

# PORTRAIT POSING GUIDE

## HOW TO POSE... HEADSHOTS & HANDS

Digital  
**Camera**  
World



### LOOK DOWN

Ask your model to look down to give the shot a thoughtful mood and focus attention on the hands.  
Top tip: Use strong eye makeup and shoot this from above to get a better view of the lashes.



### WANDERING HANDS

Ask your model to bring their hands up to their face, with fingers on one hand resting on the palm of the other, and chin lowered down.  
Top tip: Whites under each iris give eyes impact.



### SIT DOWN

Ask the model to sit side-on, resting the elbows on the knees and with hands underneath the chin.  
Top tip: Hands create a nicer shape if side-on rather than flat, with fingers gently curled.



### ONE-HANDED

Ask your model to stand side-on, with her chin angled towards the front shoulder, then bring one hand up to delicately brush the cheek.  
Top tip: Crop the shot close to the hairline.



### SIMPLE BUT STRONG

A straightforward close-up is classic. Ask the model to look directly at the camera, lips slightly parted.  
Top tip: Try a very shallow depth of field for this; as they're straight on, both eyes should be sharp.



### WINDSWEPT

Ask the model to stand side-on, then use an electric fan to blow the hair across the face.  
Top tip: Moving hair makes composing, focusing and expressions tricky, so take plenty of shots.



### ENLIGHTENED

Ask your model to look up and to the side, and bring the hands up to the face, to create a reflective mood.  
Top tip: Eyes right suggests a more hopeful mood, while eyes left looks more contemplative.



### PERFECT SYMMETRY

Bring both hands together at the wrist with fingers on each cheek to create a symmetrical frame.  
Top tip: Angle the face towards your light source for good catchlights and flattering light.



### FRAME THE FACE

Bring one hand up to the chin, with the other arm resting on top of the head to frame the face.  
Top tip: Think about how to pose the hair to create a natural flow for the face.

# Photographers Posing Guide

**J D Wacker**



## Photographers Posing Guide:

**Dynamic Posing Guide** Craig Stidham, Jeanne Harris, 2013-08-29 Tips techniques and inspiration for creating perfect poses Effectively posing the human body is a challenge for nearly every photographer from amateur to professional Understanding how a model s pose body language and posture affect a photograph is crucial to success Author and professional fashion photographer Craig Stidham shows you how to guide a subject s personality through body language with hundreds of examples and suggestions Answers critical questions such as how can a photographer avoid having the subject look awkward How does one direct both experienced and inexperienced models Shares helpful posing tips and techniques for posing models in new modern and fashion forward ways Suggests ways to make strategic edits in post production to fix common posing mistakes Offers hundreds of examples of strong and stunning posing **Dynamic Posing Guide** teaches you the skills you need to identify strong modern posing techniques as you strengthen your photographic skills *The Photographer's Guide to Posing* Lindsay Adler, 2017-05-03 When photographing people you can have a great composition perfect light and the right camera settings but if your subject doesn t look right if the pose is off the shot will not be a keeper Posing is truly a crucial skill that photographers need to have in order to create great photographs If you re looking to improve your ability to pose your subjects whether they re men women couples or groups best selling author and photographer Lindsay Adler s *The Photographer s Guide to Posing Techniques to Flatter Everyone* is the perfect resource for you In the first half of *The Photographer s Guide to Posing* Lindsay discusses how the camera sees and thus how camera angle lens choice and perspective all affect the appearance of your subject Lindsay then covers things that ruin a pose such as placement of the hands and your subject s expression and posture Next Lindsay dives into posing essentials outlining her approach to start with a base pose then build on that to create endless posing opportunities She also discusses posing the face with specific sections dedicated to the chin jaw eyes and forehead as well as posing hands In the second half of the book Lindsay dedicates entire chapters to posing specific subject matter women men couples curvy women families and small groups and large groups In each chapter Lindsay addresses that subject matter s specific challenges provides go to poses you can always use and covers how to train the eye to determine the best pose for your subject s Lindsay also teaches you how to analyze a pose so that you can create endless posing opportunities and continuously improve your work **Foundations of Posing**, 2015-10-13 With tips for posing the young and old males and females singles couples and groups in both indoor and locations and in reclining seated and standing poses from full length to close up this book will walk you through all aspects of posing and balance with examples and easy to follow instructions **The Photographer's Guide to Posing** Lindsay Adler, 2017 If you re looking to improve your ability to pose your subjects whether they re men women couples or groups this invaluable guide is the perfect resource for you **Photographer's Guide to Posing, 1st Edition** Lindsay Adler, 2017 When photographing people you can have a great composition perfect light and the right camera settings but if your subject

