

LIGHT & EXPOSURE TRIANGLE

DAY 02

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**QUOTE OF
THE DAY**

**Borrowing
Strength fattens
weakness but
success
beautifies it all.**

SECTION 01:

COMPOSITION TECHNIQUES



01

RULE OF THIRDS:

The rule of thirds involves dividing the frame into nine equal sections using two horizontal and two vertical lines, creating a grid. Important elements in the scene are then placed along these lines or at their intersections. E.g:

- Position key subjects or points of interest along the gridlines or at their intersections to create balance and visual interest.
- Avoid placing subjects directly in the center of the frame, as this can result in a static composition.

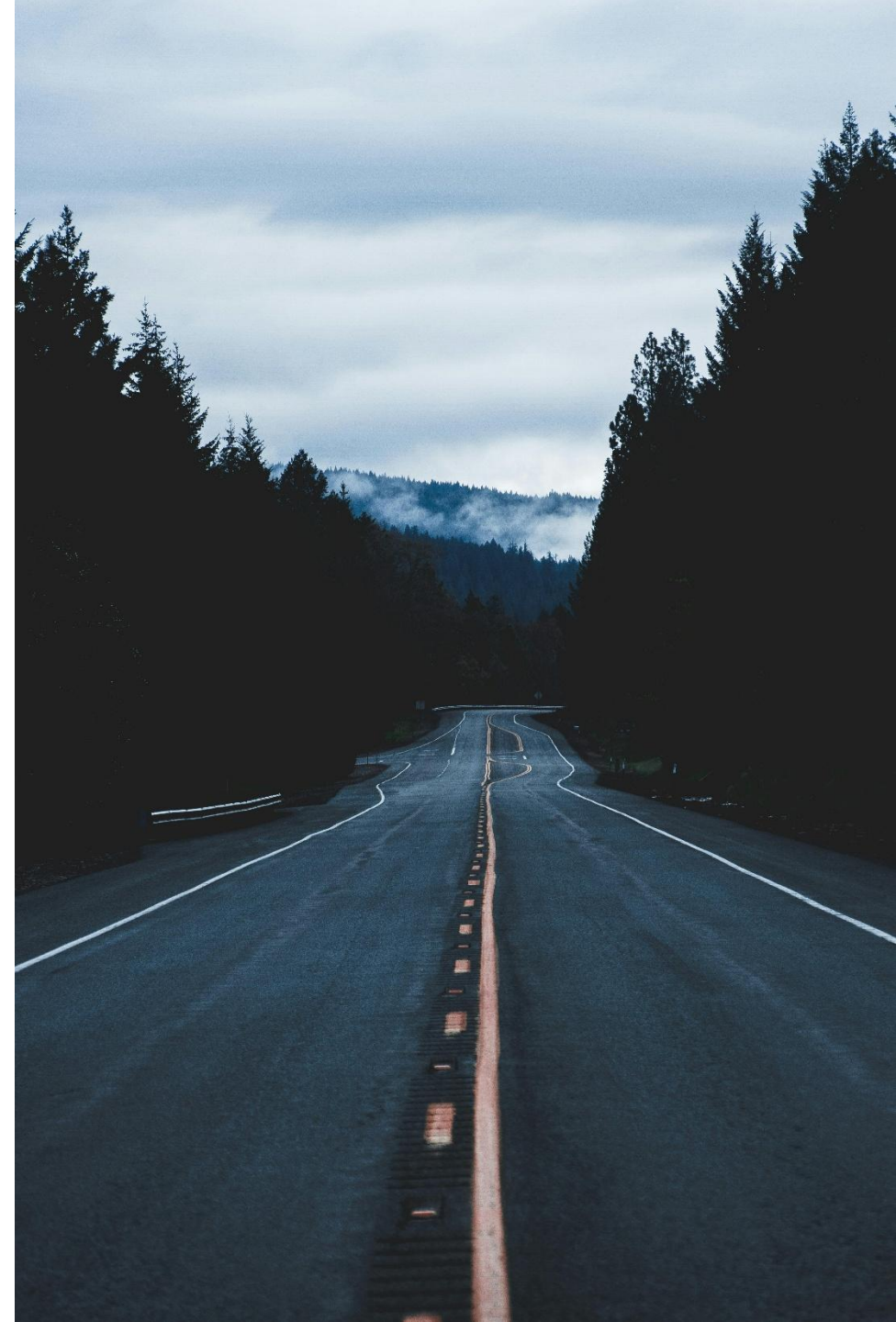


02

LEADING LINES:

Leading lines are lines within the frame that guide the viewer's eye towards the main subject or focal point of the scene. E.g:

- Incorporate natural or man-made lines such as roads, pathways, fences, or architectural elements to lead the viewer's gaze towards the subject.
- Experiment with different angles and perspectives to enhance the leading lines and create depth in the composition.



