

Quick Bite Capturing Movement

The background is a vibrant, abstract composition of swirling colors and paint splatters. The primary colors are red, blue, yellow, and orange, with some darker blue and black accents. The paint is applied in dynamic, fluid strokes that create a sense of movement and energy. The overall effect is a rich, textured visual that complements the text.

The background is a vibrant, abstract composition of swirling colors and splatters. The colors include shades of blue, yellow, orange, red, and white. The swirls are dynamic and fluid, suggesting motion. The splatters are scattered throughout, adding a sense of energy and spontaneity. The overall effect is a lively and artistic backdrop for the text.

*This month we explore how to
show motion - blur it, freeze it,
or suggest it.*

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.

- Visible motion — water, traffic, people walking, or animals moving
- Implied motion — wind in grass, a turning page, or a dog about to leap
- Camera-led motion — panning, try intentional camera movement (ICM)

Short note: *“Movement doesn’t need to be dramatic — subtle motion is just as valid.”*

How to Capture It

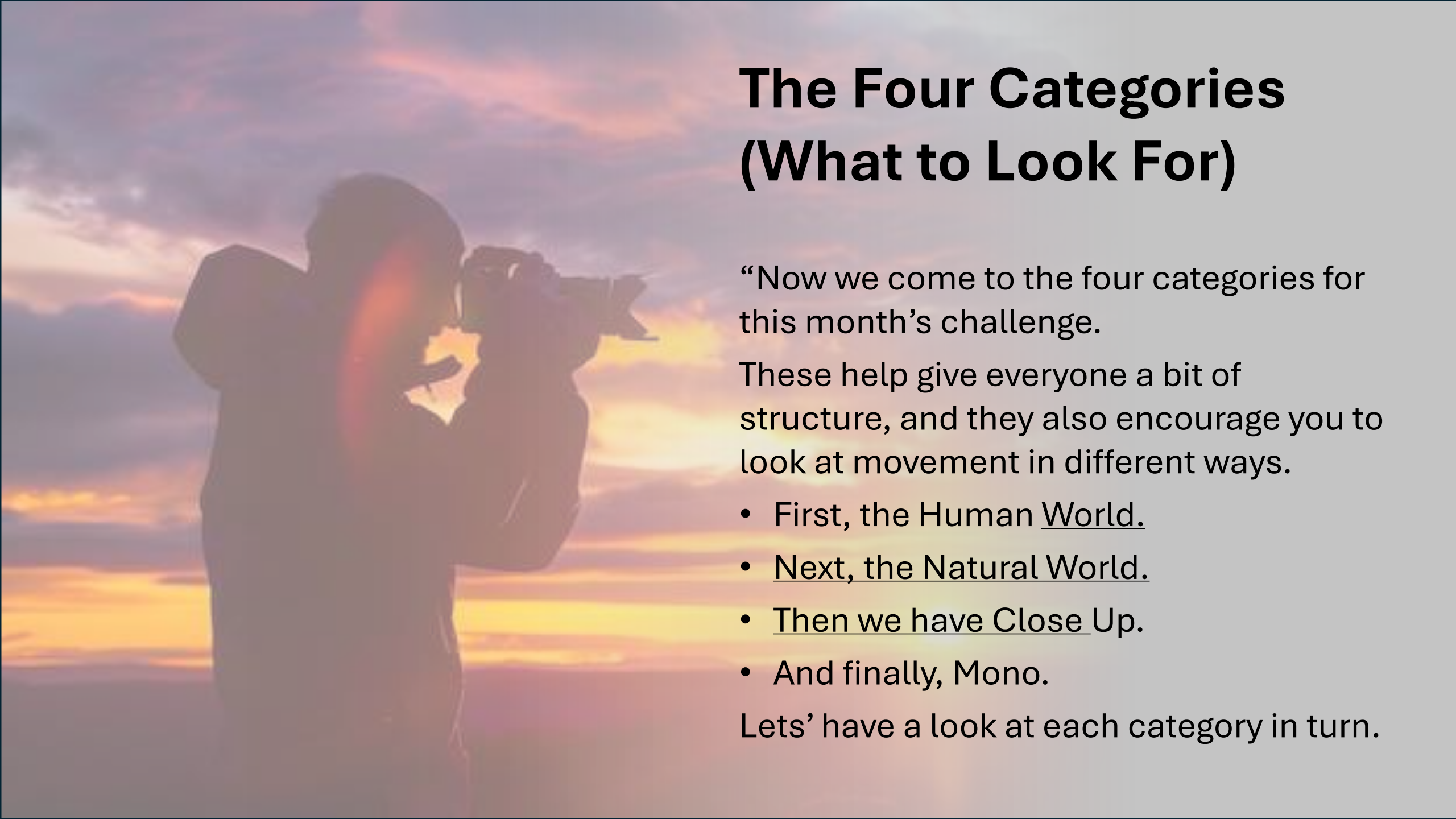
Three techniques, each with a “do this” cue.

