

Filming Principles I: Manual on Style and Angles

What is a frame?

A frame is what you show on your video. Frames have different sizes and angles depending on how near/far you are away or if you are looking down, up or on an eye-level.

What does a frame do?

How you show something through your camera is basically how people will look at your world. This is why it is called "Visual language". Your visual language has conscious and subconscious effects. For instance: Looking up makes something appear bigger, on the other hand; looking down makes something appear smaller and more helpless.

Tip: When you put together your shot list you want to make a note not only **what** you show but **how**

Why is using different frames sizes is important?

The most important for you is vary your frame sizes because it will make your video more interesting.

Remember the two most important rules:

- **5 Seconds Rule** – Whenever you film something count until 5 (shorter pieces of video material cannot be used in the edit)
- **2 Angles-Rule** – Try to film every scene from one than more angle. Each angles differs 30 degrees (not needed for interviews)

Avoid Zoom and Pan (moving the camera over a landscape). They are an art in themselves. Even seasoned professional camera people invest a lot of time and effort to make them smooth. If you cannot resist, try to film it as an option but have alternatives ready.

Frame Sizes (most frequent types)

Long-Shot – Good for introductions/ Establishing a Scene (in its extreme form also: the panorama)

Mid-Shot – Good for groups of people or showing an action

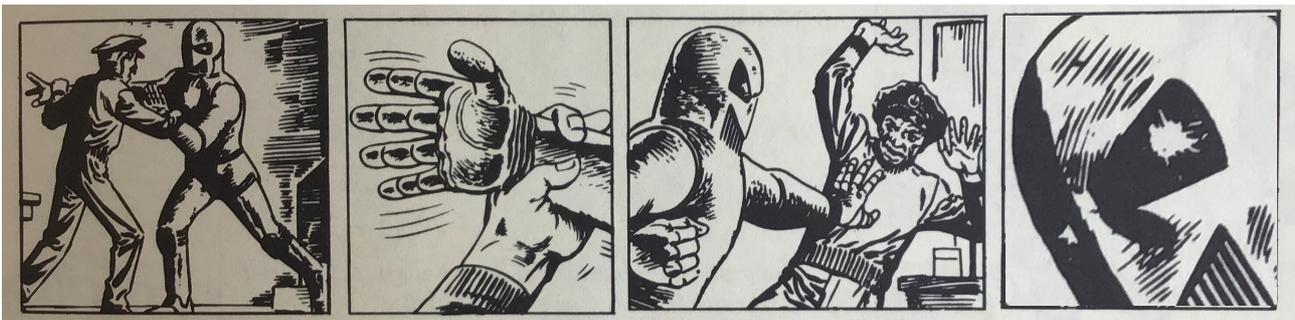
Close-Up – Interviews (Medium Close-Up with some of the shoulders visible), People looking, Details

Tip: Produce Cut- Away: When filming a scene it is always good to have people looking at what is happening. Those are usually close-ups and used to "cut-away" and back from the main happening.

Extreme Close-up – Very clear detail, intimate (very often too intimate)

Choose your distance:

Remember the distance you take to the people in video filming will be the distance the viewer will have to what you show. If you stay far, people will see more but maybe connect less to a very specific thing. If people are very close, it may come across as intrusive.



Long-shot

Close-up

Mid-Shot

Extreme Close-up