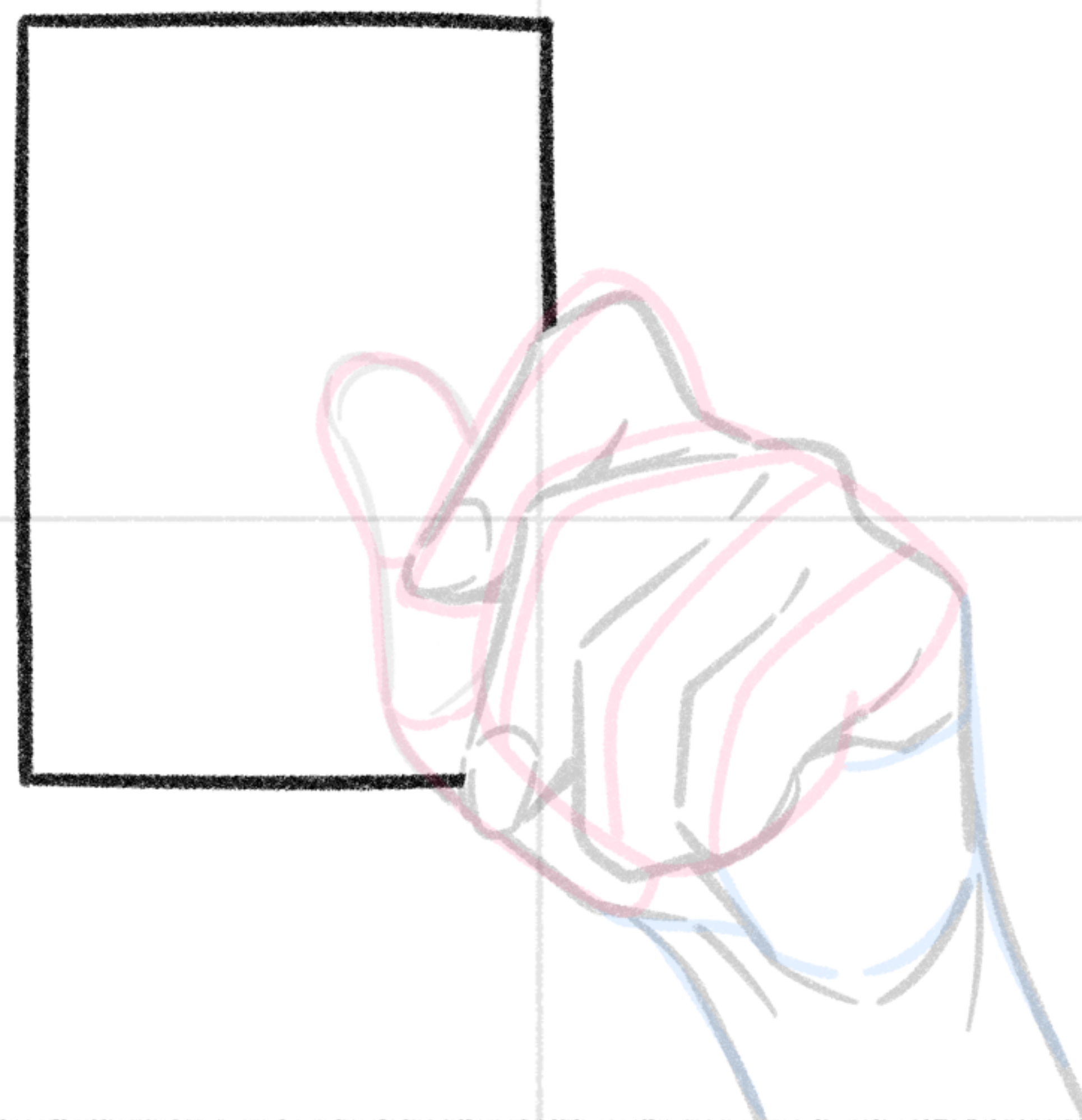
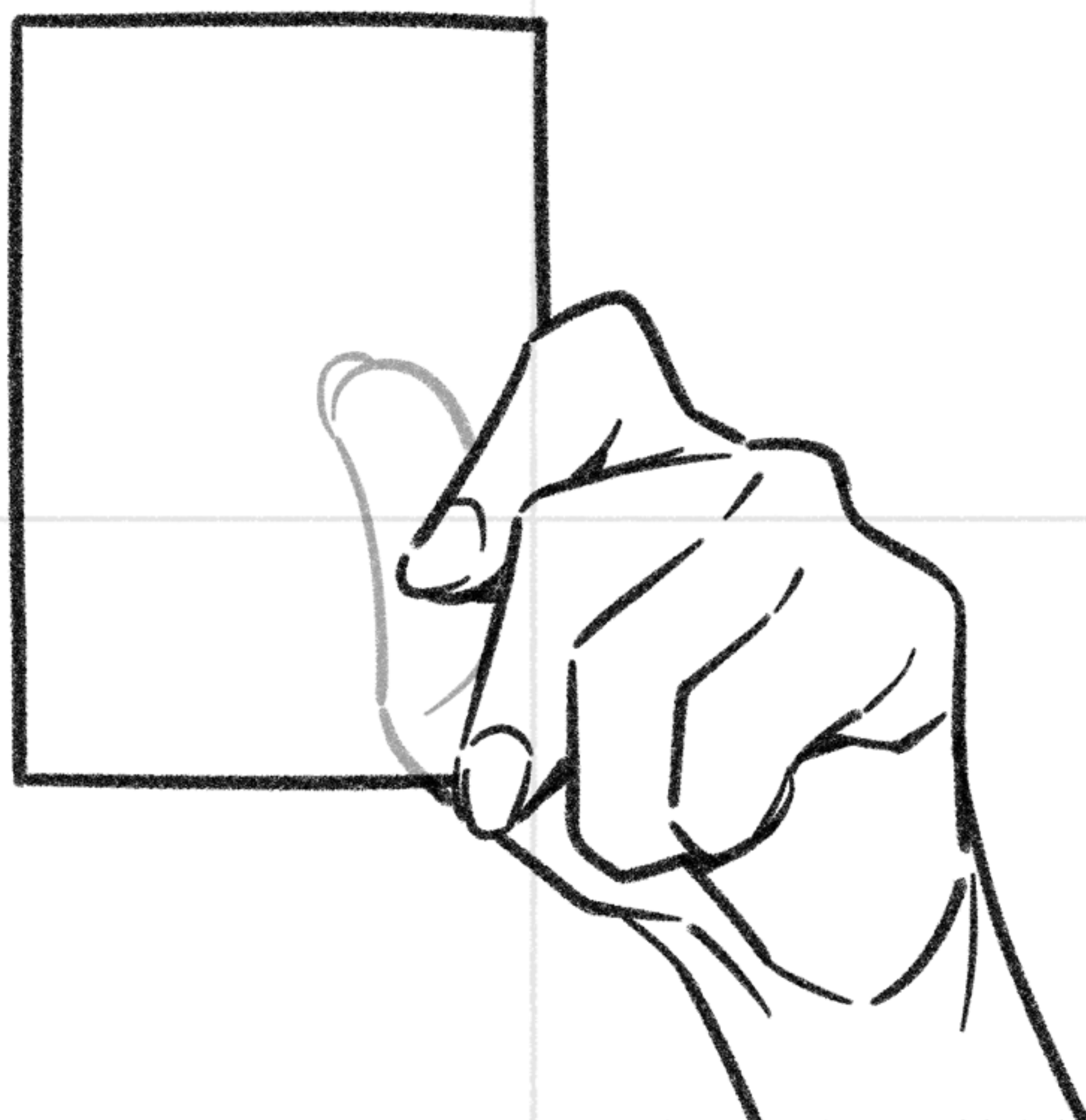


# 練習ドリル

LvUP Sheet No.028

## ものを持つ

Own things



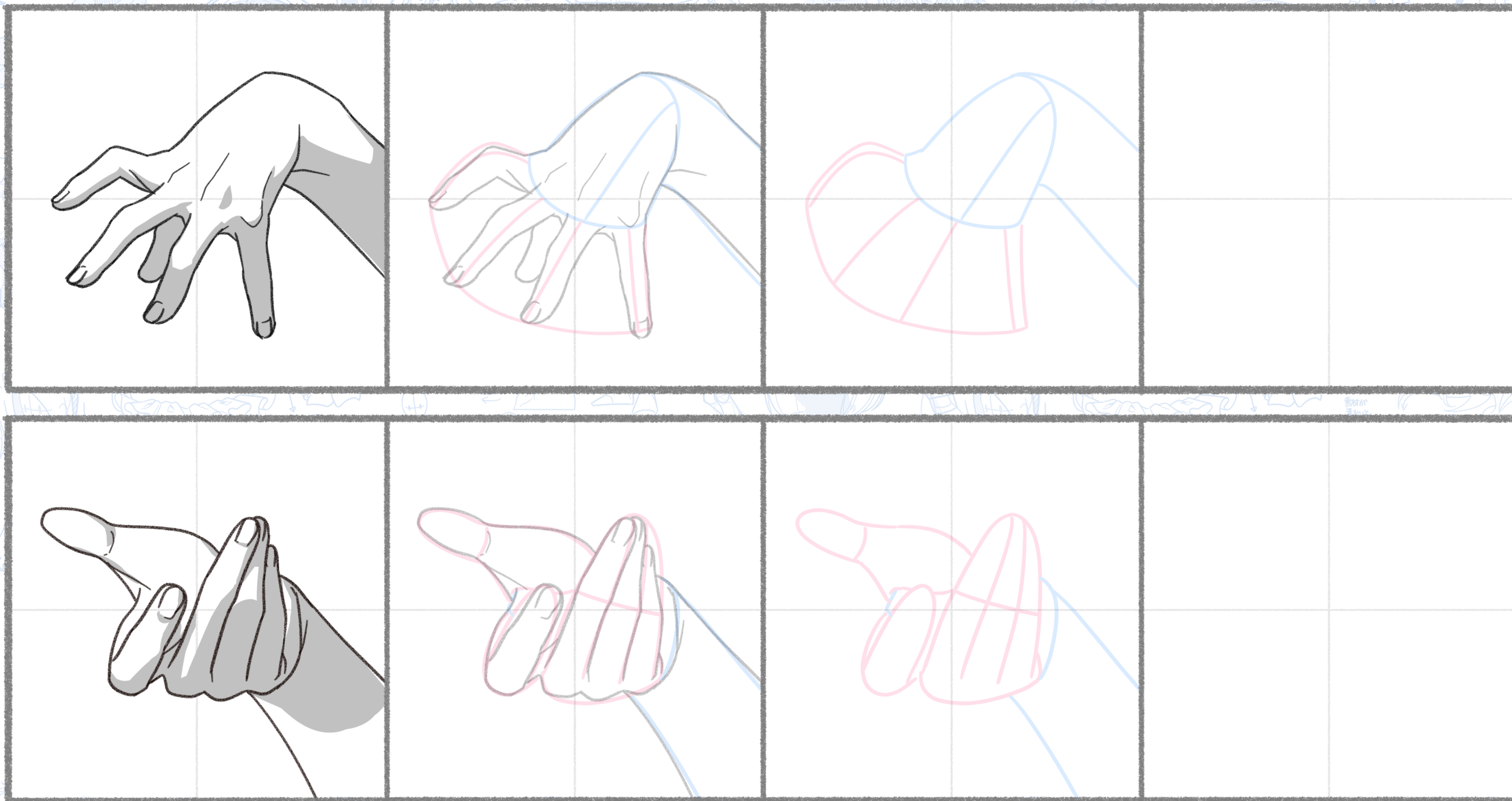


# 練習ドリル

LvUP Sheet No.029

## 手のバリエーション1

Hand Variations 1





# 練習ドリル

LvUP Sheet No.029

## 手のバリエーション2

Hand Variations 2



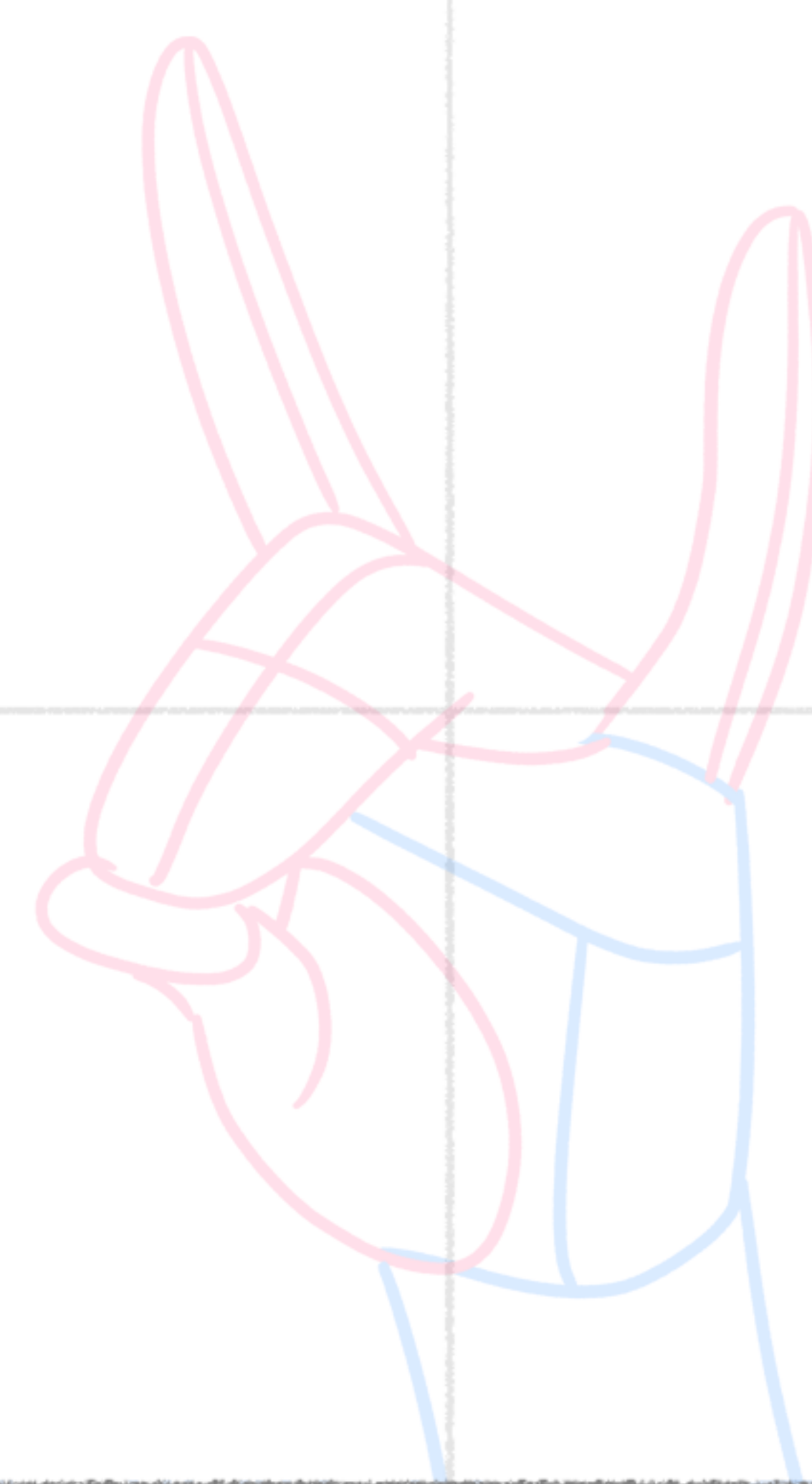
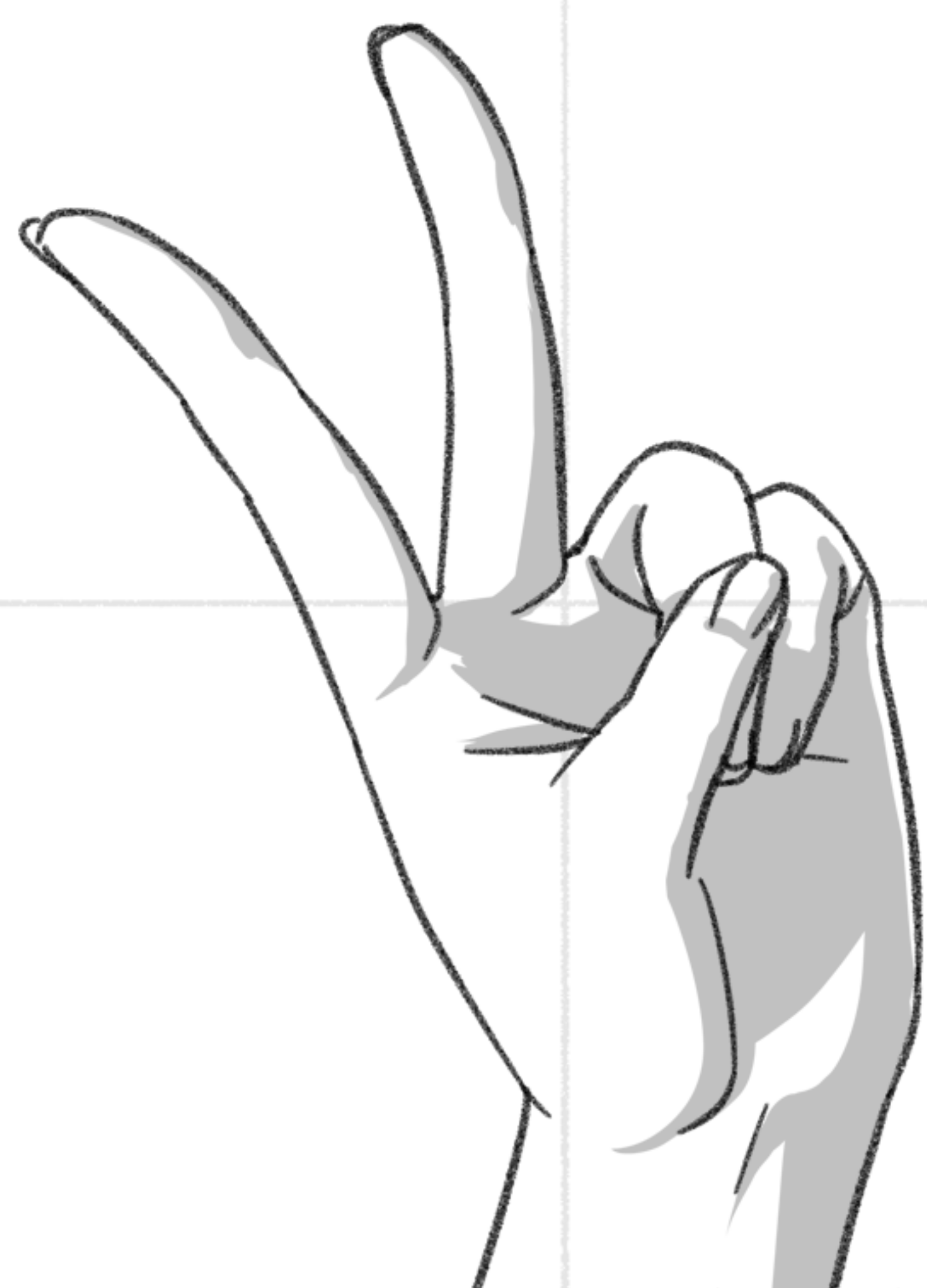


