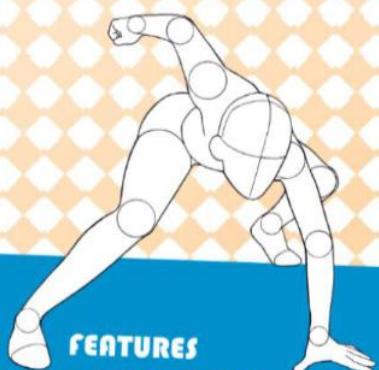
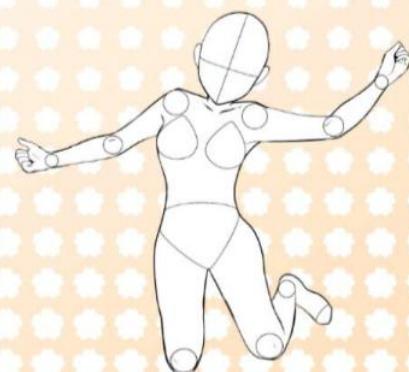
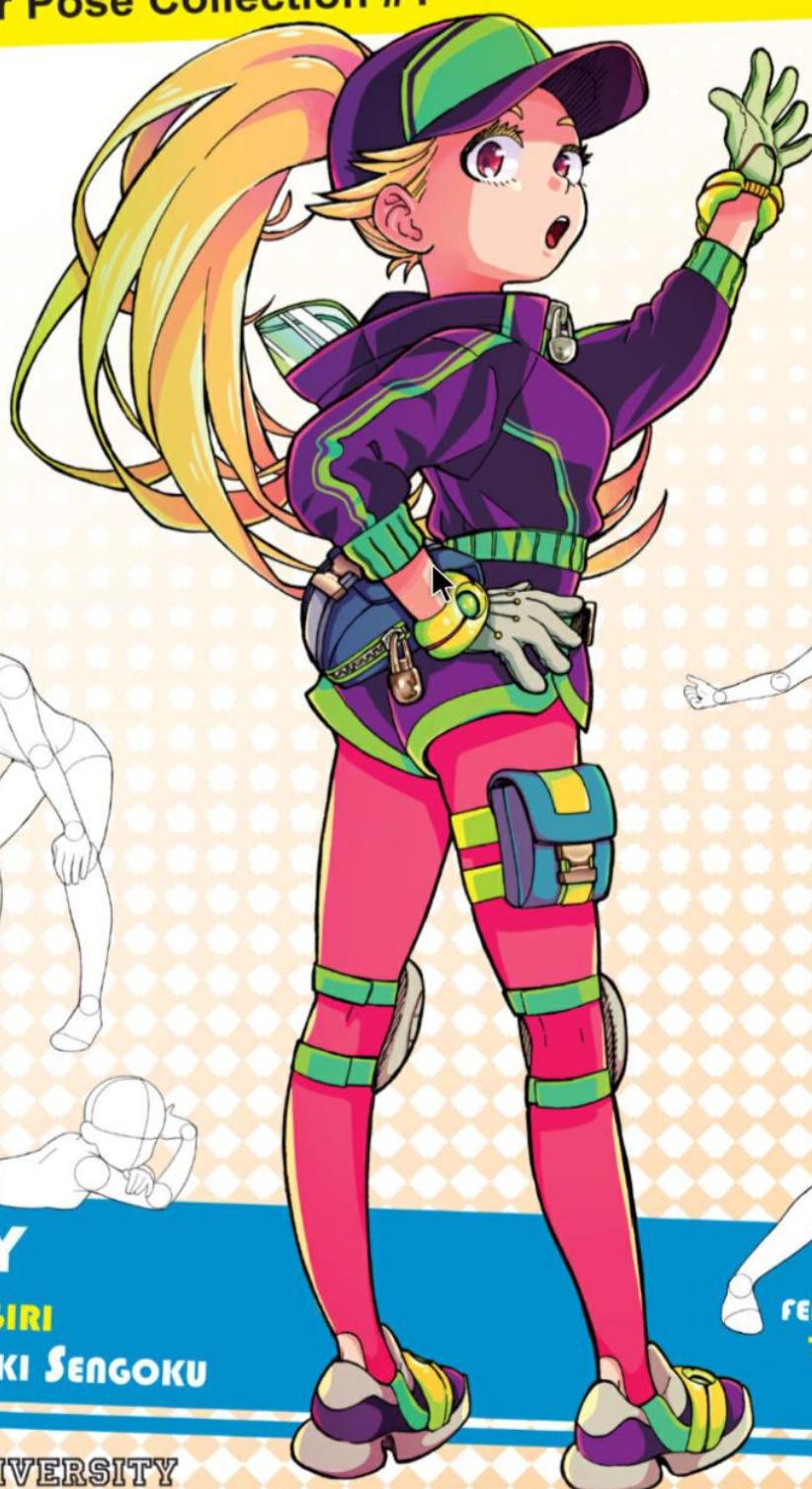


HOW TO DRAW

# MANGA

Character Pose Collection #1



ART BY

Ryo Katagiri

Hiroyuki Sengoku

FEATURES

TWO DOZEN  
PRACTICE POSES

MANGA UNIVERSITY

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Ryo Katagiri  
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**HOW TO DRAW MANGA**

**Character Pose Collection #1**

Presented by Manga University

Art by Ryo Katagiri and Hiroyuki Sengoku

Published by Manga University under the auspices of Japanime Co. Ltd.,  
3-31-18 Nishi-Kawaguchi, Kawaguchi-shi, Saitama 332-0021, Japan.

[www.mangauniversity.com](http://www.mangauniversity.com)

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ISBN: 978-4-921205-46-1

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***Japanime***  
TOKYO SAN FRANCISCO

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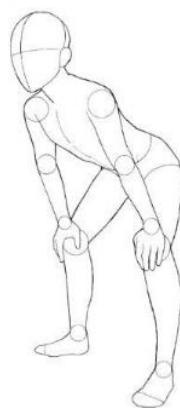
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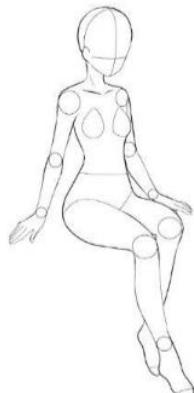
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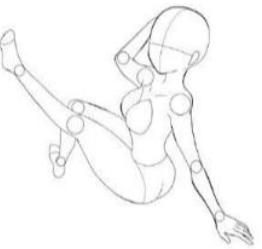
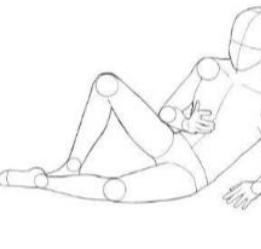
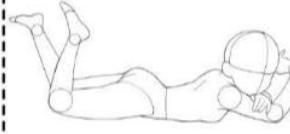
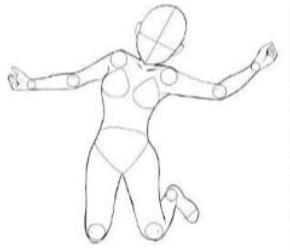
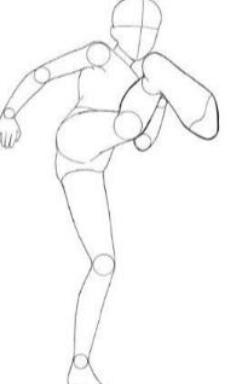
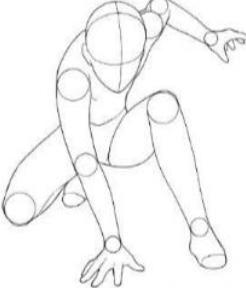
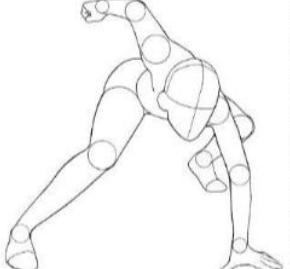


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# Introduction

## WELCOME TO MANGA UNIVERSITY!



You want to draw, and we're gonna show you how. You'll get VERY good at this. After all, we've been teaching people just like you with our How to Draw Manga books, tutorials, and videos since 1998 — and there's nothing we enjoy more than helping budding artists realize their full potential.

And to help you round out your education, there are plenty of other fun things you can learn from our comics, including:

- ✓ How to read and write Japanese like a native
- ✓ How to cook Japanese food like a pro
- ✓ What it was like to be a samurai in ancient Japan

For more than 20 years, Manga University has been creating books that teach you all sorts of fun things about Japanese culture. But we do more than just make books. We offer workshops at office in Japan, welcome tourists into our homestay program, and send guest instructors to conventions and art programs.

We've also teamed up with some of your favorite manga and anime brands, including Crunchyroll, and have worked with leading professors and academic specialists at the University of California, Waseda University in Tokyo, and Temple University Japan, all so we can provide you with a learning experience that will last a lifetime.

So pledge to be a Manga University student, and enjoy all the privileges that come from being on our Honor Roll!



Manga University can be found at [mangauniversity.com](http://mangauniversity.com), and is on Twitter and Instagram @mangauniversity, where you can get more information about MU workshops, convention appearances, and forthcoming books.

To download our free catalog, visit [mangauniversity.com/catalog](http://mangauniversity.com/catalog)

## ABOUT THIS BOOK

Have you ever spent hours drawing original manga characters that you thought looked fantastic from head to toe ... until you showed them to your friends and heard what they had to say?

"It's OK. But what is she supposed to be *doing*?"

"Uh, he's just standing there."

"Are they made out of cardboard?"

Not very encouraging, right? Which is why we created this collection of popular manga poses. Whether you want to draw a character doing something as routine as standing in a room, sitting on a floor, or waving to a friend, or something more complicated like putting the brakes on an epic knockback slide, the pages of this workbook will offer you plenty of pointers.

Manga figure drawings begin as a bunch of shapes sketched on a piece of paper or digital canvas. Circles, squares, triangles, rectangles and trapezoids connect to one another like pieces of a jigsaw puzzle. Once completed, the sketch can be inked with smooth, clean lines to form a dynamic, natural-looking figure.



Original Sketch



Reference Model



Inked Drawing

Each two-page spread in this book features a reference model that resembles a mannequin (like the one in the middle above), as well as a finished character drawing based on that model. The model is a cleanly inked versions of the artists' original pencil sketches. When making your own sketches, it is not necessary to clean them up so they resemble those in this book. You can ink your rough sketch just as easily.

The illustrations are accompanied by text boxes that highlight important aspects of the compositions.

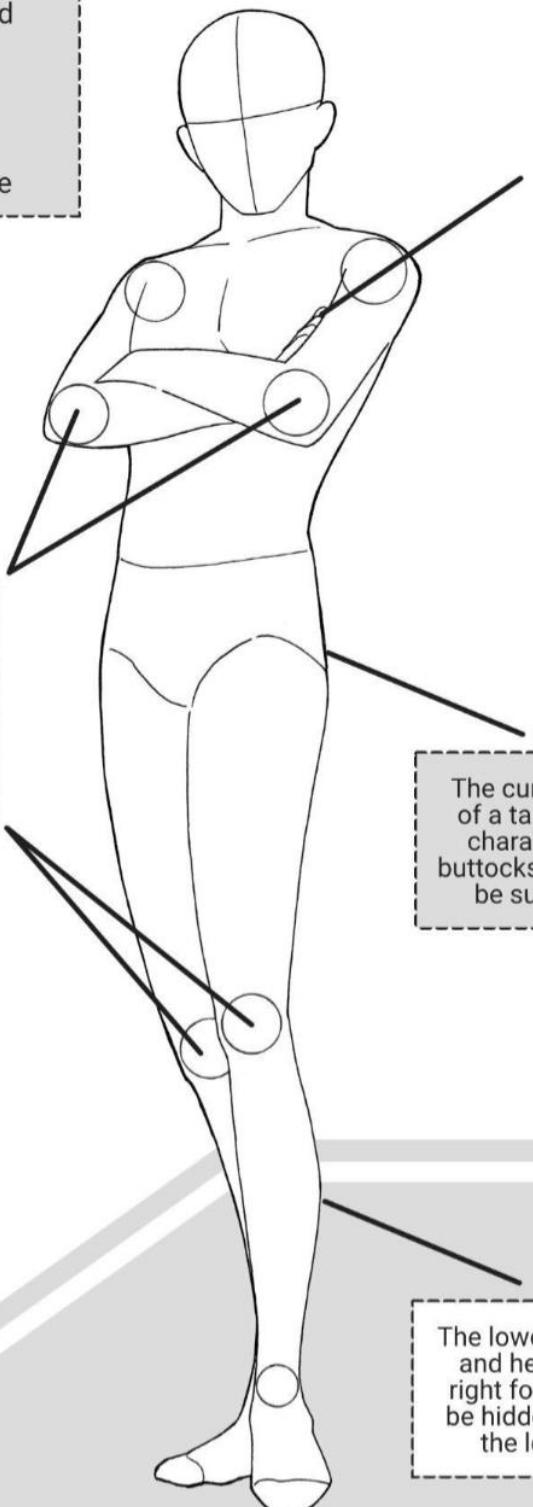
This book is a great companion volume to Manga University's flagship volume, *How to Draw Manga: Basics and Beyond*. We encourage you to check it out.

# 1 Standing Tall

## ABOUT THIS POSE

- ✓ Confident and proud
- ✓ Strong posture
- ✓ Solid eye contact
- ✓ Crossed arms
- ✓ Graceful head to toe

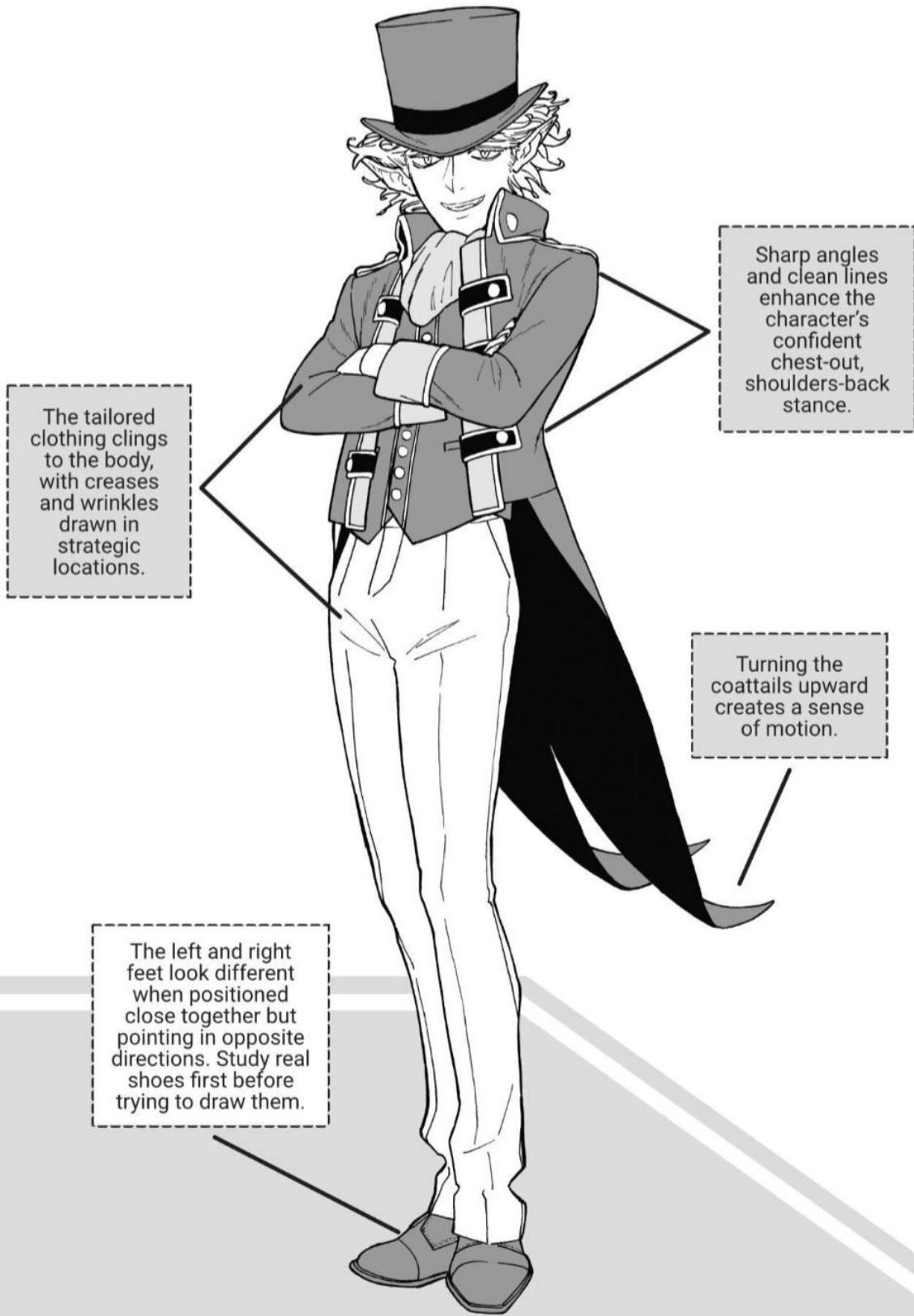
Throughout this book, circles represent joints. Pay close attention to how body parts naturally bend and pivot at these points.



