
TUNER PHOTOGRAPHY

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Up-to-the-Click Training Series

Nikon Flash Lighting Set Up Guide

Tutorial by:

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Tuner Photography

This tutorial is a flash and lighting set up guide. Key components:

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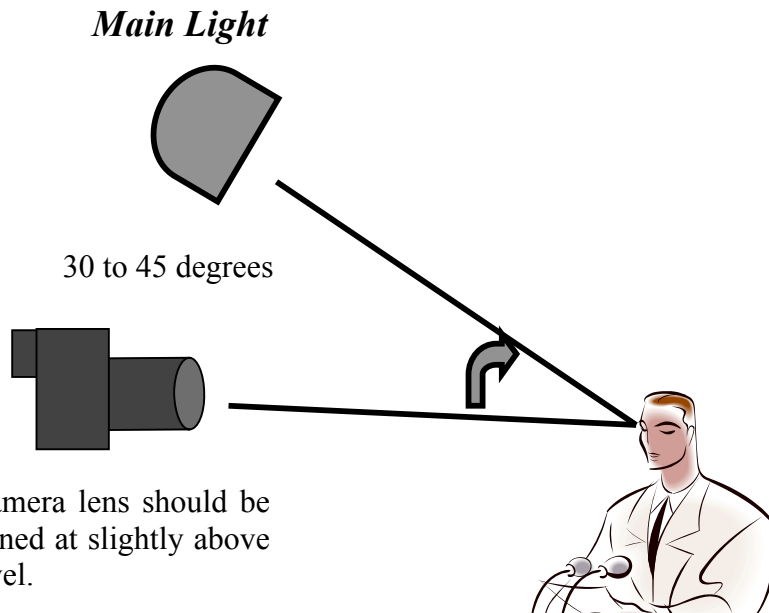
Page 7 Equipment List for Portrait Lighting Set Up

Every photographer has a personal preference as to what they consider to be the best lighting set up and lighting ratios. Which means that photographers develop a personal vision and style over time and their photographs reflects their preferences. I believe there are no correct or incorrect lighting set ups just different photographic styles. To develop your style and preference you need to try different lighting set ups and lighting ratios until you find that set ups you prefer. This guide can serve as a starting point in developing your photographic lighting preferences, vision and style.

Step One

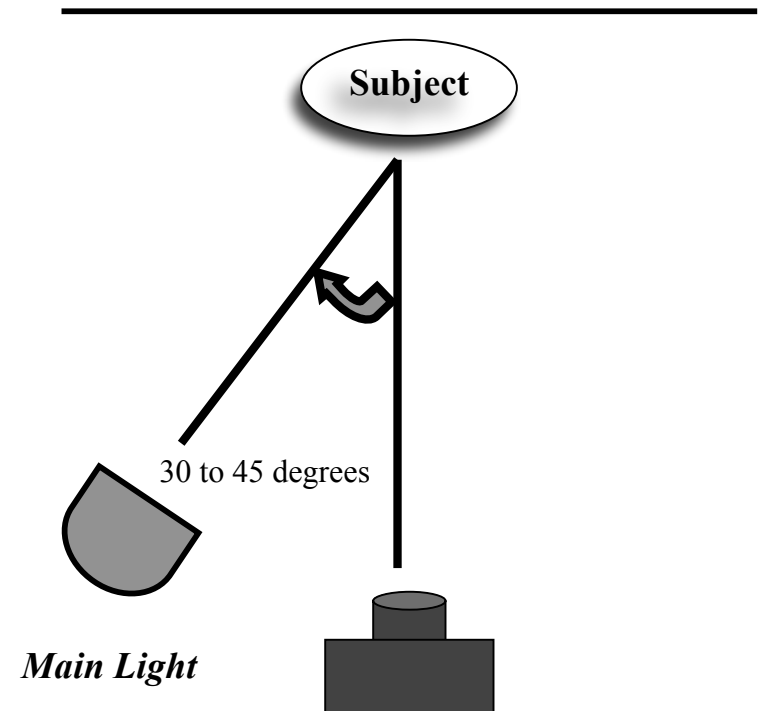
Begin with No Light then Add Your Main Light

