

# *Composition and Posing Techniques in Photography*

by Fran Wehner

## *Posing*

- As a portrait photographer, 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, couples and groups.

- Posing can also be guided by desire to create a mood or feelings within a group or for a person

### *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.

*Posing encompasses the whole body*

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

*Posing the Face*

Be careful  
when using  
the hand as  
a prop  
around the  
face, not to  
move the  
skin around

## *Smiles – natural ones*

- Don't say "Cheese"
- Tell them not to smile. Then, tell them "Don't you dare smile!"
- Get goofy
- Express a feeling to create the feeling in the face

## *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

- Hold the collar
- Put thumbs in pockets for a male
- Hold a glass, flower, or baby etc., in hands



## *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

*A Simple tilt of the head  
makes all the difference*

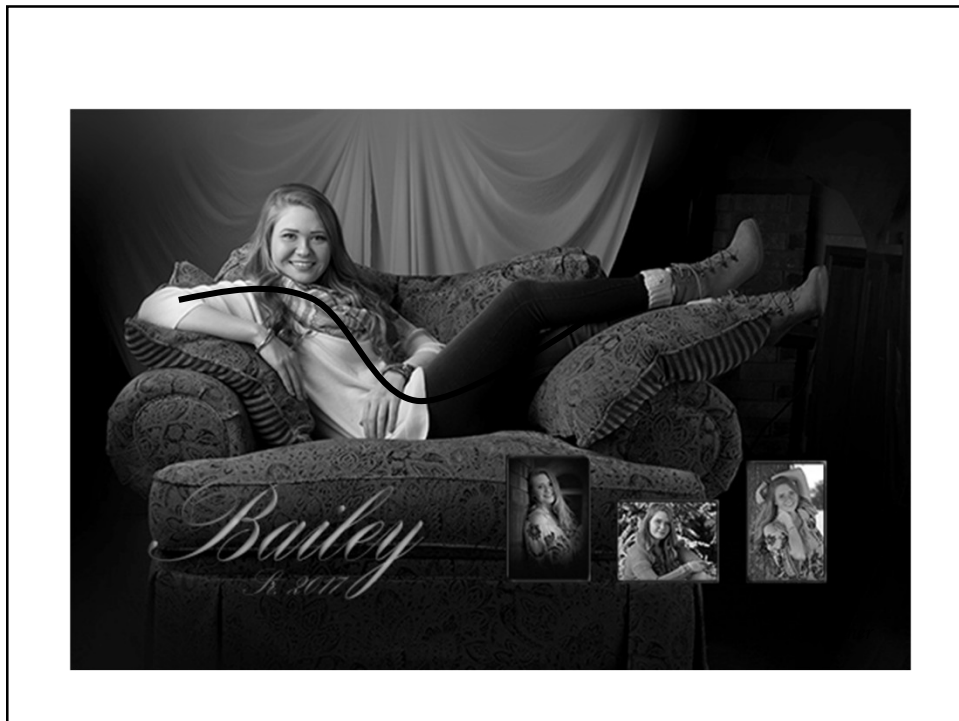


## *Using S-curves in portraits*













## *Male Posing*

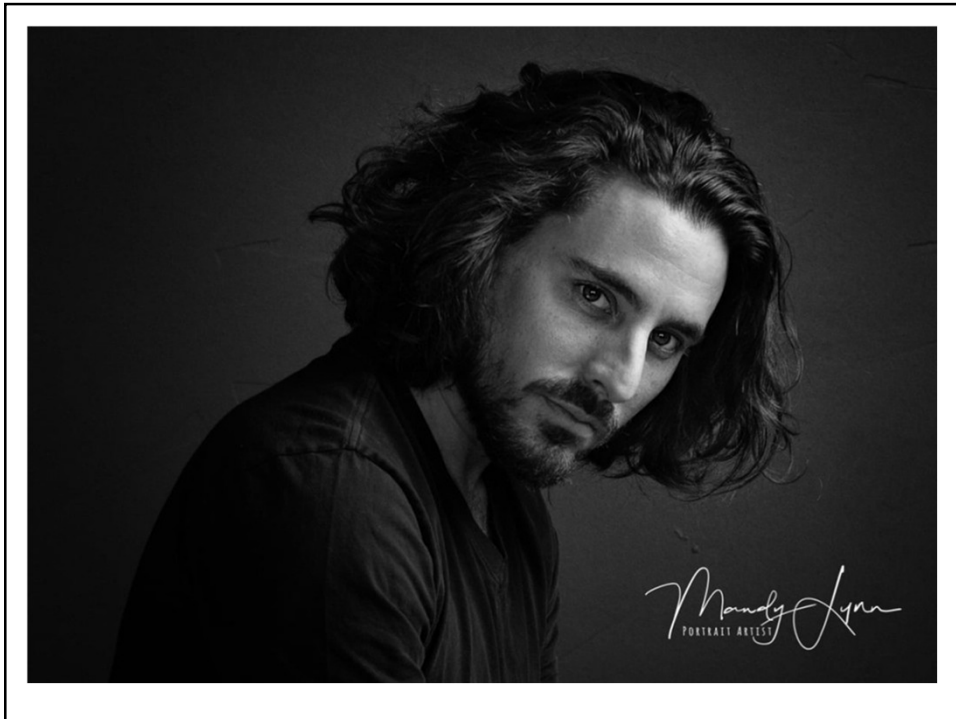
- Thumbs In pockets or hand in-thumb out
- Leaning on a wall
- Seated
- Arms Crossed
- Leaning on one leg
- Walking
- Resting elbow on a prop
- Men are NOT posed in S-curves
- Shoulders level, square to head

