

Composition and Posing Techniques in Photography

by Fran Wehner



Posing encompasses the whole body

- Stance
- Hair
- Head
- Face
- Shape of the body
- Arms
- Hands Legs
- Feet

Posing

- In portrait photography, your goal is to show the 'best side' of your subjects by guiding them through poses, adjusting angles and stances.
- Posing is different for men, women, children and groups.

Posing the Face

- Happy
- Far away
- Love
- Direction of eyes

Posing Suggestions

- Pose the arms to be comfortable for the subject, but still maintaining a sense of style.
- Avoid right angles at the elbows or wrists.
- Avoid vertical or horizontal lines with either part of the arm.

Smiles

- Don't say "Cheese"
- Tell them not to smile
- Then, tell them "Don't you dare smile!"
- Get goofy

Placement of Hands

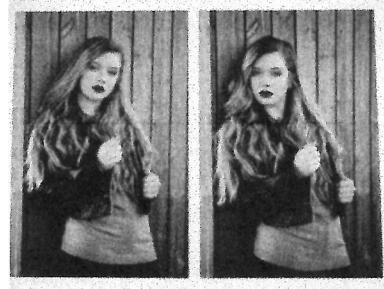
- Avoid placing the hands closer to the camera than the rest of the body.
- Let hands hang naturally
- Hand on the chin
- Frame face with hands
- Put hand(s) on waist

Female Posing

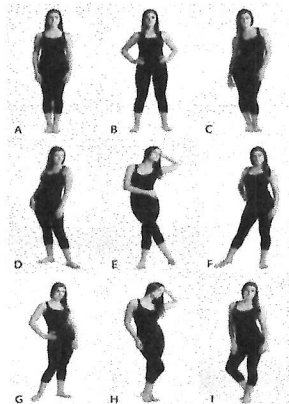
- Use curves to create flow
- If it bends, bend it
- Create space between arm and body
- Make use of 45-degree angles
- Think S-curves
- Define the waist
- Create confidence
- Be aware of the angle of the head

- Hold the collar
- Put hands in pockets
- Hold a glass, a flower, etc., in hands

A Simple tilt of the head makes all the difference

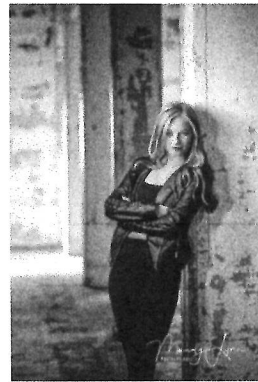
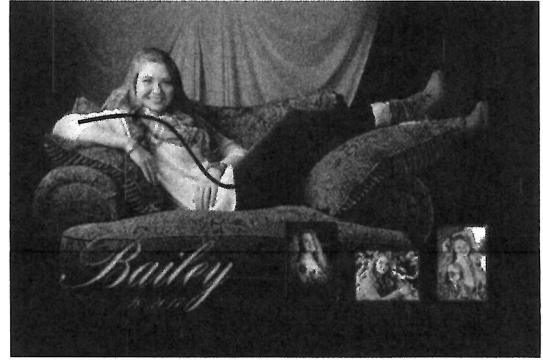


