This tutorial an introduction to the modeling process that is very close to the look and feel of modeling and extruding clay. You will create a character using subdivision surfaces and polygons. The next step after this tutorial will be texturing and animating your character.

In Maya, go to Modeling > Create > Subdivision Surfaces > Sphere. Press the “3” key in to increase the sphere resolution. The sphere preview switches from facets to smooth curves.

Select the sphere as a 3D object (green selection). Go to Modeling > Subdivision Surface > Polygonal Proxy Mode.
RMB on the Sphere > select “Face” inside the contextual menu. You can also switch the sphere selection mode to the “Component” mode, hit the “faces” button. Select the top face of the sphere > Go to Edit Polygons > Extrude Face.

Drag up the middle vertical arrow.
Repeat the Extrude steps. Select the top face of the sphere > Go to Edit Polygons > Extrude Face. You can switch back to the object selection mode in order to see the subdivision geometry. Switch back to the component selection mode.

Use the scaling handle, horizontal cube to scale the new face for neck and head.
Let's create the arms. We need to create the shoulder area where the arms are attached to the body. Go to Object selection mode (green) > Edit Polygons > Split Polygons Tool. LMB click on two sides of a cell of the green polygonal cage. Press Enter. A new division is created.

Repeat the same steps on the other side of the body for the opposite arm.
With one face selected at the end of each arm. Go to Edit Polygons > Extrude face. You can now create both arms at the same time. Please note that this does not apply to the rotation tool. You will still need to apply rotation to one arm at the time.

With one face selected at the end of each arm. Go to Edit Polygons > Extrude face.
Using the Scale tool to refine the body. Let’s create the legs. We need to create the pelvis area where the legs are attached to the body. Go to Object selection mode (green) > Edit Polygons > Split Polygons Tool. LMB click on two sides of a cell of the green polygonal cage. Press Enter. A new division is created.

With one face selected at the end of each leg. Go to Edit Polygons > Extrude face. You can now create both legs at the same time.
This shows how to use the Extrude tool with Scale, Move and Extrusion widgets.

Repeat the same steps for the feet. Now you are ready to sculpt and model the whole body made of virtual clay… We will texture and animate the model in the next tutorials.