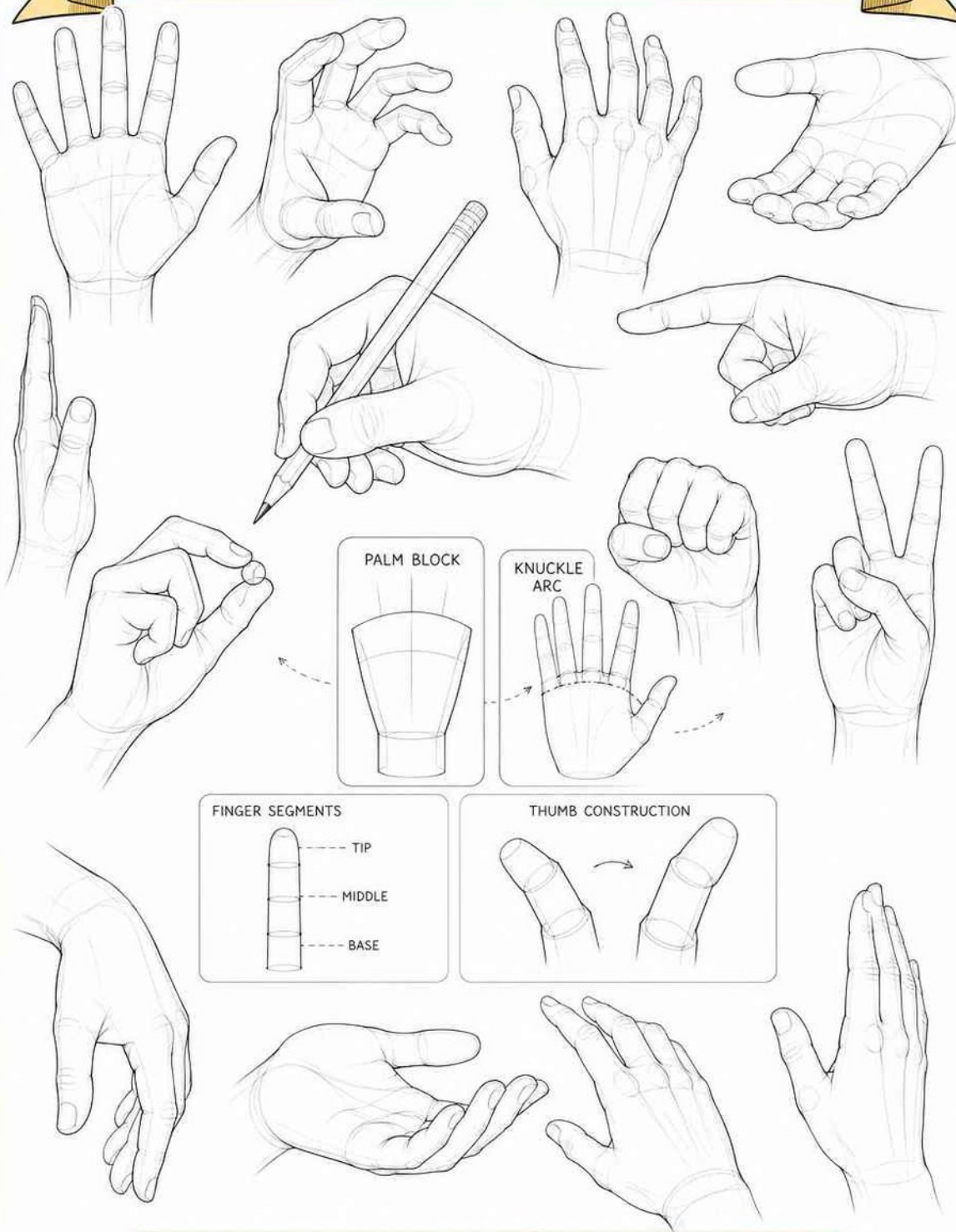


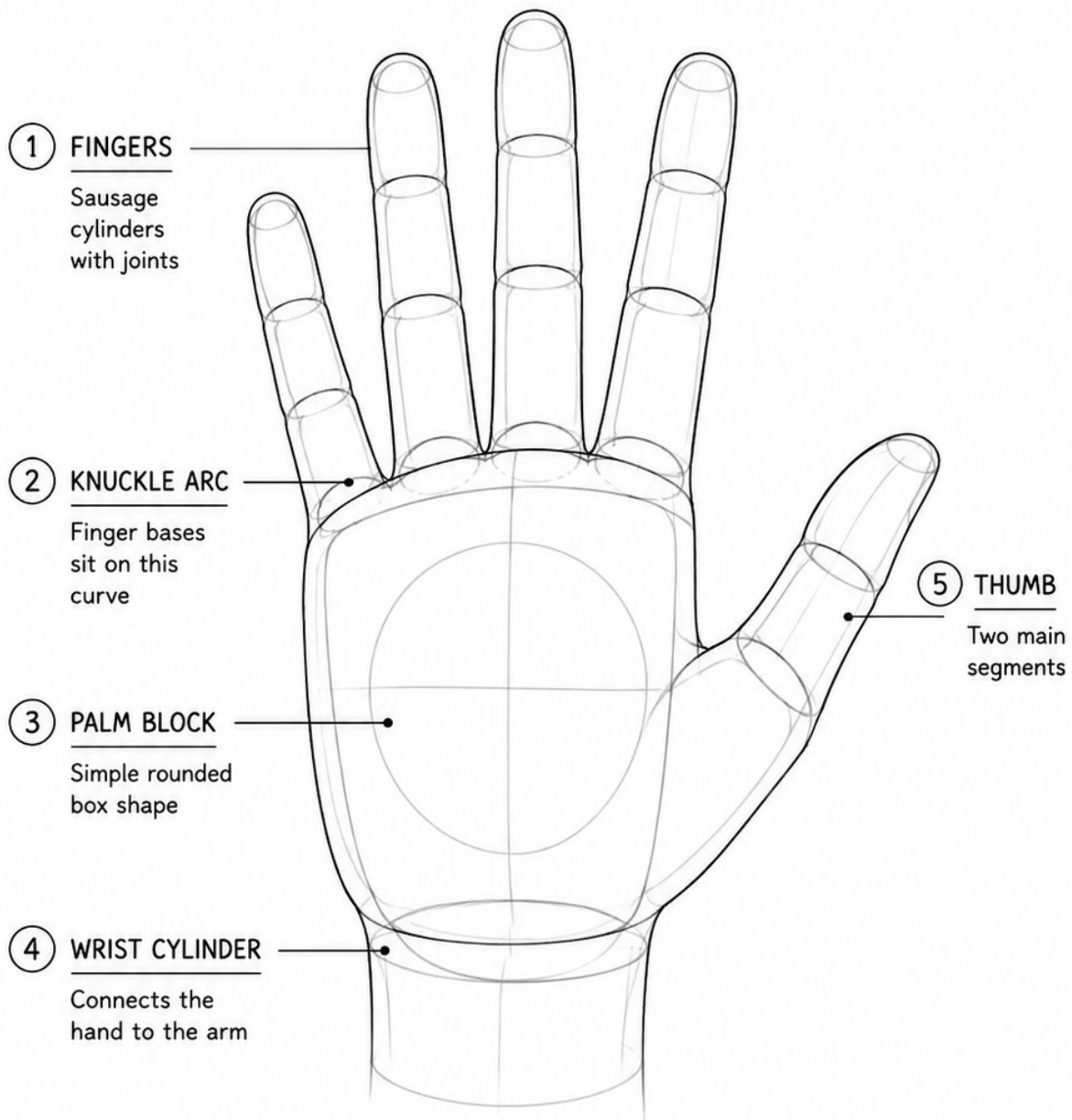
Hand Drawing Ideas

Learn to Draw Hands From Every Angle – Step by Step



PALM BLOCK DIAGRAM

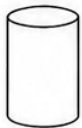
Simple Construction Guide



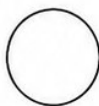
KEY SHAPES



PALM
(BOX)



FINGER
(CYLINDER)



JOINT
(CIRCLE)



ARC
(CURVE)

NOTES

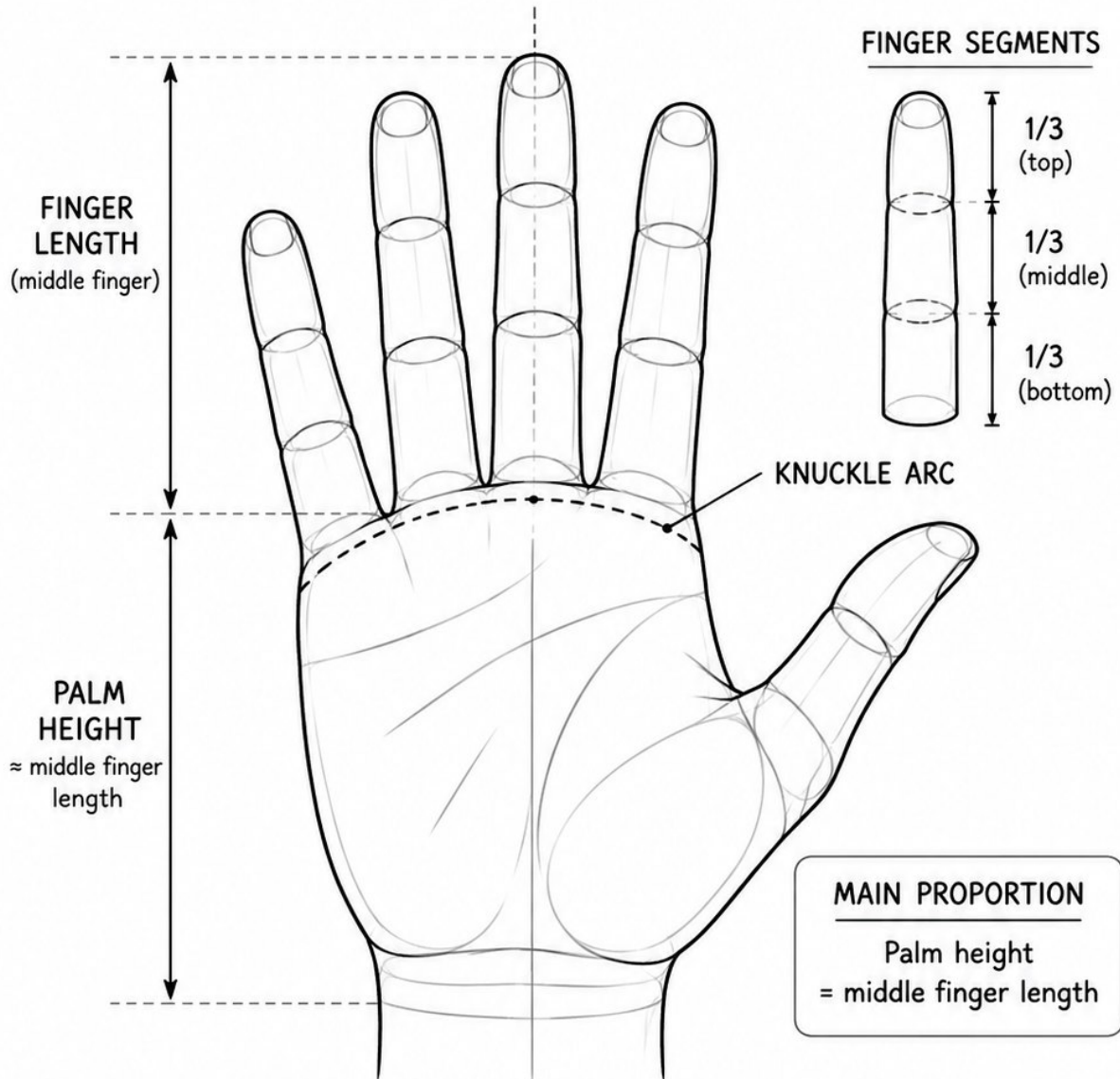
- Build the hand from simple shapes.
- Use light lines at first.
- Add details and refine after the structure feels solid.

Palm Block Diagram

PROPORTION MAP

THE OPEN HAND

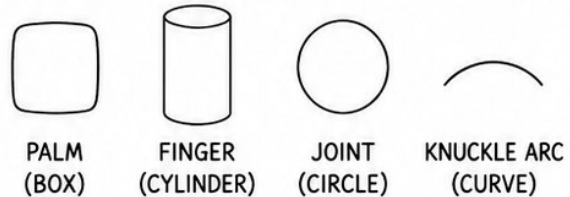
Key proportions • Better drawings • A stronger foundation



QUICK REFERENCE

- ① Draw the palm (box shape).
- ② Add the knuckle arc.
- ③ Divide fingers into thirds.
- ④ Keep palm height ≈ middle finger length.
- ⑤ Refine the details.

