# Self-portrait evaluation and building your skills step-by-step
## 自我画像评估和逐步培养你的技能

**Proportion and detail:** Shapes, sizes, and contour
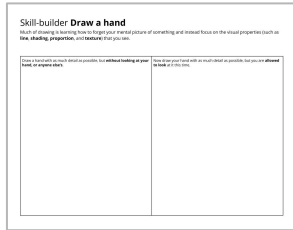　　　**比例和细节：**形状、大小和轮廓
**Shading technique:** Deep black colours, smoothness, and blending
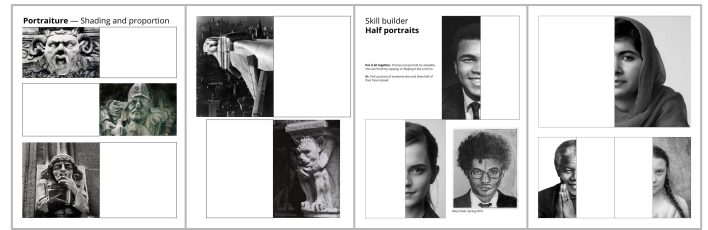　　　**阴影技术：**深黑色、平滑度和混合
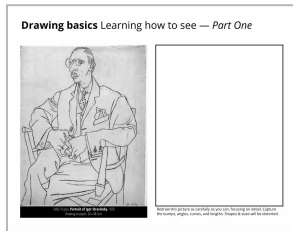**Composition:** Complete, full, finished, and balanced
　　　**构图：**完整、饱满、完善、平衡

☐ **1.** Learn the difference between **looking and seeing.**
了解看和看见之间的区别。


Skill-builder **Draw a hand**

☐ **7.** Practice drawing it **all together.**
练习将所有内容画在一起。


Portraiture — Shading and proportion / Skill builder Half portraits

☐ **2.** Improve your ability to **see** and **draw details.**
提高观察和绘制细节的能力。


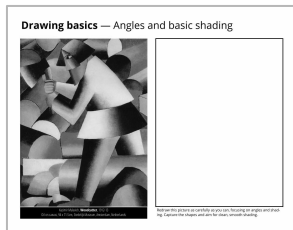Drawing basics Learning how to see — Part One

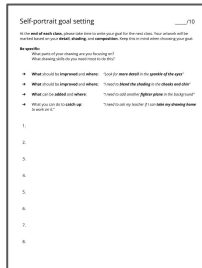☐ **8.** Choose a **reference photo** with good **lighting.**
选择一张光线充足的参考照片。



☐ **12.** Shade the **lighter** parts of the **shirt** and **neck.**
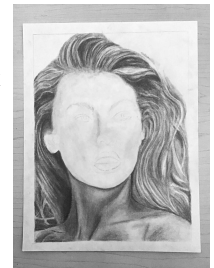给衬衫和脖子的较浅部分涂上阴影。
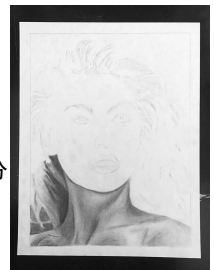


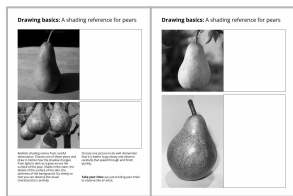☐ **3.** Practice **drawing angles** and **shading.**
练习绘制角度和阴影。


Drawing basics — Angles and basic shading

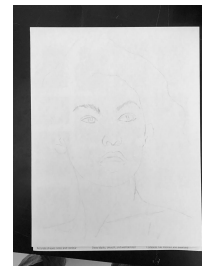☐ **9.** Write one goal each day.
每天写一个目标。


Self-portrait goal setting

☐ **13.** Shade the **dark** parts of the **hair,** then the **light.**
先遮蔽头发的暗部，然后再遮蔽亮部。



☐ **4.** Practice **blending to make things look 3D.**
练习混合以使事物看起来具有 3D 效果。
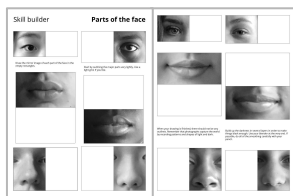

Drawing basics: A shading reference for pears
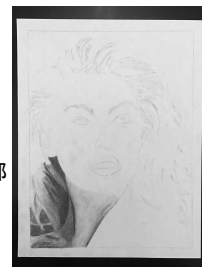
☐ **10.** Trace a **light outline.**
描出浅色轮廓。



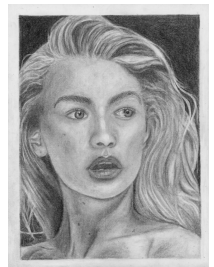☐ **14.** Shade the **dark** parts of the **face,** then the **lights.**
遮蔽脸部较暗的部分，然后再遮蔽灯光。
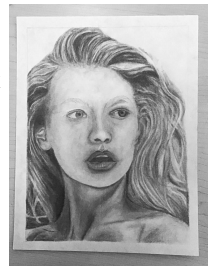


☐ **5.** Practice drawing **parts of the face.**
练习绘制脸部的各个部分。


Skill builder Parts of the face

☐ **11.** Shade the **darkest** parts of the **neck** and **shirt.**
遮住脖子和衬衫最暗的部分。



☐ **15. Shade to connect** the parts, & **find improvements.**
通过阴影连接各个部分，并找到改进之处。



☐ **6.** Improve how you draw **hair textures.**
改善绘制头发纹理的方式。


Portraiture — Shading hair textures