# 練習ドリル

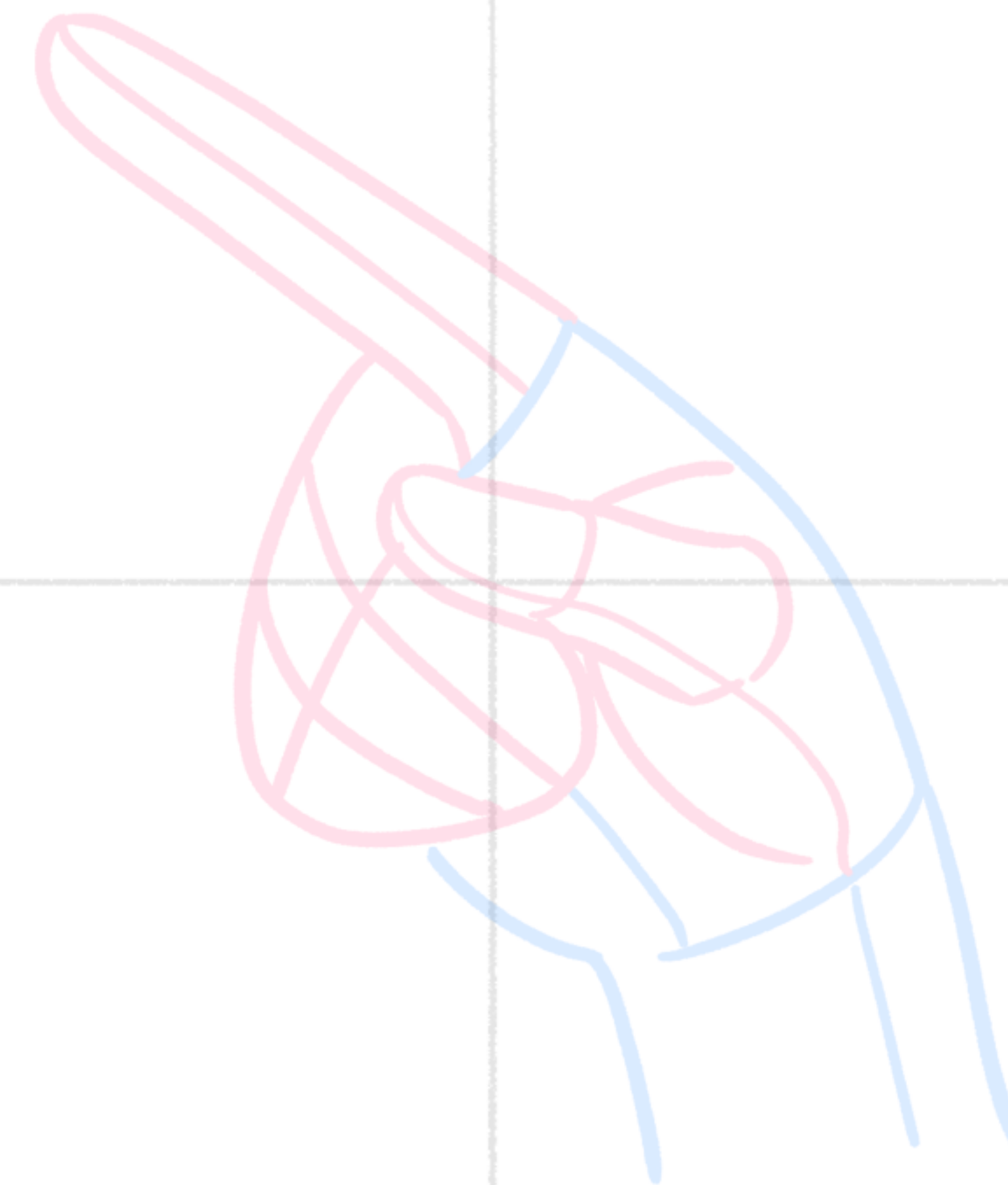
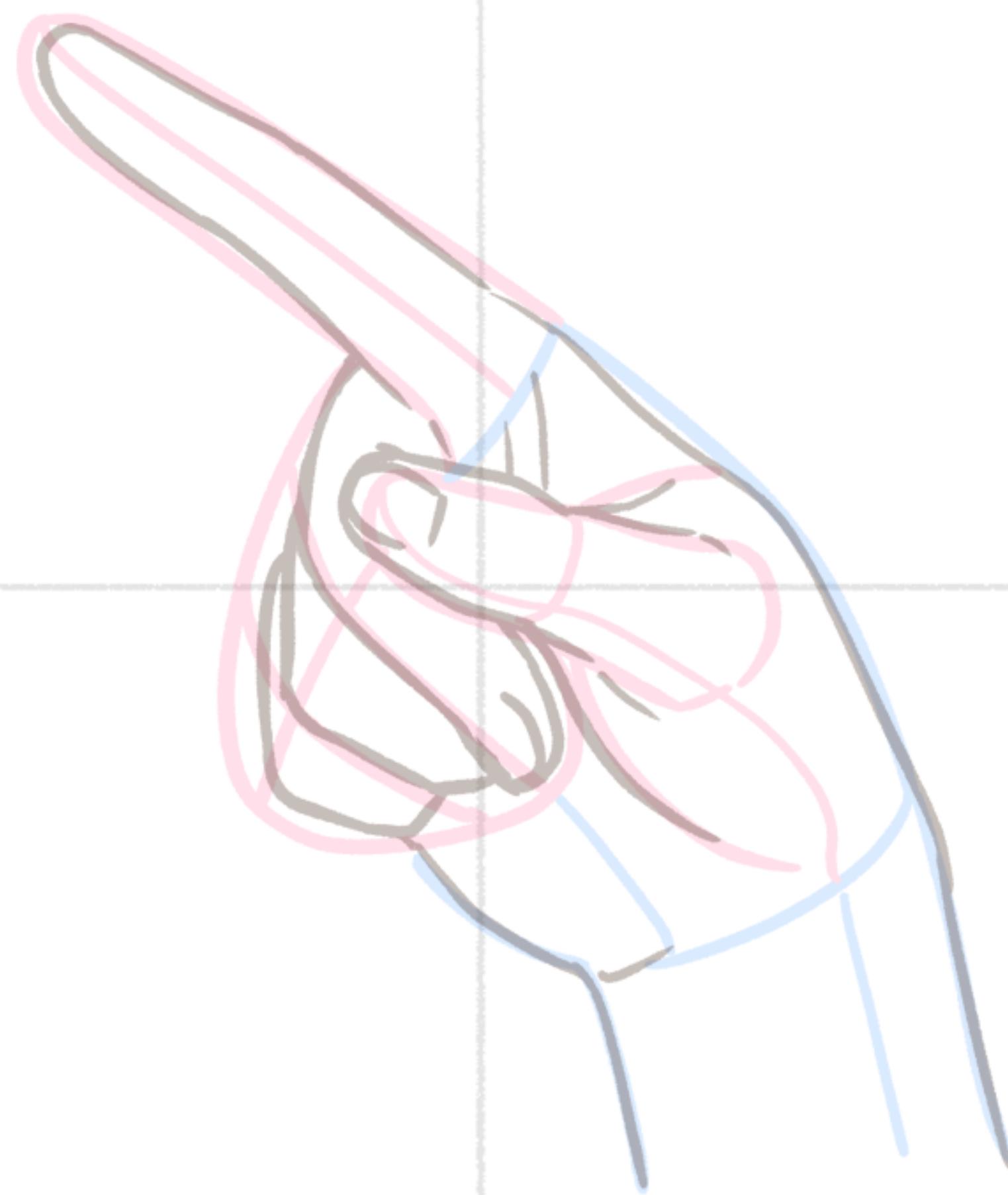
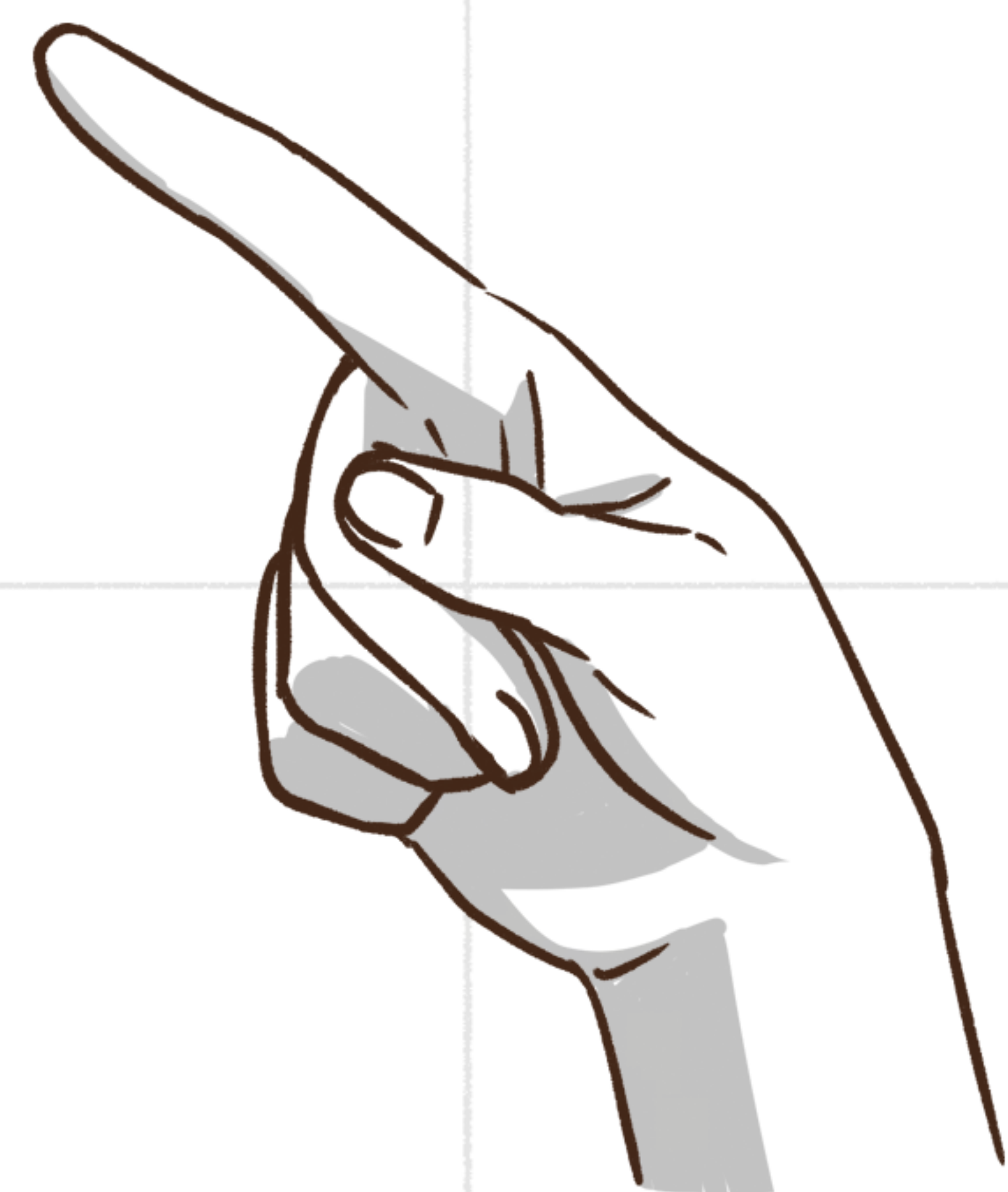
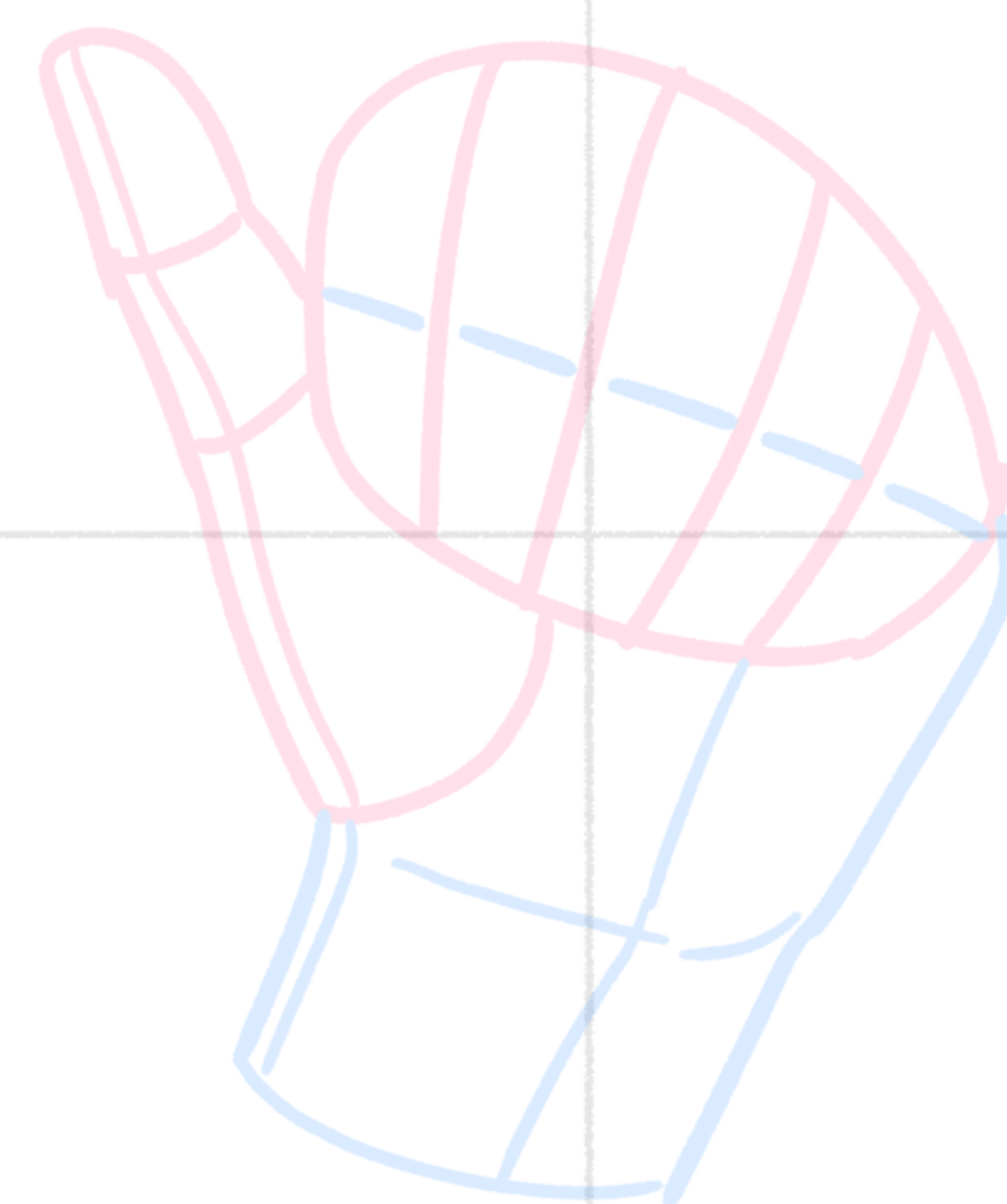
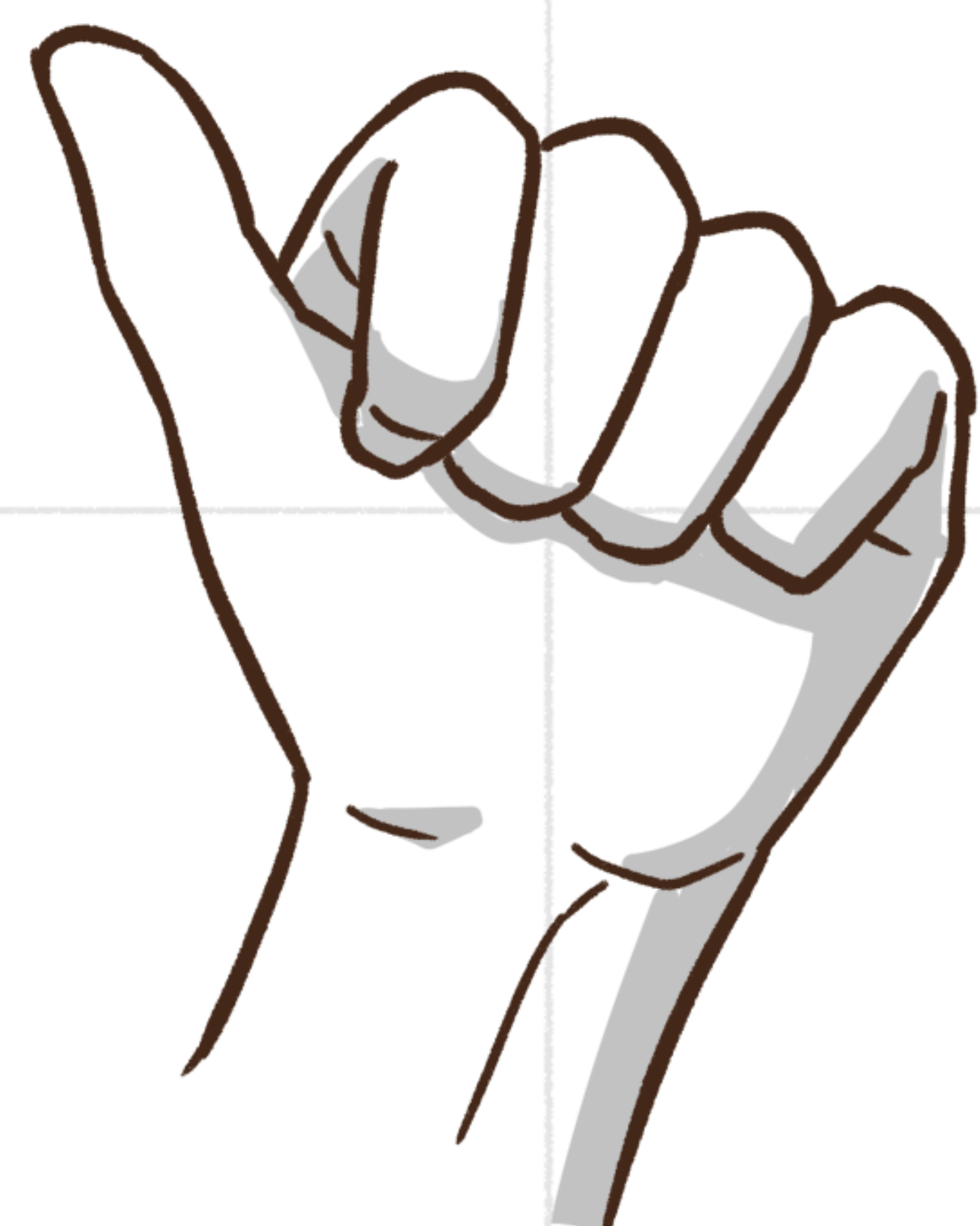
LvUP Sheet No.029

## 手のバリエーション3

Hand Variations 3







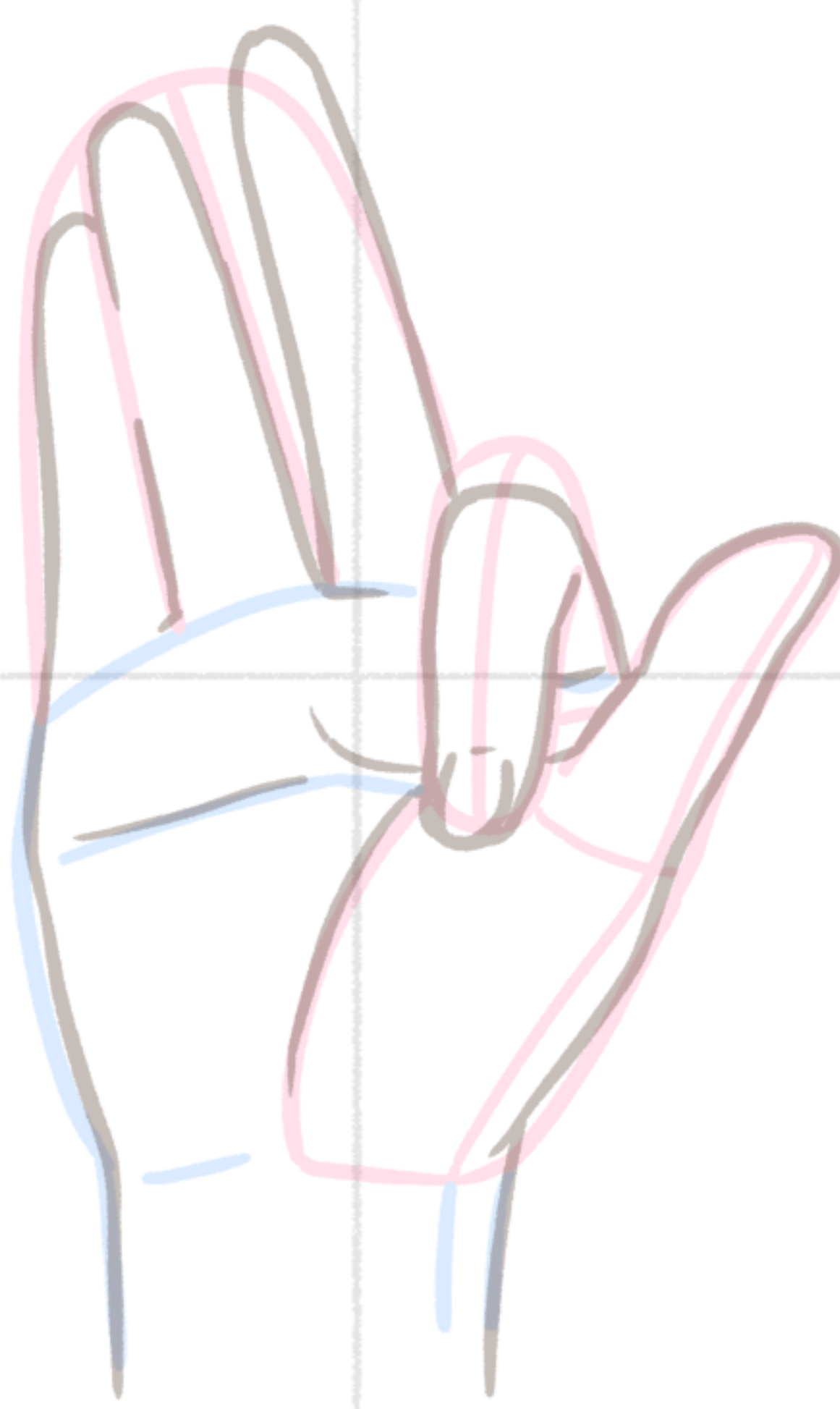
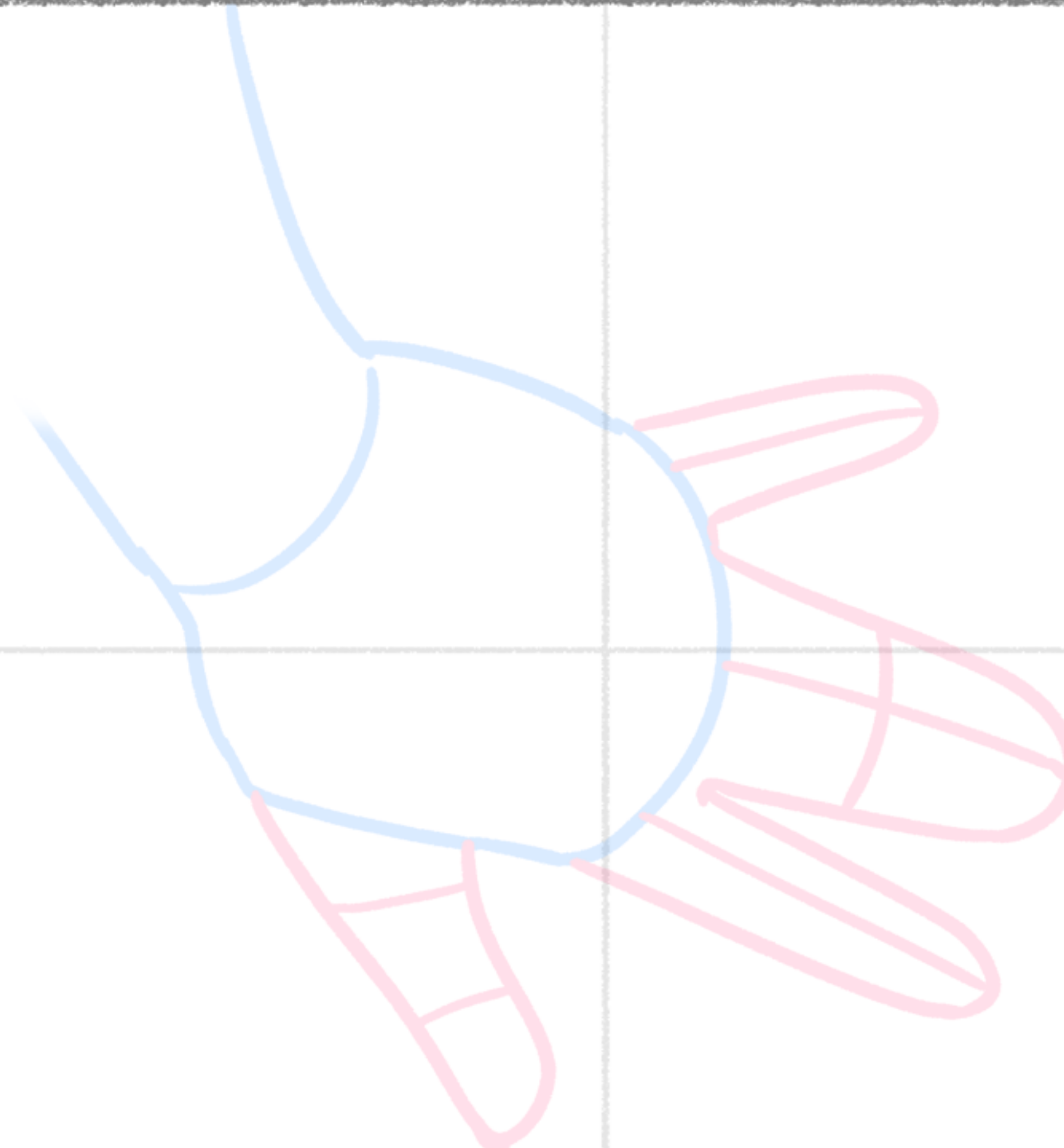
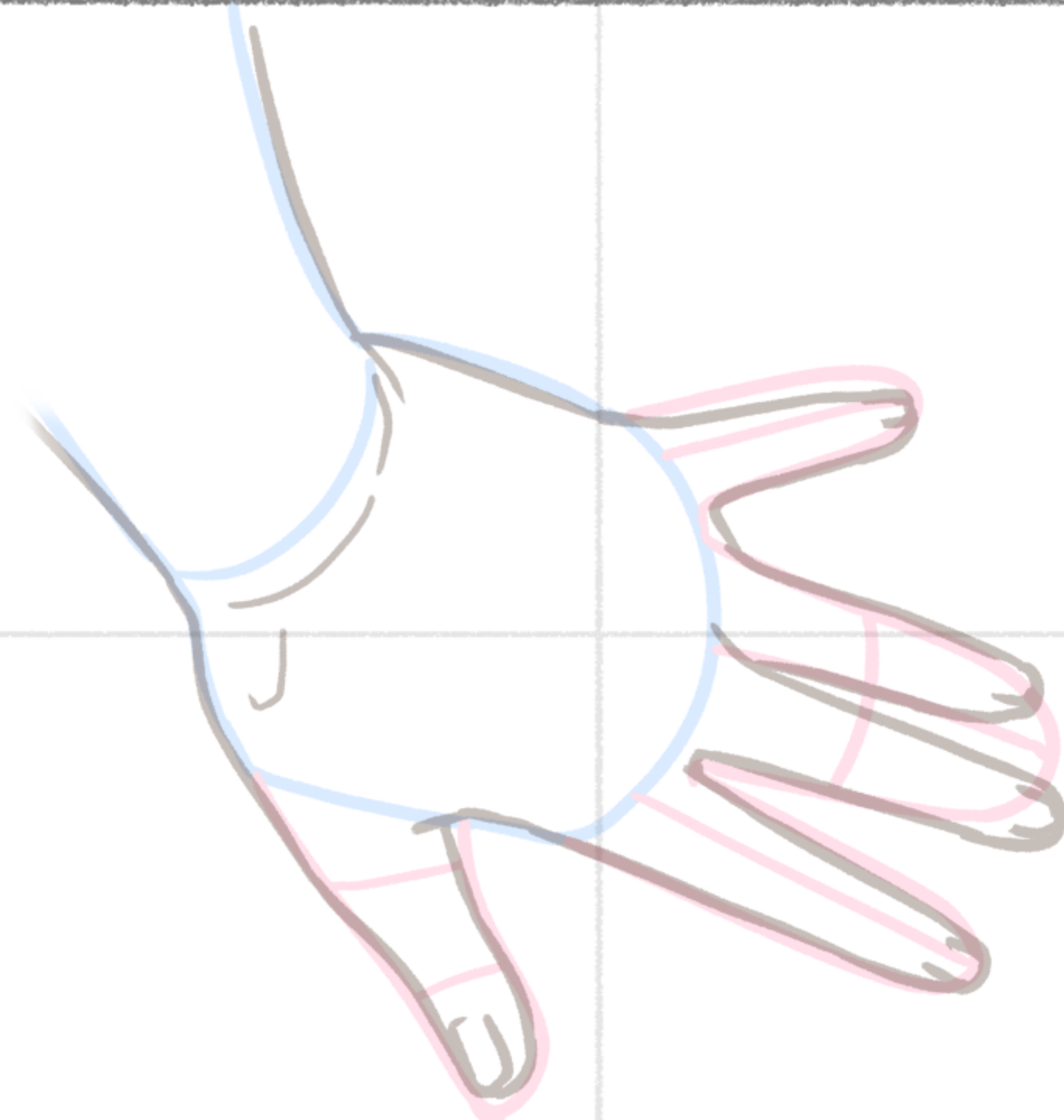
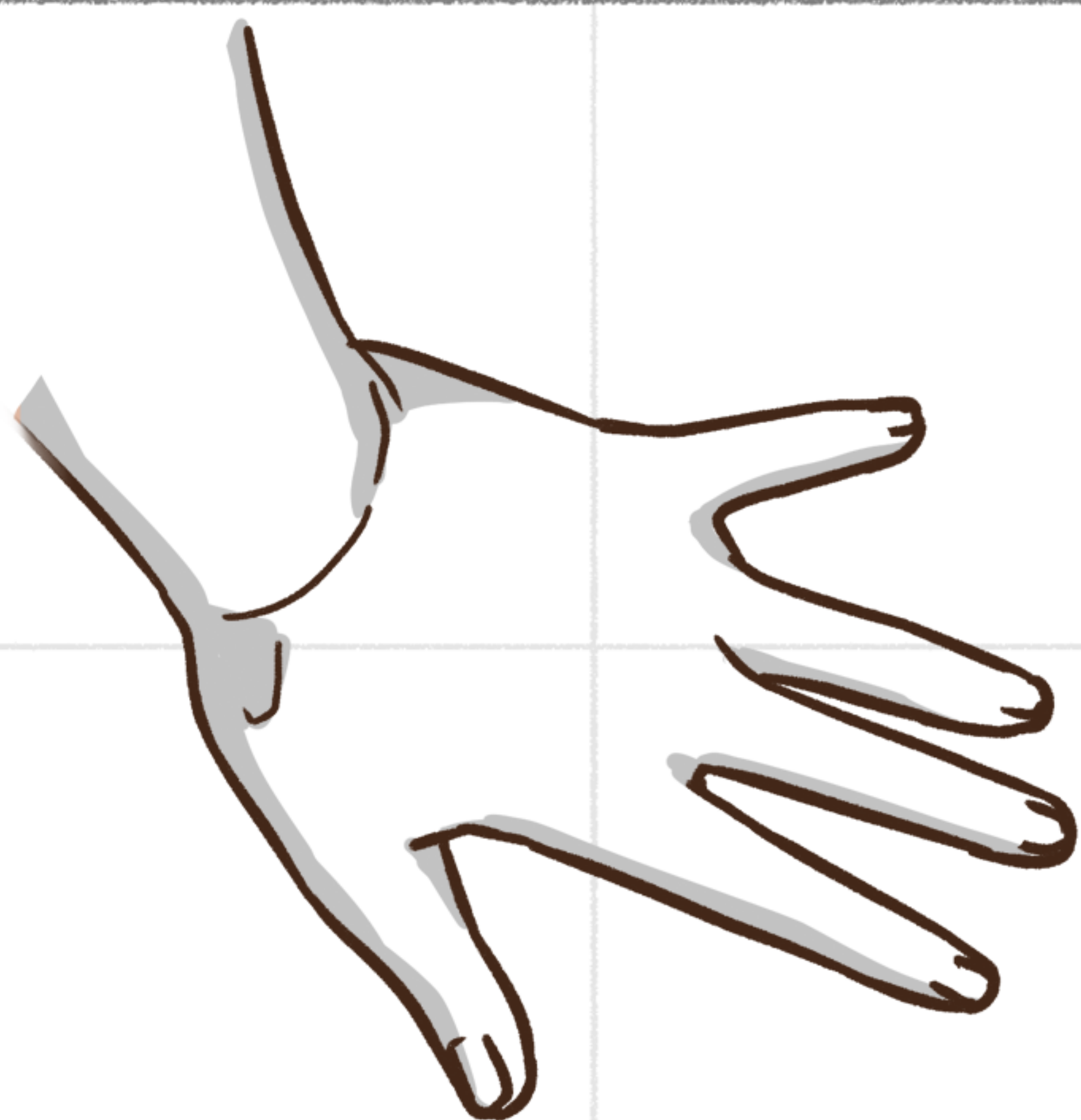