KEY LINES & SHAPES



SIMPLE SHAPES × REALISTIC HANDS

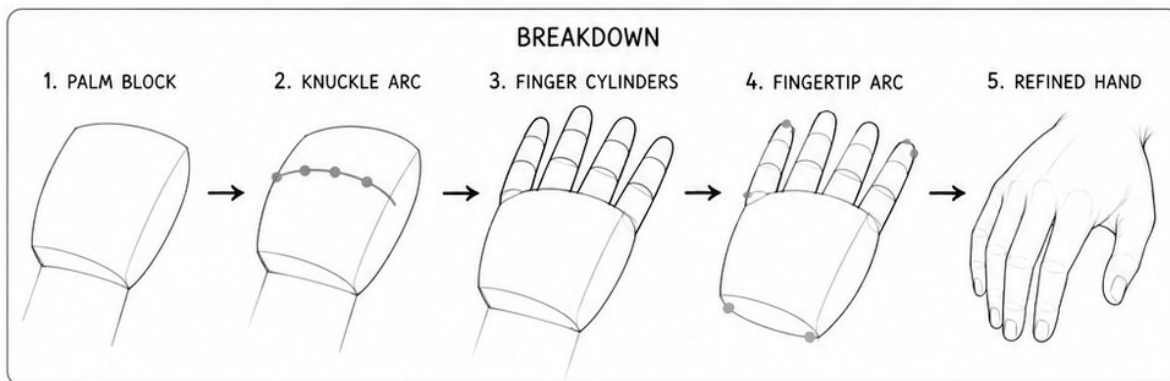
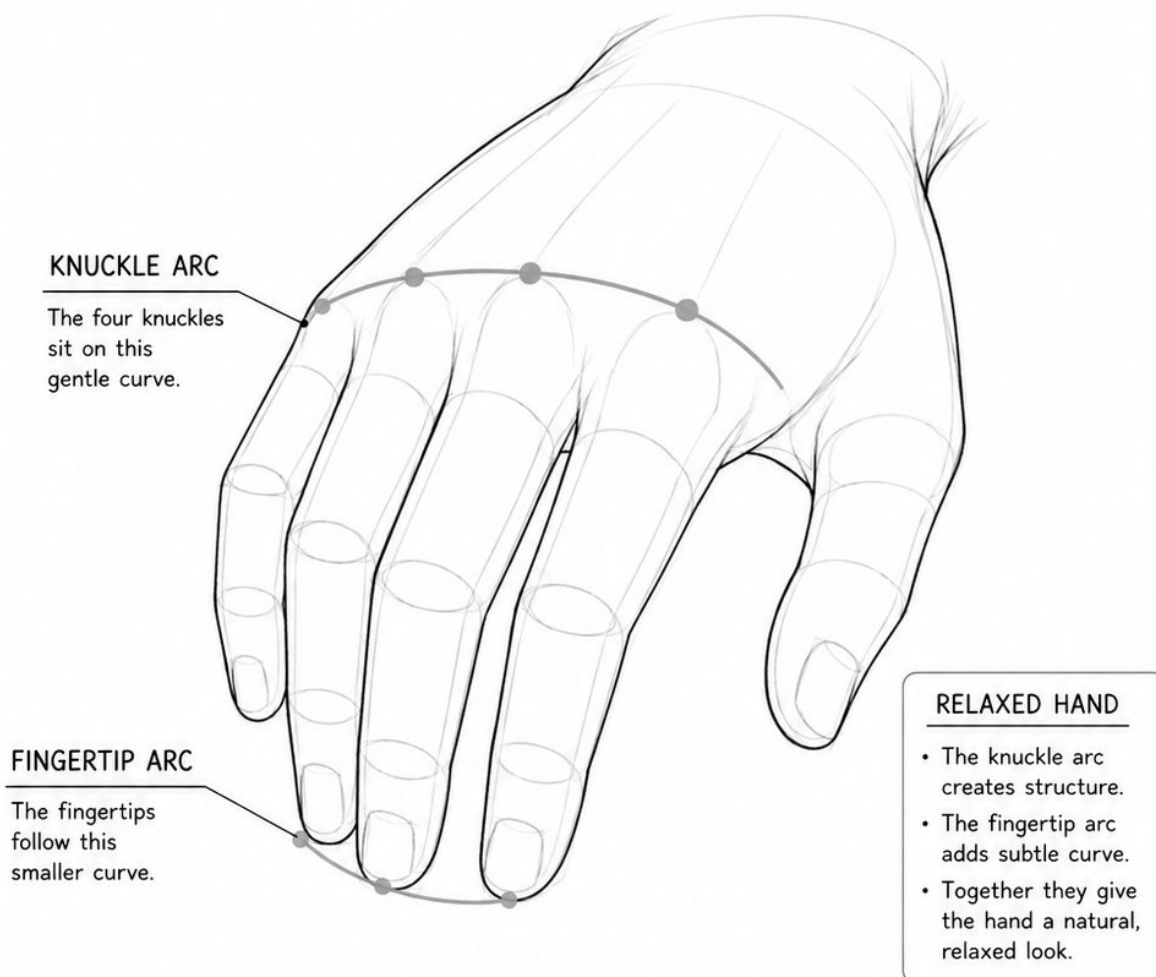
Proportion Map

Free printable practice pack • BoredomWizard.com

THE KNUCKLE ARC

THE KEY TO NATURAL HANDS

The knuckles and fingertips sit on two gentle arcs.



KEY POINTS

- ✓ The knuckle arc determines the hand's structure.
- ✓ The fingertip arc gives the fingers life and flow.
- ✓ Practice these arcs from different angles.

LEGEND

- KNUCKLE ARC (FOUR KNUCKLES)
- FINGERTIP ARC (FOUR TIPS)

The Knuckle Arc

PALM FACING FRONT

Open Relaxed Hand (Reference)

FINGER SEGMENTS

Each finger has three segments (top, middle, bottom).

KNUCKLE ARC

The four knuckles sit on a gentle curved line.

PALM PAD

The palm pad is a soft oval shape in the center.

WRIST

The wrist connects the hand to the arm.

THUMB

Two main segments (top and bottom).

KEY CONSTRUCTION SHAPES



PALM
(BOX)



FINGERS
(CYLINDERS)



JOINTS
(CIRCLES)



KNUCKLE ARC
(MAIN CURVE)



FINGERTIP ARC
(TIP CURVE)

NOTES

- Use light lines for guides.
- Keep the knuckle arc smooth.
- Fingers vary in length.
- Refine and add details as needed.

STRUCTURE BREAKDOWN (STEP-BY-STEP)

1. PALM BLOCK



2. ADD FINGER CYLINDERS



3. ADD KNUCKLE ARC & THUMB



4. ADD JOINTS & PALM LINES



5. REFINED HAND



☆ REMEMBER: Build with simple shapes → Check proportions → Refine details → Confident hand!

Palm Facing Front

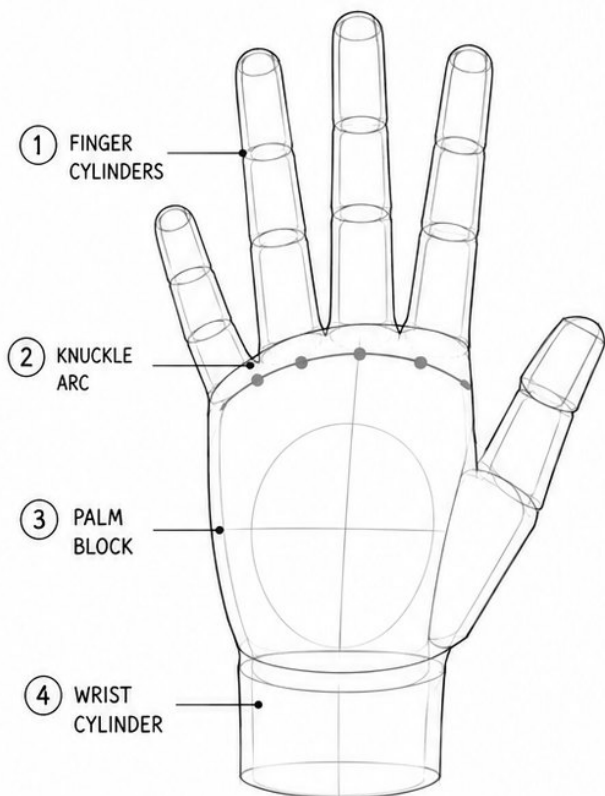
SIMPLIFIED vs DETAILED

THE SAME HAND, TWO WAYS

Start with simple shapes. Refine into a natural hand.

SIMPLIFIED (BLOCKED)

Structure • Proportion • Clarity



DETAILED (FINISHED)

Refinement • Anatomy • Character



THE PROGRESSION

1. BASIC BLOCKS



2. ADD CYLINDERS



3. ADD KNUCKLE ARC



4. ADD MAJOR FORMS



5. ADD DETAILS



WHAT TO FOCUS ON

- Start simple: big shapes first.
- Keep the knuckle arc flow smooth.
- Build from general to specific.
- Check proportions as you refine.

KEY DIFFERENCES

SIMPLIFIED

- ✓ Clear structure
- ✓ Easy to adjust
- ✓ Great for learning
- ✓ Focus on proportion

VS

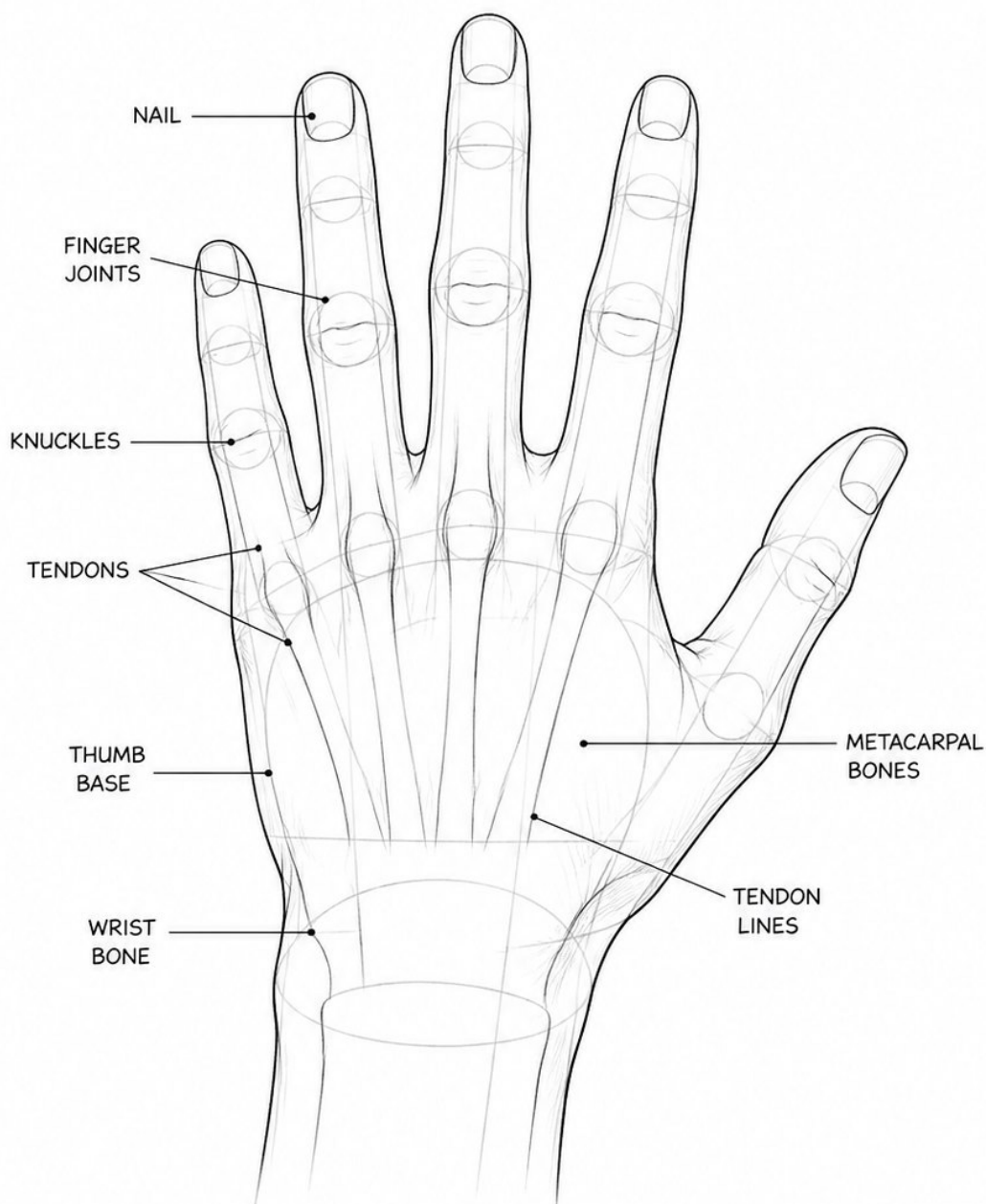
DETAILED

- ✓ Natural anatomy
- ✓ Shows character
- ✓ Refined details
- ✓ Final polished look

