

Video 101

Shot Types

EWS (Extreme Wide Shot)



VWS (Very Wide Shot)



WS (Wide Shot)



MS (Mid Shot)



MCU (Medium Close Up)



CU (Close Up)



ECU (Extreme Close Up)/Tight Shot



A shot of something other than the subject

Cutaway (CA)



Two Shot



Over the Shoulder Shot (OSS)



Point of View Shot



Weather Shot



Camera Angles

Eye-Level



High Angle



Low Angle



Bird's Eye

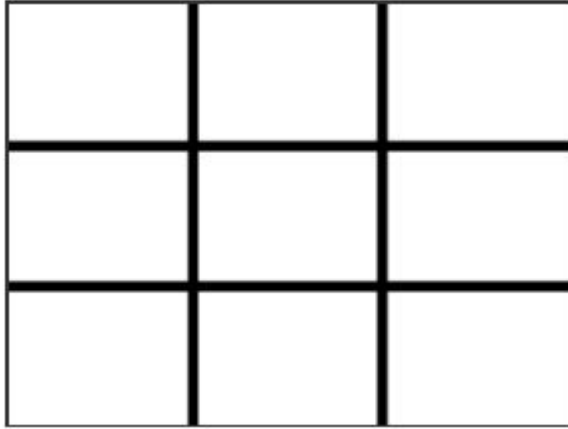


Dutch Tilt / Slanted



Rules of Framing

Rule of Thirds



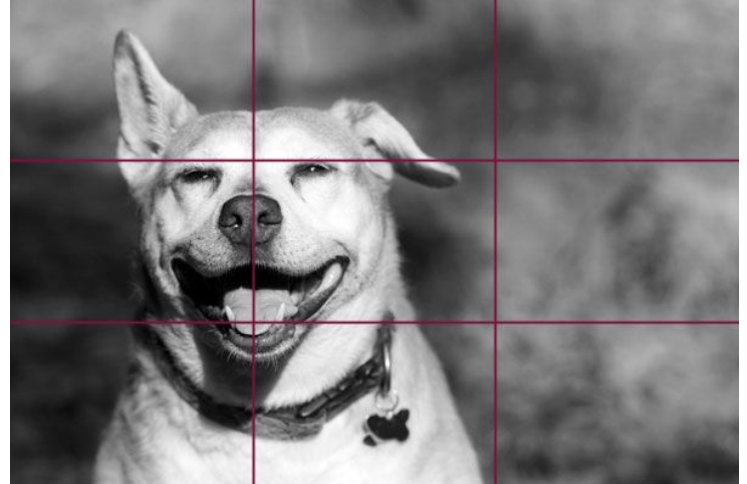
The frame is divided into into nine imaginary sections

This creates reference points which act as guides for framing the image.

