

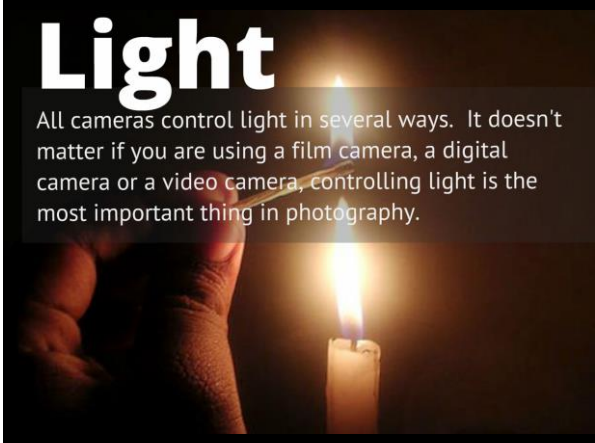
**LBFF
and
Rule of Thirds**

PICKERINGTON HIGH SCHOOL CENTRAL INTEGRATED TECHNOLOGY EDUCATION



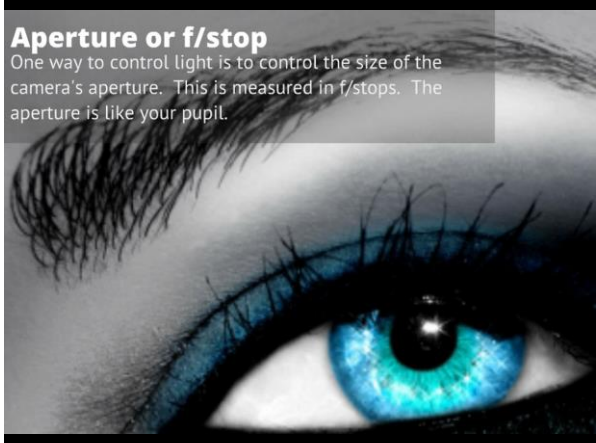
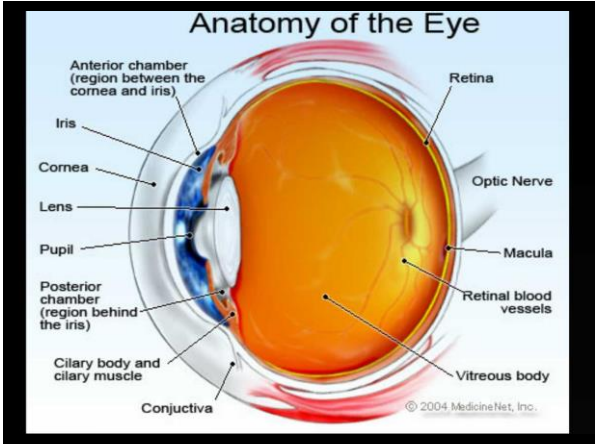

Light

All cameras control light in several ways. It doesn't matter if you are using a film camera, a digital camera or a video camera, controlling light is the most important thing in photography.



Aperture or f/stop

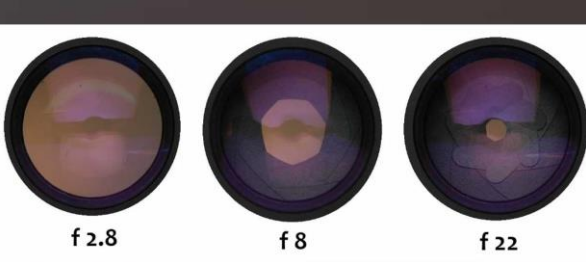
One way to control light is to control the size of the camera's aperture. This is measured in f/stops. The aperture is like your pupil.

The camera acts just like your eye. If you're in a dark room, your pupil dilates or gets bigger, to gather more light to send to your optic nerve so you can see. If you're on a sunny beach, your pupils constrict, or get smaller. This is the way your eye controls the bright light of the sun from damaging your optic nerve.