The left and right hands are tucked into the arms are difficult to see, but there are still hints of the wrists and fingertips.

The curvature of a tall, lean character's buttocks should be subtle.

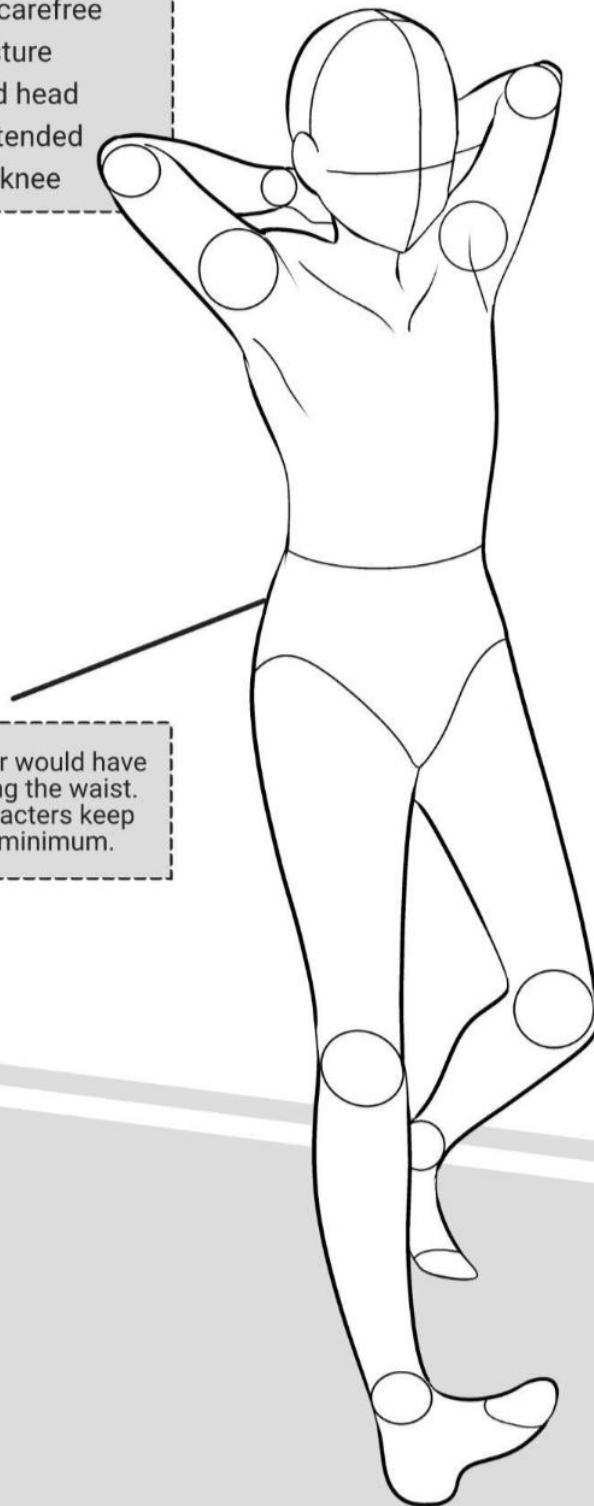
The lower right leg and heel of the right foot should be hidden behind the left leg.



## 2 School's Out

### ABOUT THIS POSE

- ✓ Casual and carefree
- ✓ Relaxed posture
- ✓ Arms behind head
- ✓ Right leg extended
- ✓ Left bent at knee



A female character would have rounder lines along the waist.  
But for male characters keep the curves to a minimum.

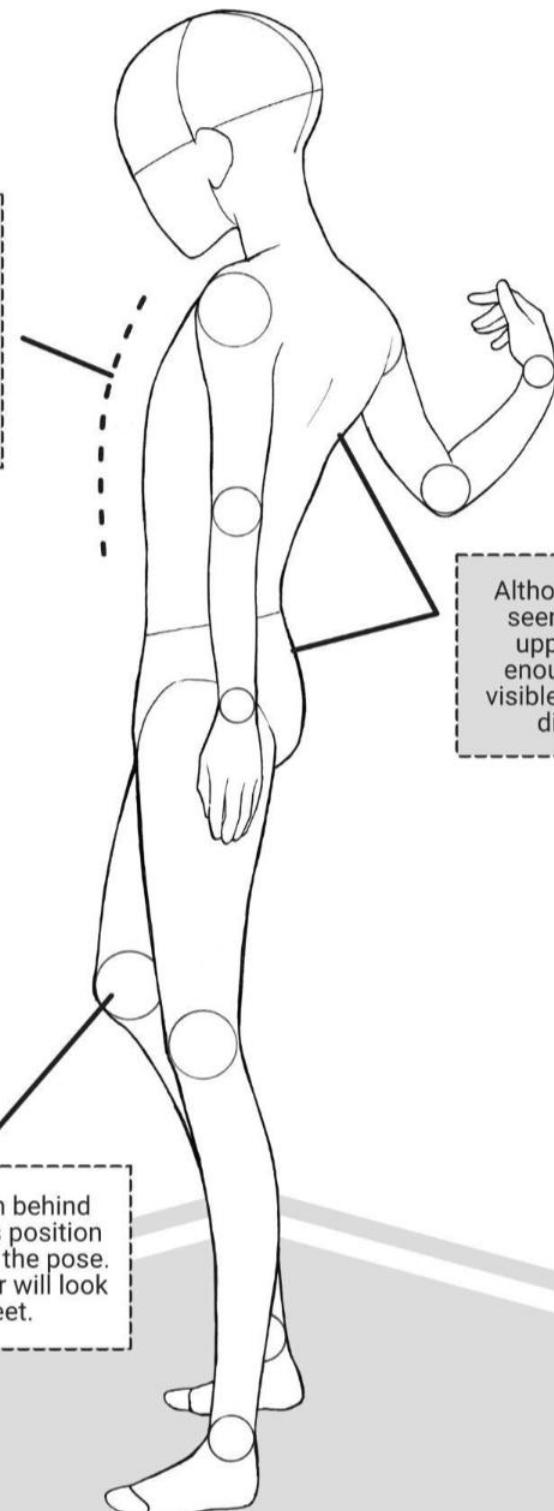


## ③ Cyber Boy

Because the right arm is reaching from behind the upper torso, the chest is stretched and the back arched. Just don't overdo it and draw them too stretched or arched.

Although the character is seen from the side, the upper body is twisted enough that the back is visible, resulting in a three-dimensional look.

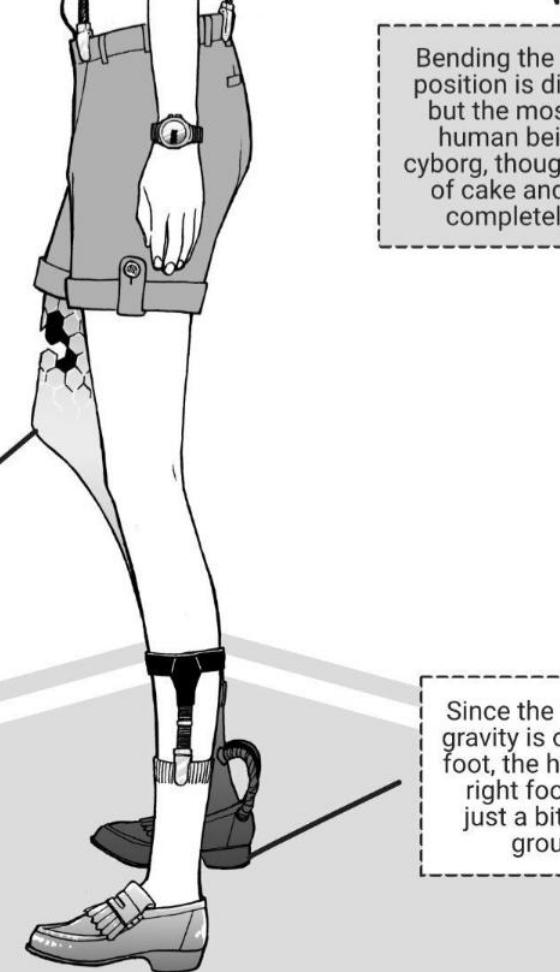
The right calf is hidden behind the left leg. But keep its position in mind when sketching the pose. Otherwise, the character will look unsteady on its feet.





#### ABOUT THIS POSE

- ✓ Modest and humanlike
- ✓ Gaze turned downward
- ✓ Right arm pulled back
- ✓ Dramatic hand pose
- ✓ Right leg bent at knee



Bending the hand to this position is difficult for all but the most limber of human beings. For a cyborg, though, it's a piece of cake and still looks completely natural.

Add shading to the right leg to create a sense of distance from the viewer.

Since the center of gravity is on the left foot, the heel of the right foot floats just a bit off the ground.

# ④ Catch a Wave

## ABOUT THIS POSE

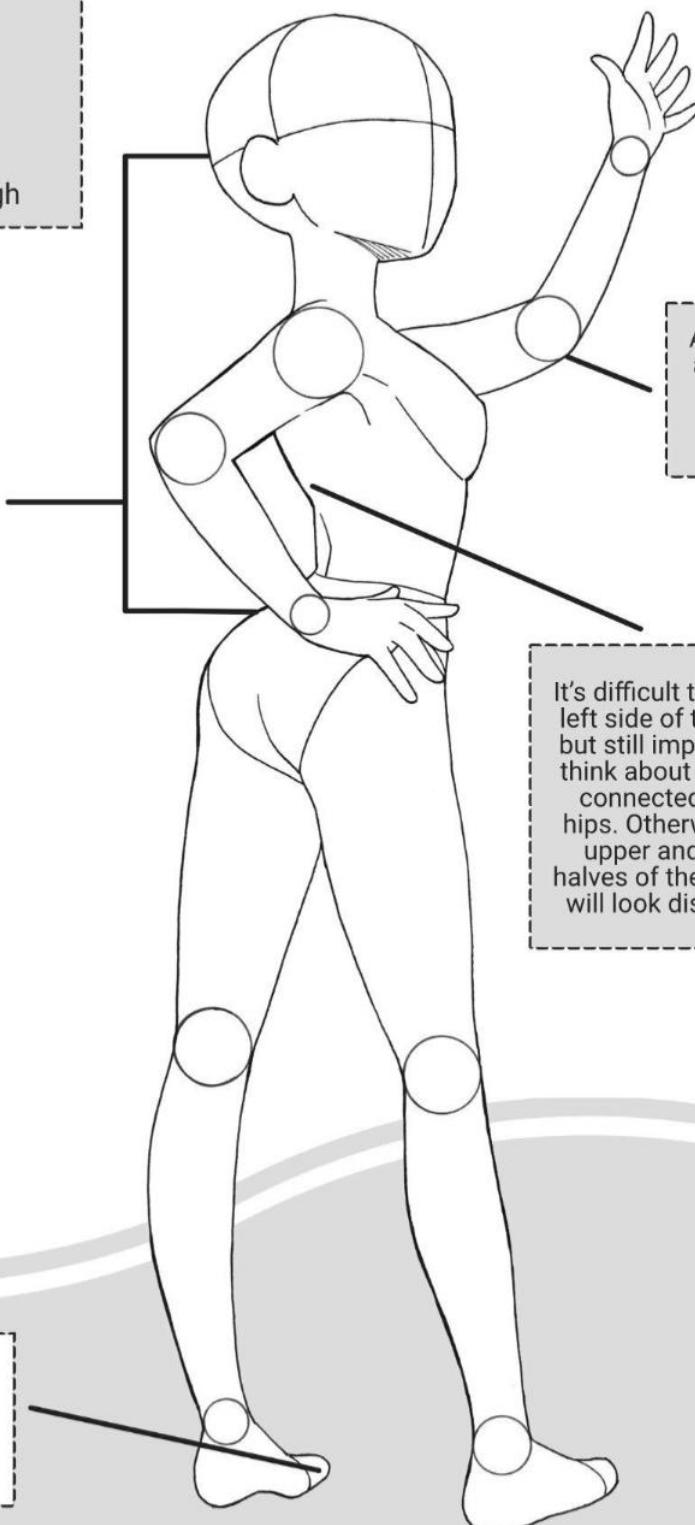
- ✓ Attentive and alert
- ✓ Lots of curvy lines
- ✓ Head looking back
- ✓ One hand on hip
- ✓ Other hand held high

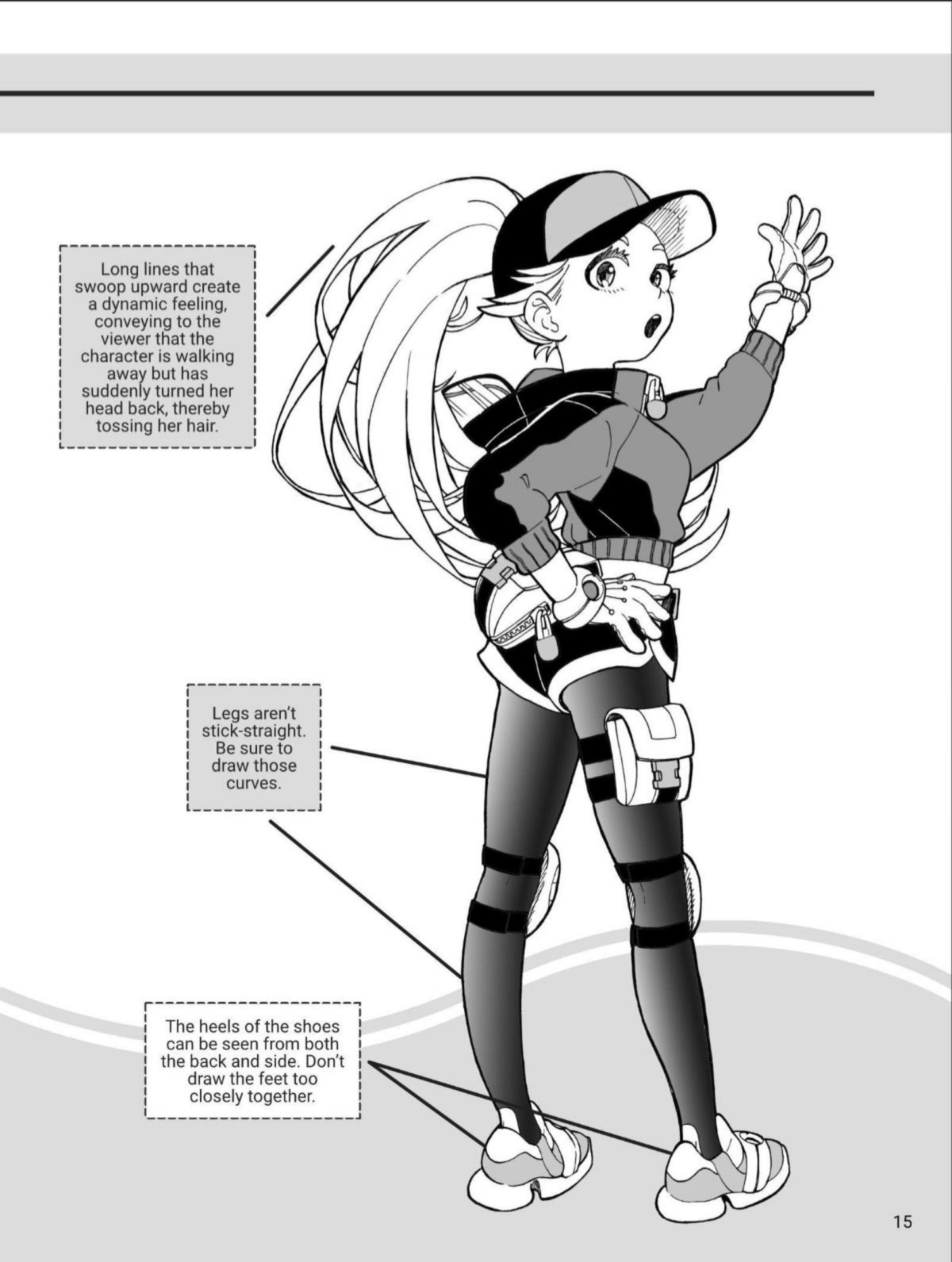
When the character is walking away but looking back, most of the face is visible, while the upper torso is twisted at the waist.