# 練習ドリル

LvUP Sheet No.029

## 手のバリエーション5

Hand Variations 5



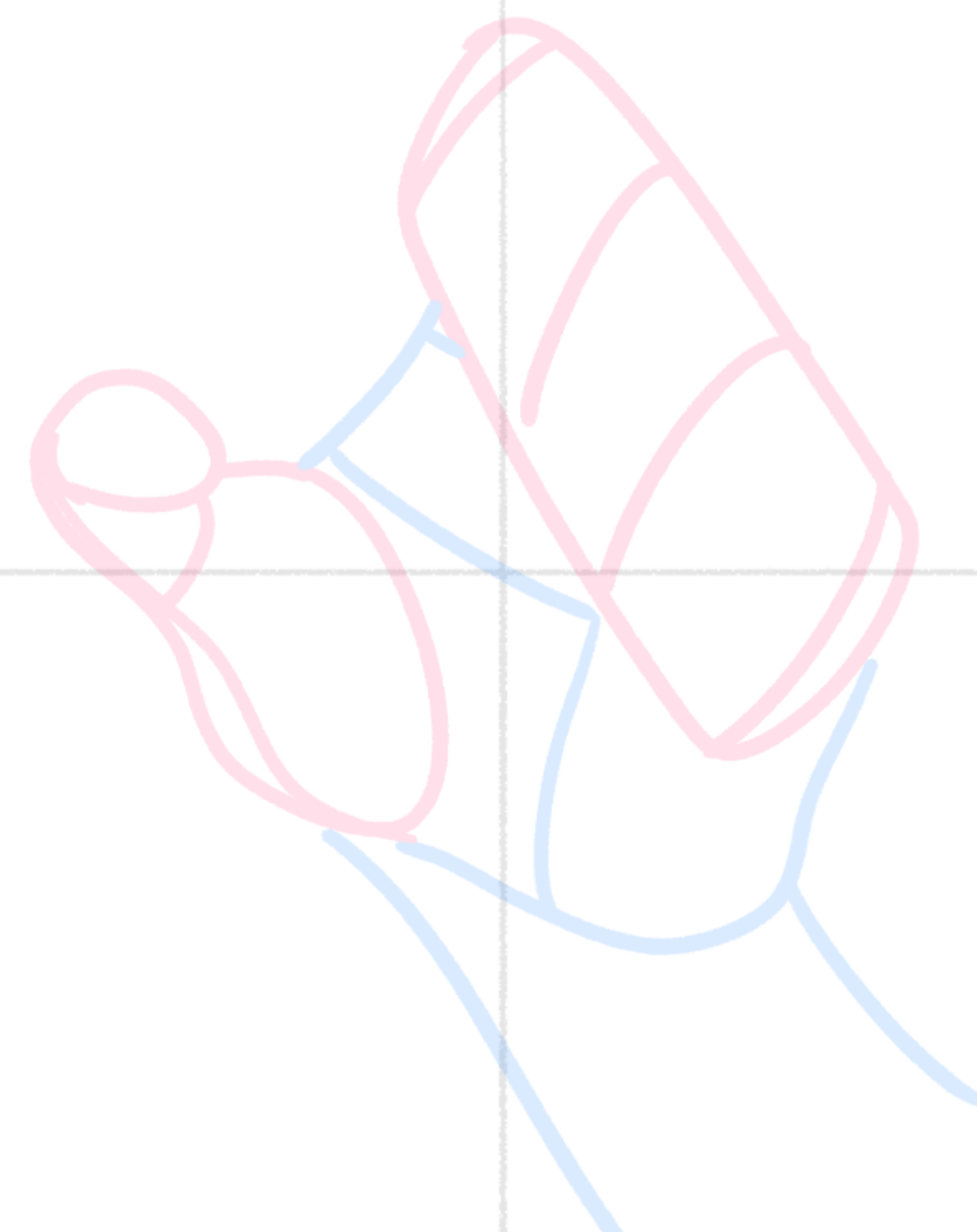
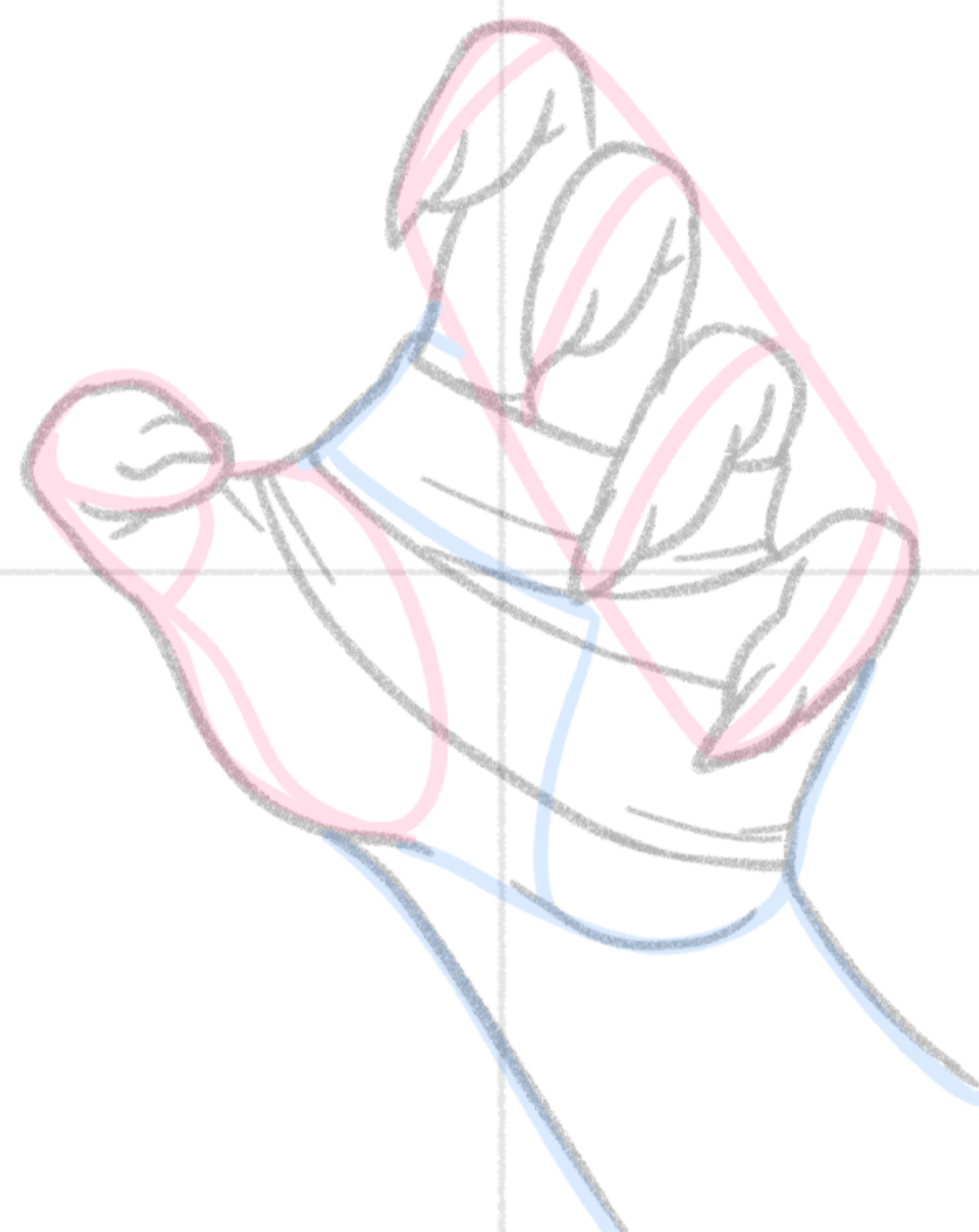
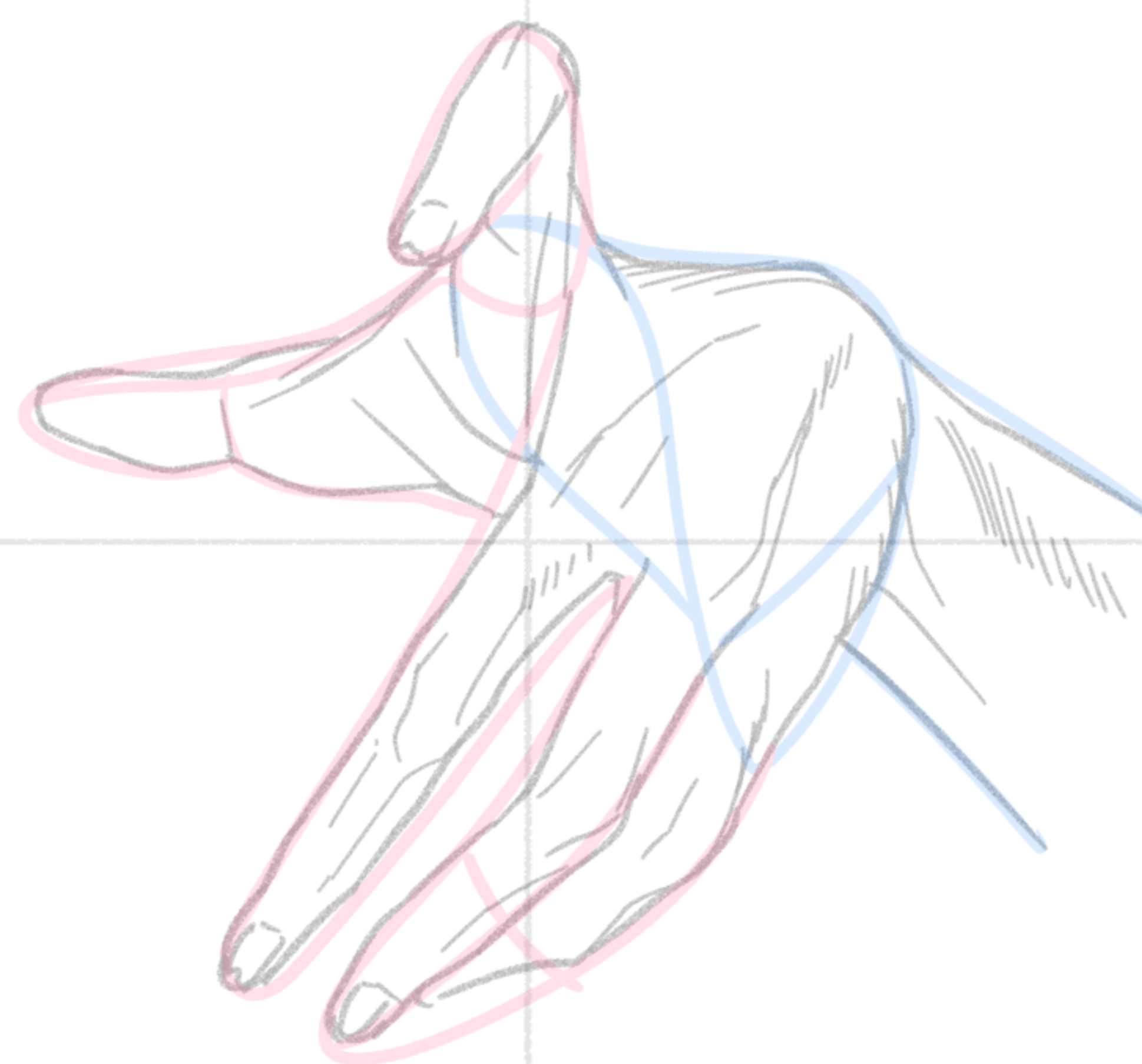
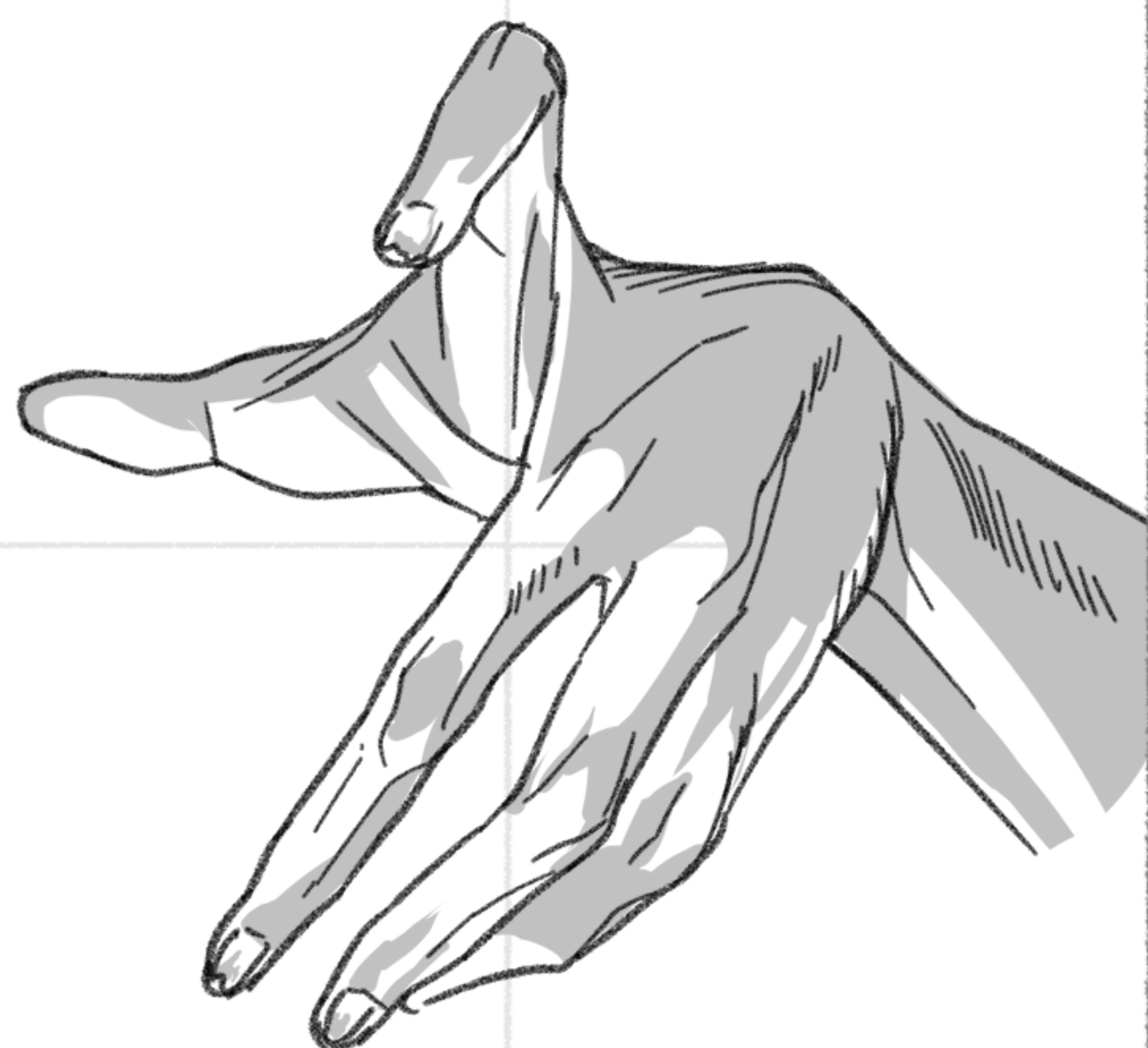


