

3 Steps to STUNNING PORTRAITS

3 Steps
to
STUNNING PORTRAITS

1 LIGHT



Indirect

Top Shade
Window
Door
Pillars
Tunnel

Dual Shadows

Direct

Front-Side

2 COMPOSITION



Clean/Black Background
Rule of Thirds
Tilted Camera
Framing
Different Angles

3 EXPRESSION



Eye Contact
Head
Hands
Body
Engage

1

LIGHT

Colours
Shadows
Contrast



Indirect

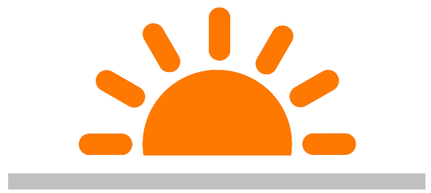
Top Shade

Window

Door

Pillar

Tunnel



Direct

Front-Side



Indirect

Top Shade

Window

Door

Pillar

Tunnel



Indirect

Top Shade

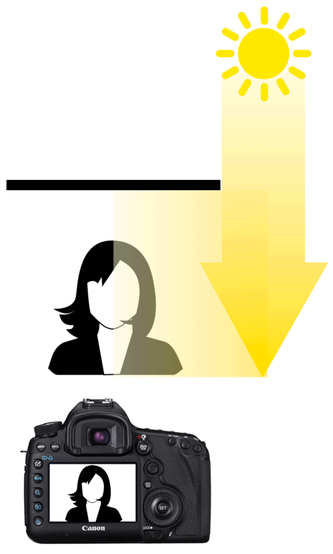
Window

Tunnel

Indirect Light



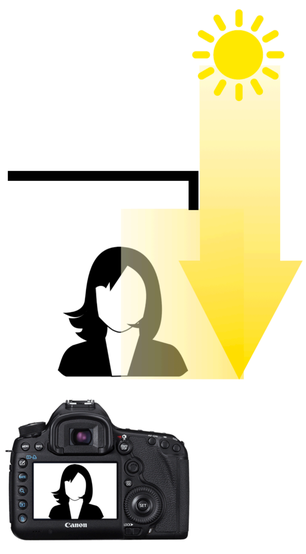
Top Shade



Window



Door



Pillar



Tunnel



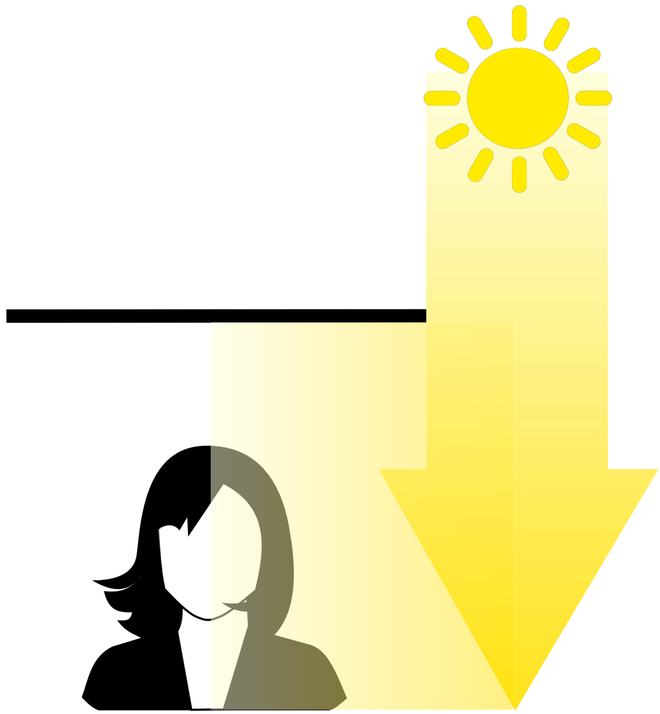
Technique 1

Top Shade



Indirect light

Top Shade






Indirect light
Top Shade
Clean Background
Low
Wide

Indirect light

Top Shade

1-3m from
direct light

Indirect light

Top Shade

Face towards light,
at slight angle

Indirect light

Top Shade

Telephoto lens
(150mm+)

