

FREE
PULLOUT!

Your PhotoPlus guide to... **Portrait poses**



PART 1

Perfect **Portraiture**

Over 50 great poses for shooting
your own pro-looking portraits

Full-length portraits

Learn some fun and creative poses for improving your people pictures

Anybody with a Canon D-SLR can take a portrait. You just get somebody to look down your lens and you press the shutter button, right? But to capture top-quality portraits like the pros, you need to put some more thought and preparation

into your shots. Once your Canon is set up, and exposure and lighting are sorted, it's really down to your composing and the model's posing to work together for the best results. In part one of your free portrait posing guide you'll learn all the skills you

need to instantly transform your portraiture. From how to set up, shoot and style your own photo shoot to injecting some creativity and working on connecting and collaborating with your subjects, these are essential skills you'll need to take portraits like the pros. ►



Digital version available to download and print at: http://downloads.photoplusmag.com/52_poseguide1.zip

Portrait posing guide



Work with your subject while shooting to ensure great eye contact and an inviting smile



Try one arm rested on their head – this also stretches out the stomach



For all our portraits we used a Canon EF 24-105mm f/4L IS USM, but any standard zoom lens will do the job

One knee angled in front of the other can add extra curves to the body



Seated portraits

Invite your model to sit comfortably – a chair can act as a versatile prop

To get the most out of your portrait subjects, you need to learn to connect with them as you shoot. Building up rapport with people is one of the quickest ways to get the best poses and expressions out of them – and it will transform simple

snaps into portraits like the professionals. But don't expect to get top shots straight away. It will take a while for you to get your eye in and for your model to settle into the shoot. So don't be disappointed if the first few shots aren't that strong. Build up slowly,

relax, take your time, and remember to have fun and to keep the mood upbeat. Offer clear feedback for how you want your model to position themselves, showing them your shots on your LCD as you shoot, and you'll soon get the results you're after. ►

Try simply getting your subject to tilt their head to one side for a better pose



Portrait posing guide



Shoot high and low

Try shooting from low down and up high for more creative portrait shots

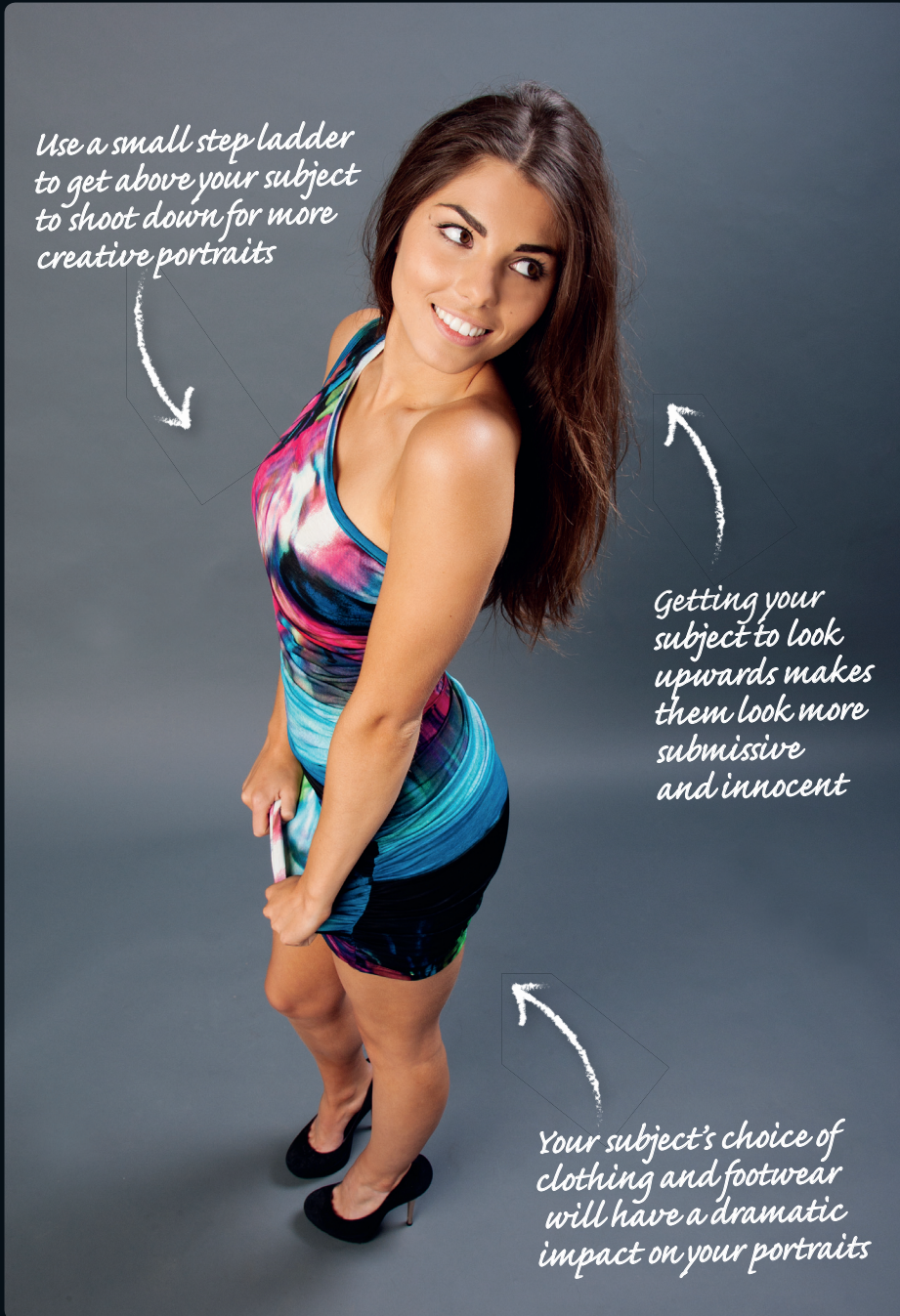
When shooting from down low on the ground and pointing back up to your subjects (as illustrated in our examples below), you'll need very high ceilings and tall stands for your backdrop to go high enough when shooting indoors.