03

FRAMING:



Framing involves using elements within the scene to frame the main subject, drawing attention to it and adding context or visual interest to the composition. E.g:

- Look for natural frames like doorways, windows, arches, or foliage to surround and highlight the subject.
- Experiment with different framing techniques to create depth and layers within the composition.



04

SYMMETRY AND PATTERNS:

Symmetry involves creating balance and harmony by mirroring elements on either side of the frame, while patterns involve repeating shapes, colors, or textures throughout the composition. E.g:

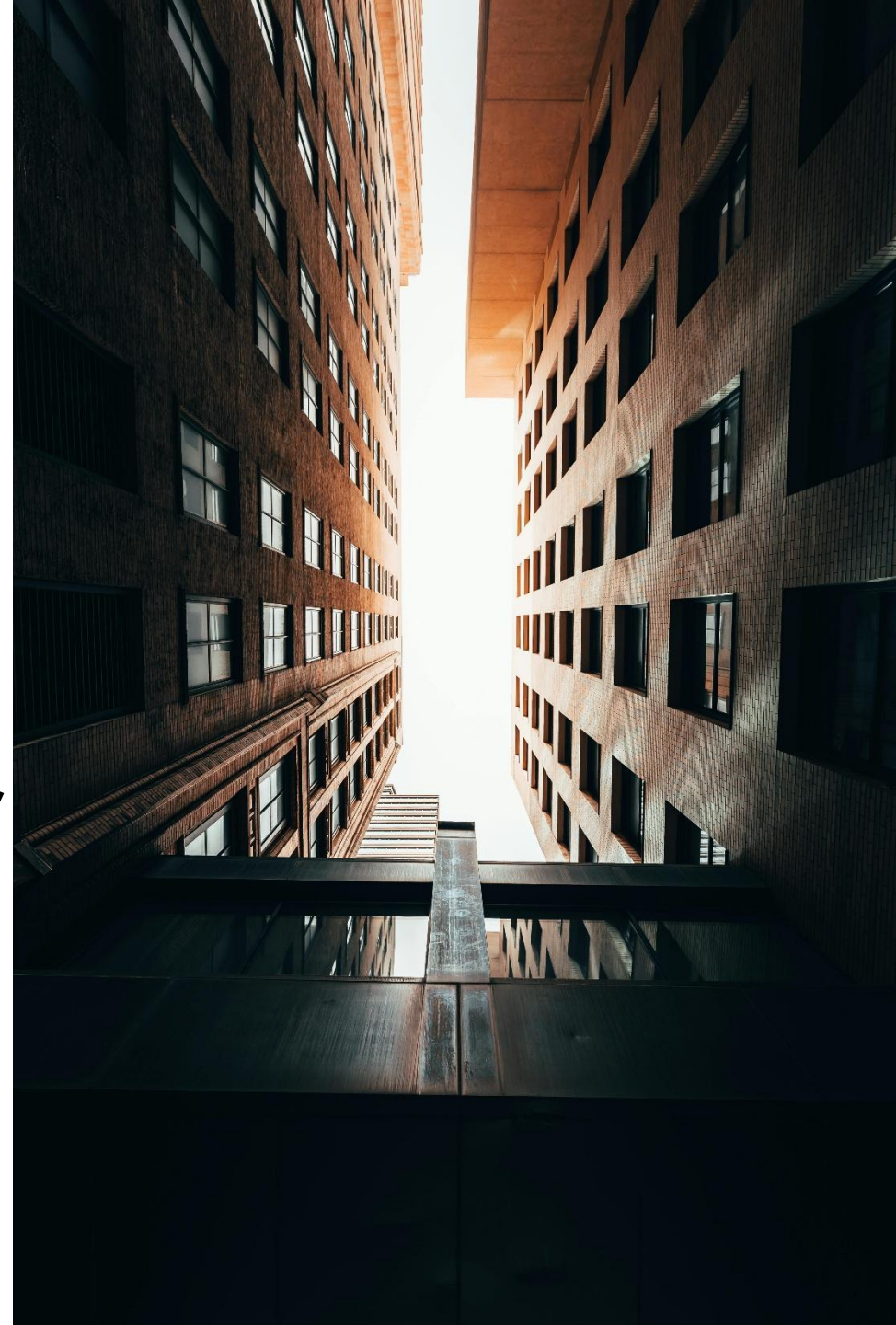
- Seek out symmetrical scenes or subjects and position them centrally within the frame for a visually pleasing composition.
- Capture repeating patterns or motifs in the environment to add rhythm and visual interest to the video.



