

Art Academy

Elective Skills Workshop Course

Course Title	Anatomy
Tutor	James Otto Allen
Studio session Dates	Fridays; 24/04/26 - 11/06/26 (8 Sessions) No Reading Week
Session Times	10:30 AM - 4:30 PM
Course Code	E2503D03
Course Fees	£545

Course overview

This course focuses on a different section of the human body each week, looking at bone and muscle structures in particular. You will gain the knowledge that will allow you to question and assess the way you draw the human figure from life and examine your drawings in relation to your understanding of anatomy.

Learning Outcomes

Students will be able to:

- Describe the muscular-skeletal structure of the human body
- Apply anatomical knowledge to produce anatomically correct drawings from life (observation)
- Apply structural and tonal drawing skills to convey the complexity of the human body
- Produce a series of investigative studies that depict each anatomical component in detail
- Apply safe-working practices at all times

What Level is the course and do I need any particular skills?

This course is suitable for those with experience of drawing at an intermediate level.

About your tutor

James Otto Allen studied Fine Art at Camberwell College of Arts, Accademia delle Belle Arti, Viterbo, Italy and gained a BA in Fine Art from the University of Wales, Cardiff. He was awarded the Harry Holland Prize for 'Best Figurative Artist' on graduating and his work has been shortlisted for the BP Portrait Awards. James exhibits regularly with the 'Royal Society of Portrait Painters' and his work has also appeared in the ING Discerning Eye and Painter Stainers Company exhibitions. He studied anatomy and biomechanics, aligning his figurative work with the discipline of scientific study of the human body. James has over 15 years experience teaching art and workshops to students of all levels. In his studio while executing commissions and paintings, he surrounds himself with anatomical plaster casts of skulls, torsos and other anatomical aids for constant reference.

<https://www.jamesottoallen.com/>

Weekly breakdown

Below is a weekly breakdown of what will be covered. Please bear in mind that these sessions will move with the pace of the group, so a degree of flexibility of what will be covered on which day will be employed.

Wk	Date	Topic/Activity	Location & Tutor	What to bring	Model
1	24/04/26	Introduction to the Skeleton: Proportion and Movement	James Otto Allen Bankside	A4 sketchbook, A4 tracing paper, selection of drawing material (pencils, ballpoint or fibre-tipped pens, charcoal, conte pastels - one red, one black, coloured pencils etc)	No

2	01/05/26	The Skull and Muscle Groups of the Face and Neck	James Otto Allen Bankside	A4 sketchbook, A4 tracing paper, selection of drawing material (pencils, ballpoint or fibre-tipped pens, charcoal, conte pastels - one red, one black, coloured pencils etc)	No
3	08/05/26	The Torso I	James Otto Allen Bankside	A4 sketchbook, A4 tracing paper, selection of drawing material (pencils, ballpoint or fibre-tipped pens, charcoal, conte pastels - one red, one black, coloured pencils etc)	Yes PM
4	15/05/26	The Torso II	James Otto Allen Bankside	A4 sketchbook, A4 tracing paper, selection of drawing material (pencils, ballpoint or fibre-tipped pens, charcoal, conte pastels - one red, one black, coloured pencils etc)	Yes PM
5	22/05/26	The Arms	James Otto Allen Bankside	A4 sketchbook, A4 tracing paper, selection of drawing material (pencils, ballpoint or fibre-tipped pens, charcoal, conte pastels - one red, one black, coloured pencils etc)	No
6	29/05/26	Pelvis and Legs	James Otto Allen Bankside	A4 sketchbook, A4 tracing paper, selection of drawing material (pencils, ballpoint or fibre-tipped pens, charcoal, conte pastels - one red, one black, coloured pencils etc)	No
7	05/06/26	Hands and Feet	James Otto Allen Bankside	A4 sketchbook, A4 tracing paper, selection of drawing material (pencils, ballpoint or fibre-tipped pens, charcoal, conte pastels - one red, one black, coloured pencils etc)	No
8	12/06/26	Full body	James Otto Allen Bankside	A4 sketchbook, A4 tracing paper, selection of drawing material (pencils, ballpoint or fibre-tipped pens, charcoal, conte pastels - one red, one black, coloured pencils etc)	Yes PM

Preparation Requirements & Additional Costs

YOU MUST HAVE YOUR OWN MATERIALS.

