

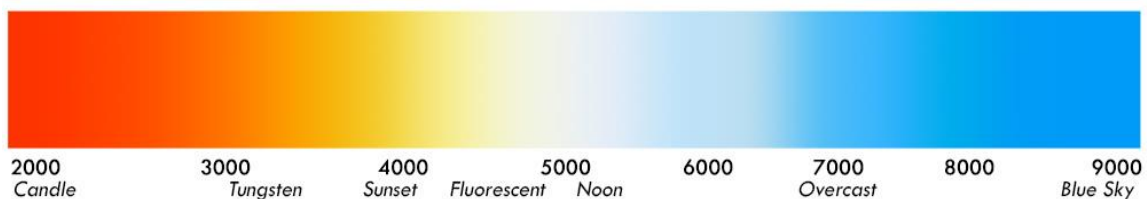
# Advanced Multiple Exposure Cheat Sheet

(Everything you need to know on one sheet)

There are three additional techniques that you can incorporate into your Multiple Exposure creations. They can be used independently or together. For each technique explained below experiment mindfully. Review each exposure as it is created and consider changes. Each exposure and each final photo is a signpost to your next creation. Do not forget in your excitement to consider the Compositional Guidelines and the Seven Elements of Visual Design – on every exposure.

1. **Extreme White Balance settings** – Firstly, learn and understand how you can change the White Balance on your camera. Some cameras give you the option of a visual colour choice, others describe the colours with numbers from the Kelvin Scale. Remember that the colour that will be created in camera will be a combination of the White Balance choice and the colours of the subject.

## Colour Temperature - The Kelvin Scale



Experiment with different extreme White Balances and Auto White Balance on each exposure. The combinations of subject colour, White Balance choice and layered exposures will result in many creative possibilities in the final photo.

2. **Defocussing the lens + wide aperture** – The most interesting results are created with an aperture of at least f2.8 and a defocussed lens. Use a lens that you can switch to manual focus and experiment by defocussing to the closest focus point. Then ensure that your subject is further away than that point. Consider subjects of differing colours on each exposure. Pay attention to the location of each colour. Notice how they react with each other. Once you have an understanding of that incorporate extreme White Balance changes with each exposure too. Notice how the shapes of your subjects also influences the shapes created in your final photo.
3. **Intentional Camera Movement (ICM)** – The inclusion of ICM in multiple exposures is contentious. Two of the most creative exponents [Chris Friel](#) and [Doug Chinnery](#) do not agree. The only way to decide if you like the effects that you can create is to experiment. But first you need to hone your ICM skills. Learn the shutter speeds that work for you (usually 1 – 2 seconds). Learn the different movements (e.g. horizontal, vertical, circular twists, zooming in/out, swooping in/out, gentle shake) and the effects that they create on differing subjects. When you feel confident about ICM, then you can incorporate ICM onto one or more exposures. Try one exposure with, one without. Try several exposures with ICM. Compare and contrast. Experiment. Find out what subjects, light and movements work for your creative vision.

Finally, remember that each exposure can use a different technique, technical setting and compositional choice. The possibilities are endless, but your guiding light remains do you like what you are creating?