Shooting
direction

Indirect light

Top Shade

Top Shade

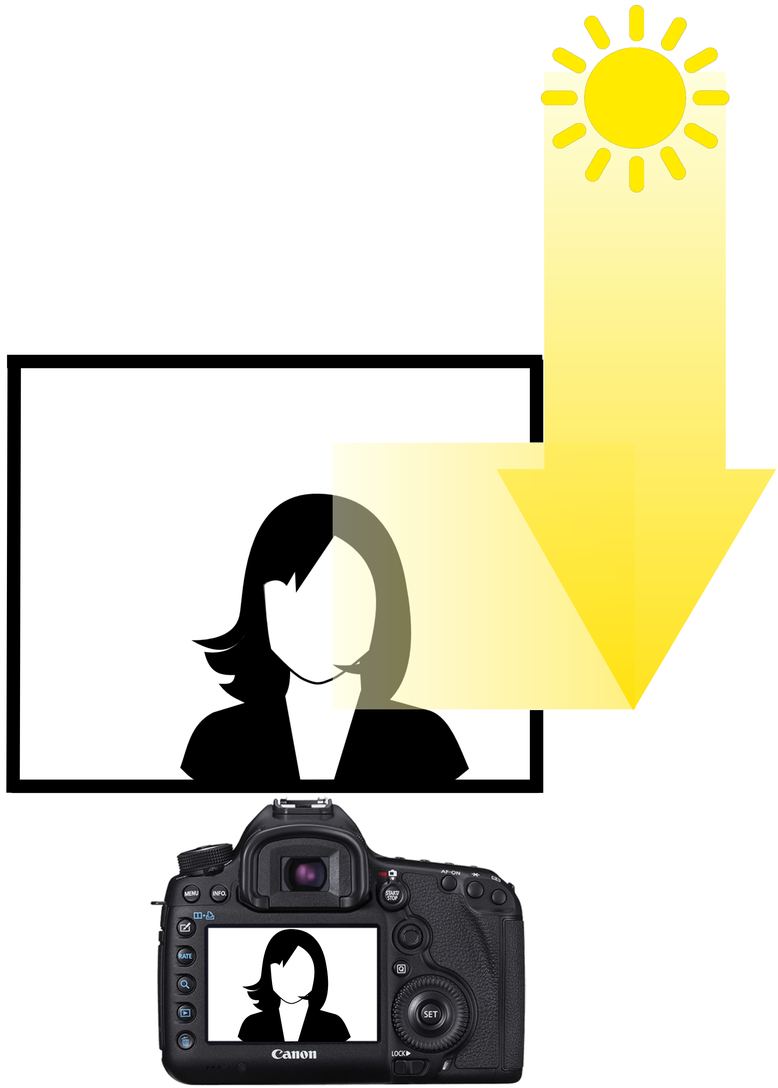


Technique 2

Window

Indirect light

Window




Shooting
direction

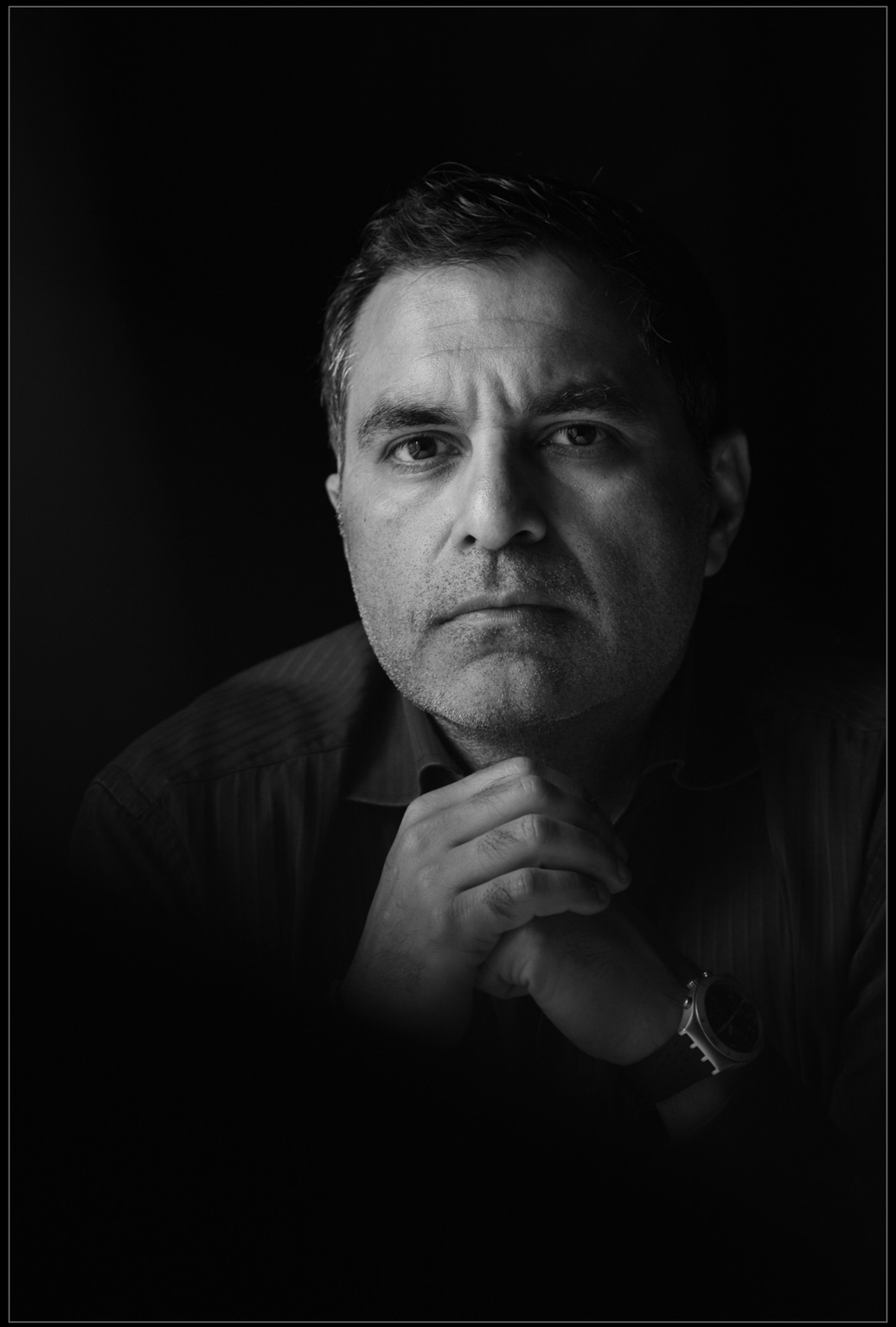
Indirect light

Window



Indirect light

Window



Non-
transparent
curtain

Shooting
direction

Indirect light

Window

Direct
sunlight

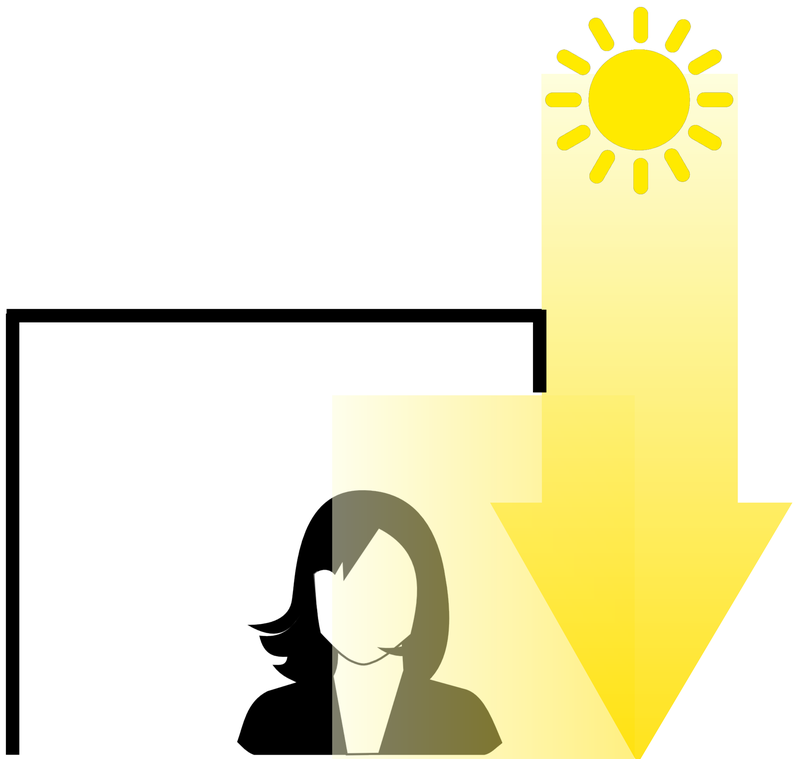
Technique 3

Door



Indirect light

Door





Indirect light

Door



Dark / Black
Background

Full body
in shadow

Indirect light

Door



Indirect light

Door



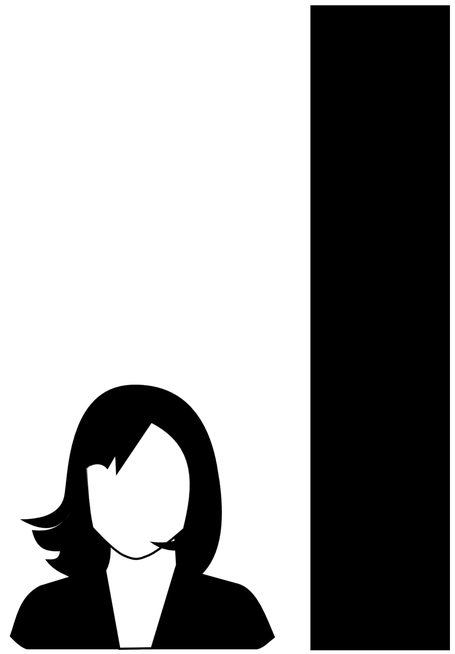
Technique 4

Pillar



Indirect light

Pillar





Indirect light

Pillar(s)