# 練習ドリル

LvUP Sheet No.029

## 手のバリエーション6

Hand Variations 6



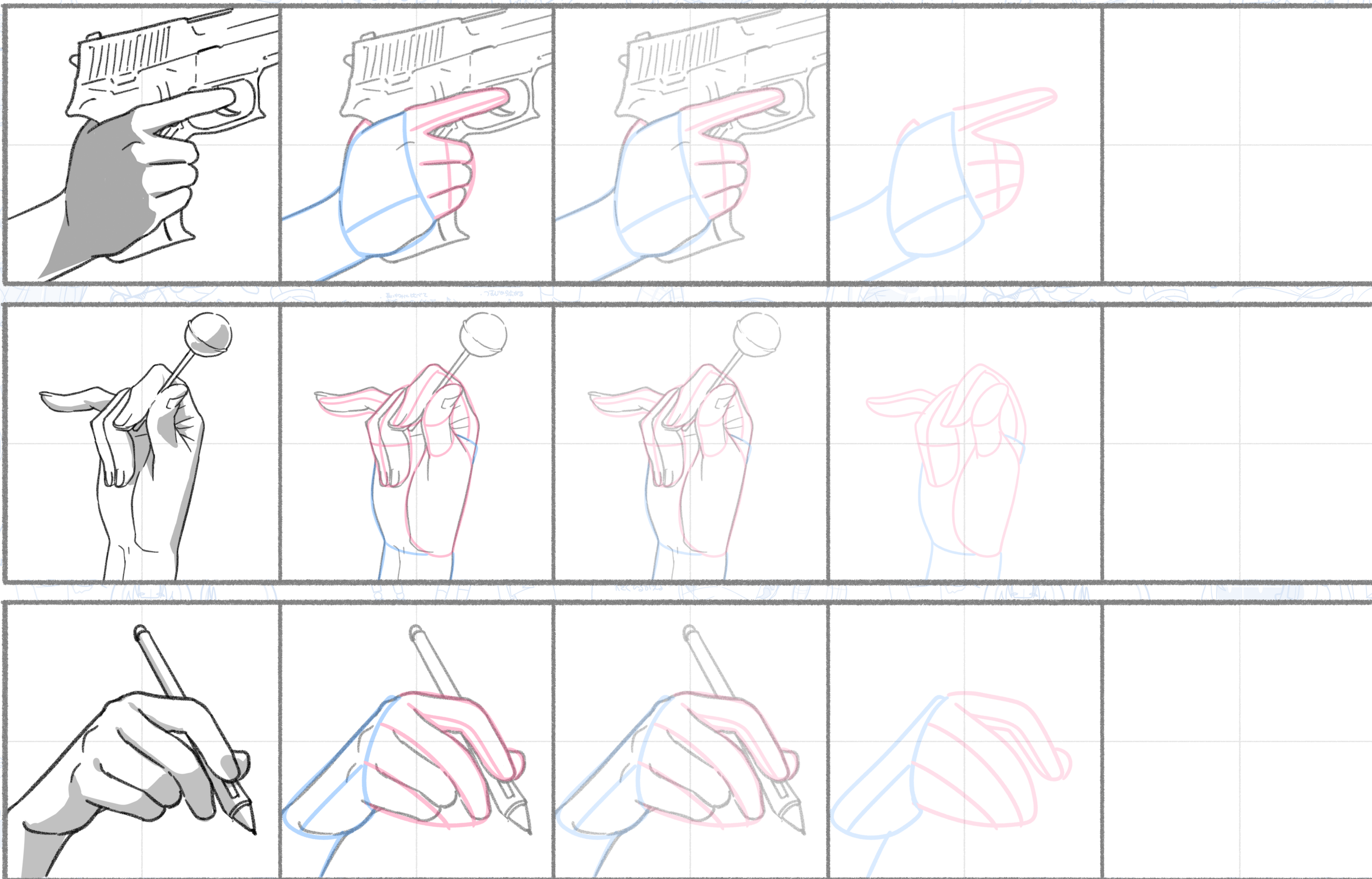


# 練習ドリル

LvUP Sheet No.029

## 手のバリエーション7

Hand Variations 7



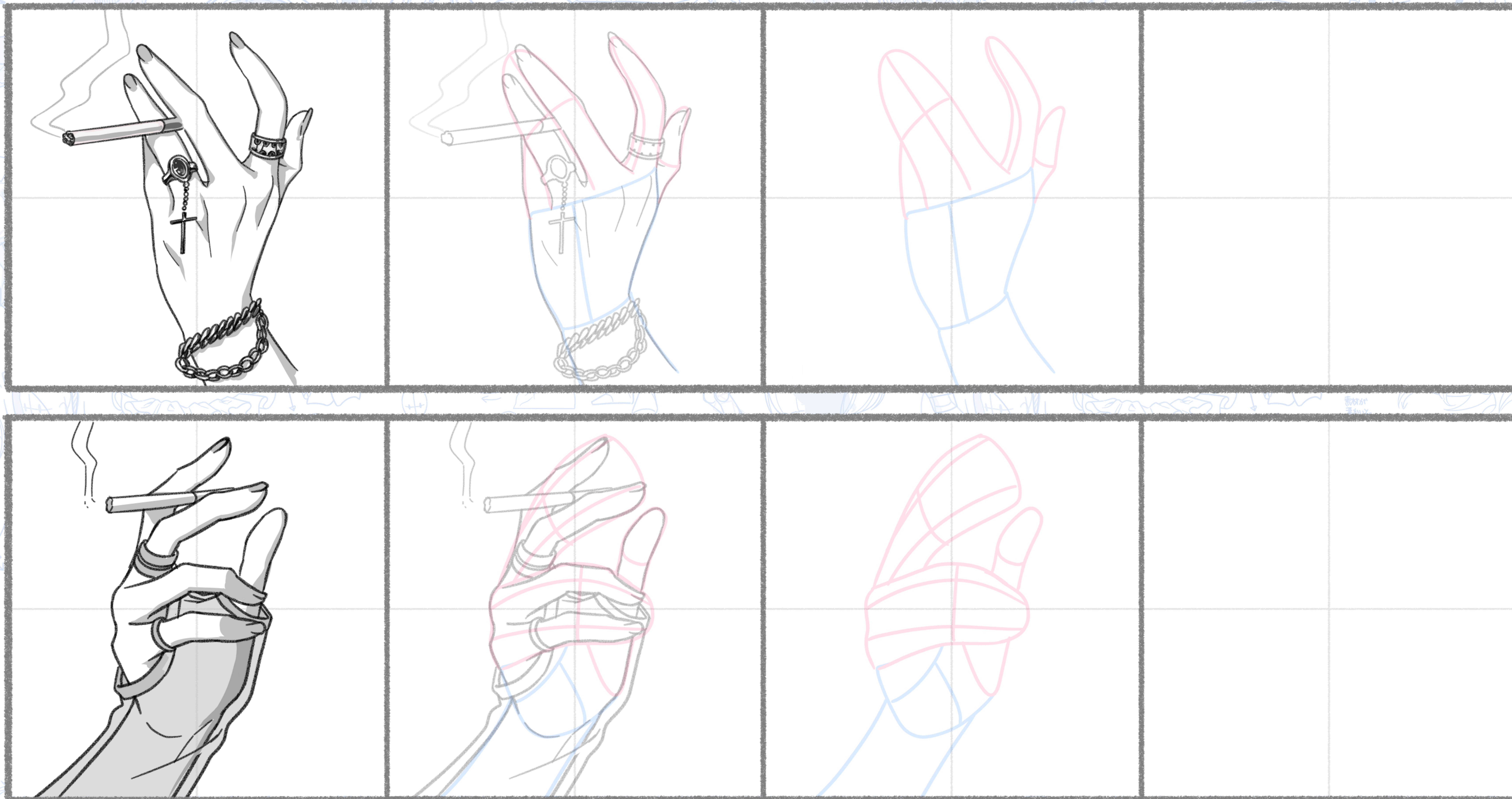


# 練習ドリル

LvUP Sheet No.029

## 手のバリエーション8

Hand Variations 8



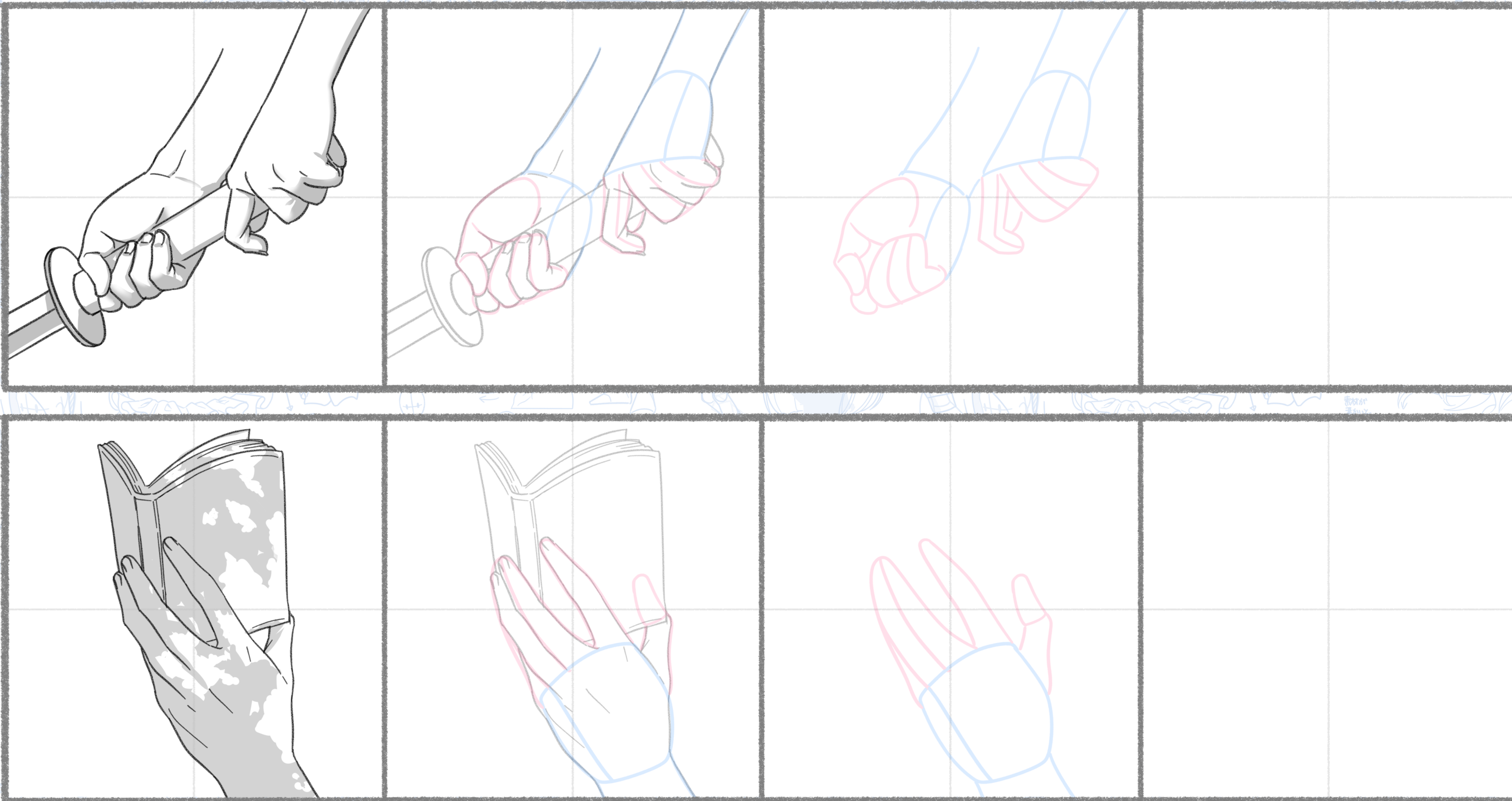


# 練習ドリル

LvUP Sheet No.029

## 手のバリエーション9

Hand Variations 9



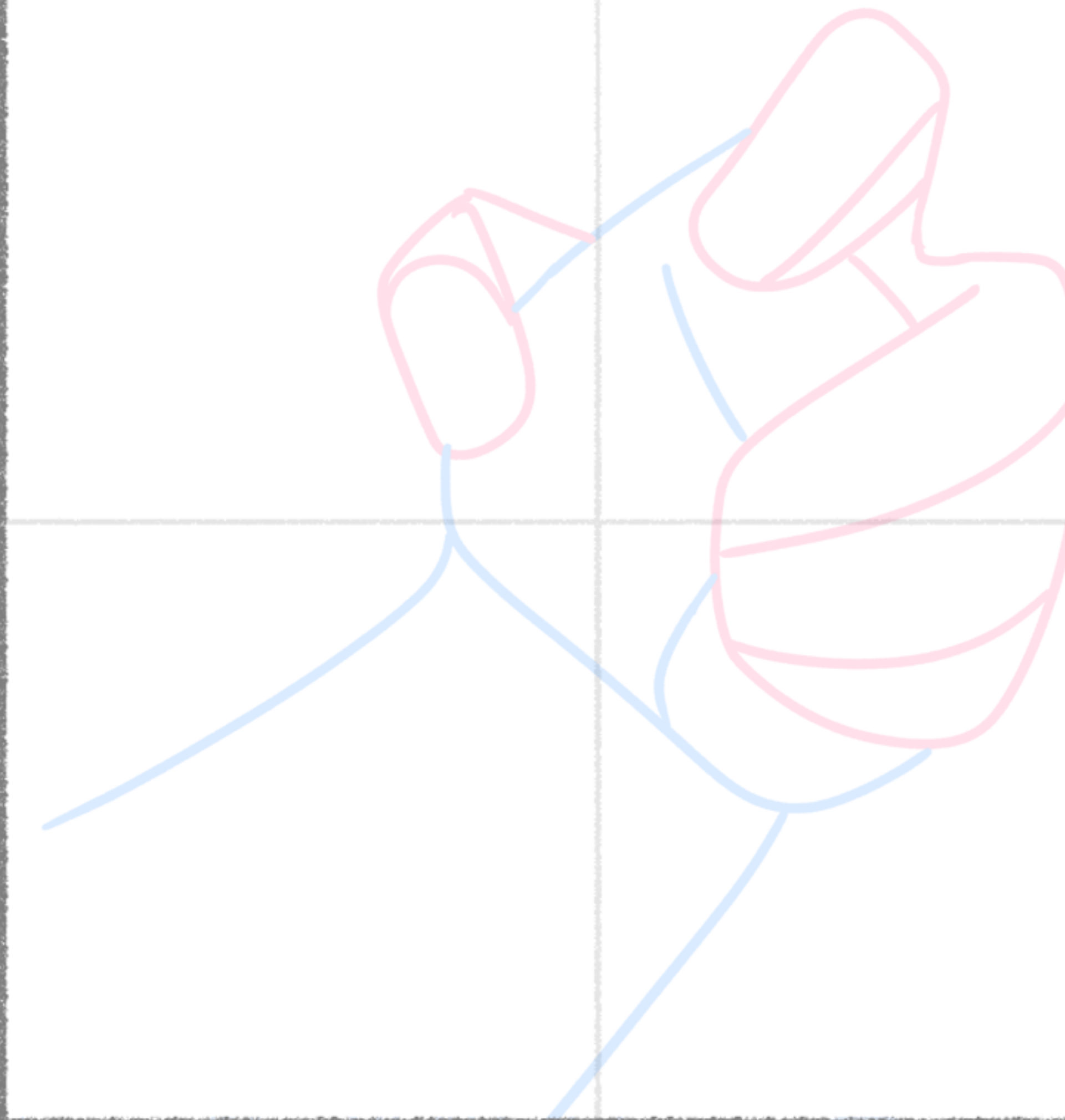
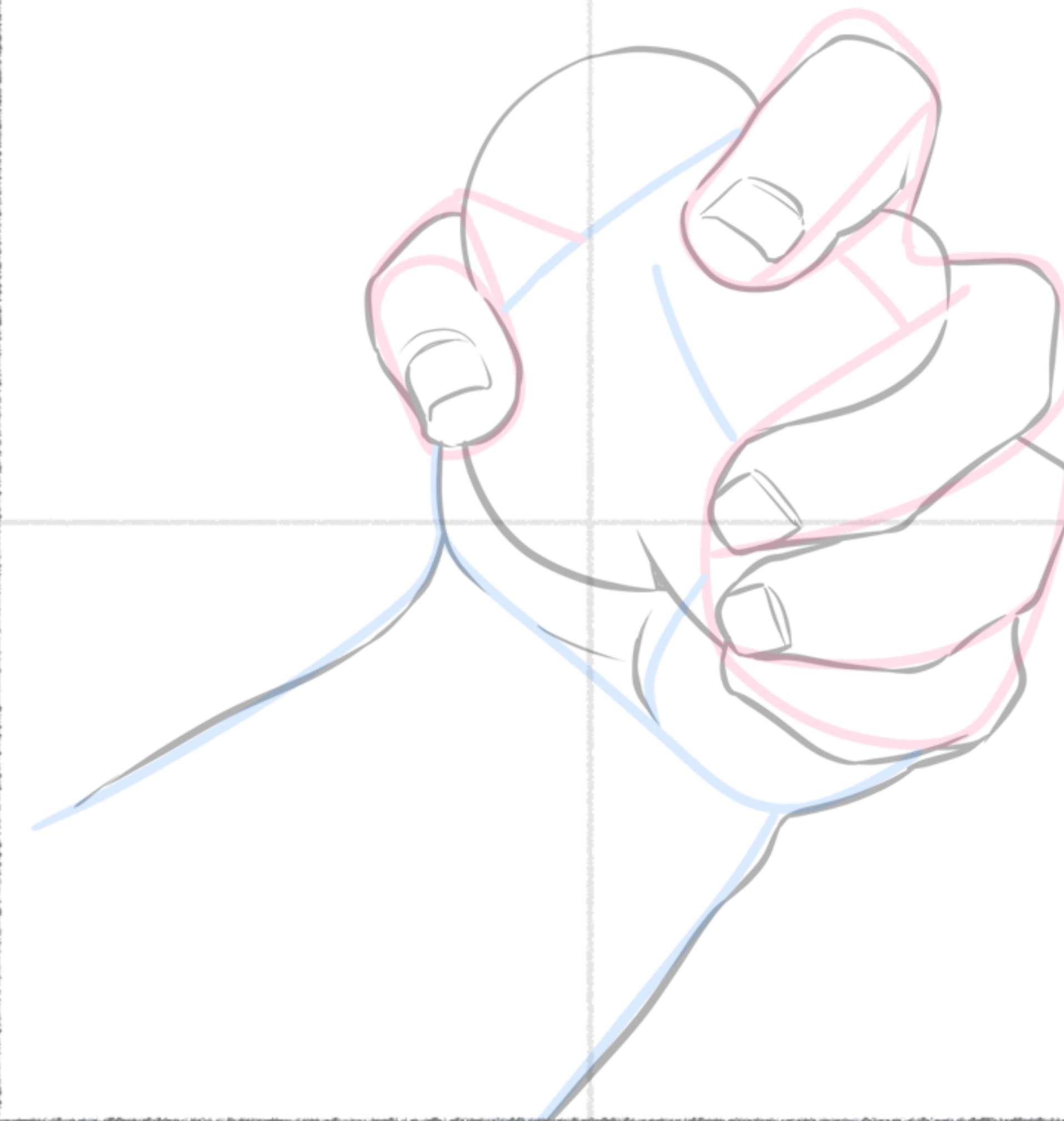
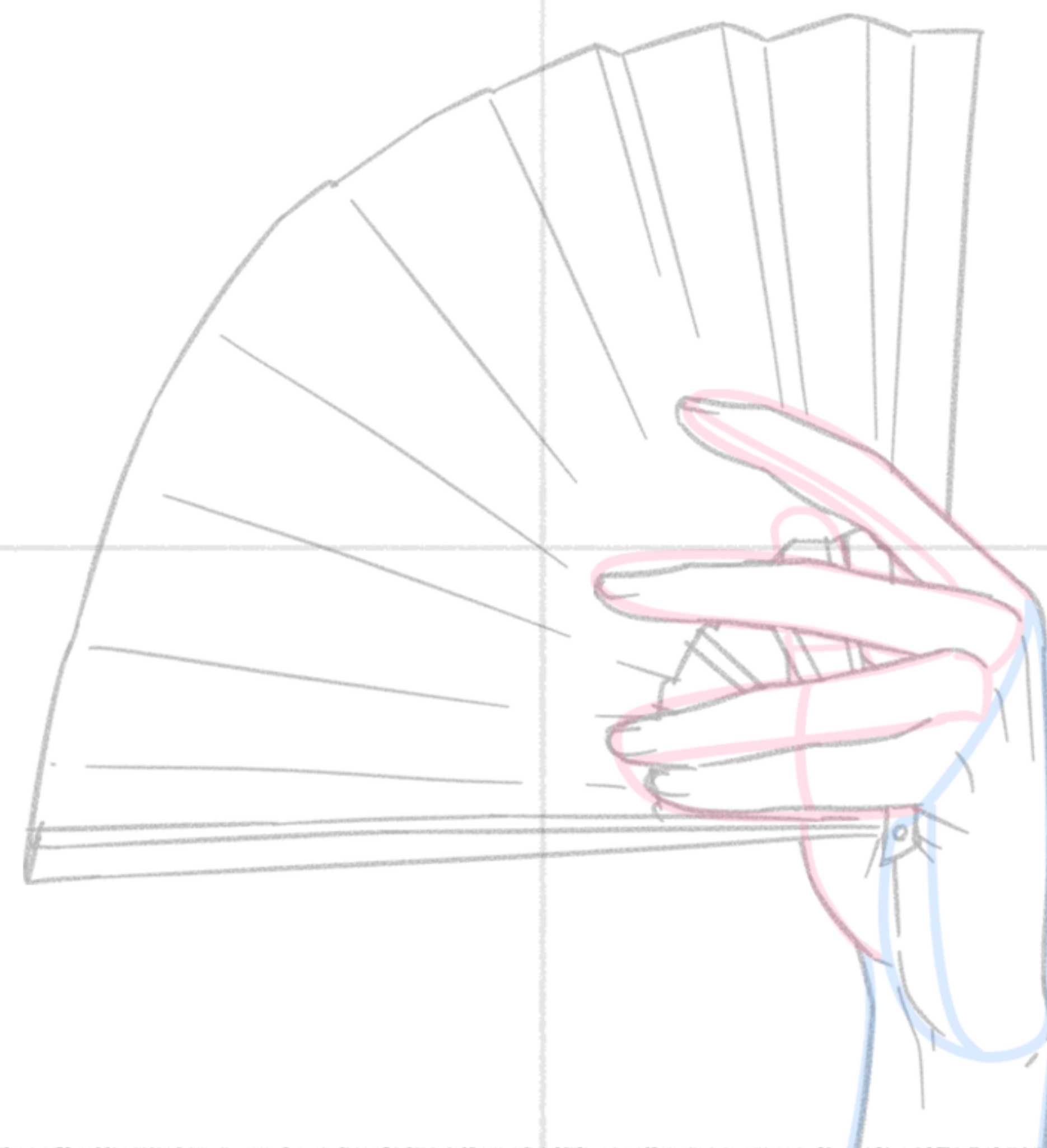
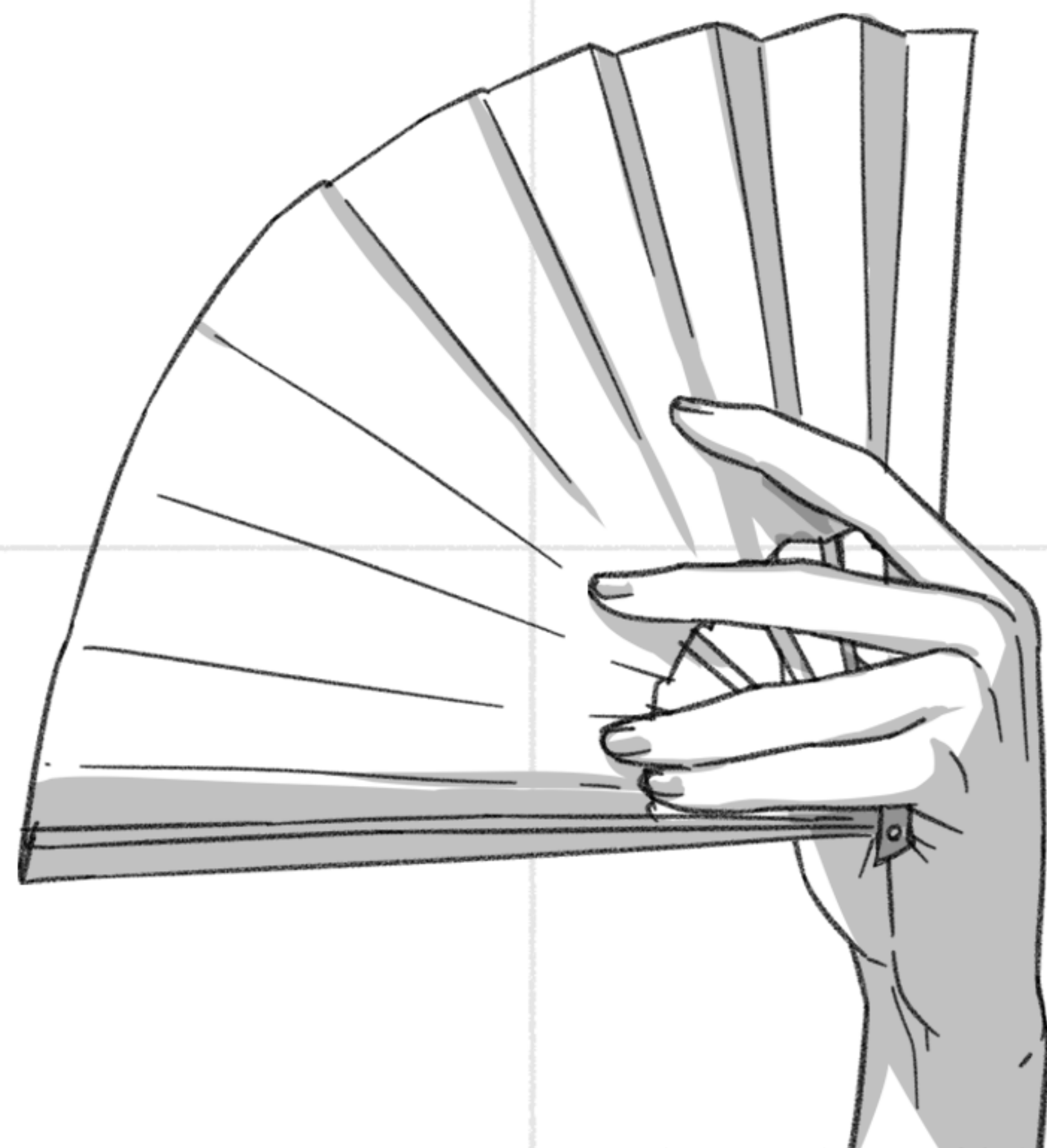


