

The fastest way to level up any video is with good framing.

this guide will show you how to frame your shots like a pro



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CREATED BY BRYAN HYNES 2025

How to frame your shots.

5 Creative Framing Techniques

for Vertical & Horizontal



1. Rule of Thirds



Rule of thirds is where subjects are placed along the intersecting gridlines for balanced composition.

Divide your frame into a 3x3 grid. Place your subject along these lines or intersections to make the shot feel balanced and interesting

- Practice: Place important parts of your subject, like the eyes in a portrait, at or near the intersections of the grid lines.
- Experiment: Try different placements to see how they affect the feel of your photo or video.

2. Leading Lines



This is the use of lines to naturally draw the viewer's eye toward the subject.

This adds depth and guides the viewers on where to focus.

- **Vary Perspectives:** Try shooting from different angles to see how the lines interact with your subject.
- **Combine with Other Techniques:** Use leading lines alongside the rule of thirds for a more compelling composition.

3. Fill the Frame

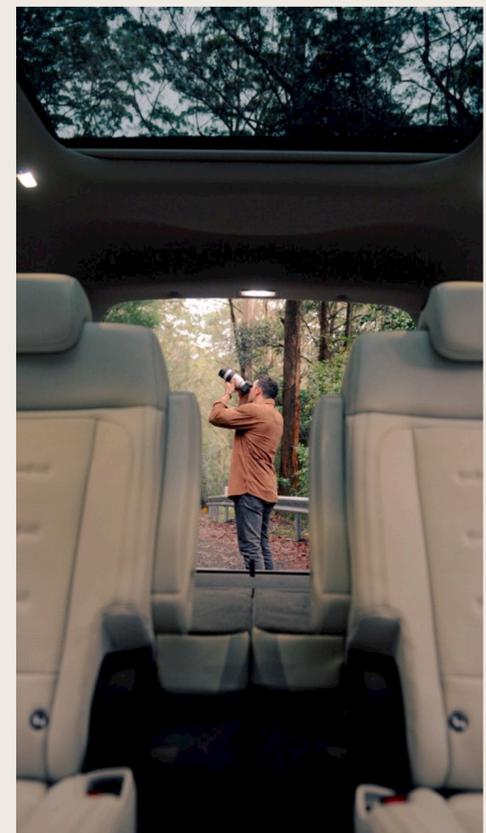


Filling the frame is when you make the subject fill the frame for more impact and detail.

Perfect for intense or focused moments.

- **Be Mindful of Focus:** Ensure that the important parts of your subject are sharp and clear.
- **Avoid Overcrowding:** While filling the frame, leave enough space to maintain clarity and avoid a cluttered look.

4. Frames Within Frames



Use natural elements like doorways, windows, or arches around the subject to create layers and draw the viewer's eye inward, making it look intentional and cinematic.

- Find Natural Frames: Look for objects in your environment that can encase your subject.
- Position Your Subject: Place your subject within this frame to create a layered effect.

5. Foreground Elements



The most important way to make your shots cinematic.

This involves adding foreground elements to increase depth, like shooting through leaves or objects for a more dynamic and immersive feel.

- Use a Wide Aperture: This can blur the foreground slightly, keeping the focus on the subject while still adding depth. Eg; 1- 2.8 aperture.
- Be Intentional: Ensure the foreground elements add to the story or composition and don't distract from the subject.

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- ▶ A finished video that shows your story and your brand.
- ▶ A system you can use again and again to keep growing.

Thanks to you and to your workshop, I've been able to plant the seed for one of the most exciting projects of my life so far. I'm so grateful for the inspiration you provided!