GOOD STRUCTURE → BELIEVABLE HANDS → CONFIDENT DRAWINGS

Simplified vs Detailed

BACK OF HAND



- = JOINT (BALL)
- = PHALANX (CYLINDER)
- = PALM (BOX)
- ⤿ = WRIST CURVE

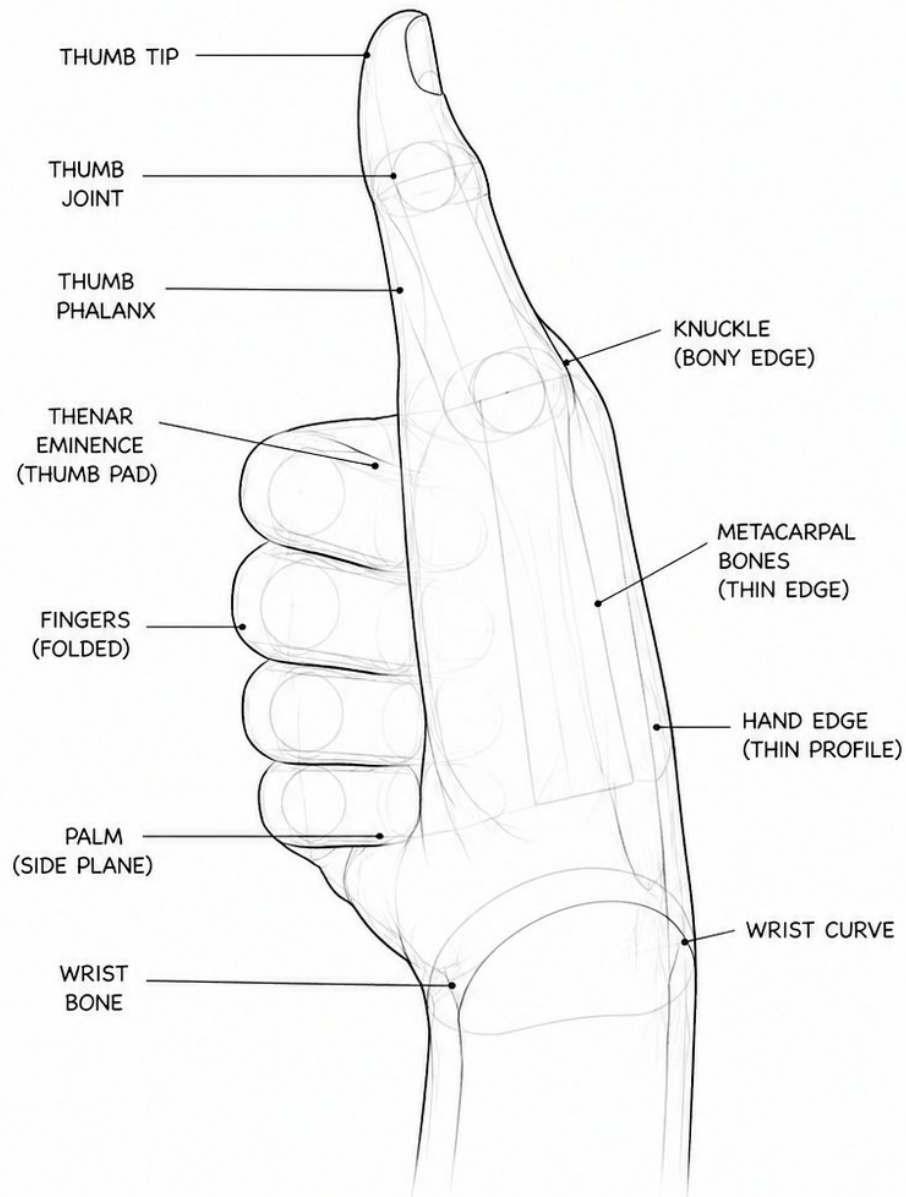
TIP:

THE BACK OF THE HAND SHOWS
TENDONS AND BONY LANDMARKS.
STUDY THE STRUCTURE UNDER THE SKIN.

Back of Hand

SIDE PROFILE (THUMB-UP)

VIEWS EDGE-ON FROM THE SIDE



- = JOINT (BALL)
- = PHALANX (CYLINDER)
- = PALM (BOX)
- ⤿ = WRIST CURVE

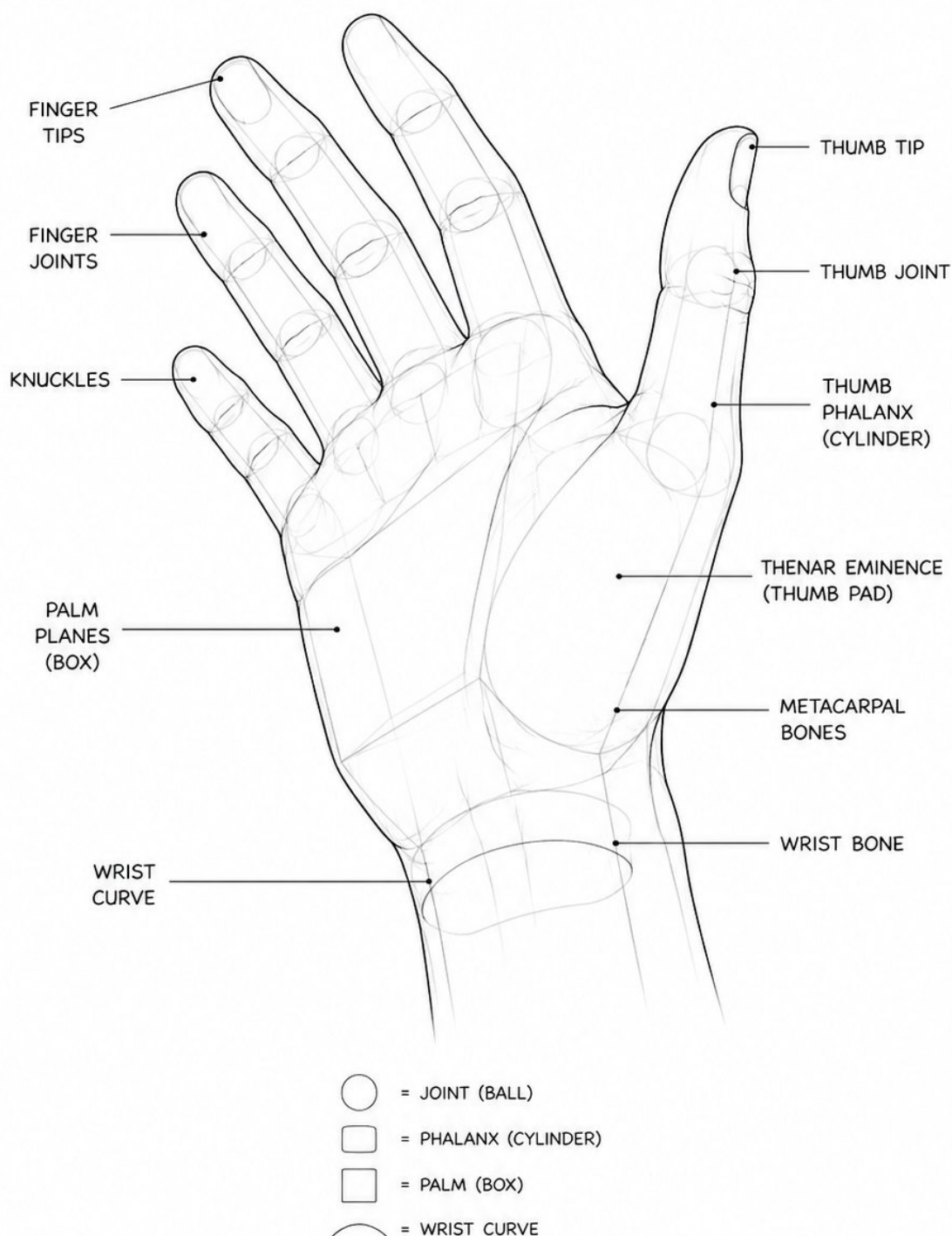
TIP:

FROM THE SIDE, THE HAND IS THIN. THE THUMB PAD (THENAR EMINENCE) CREATES THE MAIN BULGE OF THE PALM. KEEP THE WRIST SLIGHTLY CURVED.

Side Profile (Thumb-Up)

THREE-QUARTER VIEW

THE MOST COMMON AND USEFUL DRAWING ANGLE



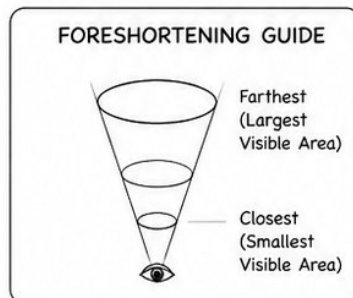
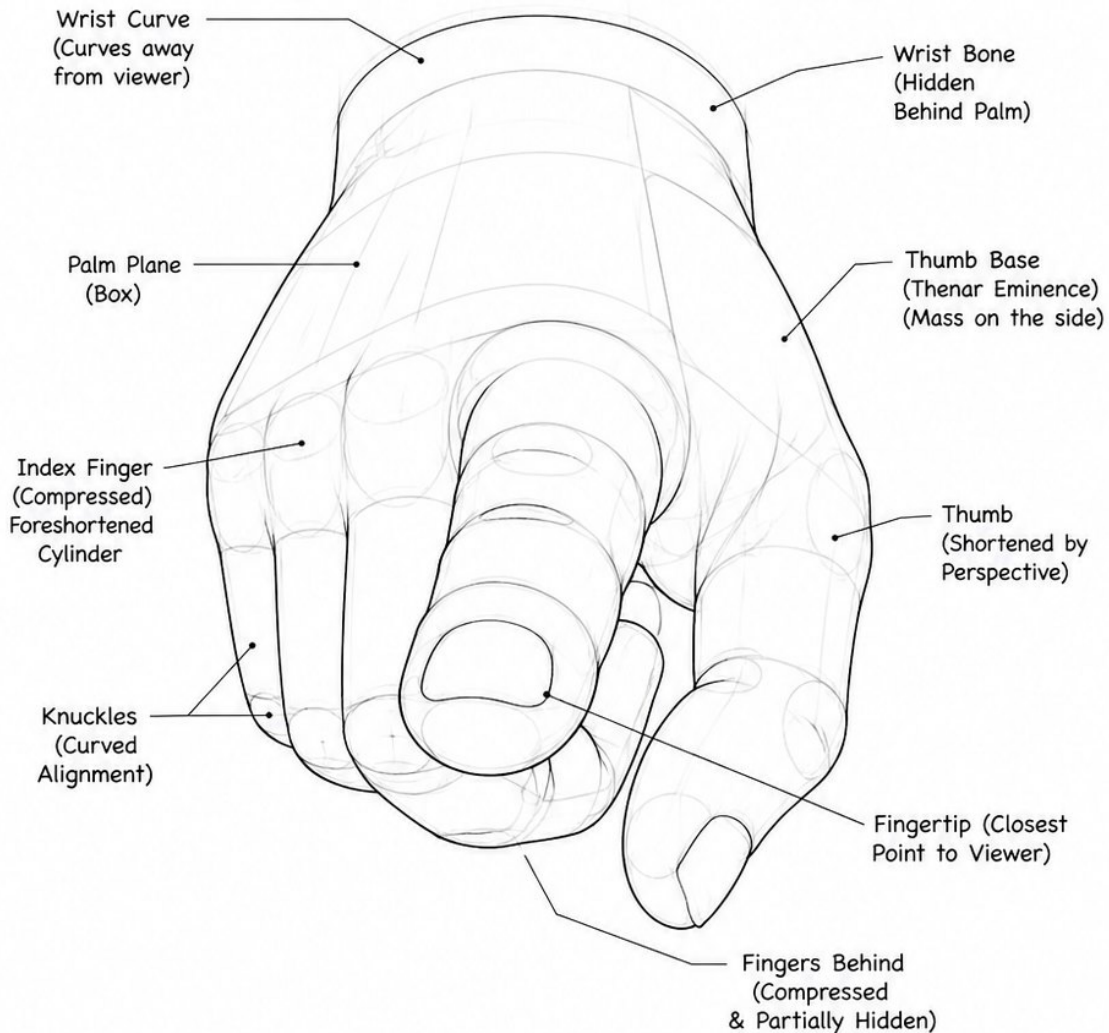
TIP:

THE THREE-QUARTER VIEW SHOWS FORM, DEPTH, AND FORESHORTENING. USE IT FOR MOST NATURAL HAND POSES.