05 *PERSPECTIVE AND DEPTH:*

Perspective and depth techniques involve using various camera angles, viewpoints, and focal lengths to create a sense of depth and dimension within the frame. E.g:

- Experiment with different camera angles (e.g., low angle, high angle, Dutch angle) to alter the viewer's perception of the scene and create visual impact.
- Use shallow depth of field to separate the subject from the background and draw attention to specific elements within the frame.



SECTION 02:

UNDERSTANDING LIGHT



Understanding light is fundamental in both photography & videography as it directly affects the visual quality and mood of contents. With an understanding of the key concepts of light, photographers & videographers can effectively control and manipulate lighting to achieve their desired visual aesthetic and convey the mood and atmosphere of their content.

Experimenting with different lighting setups and techniques will further enhance one's skills in working with light. Let's take a look at the various key concepts related to light:

NATURAL LIGHT:

Natural light comes from the sun, either directly or indirectly through reflection of surfaces like clouds, water, or buildings.

Some characteristics of natural light includes:

- **Direction:** Changes throughout the day as the sun moves across the sky, providing varying angles and intensities of light.
- **Color Temperature:** Changes depending on the time of day, with warmer tones during sunrise and sunset (golden hour) and cooler tones during midday.
- **Quality:** Can be soft and diffused on overcast days or harsh and direct on clear, sunny days.

Advantages:

- Provides a natural and authentic look to the scene.
- Offers dynamic lighting conditions that change over time, providing opportunities for creative expression.
- Generally considered flattering for portraits and outdoor scenes, especially during golden hour.

Challenges:

- Lack of control over intensity, direction, and color temperature.
- Weather conditions such as clouds, rain, or fog can affect the availability and quality of natural light.
- Limited duration of optimal lighting conditions (e.g., golden hour).

ARTIFICIAL LIGHT:

Artificial light is generated by man-made sources such as tungsten bulbs, fluorescent tubes, LED panels, and studio strobes.

Some characteristics of artificial light includes:

- **Consistency:** Provides consistent and controllable lighting conditions regardless of external factors like weather or time of day.
- **Color Temperature:** Can be adjusted to match the desired color temperature using gels or built-in settings.
- **Direction:** Can be directed and modified using light modifiers such as reflectors, diffusers, and barn doors.

Advantages:

- Offers precise control over intensity, direction, and color temperature, allowing for consistent and repeatable results.
- Suitable for indoor shooting or situations where natural light is insufficient or unavailable.
- Can create dramatic or stylized lighting effects for creative expression.

Challenges:

- Requires additional equipment and setup compared to natural light.
- May lack the organic and authentic feel of natural light, especially if not used skillfully.
- Can generate heat and consume power, particularly with high-output lighting equipment.

03

QUALITY OF LIGHT:

- **Hard Light:** Hard light produces sharp, well-defined shadows and high-contrast images. It often comes from a single, direct source such as the sun or a spotlight.
- **Soft Light:** Soft light creates diffused shadows with smooth transitions between light and dark areas. It is ideal for flattering portraits and scenes with a gentle, natural appearance. Soft light can be achieved through overcast skies, large light sources, or diffusers.



DIRECTION OF LIGHT:

- **Front Lighting:** Front lighting illuminates the subject directly from the front, reducing shadows and revealing detail. It can flatten the appearance of the subject but is useful for even lighting and reducing shadows on faces.