doesn't look right if the pose is off the shot will not be a keeper Posing is truly a crucial skill that photographers need to have in order to create great photographs If you're looking to improve your ability to pose your subjects whether they're men, women, couples or groups, best-selling author and photographer Lindsay Adler's *The Photographer's Guide to Posing Techniques to Flatter Everyone* is the perfect resource for you In the first half of *The Photographer's Guide to Posing*, Lindsay discusses how the camera sees and thus how camera angle, lens choice and perspective all affect the appearance of your subject Lindsay then covers the five most important things that ruin a pose, such as placement of the hands and your subject's expression and posture If you can look out for and avoid these five things, your skills and your images will quickly improve Next Lindsay dives into posing essentials, outlining her approach to start with a base pose then build on that to create endless posing opportunities She also discusses posing the face with specific sections dedicated to the chin, jaw, eyes and forehead as well as posing hands In the second half of the book, Lindsay dedicates entire chapters to posing specific subject matter: women, men, couples, curvy women, families and small groups and large groups In each chapter, Lindsay addresses that subject matter's specific challenges, provides five go-to poses you can always use and covers how to train the eye to determine the best pose for your subject's In the final chapter of the book, Lindsay brings it all together as she teaches you how to analyze a pose so that you can create endless posing opportunities and continuously improve your work

*The Art of Posing* Lou Jacobs, 2010-04-01 From facial expression and body angles to camera optics and ideal lighting, this invaluable photography reference discusses all the facets of posing Featuring 10 acclaimed photographers and their exceptional images, this detailed guidebook illustrates how each artist approaches the practice of posing and offers his/her advice on how to achieve more successful and visually appealing portraits Business-related concerns are also addressed, ensuring that the professional photographer remains relevant and marketable in terms of composition and style

**The Portrait Photographers Posing Guide** Nigel Holmes, 2006-11-10 The classic Posing Guide Rules for posing people for portraits Drawn in cartoons making it easy to follow Serious invaluable advice on how to pose people in photographs Amateur Photographer

**Doug Box's Guide to Posing for Portrait Photographers** Douglas Allen Box, 2009-03-01 Often overshadowed by complicated lighting techniques or advanced postproduction tips, this resource seeks to remind the professional photographer of the fundamental importance of a subject's pose Conveniently designed in two-page spreads, a striking portrait on one side, a comprehensive how-to of the strategies used on the other, this reference includes countless techniques for studio sessions as well as outdoor and location shoots with individuals or groups, male or female clients and in sitting, standing or lying poses With advice from a well-known and respected professional, it covers all the basics, showing how to emphasize a client's assets and downplay perceived flaws, how to create a cohesive, engaging group photo, how to use natural elements on location to enhance an image and how to ensure that the result flatters the subject and adds the essential professional polish to an image

*Master Posing Guide for Portrait Photographers* J D Wacker, 2001-08-01 Photographers are guided through every aspect of posing

beginning with the consultation and continuing with specific tips for posing children high school seniors wedding parties families events teams groups and pets in this comprehensive manual Maintaining that good posing is 80 percent mental and only 20 percent technical this guide stresses the importance of communication between photographer and subject to creating a portrait that not only captures the subject's personality but also makes the subject comfortable fostering repeat business

**Posing for Portrait Photography** Jeff Smith, 2004-07-01 Aiming to help portrait photographers yield pleasing results with a variety of body types this tutorial evaluates the subject's appearance and suggests refining poses providing tips to make sure each subject ends up with a result they like Using before and after photos and working through every region of the body from the head to the feet acclaimed professional instructor Jeff Smith demonstrates simple posing adjustments and explains how various poses can conceal problem areas and maximize positive assets Also covered are common mistakes that photographers make when posing their subjects and how to best match that pose with the setting coordinating an overall feeling and style that makes every client look outstanding *The Portrait Photographer's Guide to Posing* Bill

Hurter, 2011-11 In the early years of photographic portraiture posing was an absolute necessity With extremely slow films equally slow lenses and a lack of artificial light sources time dictated long exposures Due to vastly improved technology photographers are now able to work freely and naturally recording spontaneity in their portraits yet not forgetting the posing rules that existed As Bill Hurter shows in *The Portrait Photographer's Guide To Posing* there is room in the market for both approaches *Master Posing Guide for Wedding Photographers* Bill Hurter, 2009-04-01 Outlining a theory that combines the refinement of traditional posing techniques with the more organic spontaneous techniques of photojournalism this creative and informative resource offers poses that rely on personality and interaction These instructions from a veteran wedding photographer provide the skills needed to recognize what makes a great pose and how to subtly direct your clients to achieve the needed balance between looking great and looking comfortable Ultimately this grouping of modern and traditional shots offers answers to the complications faced when attempting to pose wedding parties quickly while keeping the natural look that all wedding couples desire **Professional Posing Techniques for Wedding and Portrait Photographers** Norman

