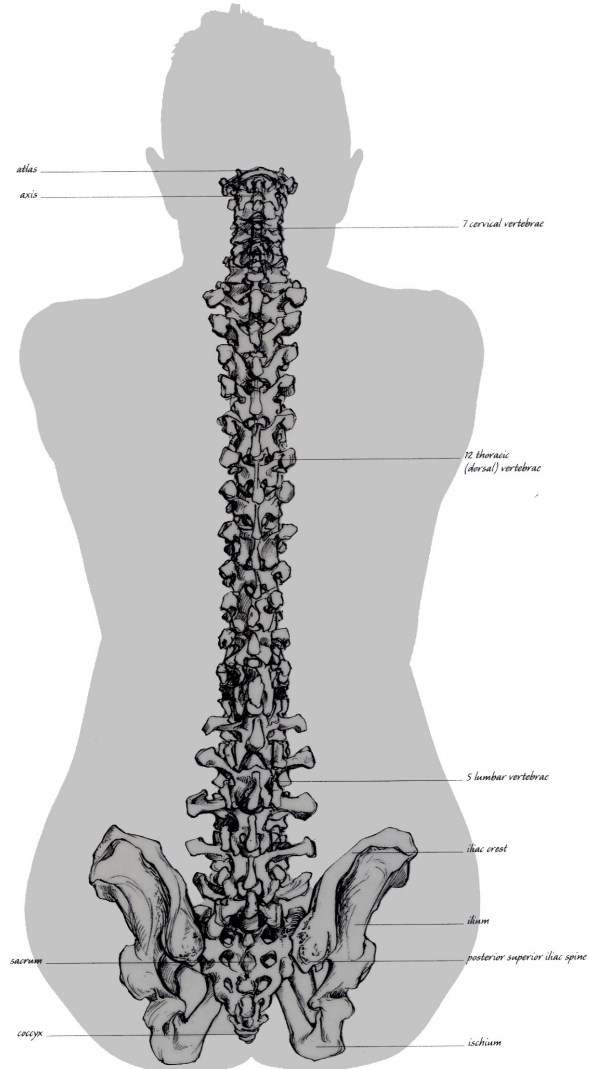


综合训练

FOR ME, THEY ARE THE MOST BEAUTIFUL CONTEMPORARY ABSTRACT ART IN THE
21ST CENTURY,MADE BY TIME



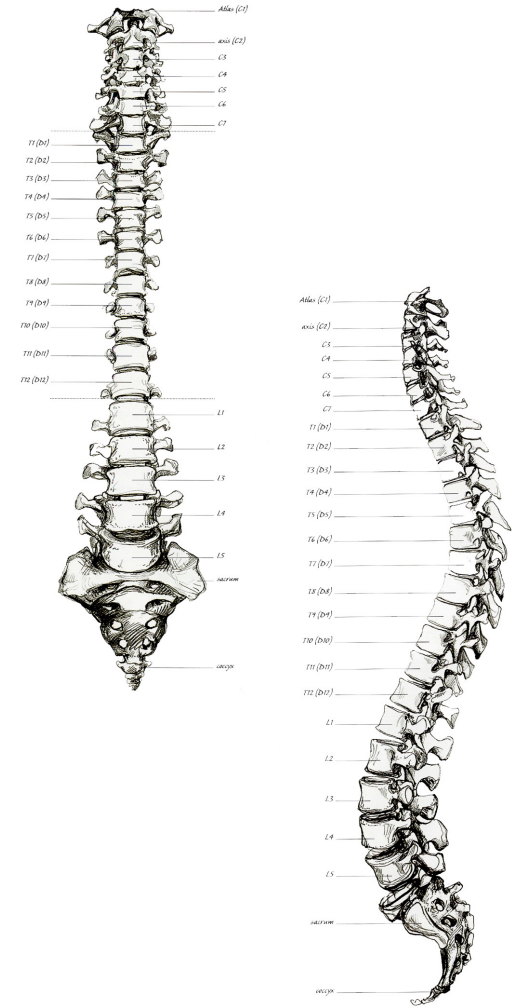
LEFT

This anterior view shows the full height of the spine with the ribcage and shoulder girdle removed. The spine is the vertical axis of the body, the core of the axial skeleton. Here the ventral bodies of the vertebrae are forwardmost, with transverse processes extended behind to either side. In perspective we see the anterior curves of the cervical and

lumbar vertebrae balanced against the posterior curves of the thoracic and sacral portions of the spine. In this drawing and in the lateral view opposite note the graded increase in the size of the ventral bodies as they descend from the head to the sacrum of the pelvis, together with the specifically directed angle of each spinous process.

Each vertebral arch is composed of four segments, two pedicles (or roots) and two laminae (p. 69). Pedicles create each side of the arch, while laminae close the structure behind. Surmounting the vertebral arch are seven processes (or irregular bony protrusions, p. 69). Two transverse processes point outwards to either side, and a single spinous process points backwards and down from the centre. Spinous processes give their name to the spine, and are the only part of it that can be seen beneath the skin. Transverse and spinous processes attach to powerful muscles and ligaments, and act as levers to flex, extend, and rotate the spine. They vary greatly in shape, thickness, length, and angle, depending upon their position along the length of the spine. Last of all, four short articular processes, two superior and two inferior, turn up and outwards, or down and inwards, to meet those of adjacent vertebrae. These form very small joints which both facilitate and restrict movements of the spine.

The seven cervical vertebrae in the neck are normally referred to as C1, C2, C3, C4, C5, C6, and C7. The cranium is balanced directly over the vertebral column. Two convex lips of bone named occipital condyles, positioned either side of the foramen magnum at the base of the skull (p. 49), articulate with two corresponding concavities on top of the first cervical vertebra (C1). This is the joint through which the brain connects with the spinal cord, and it is situated directly behind the mouth. C1 is named Atlas, after one of the old gods of Greek mythology, overthrown by Zeus and condemned to stand forever at the edge of world with the heavens on his shoulders. Atlas is





作业：脊椎的综合训练

实践总时：2周

要求：掌握人体脊椎的变化，有较好的绘画能力表现。