- **Side Lighting:** Side lighting creates depth and texture by casting shadows across the subject's features. It adds drama and dimension to the scene, emphasizing shapes and contours.



DIRECTION OF LIGHT:

- **Back Lighting:** Backlighting occurs when the light source is positioned behind the subject, creating a silhouette effect. It can add atmosphere and depth to the scene, but careful exposure control is needed to avoid underexposure of the subject.



COLOR TEMPERATURE:

Color temperature refers to the warmth or coolness of light, measured in Kelvin (K).

- **Warm Light:** Light with a lower color temperature (e.g., 2700K-3500K) appears warm, with orange or yellow tones. It is often associated with sunrise, sunset, and indoor lighting.
- **Cool Light:** Light with a higher color temperature (e.g., 5000K-6500K) appears cool, with blue or bluish-white tones. It is typical of daylight and overcast skies.



WHITE BALANCE:

- White balance adjusts the color temperature of the camera's sensor to accurately reproduce colors under different lighting conditions.
- Preset white balance settings include daylight, cloudy, tungsten, fluorescent, and custom options.
- Proper white balance ensures natural-looking colors in your videos, avoiding unwanted color casts.



7. **Light Modifiers:** Light modifiers alter the quality, direction, and intensity of light to achieve specific lighting effects. Examples include reflectors, diffusers, umbrellas, softboxes, and grids.

Experimenting with light modifiers allows you to control and manipulate light to suit your creative vision.

8. **Exposure:** Exposure refers to the amount of light that reaches the camera's sensor, determined by the combination of aperture, shutter speed, and ISO. Proper exposure ensures that your videos are neither too bright (overexposed) nor too dark (underexposed), preserving detail and clarity in the image.



SECTION 03: EXPOSURE TRIANGLE

The exposure triangle is a fundamental concept in photography and videography that describes the relationship between three key elements that control the exposure of an image or video: aperture, shutter speed, and ISO. Understanding how these settings interact with each other is essential for achieving proper exposure and creative control over your videos. Here's a breakdown of each component:



01

APERTURE:

Aperture refers to the size of the opening in the lens through which light passes to reach the camera's sensor. It is measured in f-stops.

- **Role:** Aperture controls the amount of light entering the camera and also affects the depth of field—the range of distances in the scene that appear sharp and in focus.
- **Effect on Exposure:** A larger aperture (smaller f-stop number) allows more light to enter the camera, resulting in a brighter exposure. Conversely, a smaller aperture (larger f-stop number) restricts the amount of light, resulting in a darker exposure.



02

SHUTTER SPEED:

Shutter speed refers to the duration of time that the camera's shutter remains open, exposing the camera's sensor to light. It is measured in fractions of a second.

- **Role:** Shutter speed controls the amount of motion blur in the video and affects how motion is captured. Faster shutter speeds freeze motion, while slower shutter speeds create motion blur.
- **Effect on Exposure:** A faster shutter speed reduces the amount of light reaching the sensor, resulting in a darker exposure. Conversely, a slower shutter speed allows more light to reach the sensor, resulting in a brighter exposure.

