One Light Portraits

Mike Giovinazzo

Lighting Factors

- Intensity
  - Power
  - Distance
- Quality
  - Soft / Hard
  - Brilliance
  - Color Temperature
- Direction

Natural Light vs Augmented Light

- Each has its advantages
- Most people claim to prefer Natural
  - So we often make augmented light look "Natural"
- Augmented light offers great flexibility
  - Shoot any time of day and in any location
  - No such thing as "crappy light"
- I like to distinguish myself by creating images that would be unlikely using a cell phone and natural light

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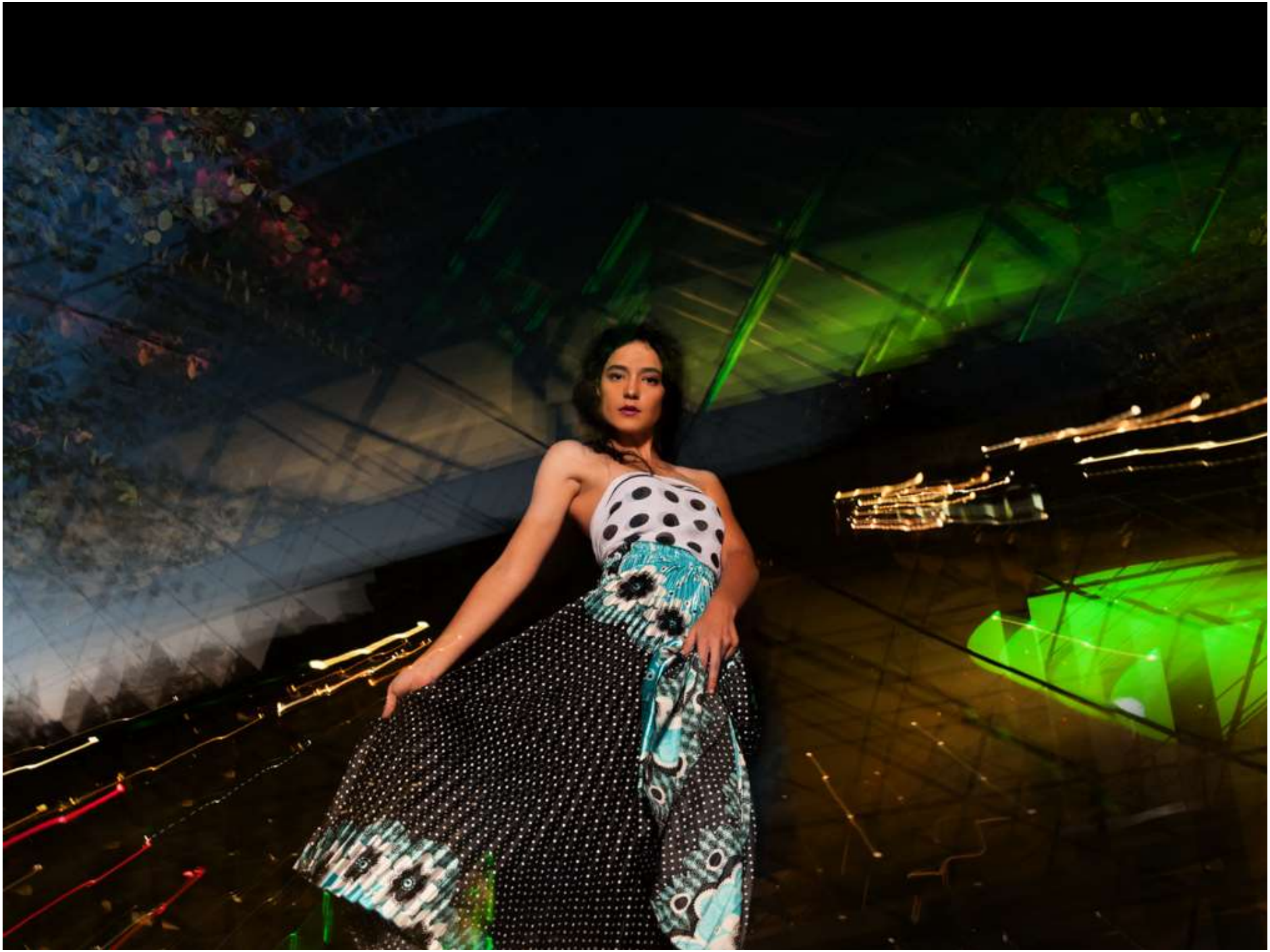
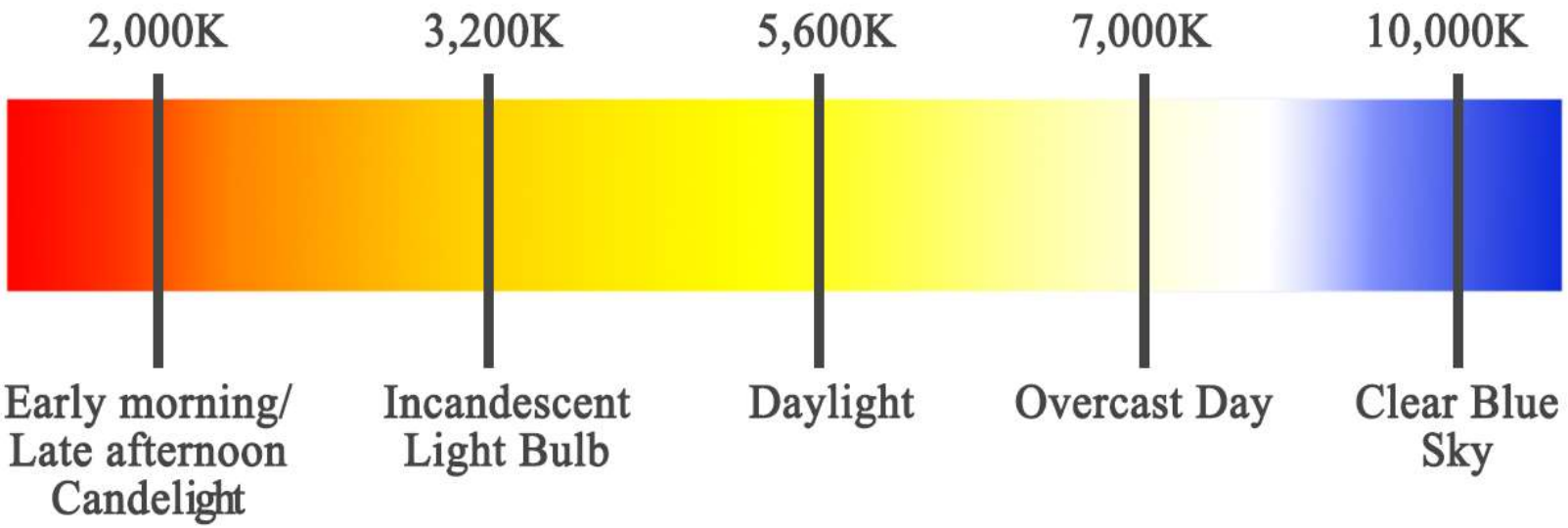
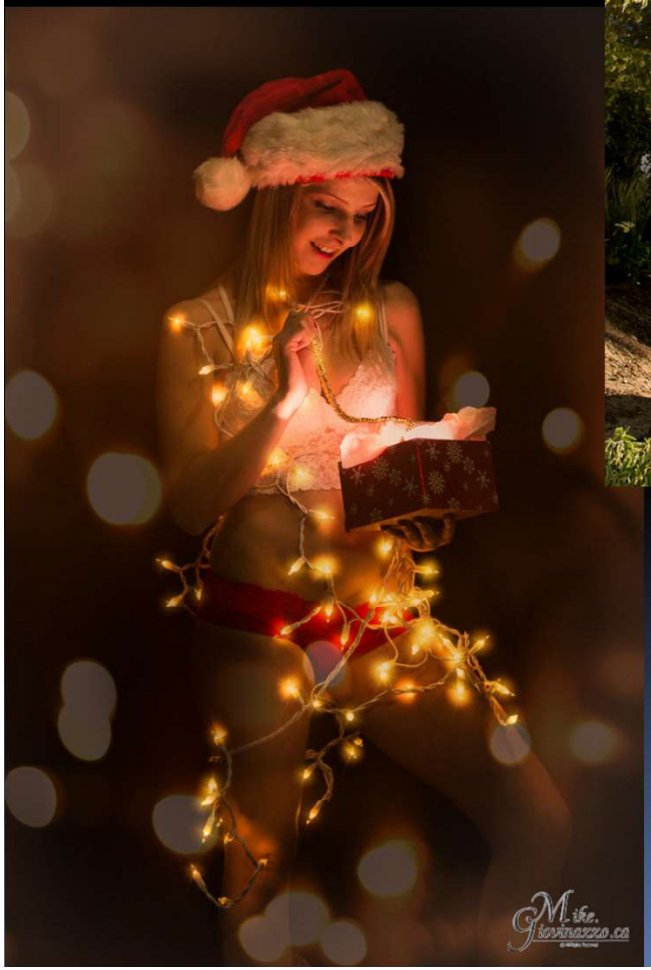