Pillars





Wrong spot

Right spots

Indirect light

Pillars



Indirect light

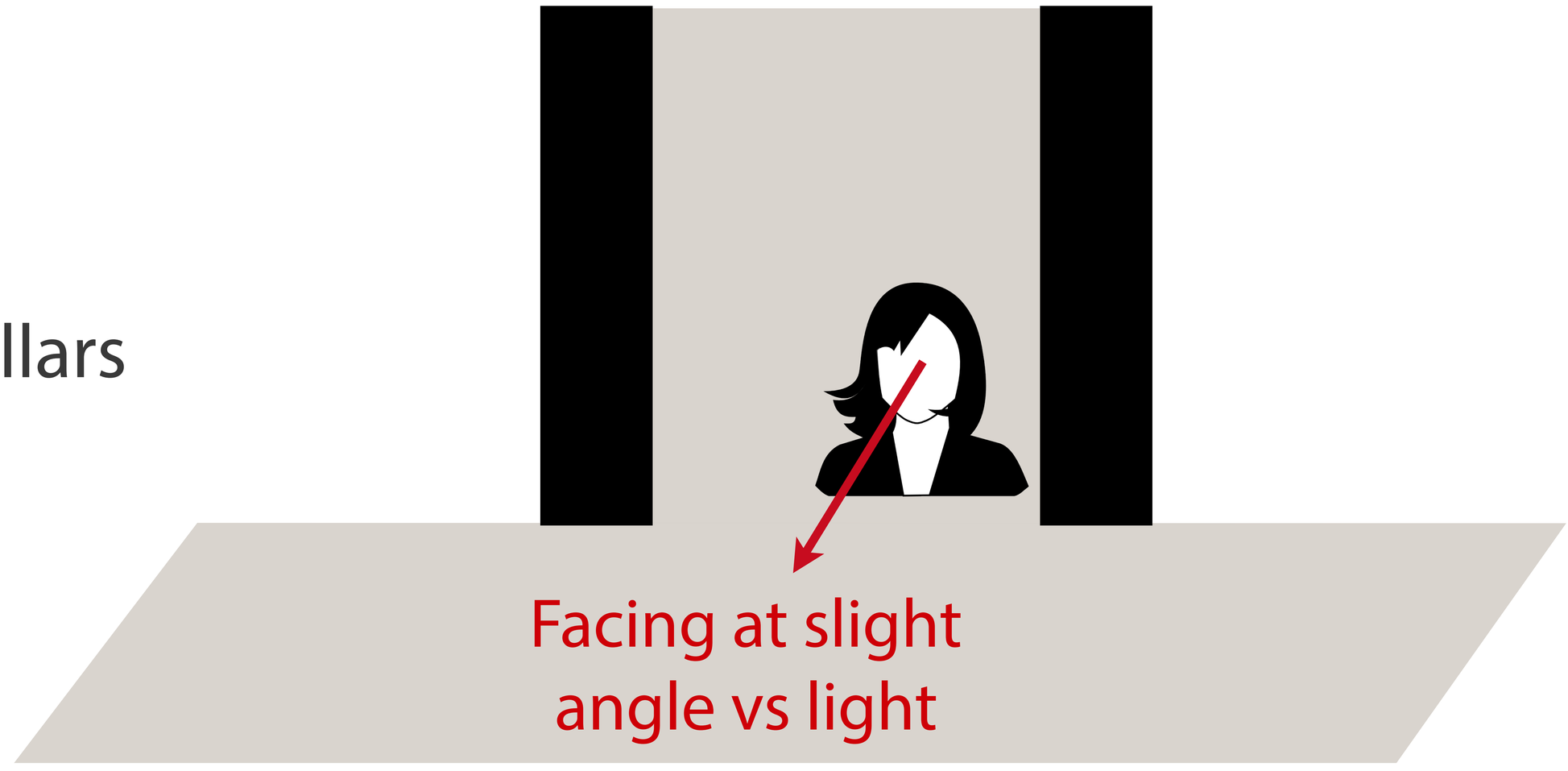


Black
Grey
White

Pillars

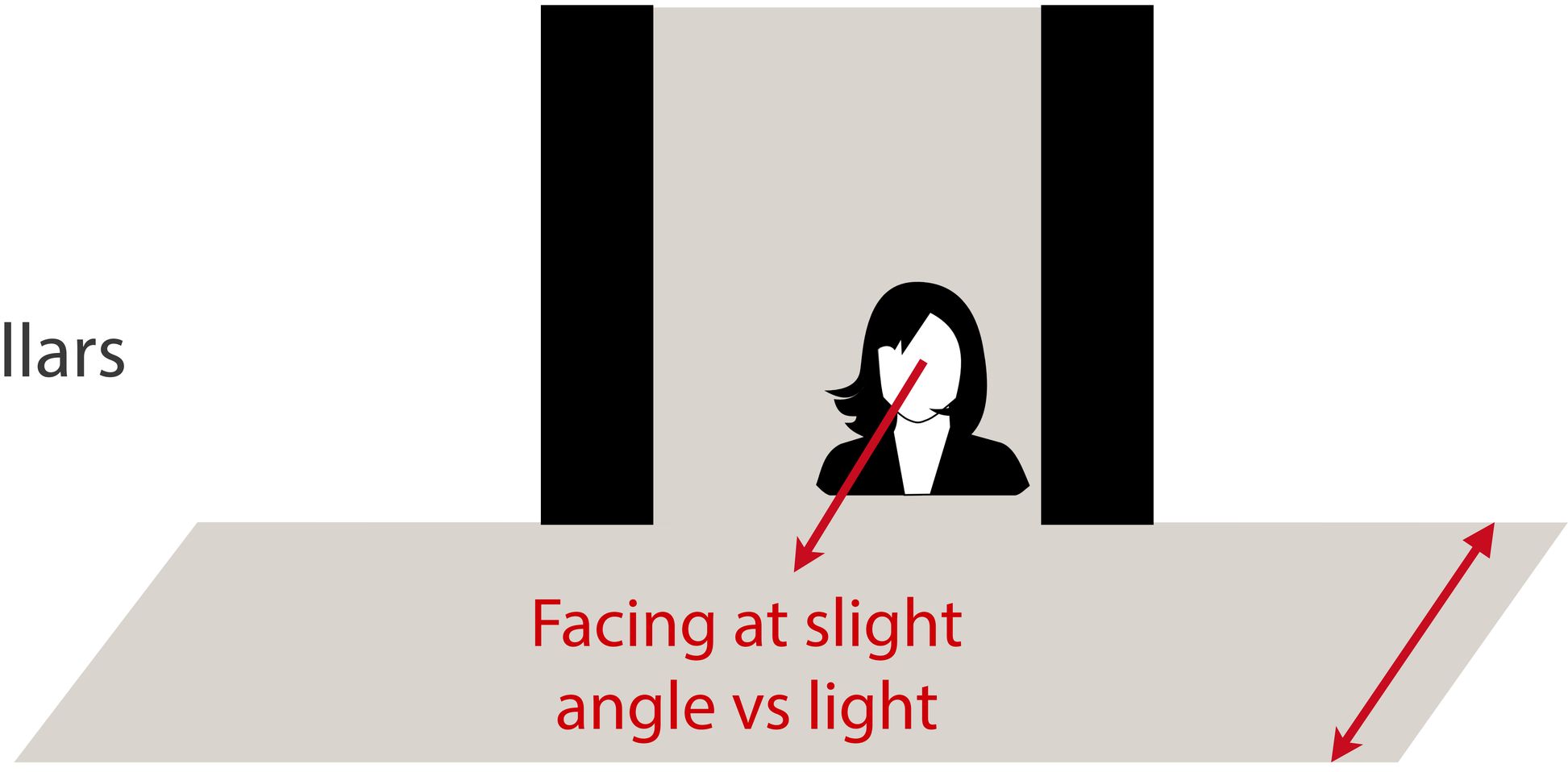
Indirect light

Pillars



Indirect light

Pillars



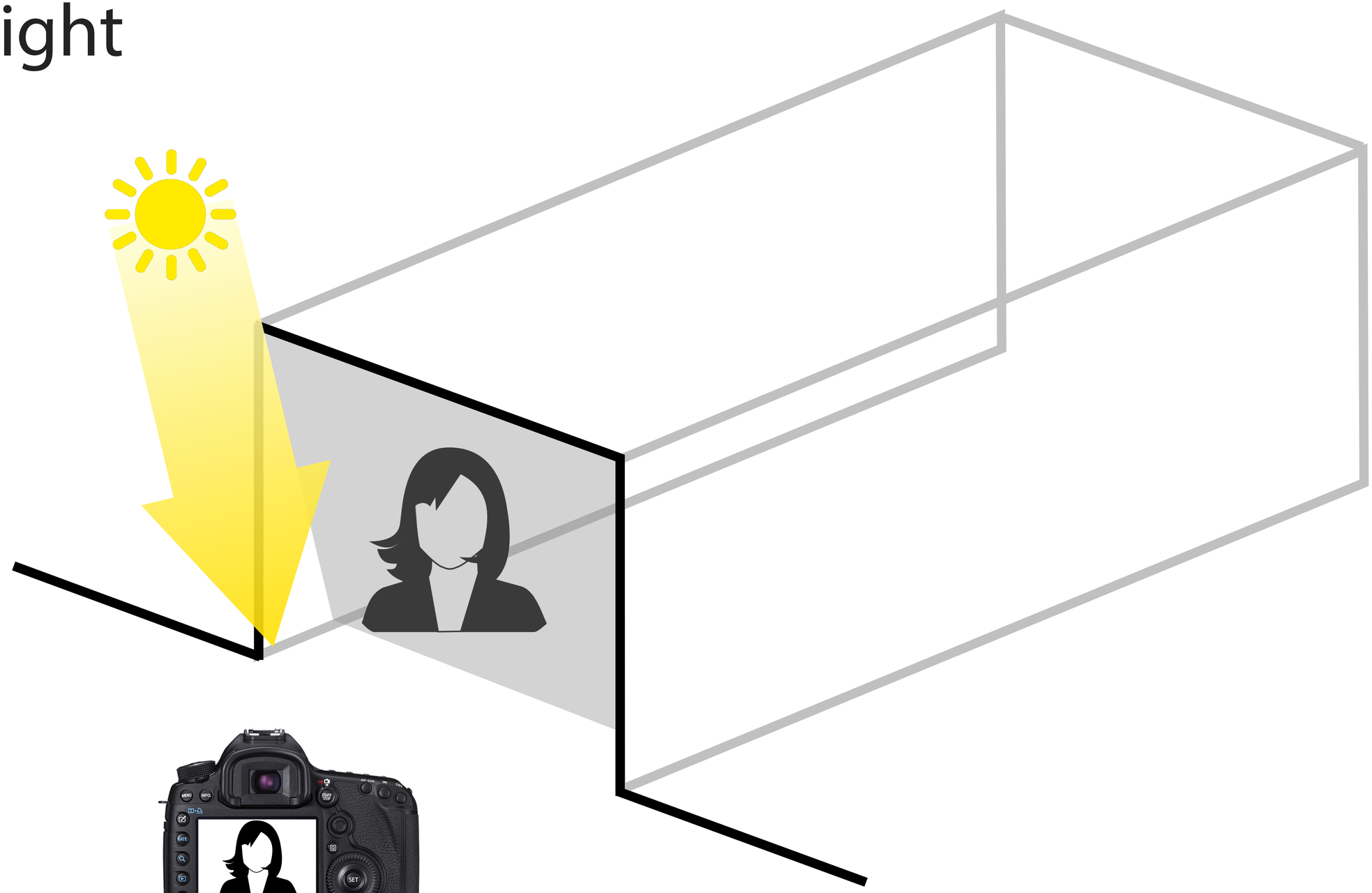
Technique 5

Tunnel

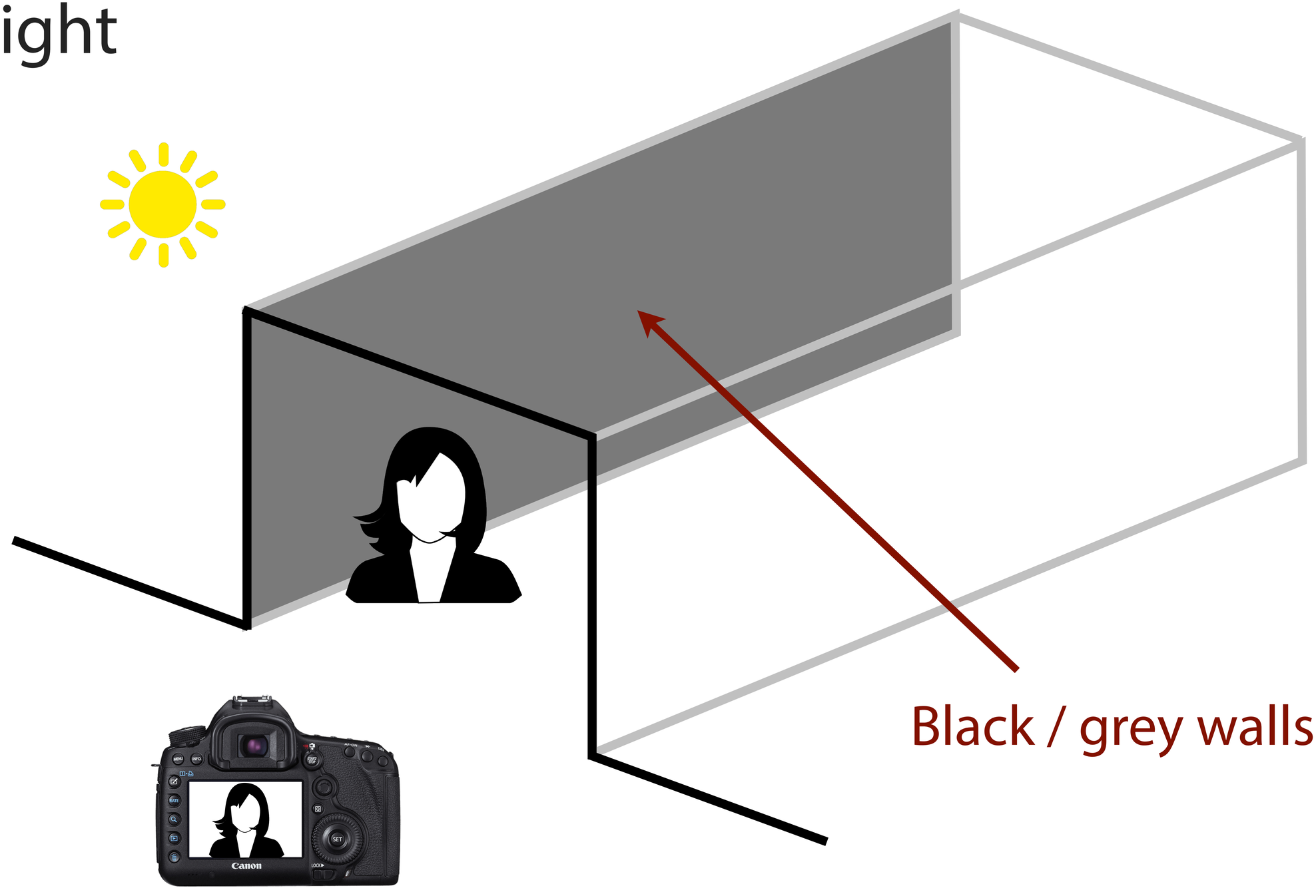


Indirect light

Tunnel
or
Carpark
Entrance

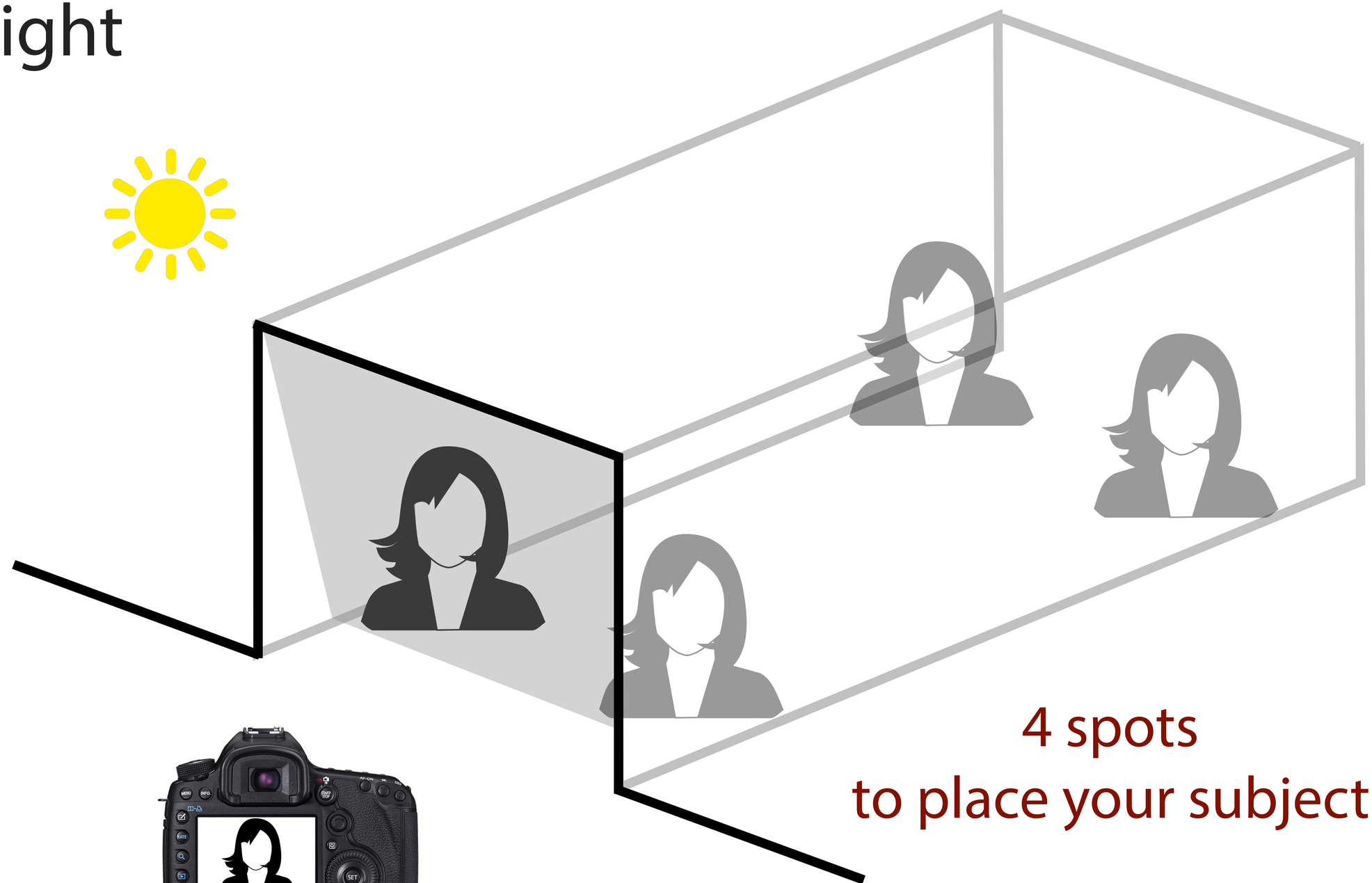


Indirect light



Indirect light

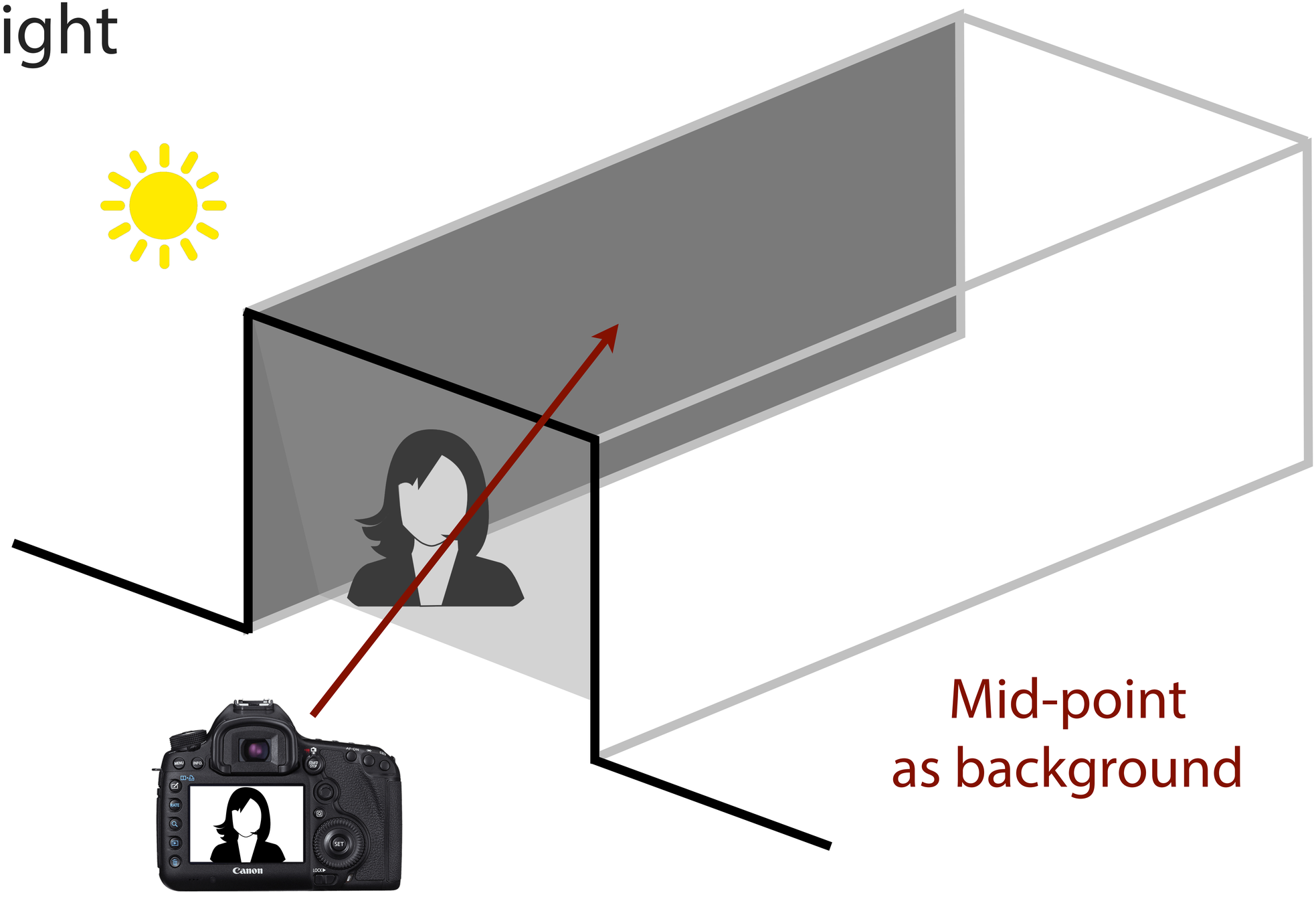