## *Male – full body*

**Men – shoulders level**







## *Portrait Cropping*

- “Crop” in camera before pressing shutter
- Don’t crop at a joint
- Think “Thirds” when cropping

## COMPOSITION- ZOOM IN TO ELIMINATE CLUTTER

SNAPSHOT



PORTRAIT

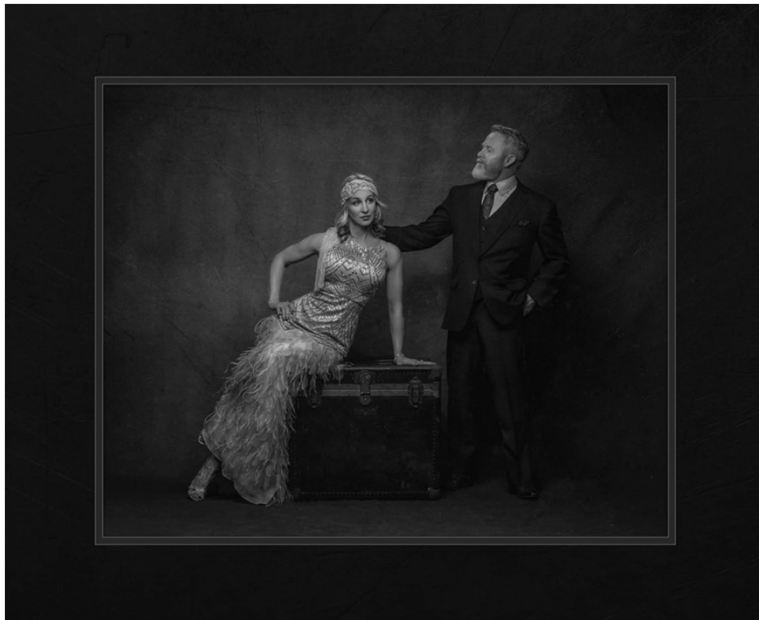