Color Temp Comparison



3200



5600

7000

Sunlight

- Sunny 16 rule = F16 at a shutter 1/ISO
- Characteristics
  - Sunny & harsh (5500K)
  - Overcast (6500K)
  - Patchy (like leaves / fence)
  - Open shade
  - Window
  - Variable Color Temperature
- Can be reflected / diffused

Flash

- Harsh light
- Easy to modify
  - Umbrellas / soft boxes
  - Reflectors
  - Scrim /Gobo
- Power/brightness easy to manage
- Constant Color Temperature

Outdoors

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Window Light

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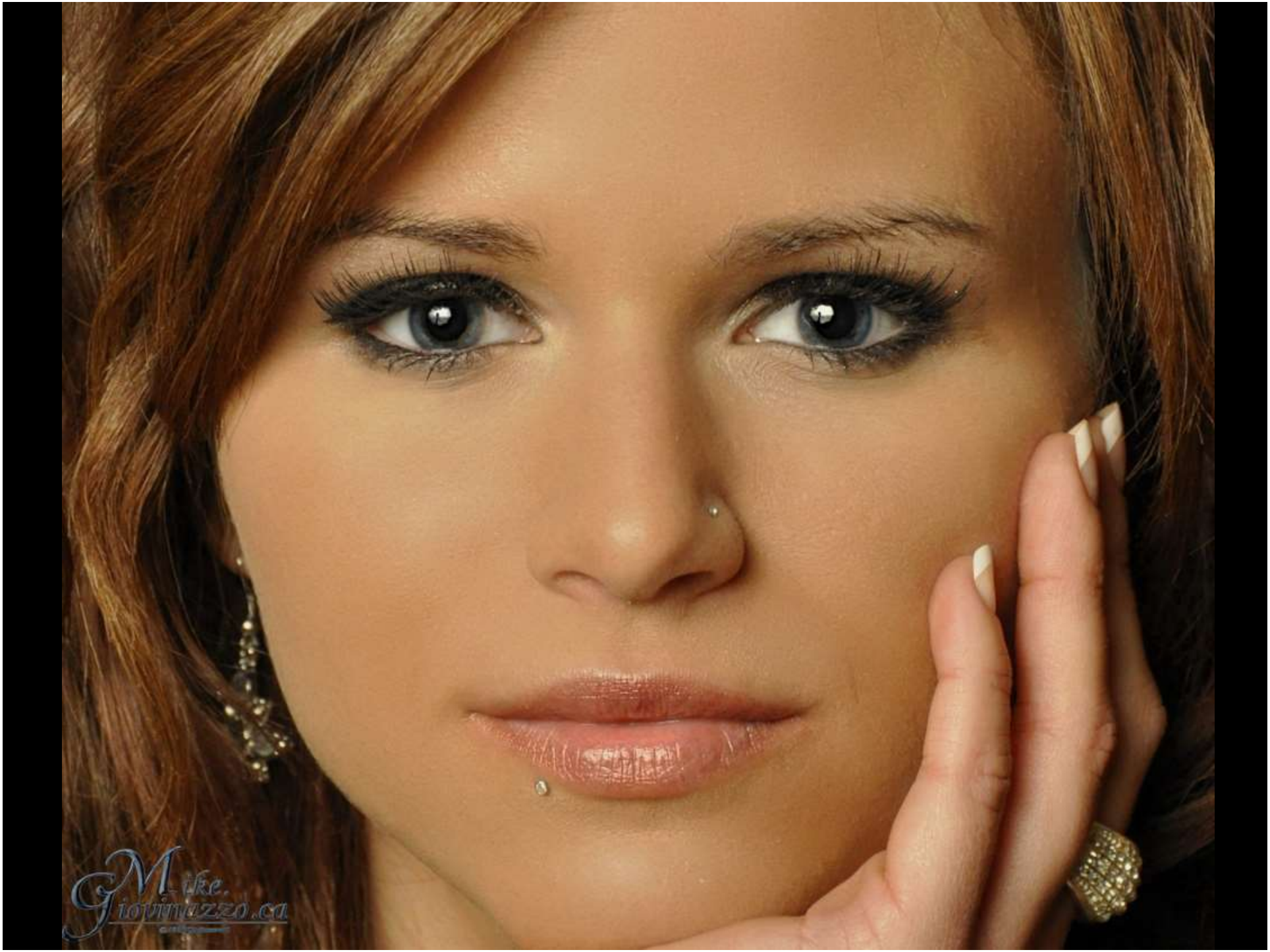
Single Flash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Pupil Size

Single flash very close to small objects or broadly bounced can simulate general broad lighting of the outdoors