Tunnel





4 spots
to place your subject

Indirect light



Indirect light

Tunnel





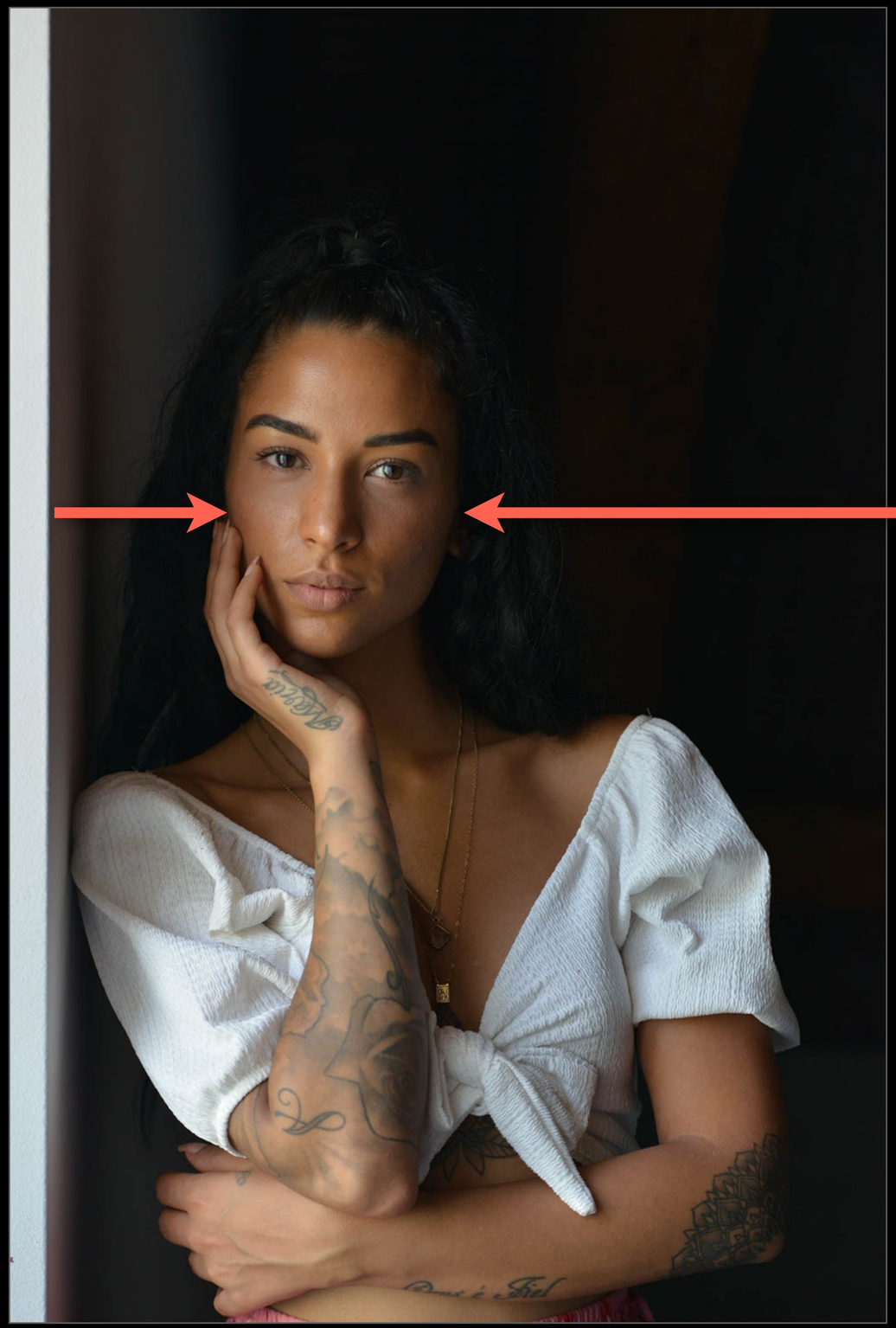




Technique 6

Dual Shadows

SECONDARY SHADOW
From corner of the wall

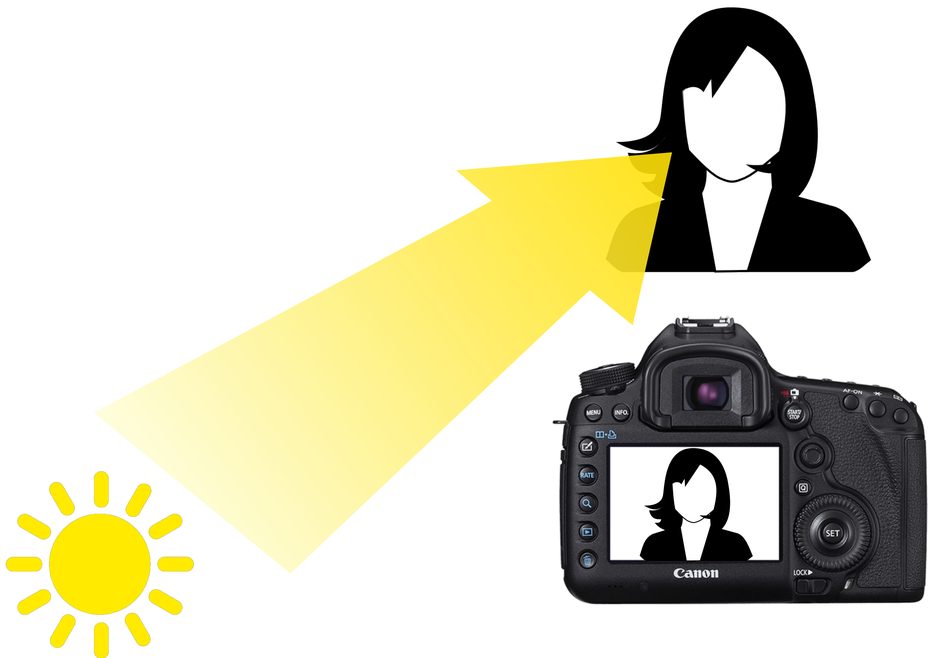


PRIMARY SHADOW
Away from window

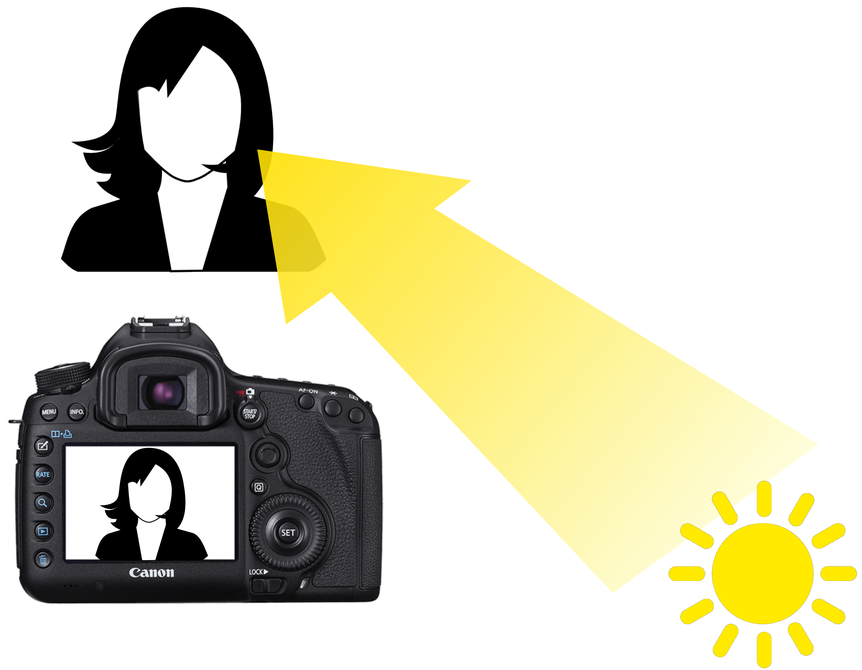
Technique 7

Front-Side Light

Front-Side light



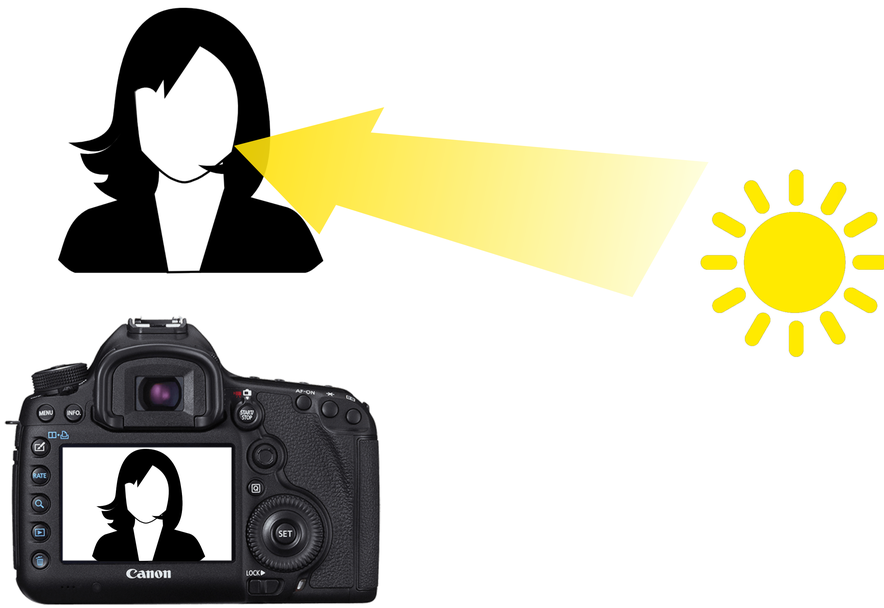
Front-Side light



Women

Angle 20-30 degrees

Soft shadows



Men & Older People

Angle 50-80 degrees