Phillips, 2005-10-28 Combining two disciplines posing and wedding portraiture this professional resource helps photographers create flattering poses to build the best possible portraits and highest possible sales Photographers are taught how to position the head shoulders torso arms hands legs and feet to correct figure flaws make a client feel relaxed and evoke a dynamic image that tells a story or defines a relationship The challenges of shooting on location are addressed with tips for adjusting poses in any situation A discussion of body language and how small **Jeff Smith's Posing Techniques for Location Portrait Photography** Jeff Smith, 2007-12-01 This comprehensive guide to location portraits teaches the basics of good head to toe posing indoors and out and shows the classical approaches used throughout photographic history to create a pleasing rendition of the human form Additional introductory chapters detail the four main posing styles and

reveal how to determine which will work best with a subject their clothing the location and the purpose of the portrait Chapters for advanced photographers highlight the creation of a wide variety of individual and group poses including ground seated head and shoulders and standing to be utilized in tandem with stairs rocks and other architectural and natural elements A chapter devoted to the essential business skills needed to professionally schedule appointments work through consultations manage sessions and present and deliver final prints is also included

**Professional Portrait Posing** Michelle Perkins, 2007-08-01 A brief introduction to the basic principles of creating a flattering pose accompanies chapters devoted to 12 acclaimed photographers who present and discuss their favorite most successful and most challenging photos Widely regarded for their flattering inventive and cutting edge posing techniques these professionals cover why the pose was selected how it complemented the subject and the scene and how it works to make the subject look his or her best The special challenge of group portraits is also covered by many of the contributors Additional topics of discussion include personalized tips for learning the art of posing common problems they see in portraits and their solutions and suggestions and ideas for researching poses

*Posing for the Camera* Harriett Shepard, Lenore Meyer, 2010-10-28 This book is not a compilation of Do's and Don'ts It seeks to organize thought on the part of photographers directors and models as to where posing begins and how it is accomplished Step by step we will take the major and minor components of the posing figure and show how they function in relation to the camera their possibilities and their limitations Once you know how the figure functions and the results thereby obtained it is up to you to decide whether the pose is desirable or undesirable for the job at hand For instance a certain hand position may be generally recognized as awkward or conspicuous This position would be undesirable if you wanted your picture to express grace and loveliness On the other hand it could very well serve to characterize a gangling teenager or call attention to an object or important copy in an advertisement This book is not meant to impose our personal opinions upon you Its intent is to increase your awareness of how symmetry of figure in pictures follows a consistent pattern That pattern when analyzed establishes basic truths that beat like a motif throughout prize winning and time tested pictures These truths are the fundamentals of which we speak

**Master Posing Guide for Children's Portrait Photography** Norman Phillips, 2006-09 In this unique book author Norman Phillips draws upon his own experience and that of the other top children's photographers compiling a wide range of portrait examples insights and strategies for producing memorable cutting edge and timeless images Filled with step by step tips for posing boys girls twins and triplets and groups whether on location or in the studio this is one book that photographers will rely on time and again

**Master Posing Guide for Portrait Photographers** J. D. Wacker, 2012 Updated with new photos and a revised text to reflect the latest techniques and styles in posing and portraiture this second edition of a bestselling book is a welcome addition to the photography libraries of both professional and amateur photographers Using a method called the three Cs of posing compliment the subject correct any appearance issues and convey something to the viewer the author provides step

by step instructions on capturing natural looking poses in endless varieties Whether the subject is an athlete a judge a beauty queen a mom or a musician this book shows how refin     Posing Techniques for Photographing Model Portfolios Billy Pegram,2008 Takes the guesswork out of posing models and provides photographers with the knowledge they need to avoid common pitfalls It also illustrates numerous posing variations and shows readers how to use poses to achieve a number of different creative objectives Pegram provides images that illustrate basic poses and shows a host of subtle variations making this title not only a great instruction manual but an inspiring ideas book too     Posing Techniques for Photographers and Models Cheyenne,1983 Gives practical advice on selecting the best poses for showing clothing and commercial products and shows examples of good and poor poses



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