

### Framing and composition

**Composition:** what is in the frame and where it's located.

#### Rule of thirds

**Leading lines** Use the natural lines of the environment to draw the viewer's eye where you want them to look

#### Balance

**Head room** Make some space for the main subject's head in an interview

**Looking room** Make some space in the room direction the subject is looking at

#### Symmetry

**Depth** Can be achieved by opening up your camera's aperture and blurring the background. Also by making physical distance between the subject and background, like not shooting right in front of a wall.

**Framing** Finding artificial frames like windows, boxes, furniture creates interesting depth, gates, stairways.

### Credits

"7 Rules of Cinematic Framing and Composition" by Kellan Reck

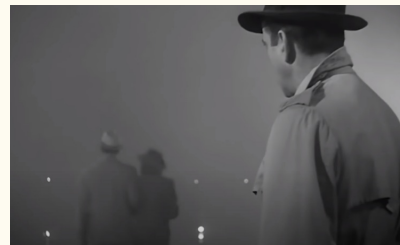
### Rule of thirds



### Balance



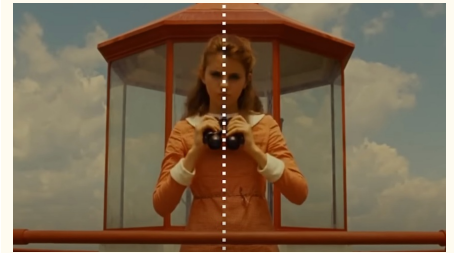
### Depth



### Leading lines



### Symmetry



### Framing



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Page 1 of 1.

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