# 練習ドリル

LvUP Sheet No.029

## 手のバリエーション10

Hand Variations 10



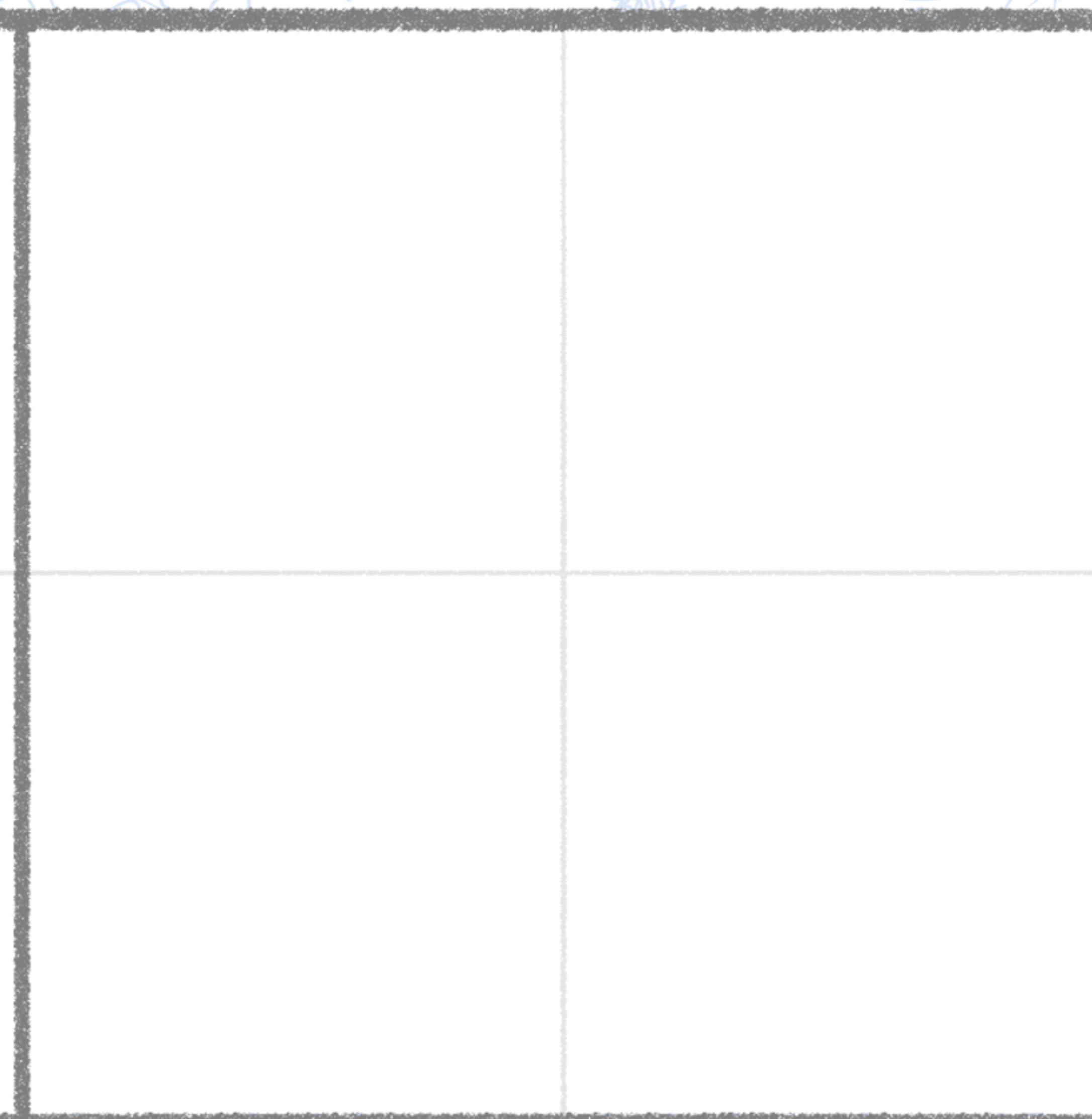
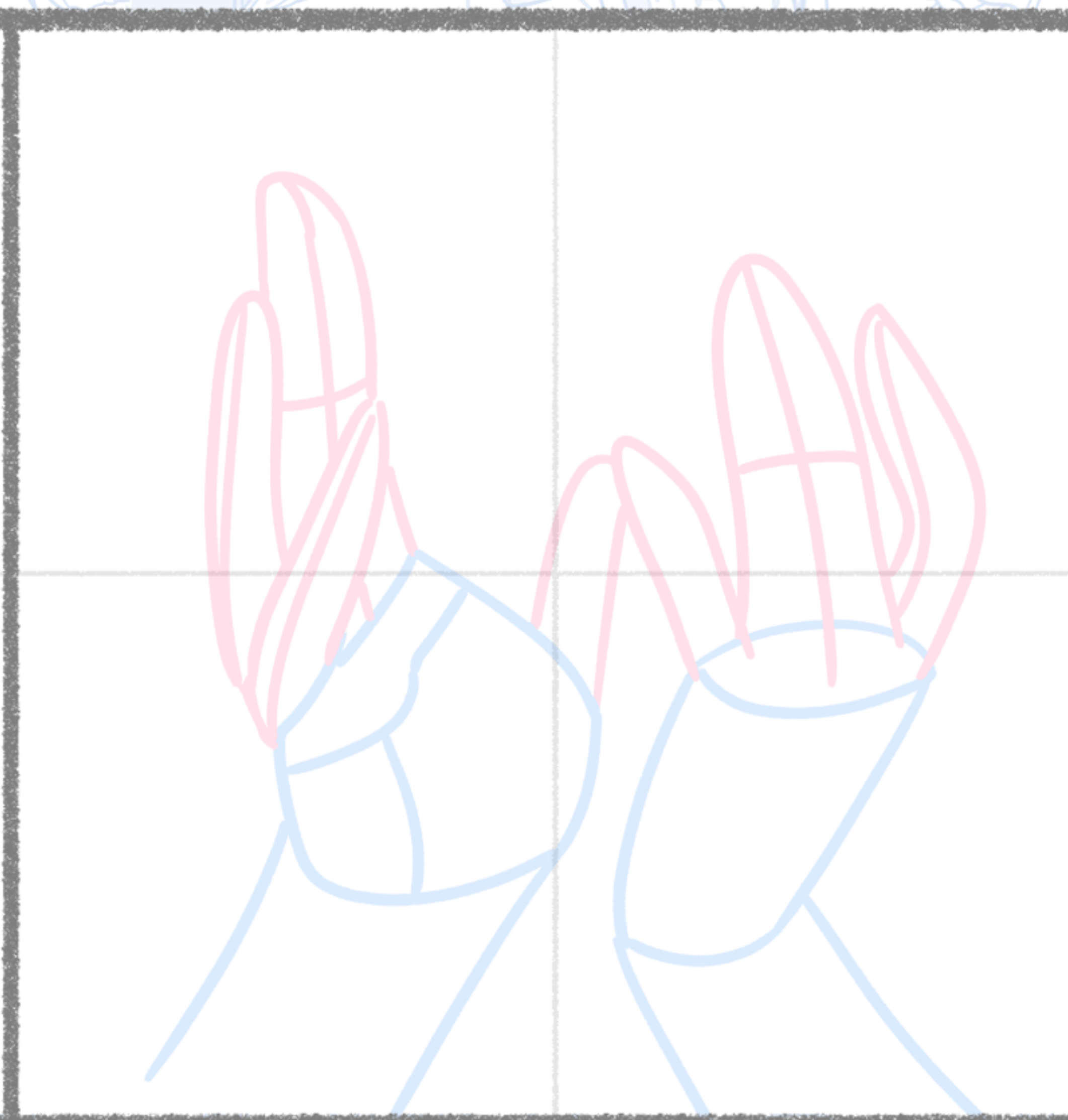
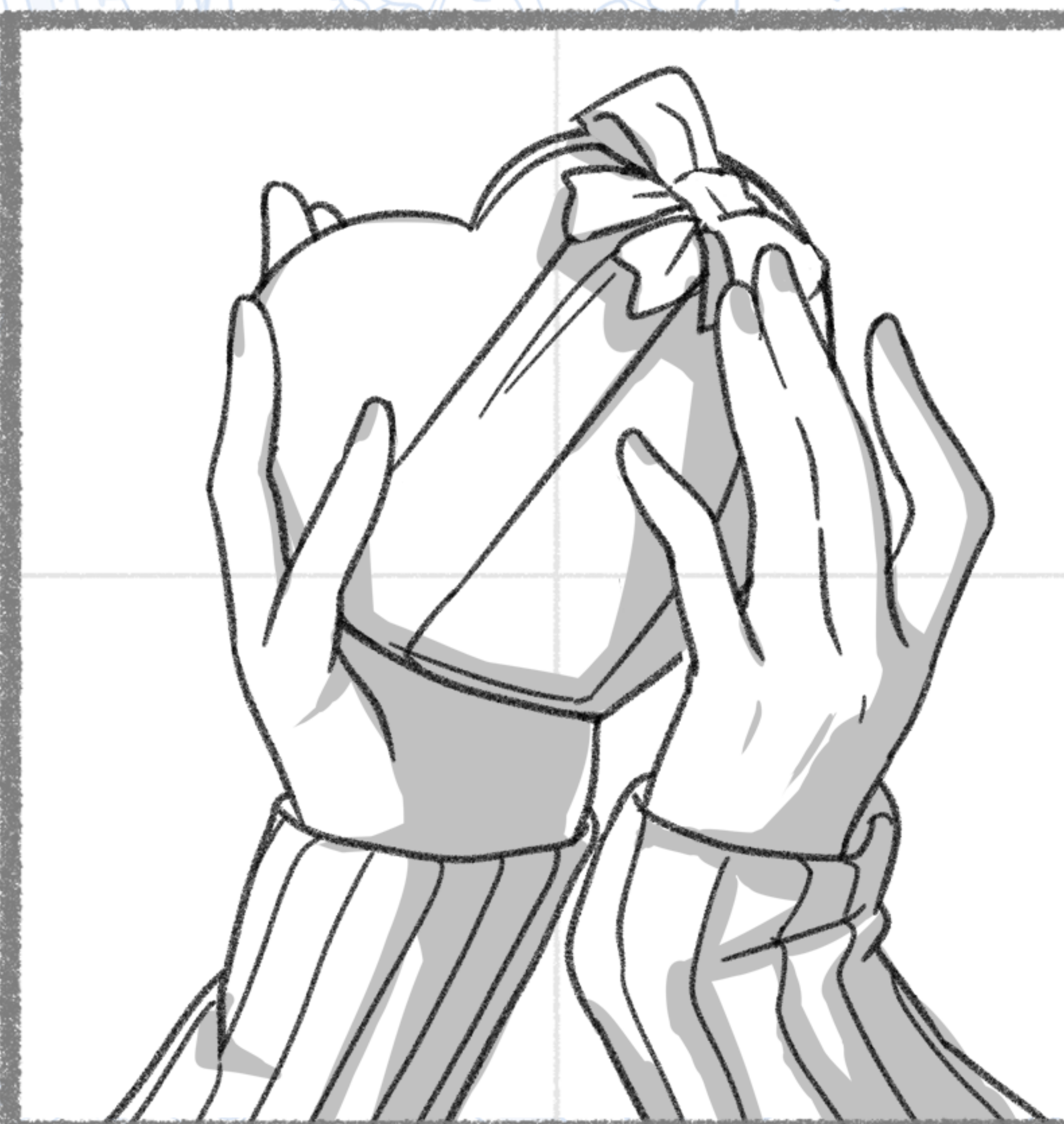
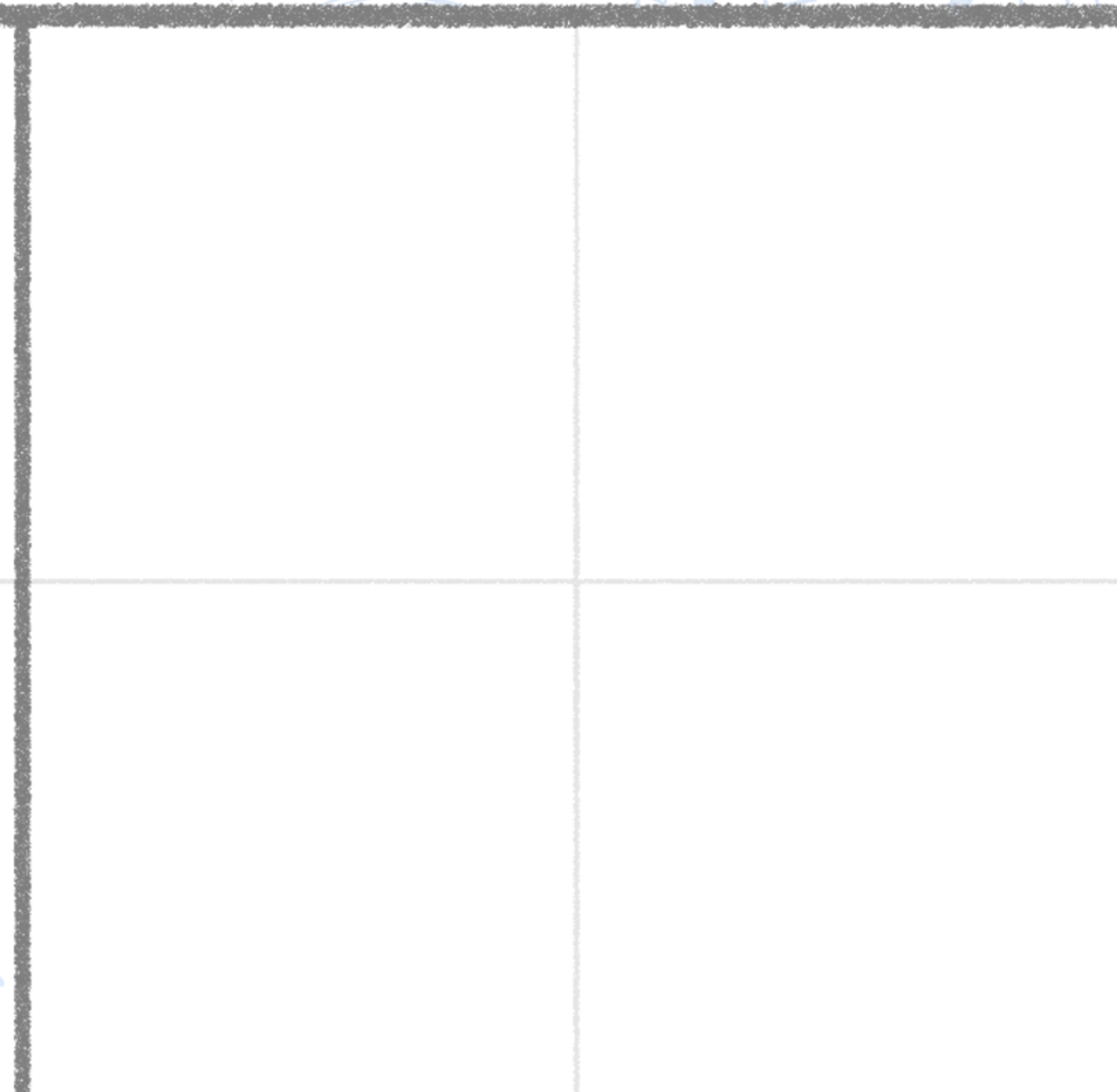
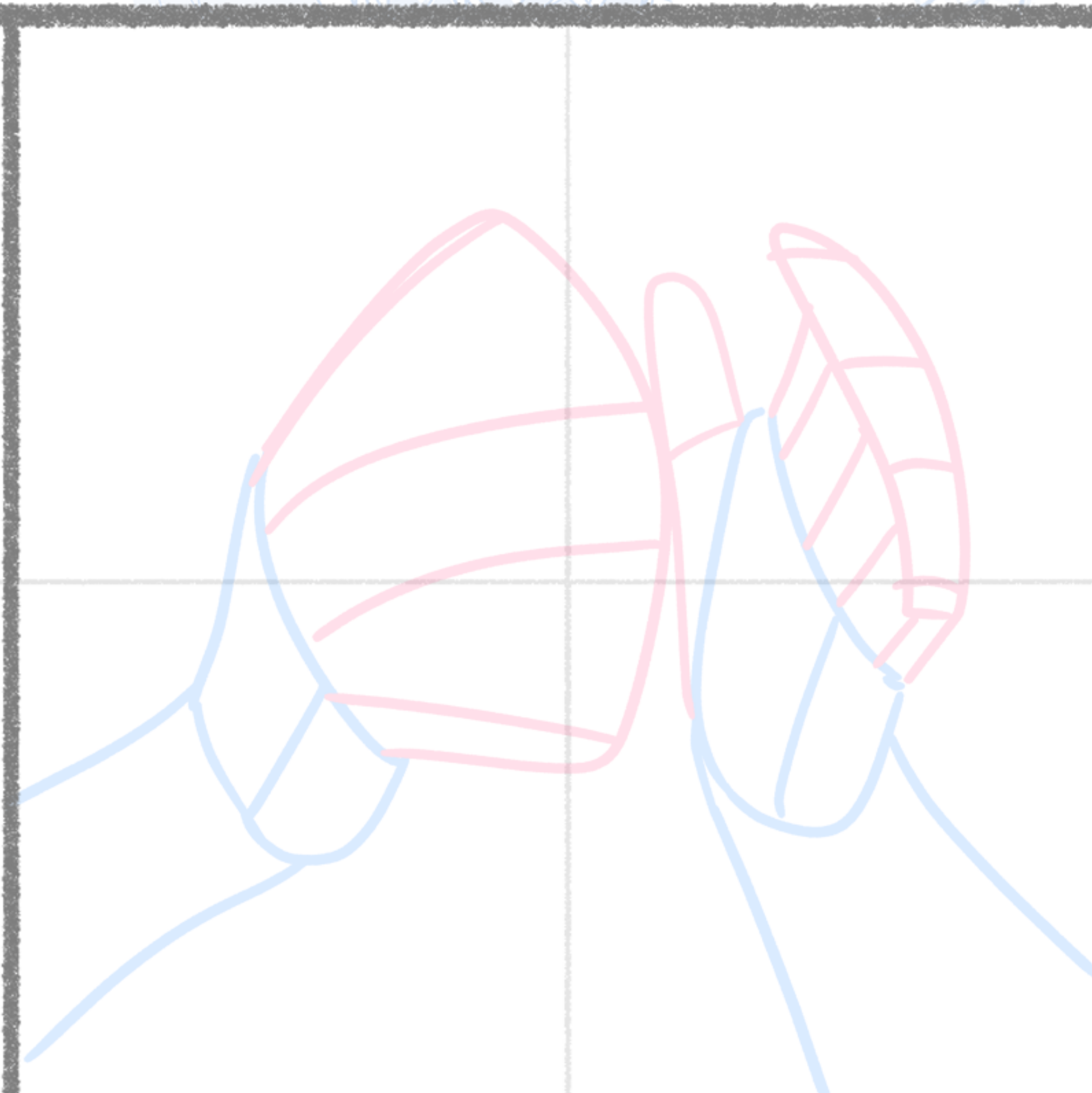
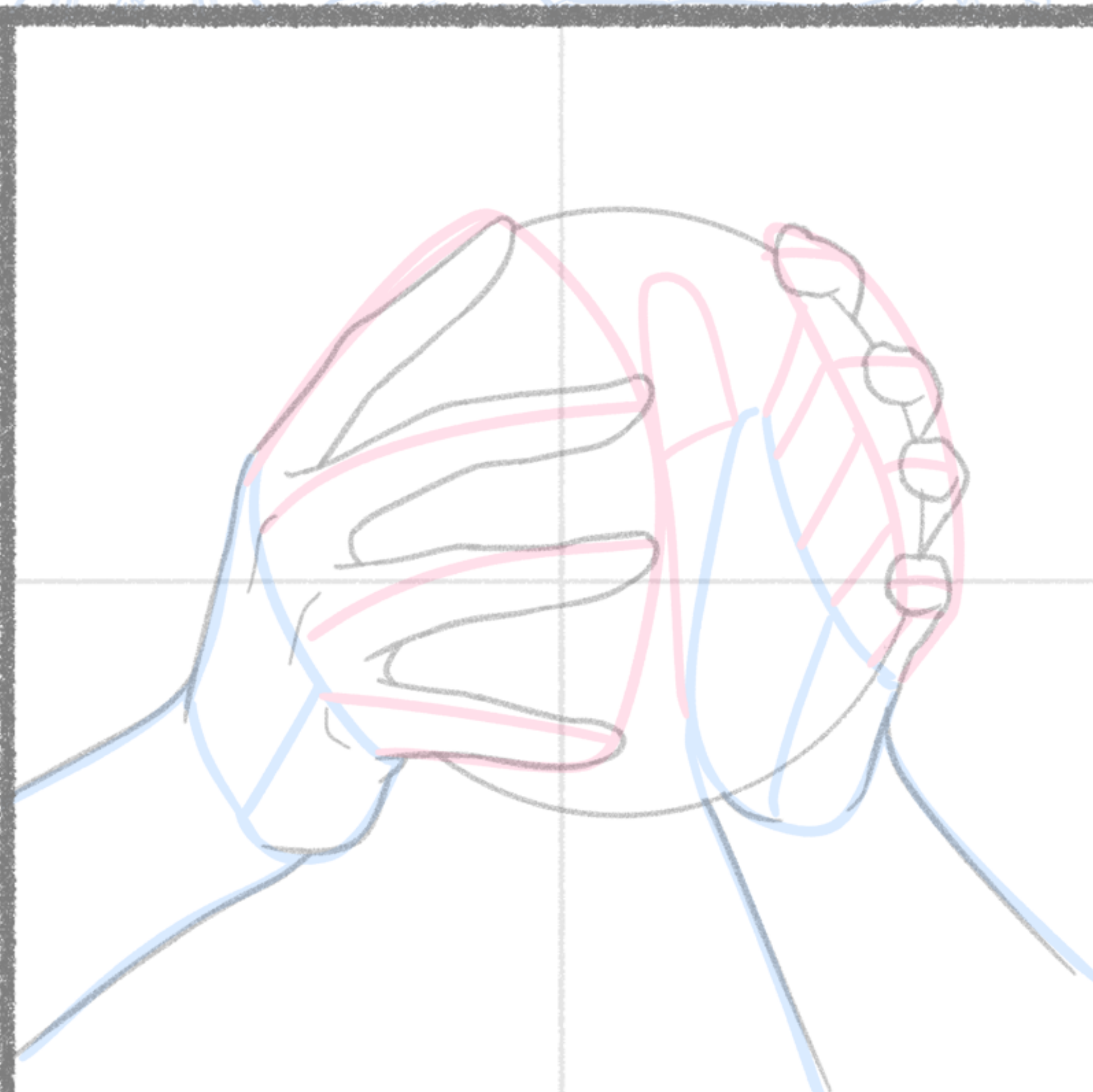
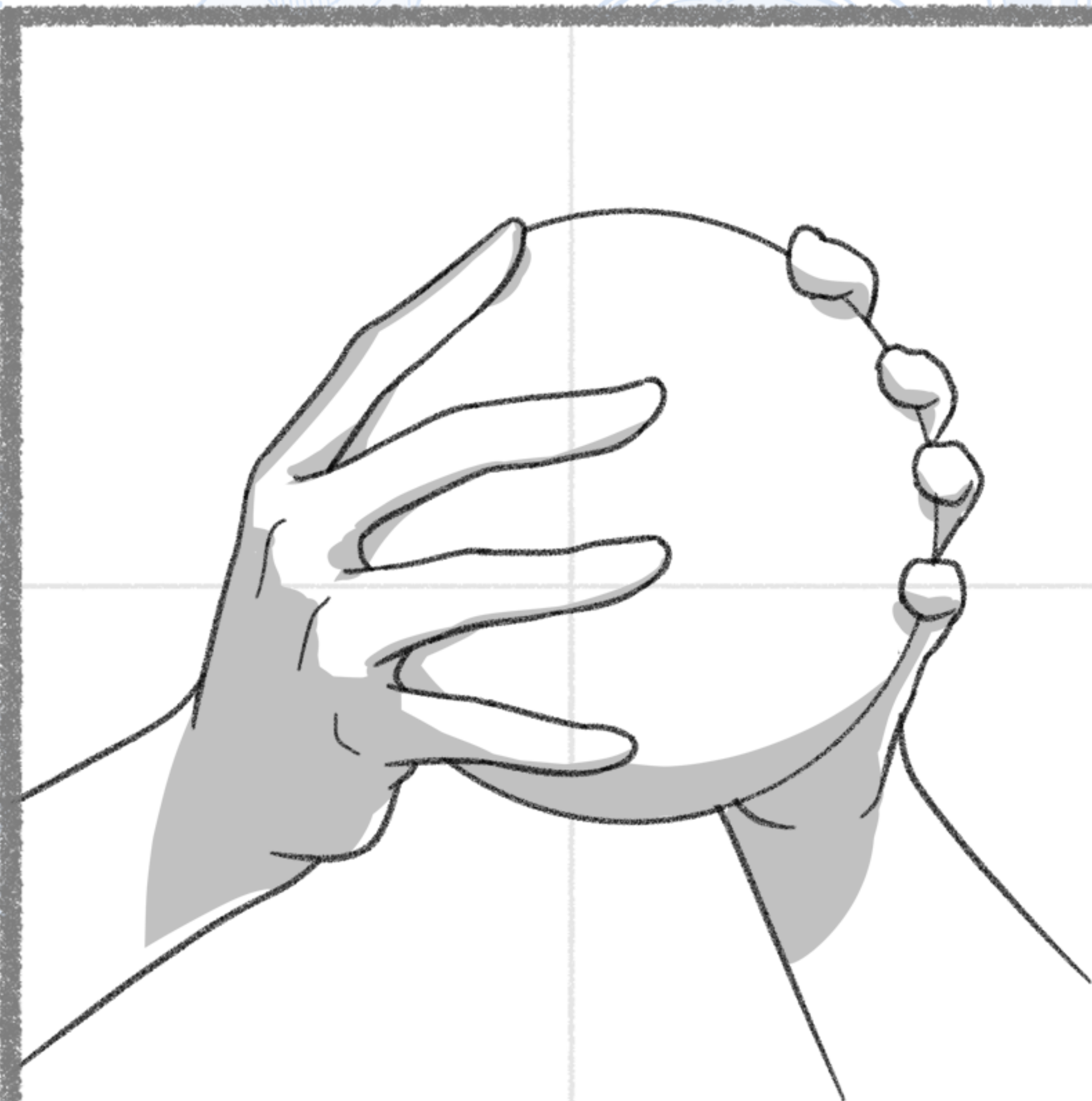


# 練習ドリル

LvUP Sheet No.029

## 手のバリエーション11

Hand Variations 11



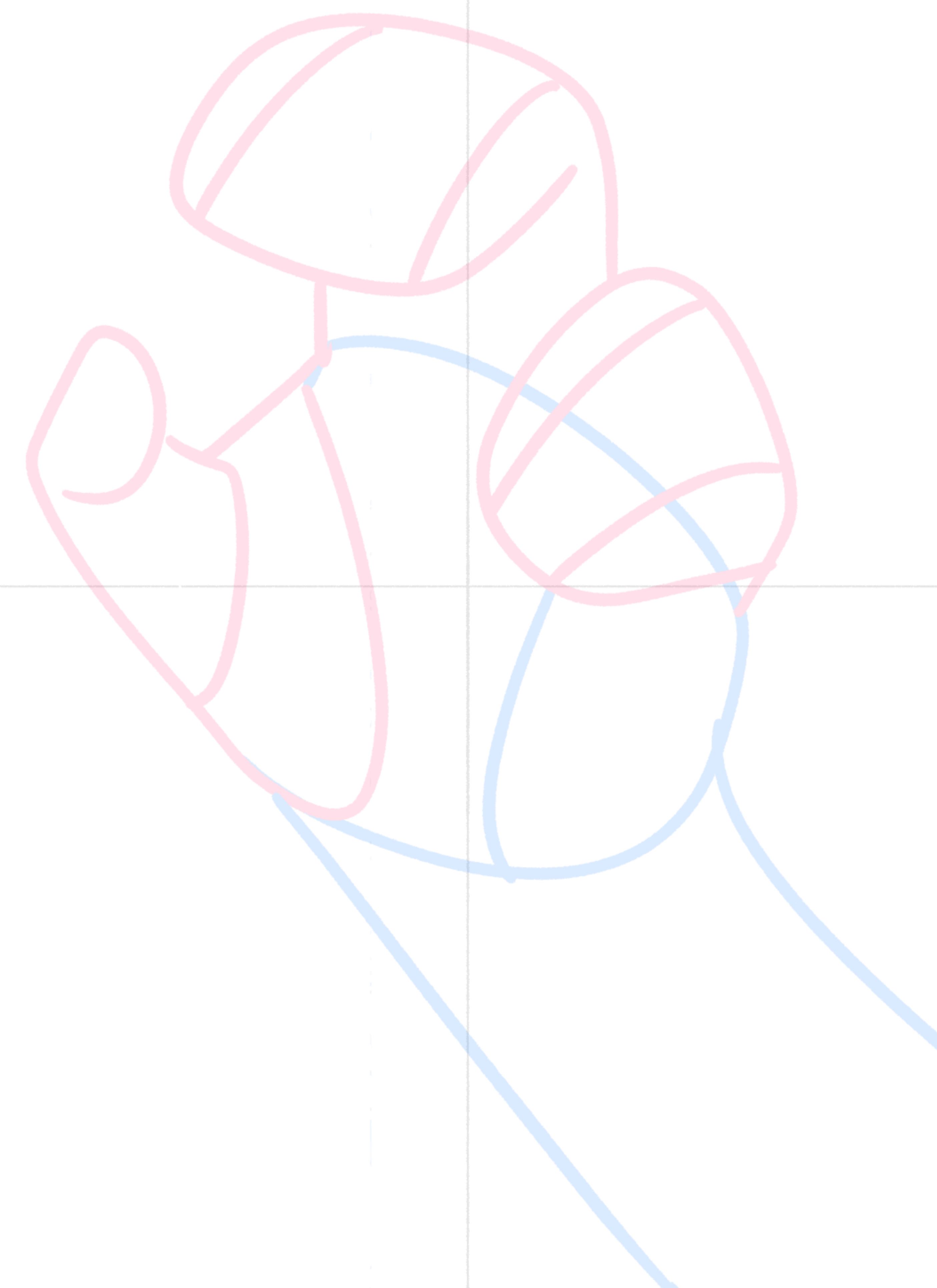
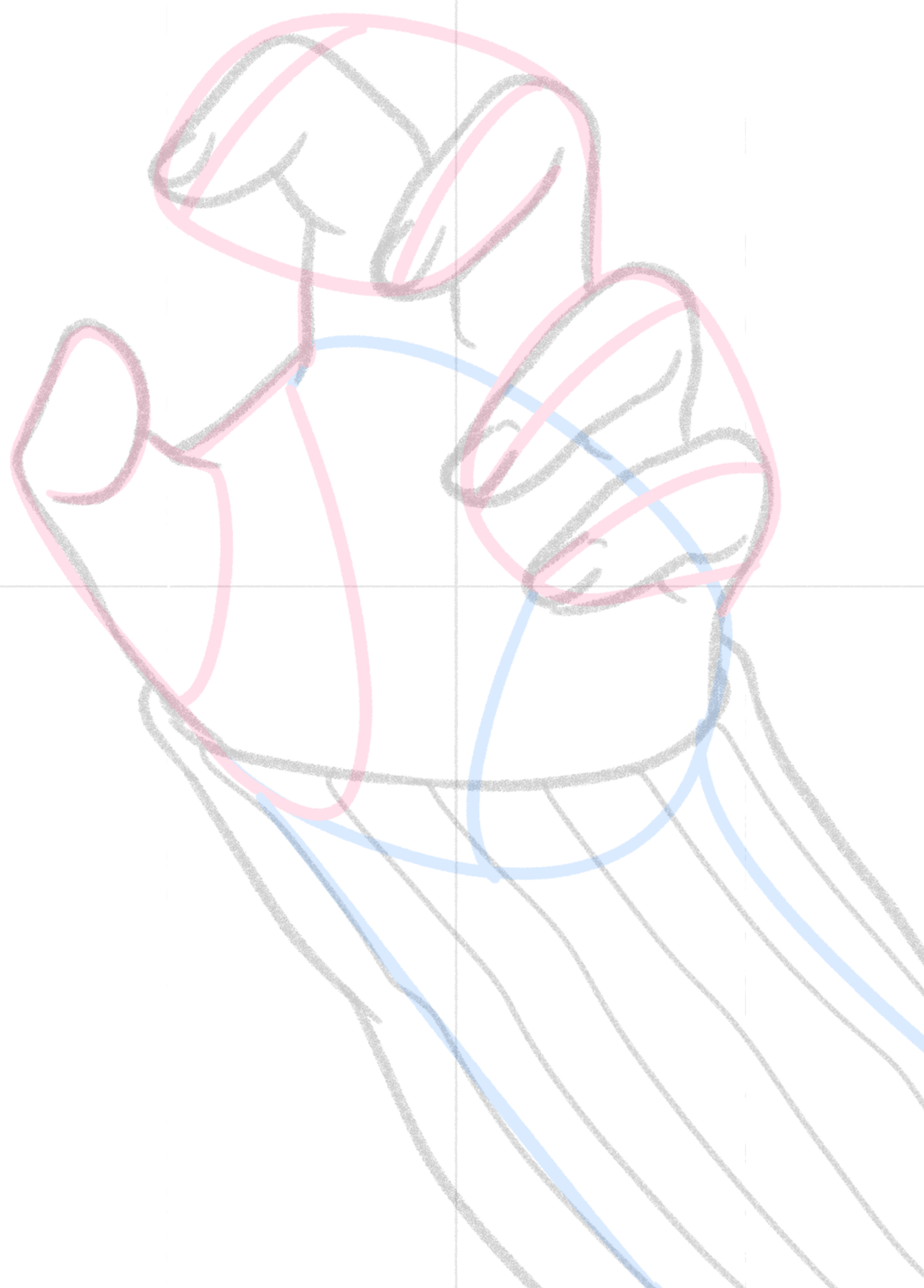