Rules of Framing

Rule of Thirds

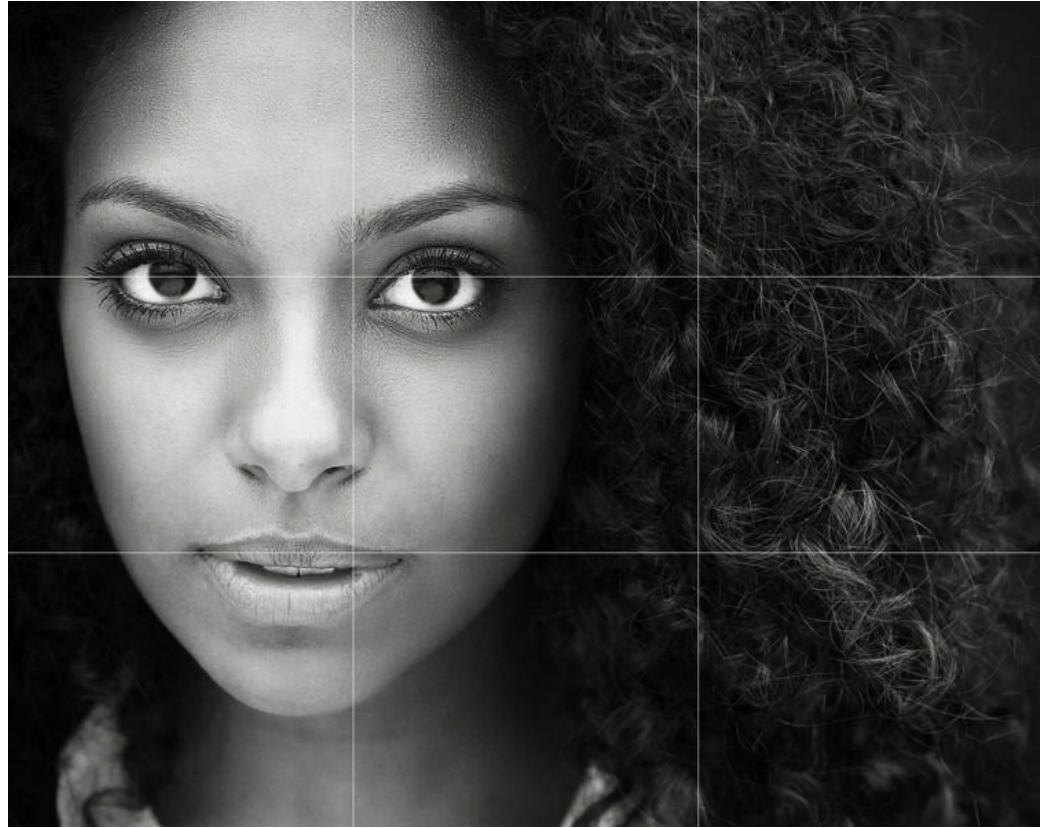
Points (or lines) of interest should occur at $\frac{1}{3}$ or $\frac{2}{3}$ of the way up (or across) the frame, rather than in the centre.



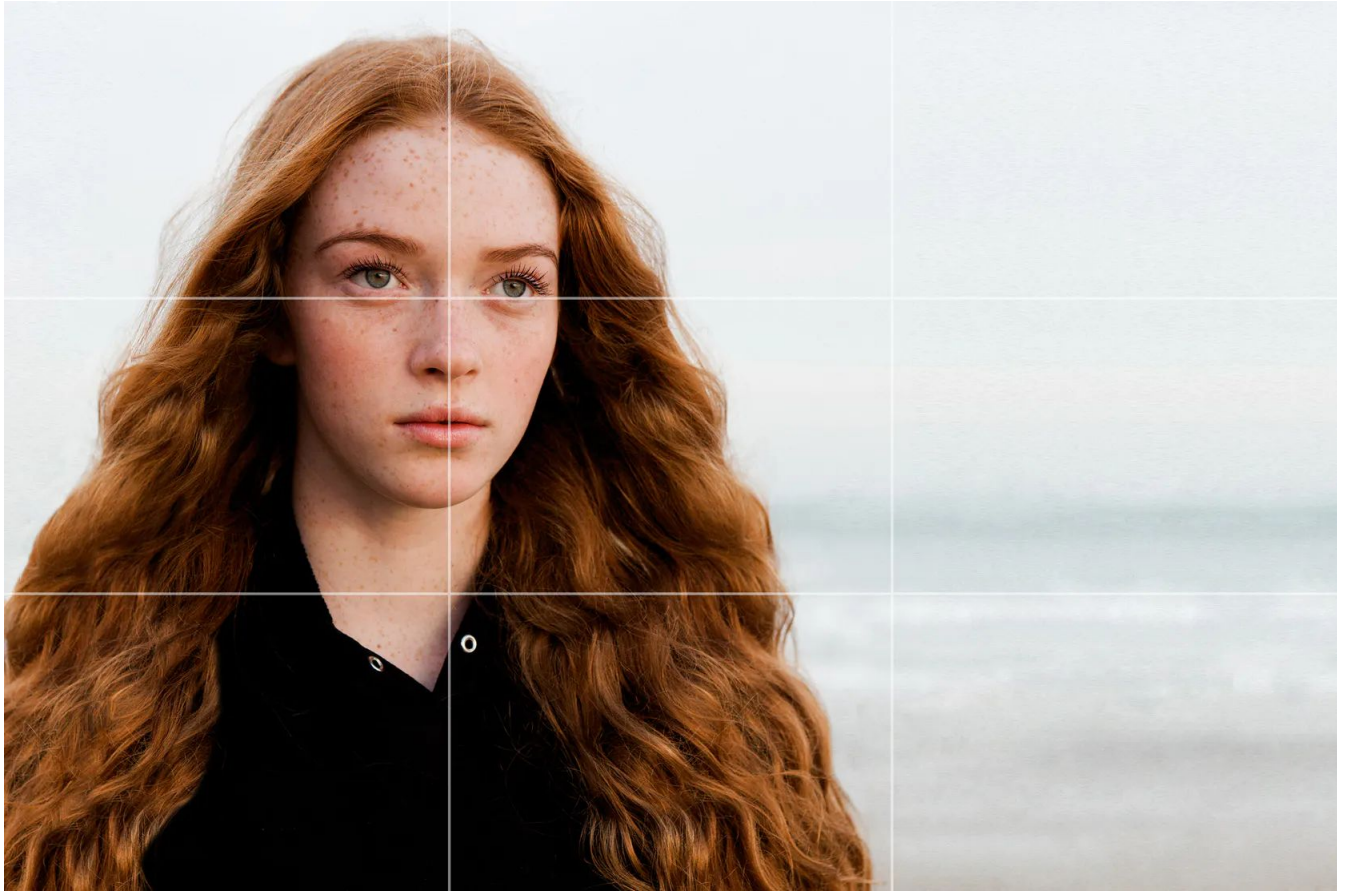
People shots:

the main line of interest is the line going through the eyes.

In this shot, the eyes are placed approximately $\frac{1}{3}$ of the way down the frame.







Shot composition

Head Room

Head room is the space between the top of a subject's head and the top of the screen frame.



To determine proper head room in a shot, you can apply the rule of thirds.

- Divide the screen into three equal sections.
- Place the subject's eye on or near the line of the upper third section.



Looking Room

Looking room is the amount of space between the subject and the edge of the screen they are facing. You should have more room in front of the subject than behind.

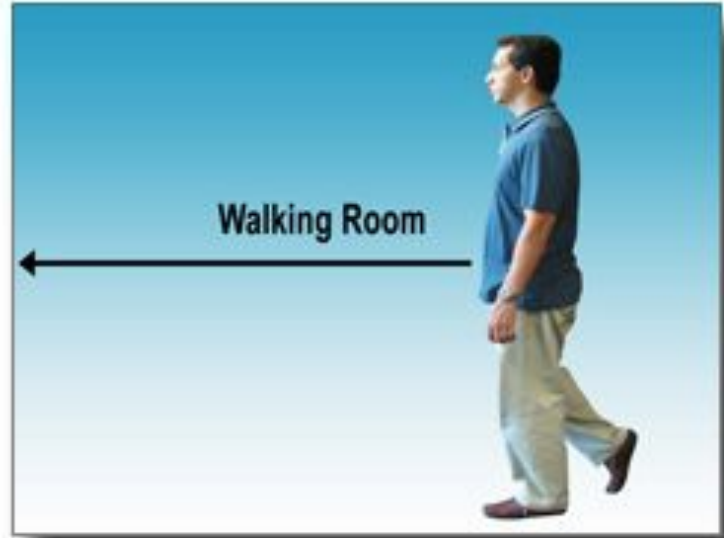


Walking Room / Lead Space

Walking room is similar to looking room, but it applies to moving objects.

Moving objects need walking room or lead space to move into.

You should give more space in front of the subject in the direction the subject is moving. As the subject moves, you should pan the camera to maintain a constant amount of walking room.



Crossing the Line (Reverse Cut)

It refers to an imaginary line which cuts through the middle of the scene, from side to side with respect to the camera.

Crossing the line is something to be avoided.



The 180° Rule

The rule of line-crossing is sometimes called the 180° rule. This refers to keeping the camera position within a field of 180°.



Editing Theory

[Video 101](#)

How to Set Audio Levels for Video

- No peaks should be above -6db.
- Overall audio level of audio mix (all of your audio combined) should be normalized between -10db to -20db.

I personally level my videos around -12db with occasional peaks to -8db.

The trick here is to stay away from 0db as best you can.

Recommended Levels

Here's a few of my recommended level suggestions.

- **Overall Mix Level:** -10db to -14db
- **Dialogue:** -12db to -15db
- **Music:** -18db to -22db
- **Sound Effects:** -10db to -20db with occasional spikes up to -8db.

No Jump cut

What is jump cut?



This cut from shot one to shot two makes the subject appear to "jump" in an abrupt way.