Three-Quarter View

FORESHORTENED (POINTING AT VIEWER)

TEACHING FORESHORTENING & COMPRESSION



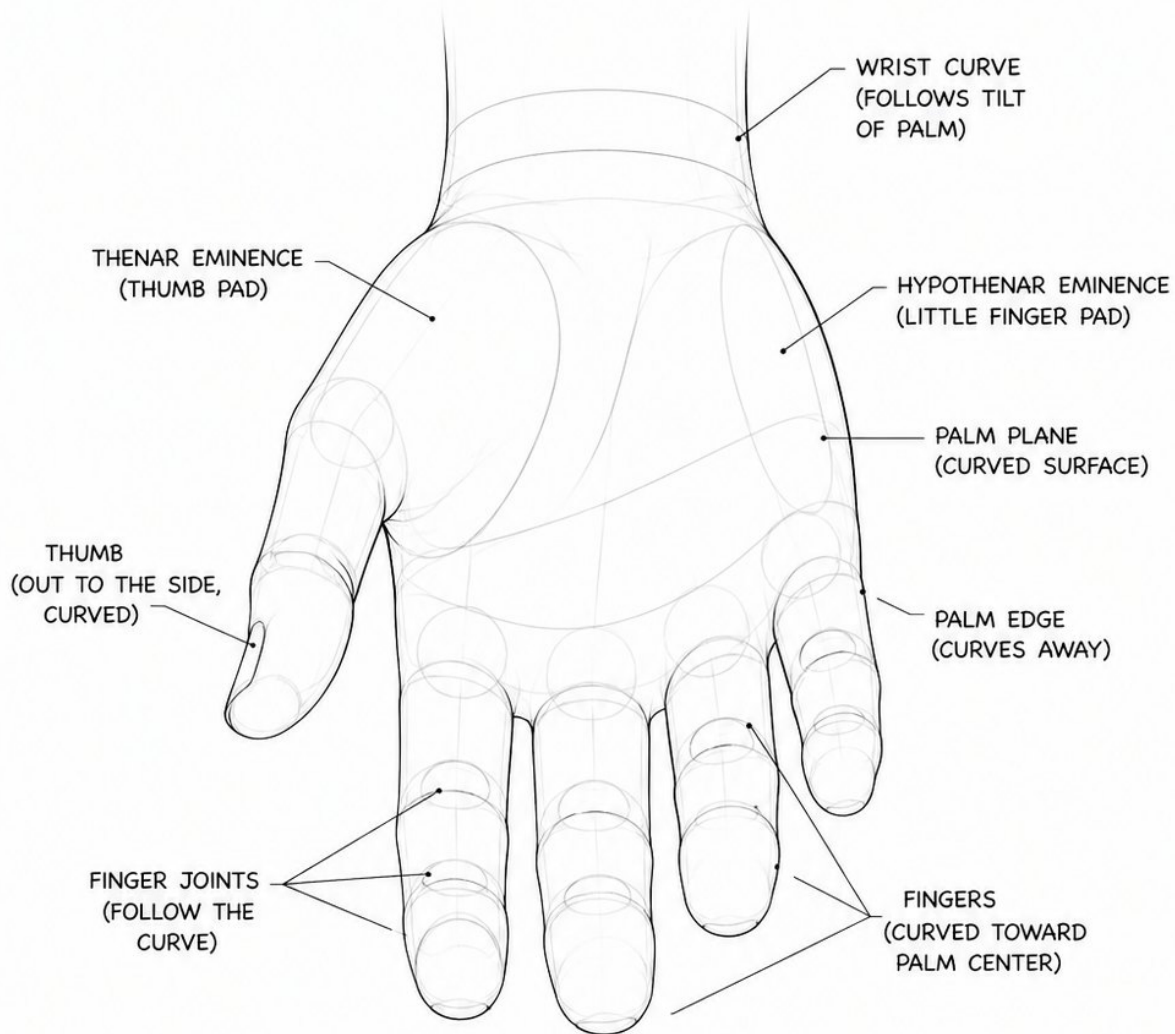
TIP:

- THE CLOSER A PART OF THE HAND IS TO THE VIEWER, THE LARGER IT APPEARS.
- FINGERS BEHIND THE POINTING FINGER ARE SHORTENED AND HIDDEN.
- USE ELLIPSES THAT GET SMALLER TOWARD THE VIEWER TO SHOW DEPTH.

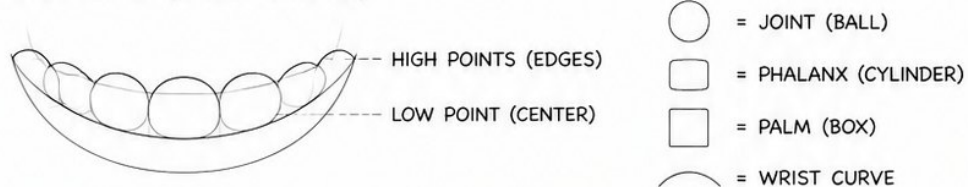
Foreshortened (Pointing at Viewer)

CUPPED HAND (FROM ABOVE)

SHOWING THE CURVE OF THE PALM



PALM CURVE (CROSS-SECTION)



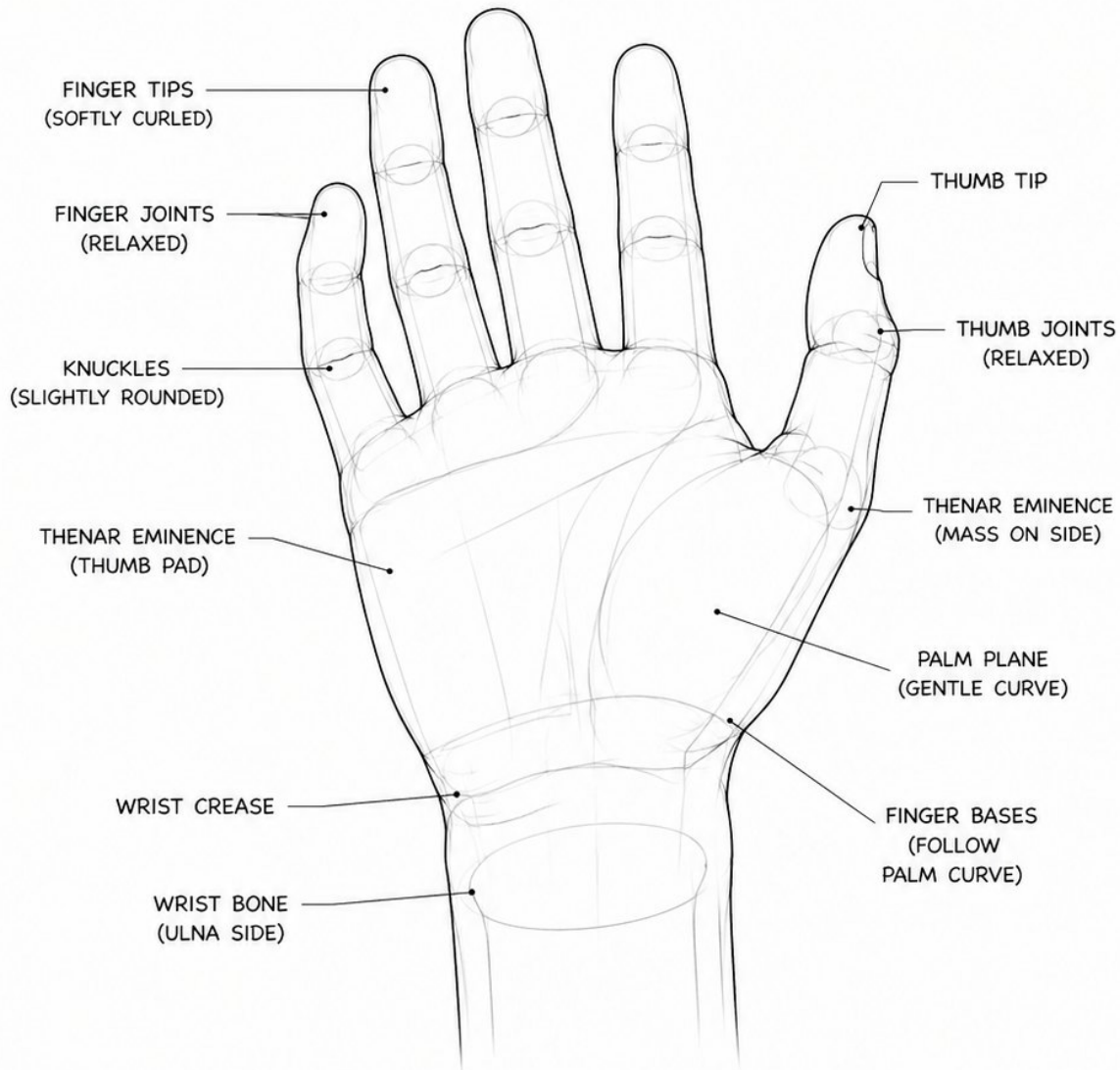
TIP:

- THE PALM IS A CURVED SURFACE, LIKE A BOWL.
- THE FINGERS FOLLOW THE CURVE TOWARD THE CENTER.
- THE EDGES (THENAR & HYPOTHENAR) ARE HIGHER THAN THE CENTER OF THE PALM.

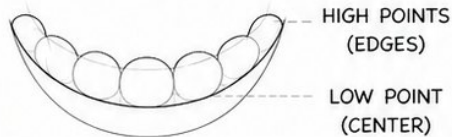
Cupped Hand (From Above)

RELAXED OPEN HAND

NATURAL RESTING POSE (PALM UP)



PALM CURVE (CROSS-SECTION)



- = JOINT (BALL)
- = PHALANX (CYLINDER)
- = PALM (BOX)
- = WRIST CURVE

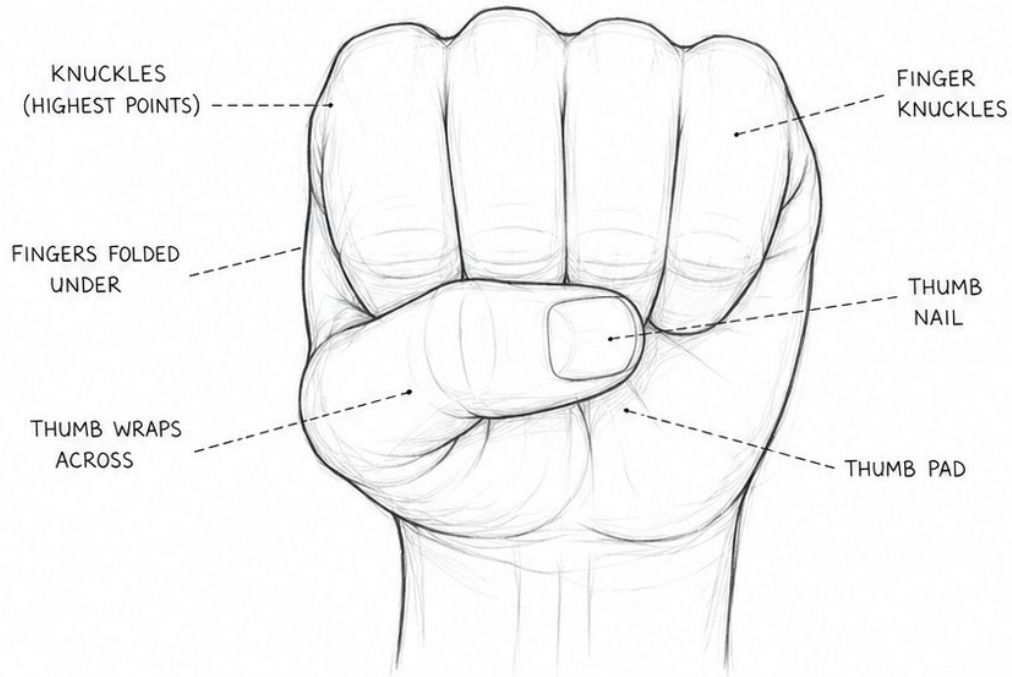
TIP:

- THIS IS THE MOST NEUTRAL RELAXED POSE.
- FINGERS NATURALLY CURVE TOWARD THE PALM.
- THE PALM HAS A GENTLE BOWL SHAPE.
- USE THIS POSE AS A BASE FOR MANY HAND POSITIONS.

