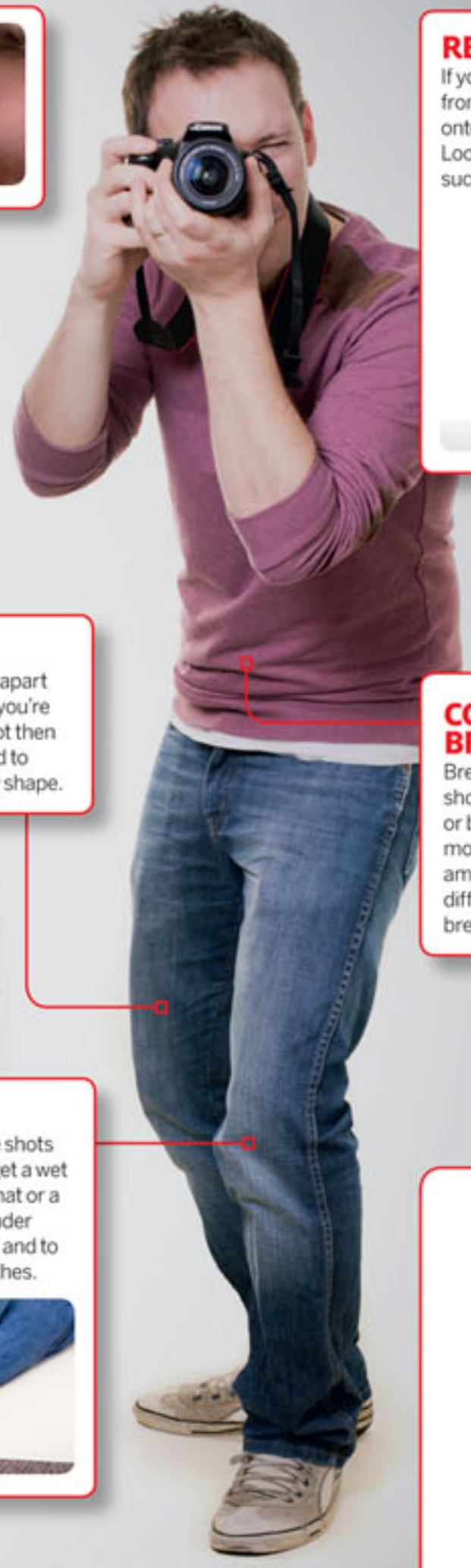


How to hold a camera

It's worth taking a few minutes to practise holding your camera before you start shooting – you'll get sharper shots



FINGER
The camera body is designed to be gripped with your right hand and your index finger over the shutter release. You should be able to press the button without having to reposition your grip.

HAND
Rest your lens in your left hand. You should be able to twist the barrel of the lens to zoom or focus with this hand, leaving your right hand to grip the camera body.

ELBOWS
Tuck your elbows into your body to keep your camera sturdy. The further out your elbows are, the more unstable you will be.

EYEBROW CONTACT
Lift the camera up to your eye and rest the viewfinder against your eyebrow. This makes another point of contact on the body for more stability.



PORTRAIT
If you need to switch your camera to a portrait orientation then turn it over so the shutter release sits at the top. If you do it the other way around your arms will become all twisted up!



LEGS
Place your legs a little apart so you're balanced. If you're leaning in to take a shot then move one foot forward to create a sturdier body shape.

TAKE A MAT
When kneeling to take shots outdoors, you might get a wet or dirty knee. Take a mat or a plastic bag to place under your knee for comfort and to avoid ruining your clothes.



BACK PANEL CONTROL
With your hands in the correct position, your thumb is well placed to access the controls on the back of the camera to alter the shooting settings.



BRING ONE LEG UP
By coming down into a crouching position and bringing your leg up you can turn your body into a human tripod. Place your elbow on your knee to connect your leg and arm together, creating a braced position so you don't wobble around.



REST ELBOWS
If you have a surface area in front of you, lean your elbows onto it to steady yourself. Look for level surfaces, such as a table or wall.



CONTROL YOUR BREATHING
Breathe out when you take a shot. If you hold your breath or breathe in, you'll find you move around a lot more. It's amazing how much of a difference controlling your breathing can make.

LEAN IN
Leaning against a wall creates instant support for your camera. This can be useful when shooting at slow shutter speeds without a tripod.

