Flash Photography

Scripture for Meditation:
"You are the light of the world. A city set on a hill cannot be hidden; nor does anyone light a lamp and put it under a basket, but on the lampstand, and it gives light to all who are in the house. Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven."

Matthew 5:14-16 (NASB)

Project Description: In this assignment you create a series of photographs using different flash photography techniques.

Assessment: Your photo will be assessed using the Photography Rubric.

Shooting Guide:
- Images must be made in manual exposure mode
- Images must be properly focused and have proper exposure
- Do not do post production on the images

Procedure:
1. Make the following 8 pictures:
   a. ***Indoor Meter Recommended No Flash***: Set your camera in manual mode, then, using your camera's meter, determine the proper exposure for the current lighting conditions indoors without a flash and take one picture.

   b. ***Indoor Meter Recommended with Flash***: Using the same subject and exposure settings as Picture 1 except this time use the flash too. If the image is overexposed, dial the flash power down using *flash exposure compensation* and take the picture again.

   c. ***Outdoor Meter Recommended no Flash***: Go outside and choose a subject that is within 3-8 feet of your camera. With you camera in manual mode, determine the proper exposure for the current lighting conditions outdoors using your exposure meter, but do not use a flash. (Do not use a shutter speed faster than 1/200th of a second otherwise picture number 4 will be over exposed because your camera synchronization is probably around 1/200th of a second and it will default to the flash sync speed once the flash is popped up.)

   d. ***Synchro-sunlight:*** Using the *same subject and exposure settings used for Picture C above*, take one *Synchro-sunlight* (i.e. balanced fill-flash outdoors) picture (if your images are overexposed from the flash, use *flash exposure compensation* and dial down the flash settings. If you change this setting be sure to put it back to the middle when you are done.)

e. ***1st/Front Sync***: Go indoors and take one 1st/front curtain sync picture
    i. Go indoors & darken the room (some light is okay)
    ii. Set your camera to front/1st curtain flash sync (This is the default setting so you may not need to change it.)
    iii. Use a wide angle lens
    iv. Put your camera in manual mode
    v. Set your ISO to 100
    vi. Set your shutter speed to 1 second
    vii. Set your aperture to f/5.6
    viii. Have someone walk through your frame holding a flashlight or a phone that is illuminated (if you have to make the picture of yourself use a timer)
    ix. Take a picture of the subject, but do not pan with the action

f. ***2nd/Rear Sync***: Using the same location and subject as in picture 5, take one 2nd/rear curtain sync picture.
    i. Set your camera to rear/2nd curtain flash sync (If your camera does not have Rear Sync do another Front Sync picture.)
    ii. Using the same subject and settings as the front sync picture repeat steps viii-ix from from above

g. ***Slow Sync Panning***: Using a slower shutter speed take a panning picture of someone walking.
    i. Go indoors or to a relatively dark location.
    ii. Set to either 1st/front or 2nd/rear curtain
    iii. Set your shutter speed to a slower shutter speed (¼, ⅛, 1/15)
    iv. Determine your aperture and ISO for the location and lighting using your exposure meter and the selected shutter speed.
    v. Pop up your flash.
    vi. Use a panning technique to photograph a person walking past you.
    vii. Check the image, if the flash was too bright dial it down using flash exposure compensation and make another photograph.

h. **Light Drawing/Writing & Flash:** Using a flashlight to draw/write and a flash to stop the motion of the person drawing/writing make a high quality flash photography image.
    i. If a tripod is available, use it, if not this can be done hand held in a dark location.
    ii. Go indoors or to a relatively dark location.
    iii. Set to either 1st/front or 2nd/rear curtain (depending on the look you are going for)
    iv. Set your ISO to 100
    v. Set your shutter speed to between 4 and 30 seconds
    vi. Set your aperture to 5.6
    vii. Make a plan with your subject as to what will be drawn or written and be sure that it will fit within the frame; adjust your focal length or camera to subject distance as needed.
    viii. Focus on your subject (you may wish to lock off focus at this distance so that the camera does not try to hunt for focus before the picture is made.)
    ix. Have your subject hold a flashlight and point it toward the camera.
    x. Let your subject know that you will make the picture on "three" and he or she should begin drawing/writing as soon as you say "three".
    xi. Count to three and press the shutter button on "three".
    xii. Hold the camera steady while the subject is drawing/writing.

2. Upload your 8 pictures to your shared Lightroom Album and create a section called Flash Photography.

3. Title each picture in Lightroom with the technique used (it would be best to copy and paste them from above).

4. Respond to the following questions and turn in the assignment:
   a. What differences did you notice between the natural/existing light pictures and those in which the flash was used?

   b. What technical difficulties did you encounter and how did you overcome them?

   c. What was fun about doing flash photography?

   d. What questions do you still have about flash photography?

   e. How do you think you may use flash photography in the future?

   f. Read the Scripture for Meditation above and answer the following questions:
      i. Why do you think God is supposed to get glory when we do good works?

      ii. How do you think you are doing when it comes to being light in the world and why do you say that?