An outstretched arm should still have a natural bend at the elbow.

It's difficult to see the left side of the back, but still important to think about how it is connected to the hips. Otherwise, the upper and lower halves of the drawing will look disjointed.

Even though the character has turned to look back, the feet remain pointed forward.





Long lines that swoop upward create a dynamic feeling, conveying to the viewer that the character is walking away but has suddenly turned her head back, thereby tossing her hair.

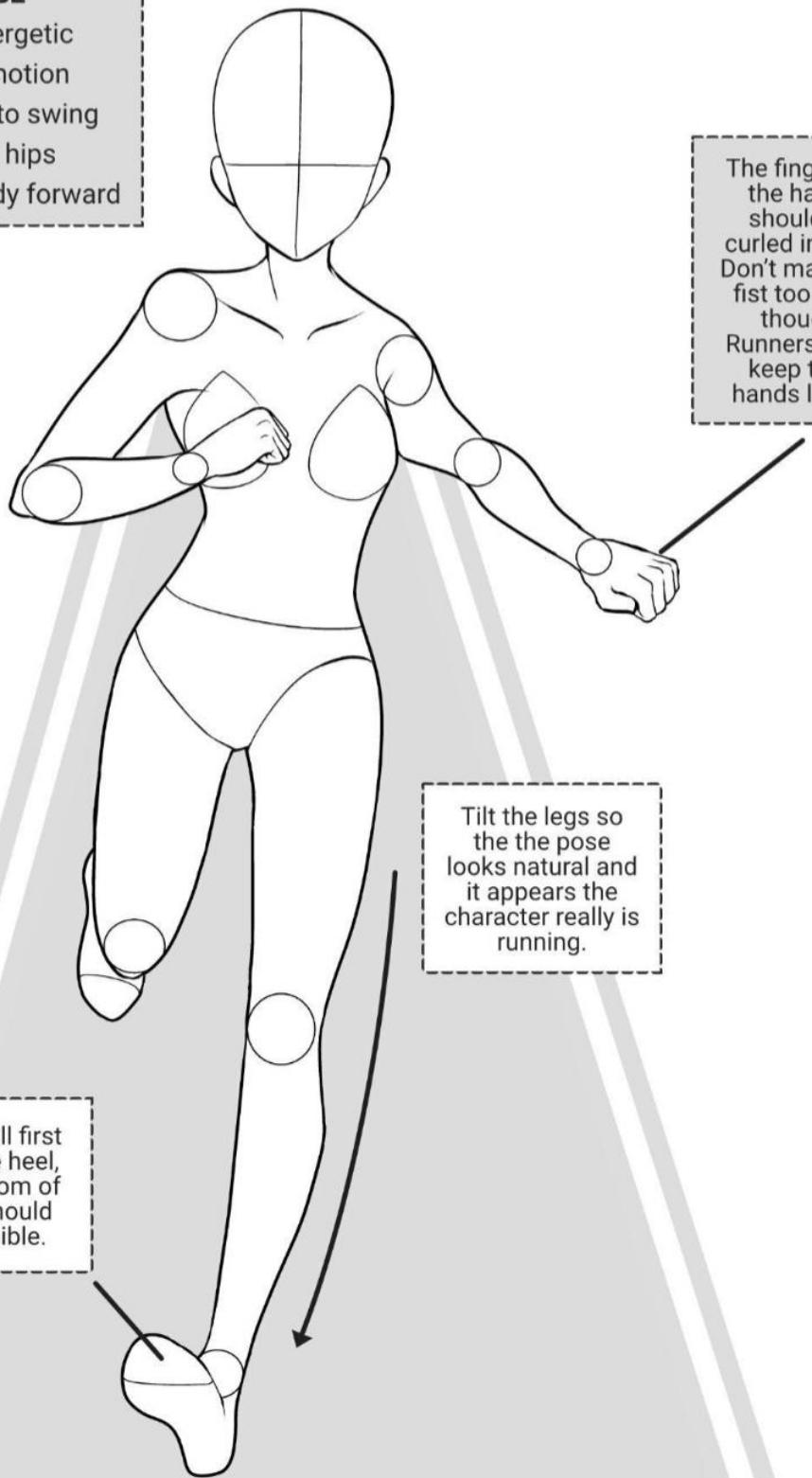
Legs aren't stick-straight. Be sure to draw those curves.

The heels of the shoes can be seen from both the back and side. Don't draw the feet too closely together.

# 5 Finish Line

## ABOUT THIS POSE

- ✓ Quick and energetic
- ✓ Tilt conveys motion
- ✓ Arms appear to swing
- ✓ Slight twist at hips
- ✓ Feet carry body forward



The fingers of the hands should be curled inward. Don't make the fist too tight, though. Runners try to keep their hands loose.

Tilt the legs so the pose looks natural and it appears the character really is running.

A runner will first land on the heel, so the bottom of the foot should still be visible.

Draw a few strategically placed lines to show that the sleeves of the jacket are bunching up as she swings her arms.



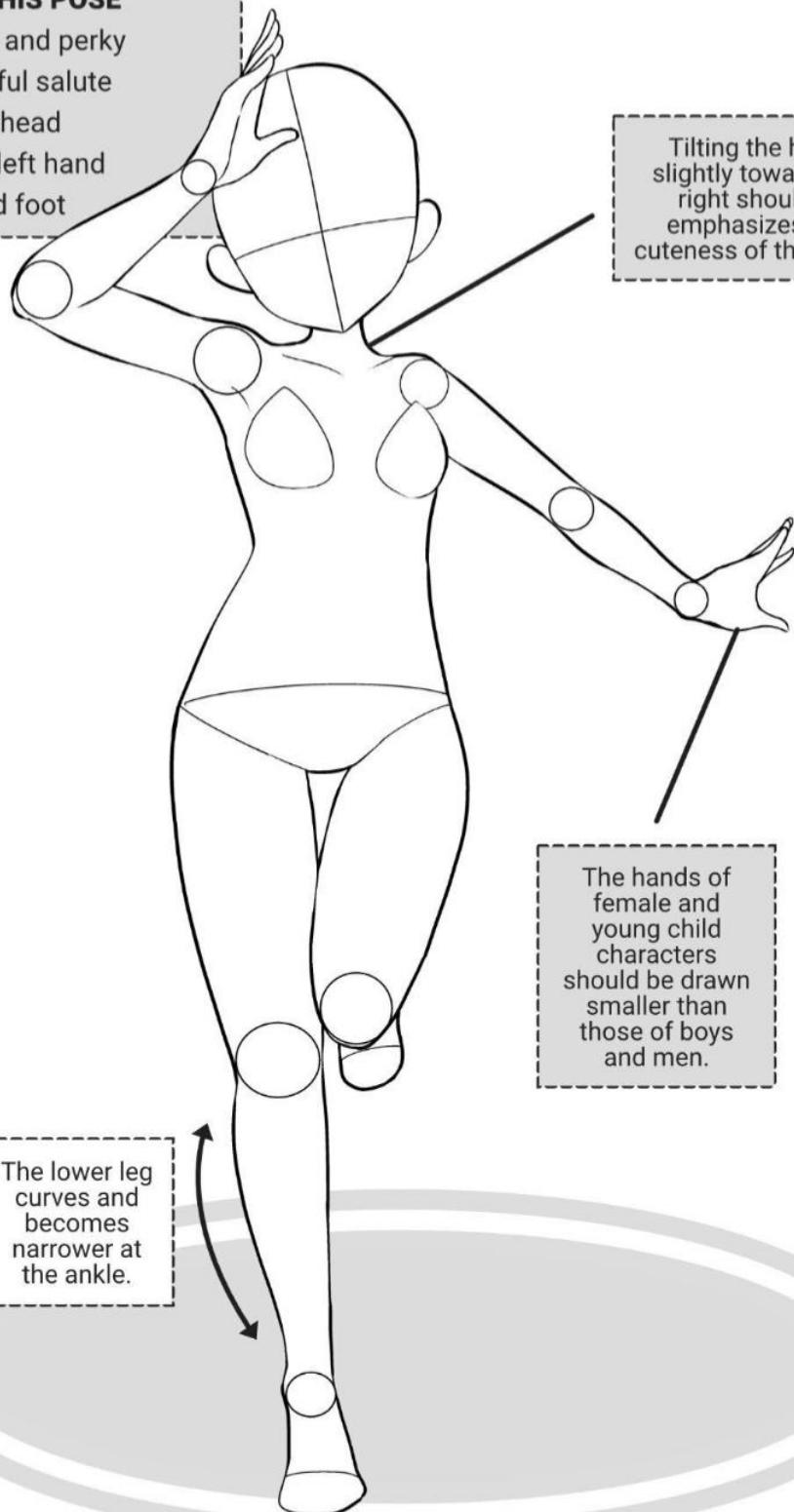
Look at the tread patterns of real running shoes for ideas about how to draw them.

## 6 Yoo~hoo!

### ABOUT THIS POSE

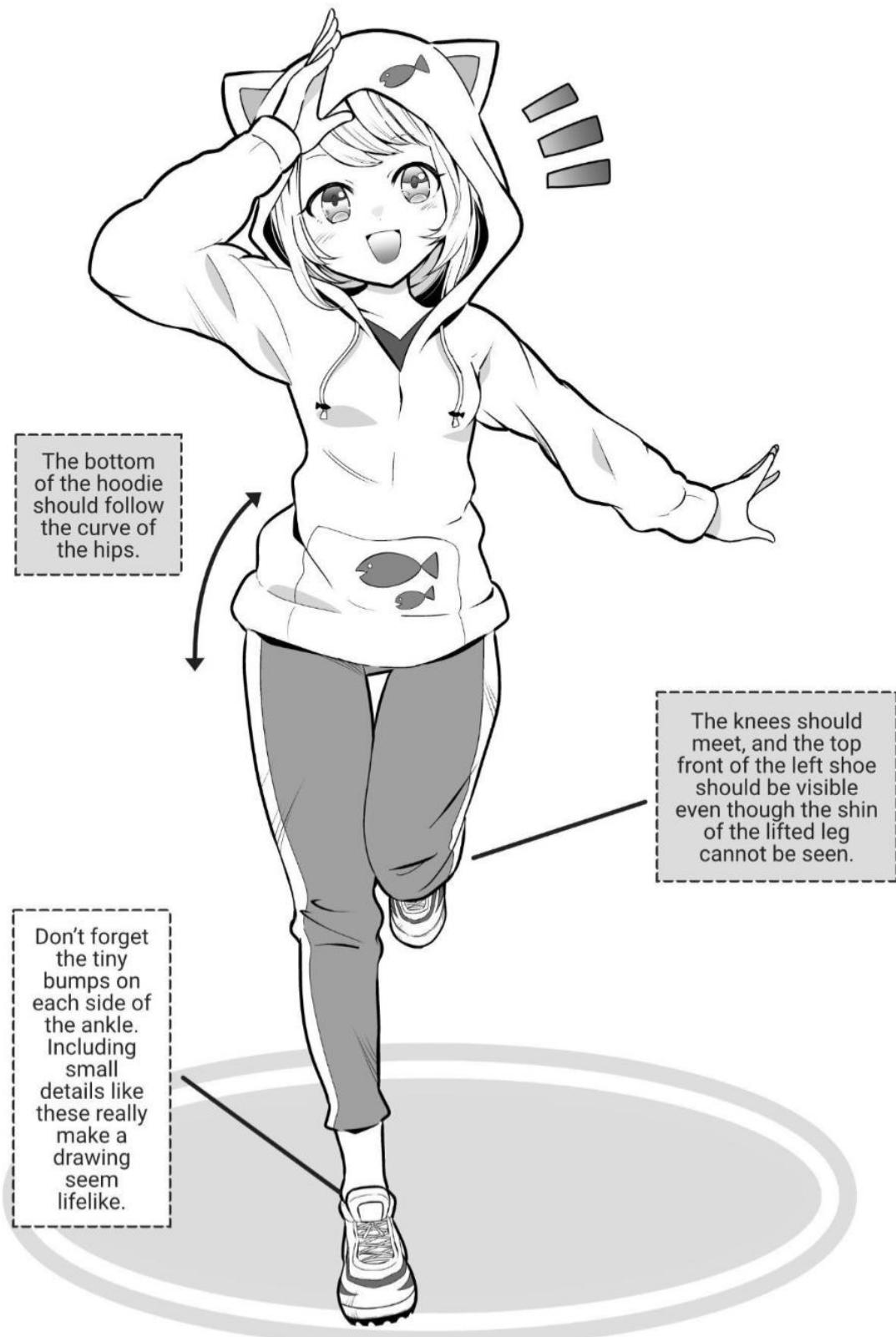
- ✓ Bright and perky
- ✓ Cheerful salute
- ✓ Tilted head
- ✓ Open left hand
- ✓ Raised foot

Tilting the head slightly toward the right shoulder emphasizes the cuteness of the pose.

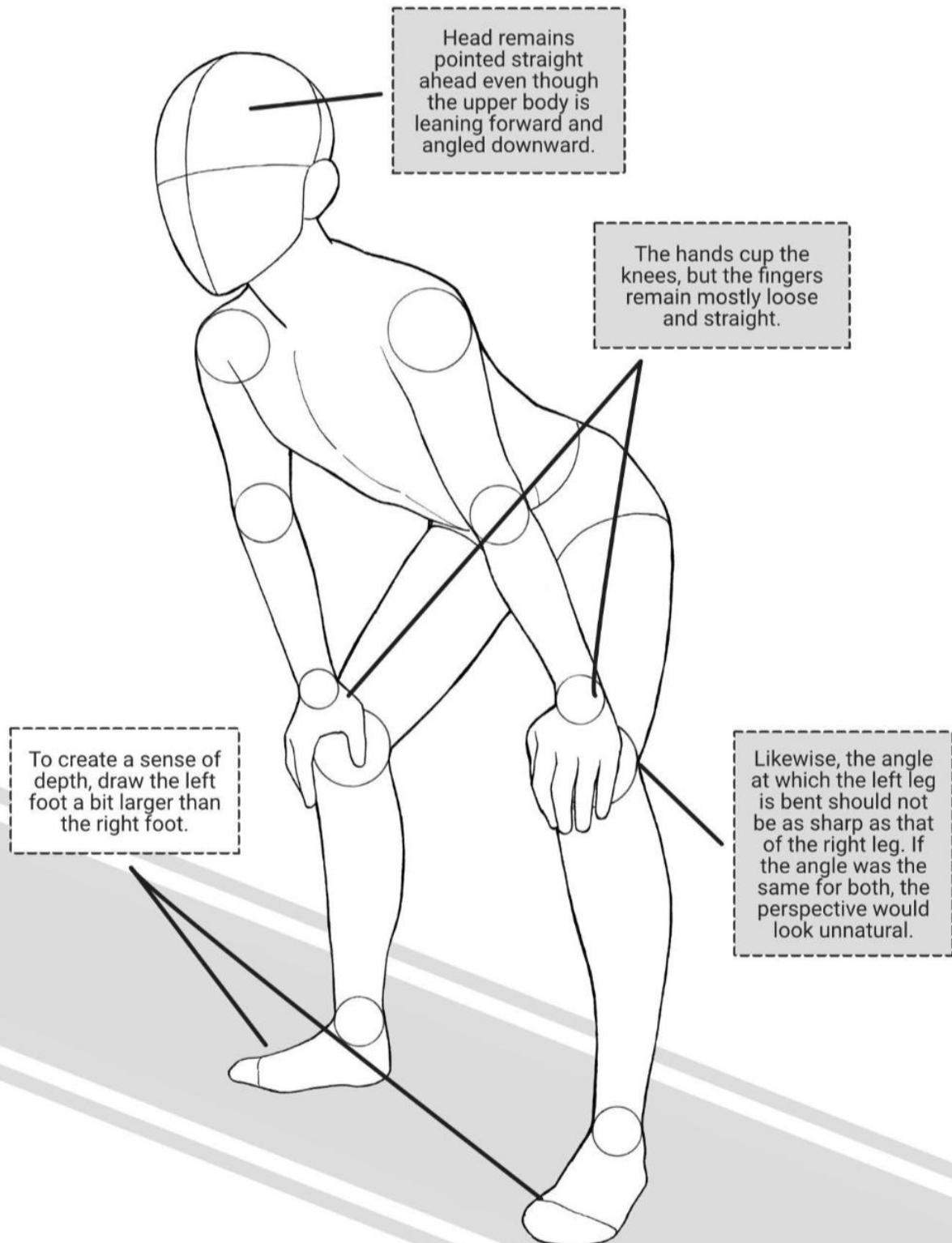


The hands of female and young child characters should be drawn smaller than those of boys and men.