You are expected to prepare for each class by bringing drawing materials with you. You will need an A4 sketchbook or larger to write and draw diagrams during the morning talk. You will also need tracing paper of the same size. You may also wish to bring a file holder for handouts.

If you do not have your own drawing materials, there is an option to order a **Drawing Pack** at the time of booking which will be available when you arrive for your first class or posted to you. You can purchase this via the following link; <http://artacademy.org.uk/evening-classes/materials/>

A **Drawing Pack** (£25.00) contains
 One set of lead pencils (2B, 4B, 6B)
 One box of medium willow charcoal sticks (25 pieces)
 One box of willow charcoal extra thick individual stick

One stick of chalk
 One box of compressed charcoal sticks (12 pieces)
 Six Derwent pastel pencils, can be used wet or dry in: Process Yellow, Cadmium Red, Prussian Blue, Forest Green, Burnt Umber, Titanium White
 One putty rubber in a box
 One eraser
 One auto lock knife

Resources & Further Reading

Please note reading lists are suggested, not required.

Author	Year	Title	Publisher	Location
Hale, R.	1989	<i>Albinus on Anatomy</i>	Dover Publications	New York
Bridgman, G.	2000	<i>Bridgman's Life Drawing</i>	Dover Publications	New York
Peck, S.	1982	<i>Atlas of Human Anatomy for the Artist</i>	Dover Publications	New York
Goldfinger, E.	1992	<i>Human Anatomy for Artists: The Elements of Form</i>	OUP USA	Oxford
Bammes, G.	1982	<i>Der Nackte Mensch</i>	Dover Publications	New York
Simblet, S.	2001	<i>Anatomy for the Artist</i>	DK	London
Richer, P.	1971	<i>Artistic Anatomy</i>	Dover Publications	New York
Jarmey, C.	2018	<i>The Concise Book of Muscles</i>	Lotus Publishing	Aldershot
Bridgman, G.	2000	<i>Constructive Anatomy</i>	Dover Publications	New York
Saunders, J. B. deC. M.	1973	<i>The Illustrations from the Works of Andreas Vesalius of Brussels</i>	Dover Publications	New York

Other useful resources (websites, galleries etc)

<http://www.human-anatomy-for-artist.com/>
<https://archive.org/details/GottfriedBammesDerNackteMensch>
<http://www.fineart.sk/>
<http://www.female-anatomy-for-artist.com/>
<https://www.historyofcreativity.com/>
www.artcyclopedia.com
www.wga.hu
www.abcgallery.com/index.html

Who can I contact for further information?

General information and advice on courses at Art Academy is available from the main office, open Monday to Friday 09:00 – 17:00 during term time.

