

Module 4.1 – Shooting Basics Cheat Sheet

Stability, Focus & Clean Footage

Use this checklist **every time you record**.

It's designed to prevent the most common beginner mistakes *before* you press record.

1. Before You Hit Record

✓ Clean your lens

Wipe your phone or camera lens with a cloth. Smudges reduce sharpness instantly.

✓ Check battery & storage

Nothing breaks flow like running out of space mid-recording.

✓ Set resolution once

Choose HD or 4K and keep it consistent throughout the shoot.

2. Keep Your Shot Stable

Best options (from easiest to strongest):

- Tripod or phone stand (recommended)
- Lean against a solid surface
- Elbows tucked against your body (handheld)

Avoid:

- Filming with one hand
- Adjusting grip mid-shot
- Walking unless intentional

👉 *If it feels shaky, it will look shaky.*

3. Lock Focus & Exposure

- Tap on your face or main subject
- Hold until you see **AE/AF Lock**
- This prevents brightness or focus jumps

Especially important when:

- You move slightly
- Lighting changes
- You're near windows

4. Frame with Intention

Basic framing rules:

- Don't stand right against a wall
- Leave space above your head (headroom)
- Keep the camera at eye level
- Use grid lines if available

👉 *Centered is fine. Intentional is better.*

5. Hold Every Shot Long Enough

Rule:

Hold each shot for **3–5 seconds minimum**

Why this matters:

- Short clips are hard to edit
 - Shaky endings ruin good takes
 - Extra seconds give you flexibility later
-

6. Record More Than You Think You Need

- Do at least 2 takes of important lines
- Capture one wide and one closer version if possible
- Film “backup” clips even if the first felt good

👉 *Editing is easier when you have options.*

7. Quick Final Check (Before Moving On)

Ask yourself:

- Is the shot steady?
- Is the subject in focus?
- Is the lighting consistent?
- Did I hold the shot long enough?

If yes → move on.

If not → fix it now, not in editing