# 練習ドリル

LvUP Sheet No.030

## がおーの手

Monster Hand



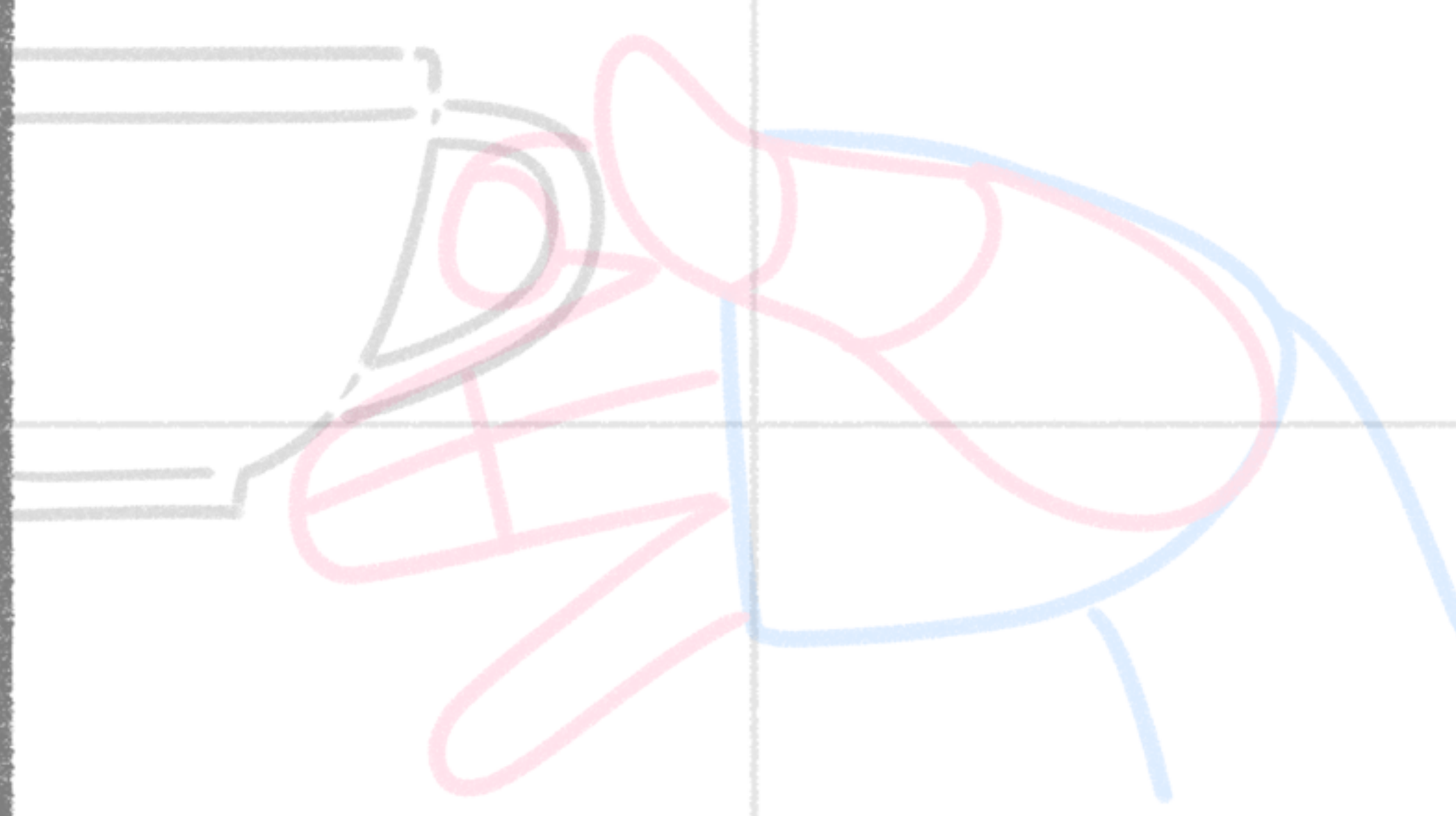
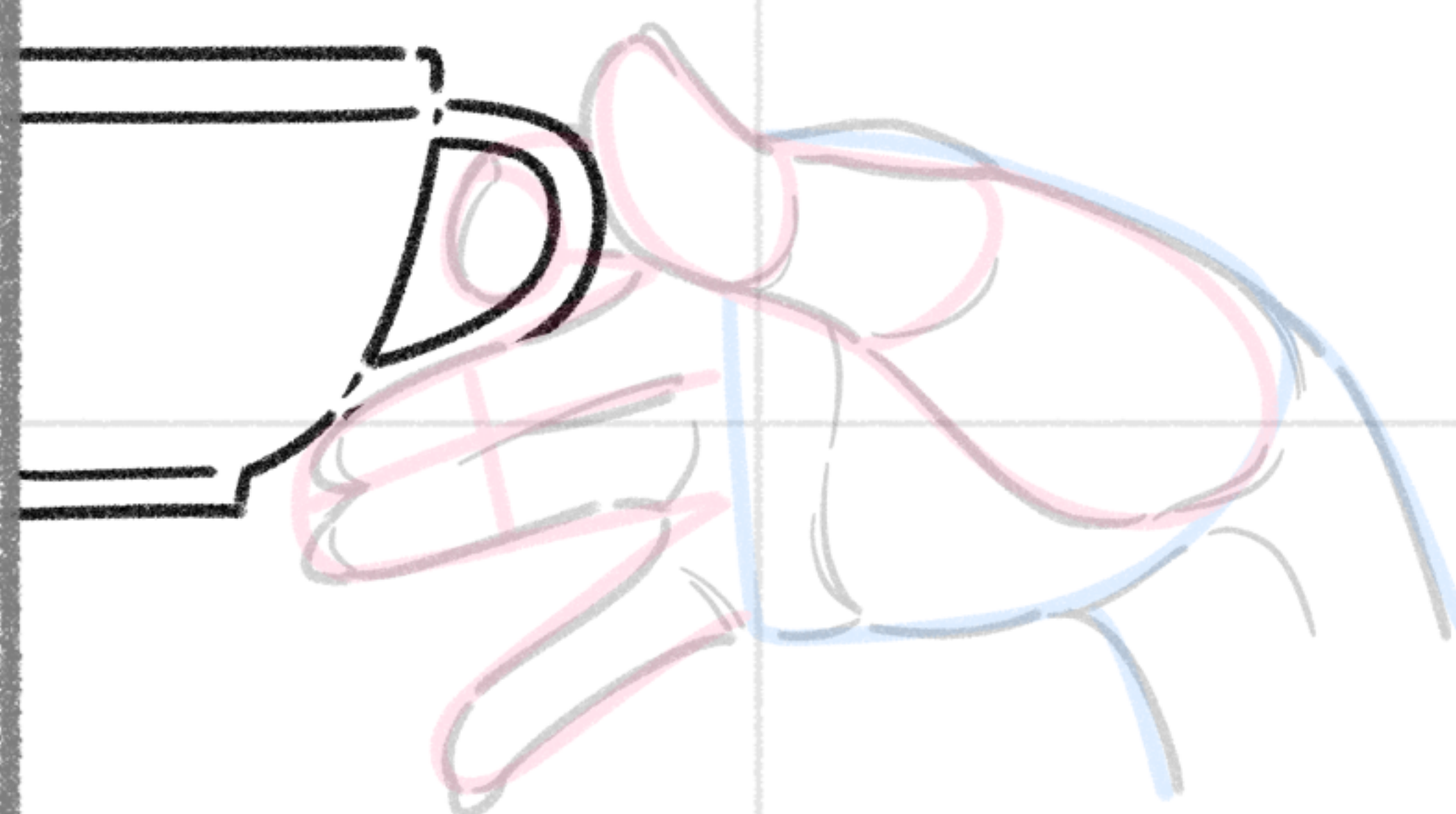
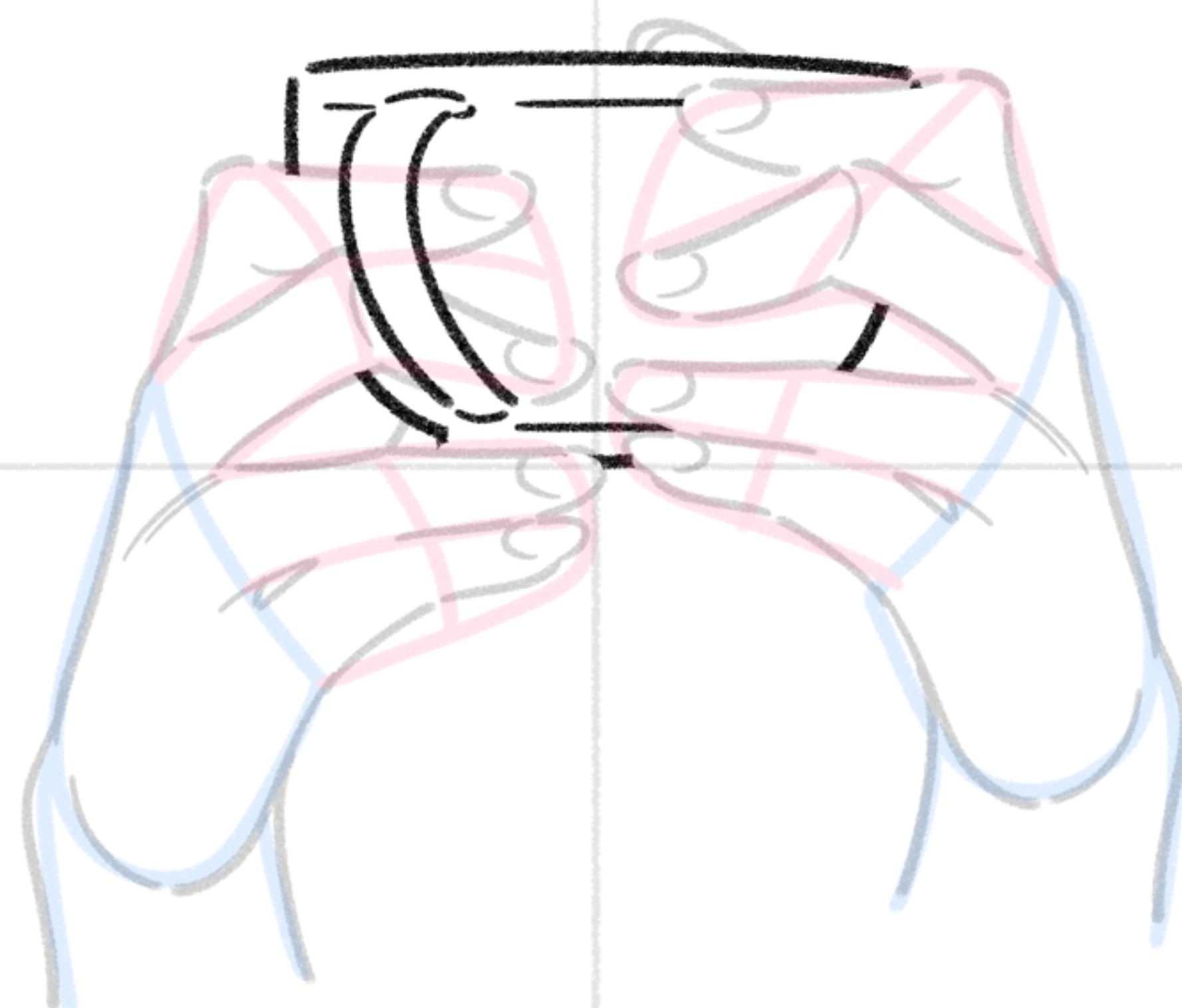


# 練習ドリル

LvUP Sheet No.031

## カップの持ち方

How to hold the cup



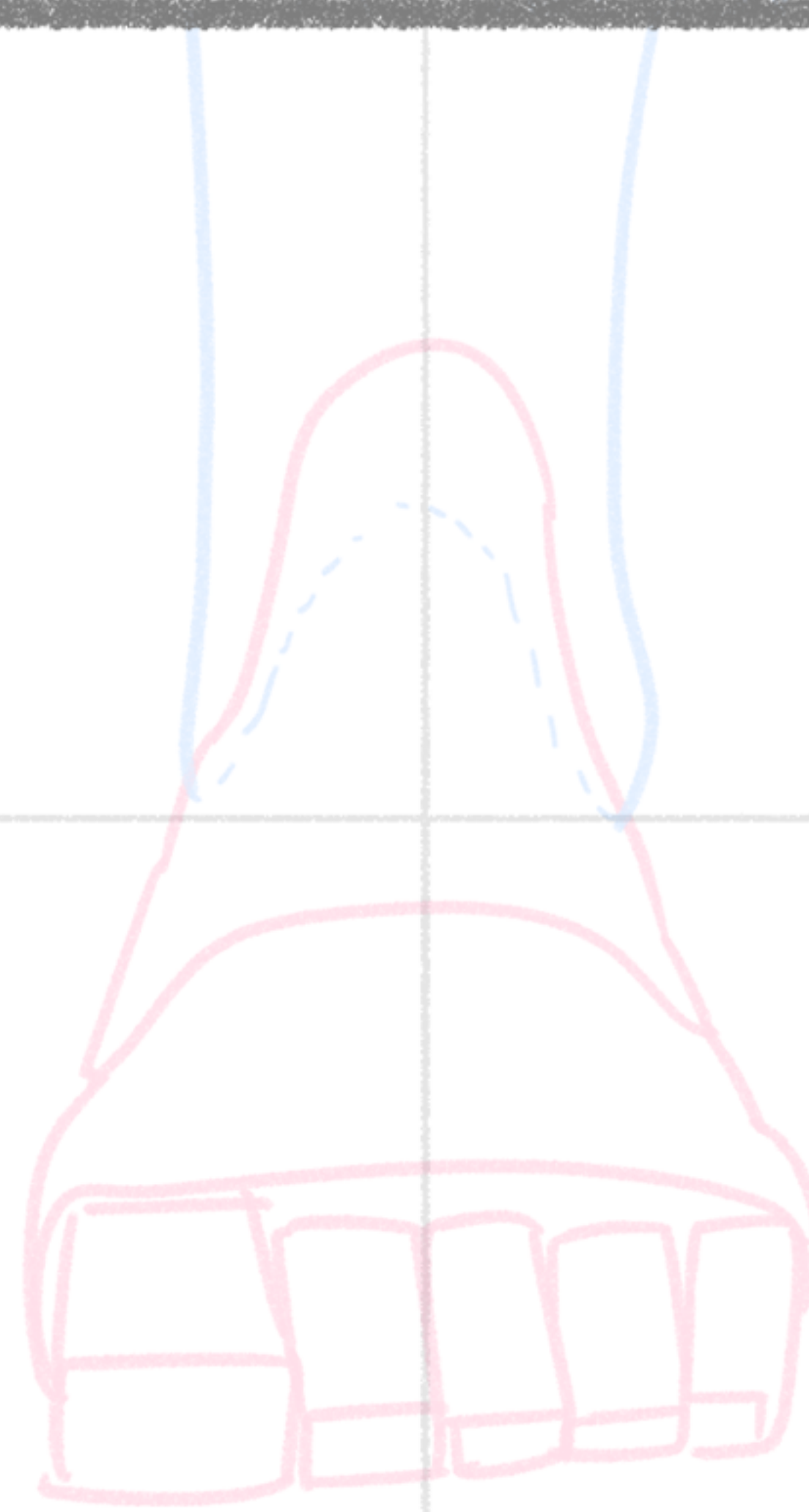
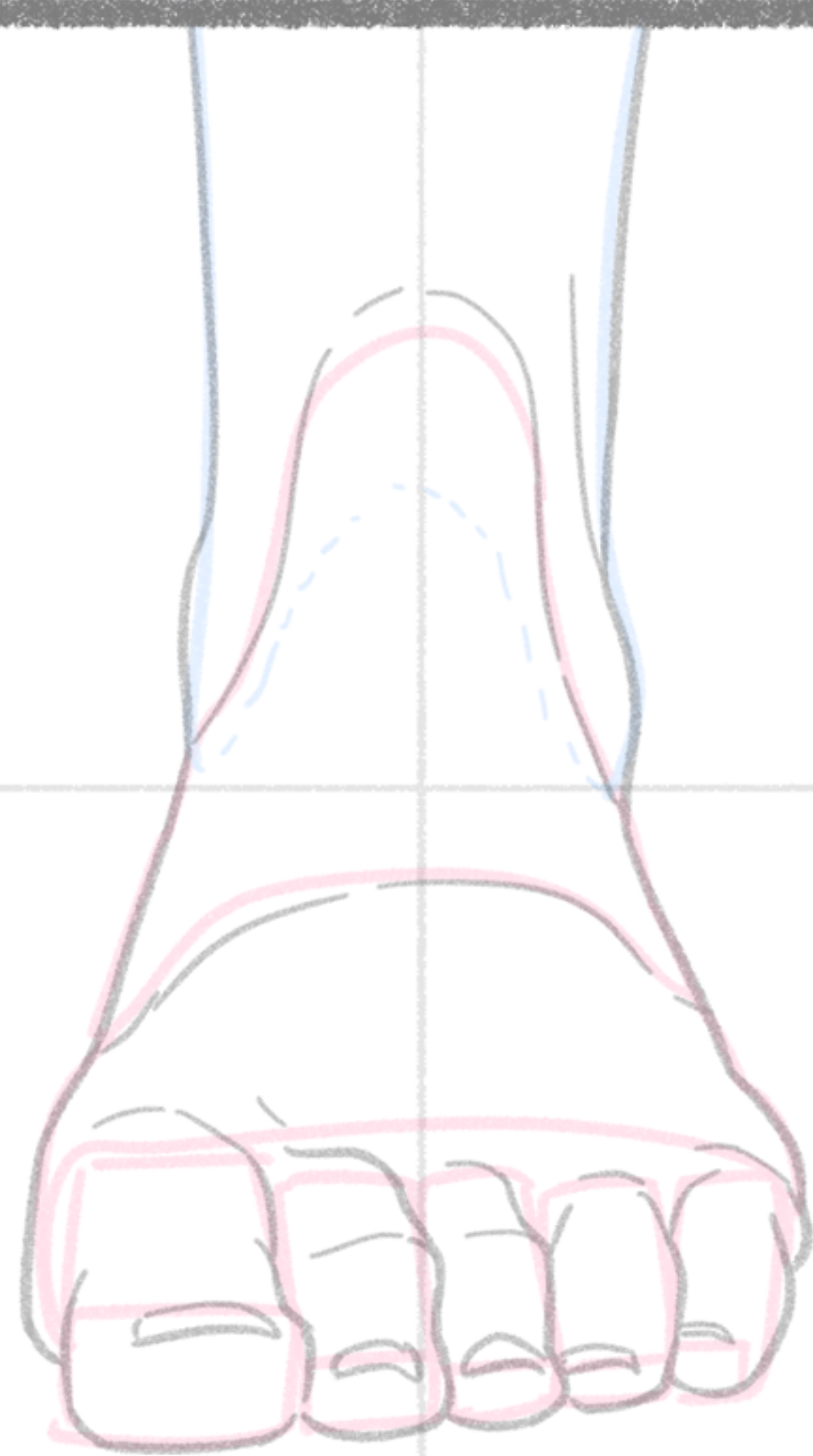
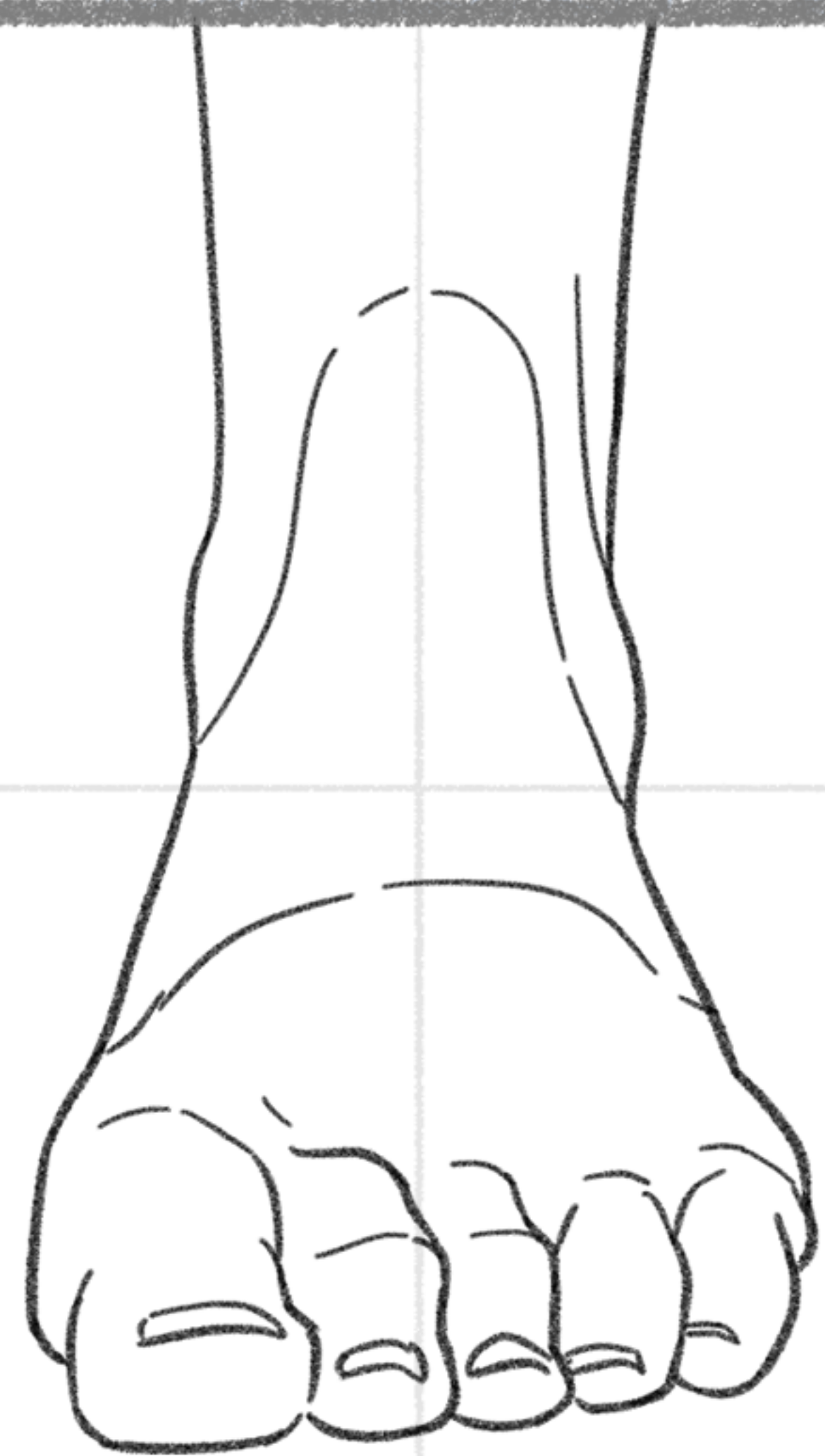
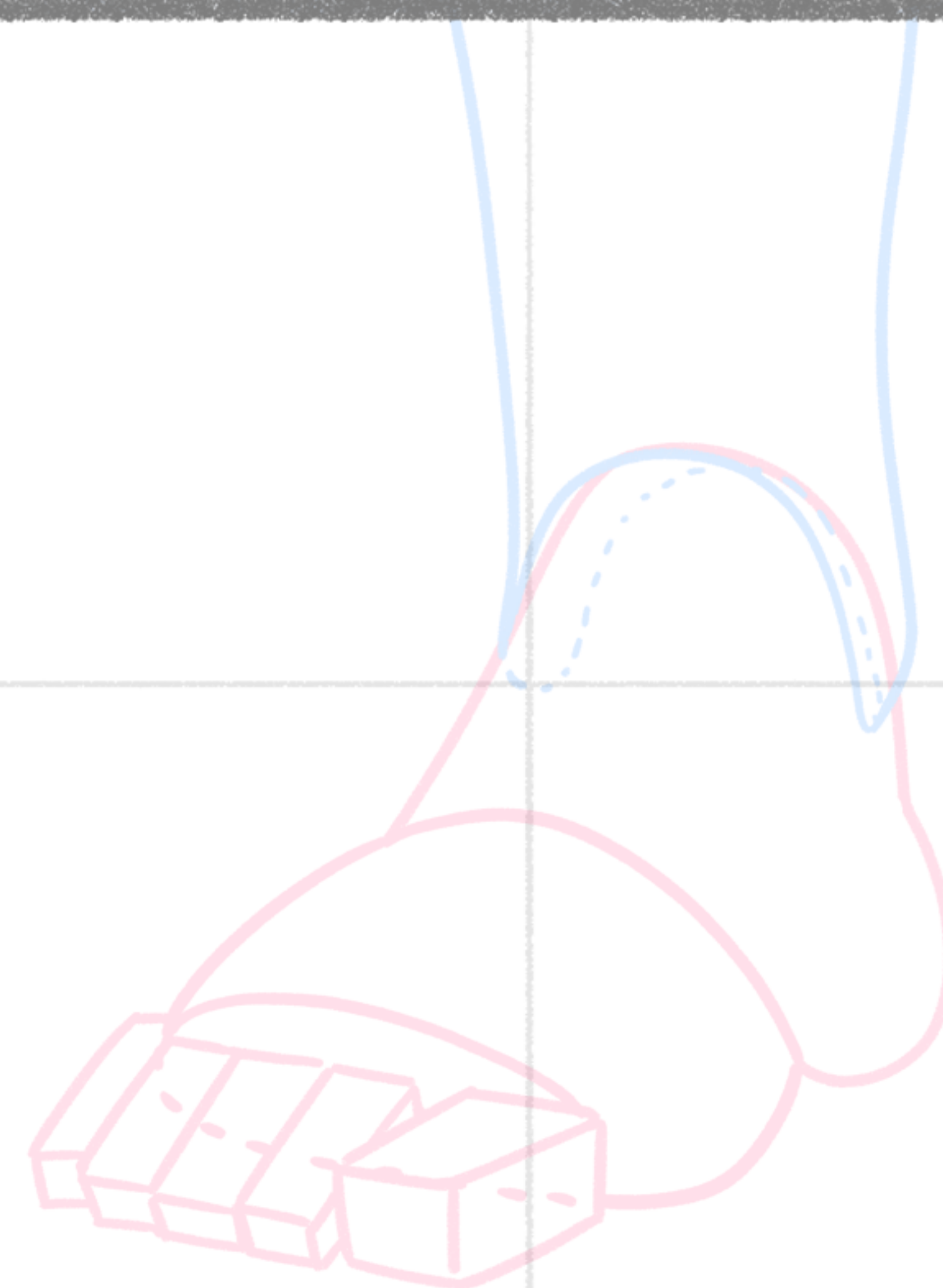
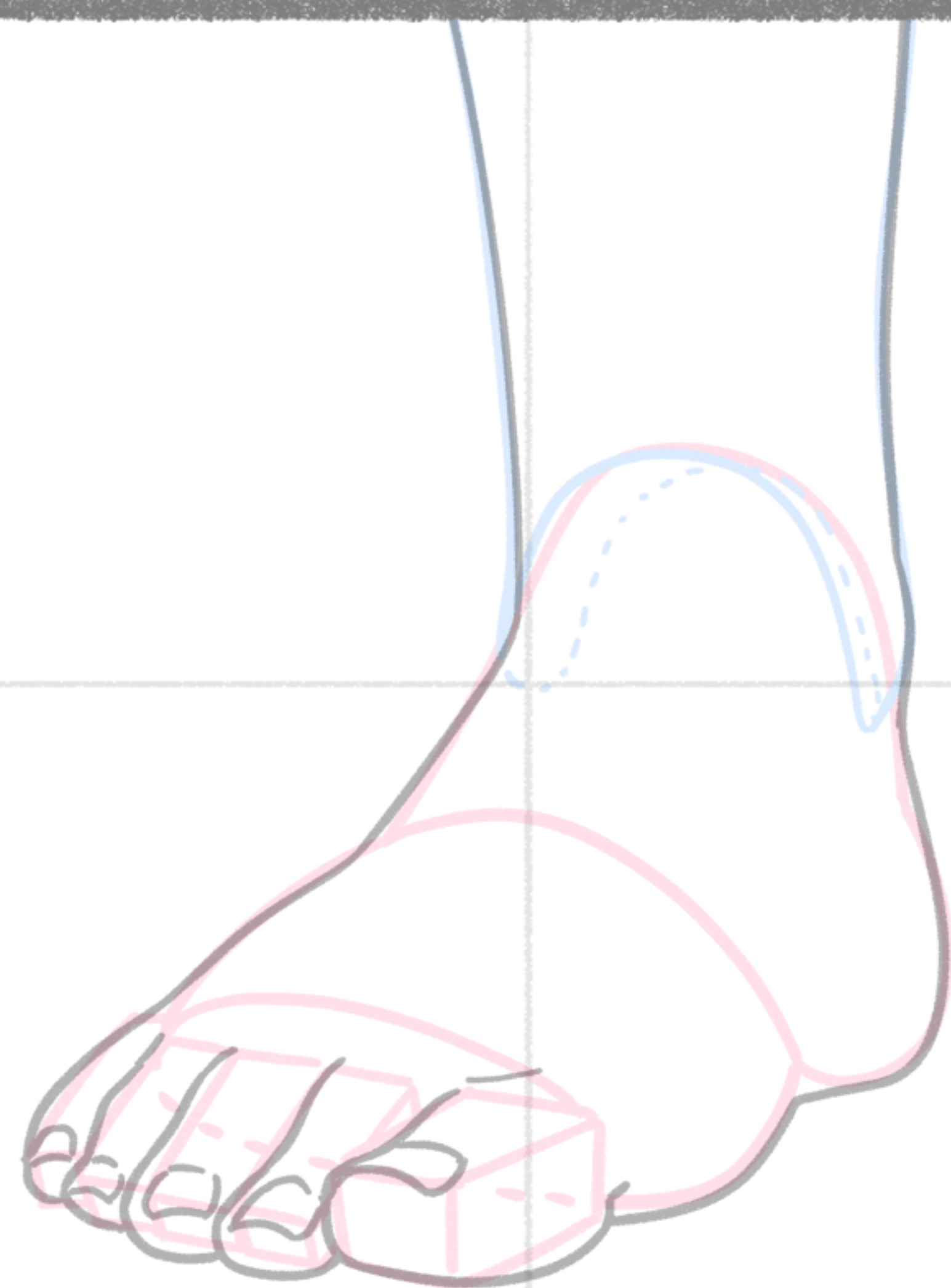
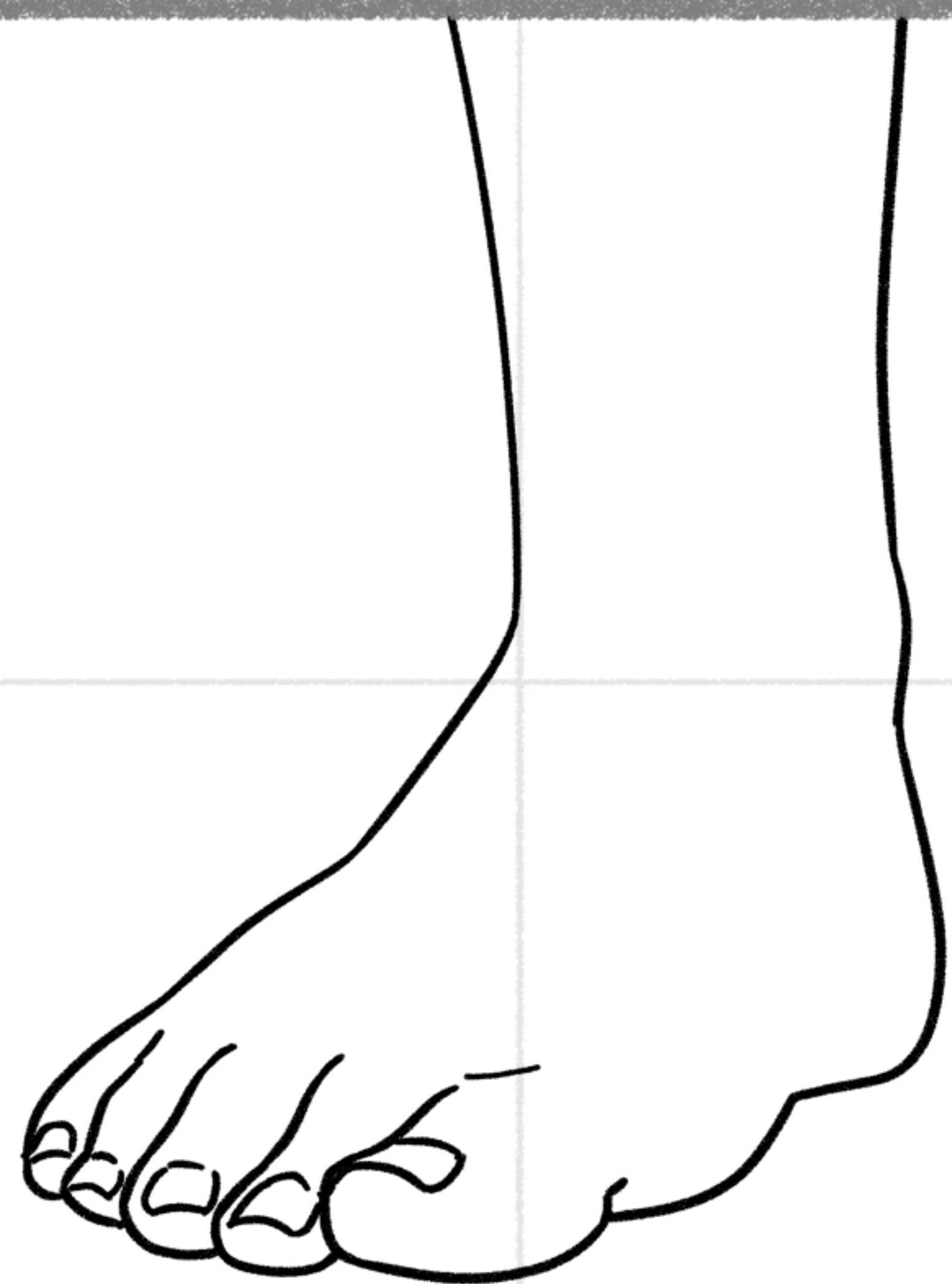