Generally, the subject should fill about 60% of the scene

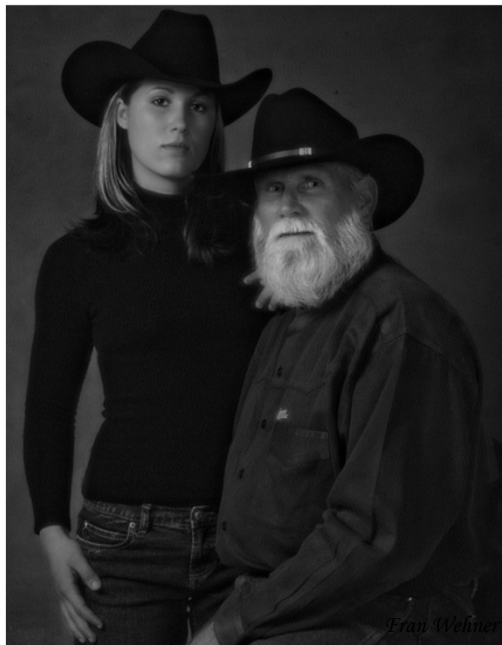
## *Photographing Groups of People*

- 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

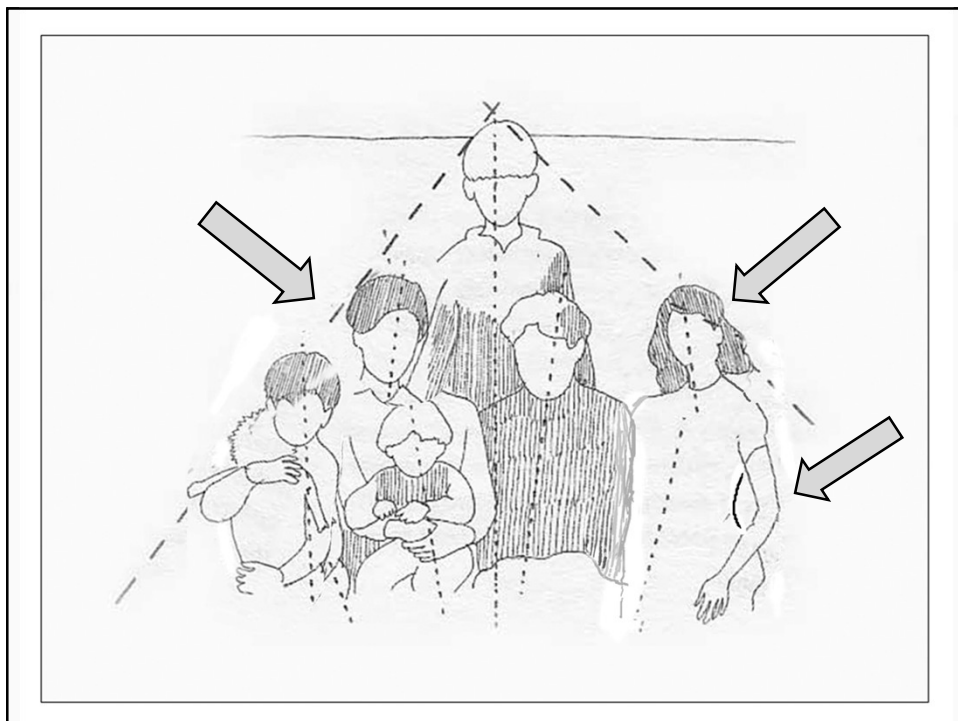
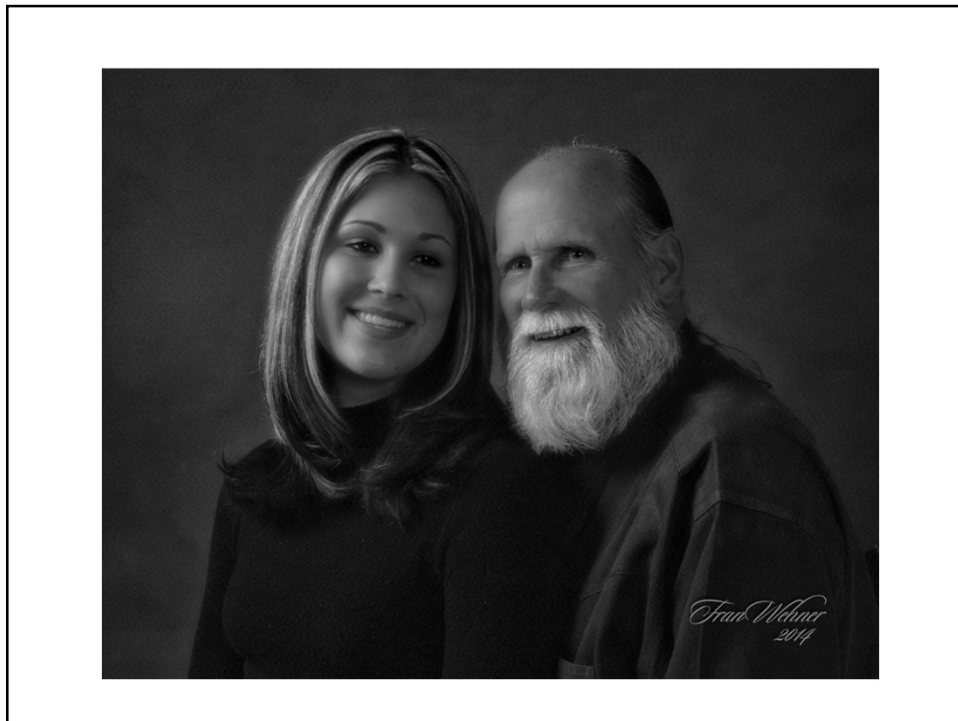




*MandyCorbell*



*Fran Wehner*







*Questions?*

