

THE MOST COMPREHENSIVE PORTRAIT EDUCATION IN THE WORLD.

STARTUP

STARTUP
PORTRAIT

WEEK 4
POSING



by SUE BRYCE

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SUE BRYCE
EDUCATION

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POSING CHALLENGE

FIVE CHALLENGES:

1. Five changes per pose (hands) (*Sue Demo Live*)
2. Draw your sets match your outfits choose your poses.
3. Body language brothers couples (*Sue Demo Live*).
4. Curves client shoulder drop and open up using tilts and angles.
5. Change composition 1, 2, 3, 4, and 5 (*Sue Demo Live*).

CHALLENGES:

Five changes per pose: hands, composition, and shoulders.

[Click here to watch video.](#)

Draw your sets match your outfits. Choose your poses how I map my shoots.

[Click here to watch video.](#)

Break each shoot down to four looks and four poses.

Example: (*Sue demo live*)

[Click here to watch video.](#)

Reference each pose with an image or drawing.

Match four outfits with four backgrounds.

USE your compositions for multiple looks 1, 2, 3, 4, 5, and horizontal.

Change the hands 1, 2, 3, 4, and 5

1

THE WALL

Different Compositions
& Horizontal Beauty Shot

45 Degrees

Sitting On The Floor

Facing The Wall

2

COUCH OR OTTOMAN

Sitting On Floor Leaning Back

Lying On Tummy

Lying On Back

Leaning On Couch Arm

3

BOX OR BARSTOOL

Sitting On Box

(Elevate/stagger knees up into frame.)

Leaning Onto 1 Box Shoulders at 45°

Triangles & Diamonds

(1 Foot elevated front on.)

Sitting rotation

4

FREESTYLE (NO PROPS)

Covergirl & Rotation

Standing Covergirl

Standing Rotation

(Use the dress.)

Hips, Hourglass, and Arms

(Shaping around the body.)

Leaning Onto a Box

(Beauty Shot)

CHALLENGE

Body Language Brothers, Couples

Sue demonstrates with Gerson.

[Click here to watch video.](#)

Brothers, Jenn & Steve

[Click here to watch video.](#)

CHALLENGE

Curves client shoulder drop and
open up using tilts and angles.

[Click here to watch video.](#)

CHALLENGE

Change composition 1, 2, 3, 4, and 5

[Click here to watch video.](#)

BREAKING THE RULES

SUE LIVE DEMO

I often stop shooting just to connect and chat.

My clients always sit in a relaxed position that they do all on their own. I say, **“Stop don’t move”**. This is a classic example of breaking rules. Straight arms and cut off hands but she bought it and I love it remember expression trumps hands. Crops look good when the image is balanced. Always look for connected and relaxed Real body language over a pose.

Rules I don’t break:

- Don’t break the nose cheek rule.
- Not too much whites in the eyes.
- Don’t cover the diamond.
- Don’t cover the breast line in rotation.



COUCH POSING

Use the arm to lean on / create triangles and rest elbows to bring them up to TOUCH face and chin and hair.



- Use the arm of the couch.
- Use the back of the couch.
- Lay down on the couch on tummy on the their back.
- Sit on the floor in front of the couch.
- Perch on the edge of the couch.
- Horizontal and Vertical crops.
- Use 5 compositions.
- Turn the couch backwards and kneel on the couch with arms on the back of couch. [Watch Posing Family Generations](#)

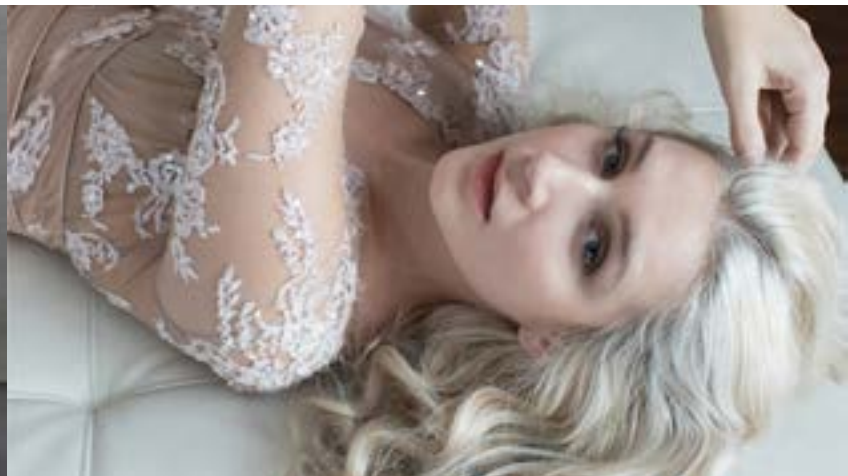
OTTOMAN POSING

- Ottoman or Floor
- Lying on tummy
- Lying on their side
- Lying on their back
- Create triangles with arms





- Rest elbows to bring hands up to connect to the face the chin and the hair.
- NO hands flat to the cheek
- NO resting the face on the hands is squishes the cheek.
- Try to light the posture of your client for height to create length.
- When resting on elbows no elbows towards the camera.
- NO elbows tucked away from the camera as it shortens limbs.
- Try to always put the elbows on the same plane at the shoulder.
- If you crop try to crop mid limb not ON the joint example: wrist elbow finger.
- Try Horizontal and Vertical crops.
- Always use compositions try 1 2 3
- Position them diagonally away from the camera.
- Roll up on to the back hip and bring the knee up to lift and shape the booty.
- For younger girls bring the feet up.
- For younger girls do not roll up on the hip as it accentuates the hip in a sexy way.
- For younger girls bring the hands up to the heart.
- NO hands towards the camera.
- WHEN lying flat angle your camera over eye line pointing down to slim and flatter don't shoot below the eyeline up to the chin.
- Always soft ballet hands.





