# ONE-LIGHT MANUAL FLASH SETUP GUIDE

## Step 1: Set Up Your Gear

- Assemble your light stand, flash bracket, flash unit, and modifier (umbrella or softbox).
- Attach your flash trigger to your camera and ensure everything is powered ON.
- Set your flash unit to remote/slave mode so it receives commands from the trigger.
- Confirm that your flash and trigger are on the same channel and assigned to the correct group (e.g., Group A for key light).

## Step 2: Set Your Camera to Manual Mode

- **ISO:** 100
- **Aperture:** f/8
- **Shutter Speed:** 1/250 sec (or your camera's flash sync speed)
- **White Balance:** Set to Flash (especially if shooting JPEG; RAW allows for adjustments later)

## Step 3: Position Your Light

Place the light slightly to one side and slightly above the subject's head. Angle the modifier so its center points toward the subject's nose. This is a general starting point; adjust based on your style and/or the lighting pattern you're attempting to create.

## Step 4: Set Flash to Manual Mode & Adjust Power

- Set your flash to **Manual (M)** mode on the trigger.
- Start with **1/8 power** as a baseline.
- Take a test shot and check exposure:

**Too dark?** Increase power (e.g., from 1/8 to 1/4 power).

**Too bright?** Decrease power (e.g., from 1/8 to 1/16 power).

Adjust in full stops when possible for consistency.

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