Tel: +44 (0) 20 7407 6969 or email our Reception at info@artacademy.ac.uk

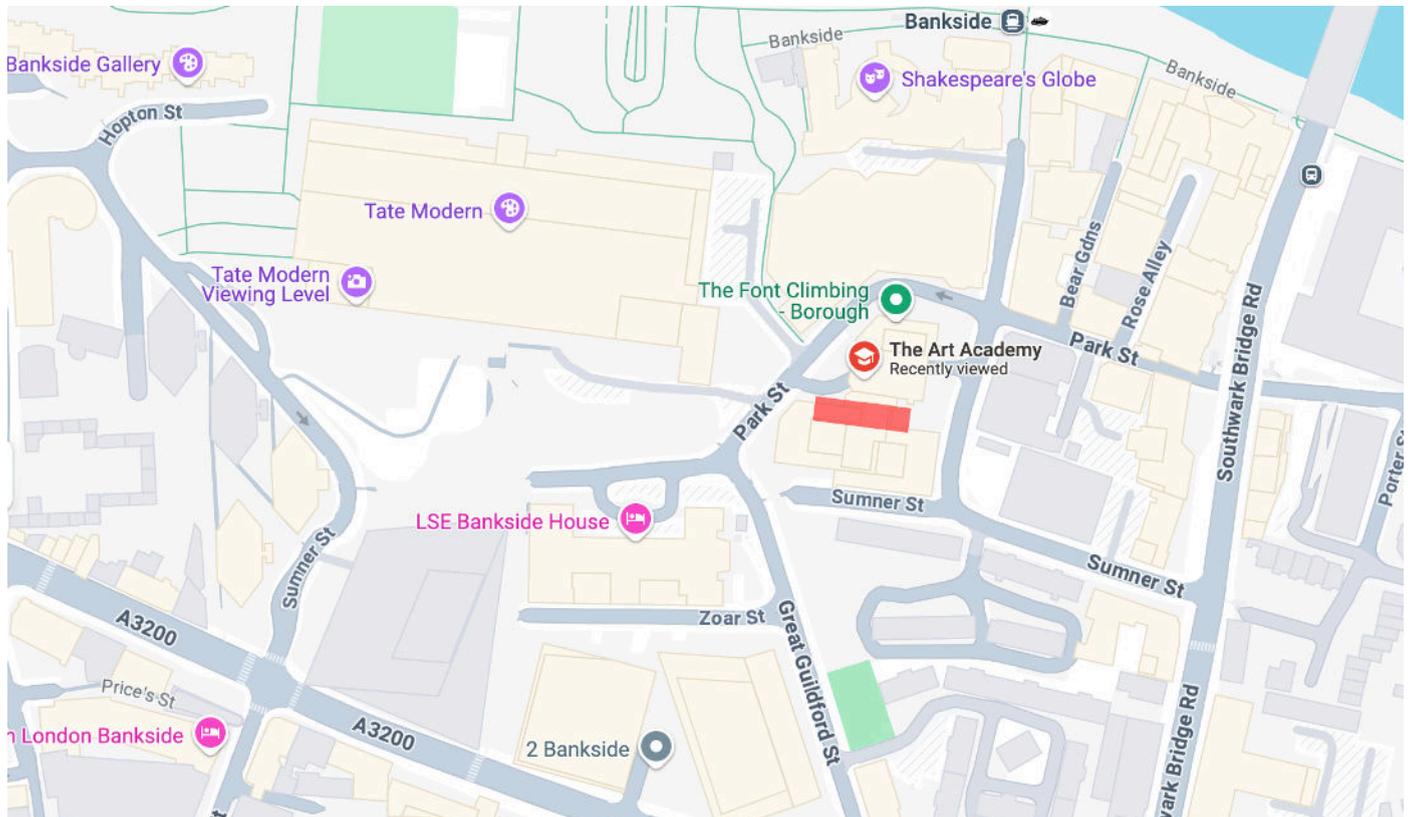
Locations - (Please check course location at the top of this document)

Art Academy – Bankside Campus

185 Park Street

London SE1 9BL

The Art Academy is conveniently located minutes away from London Bridge (Northern and Jubilee lines, National Rail services), Southwark (Jubilee Lines) and Borough (Northern line) underground stations. Please [click here](#) for a map, what three words input.



Just moments walk from the Thames, Art Academy is also ideally located for access to:

- White Cube
- Tate Modern
- The Globe
- Bankside Gallery

If you would like to make the most of the area a member of the team will be happy to advise you on areas of interest locally.

Refreshments & Facilities

All students have access to the common area located in the basement level of the building, here you will have use of a fridge, kettle, microwave and eating area.

There is a wealth of supermarkets, shops and cafes in the area as well as the world-famous Borough Food Market, fifteen minutes walk away.

For health and safety reasons, all students, staff, and tutors must use a sealable keep-cup or container for hot drinks. Mugs and open cups are not permitted in our teaching spaces. As we do not provide keep-cups, please bring your own if you wish to use the coffee and tea facilities in our Hub area.

Disabled Access

The campus has an elevator and has no threshold from the street level providing full step free access. We make every effort to accommodate students' access requirements, if you have mobility issues please speak to a member of the Academy team before your course starts.

Further Details

- You will need to have paid in full for your class before the first session of your class, your place is not guaranteed until we have received payment.
- If you purchased a materials pack online this will be given to you on the first session of your course upon your arrival.
- Ensure that you wear appropriate clothing, as you may get messy!
- All artwork at the Academy MUST be taken home at the end of the course.
- Please ensure that your mobile phone is switched off, or is on silent, during the class.
- Please read the Health and Safety Guidelines carefully, provided at the beginning of your course.
- If you wish to join any class for the next term please contact the office to re-book. Classes are becoming increasingly popular, so please book early in order to guarantee your place.
- If you have any further queries let us know and we will do our best to resolve them. Thank you for your cooperation and we look forward to seeing you.