Side and Top View – Main Light Set Up



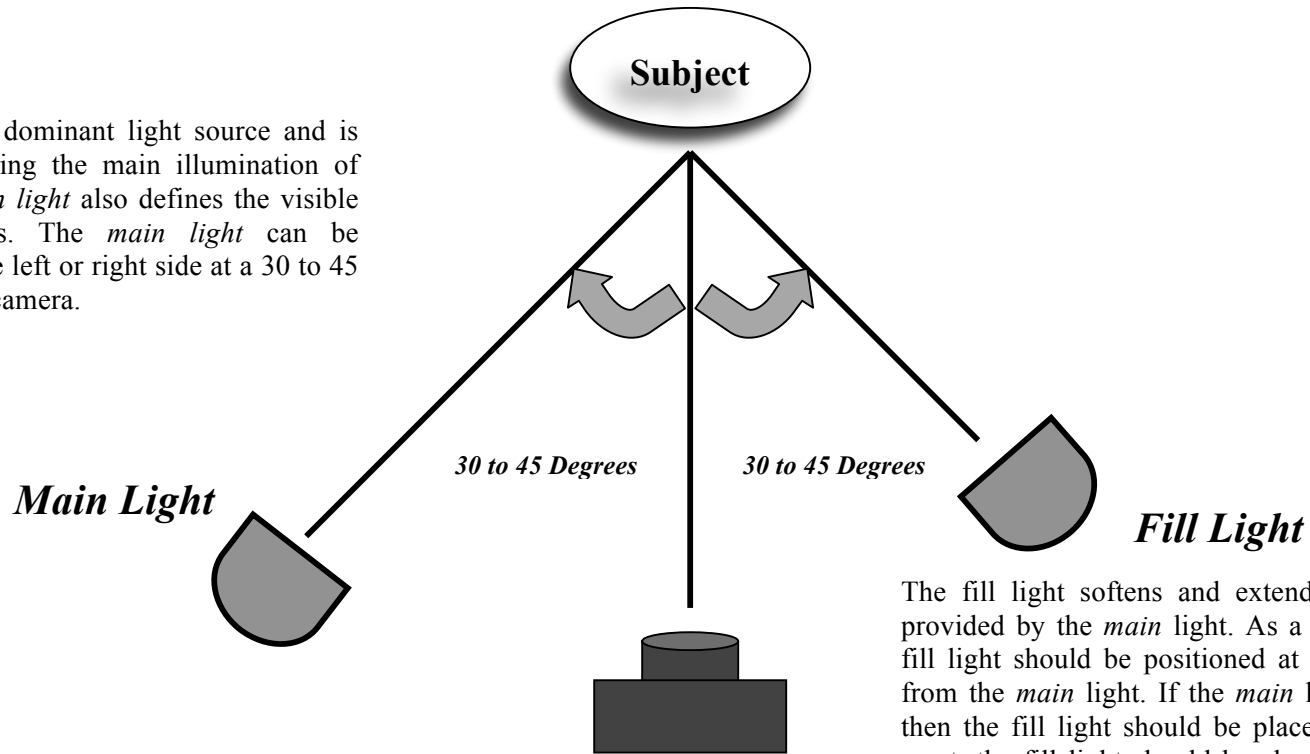
The camera lens should be positioned at slightly above eye level.

The main light can be positioned on either the left or right side of the camera. Raise the main light above the camera, so the light falls on your subject from a 30 to 45 degree angle. Regardless of the number of lights used in a portrait set up the main light is your dominant light source and is the main shadow producer in the scene and casts the strongest (darkest) shadows.



Step Two
Add a Fill Light to the Set Up
Top View – Main Light and Fill Light Set Up

The *main light* is the dominant light source and is responsible for providing the main illumination of your subject. The *main light* also defines the visible lighting and shadows. The *main light* can be positioned on either the left or right side at a 30 to 45 degree angle from the camera.