**When posing twos and threes
on the ottoman and floor:**

make sure the arm connected is behind the person they are lying next to not beside or you will not be able to get the heads together.

CURVES

POSING



1. All curves posing is about dropping their front shoulder and shaping the waist.
 2. Use your tilts and angles without shooting down on people.
 3. Wherever their eyes are you will be slightly above that eye line tilting down.
 4. You can use a 35mm lens and focus on the lens perspective flattering the face and use the distortion to even the body.
(If they start looking bobble head then you are tilting too far).
 5. When doing cover girl poses always lift the hands higher on the waist and in to slim the waist.

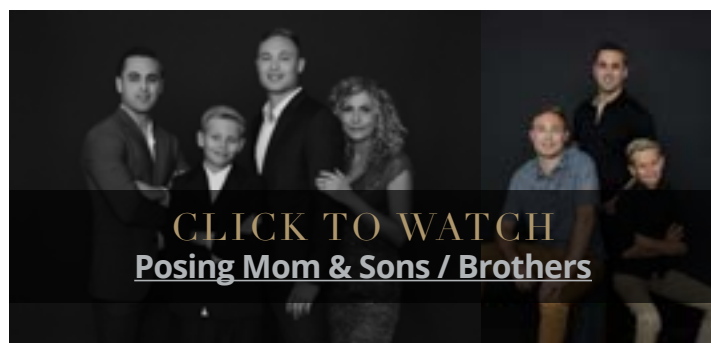
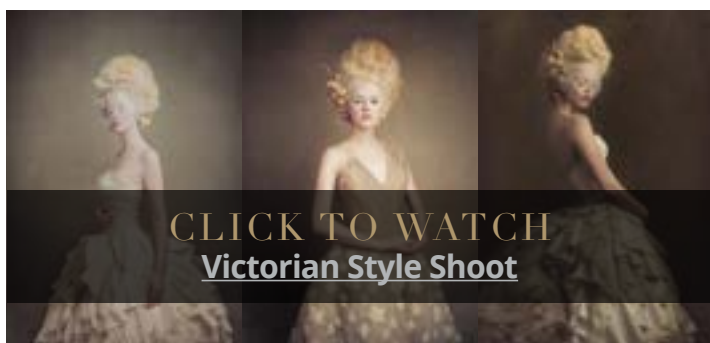
6. In all sitting position have them lean towards you first then drop the shoulder then rotate.
7. In lying down positions have the knees off the ottoman for better flexibility and rotation of the neck.
8. Standing positions foot towards the camera shoulders and hips 45 degrees to the camera drop the shoulder and tilt them forward towards you at a 45 degree angle.
9. Always drop the shoulder and push the chin forward and down.



POSING LIBRARY

There is a considerable library of posing and direction on the site already but, this library is so extensive it becomes extremely overwhelming.

OTHER VIDEOS TO STUDY:



Watch Sue make subtle movements when posing hands and see the impact these minor changes can make on the composition of a portrait.

CLICK TO WATCH
[Posing Hands](#)

Through soft back light, a blow up mattress, and white sheets, every body will look incredible in their images from this sensual, monochromatic, and highly effective and affordable shoot.

CLICK TO WATCH
[White Sheet](#)

Learn the rules from the beginning. So when a woman walks through your studio door, you know exactly which poses will flatter her, and can you focus on giving her great service instead of worrying about how to pose.

CLICK TO WATCH
[The Posing Rules](#)

CLICK TO WATCH
[Wall Posing](#)

CLICK TO WATCH
[Brothers & Sisters Posing](#)

CLICK TO WATCH
[Flow Posing Women](#) & [Flow Posing Men](#)

SUE BRYCE EDUCATION
POSING



Posing Family
Generations



Posing & Direction



Posing Sisters



Moving Portraits



Posing & Direction
with Curves



Posing Maternity



Posing Hands



Posing Break-down



Curves Show
Shoes



Curves Show
Rebecca



Posing Family
Generations



Posing & Direction



Posing Sisters



Moving Portraits



Posing & Direction
with Curves



Posing Maternity



Posing Hands



Posing Break-down



Curves Show
Shoes



Curves Show
Rebecca



Curves Show
Katherine



Curves Show
Jen



Posing Dress Style
Portraits



Flow Posing
Woman



Flow Posing
Man



Flow Posing
Man/Woman
Composition



Posing with
Angles



Wall Posing



Posing Couples



Personal Branding
Anne Handshots



Personal Branding
Woman



Personal Branding
Man



Flow Posing
Boy



Posing Brothers



Posing



The Posing
Sisters



Flows Posing



Flow Girl Flow
Posing



Flows and People



Posing Brother &
Sister

END OF WEEK FOUR