

POSING MADE SIMPLE

5 PRINCIPLES THAT CREATE **NATURAL, CONFIDENT POSES**

Great posing isn't about memorising positions.
It's about understanding visual principles.

ACADEMY OF
PHOTOGRAPHY
CHRISTIAN TUDOR



KEY TAKEAWAY






Master these five principles and you can create hundreds of natural poses in any situation.

<p>1 WEIGHT SHIFT Put weight on one leg.</p> <p>✗ STIFF Weight balanced equally.</p>  <p>✓ NATURAL Weight on one leg (70–80%).</p>  <p>💡 Why it works: The body naturally rests on one side.</p>	<p>2 CREATE ANGLES Angles create energy.</p> <p>✗ SQUARE Shoulders and hips facing forward.</p>  <p>✓ ANGLED Rotate shoulders and hips slightly.</p>  <p>💡 Why it works: Angles add depth, dimension and movement.</p>	<p>3 SEPARATE THE LIMBS Space creates shape.</p> <p>✗ MERGED Arms and legs close together.</p>  <p>✓ SEPARATED Create small gaps between limbs and body.</p>  <p>💡 Why it works: The eye reads shapes before details.</p>	<p>4 FOLLOW CURVES Curves create elegance.</p> <p>✗ STRAIGHT Straight posture looks rigid.</p>  <p>✓ CURVED Introduce subtle curves in the body.</p>  <p>💡 Why it works: The eye naturally follows curves.</p>	<p>5 HANDS WITH PURPOSE Hands show confidence.</p> <p>✗ NO PURPOSE Hands hanging aimlessly.</p>  <p>✓ PURPOSE Give your hands a job.</p>  <p>💡 Why it works: Purposeful hands create intention and confidence.</p>
--	--	---	--	--

COMMON POSING MISTAKES

							
Weight centred	Shoulders square	Arms glued to body	No angles	Hands hidden	Locked knees	Chin back (head tilt)	Tense shoulders

THE POSING FORMULA






 = **NATURAL POSE**

5-SECOND CHECKLIST

- Weight shifted?
- Angles created?
- Limbs separated?
- Curves visible?
- Hands occupied?