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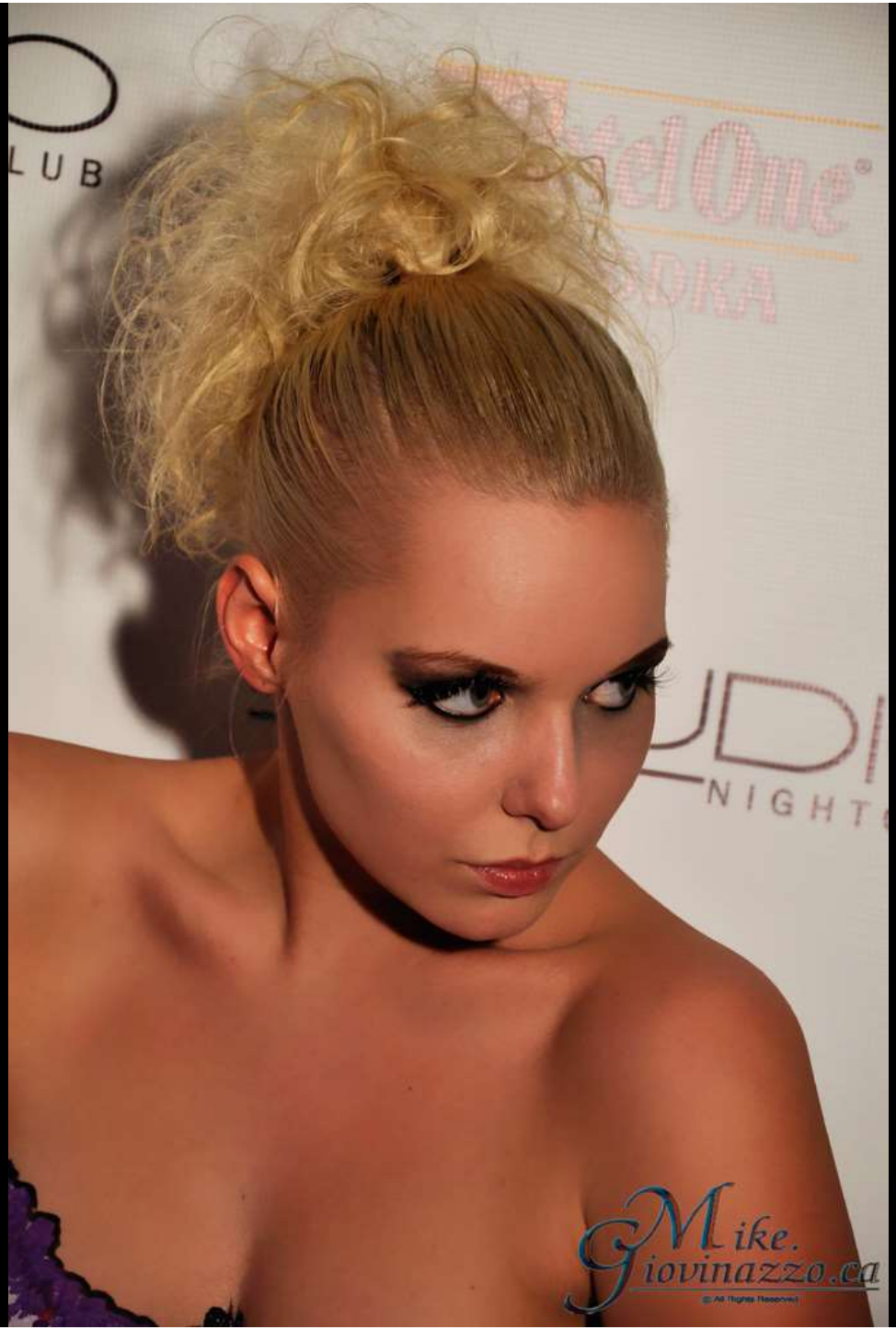
LUB
NIGHT
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EMPLE