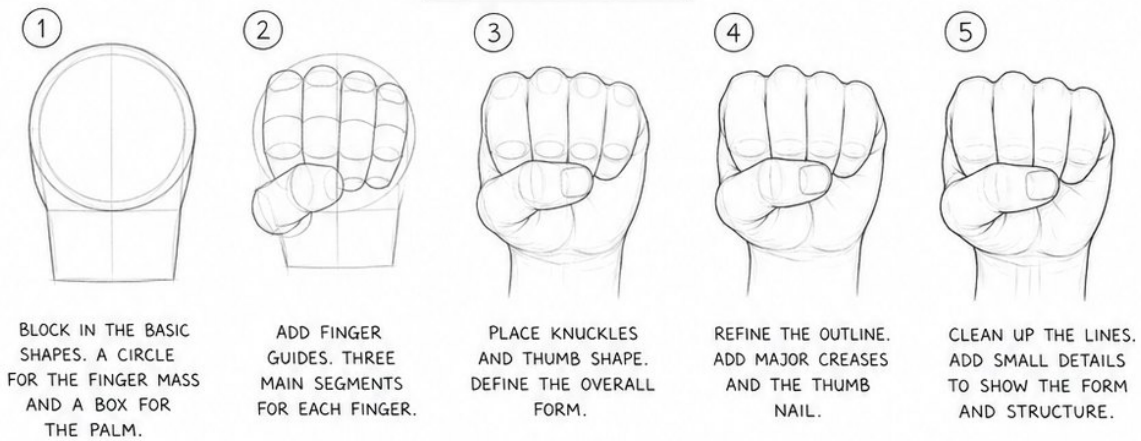
Relaxed Open Hand

CLOSED FIST

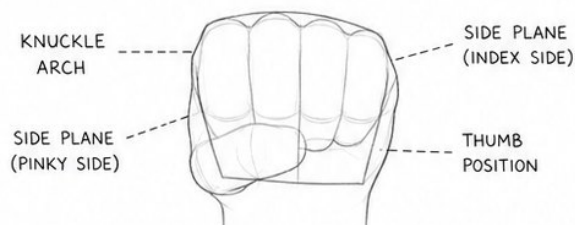
(KNUCKLE SIDE VIEW)



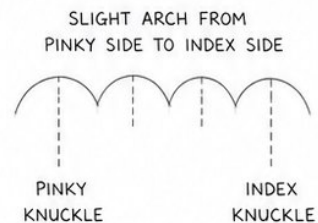
CONSTRUCTION STEPS



STRUCTURE GUIDE



TOP CURVE GUIDE



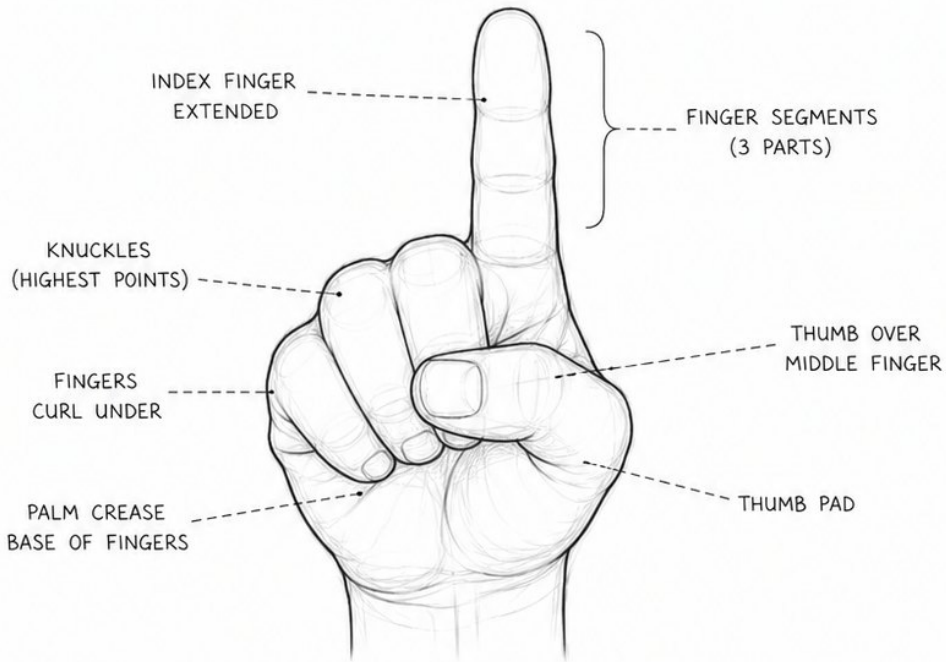
TIPS

- KEEP THE KNUCKLE LINE SLIGHTLY ARCHED.
- FINGERS FOLD NATURALLY UNDER THE PALM.
- THUMB WRAPS AND PROTECTS THE FINGERS.

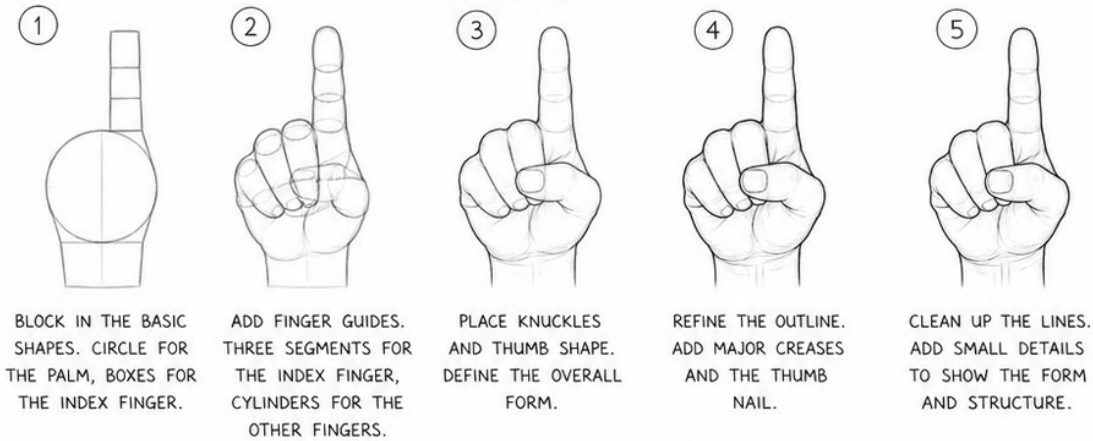
Closed Fist

POINTING FINGER

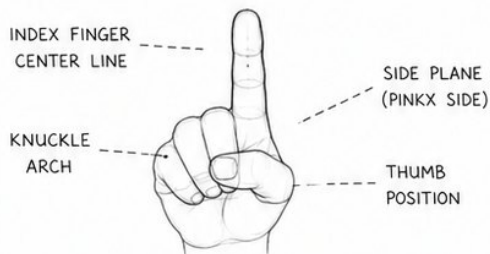
(INDEX FINGER EXTENDED)



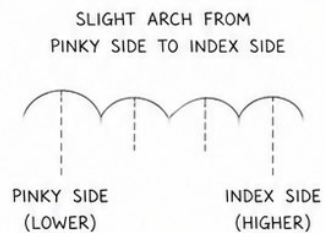
CONSTRUCTION STEPS



STRUCTURE GUIDE



TOP CURVE GUIDE

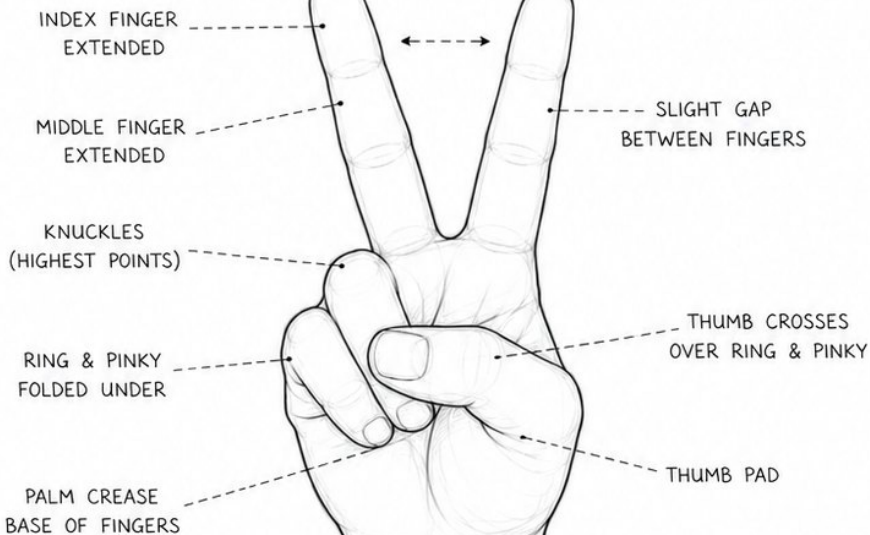


TIPS

- INDEX FINGER IS STRAIGHT AND ALIGNED FROM BASE TO TIP.
- OTHER FINGERS CURL NATURALLY UNDER THE PALM.
- THUMB CROSSES OVER AND HELPS SECURE THE CURL.
- KNUCKLE ARCH CREATES THE HAND'S DYNAMIC SHAPE.

Pointing Finger

(INDEX & MIDDLE FINGERS EXTENDED)



CONSTRUCTION STEPS



BLOCK IN THE BASIC SHAPES. CIRCLE FOR THE PALM, BOX FOR THE WRIST, CYLINDERS FOR THE EXTENDED FINGERS.

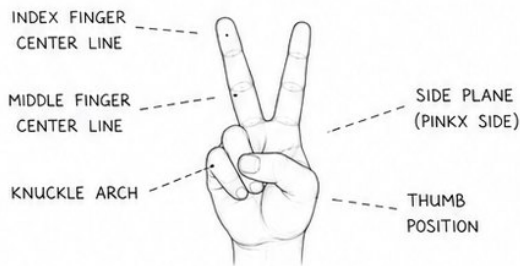
ADD FINGER GUIDES.
TWO EXTENDED FINGERS,
THREE SEGMENTS EACH.
ADD THUMB SHAPE
CROSSING OVER.

PLACE KNUCKLES AND
DEFINE THE THUMB
SHAPE. BLOCK IN THE
FOLDED RING & PINKY
UNDER THE THUMB.

REFINE THE OUTLINE.
ADD MAJOR CREASES
AND THE THUMB NAIL.
DEFINE THE OVERALL
FORM.

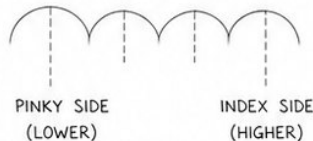
CLEAN UP THE LINES.
ADD SMALL DETAILS
TO SHOW THE FORM
AND STRUCTURE.

STRUCTURE GUIDE



TOP CURVE GUIDE

GENTLE ARCH FROM
PINKY SIDE TO INDEX SIDE



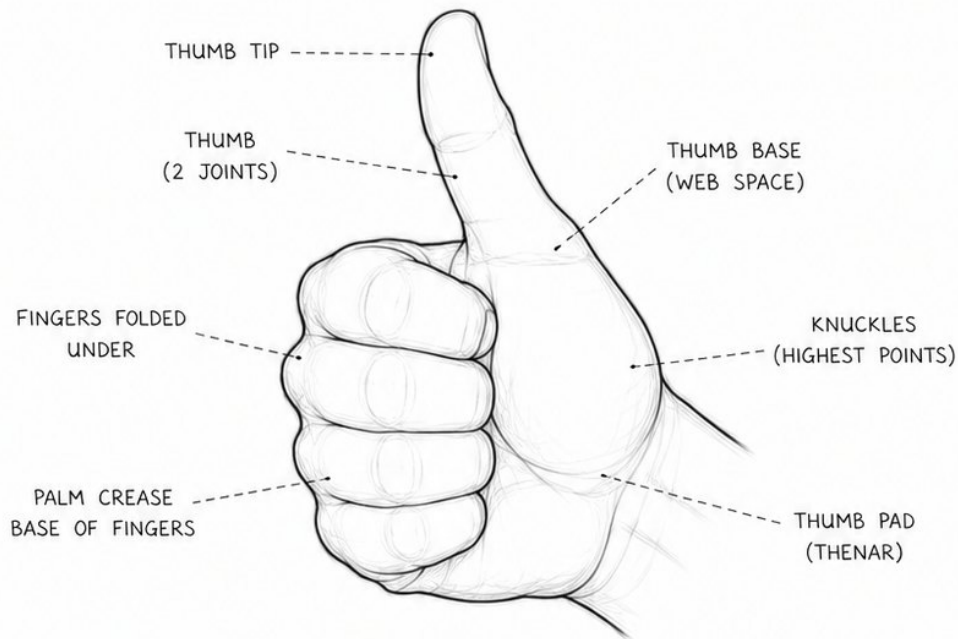
TIPS

- KEEP INDEX AND MIDDLE FINGERS STRAIGHT AND RELAXED.
- THUMB CROSSES OVER TO SECURE THE FOLDED FINGERS.
- KNUCKLE ARCH CREATES THE HAND'S DYNAMIC SHAPE.
- SMALL GAP BETWEEN THE TWO FINGERS ADDS NATURALISM.