The lower leg curves and becomes narrower at the ankle.



# 7 Eyes on the Prize





### ABOUT THIS POSE

- ✓ Focused and prepared
- ✓ Athletic squat
- ✓ Ready for action
- ✓ Hands on knees
- ✓ Feet straight ahead

Gravity pulls the front of the jacket away from the chest, making the garment look somewhat loose.

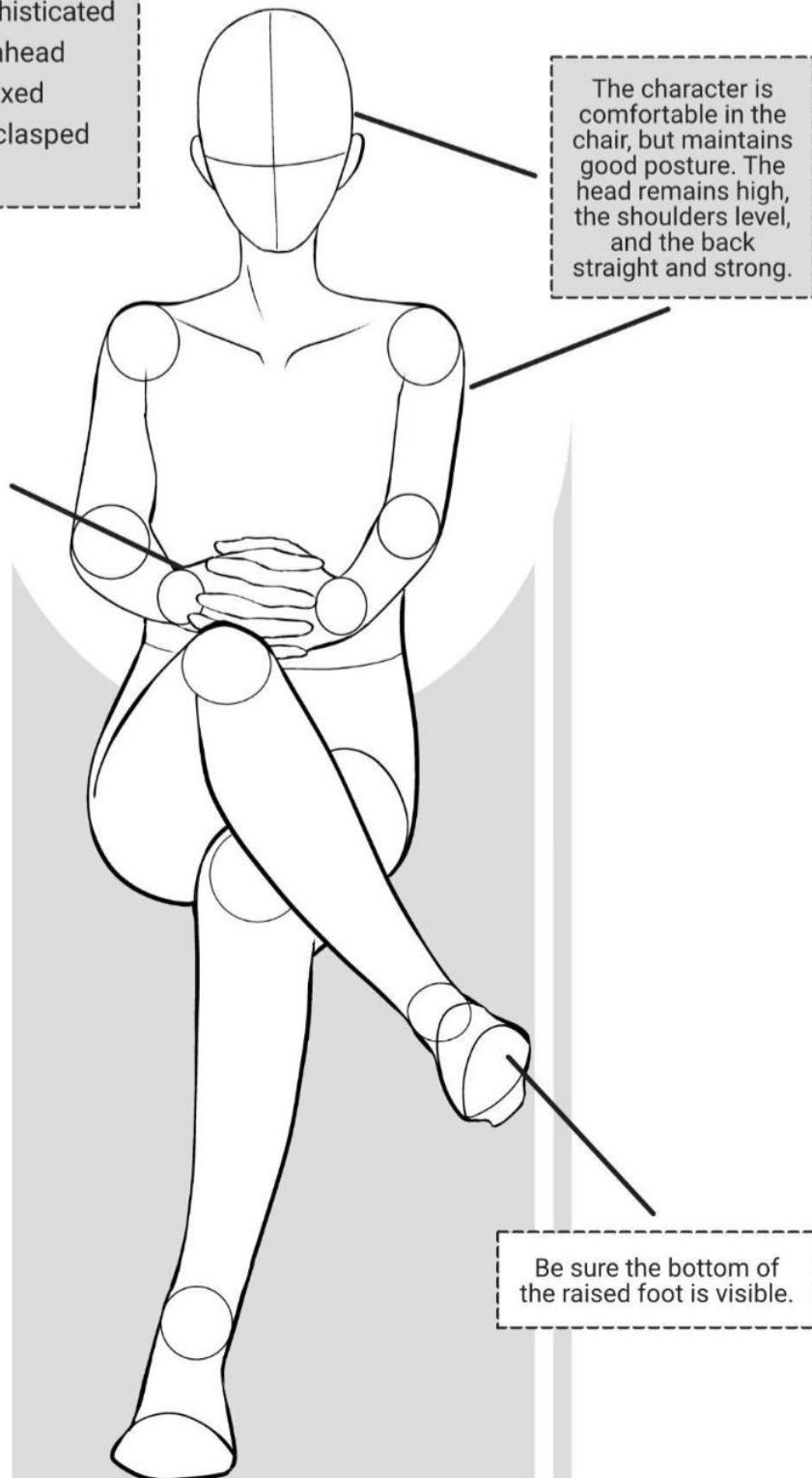
The buttocks should jut out as the character leans forward at the waist. Be sure not to overdo it, though.

Draw a few lines to signify where the shoes push up the hems of the track pants.

## 8 First Class

### ABOUT THIS POSE

- ✓ Suave and sophisticated
- ✓ Eyes straight ahead
- ✓ Shoulders relaxed
- ✓ Hands gently clasped
- ✓ Legs crossed





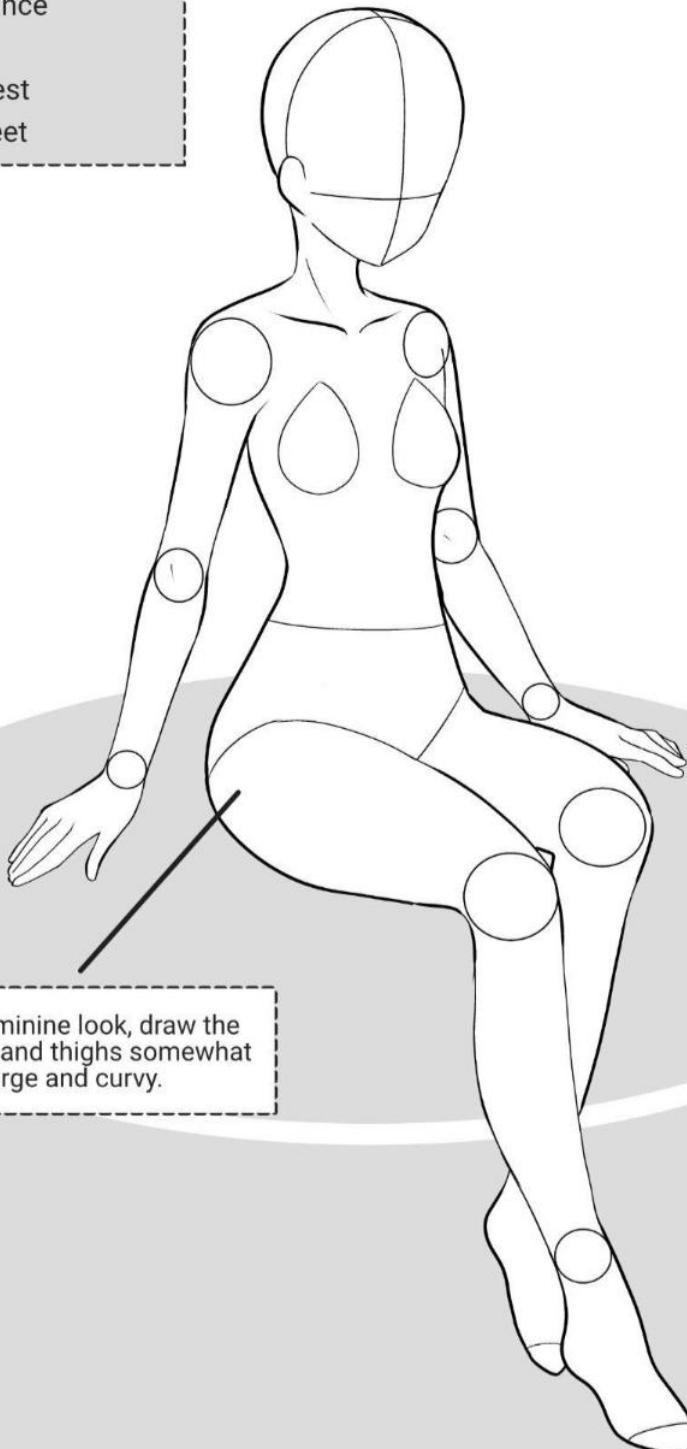
The hems of the pant legs gather at the tops of the shoes. Draw wrinkles here.

Because the character is seated, the fabric of the suit jacket will lift and wrinkle along the shoulders.

# 9 Sitting Pretty

## ABOUT THIS POSE

- ✓ Timid yet graceful
- ✓ Bashful glance
- ✓ Sitting still
- ✓ Hands at rest
- ✓ Dangling feet





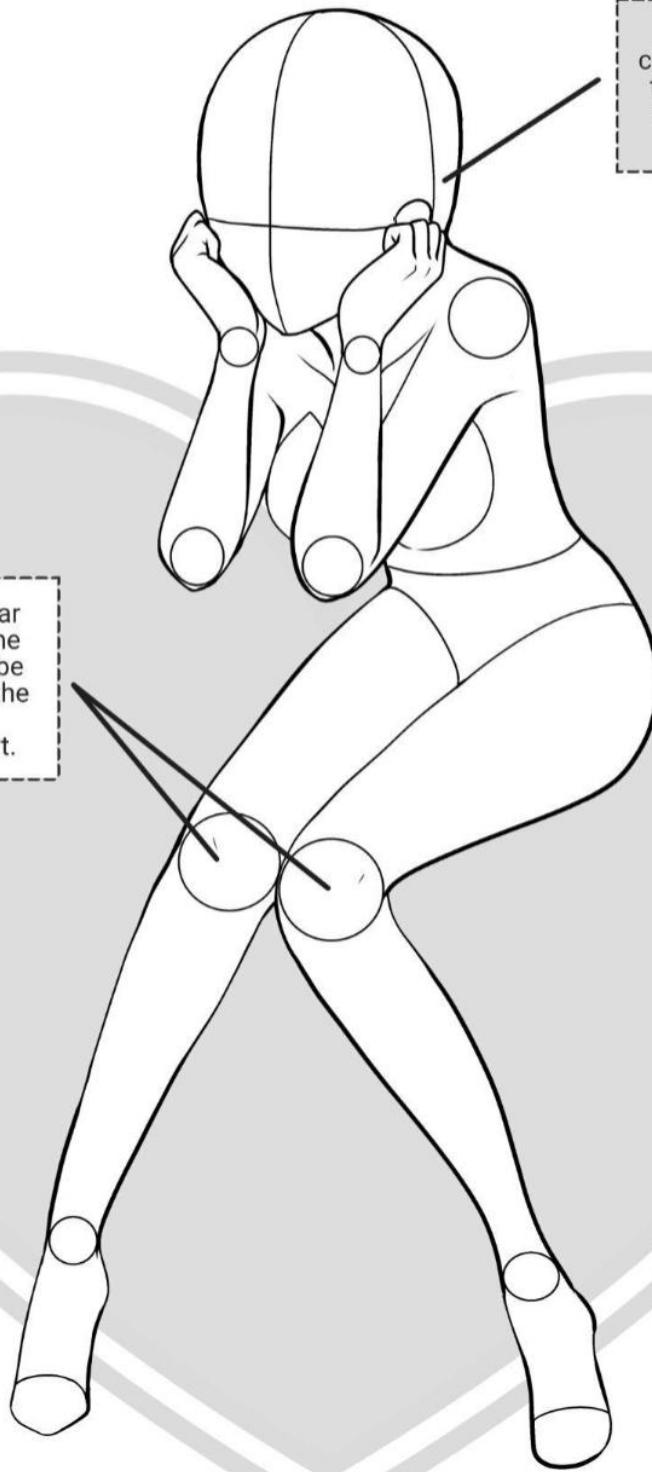
The arms and hands are relaxed along the side of the body, but they should still have a slight bend at the elbows.

One leg naturally curling under the other also emphasizes just how relaxed the character is feeling. If they weren't crossed, the lower body would look too stiff.

## 10 Forever Blue

For this familiar girlish pose, the knees should be touching, and the lower legs dangling apart.

To convey the character's melancholy, the head is tilted forward and propped up by the hands.



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### ABOUT THIS POSE

- ✓ Forlorn and weary
- ✓ Head held in palms
- ✓ Wistful eyes
- ✓ Leaning forward
- ✓ Legs closed at knees



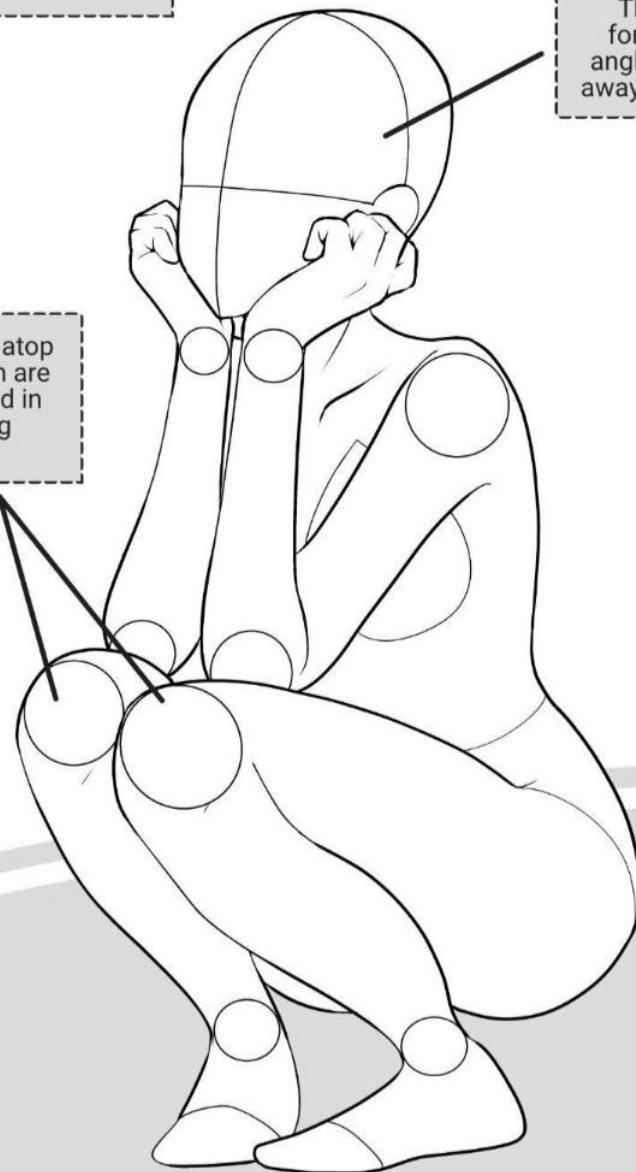
# Lost in Thought

## ABOUT THIS POSE

- ✓ Dreamy and distant
- ✓ Hands lift chin
- ✓ Elbows braced by legs
- ✓ Steady squat
- ✓ Feet pointed inward

The elbows rest atop the knees, which are closed and lifted in this squatting position.

The head faces forward but at an angle slightly turned away from the viewer.

