



Quick Bite Capturing Movement

“This month we’re looking at *movement* — and that can mean all sorts of things.

It might be something obviously moving, like a dog running or water flowing.

But it can also be something much gentler: a hint of wind in the grass, or even the sense that something *is about to* move.

What I want you to think about is: *How do I show motion in a still photograph?*

We can blur it, we can freeze it, or we can simply suggest it. Each approach tells a different story.

As always, don’t worry about technical perfection — this is about experimenting, noticing, and enjoying the process.”



What Counts as Movement?

“When we talk about movement, we’re not limiting ourselves to big dramatic gestures.

Yes, a cyclist whizzing past is movement — but so is a leaf trembling in the breeze.

I want you to feel free to interpret this theme broadly.

Think about:

Visible motion — things that are actually moving in front of you.

Implied motion — where the viewer senses movement even if it’s not captured mid-action.

Camera-led motion — where *you* create the movement by how you move the camera.

That last one is important.

Panning and ICM aren’t mistakes — they’re creative tools.

And subtlety absolutely counts.

A quiet photograph can still show movement beautifully.”



How to Capture It

“These are the three simplest ways to show movement, and you only need to pick one depending on the story you want to tell.

Freezing. is great when you want clarity — a bird taking off, a splash of water, a runner mid-stride. Use a fast shutter and let the camera do the work.

Blurring. is more expressive. It softens the scene and gives a sense of flow. A tripod can help, but you can also brace yourself against a wall or tree.

Panning. is the fun one. You move with the subject, keeping them sharp while the background streaks.

It takes practice, but when it works, it’s magic.

The key is not to overthink it. Ask yourself: *What story am I trying to tell?*

Then pick the technique that supports that story.”



The Four Categories

“Now we come to the four categories for this month’s challenge. These help give everyone a bit of structure, and they also encourage you to look at movement in different ways.

- First, the Human World.
- Next, the Natural World.
- Then we have Close Up.
- And finally, Mono.

Lets’ have a look at each category in turn.



Human World.

This is anything shaped by people or human activity. It might be someone walking, a hand gesture, a cyclist passing, or even the flow of traffic.

It doesn't have to be dramatic: a simple turn of the head or a coat swinging as someone moves can be enough.

Look for those everyday moments where people create or influence motion.



Natural World

Here we're looking at movement created by nature itself. Think of wind in the trees, grasses bending, waves rolling, birds taking off, insects hovering. Nature is full of motion if you slow down and watch for it. Even a quiet landscape can have subtle movement that tells a story.



Close Up

This is where small movements become the whole subject. Ripples in a puddle, steam rising, a leaf trembling, or an insect shifting its weight.

When you get in close, even tiny motions feel significant. This category rewards patience and curiosity — take your time and let the details reveal themselves.



Monochrome

This is all about expressing movement without relying on colour.

Strong contrasts, blurred shapes, flowing tones, or crisp frozen moments all work beautifully in monochrome.

Stripping away colour often makes the movement itself stand out more clearly.

Think about how light and shadow can suggest motion even when the scene is still.



As you're out with your camera, just keep asking yourself:

What here is moving?

Or - what could I do, to make it look like it's moving?

That simple question will guide you through all four categories.”



FIVE

PHOTOGRAPHY
CHALLENGES
To get creative

“Suggested challenges for you!”

1. **Find a blur** - create a soft, flowing motion in one part of the frame
2. **Freeze a moment** - capture a crisp, sharp instant
3. **Tell a movement story** - three images: start, middle, end
4. **Use panning** - keep the subject sharp, blur the background
5. **Try ICM** - intentional camera movement to create an expressive image

**I just can't wait let's see
how you get on with this
challenge,
just have fun and
enjoy the experience**

*“Movement doesn't need to be dramatic —
subtle motion is just as valid.*

Choose the technique that tells the story best”