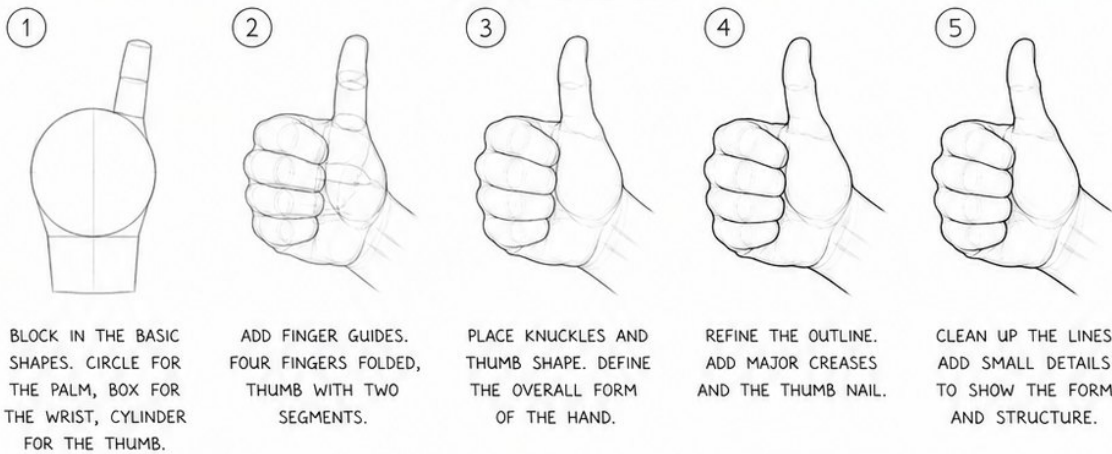
Peace Sign / V

THUMBS UP

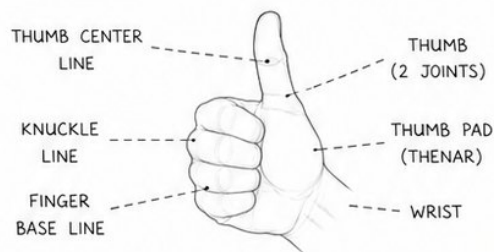
(THUMB EXTENDED)



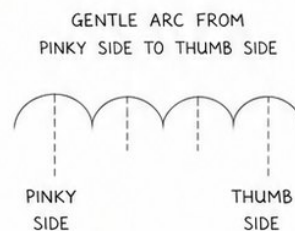
CONSTRUCTION STEPS



STRUCTURE GUIDE



TOP CURVE GUIDE

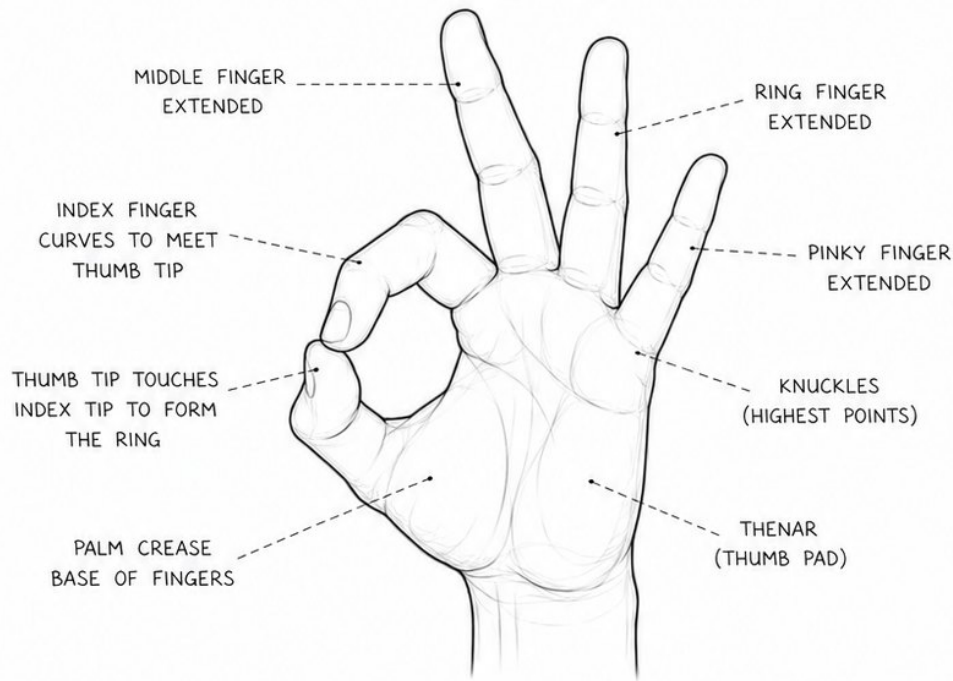


- TIPS**
- THUMB EXTENDS UP AND SLIGHTLY FORWARD.
 - FINGERS FOLD NATURALLY UNDER THE THUMB.
 - KNUCKLES CREATE THE HAND'S STRUCTURE AND DEPTH.
 - KEEP THE WRIST STRAIGHT AND SUPPORTING THE HAND.

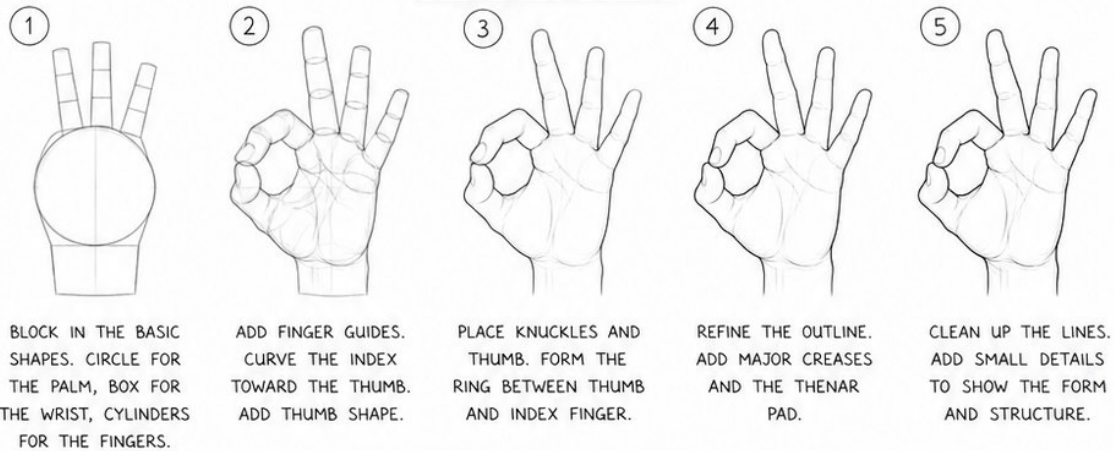
Thumbs Up

OK SIGN

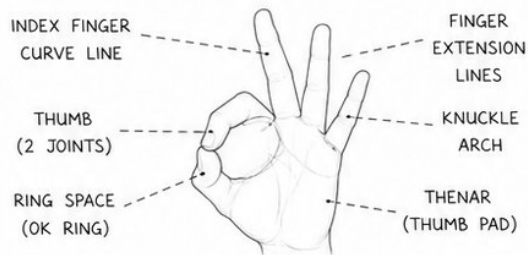
(THUMB & INDEX FORM A RING)



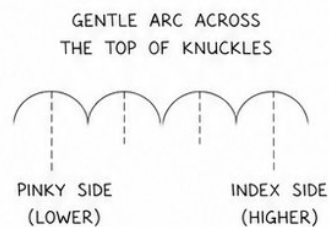
CONSTRUCTION STEPS



STRUCTURE GUIDE



TOP CURVE GUIDE



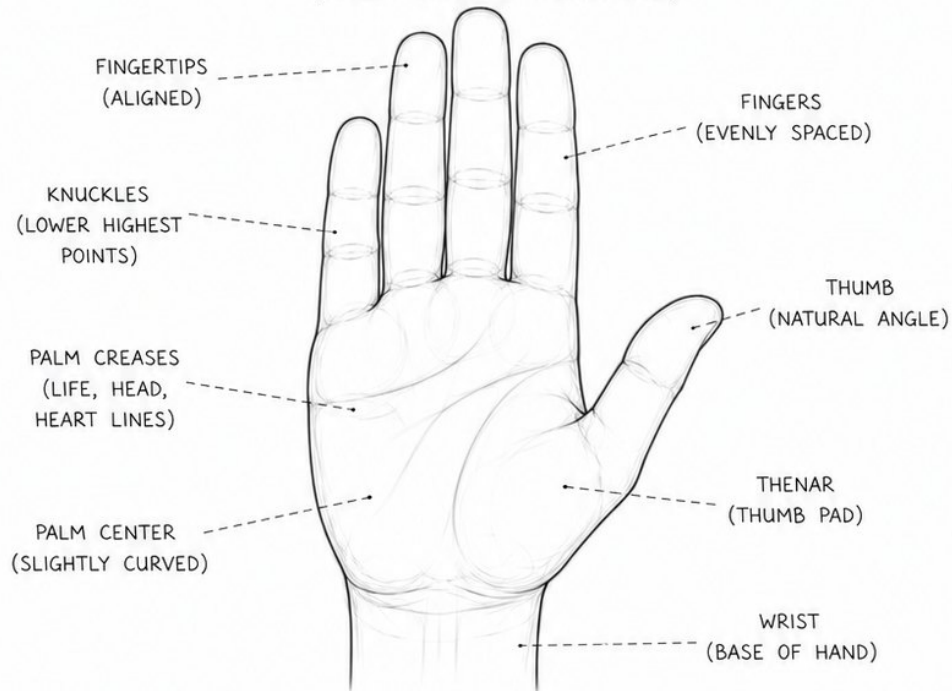
TIPS

- THUMB AND INDEX TIPS TOUCH LIGHTLY TO FORM THE RING.
- KEEP THE OTHER THREE FINGERS RELAXED AND EXTENDED.
- KNUCKLES FORM A GENTLE ARC ACROSS THE TOP.
- THENAR PAD ADDS BALANCE AND SUPPORT TO THE SHAPE.

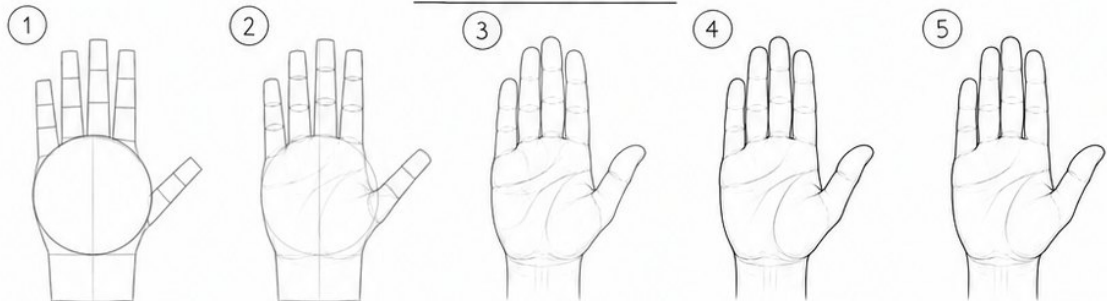
OK Sign

OPEN WAVE / HIGH-FIVE

(PALM FACING FORWARD)



CONSTRUCTION STEPS



1. BLOCK IN THE BASIC SHAPES. CIRCLE FOR THE PALM, BOX FOR THE WRIST, CYLINDERS FOR THE FINGERS AND THUMB.

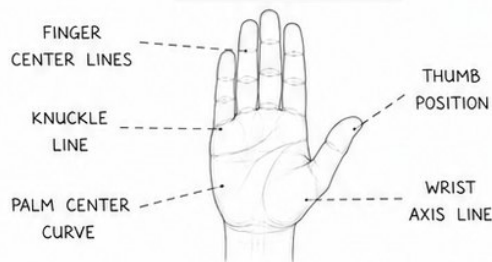
2. ADD FINGER GUIDES. THREE SEGMENTS FOR EACH FINGER, TWO FOR THE THUMB.

3. PLACE KNUCKLES AND THUMB SHAPE. DEFINE THE OVERALL FORM OF THE HAND.

4. REFINE THE OUTLINE. ADD MAJOR CREASES AND THE THENAR PAD.

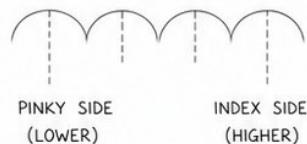
5. CLEAN UP THE LINES. ADD SMALL DETAILS TO SHOW THE FORM AND STRUCTURE.

