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How to be a life art model

For me, being a man is very much about understanding the duality of ourselves. I think it is good to explore the idea that we all typically have a masculine and feminine principle. This balance inside me has made me more comfortable exploring different parts of myself. I am very grateful to be a man and to be able to express myself in many ways, I do not see myself tied to society's view of masculinity. I'm very individual at it. I thought being a life drawing model was a truly unique way of dealing with these ideas. Often, drawing life is only open to those who are already in that world, so it was refreshing to see people from different backgrounds. I've learned from modelling that I like my own skin. I wouldn't say I have self-image issues, but as an adult I had a birthmark that takes up half my leg and it was something I was aware of. I think I'm still aware of that because I never really wear shorts, so just being able to be in a space where I can be completely myself and there naked in front of people has added a little bit to my confidence. I often joke that I want to upset my Nonna (bless her cynical soul) by telling her that I take my clothes off for money, but the truth about it is that modelling life is a completely non-sexy job. Since this was written in February 2020, I have been a model of life for almost 7 years. During that time, I have modeled countless sketch clubs, oil paintings, portraiture, sculpture, tattoo artists, even motion pieces and as part of the duo. I know what I'm doing, and many (many) of my friends have come to me over the years to ask for tips and advice on how to be a life model. After writing it in a Facebook chat for the many times, I decided it was time to save my fingers for repetitive writing and immortalized it in a Medium post. How To Be A Great Life Model Part 1: Preparation Knows what you can hold and for how long. You don't have to be athletic or strong or skinny to be a life model, but it helps to be aware of what your body can do and for how long. Spend time in your room, set a timer and try keeping a few things of different sizes. I really recommend doing this because posing and realizing that you can't keep it is both painful and unprofessional. The usual 2-hour draft club or class (in Sydney, Australia) starts with 1 minute positions, then moves to 2s, 3s, 5s, 10s, 15s, 20s, and maybe a 30-minute position, so get ready for all of those. For more than an hour of positions (unlikely except for portrait, oil painting or sculpture), you can expect them to place some kind of sign (tape or chalk) around you so you can get up and stretch and then return to exactly the same place. You have a (backup) plan. When I first started, I was afraid the timer would ring, and I don't know what to do next. If you're nervous about this, a little while thinking about some mental prompts you can turn to if you get stuck. That sounds stupid, but. But. I'm an elephant, I'm a flower, I'm a teapot can help you. Think about your gear. Some models appear with nothing. Some show up with a bag full of costumes and props. It's up to you and wherever you model (some places have themes or I ask for costumes), but I always take a bag with some kind of bathrobe or dressing gown and some wet wipes (I often come straight from work). I sometimes cloak my bathrobe over a chair/sofa/stage/anything, so you can also consider having a piece of fabric to use like this. Some places have hard-working wash plates and pillows and... Some places don't. Remember, you're naked. Do everything that makes you feel like a comfortable.PRO TIP: DON'T MOISTURIZE A LITTLE BEFORE THE SESSION. You may like the idea of looking good and silky, but there's nothing worse than getting into position and feeling that one of your body parts is starting to slip. You're performing ever since you walk into the room. Stand up straight, move on purpose and command attention even before you start. For me, modelling begins while I'm still in the robe and the teacher presents the session. It's time for me to fall into a quiet, focused space and bring awareness to my body. Judge yourself. How are you today? Do you have any particular pain, pain, bandage or tension? Pay attention to your body and make a quick mental attention to all the attentions you need to give yourself.PRO TIP: Does it feel particularly tight? Take a pose as an opportunity to get a nice long stretch. Evaluate the status. This is a big deal. A huge one. Doing well with this sets professional models apart from people looking for extra money, and it makes you repeat bookings. Modeling requires acute awareness not only of yourself, but also of the space available and how the public sees you. I repeat that. The most important factor in the modeling gig is: HOW DOES THE AUDIENCE SEE ME? Where's the audience? Are they in front of you? In a semicircle? 