Alternatively, use a flashgun and shoot outside, using the sky as a colourful background to your portraits instead.

Another top tip is to keep your studio space clean. If you're shooting full-length portraits with people's feet in your shots,

then be careful to keep your floor and backdrops spotless – otherwise you'll have to spend time cleaning up and cloning out footprints and dusty marks in Photoshop afterwards, as we ended up doing for some of our portrait shots! ▶





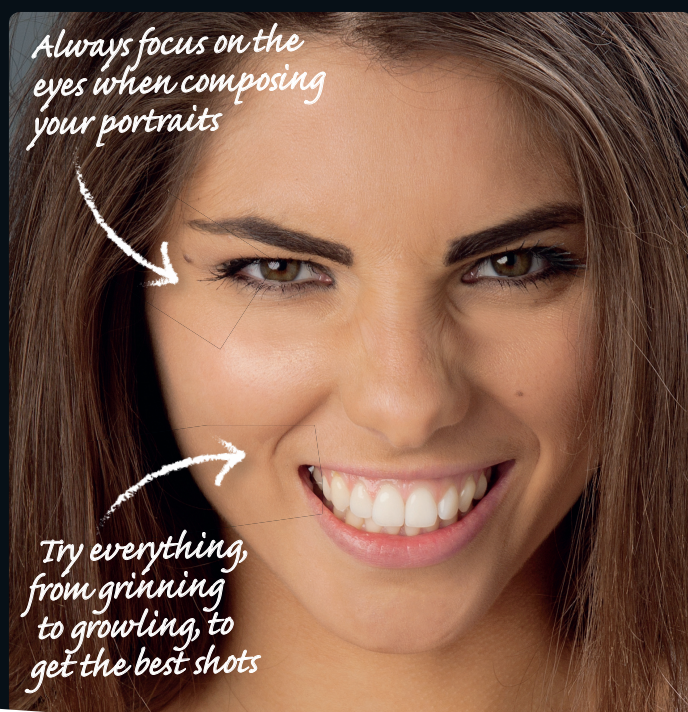
Facial expressions

Zoom in for full-face shots and experiment with different looks

If you're shooting in a home or professional studio, why not try shooting tethered to your computer? We used Canon's free EOS Utility software and connected our Canon D-SLR to our computer with the USB cable that came

with our camera. Shooting this way enables you see your shots instantly on a big screen to review them more accurately – then you can instantly work out what to do to improve them, whether it's to move a light closer, to turn it up or down, to add a reflector, or

change your exposure for brighter or darker results. It's also very handy as you can give clear instructions to your subjects to pose in a different way by showing them on the monitor what you'd like them to do differently for the next round of shots. ■



PART 2

Next issue!

Learn more great techniques to improve your portraits and fine-art nude photography