



HOW TO HOLD YOUR DSLR CAMERA

BY RAY SALISBURY

1 Explanation

Here's how to hold your DSLR like a pro. It's comfortable and will minimise camera shake so you can get sharper shots. Essentially, you are acting as a human tripod, which utilises the most stable geometric shape: the triangle.

3 Shooting Vertical



E PORTRAIT ORIENTATION

Always turn your DSLR anti-clockwise when shooting in the vertical position. This frees your right hand to press the shutter, and operate the controls, without holding the weight of the camera.

2 Method



A LEFT HAND

Firstly, hold out your left hand, palm facing upwards, as if you were serving a plate of food.

Place the DSLR on top of your hand, which bears the weight of the camera and lens.

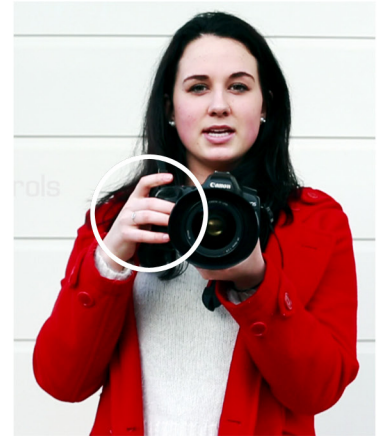
This hand cups the lens from below, and can gently twist the zoom and focus rings.

B RIGHT HAND

Curl this hand around the camera grip panel, which is often textured or rubberised.

Leave your thumb free to control the rear buttons.

Your pointer finger gently presses the shutter release, not too sharply as to create camera shake.



C ARMS

Tuck both arms into your chest to form a stable triangular shape. With your 2 elbows touching your body, and the camera's viewfinder touching your forehead, there should be 3 points of contact.



D LEGS

Spread your legs wide to form a stable triangular shape. If you are not well-balanced, then it's unlikely your camera will be.

[CLICK HERE](#) to watch the video tutorial



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