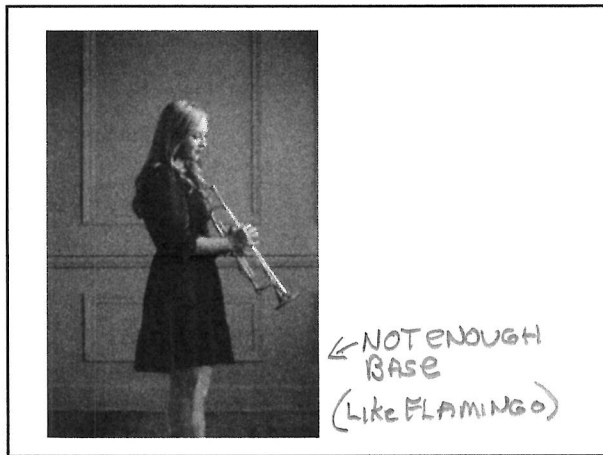
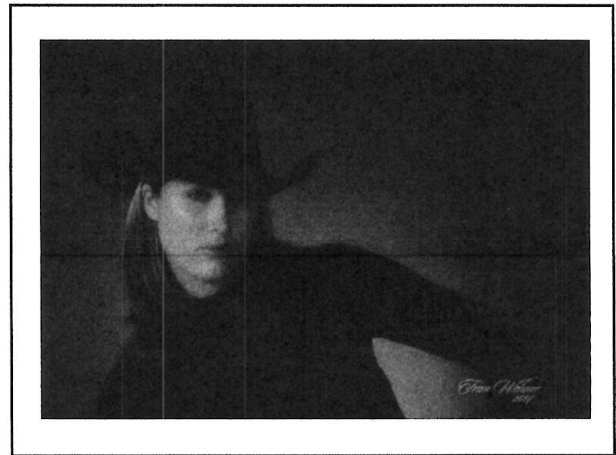
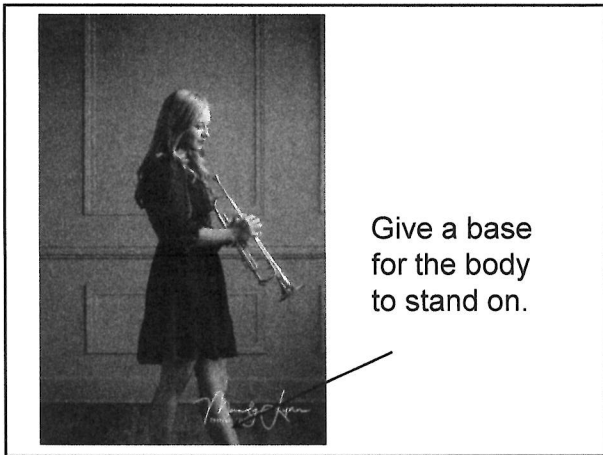
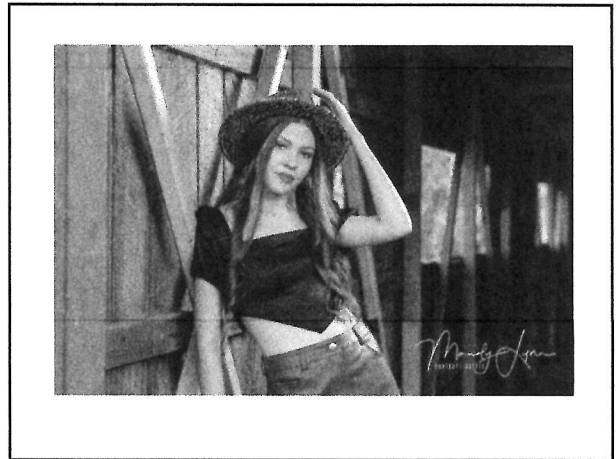
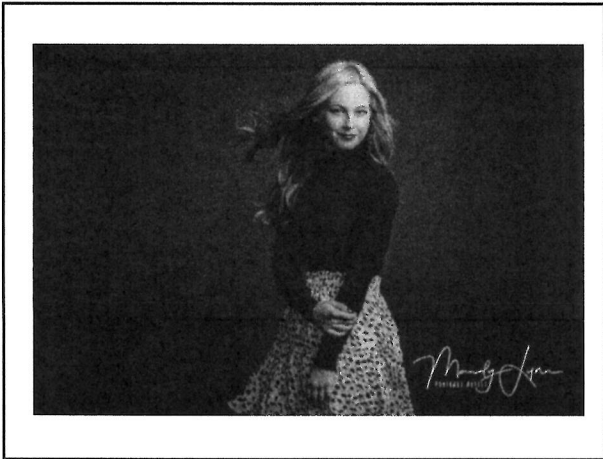
Female - full body



