Studio Lighting Workshop

1. Luminosity

   a. Ambient light, underexpose to use strobe

   b. Outdoors you mix, indoors you can control

   c. Watt seconds

   d. Light measurement (aperture at a distance)

2. Light contrast

   a. Difference in brightness among light sources

   b. Dynamic range

   c. A single exposure adapts to a scene's dynamic range

      i. So to control light sources is to expand or contract the dynamic

         range within the environment

3. Exposure triangle

   a. Ambient exposure triangle

   b. Flash exposure triangle

      i. shutter not a factor

      ii. Replaced with flash output

      iii. Control subject and background separately

   c. To control light sources is to control the light contrast within the space. If

      they are brighter than the ambient light by enough of a margin, the can be

      the only light sources. This gives you complete control.

4. Specularity

    a. Defined

    b. Controlled

5. Luminosity, revisited

    a. Inverse square law

    b. How to discuss lights using it

    c. Consequences

        i. Light up close falls off fast

        ii. Lights farther away need much more power, but give greater room

            for subject movement

        iii. Lights farther away need much larger modifiers

        iv. Light placement changes brightness, contrast, and specularity

6. Workflow

    a. One light

    b. Adding lights and reflector

    c. Clamshell

    d. Sync speed

    e. High speed sync

    f. Triggering