

Lecture Notes: Avoiding Camera Shake & Tripods

How To Get Sharp Photos – The Holy Grail of Photography

Camera Shake - Hand-Holding

- Camera Shake is not the same as poor focus
- Using a slow shutter speed
- Small camera movements
- Shake is magnified when zooming
- Get a camera with a viewfinder!
- Using a camera with only an LCD monitor is prone to shake because of way the camera is held away from body

Buying a Tripod

- Buy the biggest and best you can afford
- Buy the heaviest that YOU CAN & WILL CARRY
- Consider a monopod as a second support
- You most likely need to consider a *Tripod Head*
- Aluminum is light, but Carbon Fiber is much lighter
- Consider how much weight it will hold
- Get one that goes low to the ground
- Consider the leg-locks (lever or knurled knob)
- Three sections are more stable than four
- Spread tripod legs wide for stability
- Avoid using the center column

Holding Your Camera (When you have no tripod)

- **GRIP** with Right Hand
- **SUPPORT** with Left Hand
- **ELBOWS IN**
- **TUCK** Arms Against Body
- **CONTROL BREATHING** >> Inhale, Start Exhale, Stop half-way, Squeeze the Shutter, Finish Exhale
- **SQUEEZE** - don't punch - the Shutter Release

Hand-holding Techniques Shown

- Elbows In
- Raise Your Left Shoulder
- Create a Tripod With Your Knees
- Lay Down
- The Machine Gun Hold
- Cradle It

Other Tips & Techniques

- Use a Remote (Wireless) Shutter Release
- Use the Self-Timer to Avoid Shake from Finger-press
- Take Multiple Shots ("Burst Mode")
- Use Mirror Lock-up (advanced D-SLRs)
- Use a Wall or Post to Lean Against

Products Mentioned (Amazon.com prices)

- Manfrotto 680B Monopod \$60
- Manfrotto 682B Self-Standing Monopod \$109
- Manfrotto 486RC2 Compact Ball Head with RC2 Rapid Connect System \$75
- Manfrotto 676 (\$31) and 680 (\$60) Monopods
- Manfrotto 234 Monopod Tilt Head \$23 or Manfrotto 234RC Monopod Tilt Head w/Release Plate \$40
- Manfrotto 709B Digi Table Top Tripod with Ball Head \$40
- Bottle Cap Tripod www.PhotoJoJo.com \$10
- The Quikpod www.Quikpod.com Start at \$17
- The Pod - Bean Bag Portable Support www.thePod.ca Start at \$19
- Fat Bag www.KirkPhoto.com Empty \$40, Filled with crushed walnut shells \$42
- Gorillapod www.Joby.com Start \$20
- Manfrotto 243 Car Window Pod \$34
- Sunpak ClampPod Pro Clamping Tripod \$20
- Manfrotto 175F Spring Clamp with Flash Shoe - (a.k.a. *Justin Clamp*) \$57

Important Links

- Bogen: www.BogenImaging.us
- Manfrotto (through Bogen): www.Manfrotto.com
- Velbon: www.Velbon.co.uk
- Gitzo: www.Gitzo.com [high-end carbon fiber]
- Kirk Enterprises: www.KirkPhoto.com [ballheads, camera plates, bean-bag pod, and more]
- DIY String Tripod: www.instructables.com/id/String-Tripod/
- www.Amazon.com ---> where Sandro shops for just about everything