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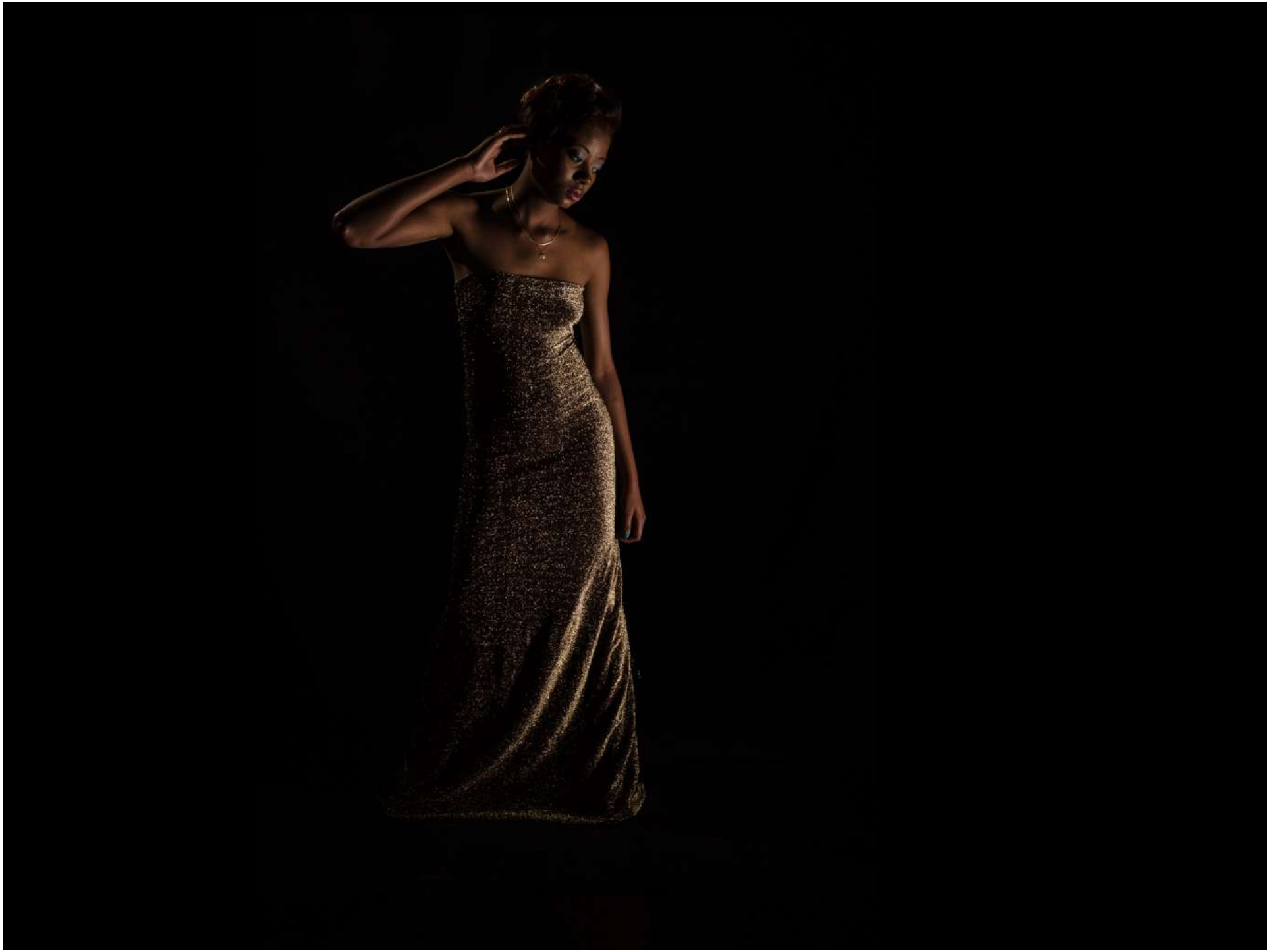