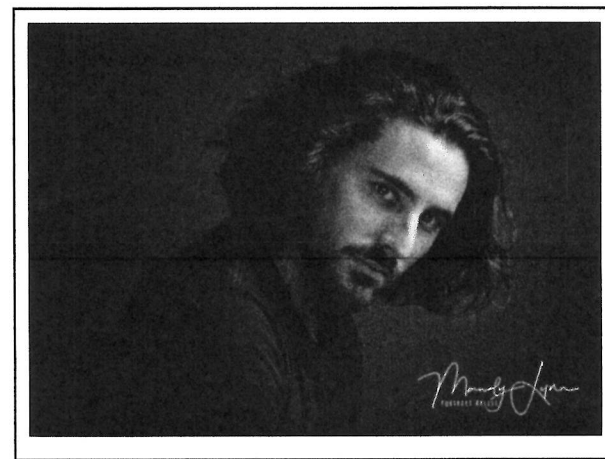
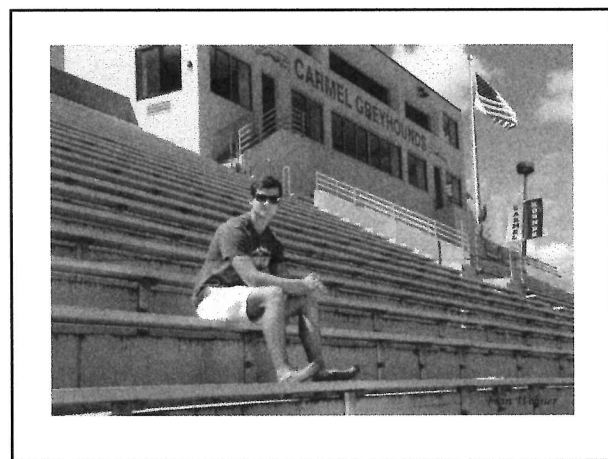
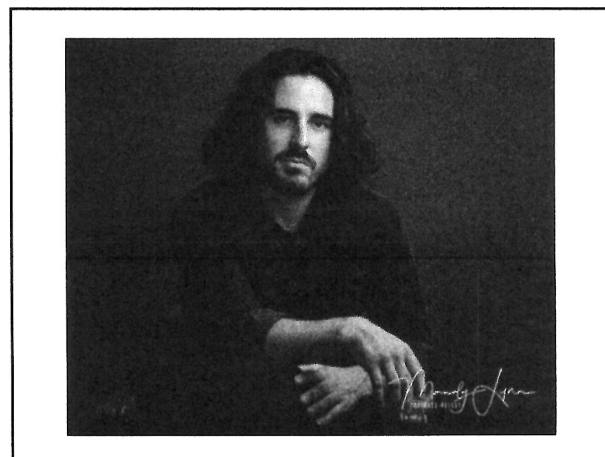
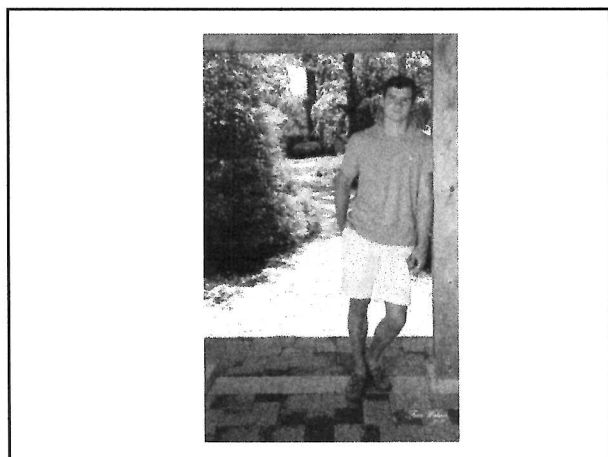
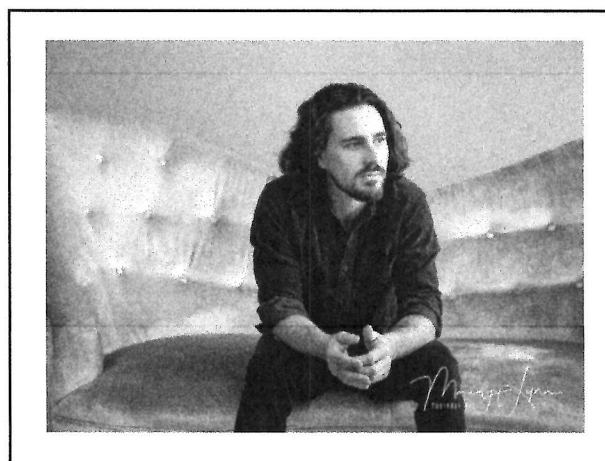
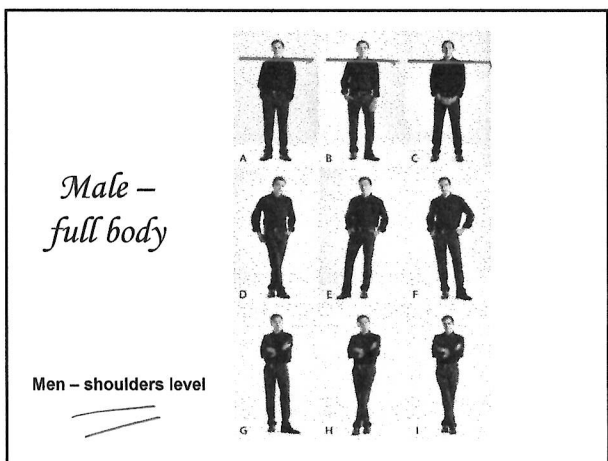
Remember, S-curves