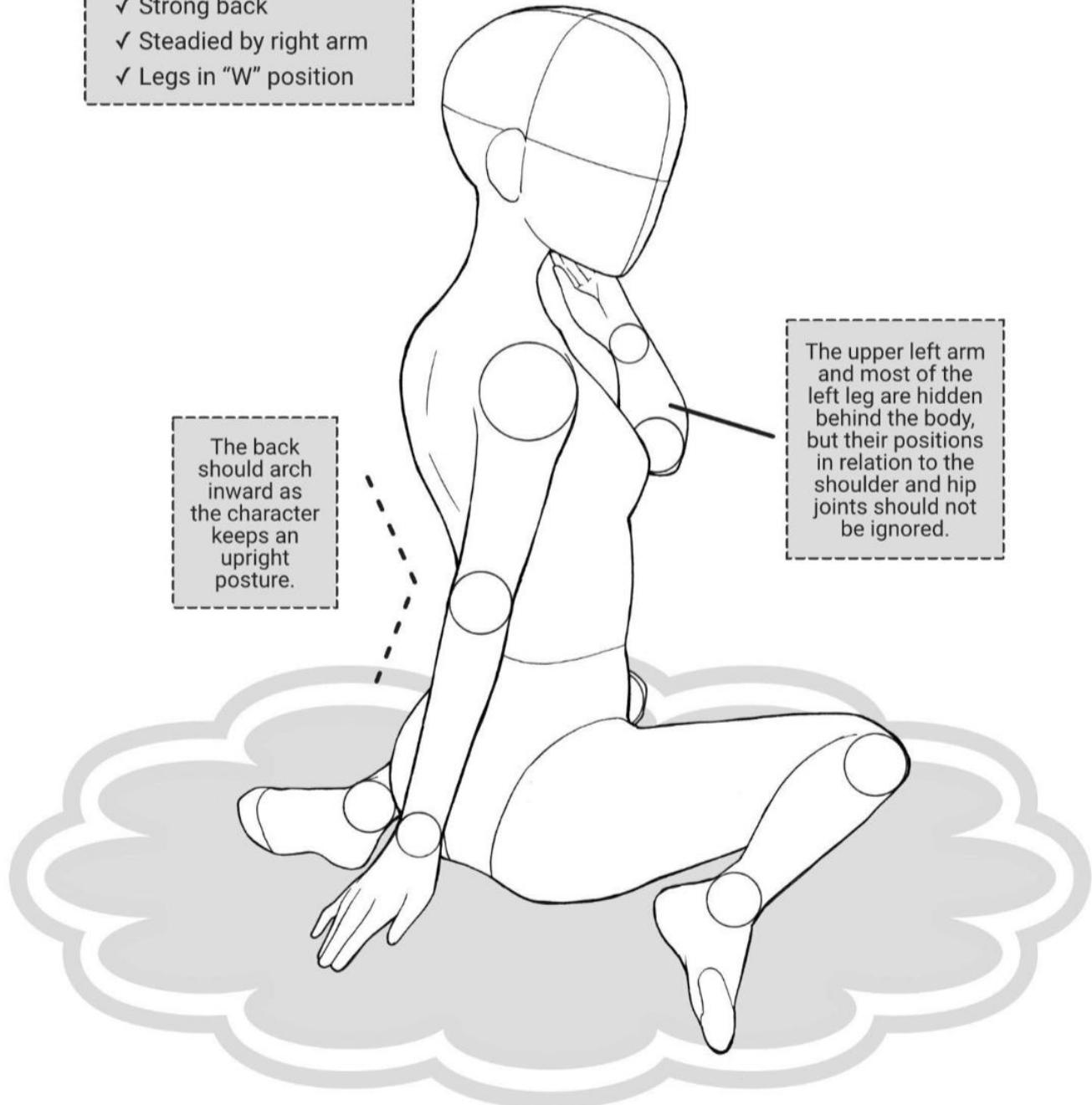




## 12 Goth Girl

### ABOUT THIS POSE

- ✓ Elusive and enigmatic
- ✓ Averted glance
- ✓ Strong back
- ✓ Steadied by right arm
- ✓ Legs in "W" position

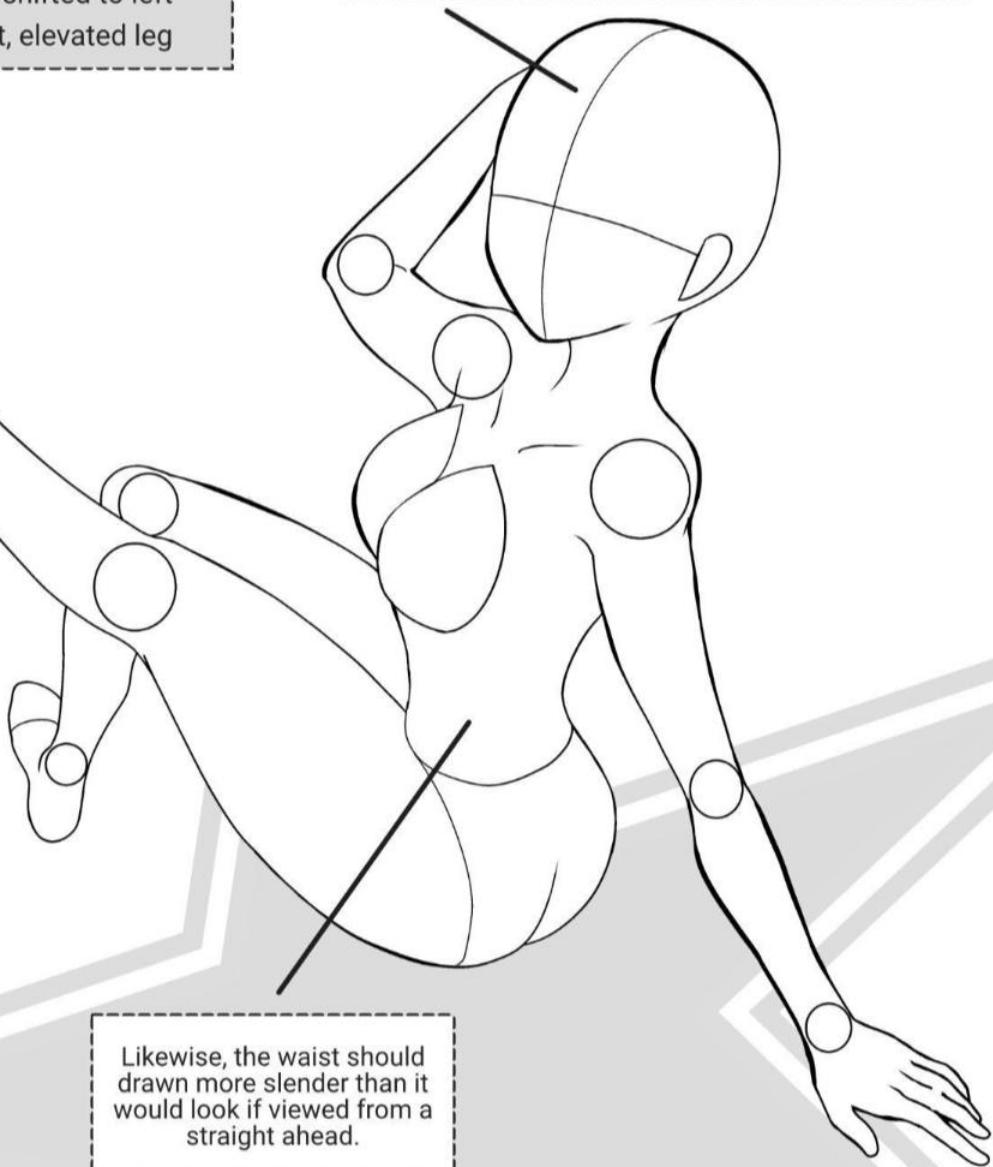




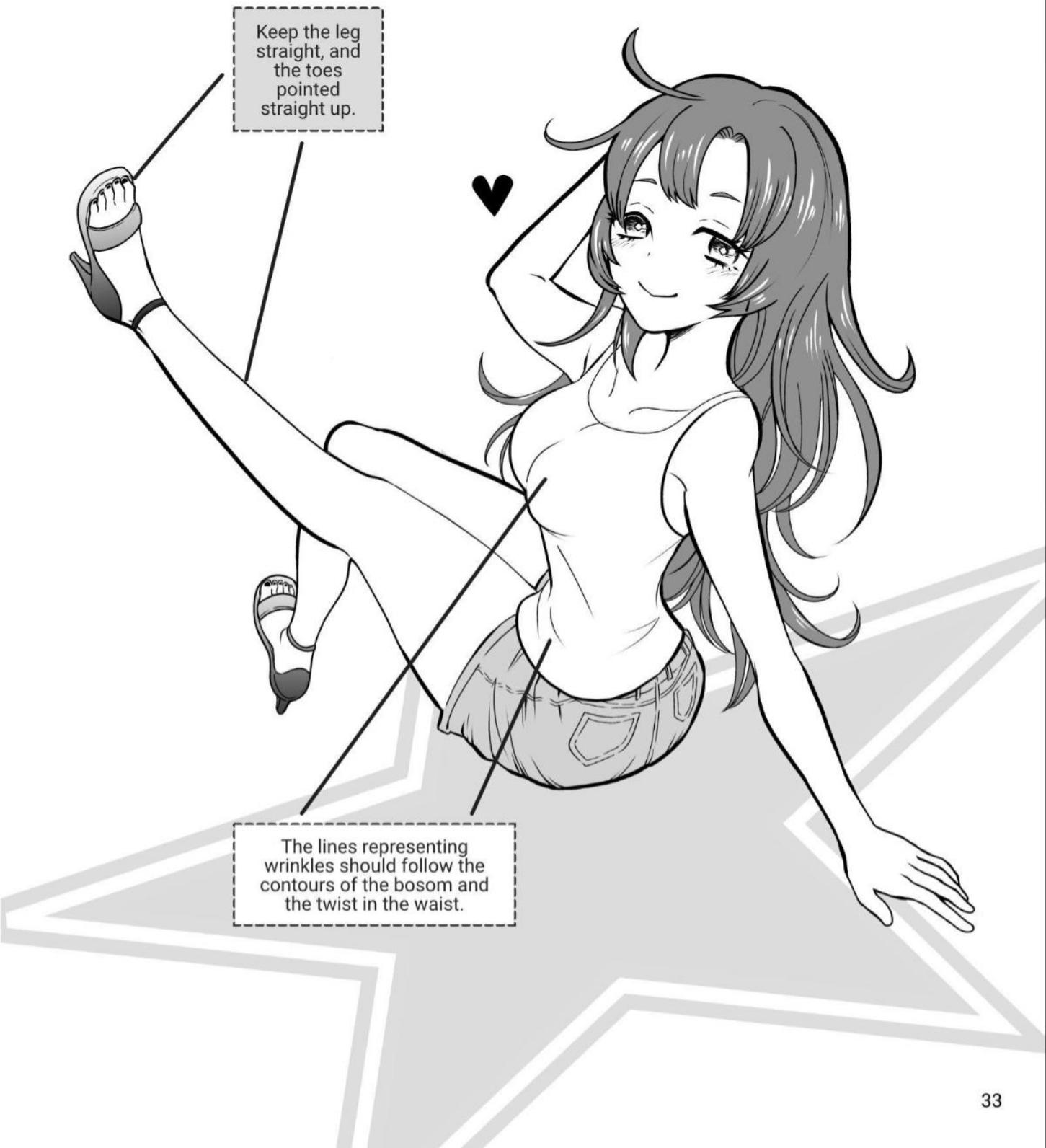
**ABOUT THIS POSE**

- ✓ Animated and adorable
- ✓ Face turned to the sky
- ✓ Right hand lost in hair
- ✓ Weight shifted to left
- ✓ Straight, elevated leg

Because the viewer is looking down from above the character, the head will appear larger. For this pose, turn the face toward the viewer.



Likewise, the waist should be drawn more slender than it would look if viewed from a straight ahead.



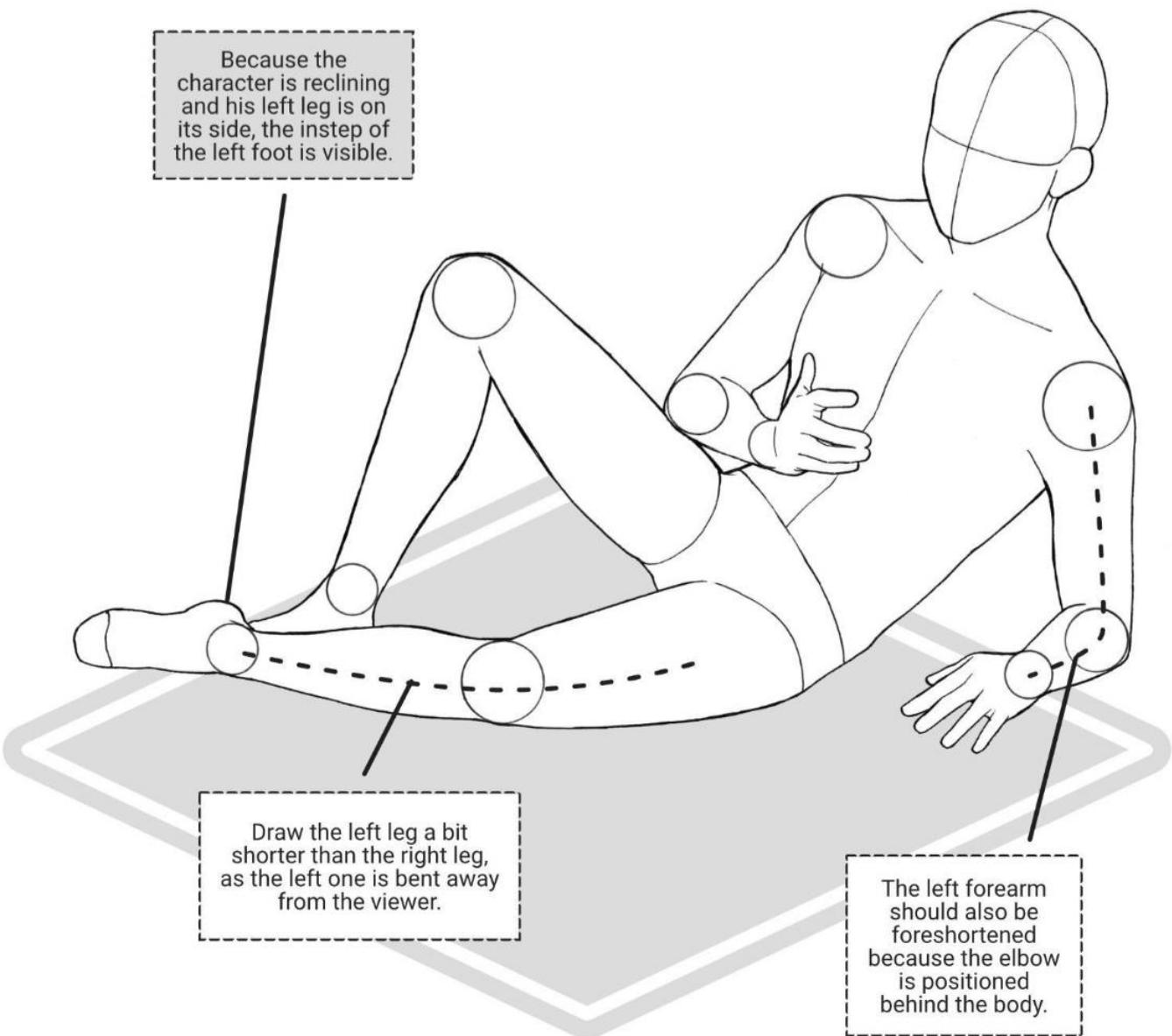
**ABOUT THIS POSE**

- ✓ Laid-back and comfy
- ✓ Semi-reclined
- ✓ Supported by left arm
- ✓ Right knee bent high
- ✓ Left foot turned on side

Because the character is reclining and his left leg is on its side, the instep of the left foot is visible.

Draw the left leg a bit shorter than the right leg, as the left one is bent away from the viewer.

The left forearm should also be foreshortened because the elbow is positioned behind the body.