More dramatic, more wrinkles

2

COMPOSITION

Focus
Impact
Balance

Technique 8

Clean Background

Clean Background

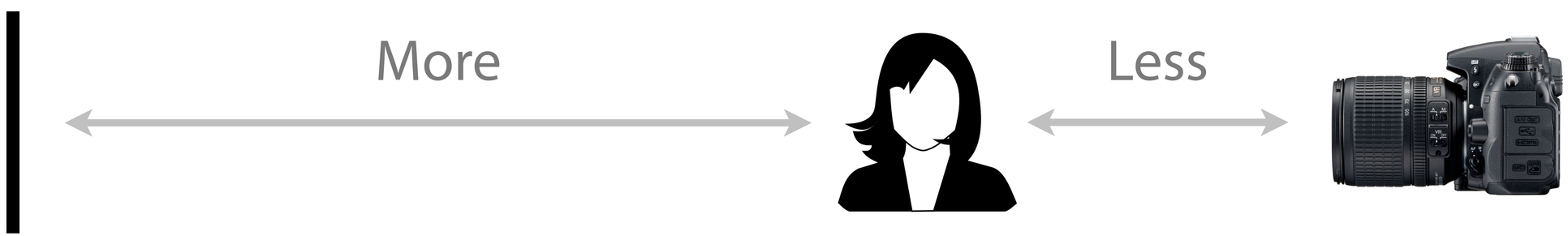
Makes your subject
STAND OUT

Clean Background

- **ONE COLOUR**
- **CONTRASTING** with subject
- **DARKER** than subject
- **BLURRED** with large aperture

How To Do It

1. **Find clean background** (change your angle / walk around)
2. **Blur it with large aperture** (~f4)
3. **Use telephoto lens** (80mm+)
4. **Background far behind subject**



