

## GRIP AND RELEASE IN MACRO PHOTOGRAPHY

A correct camera grip is a departure point to avoid risk of images "blurred." First of all camera body must be held with both hands and when we press a shutter release it is necessary to do it with care.



**fig. 1: held grip with both the hands both that it deals with traditional reflex and compact digital cameras**

It is necessary to remember - as already mentioned - that below times of release to  $1/30$  the same movement of the "take a picture" can produce an imperceptible "action" that it will make image less clear. It can be also useful hold back breath before take a picture.

If we take picture with slow times (and more rapid times cannot be chosen) a first suggestion to be given is that to insert

a "self-timer" ...device with a time below 10 seconds: in this case subject must be enough stationary. With such simple operation we will avoid micrometrical movements of our body.

This way... we don't remain but the objective to aim and to devote us to the mass to fire and shot.

Also body position is important. In macro photography we will often have to demean or to bend getting a good shooting position ...in such cases we need to bend on a knee and... lower on both legs to less than not to bend on both knees. Arms must be adherent to the body as more possible.

When we hand held shoot there are some small expedient that can help us. For instance we can use a camera strap. You find the system to put it in "tension", making it to pass around shoulder or tightening it among teeth and pushing camera forward...we will obtain a minimum of stability.



**Fig. 2: a tree support offers us stability**



**Fig 3: other small expedient to guarantee stability . You can use a baton to support your right arm**

It is evident that a trestle or a small tripod (always that subjects don't fly away) use it is strongly recommended when we take picture with slow times. The use of small tripods can be also particularly "personalized", for instance opening them and push its foots to our breast.

**Fig. 4: position of a small easel aimed to the photographer breast. If we grab a camera with both hands we can get a good stability**

A monofoot trestle is very useful for its versatility and rapidity. These considerations deal both with traditional camera and compact digital camera.

