

TIMECODE	NAME	Dialogue
00.00.00	NARRATOR	When cropping your image a few principles can help you create the right composition, the rule of thirds is a good place to start. Mentally cut your image into thirds across and down, are the most important parts of your image sitting on these lines? This might sound counter intuitive; you may want the most important thing to be central.
00.00.21	NARRATOR	But the rule of thirds gives context to your subject and makes the image appear more natural. For example, if you put the horizon in the middle, the image feels cut in half and the viewer doesn't know where to focus. By sitting the horizon on the lower third we create a main feature of the sky and sunset.
00.00.41	NARRATOR	The rule of thirds can also apply to close up shots of people. By cropping this image we make best use of the space, because what's around the edges isn't as important as the subject. However it's worth keeping the woman who's painting because this provides context. The focus is on the woman's face being painted, so her face is positioned at the point where the vertical and horizontal thirds intersect, this creates depth, it also creates looking room.
00.01.11	NARRATOR	Looking room is useful when the subject isn't looking directly down the lens, removing looking room creates an off balance shot, the subject seems crowded in the frame. There should always be more room to the side the subject is looking toward, you're giving the subject quite literally, space to look.
00.01.31	NARRATOR	Similar to looking room is the concept of lead room, the idea here is that viewers want to see where a moving object is going, not where it's been.
00.01.422	NARRATOR	Other things that can make your subject look odd are badly cropped heads and limbs, if you were to crop this image of a singer you'd need to make sure you aren't cutting off his hand so you can still see his gesture.
00.01.56	NARRATOR	A similar principle applies to head shots. When cropping close up it is best to crop a person's forehead, never their chin. Instead be conscious of keeping their shoulders in the shot, this will help the subject of the image keep a natural look.
00.02.11	NARRATOR	Follow these rules to make the most of your image; you have a creative license, so have fun with it.