

Freeze Motion

Camera settings:

ISO = 125 (unless otherwise instructed – light conditions could change this)

Shutter speed = **1/500** second or faster

Aperture (f-stop) = use light meter if available to set up an equivalent exposure

If no light meter is available, use the BDE chart and your green and yellow aperture and shutter speed strips to set up an equivalent exposure. If you are shooting at 125 ISO, you can shoot in the bright sun at 1/500 @ f/8, 1/1000 @ 5.6, 1/2000 @ f/4.

Holding the camera:

Having subjects move downward and holding your camera in portrait position often makes it easier to capture freeze motion. However, you can hold your camera in the landscape position and have your subject moving horizontally.

Hold your camera steady while shooting freeze. You want your background and subject to be steady and frozen in space.

Photographic subject information:

Subject's position in relation to photographer:

Photographer should be close enough to the subject to clearly see the subject, yet not so close as to lose the spatial context in which the subject is shot. We must be able to tell the subject is in motion and if the photographer is too close then motion will not be evident.

Subject's type of motion:

Subject must be making somewhat dramatic and obvious motion. A photo of three people walking down the sidewalk is not freeze motion. The subject should be running or jumping, etc.

Shooting cars is not allowed on this shoot. A car sits on four wheels, so when a car is frozen in a photograph, we often cannot tell whether the subject is moving or parked.

Compositional Reminder

Be aware of the space surrounding your subject. Avoid mergers and avoid letting your subject get lost in the background (a dark-clothed person in front of a dark background will not show up very well, for example).