

Posing Tips & Poor Man's Lighting Guide

Masculine pose – tip head toward lower shoulder

Feminine Pose – Tip head toward higher shoulder

Good posture is very important – No slouching.

Use Angles – Make sure the extremities are bent – straight lines are static – bent lines are dynamic.

For Head and Shoulders – Correction proportions are: 2/3 Head, 1/3 Shoulders.

Keep eyes in the upper third

One shoulder should be higher than the other

- **Make sure that the nose does not break the plane of the cheek.**
- **Avoid “amputating” body parts.**
- **Watch the edges of your frame**
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Harmony

You want to create an image that is as harmonious as it can be. Before you even start to think about taking a picture, you must attend to the details that will make your portrait session successful. **The first thing you should do is to consult with your subject regarding wardrobe.** It is usually advisable for the subject to be wearing long sleeves with a solid color. Stripes and patterns will compete for attention in your photograph as will bare shoulders. The color or better said, the tones of the wardrobe and the amount of light on the background will help determine the **KEY** of the photograph.

- 1. Low KEY**
- 2. High KEY**
- 3. Mid KEY**

The wardrobe selection together with the color/quantity of light on your background will determine the **KEY**. In a **Low KEY** photograph, your subject would be dressed in dark clothing and you would keep the background relatively dark. A **High KEY** photograph would be one in which the subject dressed in light tones and the background would be light/bright/white. A **Mid KEY** would feature middle toned wardrobe and a medium toned background. Technically speaking, a **Low KEY** image is one where the background light is 2 stops less than the main light. A **High KEY** image is one where the background light is 2 stops more than the main light. A **Mid KEY** image is one where the background light is the same as the main light.

Poor Man's Lighting
By Jim DeLuco
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You do not necessarily need to go out and buy expensive studio lights. Here are some low cost ways to achieve professional looking results without the expense. You may use some of these solutions in conjunction with studio lights and equipment.

Sunpak 383 \$79.00:

[<http://www.bhphotovideo.com/bnh/controller/home?O=productlist&A=details&Q=&sku=52799&is=REG&addedTroughType=search>](http://www.bhphotovideo.com/bnh/controller/home?O=productlist&A=details&Q=&sku=52799&is=REG&addedTroughType=search)

Hama Hot-Shoe Optical Slave \$34.00:

[<http://www.bhphotovideo.com/bnh/controller/home?O=productlist&A=details&Q=&sku=163363&is=REG&addedTroughType=categoryNavigation>](http://www.bhphotovideo.com/bnh/controller/home?O=productlist&A=details&Q=&sku=163363&is=REG&addedTroughType=categoryNavigation)

Impact Umbrella Bracket \$14.00:

[<http://www.bhphotovideo.com/bnh/controller/home?O=cart&A=details&Q=&sku=298709&is=REG&addedTroughValue=90055_REG&addedTroughType=accessory_detail>](http://www.bhphotovideo.com/bnh/controller/home?O=cart&A=details&Q=&sku=298709&is=REG&addedTroughValue=90055_REG&addedTroughType=accessory_detail)

Morris Slave Flash \$37.00:

[<http://www.bhphotovideo.com/bnh/controller/home?O=productlist&A=details&Q=&sku=89986&is=REG&addedTroughType=categoryNavigation>](http://www.bhphotovideo.com/bnh/controller/home?O=productlist&A=details&Q=&sku=89986&is=REG&addedTroughType=categoryNavigation)

Photogenic 31" White Umbrella \$15.00:

[<http://www.bhphotovideo.com/bnh/controller/home?O=productlist&A=details&Q=&sku=264103&is=REG&addedTroughType=categoryNavigation>](http://www.bhphotovideo.com/bnh/controller/home?O=productlist&A=details&Q=&sku=264103&is=REG&addedTroughType=categoryNavigation)

General Brand Light Stand \$23.00

[<http://www.bhphotovideo.com/bnh/controller/home?O=productlist&A=details&Q=&sku=112596&is=REG&addedTroughType=categoryNavigation>](http://www.bhphotovideo.com/bnh/controller/home?O=productlist&A=details&Q=&sku=112596&is=REG&addedTroughType=categoryNavigation)

Wescott Masterpiece Collapsible Background (\$166.00)

[<http://www.bhphotovideo.com/bnh/controller/home?O=productlist&A=details&Q=&sku=112026&is=REG&addedTroughType=search>](http://www.bhphotovideo.com/bnh/controller/home?O=productlist&A=details&Q=&sku=112026&is=REG&addedTroughType=search)



Studio set up using inexpensive hot shoe flash units. The on camera flash is used as fill flash ,dialed down about 1 1/2 stops and is used to fire the remote flash units that have slaves.



Main light bounced into umbrella



\$80 flash unit with
light stand and bracket
used as hair light



Morris Mini Flash
used as bkgd light

Images taken with “Poor Man’s Lighting”