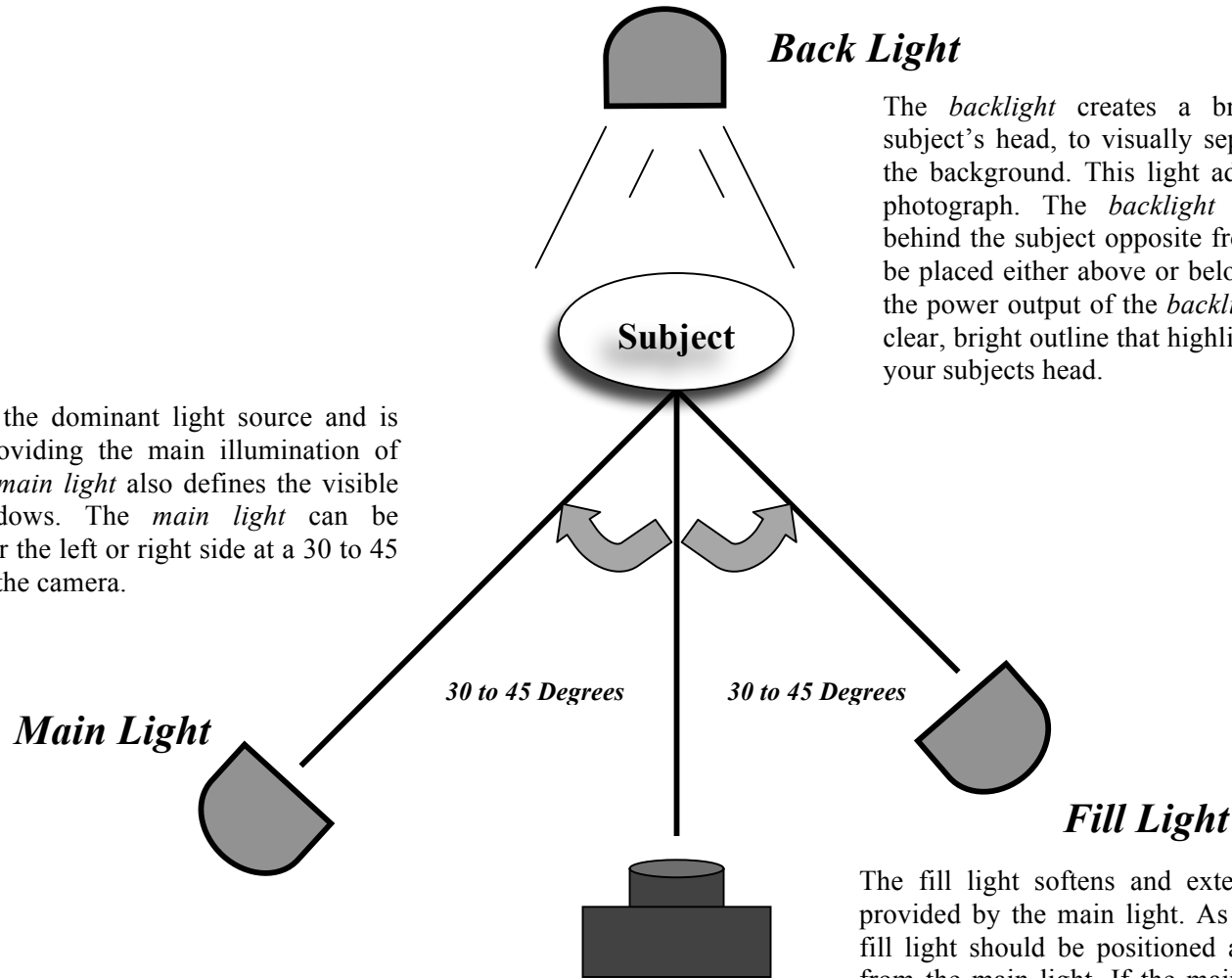
The fill light softens and extends the illumination provided by the *main light*. As a rule of thumb, the fill light should be positioned at the opposite angle from the *main light*. If the *main light* is on the left, then the fill light should be placed on the right. At most, the fill light should be about half as bright as the main light, producing a 2:1 main to fill ratio.

Step Three

Add an Optional Back (Rim) Light to the Set Up

Top View – Main Light, Fill Light and Back Light Set Up

The *main light* is the dominant light source and is responsible for providing the main illumination of your subject. The *main light* also defines the visible lighting and shadows. The *main light* can be positioned on either the left or right side at a 30 to 45 degree angle from the camera.