Leave Distractions Outside of Frame





Wait For Distractions To Move



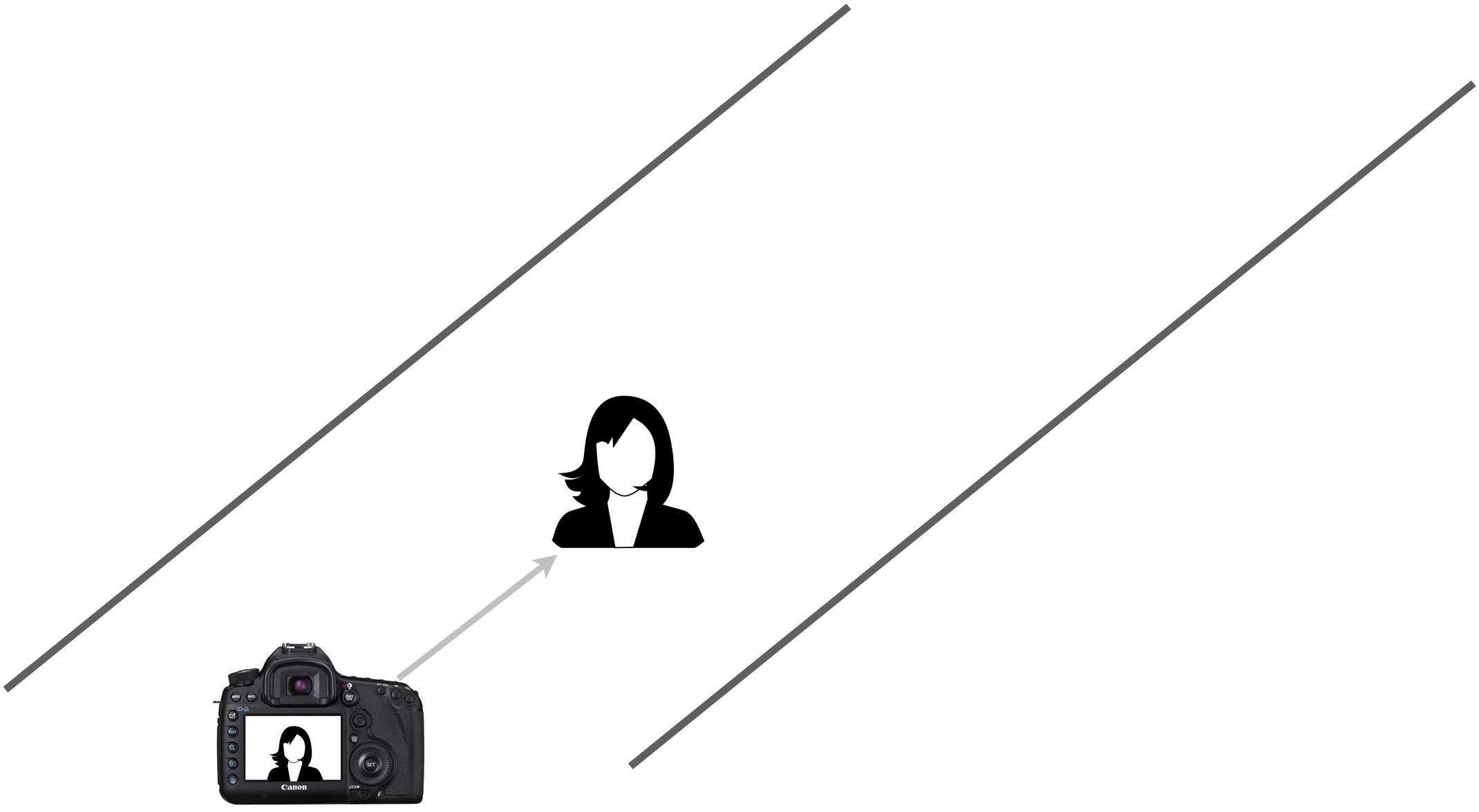


Get Low





Shoot Along The Street



Create Black Background





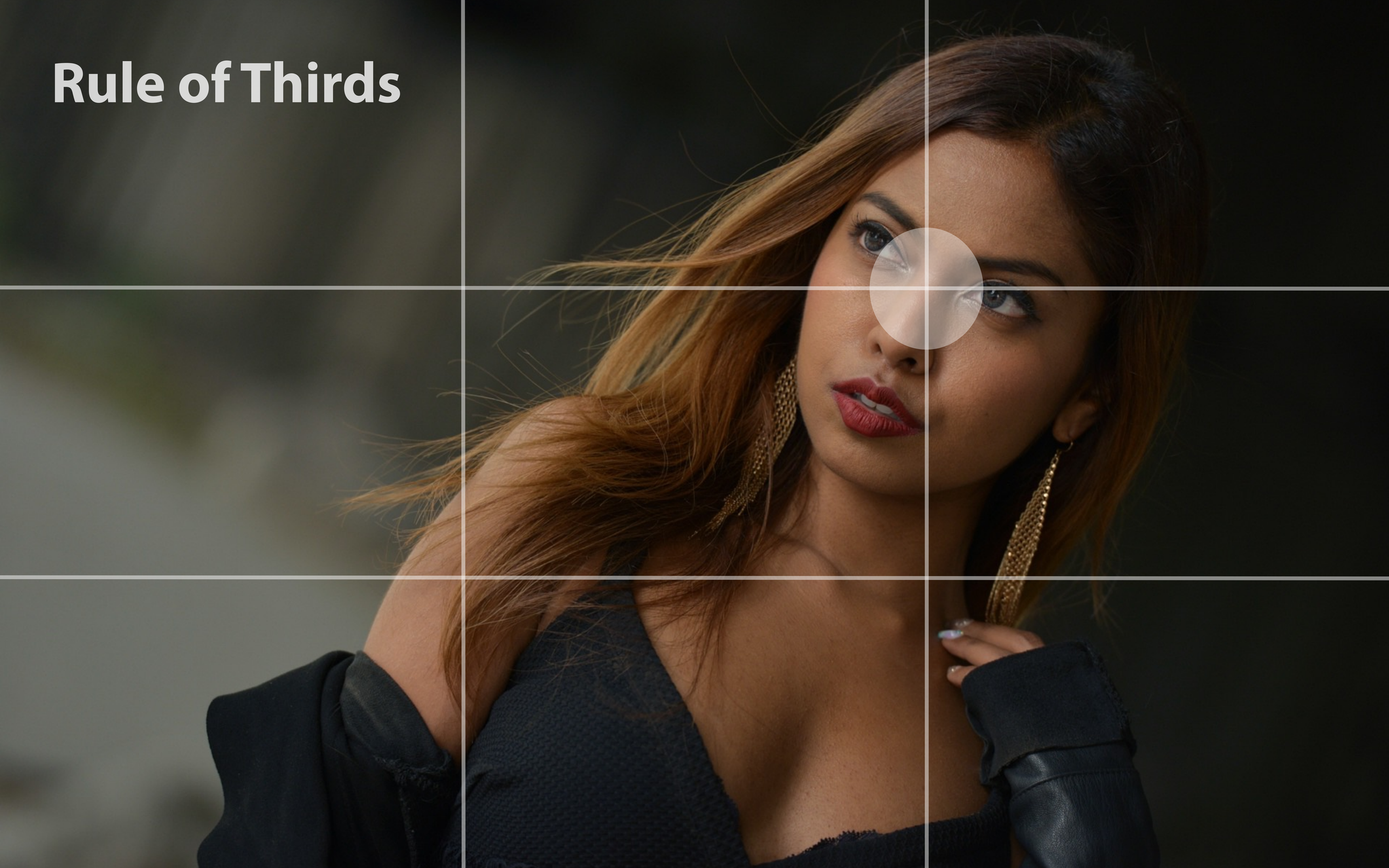
Technique 9

Rule of Thirds



Rule of Thirds

Rule of Thirds



Rule of Thirds



Rule of Thirds

Technique 10

Tilted Camera

Vertical





Horizontal





Tilted





WHAT IT DOES



More Relaxed
(lean back)



More Imposing
(lean forward)



More Dynamic
(diagonal lines)

4 Ways To Tilt Your Camera

Approx. 20-30 degrees





Technique 11

Framing

1. Full Body

- Interesting body pose



2. Upper Body

- Hand gestures
- Highlight dress
- Good upper body pose



2. Upper Body

- Hand gestures
- Highlight dress
- Good upper body pose



3. Head Shot

- Focus on face
- No interesting body pose



4. Fill the Frame

- Great face
- Great expression
- Strong eye contact



4. Fill the Frame

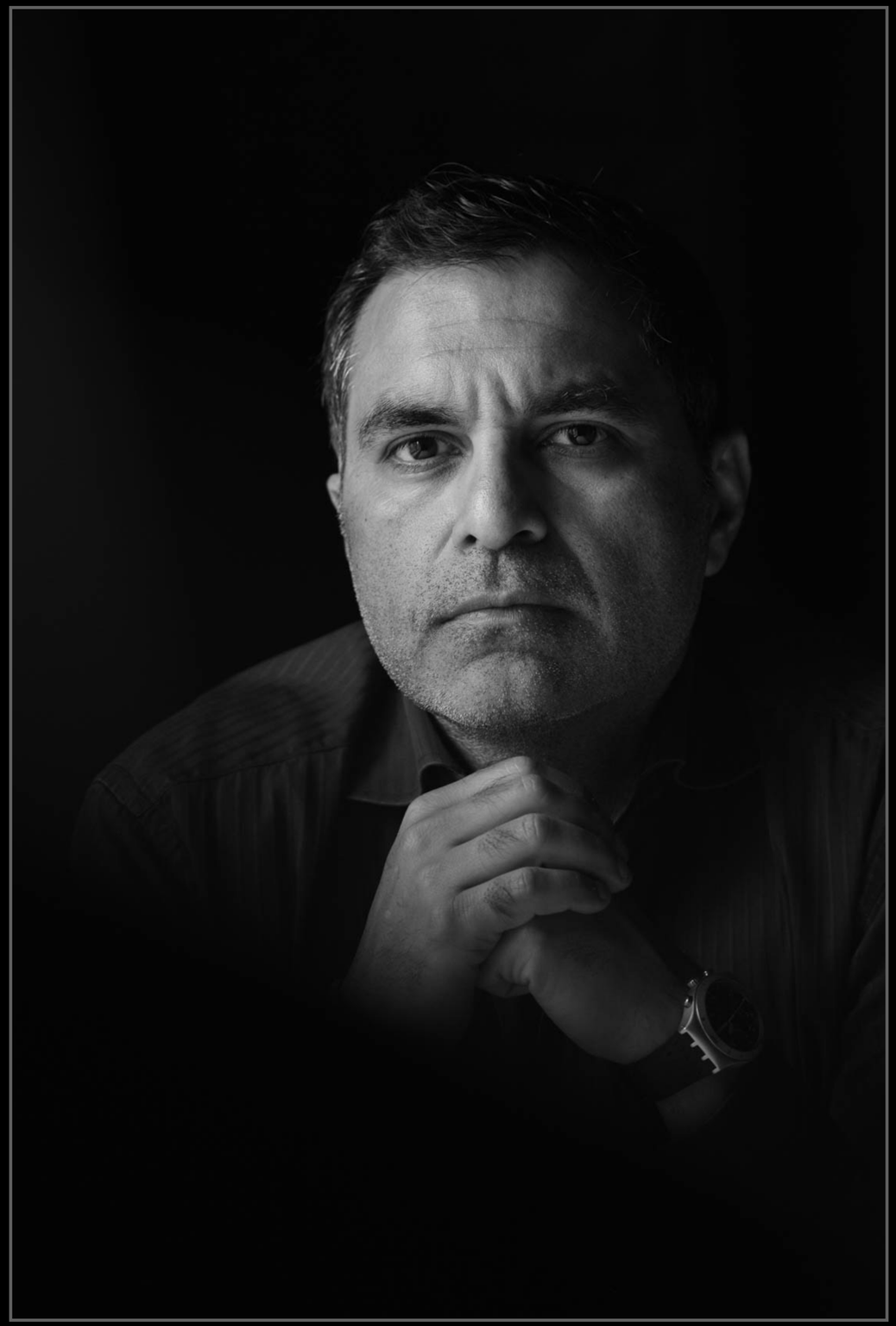


Technique 12

Different Angles

1. Front

- Eye contact
- Connection



2. Side

- ‘Candid’ feel
- Emphasise profile



2. Side

- Candid portraits without getting noticed



3. Back

- Focus on what your subject is doing



3. Back

- Look over the shoulder



4. Get Low

- Make people look taller, imposing & dignified



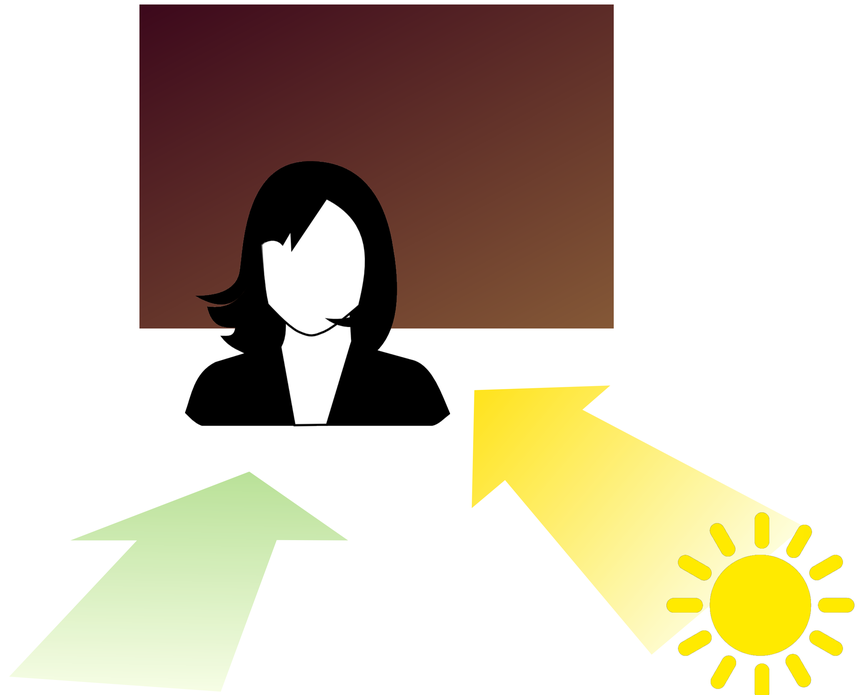
5. Get High

- Unconventional, eye-catching look



Best Angle depends on:

- **Effect you want**
- Direction Light
- Clean Background



Conventional



Get Low



Back



Get High

Find Unique Angle



Find Unique Angle



3

EXPRESSION

Soul







Light

Composition

Expression

Technical

Emotional

Technique 13

Eye Contact

Eye Contact

HOW:

