

PORTRAITS (STUDIO)

Camera	
Mode	Manual
Aperture Setting	F 8.0 (or f/5.6)
ISO	100 (or 200)
White Balance	Custom (or Flash)
Shutter Speed	1/125 (no higher than 1/250 with flash)

Lens	
Focal Length	35-150mm (crop factor), or 50-200mm (full frame)
Lens Aperture	Fast ("Low f-number") ie. f/2.8
Examples	50mm f/1.8 prime (headshot, half body) 24-70 f/2.8 (full body, small groups)

Lights (Flash, Strobe or model lights)	
Flash	Multiple External (eg SB-900, 580EX)
Aim	Into or through umbrellas/softboxes
Strobe Lights	Main Light, Fill Light, Background Light, hairlight
Model (constant) lights	Use with softbox
Reflector	Light pointed into or through umbrellas or disk reflector
Background	White seamless paper (options: black seamless or coloured muslin cloth)

Notes	
Communication	Talk to your model, speak kindly and direct clearly
Composition	Give space above head and sides, don't crop at elbows or knees Dance is about the pose and costume
Camera position	Portrait (vertical) for individuals Landscape (Horizontal) for larger groups