# 練習ドリル

LvUP Sheet No.032

足

Foot





# 練習ドリル

LvUP Sheet No.033

## 足の角度

Angle of foot



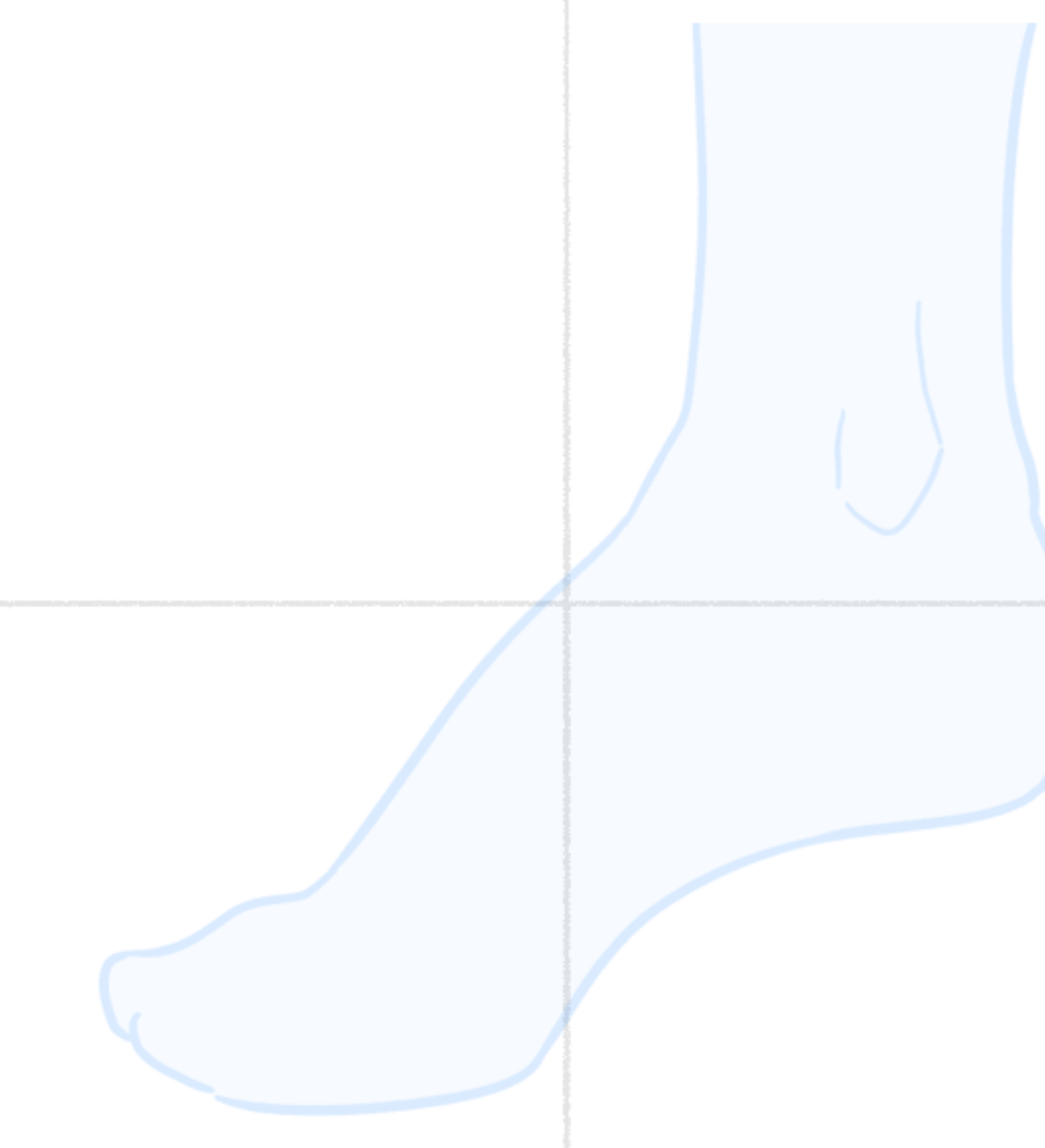


# 練習ドリル

LvUP Sheet No.034

## 靴のアタリ

Shoe Guidelines



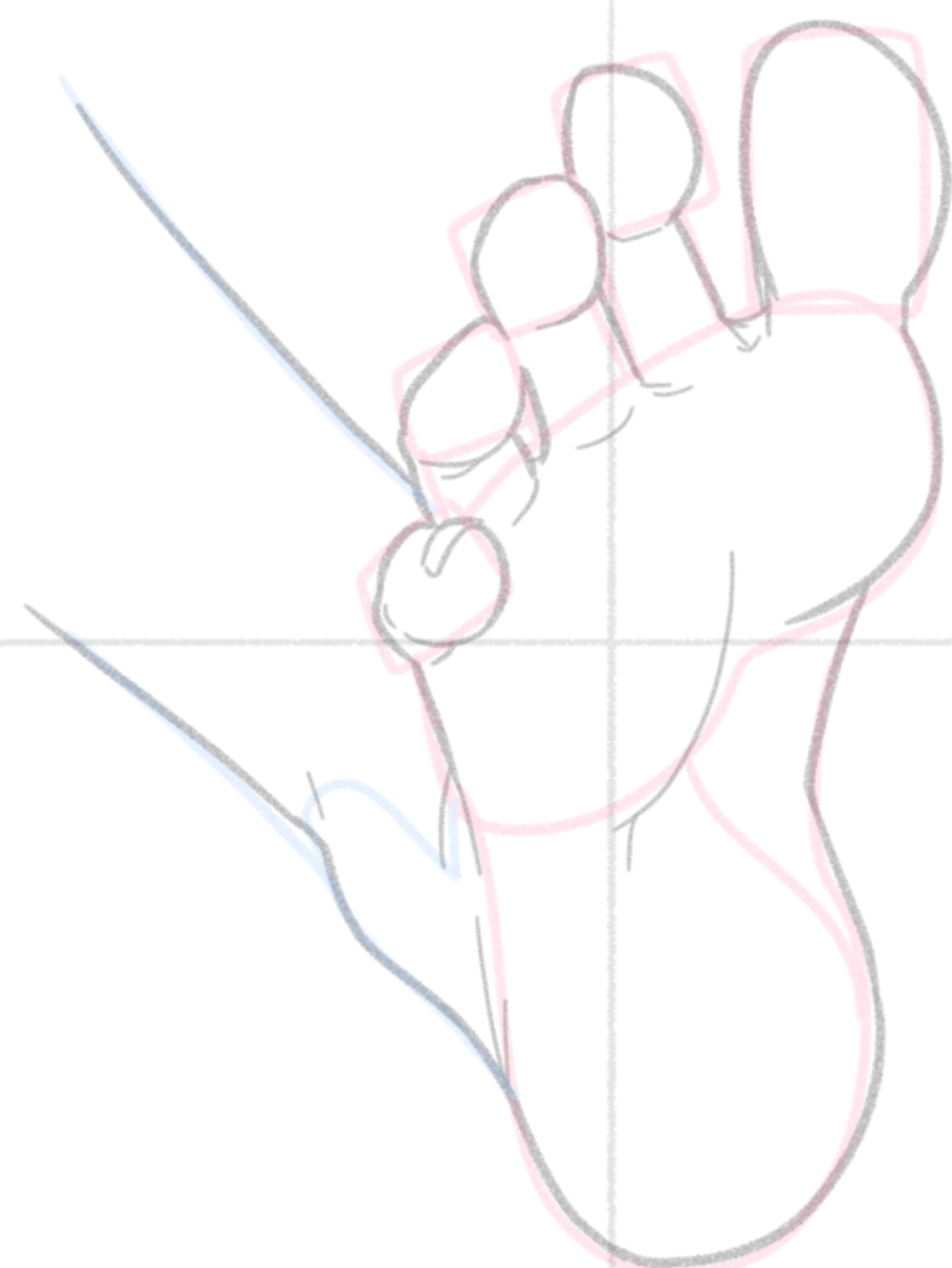
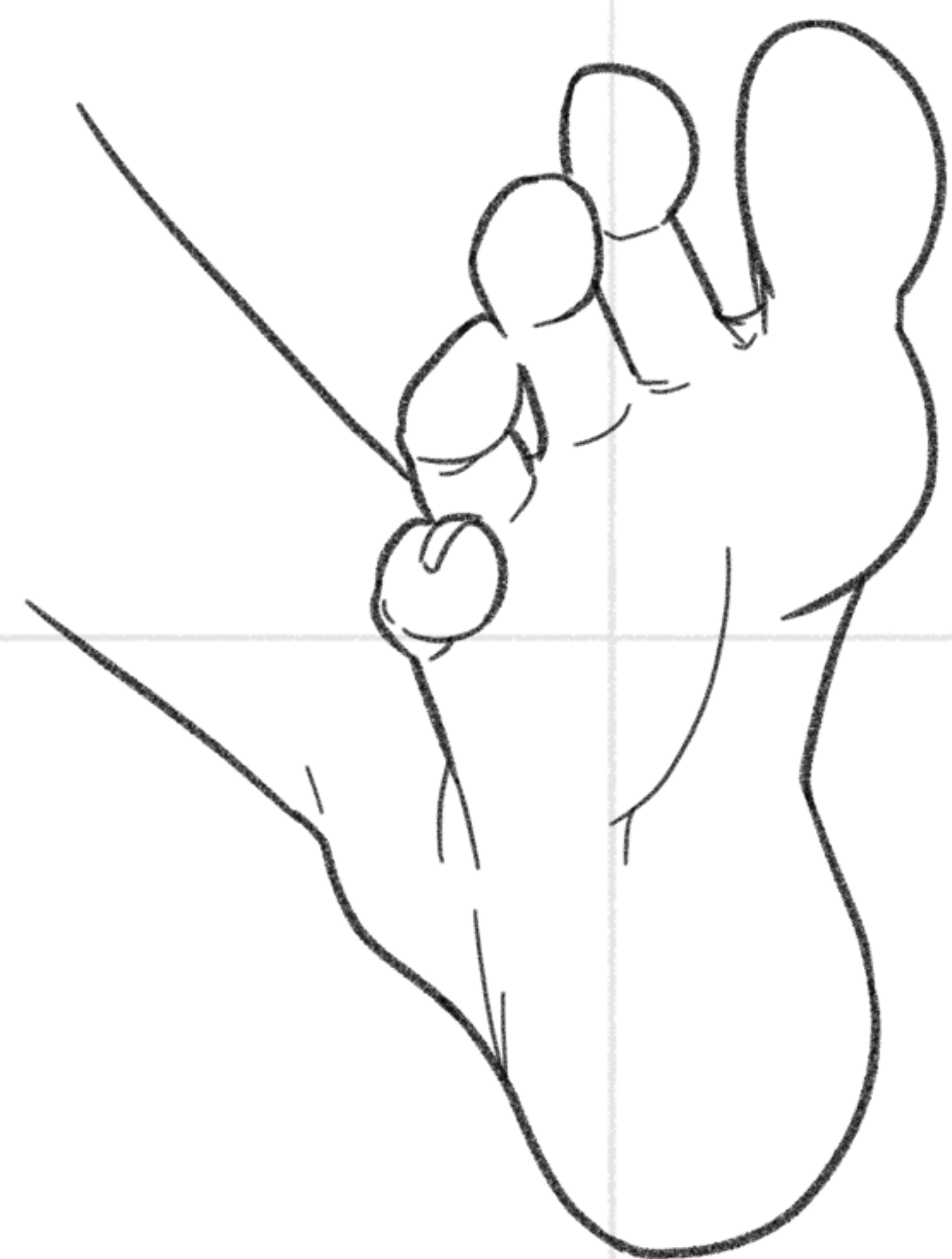
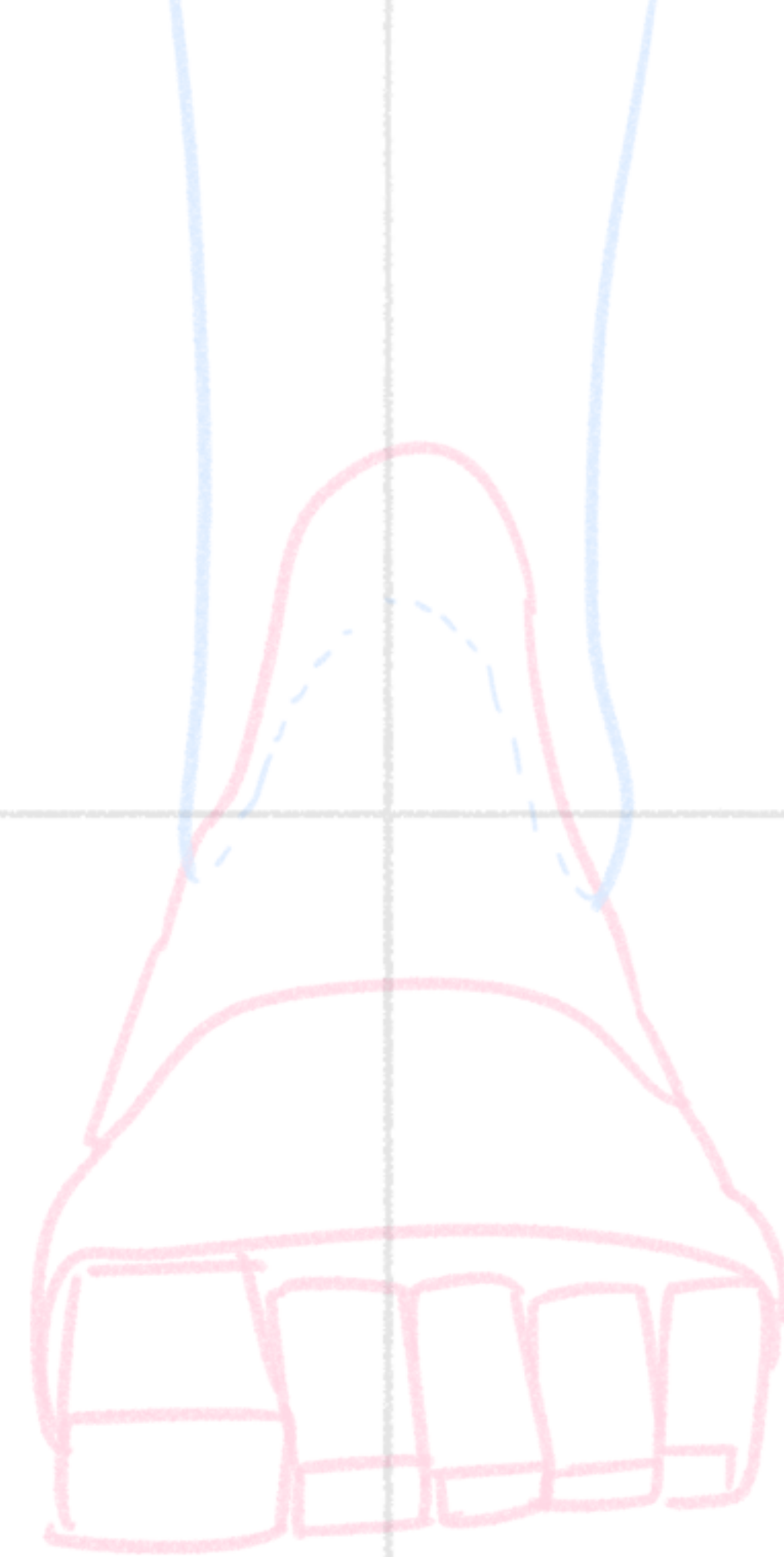
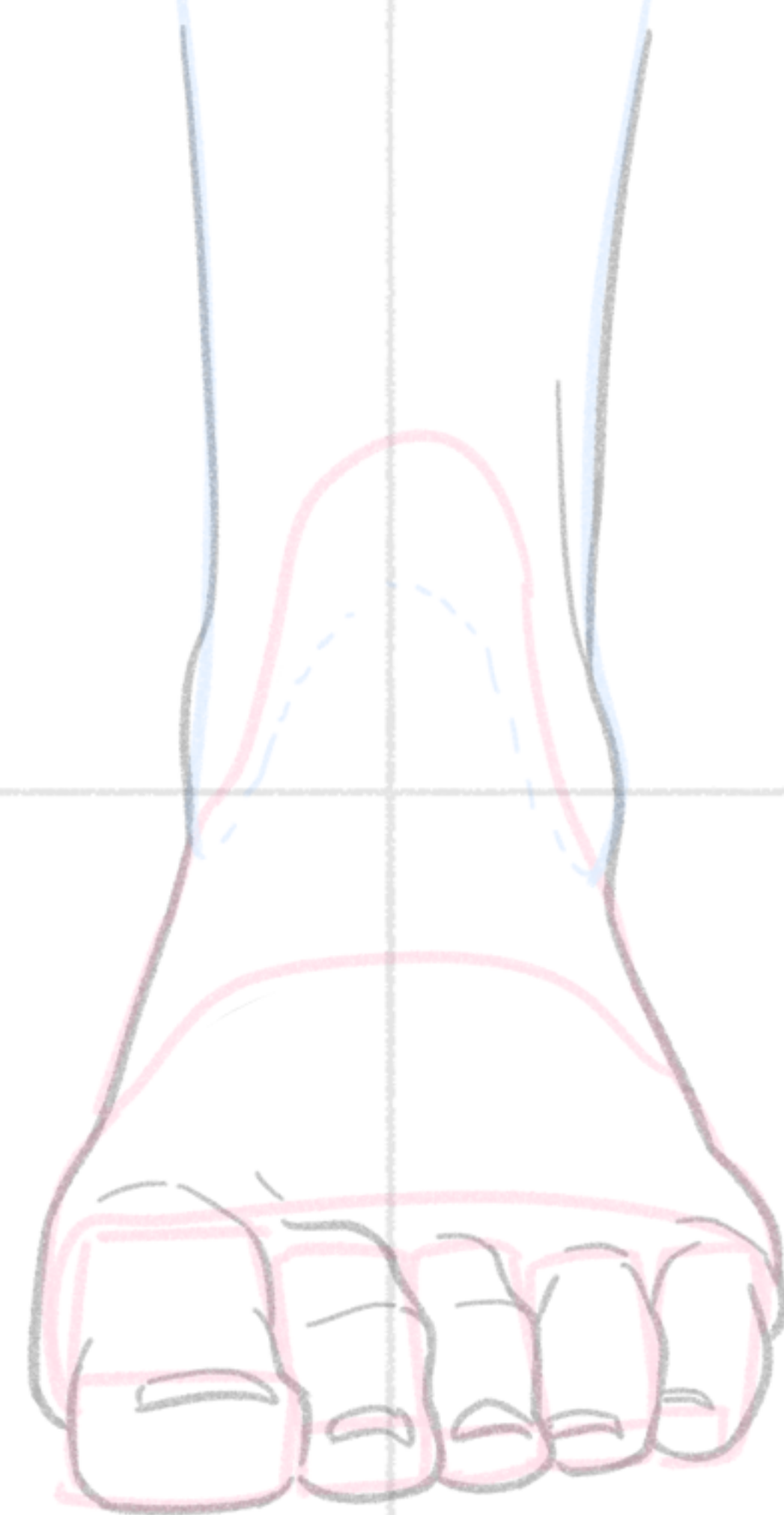
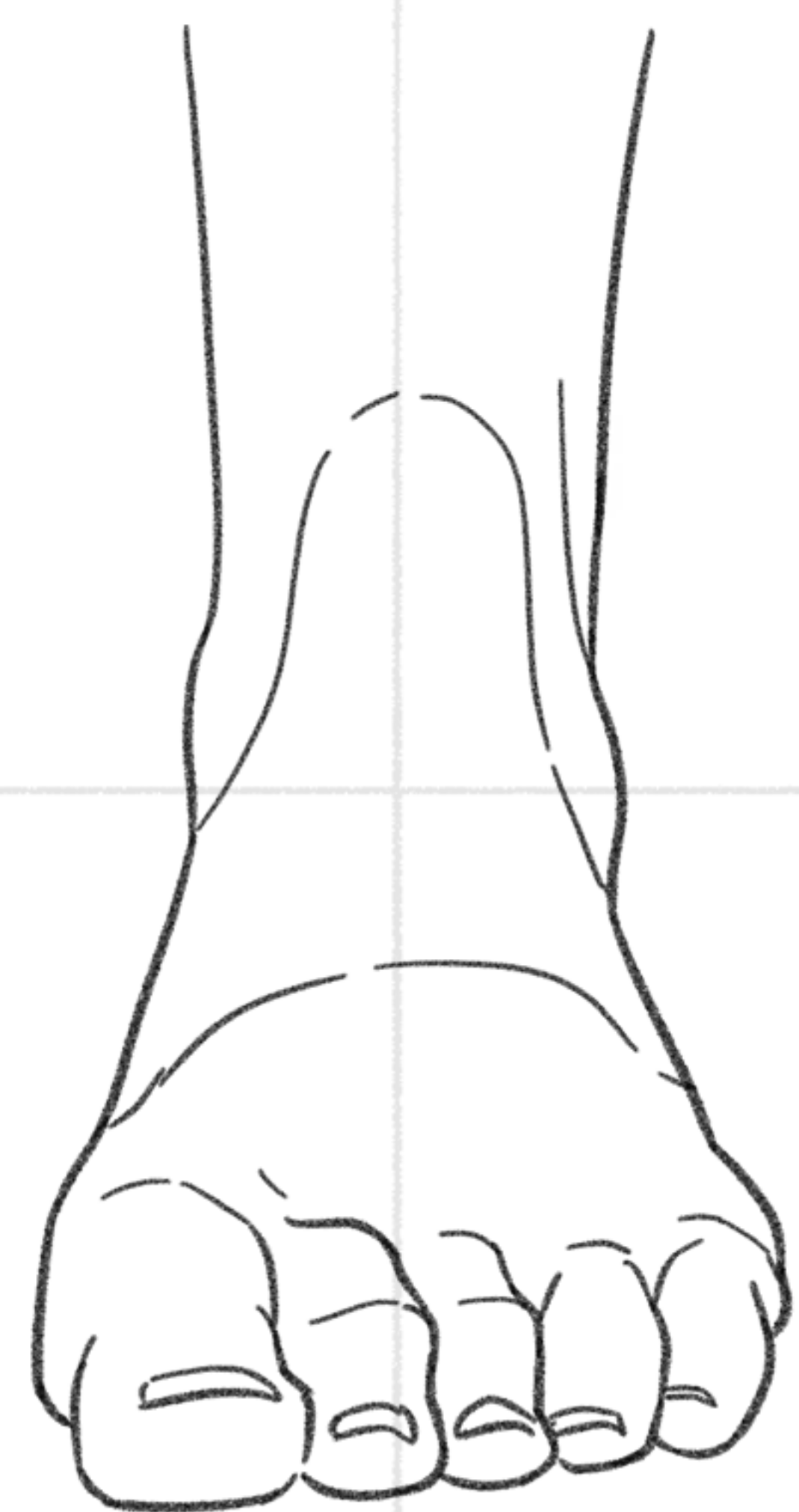