- Intensity & Connection
- Get Closer
- Reflection in the eyes





Eye Contact



Look Away

Technique 14

Head



Head



Facing v Looking



Chin Down / Up

Down = Bigger Eyes

Up = Aloof, Softer Light



Tilt Head

Technique 15

Hands



Hands



Support Head

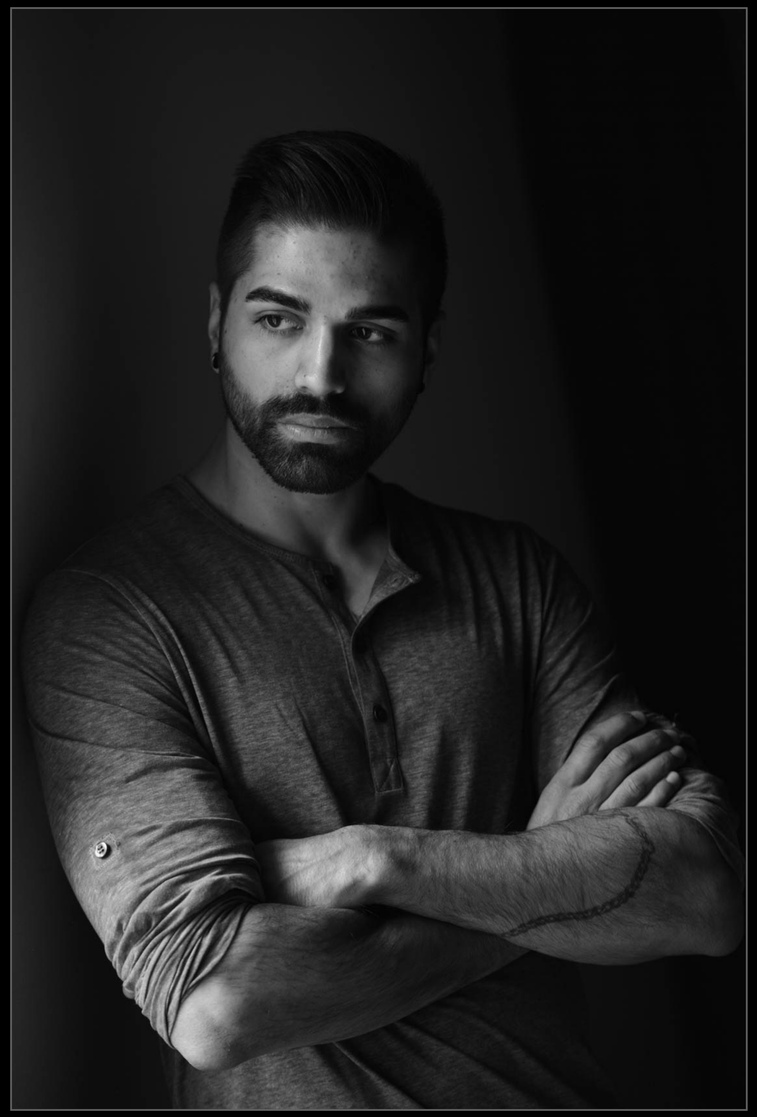


Play With Hair

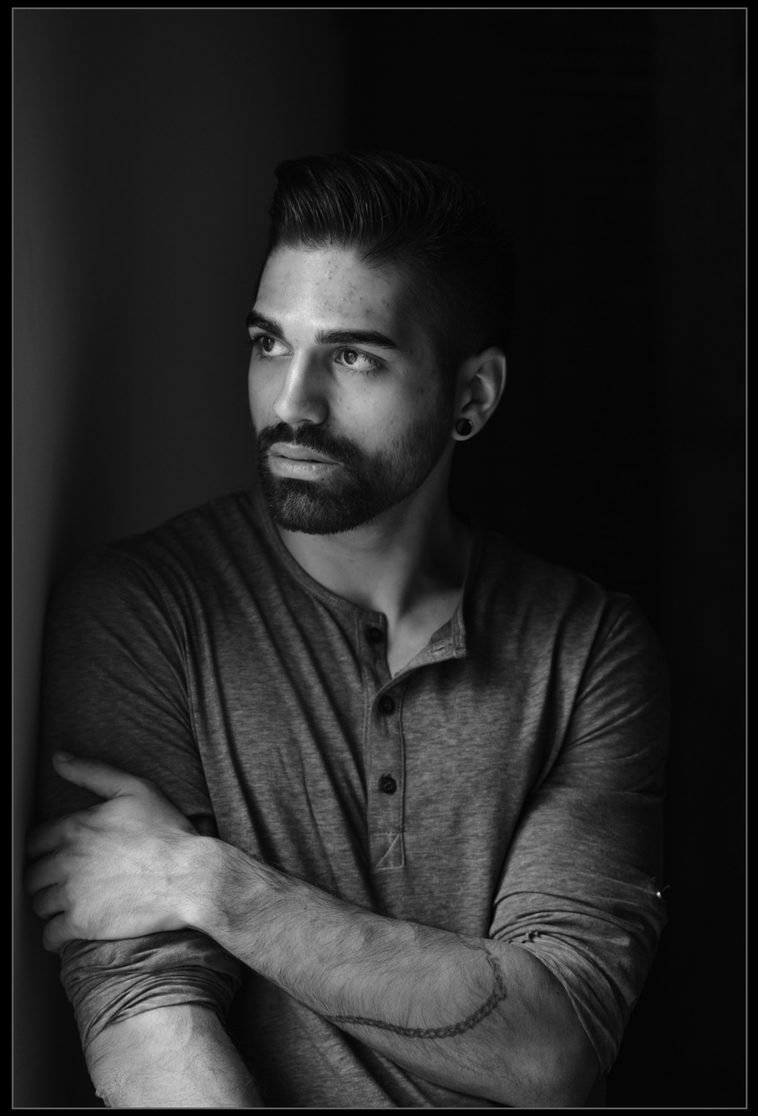


Hand on Hip

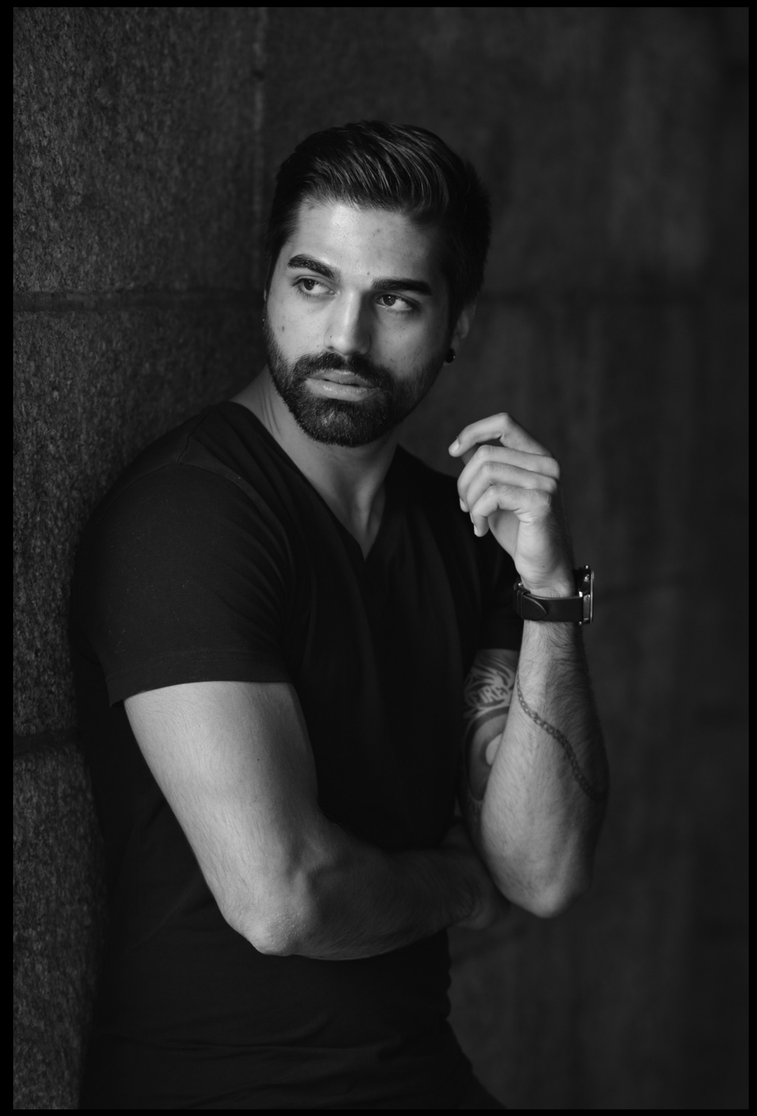
Hands



Crossed Arms



Hand Holding Arm



Raised Hand

Hands



Motion

Technique 16

Body



Body



Stand

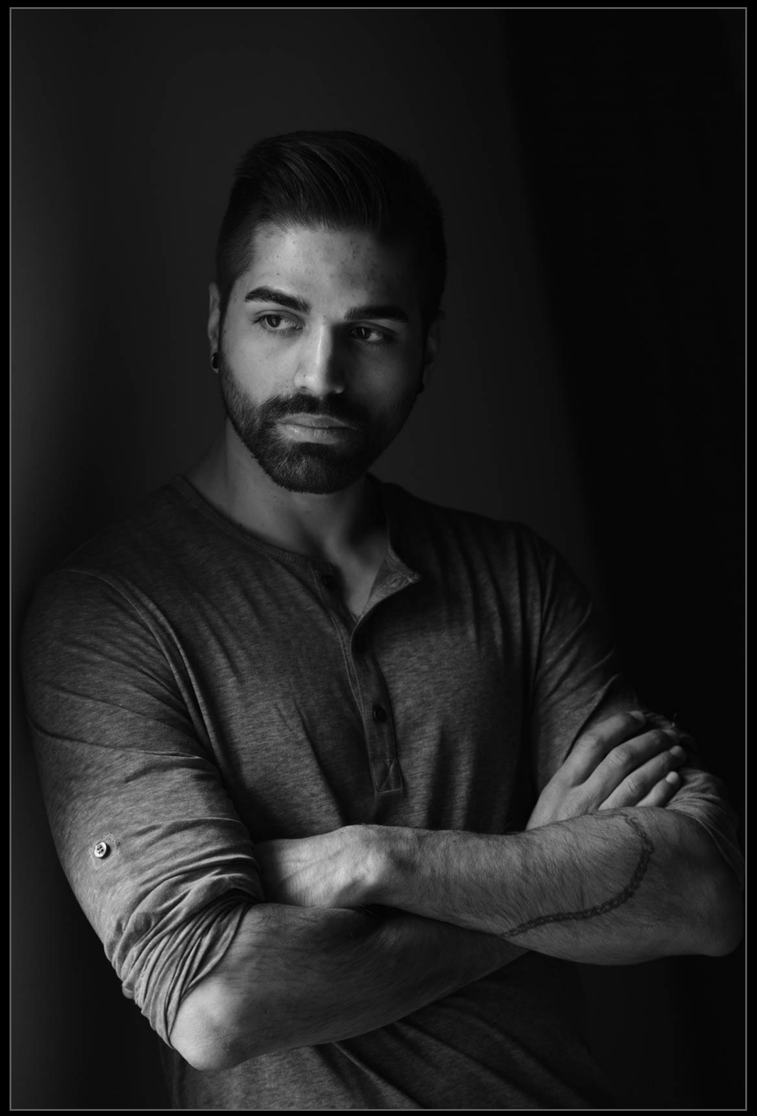


Lean

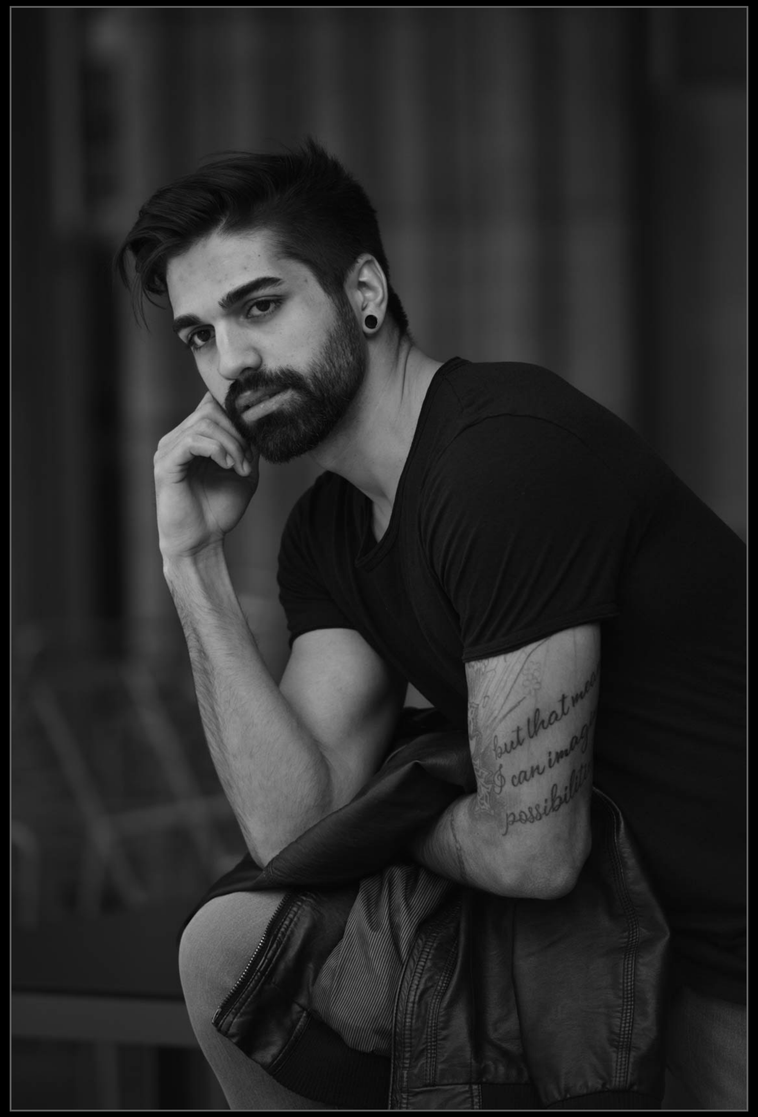


Sit Down

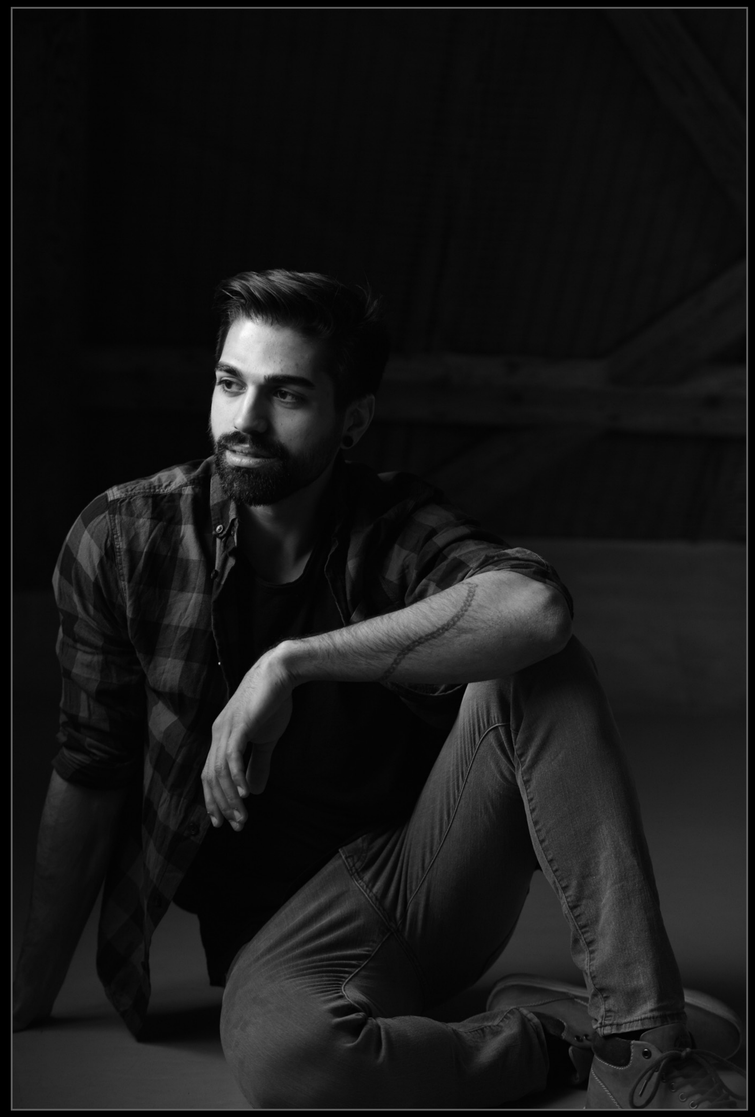
Body



Lean



Sit Down



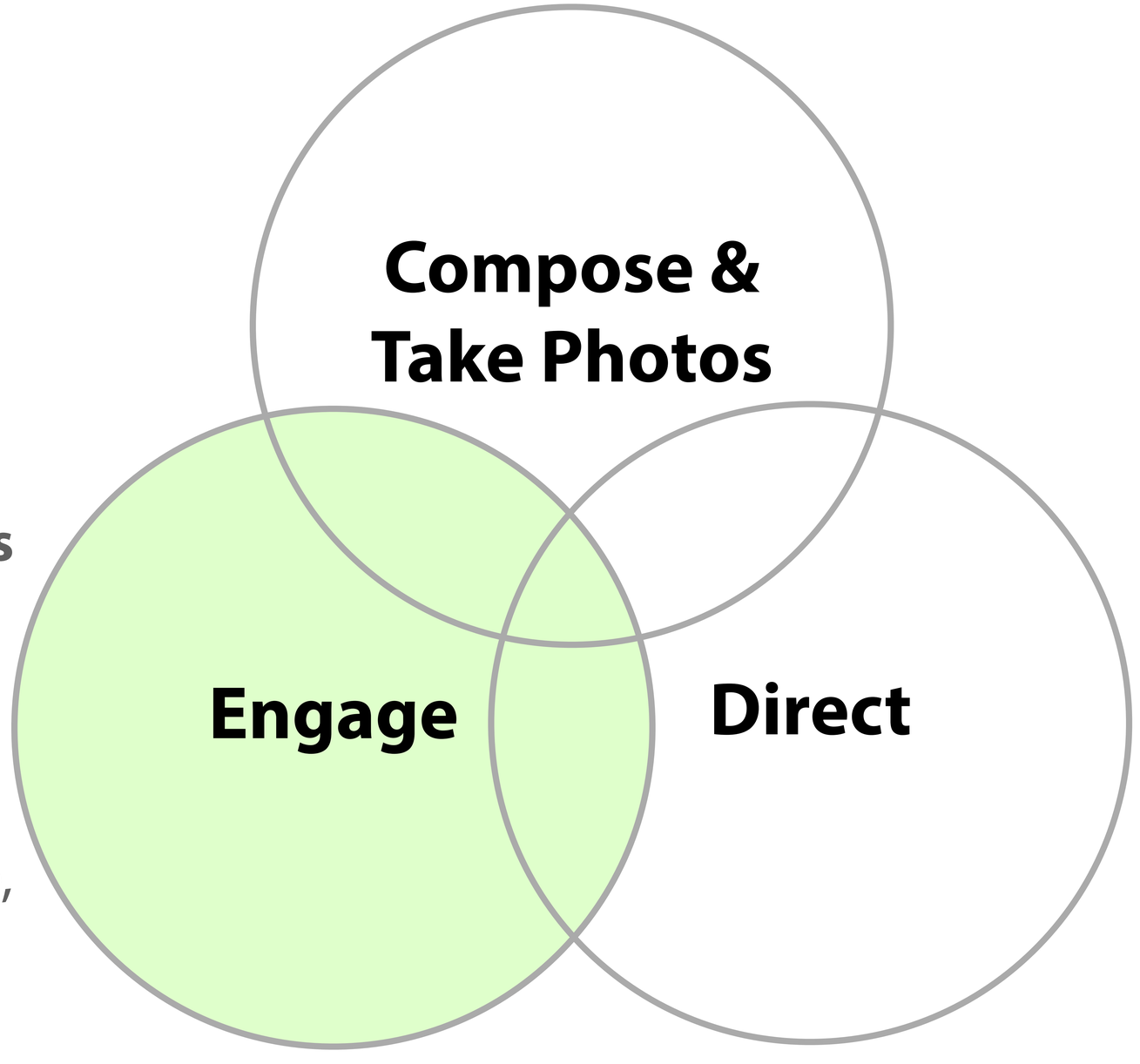
Sit On Floor

Technique 17

Engage



DIRECTING YOUR SUBJECT



Natural Expressions
Emotions
Personality

Make your subject relaxed, comfortable, engaged

Interesting Poses

Tell your subject what to do

8 INTERACTION COMMANDMENTS

DO:

- **Put them at ease**. Compliment.
- **Music**
- **Talk to them**
- Keep **showing them the photos**
- **Be very specific** what you want them to do

DON'T:

- **Don't ask to smile**
  - *Crack a joke*
  - *Make a fool of yourself*
  - *Ask about something they love*
- **Don't tell them to hold/freeze**
- **Never criticise**. Always turn it into a positive

TALK TO YOUR SUBJECT

- Ask **what they love** & talk about that - kids? pets?
- What are they **passionate** about?
- What do they **like most** about their life?
- What is the **most important thing** in their life right now?
- Last / next **vacation**?
- Favorite **food / restaurant**