Using S-curves in portraits





- Male Posing*
- Hands In Pockets
 - Leaning on a wall
 - Seated
 - Arms Crossed
 - Leaning on one leg
 - Walking
 - Resting elbow on a prop
 - Men are NOT posed in S-curves
 - Shoulders level, square to head



Portrait Cropping

- Use the camera to crop
- Don't crop at a joint
- Think of the Rule of Thirds when cropping

COMPOSITION- ZOOM IN TO ELIMINATE CLUTTER

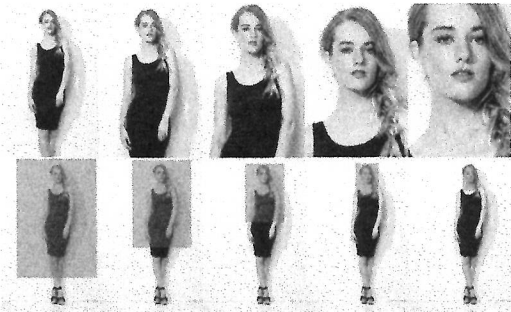
SNAPSHOT

PORTRAIT



Generally, the subject should fill about 60% of the scene

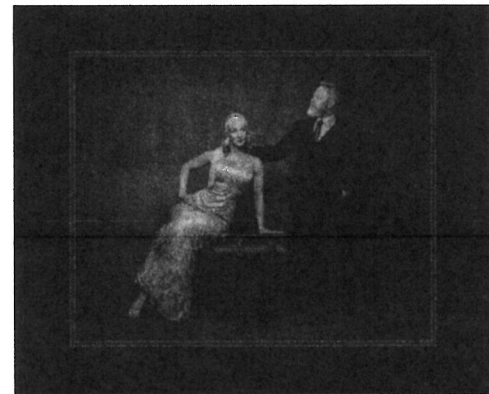
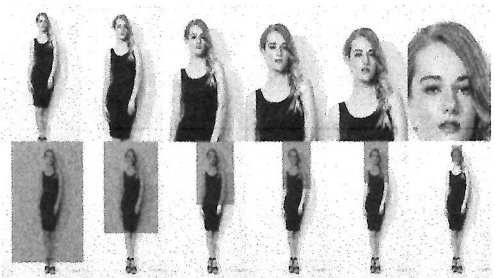
Portrait cropping