Your camera uses apertures measured in f/stops to control the amount of light entering the camera and striking your film or digital camera sensor.




f/stops
Aperture is measured in f/stops. The smaller the f/stop number, the larger the aperture. That's because the f/stop numbers are really fractions. There isn't enough room on camera bodies or lenses to write the fractions, so they just write the denominator because all the numerators are 1.



Shutter Speed

Shutter speed is the "timer" on your camera. Shutter speed controls how long you let the light expose your film or digital camera sensor. Just like we changed the time on the timers for our photograms, we need to set the timers on our cameras.




Nikon Shutter Speed Dial



Light
Remember that controlling light is the most important rule in photography.

Light Source
Notice that the light source (sliding doors) is mostly in front of Steven.
He has:

- bright eyes
- few shadows



Light
Light source behind or above subject:

- Many shadows
- Dark eyes

To solve the problem, use a fill flash.



Fill Flash
To use the fill flash, simply take your camera off "Auto Flash" mode and put it in "Manual Flash" mode. This works for digital cameras, too.

This pic needed a fill flash.

On very sunny days, you need a fill flash to compensate for the strength of the sun. That's what a portrait photographer does.

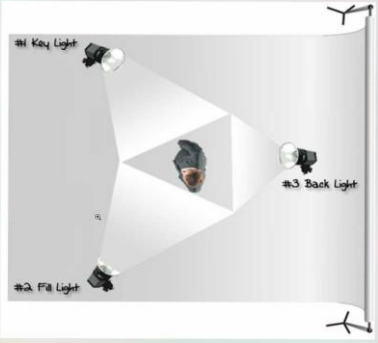
Three-Point Portrait Lighting

The key light is your main lighting source. It is to the front and off to the side of your main subject. It puts the most light on the subject, and is the least diffused.

The second light, the fill, is off to the opposite side of the key light. Its purpose is to minimize the shadows created by the key light.

The last light used in the three-point lighting system is the back light. It is behind the subject and off to the same side as the key light. Again, its purpose is to eliminate shadows, this time those that might occur behind the subject.

So.....



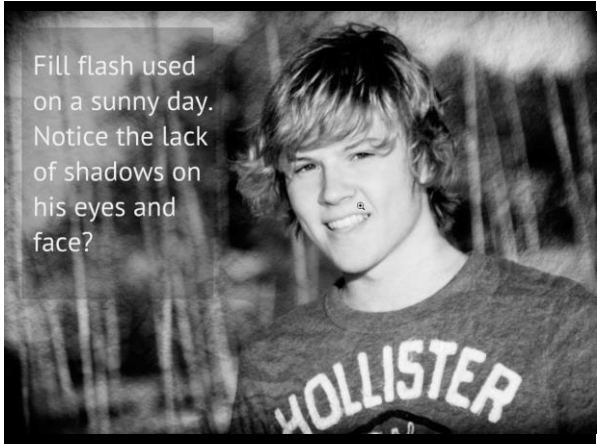
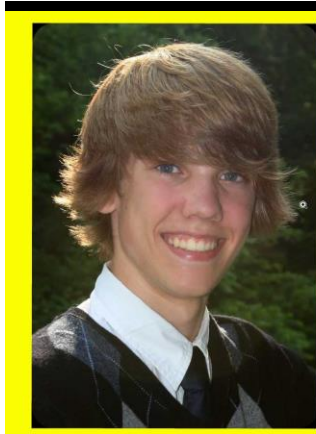

KEY LIGHT

...the sun is your KEY LIGHT and your flash is your FILL light.



FILL LIGHT

Fill flash used on a sunny day. Notice the lack of shadows on his eyes and face?

Fill Flash

Another way to use fill flash is to have the sun behind your subject. Without a fill flash, your subject will be in total shadows. With the fill flash, your subject will have no shadows, but you will have the nice effect of the sun illuminating their hair. I use this technique a lot.

One thing to remember: your flash only works from about 10 feet away.

