

Videography 101

Cinematic Movements

Ben Ellis, October 2, 2022

**How to increase the quality
of your videos by adding
cinematic movements**

**Every camera movement
should be intentional and
used to express emotion.**

Avoid Handheld

- Bad handheld footage reminds the viewer there is a camera. It is our goal to express the emotion of the scene and have the camera be invisible.
- There are times that call for a “handheld” shot, but there are tools and techniques to use to get that look. Don't go straight handheld if you can help it.
- Use stabilizers
- Still shot > bad handheld
- If you have to go full handheld, use at least three points of contact and stabilize as much as possible

Depth/Foreground

- When moving around your subject, place elements in the foreground to accentuate that movement





Motivated Movement

- Movement for no reason can seem jarring.
- In order to fix this, we can do something like follow someone through the scene to get to another person.





Rack Focusing

- Rack focus from something far away to something up close or vice-versa

Shoot for the Edit

- Use camera movement to make your transitions

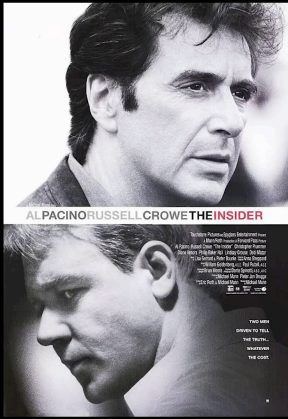


Plan Out Your Movements

- Handheld = Tension and Anxiety
- Tripod = Calmness and Control

Plan Out Your Movements

- Static Shot
- Pan
- Tilt
- Push In
- Pull Out
- Zoom
- Dolly Zoom
- Roll
- Tracking Shot



Question/Comments