

FILL LIGHT VS. NO FILL LIGHT ASSIGNMENT GUIDE

Step 1: Set Up Your Key Light

- Use the same one-light setup from the previous exercise (flash on a stand with modifier).
- Choose a stable key light position—slightly off to the side and above your subject.
- Do not change this light's position or power once it's set.
- Set your flash trigger and flash unit to communicate (same channel and group).

Step 2: Capture Shots Without and With Fill

- Take a portrait shot with no fill light at all.
- Next, set up your fill light with the modifier facing your subject. Start with a very low power setting (e.g., 1/64 or 1/128 power).
- Take another shot with the fill in place, just strong enough to slightly lift the shadows.
- Have your subject maintain the same pose for each shot.

Step 3: Increment Fill Power

- Take a few more shots. Increase the fill light's power by one full stop with each new shot. Example: start at 1/64 power, then 1/32 power, then 1/16 power
- Observe and note how the shadows change and how the fill light blends with the key.

Step 4: Extra Credit – Distance Test

- With a pleasing fill exposure (e.g., at 1/32 power), take a shot.
- Now, double the distance between the fill light and the subject and take another shot
- Finally, cut the distance in half (move the fill light closer) and shoot again.
- Compare the results. Take note of how the distance alone affects shadow density and fill quality—even at the same power setting.
- Adjust in full stops when possible for consistency.