# 練習ドリル

LvUP Sheet No.035

## 足のバリエーション1

Foot Variations1



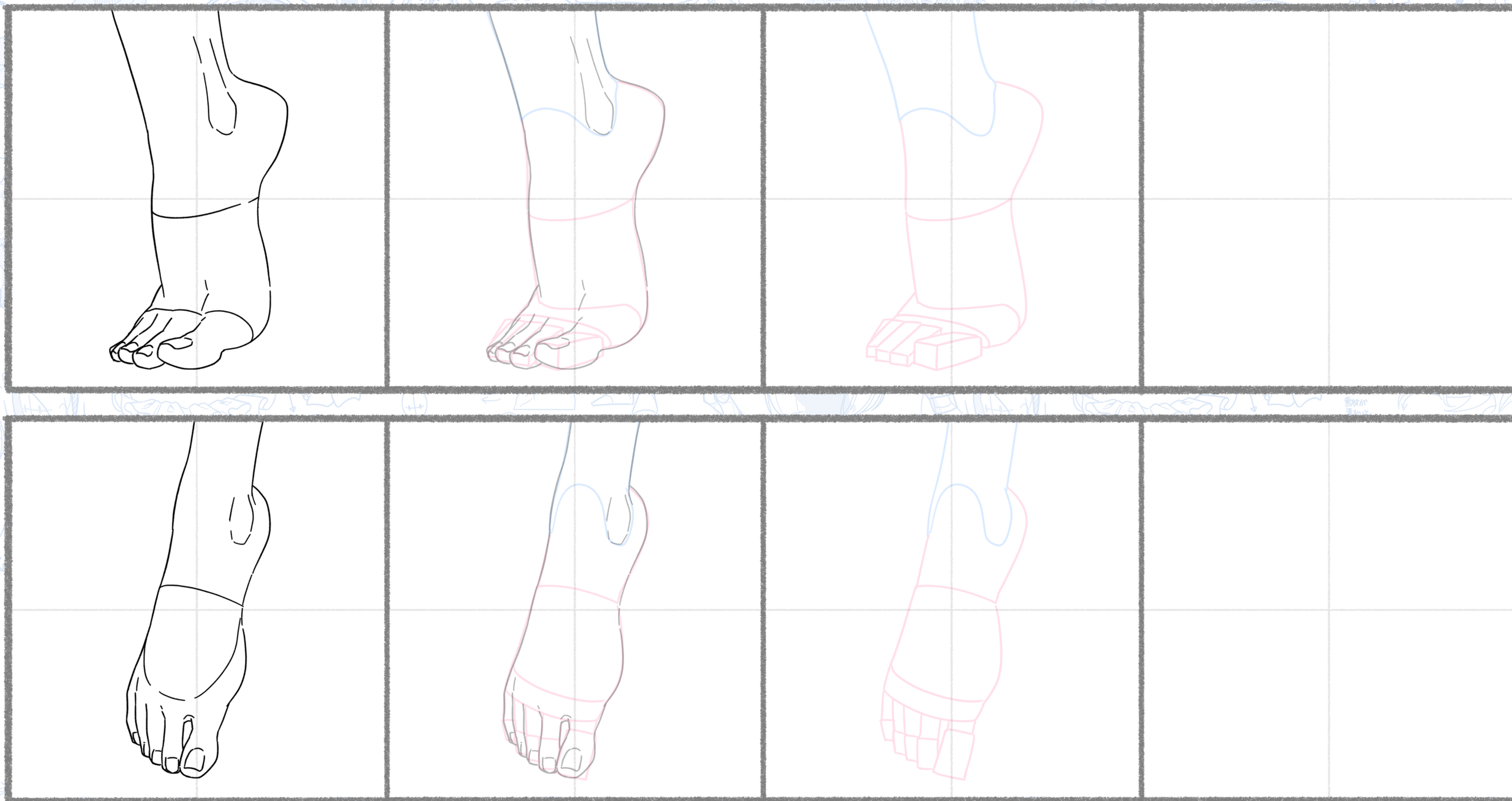


# 練習ドリル

LvUP Sheet No.035

## 足のバリエーション2

Foot Variations2



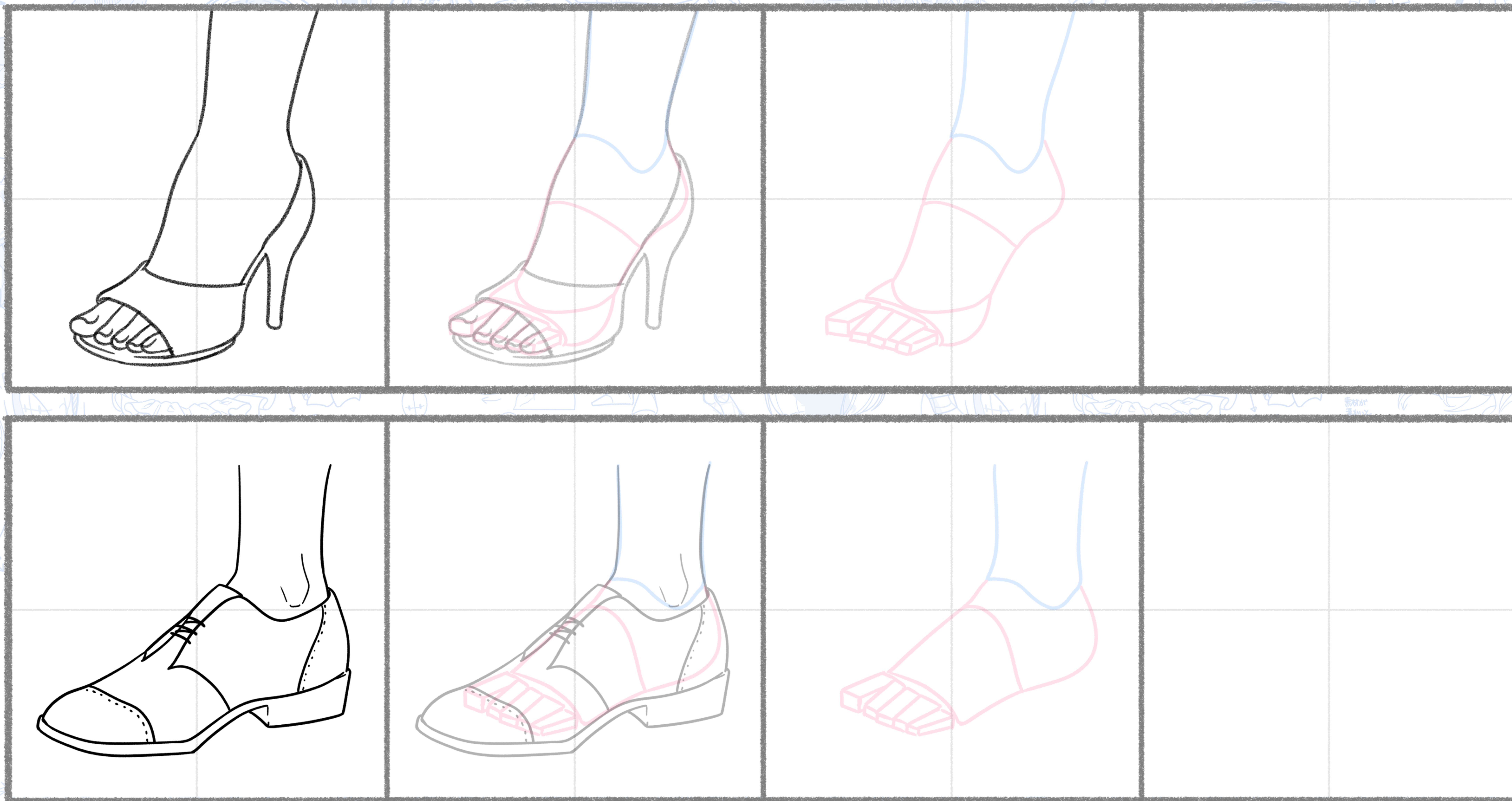


# 練習ドリル

LvUP Sheet No.035

## 足のバリエーション3

Foot Variations3



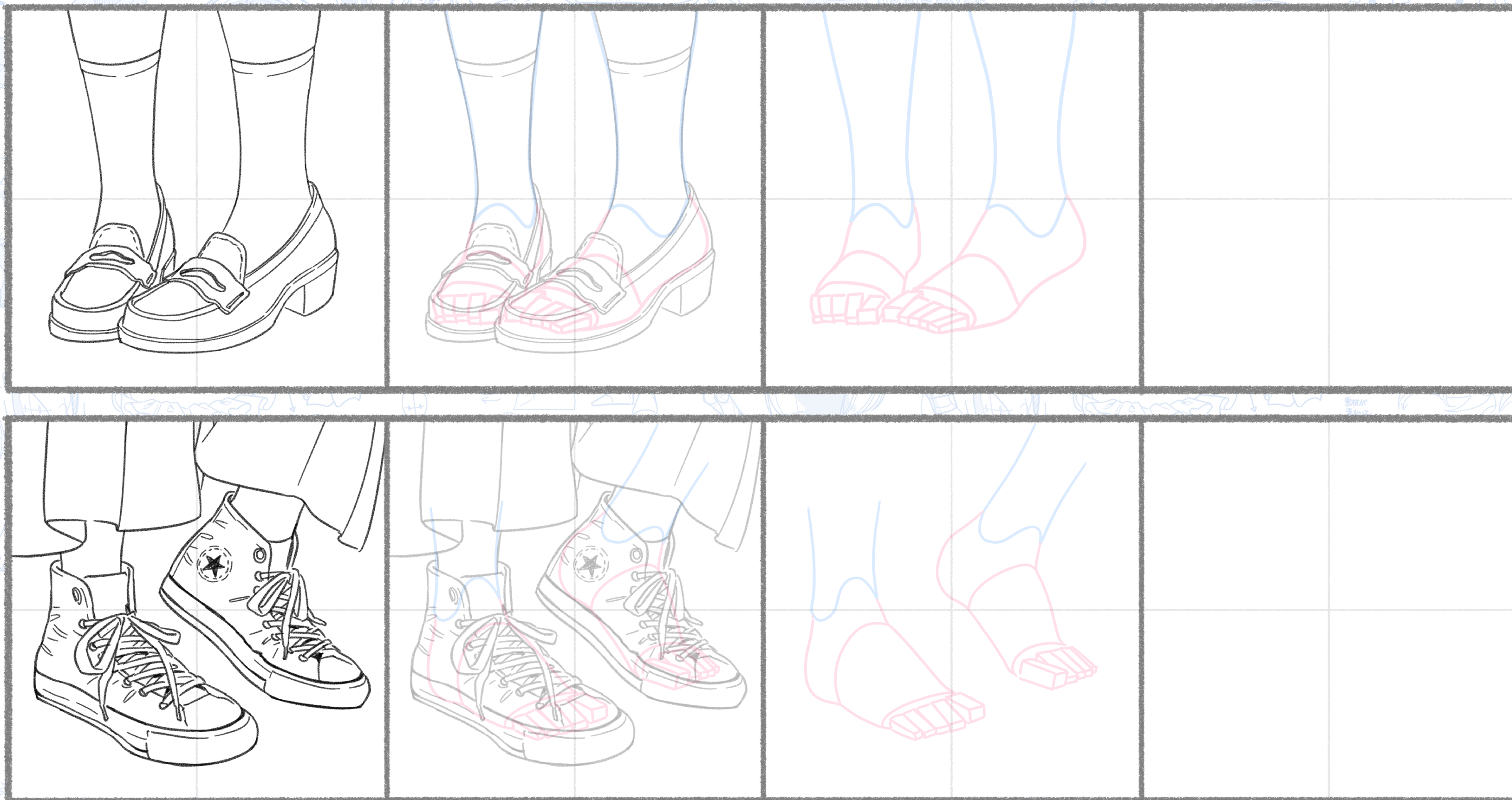


# 練習ドリル

LvUP Sheet No.035

## 足のバリエーション4

Foot Variations4



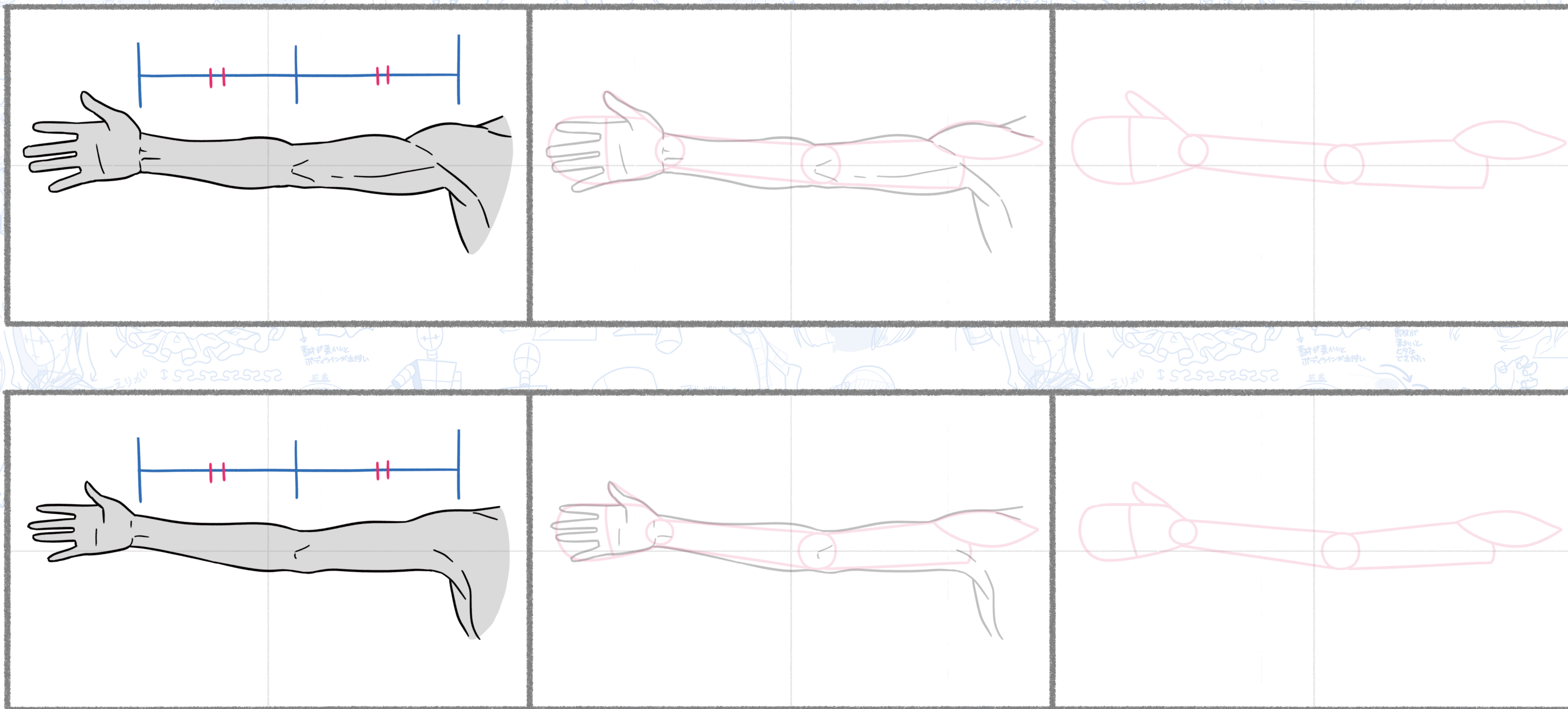


# 練習ドリル

LvUP Sheet No.036

## 腕の比率

Arm ratio



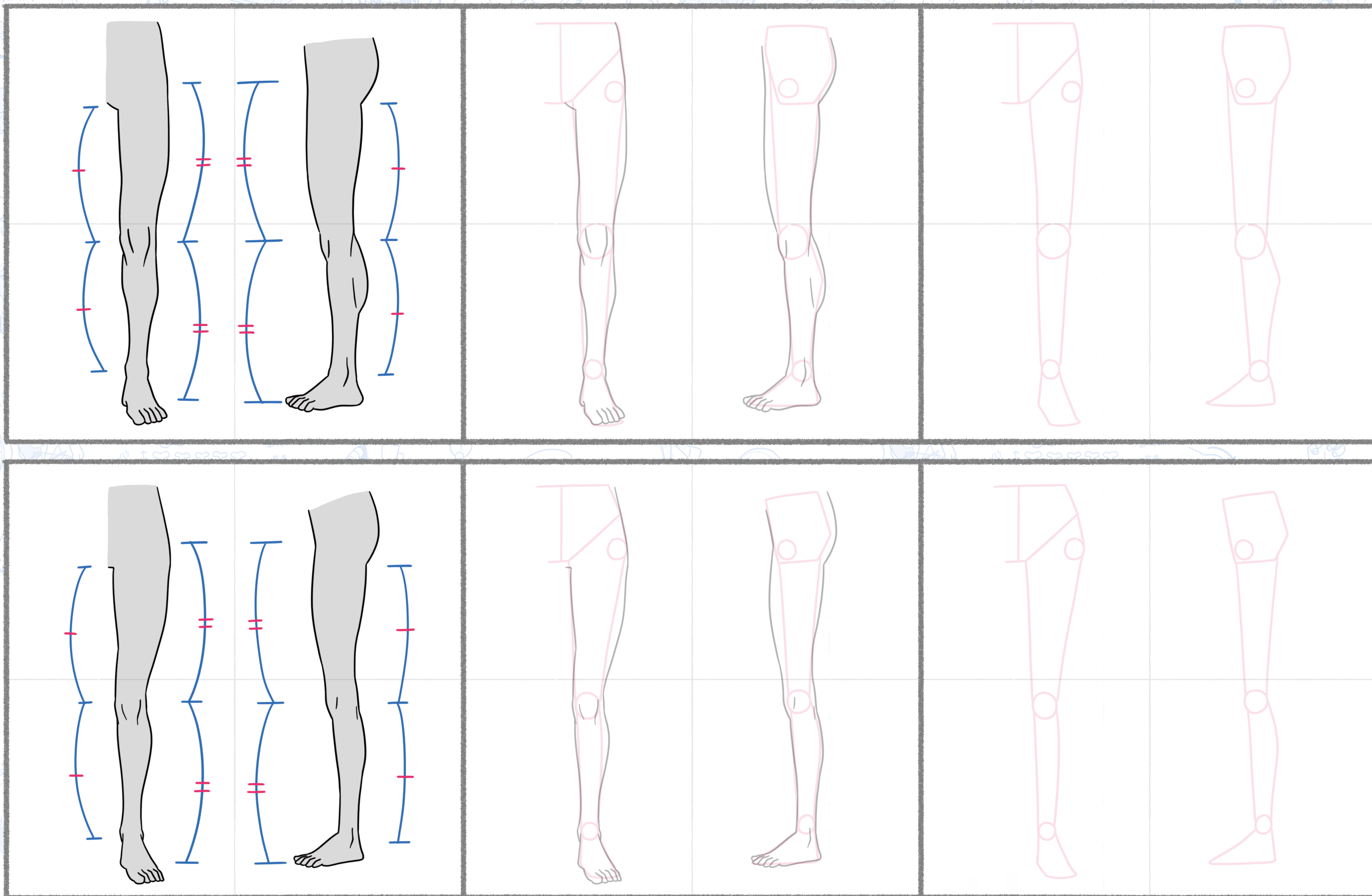


# 練習ドリル

LvUP Sheet No.037

## 脚の比率

Leg ratio





# 練習ドリル

LvUP Sheet No.038

## 腕の筋肉

Arm muscles