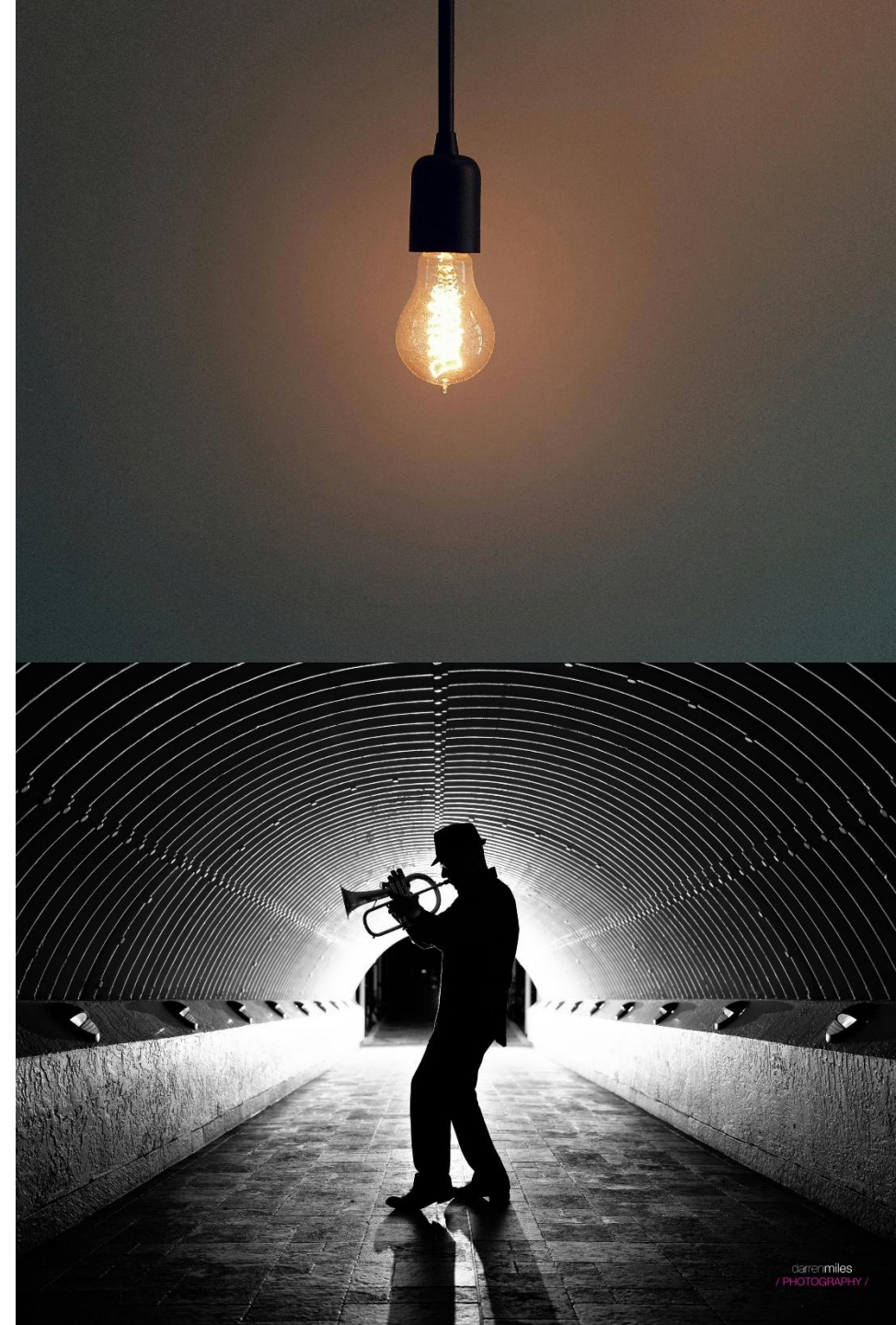


03

ISO:

ISO measures the sensitivity of the camera's sensor to light. A higher ISO value makes the sensor more sensitive to light, while a lower ISO value makes it less sensitive.

- **Role:** ISO allows you to adjust the camera's sensitivity to light, especially in low-light conditions where increasing the ISO can brighten the exposure.
- **Effect on Exposure:** Increasing the ISO brightens the exposure by amplifying the signal from the sensor, allowing you to shoot in darker environments. However, higher ISO values also introduce more digital noise, which can degrade image quality.



04

BALANCING EXPOSURE:

- ❑ The exposure triangle illustrates how changes in one of these settings affect the overall exposure of the image or video. To achieve proper exposure, videographers must balance these three elements based on the lighting conditions and desired creative effects.
- ❑ Understanding the exposure triangle allows videographers to make informed decisions about which settings to adjust to achieve the desired exposure while maintaining control over depth of field and motion blur.
- ❑ By mastering the exposure triangle, videographers can confidently manipulate aperture, shutter speed, and ISO to capture well-exposed and visually appealing videos in a variety of lighting conditions.



EXERCISE 01:

Implement the following composition techniques:

1. Rule of Thirds
2. Leading Lines
3. Framing &
4. Symmetry & Patterns



EXERCISE 02:

Using the Sun, implement the following
Direction of Light:

1. Front lighting
2. Back lighting
3. Side lighting





Q & A

SECTION