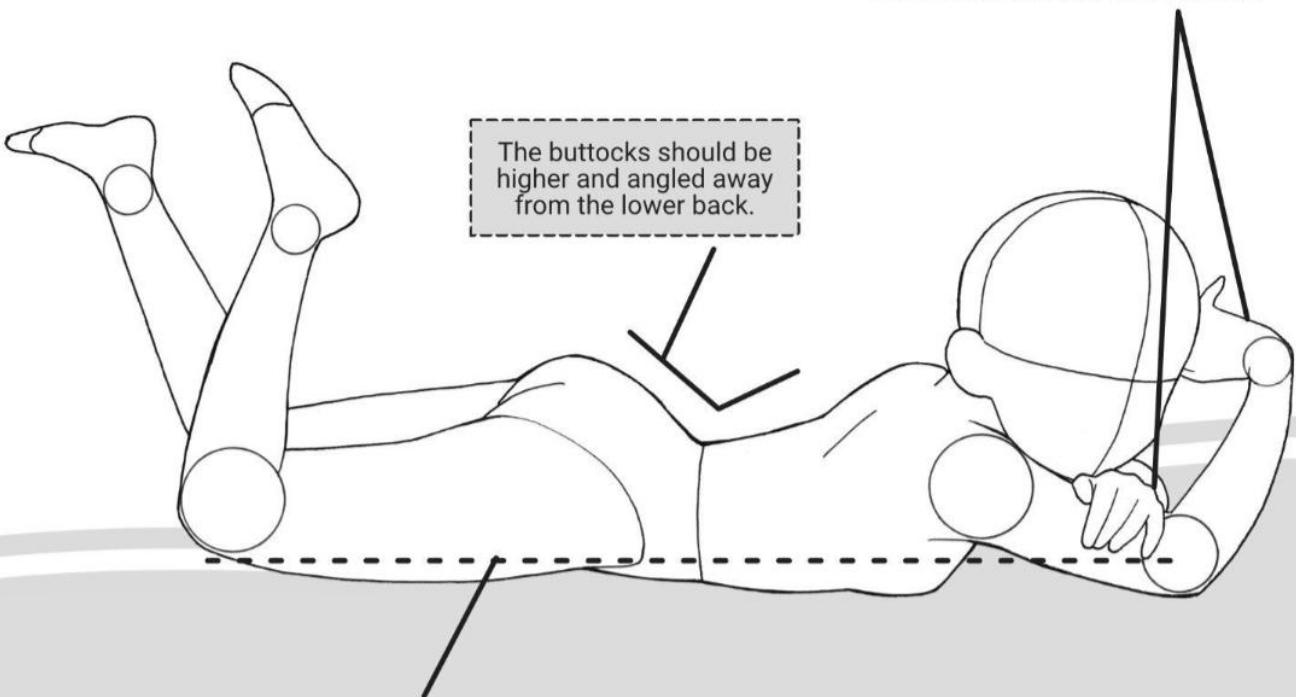




**ABOUT THIS POSE**

- ✓ Playful yet mellow
- ✓ Lying on stomach
- ✓ Head turned to right
- ✓ Chin resting on forearm
- ✓ Feet dangling above

The fingers of the right hand are held behind the head and mostly hidden from view, and the left arm is also hidden, but their locations can be understood by the positions of the wrists.



The feet are dangling at different angles, so the shapes of the shoe soles should not look identical.

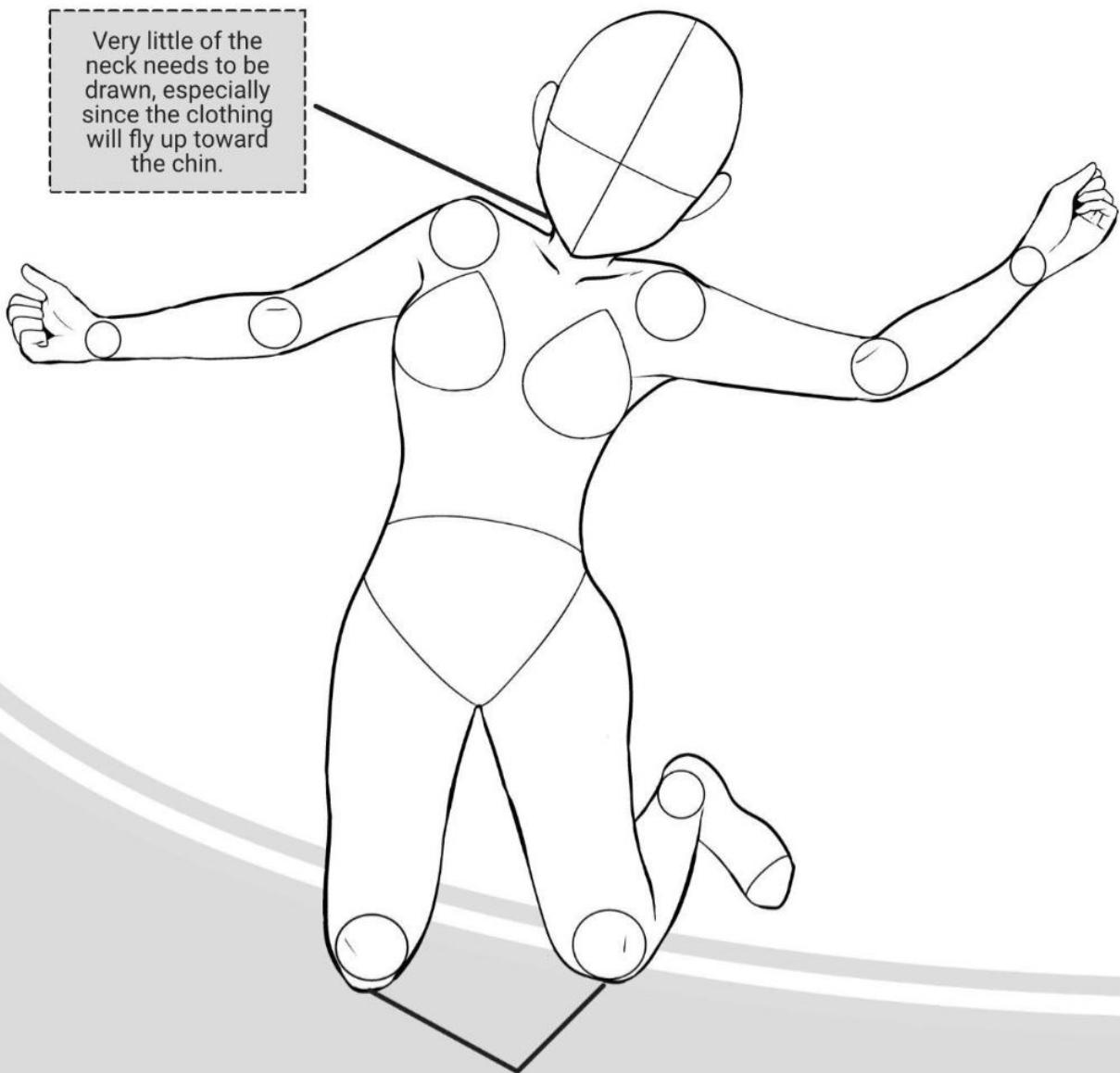


# 16 Jump to It

## ABOUT THIS POSE

- ✓ Joyous and buoyant
- ✓ Upward motion
- ✓ Arms wide open
- ✓ Knees pointed forward
- ✓ Lower legs lifted

Very little of the neck needs to be drawn, especially since the clothing will fly up toward the chin.



Bent kneecaps should be somewhat knobby rather than perfectly round.

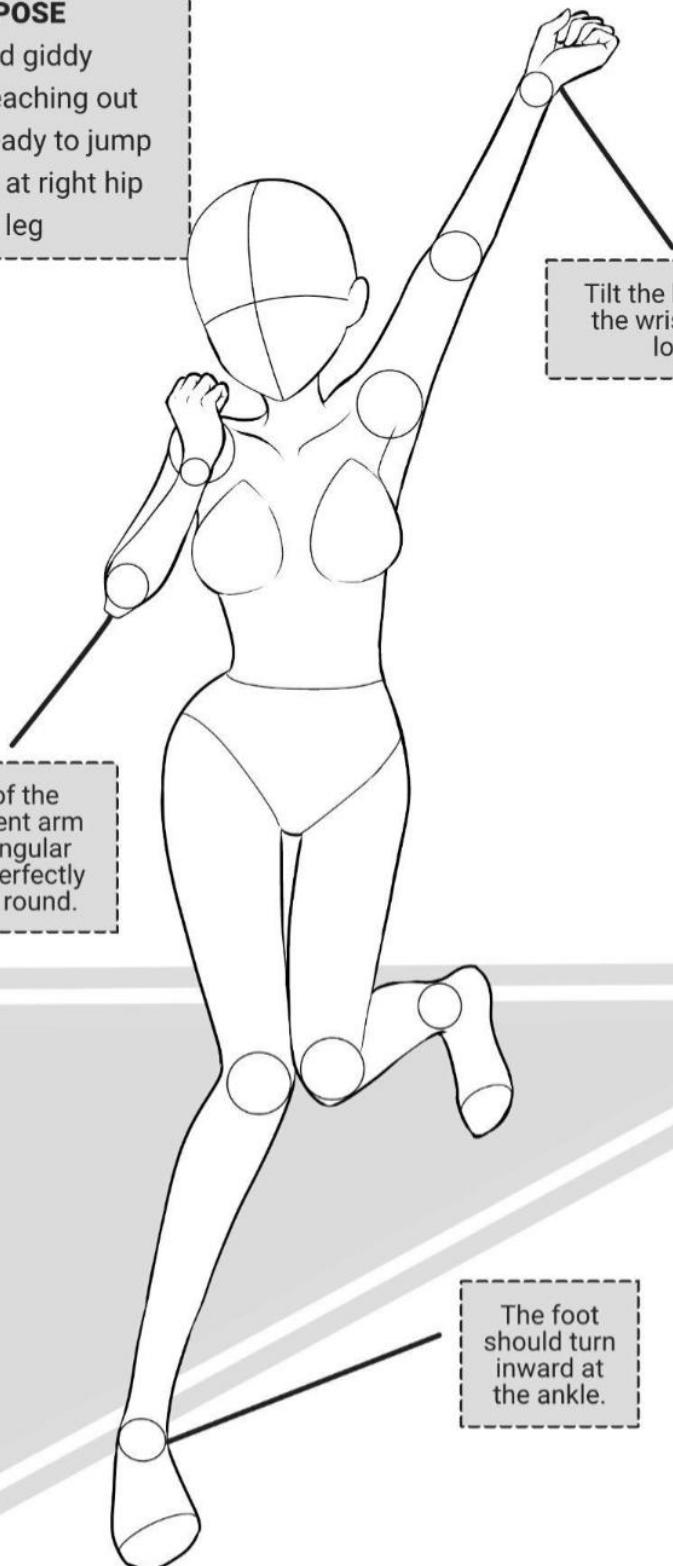
For a dynamic pose, be sure to draw the hair and clothing flying upward as the character jumps.

The fists of both hands should be loose.



**ABOUT THIS POSE**

- ✓ Spirited and giddy
- ✓ Left arm reaching out
- ✓ Appears ready to jump
- ✓ Waist bent at right hip
- ✓ Raised left leg



Tilt the hand back a bit at the wrist so the position looks natural.

The bone of the elbow of a bent arm should be angular rather than perfectly smooth and round.

The foot should turn inward at the ankle.

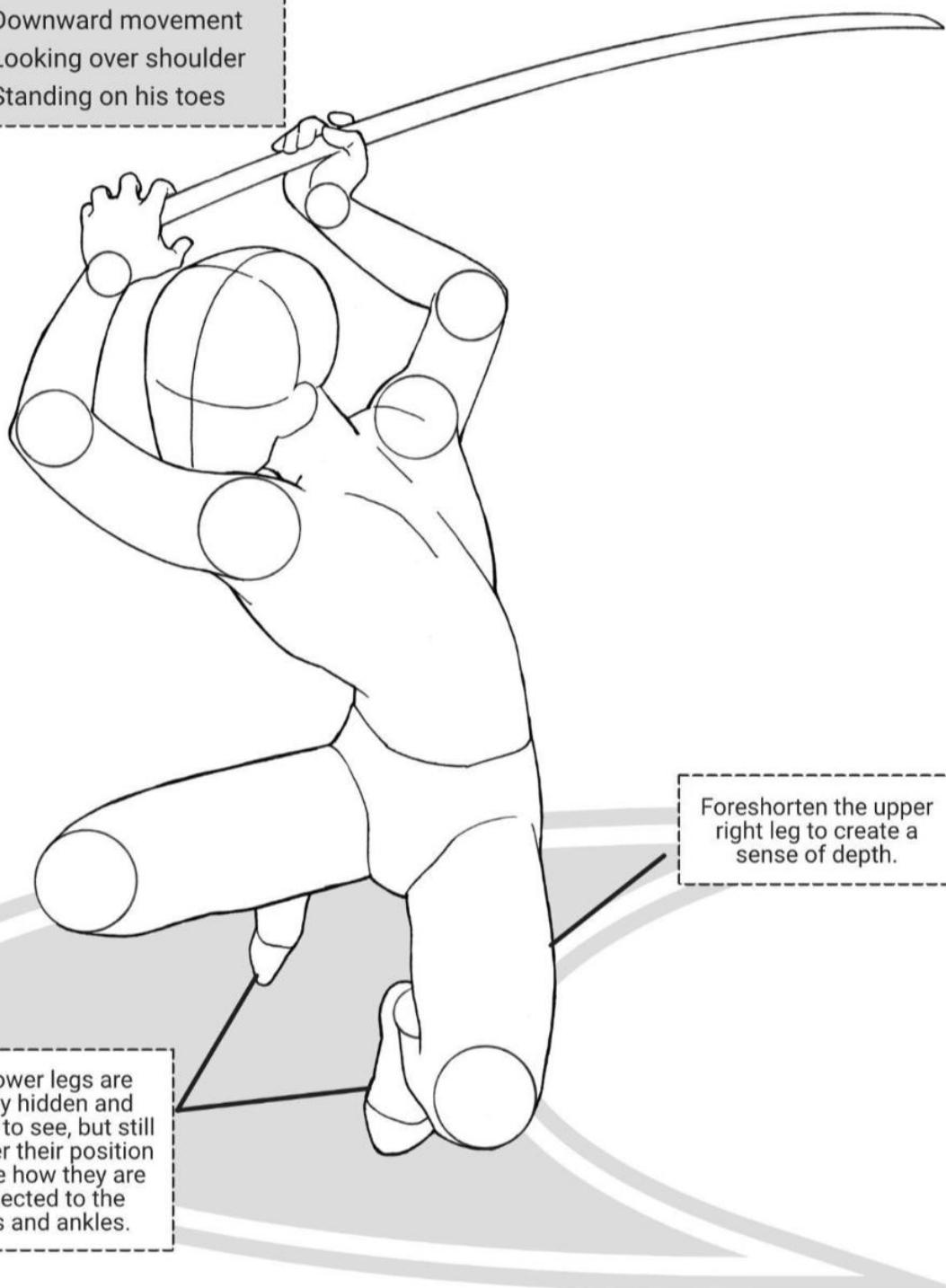


Add creases and folds to the dress where it flares outward toward the sides.

To create a sense of motion, the hair should be loose and flowing away from the body.

