COMPOSITION & FRAMING

CAMERA FRAMING & COMPOSITION

- **COMPOSITION** - arrangement of people and/or objects within a shot to provide an aesthetically or visually pleasing picture.
- **FRAMING** - element of composition which defines the kind of shot.
  - Extreme Wide Shot (EWS) or Establishing Shot
  - Wide Shot (WS) head to toe
  - Medium Wide Shot (MWS) head to knees
  - Medium Shot (MS) head to waist
  - Medium Close Up (MCU) head to chest
  - Close Up (CU) head to collar/top of shoulders
  - Extreme Close Up (ECU) head to chest
- **ANGLES – height of the camera**

Low angle – looking up gives powerful imagery

Hi angle - looking down gives vulnerable/weak imagery

THE THREE ELEMENTS OF PROPER FRAMING & COMPOSITION ARE:

Headroom/Talk space **Balance** **Background**

HEADROOM and TALK SPACE

HEADROOM is the space above a subject's head and below their chin. You should not leave too much space above a person's head. If you use the RULE OF THIRDS, you will not have to worry too much about headroom.

TALK SPACE is the space between the edge of the screen and the object's face (profile).

BALANCE

In general, avoid symmetry unless you're using it for effect. Contrast in the shape and size of subjects & objects within a frame for interesting composition.

BACKGROUND (Juxtaposition)

Don't let backgrounds distract from the real focus of the picture. However, pay attention to what is in the background because it is still a part of the whole picture. Avoid distractions such as bright or overpowering backgrounds as compared to your subject. JUXTAPOSITION is the relationship of background items to your subject. You don't want things to be growing out of your subjects' heads!

OTHER SHOTS

Over the Shoulder (OTS) – used to give perspective or detail information

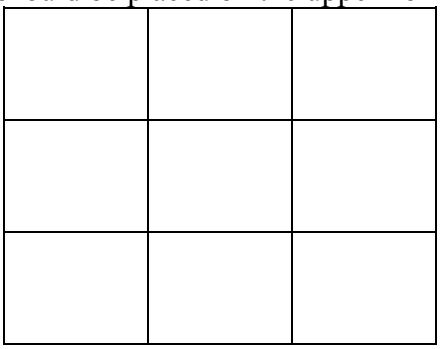
Profile – shows subject from the side, sometimes used to show a conversation between people

2 shot/ 3 shot – Signifies how many people are in a shot, for example a M2S is a medium 2 shot

RULE OF THIRDS

The RULE OF THIRDS will guide your composition and alleviate HEADROOM,TALK SPACE, and BACKGROUND problems. It gives you a guide for placement of any interviewee or object in the screen. You have to mentally divide the frame into thirds horizontally and vertically. Then you place your center of attention at one of the four intersecting points.

Generally, the subject's eyes should be placed on the upper horizontal line.



TV SCREEN

ONE LAST TIP:
When framing shots, don't cut off right at the joints because it makes people look as if their limbs have been severed and are not connected to a body. So a medium shot is to the waist, but your shot should be right above or right below the waist.

FRAMING & COMPOSITION EXAMPLES



Too Balanced,
Shot is boring



Interesting, balanced
Medium Close-UP (MCU)



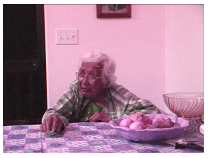
Too much to Left
Off Balance



Too much Headroom



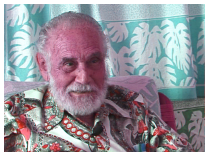
Not enough Look Space



Too much headroom,
& too balanced



Juxtaposition problem
Plant coming out of his head



GOOD FRAMING!
Good amount of headroom,
Shot is balanced & interesting