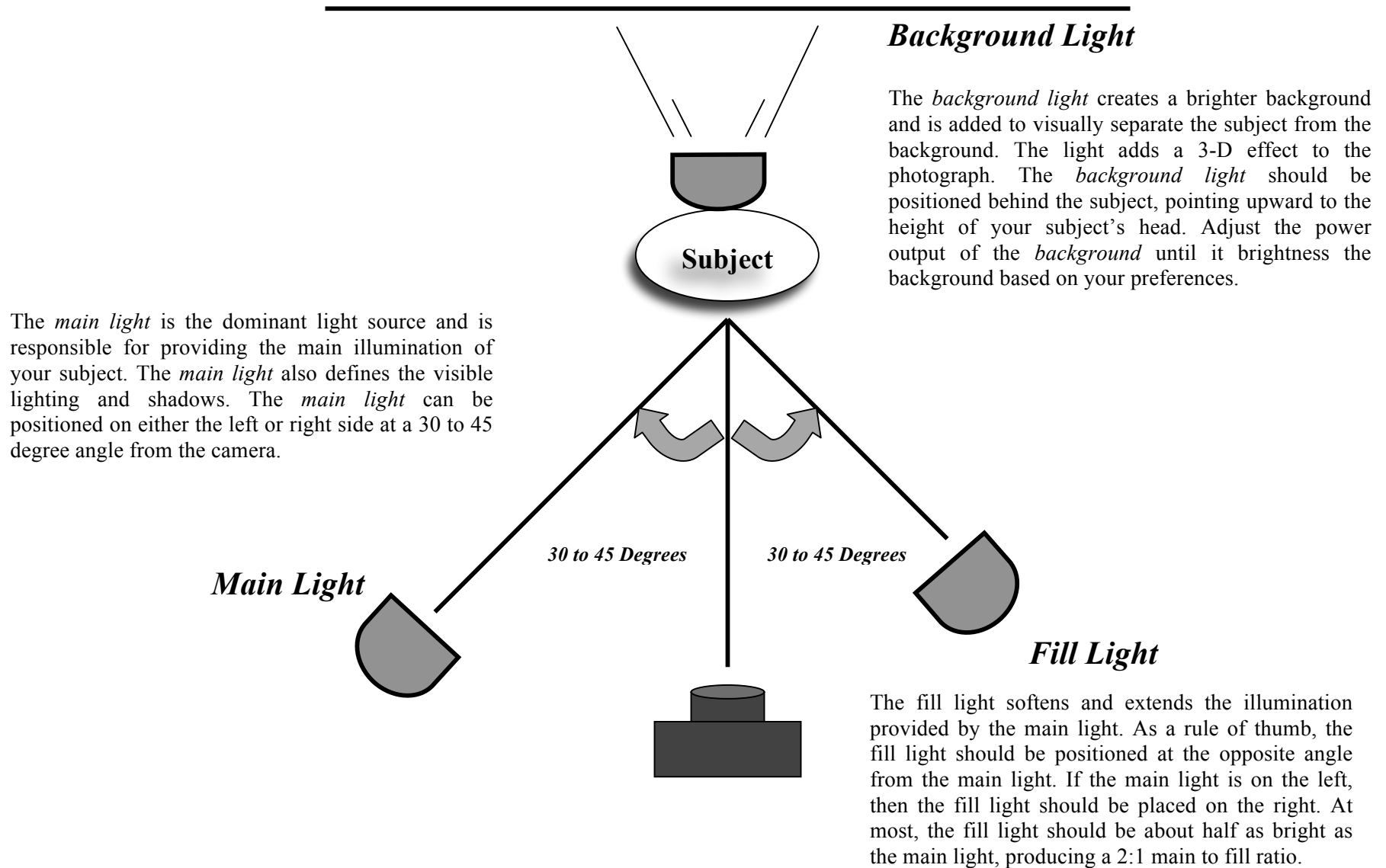
The *backlight* creates a bright line around the subject's head, to visually separate the subject from the background. This light adds a 3-D effect to the photograph. The *backlight* should be positioned behind the subject opposite from the camera and can be placed either above or below your subject. Adjust the power output of the *backlight* until it gives you a clear, bright outline that highlights the top and side of your subjects head.

The fill light softens and extends the illumination provided by the main light. As a rule of thumb, the fill light should be positioned at the opposite angle from the main light. If the main light is on the left, then the fill light should be placed on the right. At most, the fill light should be about half as bright as the main light, producing a 2:1 main to fill ratio.

Step Four

Add an Optional Background Light to the Set Up

Top View – Main Light, Fill Light and Background Light Set Up



Equipment List for Portrait Lighting Set Up

Note: Item numbers are from B&H Photo. Prices and item numbers are subject to change. Prices are listed as a guideline not a guarantee.