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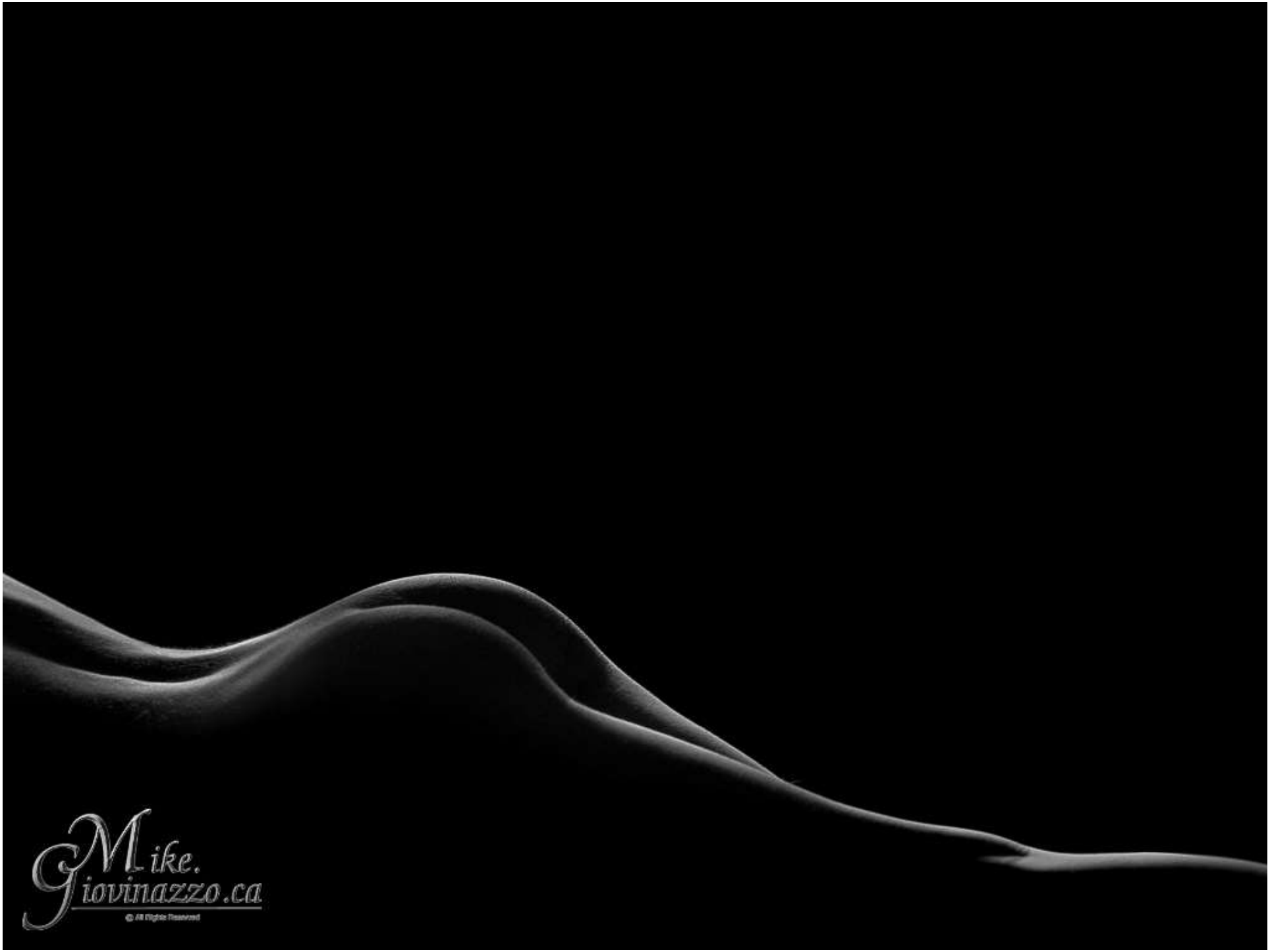
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Catchlights