**ABOUT THIS POSE**

- ✓ Armed and ready
- ✓ Classic samurai crouch
- ✓ Downward movement
- ✓ Looking over shoulder
- ✓ Standing on his toes



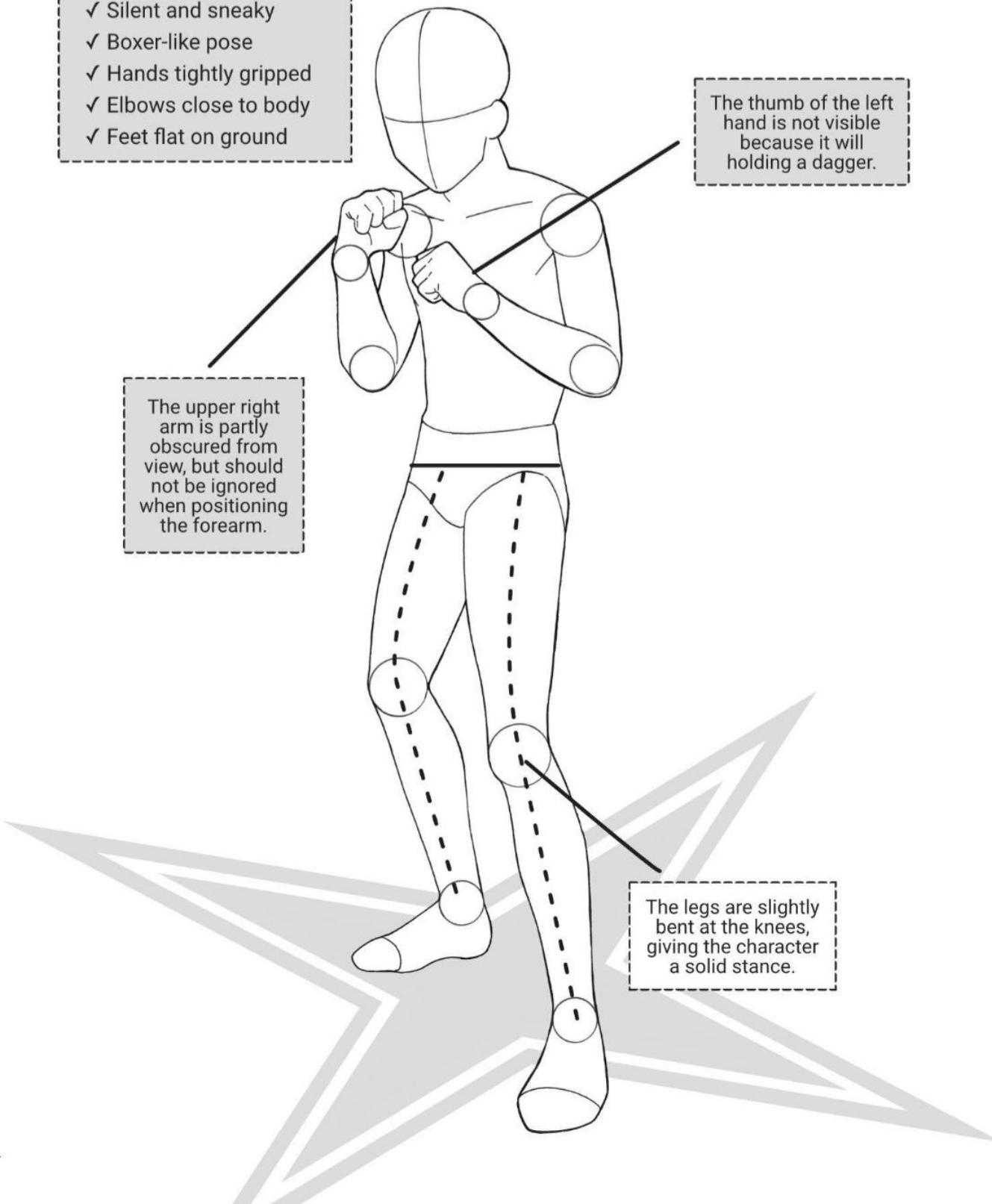


**ABOUT THIS POSE**

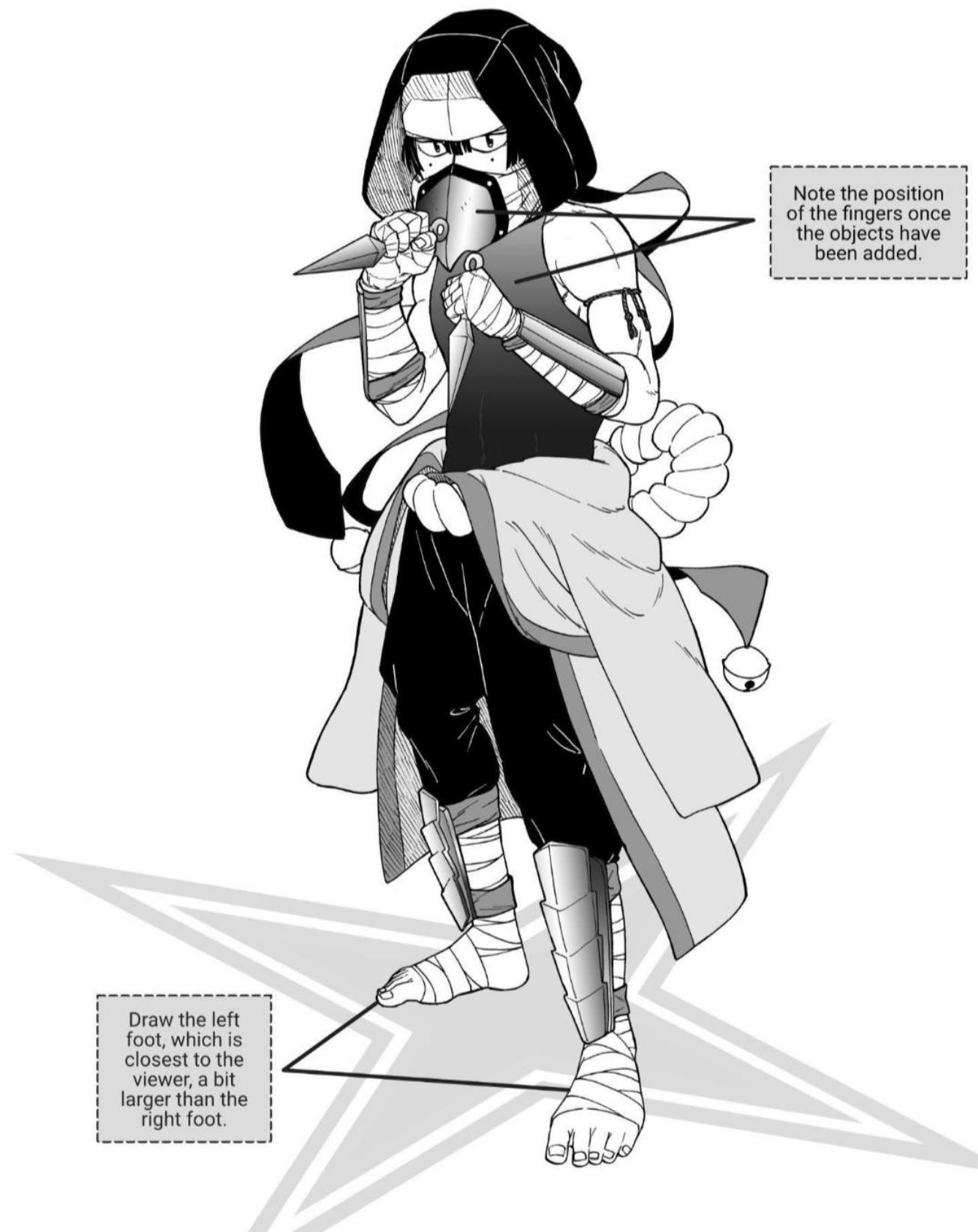
- ✓ Silent and sneaky
- ✓ Boxer-like pose
- ✓ Hands tightly gripped
- ✓ Elbows close to body
- ✓ Feet flat on ground

The upper right arm is partly obscured from view, but should not be ignored when positioning the forearm.

The thumb of the left hand is not visible because it will holding a dagger.



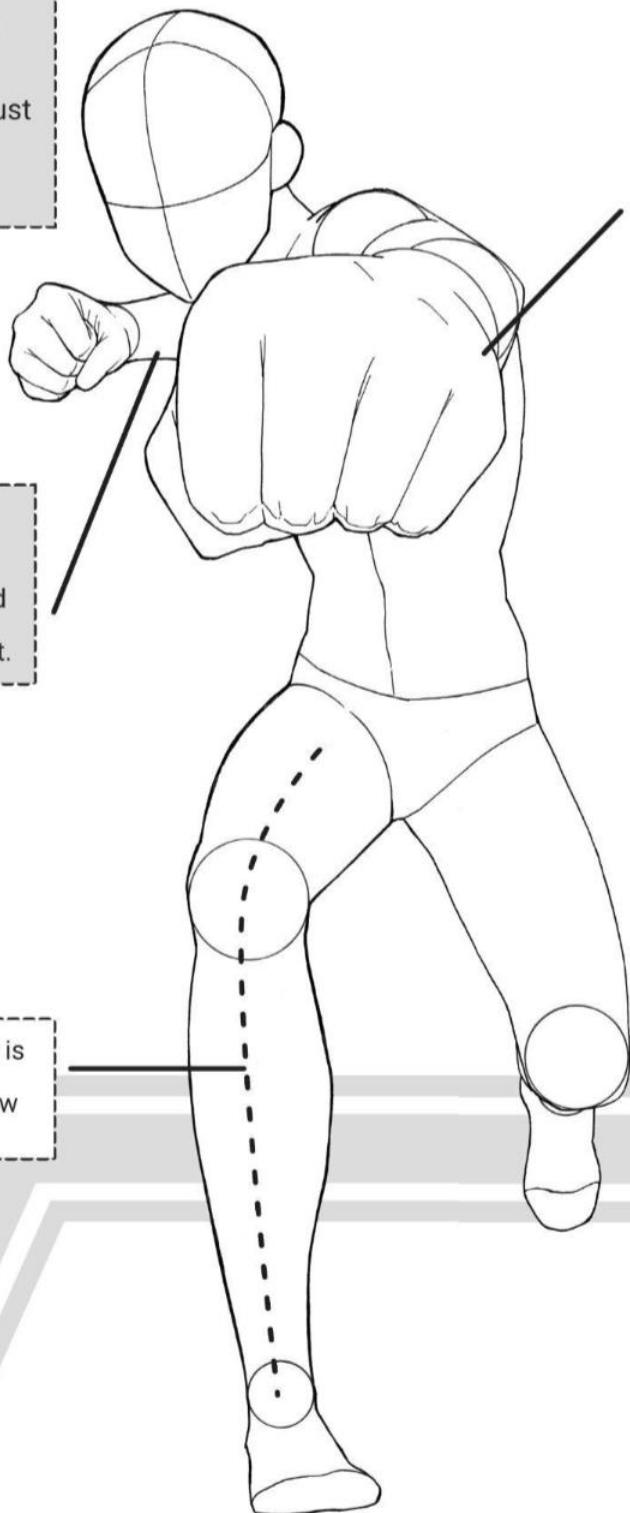
The legs are slightly bent at the knees, giving the character a solid stance.



# 20 Knuckle Sandwich

## ABOUT THIS POSE

- ✓ Powerful and precise
- ✓ Solid, square fists
- ✓ Shoulders supply thrust
- ✓ Left foot pushes
- ✓ Right steps forward



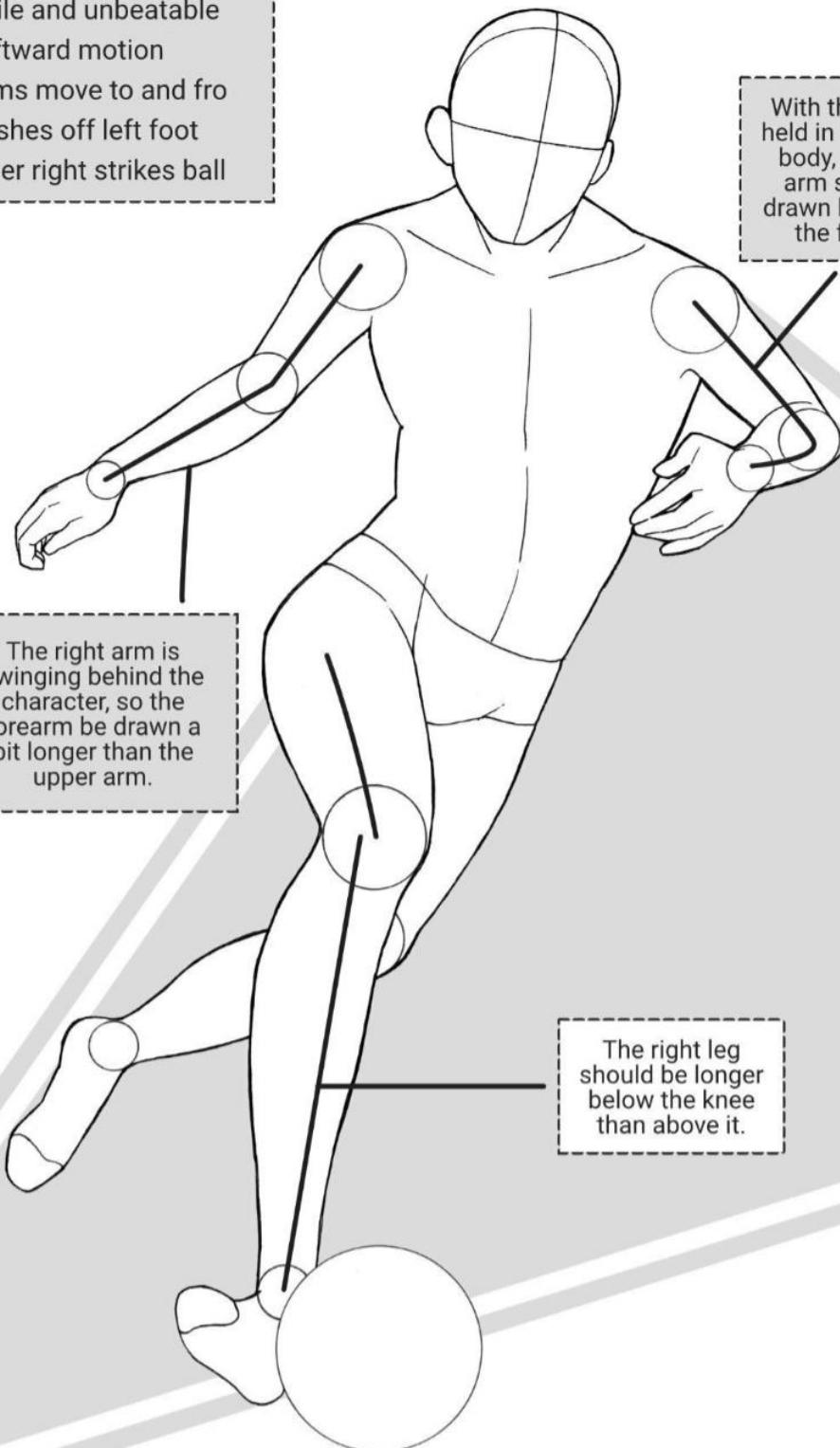
The left and right are not only different sizes, they also look quite different. For reference, study the same pose while making it in front of a mirror.



# 21 Strike Force

## ABOUT THIS POSE

- ✓ Agile and unbeatable
- ✓ Leftward motion
- ✓ Arms move to and fro
- ✓ Pushes off left foot
- ✓ Inner right strikes ball



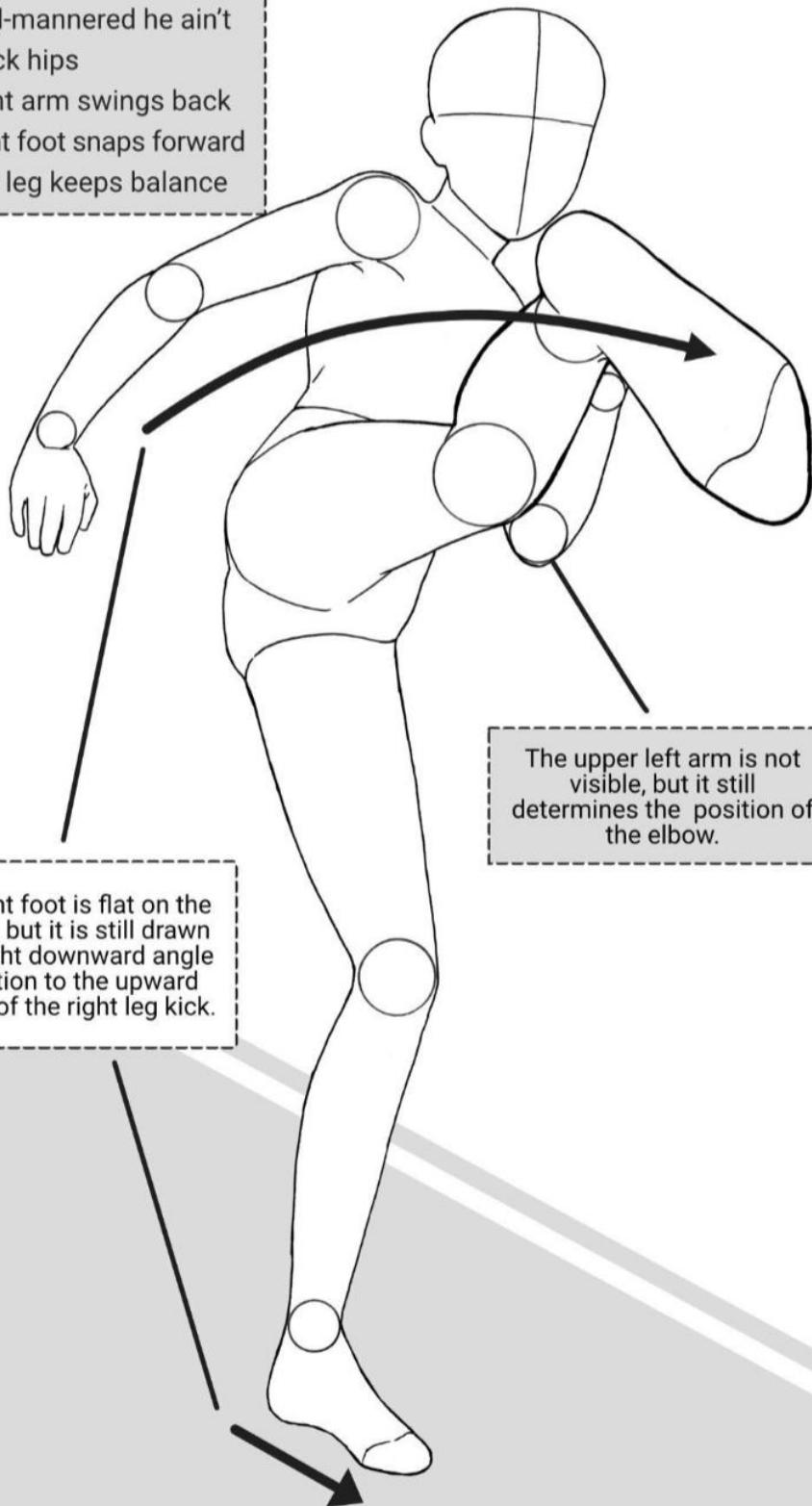
Wrinkles on the clothes collect along the right hip as the torso pulls at the fabric.



