

Total time:
1-3 hours



Difficulty Level: Normal

Skill Points:

- Achieving masculine lighting on the face
- Proper framing
- Capturing expression

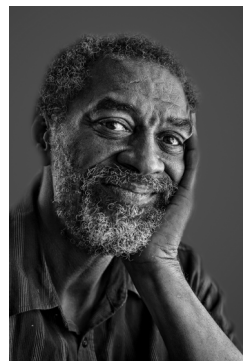
CREATING PORTRAITS OF MEN



Portrait photography of men is a great way to begin learning portraiture. Male portraits tend to be more forgiving with lighting and posing. There are two main considerations in male portraiture: physique and masculinity.

KEY LESSON: It's acceptable to have shadowing across the male face, as long as it looks natural. Watch for a double chin when posing. Keep the shoulders back, chest out, and tummy in. Side lighting is preferable. Keep the lens of the camera positioned at or just below the eyes.

SAMPLE PHOTOGRAPHS



EQUIPMENT



Camera

Any DSLR, mirrorless, hybrid, compact or smartphone



Lens + Hood

Headshot: 85mm - 200mm
½ Body: 35mm - 100mm



Lighting

Window light, outdoor natural light, electronic flash, large bounce cards.



Props & clothing

Simple clothes and props that represent the model.



ACTION ASSIGNMENT!

- 1- Select a model. Set up a portrait session indoor and another session outdoors. Select clean backgrounds with a neutral or solitary color.
- 2- **Indoor:** use a window for lighting. Use side lighting. (Optional bounce cards if necessary).
Outdoors: shoot during the Golden Hour. Experiment by using sidelight and backlighting along with bounce cards.
- 3- Keep the chin slightly elevated to eliminate a double chin. Keep the camera slightly below eye level for a masculine pose. Pose the arms to give a sense of masculinity (study the examples).
- 4- Setup your camera with these general tips: **ISO:** 400 (then adjust as needed) / **Format:** RAW (preferable) / **Focus Points:** Center grouping / **Drive Mode:** Single shot
Metering: Center-weighted / **Shutter Speed:** 1/250th telephoto - 1/125th wider lenses
Shooting Mode: Manual or Aperture priority / **Aperture:** From wide open to f/5.6 - Make sure the depth of field covers the eyes / **White balance:** Auto
- 5- Use the bounce cards as needed. Remember deeper shadowing on men is acceptable and often desirable.

HOW DID YOU DO?

- Did you properly place the focus on the eyes? Is your image sharp and free of camera shake?
- Did you capture an interesting and pleasant expression?
- Did you frame the shot tight enough?
- Did you use side lighting?

READY! SET! GO! **ACTION CARDS** - **GENRE:** PORTRAITS OF MEN