Camera Settings 1

Lens(es):	**70-120mm**
Mode:	**A** (Av)
Aperture:	**4**
ISO:	**800**
Exp. Comp:	**-1.7**
Shutter Speed:	**1/100s+**
White Balance:	**Auto**
Shooting:	**Continuous**

Headshot:	**4**
Upper Body:	**5.6**
Full Body:	**8**

☀	**400**
☁	**800**
☁	**1,600**

☀	**5,000 K**
☁	**5,500 K**
☁	**6,000 K**

Camera Settings 2

Metering: **Full-Frame**

Focus Mode: **AF-C**
Manual Point Selection

File Type: **JPEG**

Picture Style: **Portrait**

Nikon / Sony

Canon

Nikon *(Picture Control)*

Canon *(Picture Style)*

Sony *(Creative Style)*

A (Av)



POSED PORTRAITS

Changing Light Level

Frequently Changing Locations

TRAVEL PORTRAITS

DOWNSIDE:

Change Exposure Compensation depending on % of black background in the frame

M



POSED PORTRAITS

Stable Light Level

One Location

DOWNSIDE:

Change Shutter Speed & WB when light level changes

GREAT STRAIGHT FROM CAMERA

- Find great **Light** & Position your subject right
- Get correct **Skin Tone** (WB)
- Get correct **Exposure** on the face
- **Framing & Clean Background**
- *Keep checking your pictures as you shoot*

GETTING SHARP PHOTOS

- **Shutter Speed** 2x focal length
- **Select focus point manually**
- **Continuous shooting**
- **Half-press the shutter** until the camera focuses

SELECTING YOUR BEST SHOTS

You shoot **1,000**

1st selection **100-200**

- Go from the end backwards
- Select genuine contenders for Top 10 (including versions of the same shot)

2nd selection **30–50**

- Reject technical flaws e.g. unsharp, boring, poor expression etc.
- Select best versions of the same shot

Wait >5 days

3rd selection **5-10**

- Select superstars to share