STRUCTURE GUIDE



TOP CURVE GUIDE

GENTLE ARCH ACROSS THE TOP OF KNUCKLES



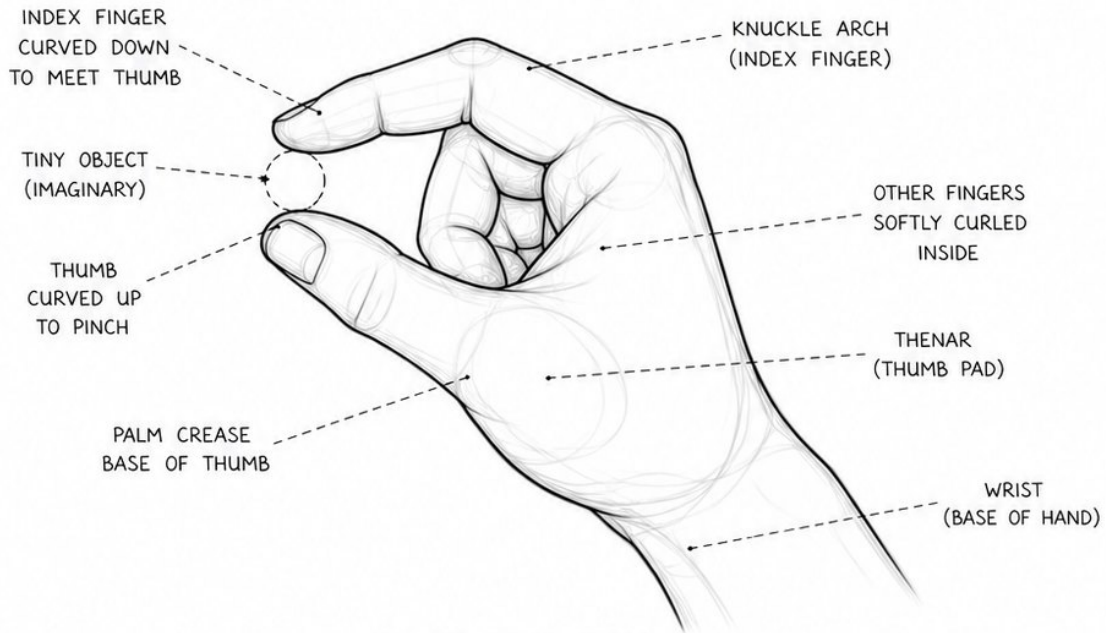
TIPS

- KEEP FINGERS STRAIGHT BUT RELAXED.
- KNUCKLES LINE UP IN A GENTLE CURVE.
- THE PALM IS SLIGHTLY CURVED, NOT FLAT.
- THE THUMB OPENS NATURALLY FROM THE PALM.
- GREAT FOR WAVING, HIGH-FIVES, OR HELLOS!

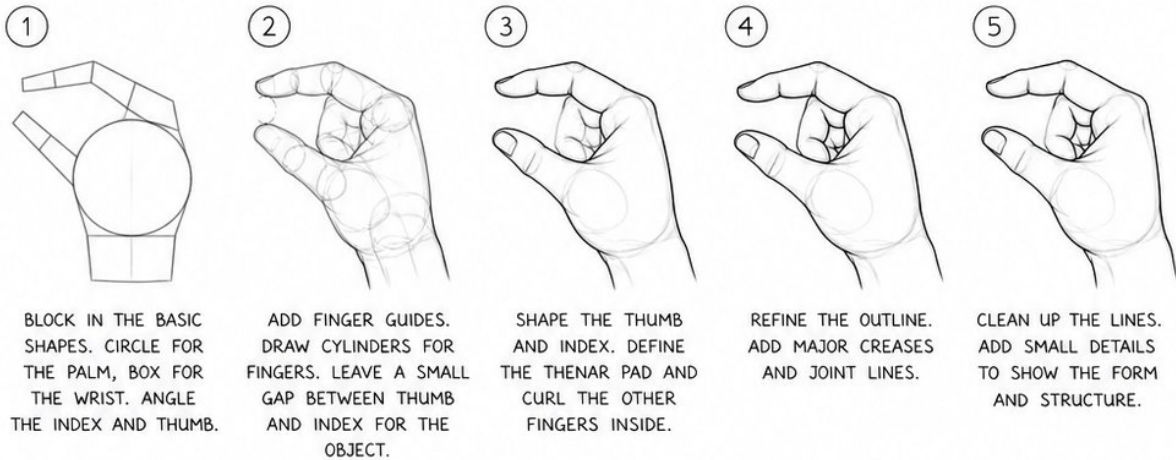
Open Wave / High-Five

PINCHING (SMALL OBJECT)

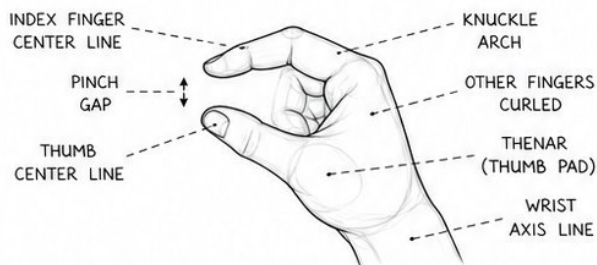
(THUMB AND INDEX PINCHING)



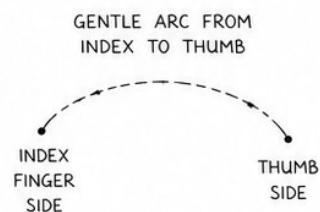
CONSTRUCTION STEPS



STRUCTURE GUIDE



TOP CURVE GUIDE



TIPS

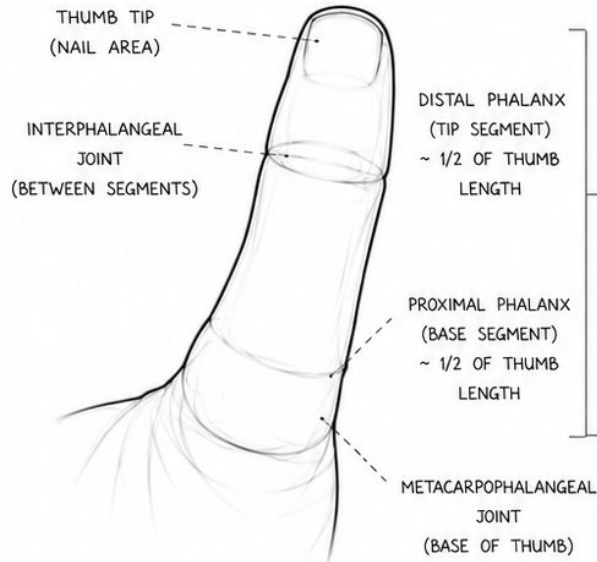
- KEEP A SMALL GAP BETWEEN THUMB AND INDEX FOR A REALISTIC PINCH.
- CURVE THE INDEX FINGER DOWN AND THE THUMB UP — THEY DON'T STAY FLAT.
- OTHER FINGERS CURL IN SOFTLY, NOT STRAIGHT.
- SHOW THE THENAR PAD FOR A MORE NATURAL, THREE-DIMENSIONAL LOOK.
- KEEP THE LINES CLEAN AND PROPORTIONS SIMPLE.

Pinching (Small Object)

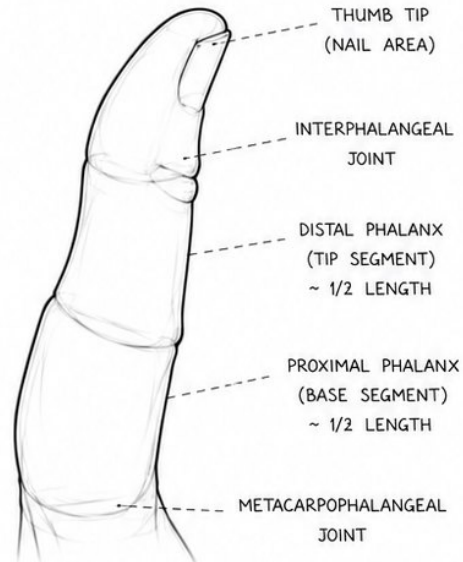
THE THUMB

STRUCTURE, SEGMENTS & OPPOSITION

FRONT / PALMAR VIEW



SIDE / LATERAL VIEW



CONSTRUCTION STEPS



1
BLOCK IN THE BASE
(BALL OF THUMB) AND
TWO CYLINDERS FOR
THE SEGMENTS.



2
ADD THE JOINT RINGS:
METACARPOPHALANGEAL
AT THE BASE AND
INTERPHALANGEAL
IN THE MIDDLE.



3
SHAPE THE TWO
PHALANGES. ADD THE
THUMB TIP (NAIL)
SHAPE.



4
ADD NATURAL CURVES,
CREASES, AND THE
THUMB PAD SHAPE.



5
REFINE THE OUTLINE.
ADD SMALL DETAILS
AND CLEAN UP
THE LINES.

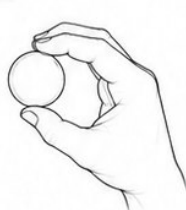
OPPOSITION (HOW IT OPPOSES)



THE THUMB ROTATES
AND REACHES ACROSS
THE PALM.



IT CAN TOUCH THE TIPS
OF THE FINGERS TO
HOLD OBJECTS.



THE THUMB COUNTERBALANCES
THE FINGERS FOR A STRONG
AND PRECISE GRIP.

THUMB SEGMENTS

THE THUMB HAS TWO PHALANGES
(TWO BONES / SEGMENTS).



DISTAL PHALANX
(TIP SEGMENT)
~ 1/2 LENGTH

PROXIMAL PHALANX
(BASE SEGMENT)
~ 1/2 LENGTH

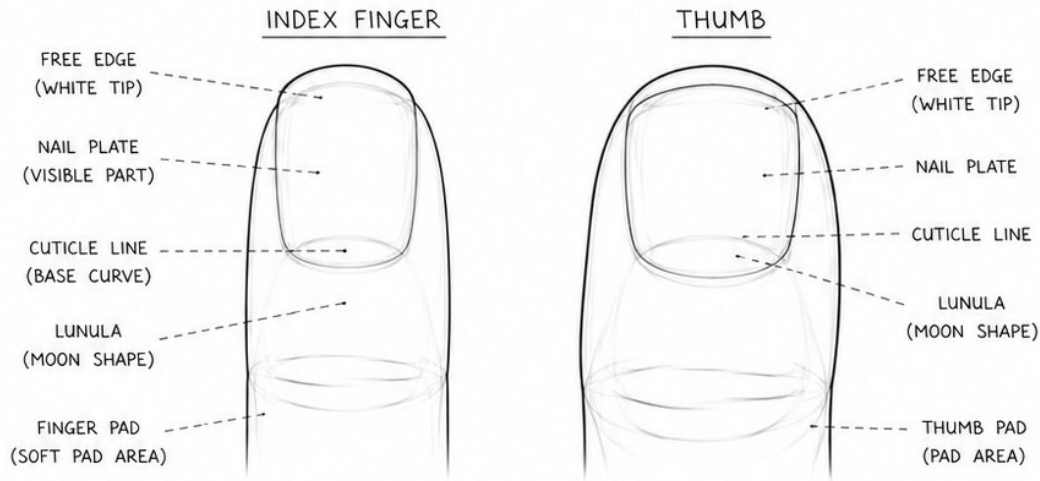


- TIPS
- THE THUMB IS SET LOWER AND IN FRONT OF THE PALM.
 - IT HAS TWO SEGMENTS AND TWO MAIN JOINTS.
 - IT ROTATES FROM THE BASE JOINT TO OPPOSE THE FINGERS.
 - PRACTICE BOTH VIEWS AND OPPOSITION FOR NATURAL HAND POSES.