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Bouncing

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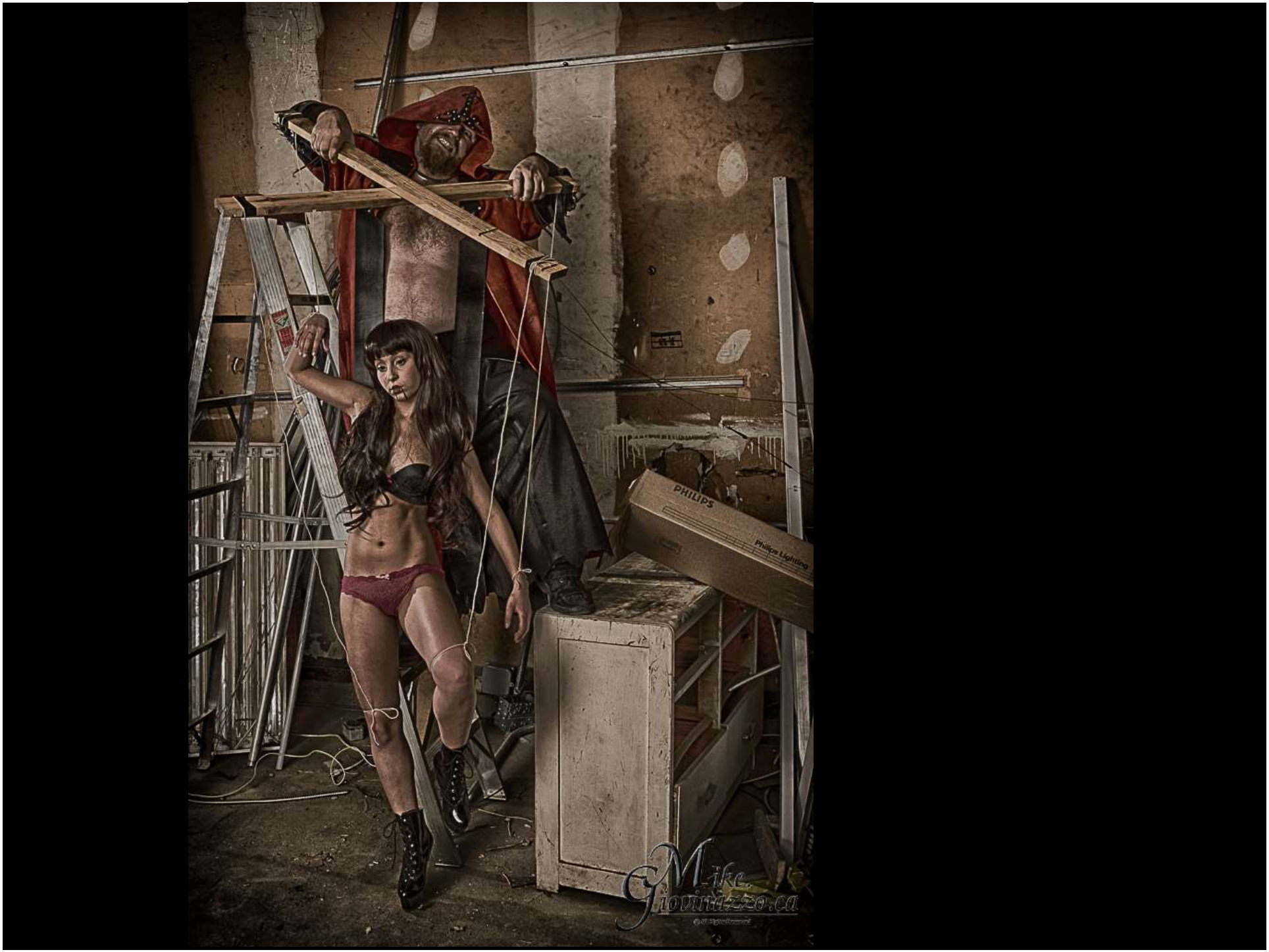
الإتحاد
ETIHAD
AIRWAYS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Flash Fill

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Flash / Ambient Mix

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Step by Step – Balancing Flash to Ambient

1. WITHOUT FLASH - Expose to taste for the background sky at the **highest flash sync speed** (Canon 1/180) AND the **lowest ISO**. (this reduces the ambient light as much as possible and generally results in a setting like F13 to F22 assuming you want a dark dramatic sky)

2. Set flash to manual **FULL POWER** and flash zoom to **max zoom** (Canon 105 mm)
(these help strengthen the flash power on the model and not dissipate it in open areas with no subject)

3. **Determine the flash distance needed** to yield the f-stop selected in step 1.
May need to get very close if the flash is not powerful enough.
If you are so close you can't illuminate the full subject then you may need to compromise on the ideal sky and open up the F-Stop (brightening the sky) but bringing the flash into the right exposure zone.
If you do have ample power, consider lowering the flash power to enhance recycle times.

4. **Note the flash to model distance**.
Maintain this distance between the flash and model as you move around the beach.
That keep the settings constant and need not change anything till the light in the sky changes

5. As the sun sets, lengthen only the shutter speed as required to keep the a nice sky exposure

6. As shutter speed drops you can raise the ISO, but that make the flash "stronger"
so you need to go back to step 1 with the new ISO.
Keep in mind the flash is freezing the model, so shutter speeds of 1/10 second are in fact quite acceptable in many instances

Direction

The key: Off Camera Flash / Off Axis Sun

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Embrace Shadows

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Lighting Factors

- Source – Natural, Augmented
- Intensity – Main, Fill, Accent (hair,rim)
- Quality
  - Soft / Hard
  - Color Temperature
- Direction – add/build dimension

Questions ?