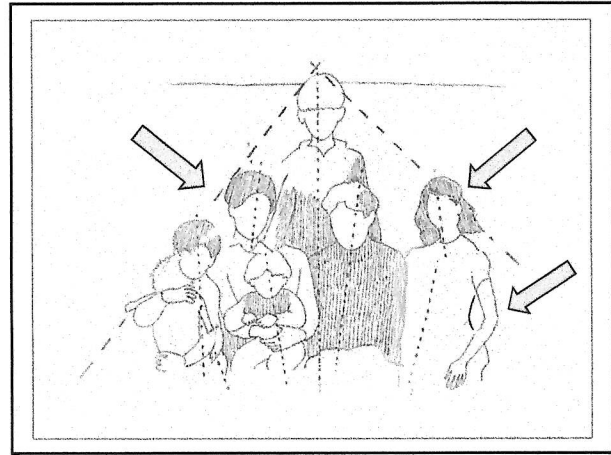
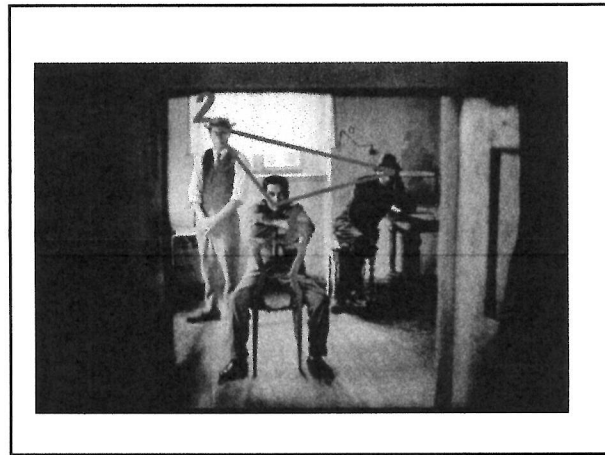
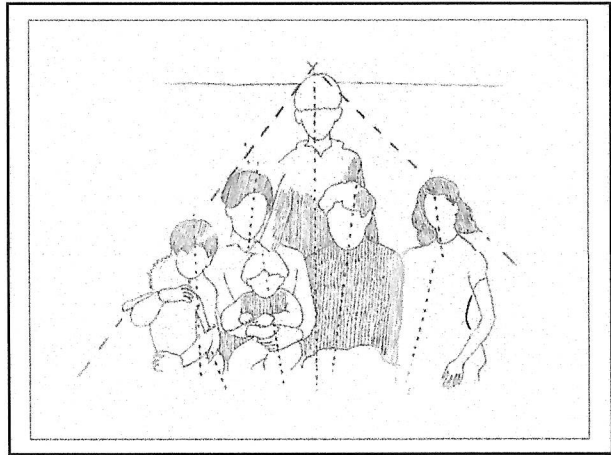
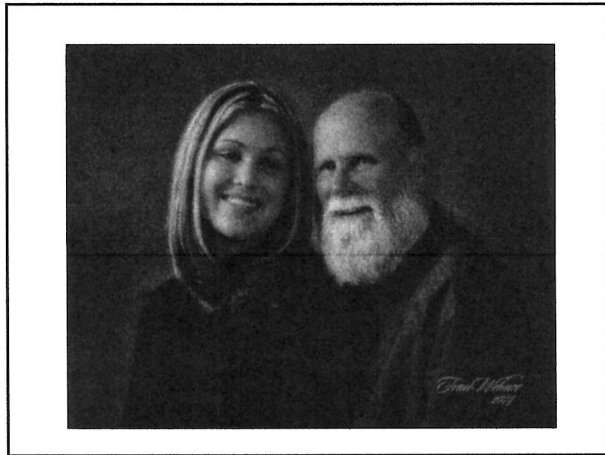
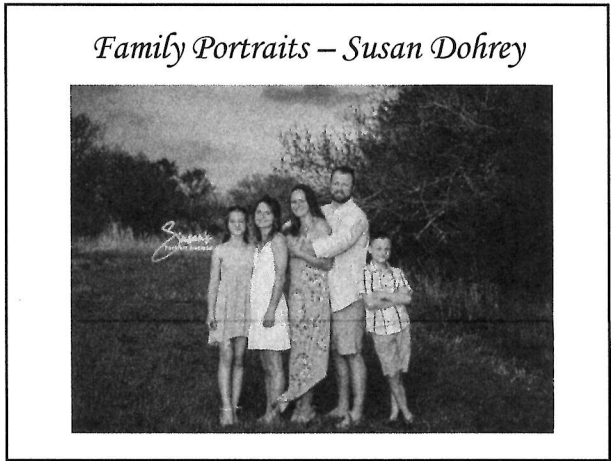
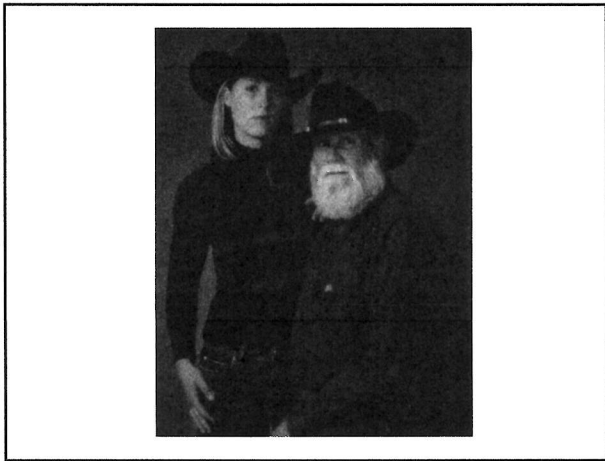
Photographing Groups of People