B&H Photo <http://www.bhphotovideo.com/>

Alzo Digital <http://www.alzodigital.com/>

Thomas Distributing <http://www.thomasdistributing.com/index.htm?gclid=CKix84Dfsp4CFY915QodbDWbpA>

Really Right Stuff <http://reallyrightstuff.com/index.html>

Lumiquest <http://www.lumiquest.com/>

Sticky Filters - <http://stickyfi.startlogic.com/index.html>

Impact - Umbrella

Two (2) - Air Cushioned Light Stand - Black - 10' \$ 44.95
Mfr # LS10AB • B&H # IMLS10AB

Two (2) - Umbrella Bracket with Swivel Mount and Flash Shoe \$ 14.99
Mfr # 3117 • B&H # IMBSM

Two (2) - Convertible Umbrella White Satin with Removable Black Backing - 45" \$ 14.95
Mfr # UBBW45 • B&H # IMU45BW

Botero - Background

Botero #020 Collapsible Background (5x7') (Streaked Grey) \$ 63.50
Mfr # C02057 B&H# BOBC57020

Nikon Commander Unit

SU-800 Wireless Speedlight Commander Unit \$254.95
Mfr # 4794 • B&H # NISU800

Nikon Speedlight

Nikon SB-900 AF Speedlight i-TTL Shoe Mount Flash (Guide No. 131'/40 m at 35mm) \$469.95
Mfr # 4801 • B&H # NISB800

SB-600 Speedlight i-TTL Shoe Mount Flash (Guide No. 98'/30 m at 35mm) \$218.95

Nikon Wireless Remote Slave

Nikon SU-4 Wireless Remote Slave TTL Flash Controller (with SG-2 Diffuser) \$ 88.50
B&H# NISU4 Mfr#3070

Nikon – Battery Packs

SD-8A Battery Pack \$199.95

Nikon SD-9 Battery Pack for SB-900 Speedlight

Nikon Flash Cable

SC-28 TTL Off-Camera Shoe Cord - 3' Coiled \$ 54.95

For SB-900, SB-800, SB-600 Flash & SU-800 Commander

B&H# NISC28 Mfr# 4765

SC-29 TTL Off-Camera Shoe Cord with AF Assist - Coiled 3-9' \$ 79.95

For SB-900, SB-800, SB-600 Flash & SU-800 Commander

Mfr# 4766 B&H Catalog # NISC29

ALZO Porta-Flash Large Softbox features

http://alzodigital.com/online_store/alzo_porta_flash_large_softbox.htm

ALZO Large Softbox for Porta Flash Speedlight \$104.01

24" x 24" face dimensions

ALZO Large Softbox for Porta Flash Speedlight \$110.95

24" x 36" face dimensions

Lumiquest – Reflectors and Snoot

LumiQuest Snoot - for Shoe Mount Flash \$ 23.95

B&H# LUSQ Mfr#LQ-114

LumiQuest Pocket Bouncer - for Shoe Mount Flash \$ 21.95

B&H# LUPB Mfr#LQ-101

Clamps

Ultrapod Ultra Clamp Assembly with 1/4"-20 Screw \$ 21.95

B&H# ULUC Mfr#PD05020

Manfrotto by Bogen Imaging 175F Justin Spring Clamp with Flash Shoe \$ 54.95

B&H# MA175F Mfr#175F-1

Thomas Distributing – Rechargeable Batteries

<http://www.thomasdistributing.com/index.htm?gclid=CK-0gubbsp4CFdA65Qod7C1Vpw>

Powerex 2700

AHA Powerex 2700 MAH AA

8 NIMH Rechargeable battery

http://www.thomasdistributing.com/shop/maha-powerex-2700-mah-aabr8-nimh-rechargeable-batteriesbr1-free-8-cell-battery-holder-totalbrone-year-warranty-by-maha-p-642.html?SP_id=&osCsid=a98rm8a91donrsllit8gi3gna7

Really Right Stuff – Flash Bracket

Wedding Pro Flash Bracket, the WPF-1

\$150.00

<http://reallyrightstuff.com/flash/04.html>

Sticky Filters – Gel filters

<http://stickyfi.startlogic.com/index.html>

Filter Pack 2 x 3.25 inch

\$ 49.95

<http://stickyfi.startlogic.com/page3.html>

Crane – Cold Shoe for Nikon Flash

Crane SLSN Flash Shoe Mount Adapter - for Nikon Flash with Locking Pin

\$ 14.95

B&H# CRSLSN Mfr# SLSN