An ideal vehicle for understanding how to design for the body is the art of the Southeast Nuba of Sudan. Every day, young men would paint themselves in every conceivable type of design, using everything from abstract geometric designs to iconic and realistic imagery. Especially notable was their ability to create assymetrical full body designs in perfect visual balance.

From anthropologist James C. Faris’ analysis of 4 basic body forms of the Southeast Nuba:
A- designs orientated about a vertical division along axis of bilateral symmetry
B- designs which radiate from a single point along the axis of bylateral symmetry
C- uniformly distributed designs or patterns (often applied with stamps in tribal cultures)
D- Non-uniform distribution of different individual designs - particularly panels of design.

Tribal bodypainting generally employs geometric shapes, patterns and lines to break up the human body form and create an unnatural appearance. Depending on the culture and purpose, the designs may be symbolic or more purely decorative.