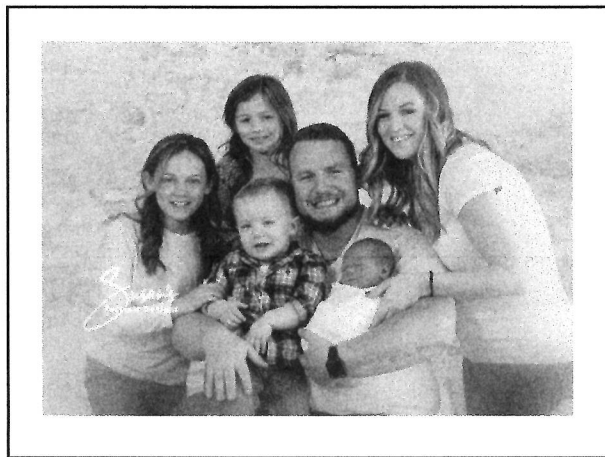
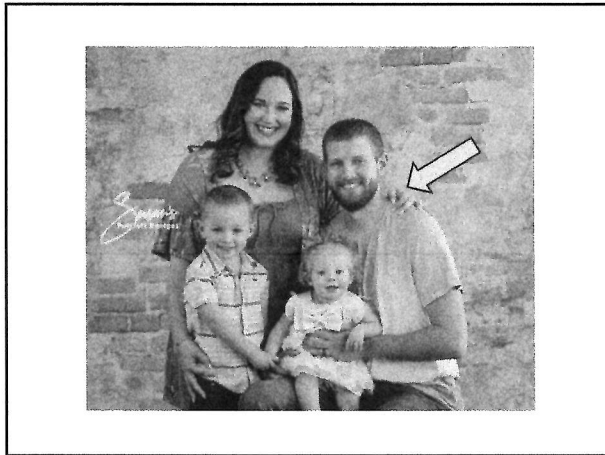
- Basic Things to Think About
 - Keep faces on the same plane
 - Be aware of shadows on all faces
 - 2 or 3 people deep – Focus one third of the way between front and back
 - Remember the importance of triangles
 - Be aware of the tilt of the heads