360 degrees? How far does the audience go? Are you on a raised platform? Are there areas in your modeling mode that some people can't see? I'm modeling one place, which is a stage with a lounge. It's a deep room and the audience goes quite far back - which means most of my modelling is done on top of the sofa rather than using all the beautiful space on the stage. Because half the audience wouldn't see what I was doing there. You also need to look at the condition you're using: Is it stable? Is there any furniture? What can you lean on (if anything)? If there are furniture, how can you use them without anyone's view being blocked by the backrest or armrests of the chair? I also want to check what level the boxes are at. Part of knowing how the audience sees me is to be aware of things like twists and turns, awkward weights and shortening. Beginners can drown and discourage more complex positions, more advanced boxes can get tired of too simple positions. Timed or self-thought? Most places, someone schedules you. In some places, you will be asked by yourself, in which case it is great to have a stopwatch or timer on your phone. Sometimes I count in my head. Sometimes I use tabata app with preset timing, so I don't have to interrupt the flow of my installs by resetting the timer on my phone. This is up to you. Props or not? As a rule of thumb, use props only if they allow you to hold a pose that you otherwise couldn't hold, or help you communicate some kind of character or story. I love modelling with some kind of stick, scarf or stool because they exponentially add positions that I can put myself in, but don't keep something just for that. Unless your model is a theme and she's asked for props. In that case, go into town. Use props to place your body somewhere challenging or convey a character, but don't keep something just for that. Short positions. Short positions are great for warming your body and getting your head in the game. This is a fun time to try out what you can do as the awkward posture will soon be over. Keep in mind that this is also time for the cartoonists to warm up, so don't jump straight into a convoluted position. Long positions. Long positions can be more relaxing as you usually sit or relax. Don't make yourself too comfortable or you might fall. When you do several long positions, the challenge is to get enough variations on sitting/resting to make things interesting. If the position is 15 minutes or longer, make sure that your limbs are not crossed and that your neck is straight. Your neck sticks pretty quickly if it's turned, and crossing your legs or ankles can feel comfortable at first, but trust me. Things go numb much faster than think.PRO TIP: If you're stuck in inspiration for multiple long positions, the same position rotates around, giving sketchers a different angle. Voila. New position. Sometimes things can happen that make you uncomfortable. Sometimes it's because people are ignorant, and sometimes it's straight creepy. Photos: Under no circumstances should people take pictures of you posing nude. It is a good idea for the group organizer to report the matter at the beginning of the group. If people want to take pictures of their artworks, insist that they wait until you are robbed during a break. If you see someone on their phone and the camera is pointing at you, but you're not sure, speak out. The instructor should gently ask the person to hold their phone so that the camera is away from you, or put a sticky note/blu tack over the camera lens. Be professional until this happens. I have always taken and will always stand up for taking up space and being loud when something inappropriate happens. Especially women. Especially in a vulnerable position Women. If doesn't like how close someone is to you, speak out loud and polite, but firmly say they're in your modeling state and move back. If they don't, confuse me. They should be ashamed of them. Not you, you. Asking for a model: It's never happened to me, but it does. Deal with this how you feel comfortable. If it continues, talk quietly with the organizer and ask them to report so they don't ask for a model. Commenting on your appearance: This has actually happened to me a few times. Usually they think they're nice, compliment me or say I'm much better than the other models they've had. I want to deal with this with an empty face and in a statement as follows: Drawing life is about improving the drawing, not what you find attractive. Don't comment on my appearance or compare me to other models. Private sessions If people ask you if you're doing private work. This is always at your discretion, but be careful and definitely charge more. I just recommend working in private with someone well and trustworthy, and even then it's perfectly nice to insist on bringing an apron. Sharing artwork It is very likely that people will want to publish their art about you on social media. If you want, you can take photos (with permission) and share them on social media as well. If you do, it's a good format to tag or link to artists if you know them. If you want to be tagged in something people post, ask them. Consider business cards for people on your website/social/whatever. I personally have an Instagram highlight where I share drawings and paintings of me that I particularly like. What sets you apart? If you're going to do this seriously, you might want to think about what sets you apart from other models. It could be a lot of your tattoos. It could be your height or your character. It could be your background in theater, dance or gymnastics. It's okay if you're not sure. My case slowly came to light as I continued as a model and found out where I was best. That's it, that's it. Modelling life is at the same time more difficult and less intimate than people think. It can be fun to be part of people's creative processes and I think it's an excellent opportunity to meditate and be aware for a couple of hours. Do you know of any aspiring life model that would benefit from this? Leave them a link. Contact us or leave a comment if there's anything here that I haven't already addressed! Already!

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