## 22 Bad for Business

### ABOUT THIS POSE

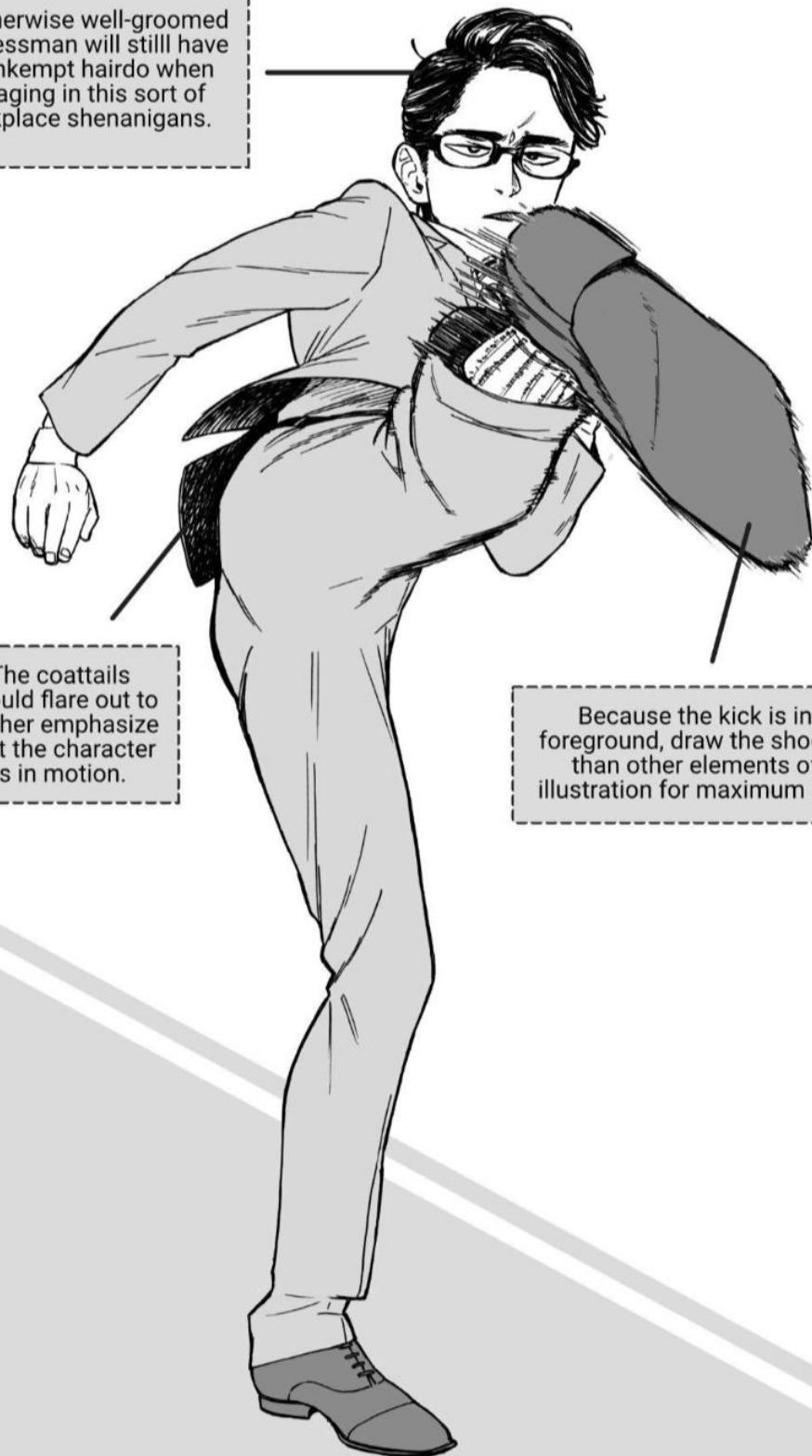
- ✓ Mild-mannered he ain't
- ✓ Quick hips
- ✓ Right arm swings back
- ✓ Right foot snaps forward
- ✓ Left leg keeps balance



The upper left arm is not visible, but it still determines the position of the elbow.

The right foot is flat on the ground, but it is still drawn at a slight downward angle in relation to the upward motion of the right leg kick.

An otherwise well-groomed businessman will still have an unkempt hairdo when engaging in this sort of workplace shenanigans.



## 23 To the Rescue

### ABOUT THIS POSE

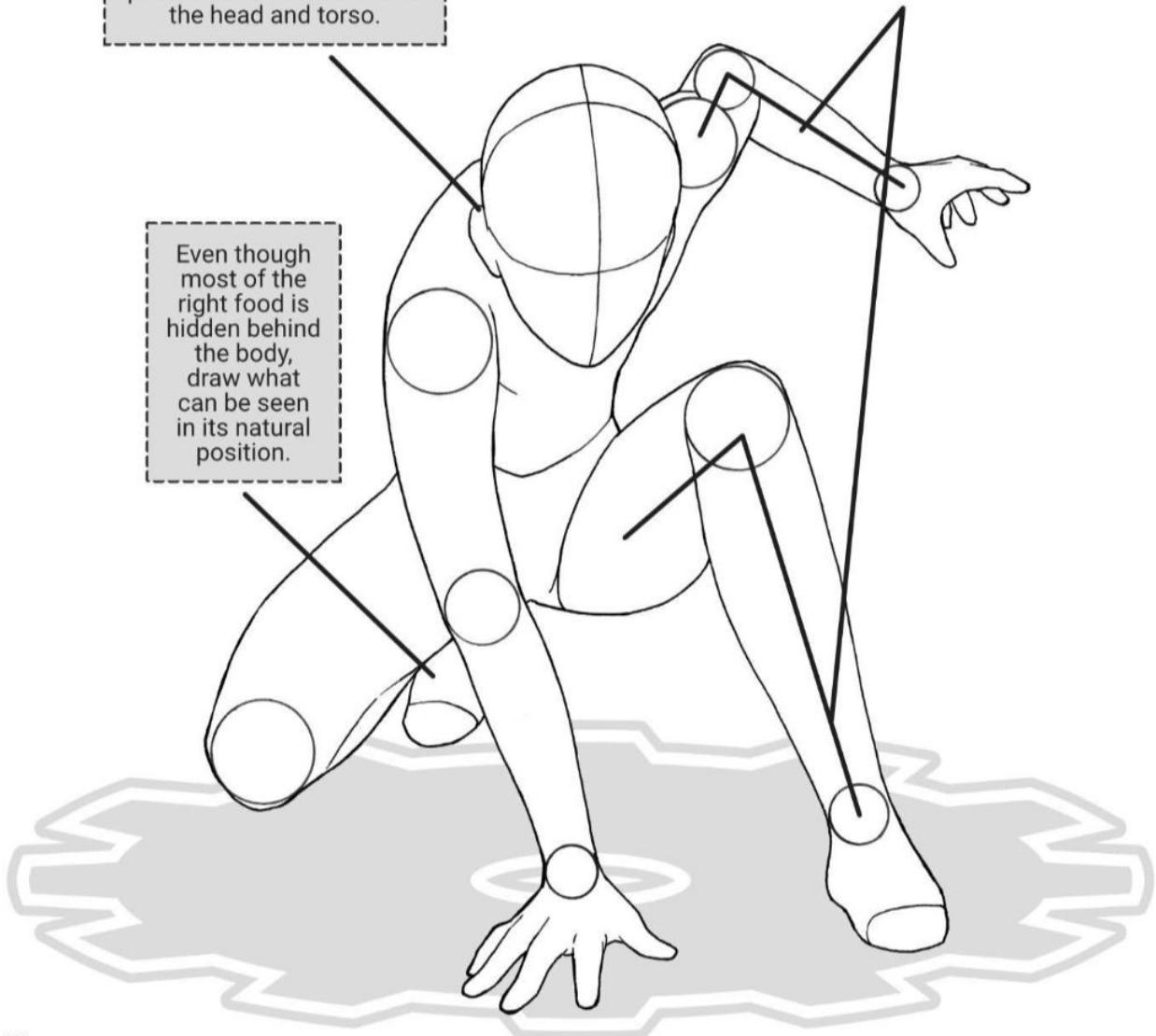
- ✓ Brave and heroic
- ✓ Perfect landing
- ✓ Head facing forward
- ✓ Left arm reaches back
- ✓ Steady on his feet

The neck might be hidden from view, but it is important to consider its position and how connects the head and torso.

The left arm should be drawn considerably shorter above the elbow than below.

Likewise, the left leg should be shorter above the knee than below. But still be sure the upper leg is wider than the lower leg.

Even though most of the right foot is hidden behind the body, draw what can be seen in its natural position.

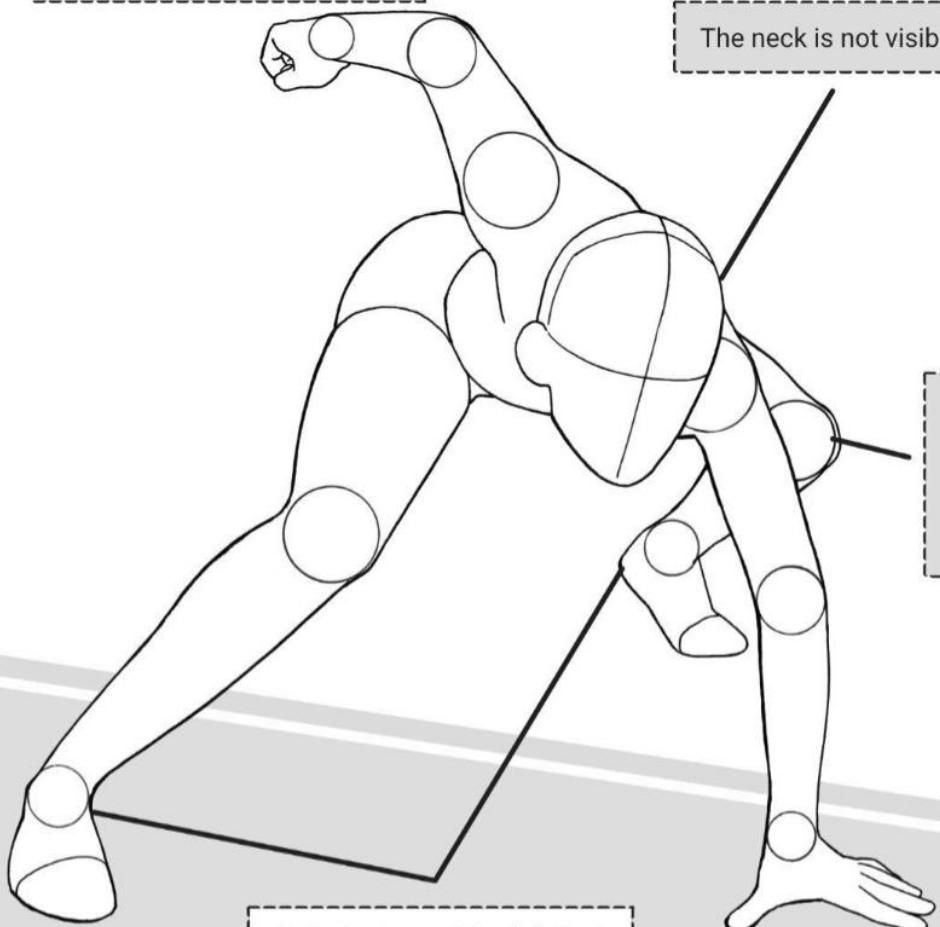




The flowing cloak further increases the dynamism of the pose.

**ABOUT THIS POSE**

- ✓ Fast and focused
- ✓ Sliding backward
- ✓ Right arm balances staff
- ✓ Legs spread wide
- ✓ Hand, feet dig into ground



The neck is not visible.

Although hidden from view, the back of the left leg determines the position of the knee.

Only the toes of the left foot are touching the ground. The heel is raised above it.

The right foot, though, is flat on the ground.



Adding movement to the hair and clothes gives a sense of dynamism.

Wrinkles on the clothes collect at the base of the thighs.

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# Credits

**RYO KATAGIRI** is a manga artist, comic essayist, and illustrator who has worked on more than a dozen books, including Manga University's *How to Draw Manga: Basics and Beyond* and *The Manga Cookbook Vol. 3: Fusion Food with Character* in collaboration with Crunchyroll.

Her Japanese-language works include the three-volume slice-of-life manga *Tutti*, first serialized in Weekly Shonen Sunday magazine. She also has illustrated several instructional manga, including a popular guide to Japanese rice wine (sake) published by the Japan Travel Bureau.

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Presently a resident of the Tokyo area, Hiroyuki hails from Hokkaido, Japan's northernmost island and the birthplace of Sapporo ramen, which is reason enough to make us want to move there right now.

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**MANGA UNIVERSITY** is the educational imprint of Japanime Company Ltd., a publishing company based in Kawaguchi, Japan, with offices in California.

"Educating With Art," is our motto reflecting our commitment to creating products that are wholesome, informative and fun. We love manga, and believe it can — and should — be used for more than just great entertainment.



Whether you are studying for your Japanese driver's license test or visiting the police box, you are likely to encounter an explanatory manga. Applying for a part-time job at the local *konbini* (convenience store)? Don't be surprised if the application is filled with little cartoon characters explaining the hiring process. Those fantastic manga images can simplify things that might be otherwise very difficult to understand. More importantly, it makes learning more enjoyable. No one understands this better than a manga fan, and that's why we make books that teach you about the things you want to learn.

"How to Draw Manga: Character Pose Collection #1" staff

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Special thanks to Judy Kardy and Edward Mazza.



"Samurai Spirit" is dedicated to the memory of Kell Komatsubara.



US \$14.95

ISBN 978-4-921205-46-1

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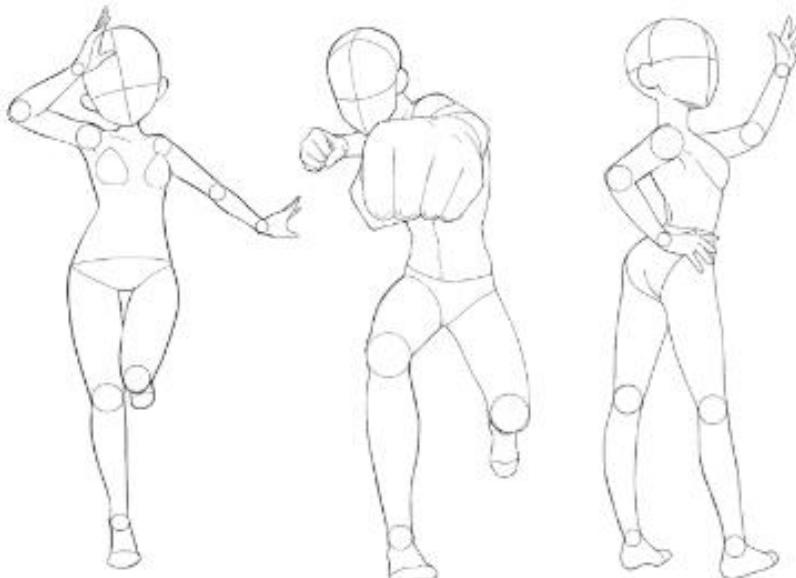


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