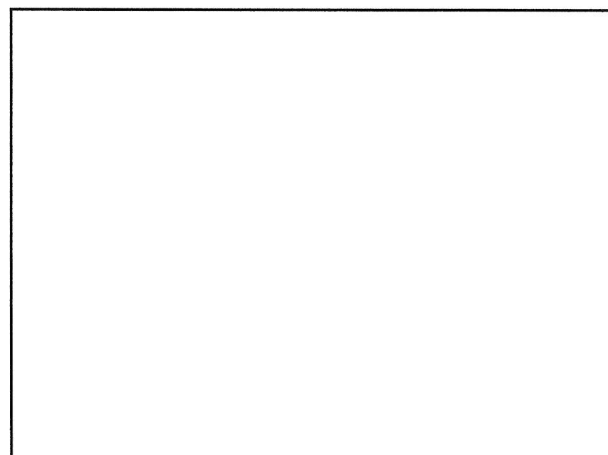
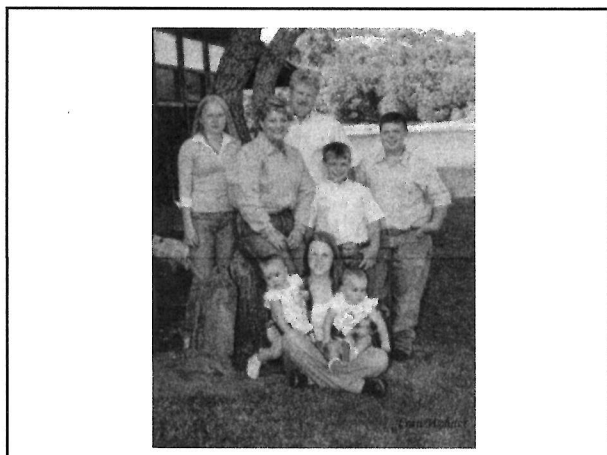
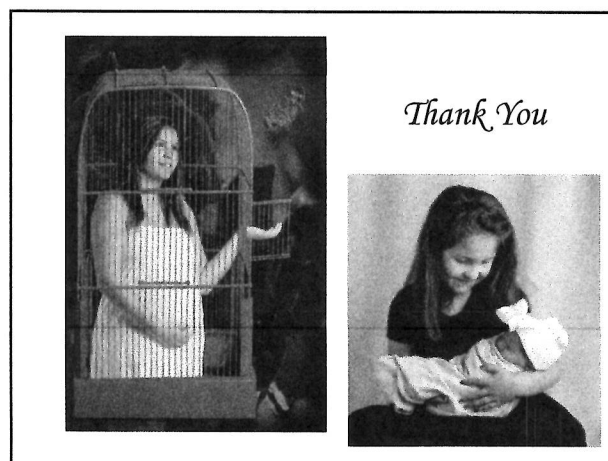
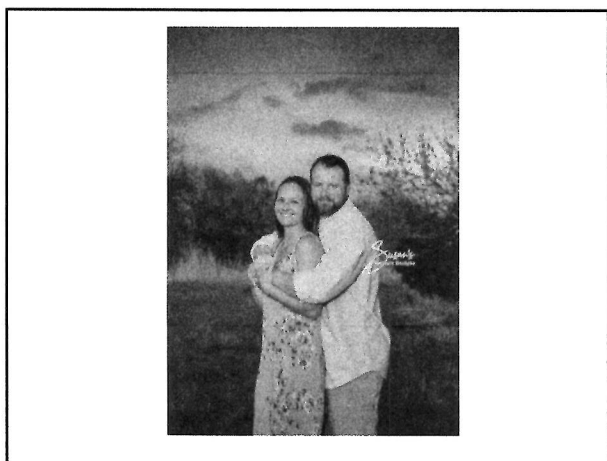
Awkward crops to avoid



MandyCorbell







Questions?