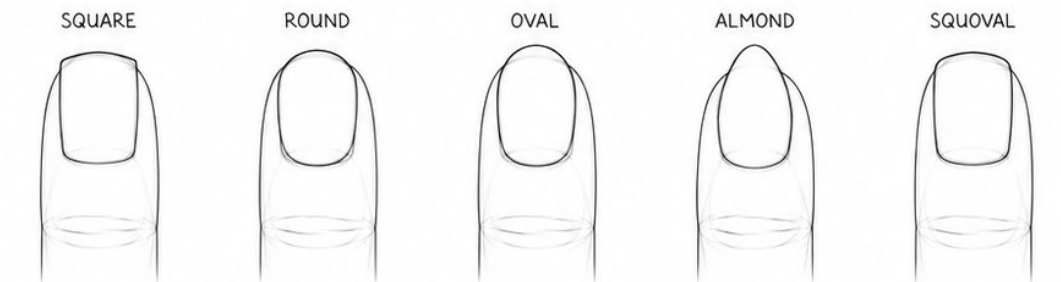
The Thumb

FINGERNAIL DETAIL

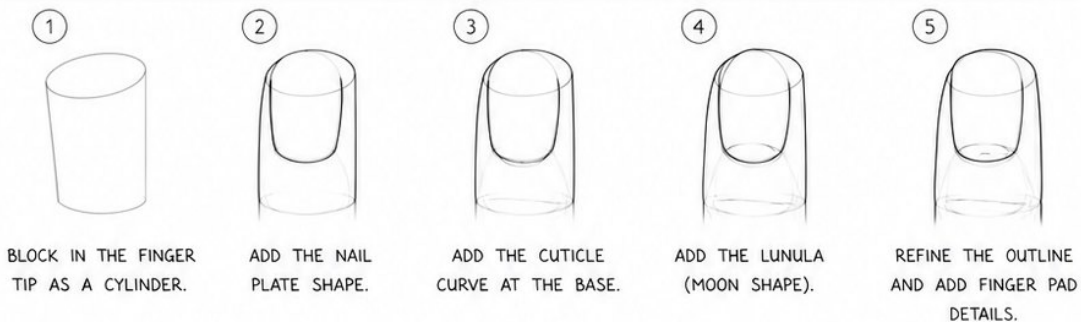
NAIL PLACEMENT, SHAPE & SIMPLE STRUCTURE



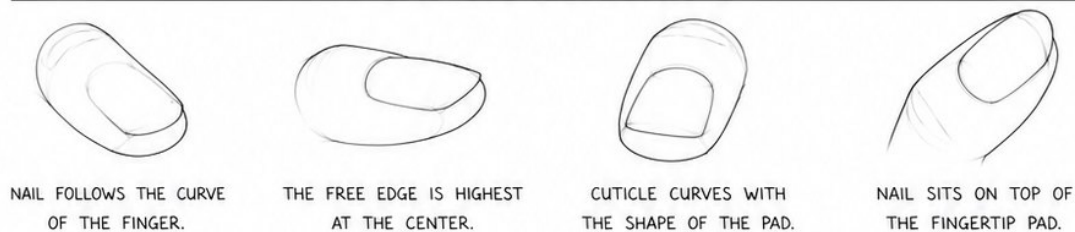
NAIL SHAPES (FRONT VIEW)



SIMPLE CONSTRUCTION (INDEX FINGER)



ANGLED VIEWS (NAIL PLACEMENT)



TIPS

- NAILS FOLLOW THE CURVE AND DIRECTION OF THE FINGER.
- THE LUNULA IS NOT ALWAYS VERY VISIBLE.
- KEEP THE FREE EDGE THIN AND NATURAL.
- NAIL BEDS VARY IN LENGTH ON EACH FINGER.

Fingernail Detail

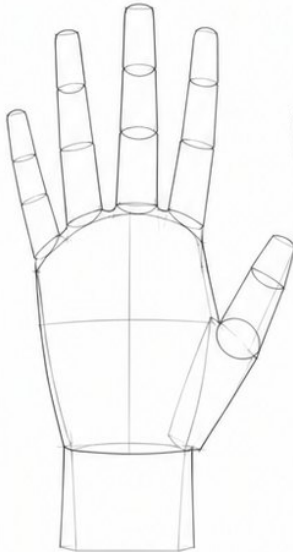
STEP-BY-STEP: OPEN HAND

A 4-STEP GUIDE

1

BLOCKED SHAPES

Build the hand using simple shapes.



- Box in the palm.
- Use cylinders and circles for fingers and joints.
- Add a wedge for the thumb.

2

KNUCKLE ARC

Add the knuckle arc and finger placement.

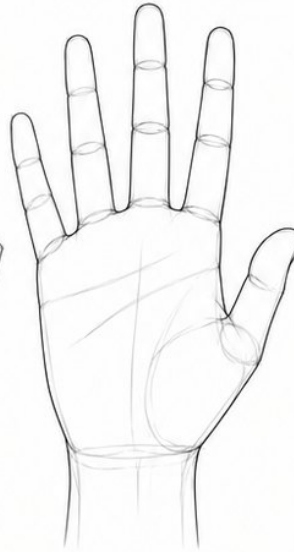


- Draw the knuckle arc across the palm.
- Place each finger with natural spacing and slight curves.
- Check finger lengths and angles.

3

FINGERS

Define the fingers, joints and thumb.

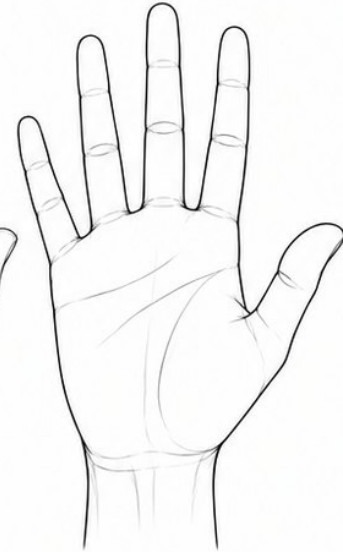


- Add the finger joints: three per finger, two for the thumb.
- Refine the thumb position and base.
- Add major palm creases lightly.

4

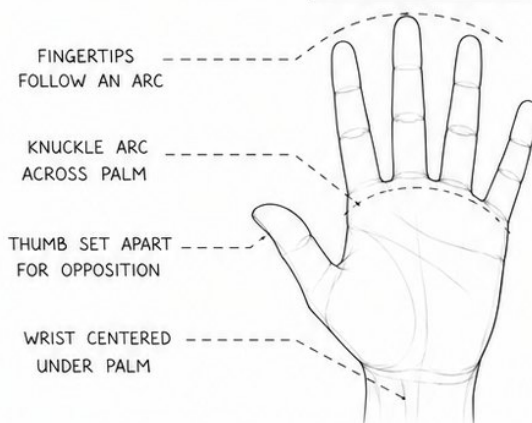
CLEAN LINES

Refine the outline, details and clean up.

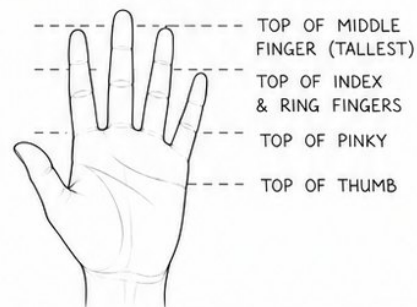


- Clean up the outline.
- Add small details: creases and folds.
- Erase extra guide lines.
- You're done!

FRONT VIEW REFERENCE



FINGER LENGTH GUIDE



TIPS

- THE KNUCKLE ARC IS KEY TO NATURAL HAND POSES.
- FINGERS TAPER: WIDER AT THE BASE, NARROWER AT THE TIPS.
- THE THUMB IS FLEXIBLE—ADJUST ITS ANGLE FOR EXPRESSION.
- PRACTICE FROM REFERENCE AND FROM YOUR OWN HAND!

Step-by-Step: Open Hand

Free printable practice pack • BoredomWizard.com

STEP-BY-STEP: FIST

A 4-STEP GUIDE

1

BLOCK THE SHAPES

Build the basic structure.



- Draw a box for the knuckles.
- Add a wedge-shaped block for the palm.
- Attach a cylinder for the wrist.

2

ADD KNUCKLE ARC

Define the knuckles and finger placement.



- Draw the knuckle arc across the top.
- Add cylinders for the four fingers.
- Block in the thumb across the front.

3

REFINE THE FORM

Shape the hand and add major details.



- Round the knuckles and finger forms.
- Add the thumb pad and connect it.
- Indicate major palm creases and folds.

4

CLEAN UP

Clean the lines and finish the details.



- Clean up the outline.
- Add small creases and skin folds.
- Erase extra guide lines.
- You're done!

REFERENCE VIEWS

FRONT VIEW



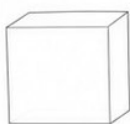
SIDE VIEW (THUMB SIDE)



TOP VIEW



CONSTRUCTION GUIDE



BOX FOR KNUCKLES



WEDGE FOR PALM



CYLINDERS FOR FINGERS



THUMB BLOCK



REFINE AND CLEAN UP



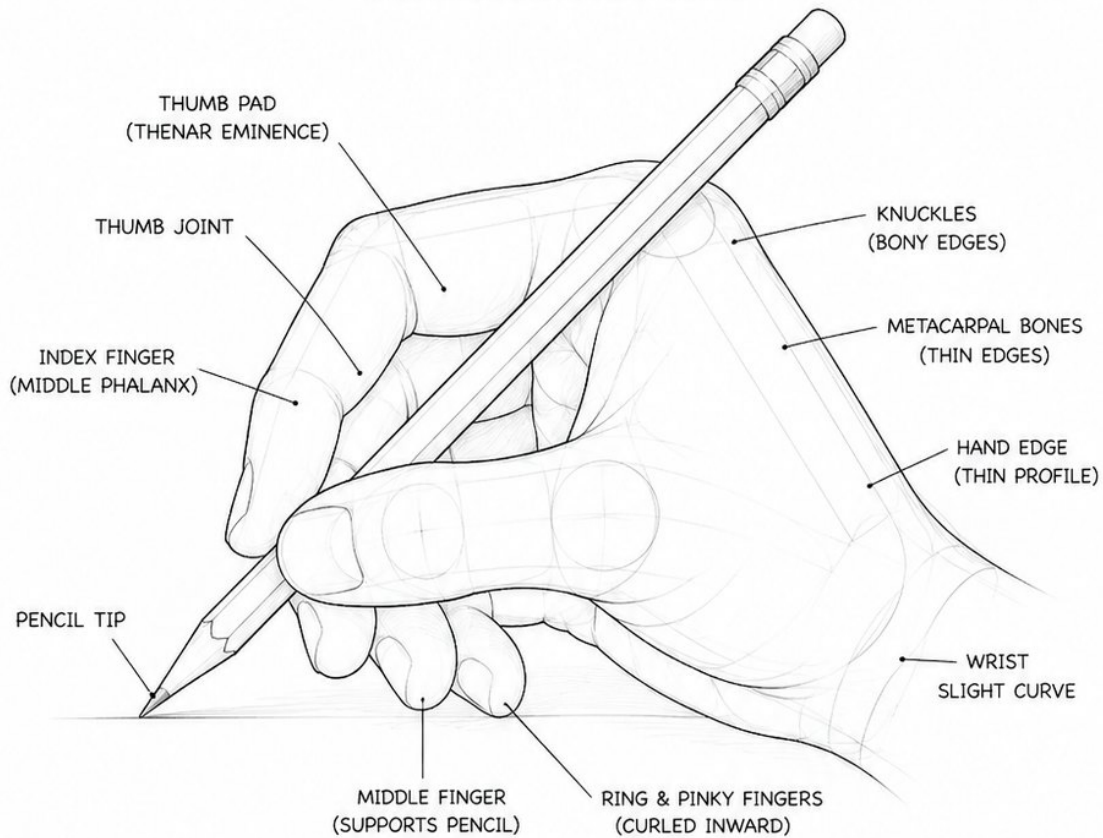
TIPS

- THE KNUCKLE ARC IS THE KEY TO A NATURAL FIST.
- THE THUMB WRAPS ACROSS THE INDEX AND MIDDLE FINGERS.
- FINGERS ARE SLIGHTLY TAPERED—WIDER AT THE KNUCKLES, NARROWER AT THE TIPS.
- PRACTICE FROM DIFFERENT ANGLES TO BUILD CONFIDENCE!

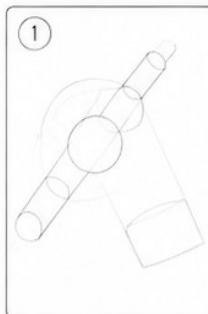
Step-by-Step: Fist

HAND HOLDING A PENCIL

STEP-BROKEN-DOWN GUIDE



STEP-BY-STEP BREAKDOWN



BASIC SHAPES

Use cylinders for the fingers, a box for the palm, and a circle for the thumb pad.



BLOCK-IN

Refine the shapes, establish the angle of the hand and pencil.



JOINTS & PLACEMENT

Add the finger joints, thumb joint, and place the pencil between thumb and index finger.



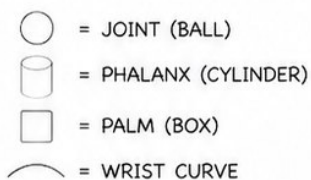
REFINE DETAILS

Define the knuckles, finger curves, and pencil grip. Adjust proportions.



FINAL TOUCHES

Clean the lines, keep important contours, and erase unnecessary guide lines.



TIP:

Keep a relaxed grip. The pencil rests mainly between the thumb and index finger, supported by the middle finger. The hand stays loose for smooth control.

Hand Holding a Pencil