- **Freeze it** - fast shutter (1/500s+), good light, track the subject
- **Blur it** - slow shutter (1/4s-1s), tripod or steady hand
- **Follow it** - panning at 1/15s-1/60s, smooth movement, keep it subject centred.

In One sentence:

“Choose the technique that tells the story best.”



A silhouette of a person holding a camera up to their eye, taking a photograph of a sunset. The sun is low on the horizon, creating a bright orange and yellow glow that transitions into a purple and blue sky. The person is in the foreground, and their shadow is cast on the ground.

The Four Categories (What to Look For)

“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.

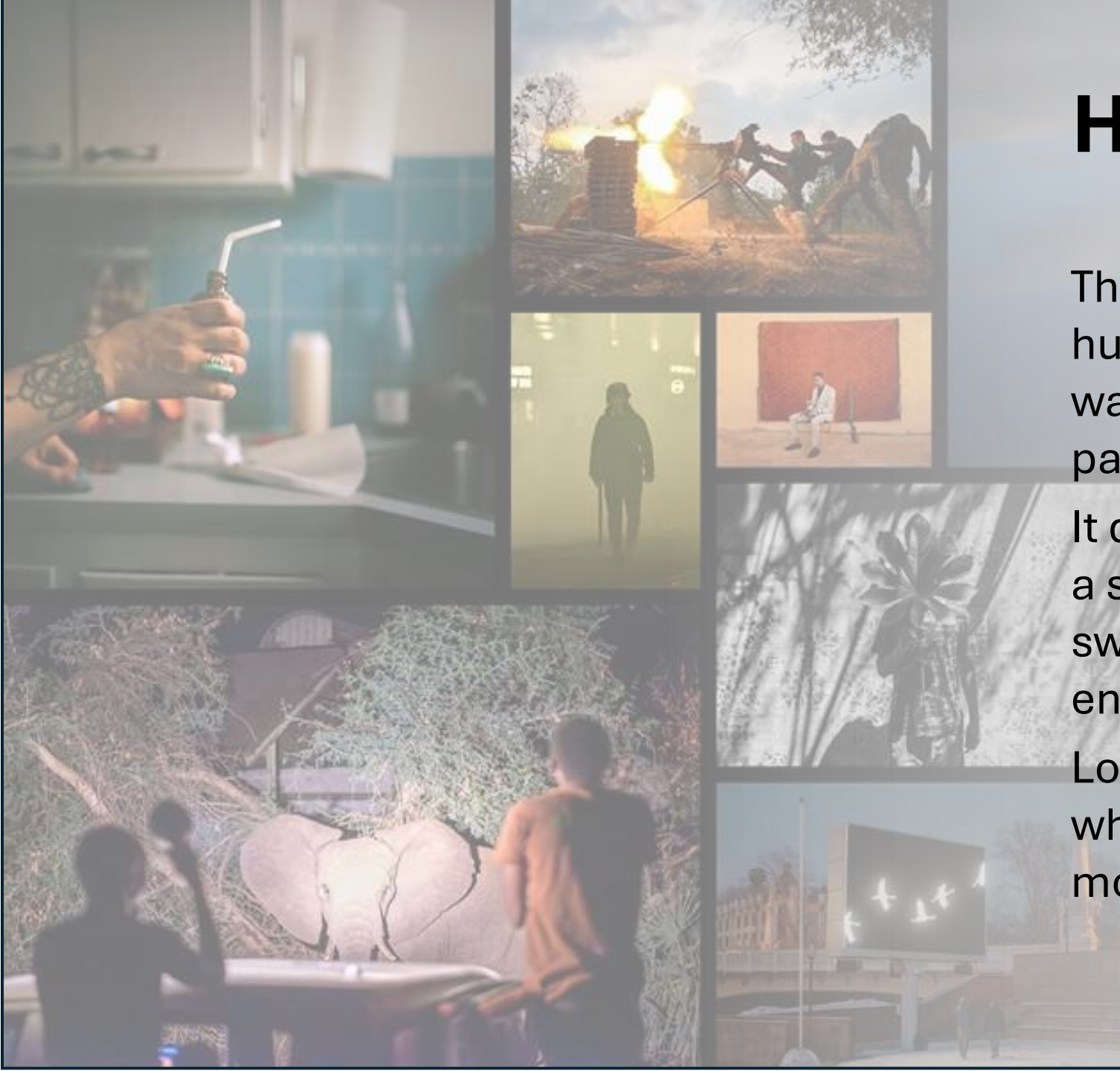
Lets’ have a look at each category in turn.

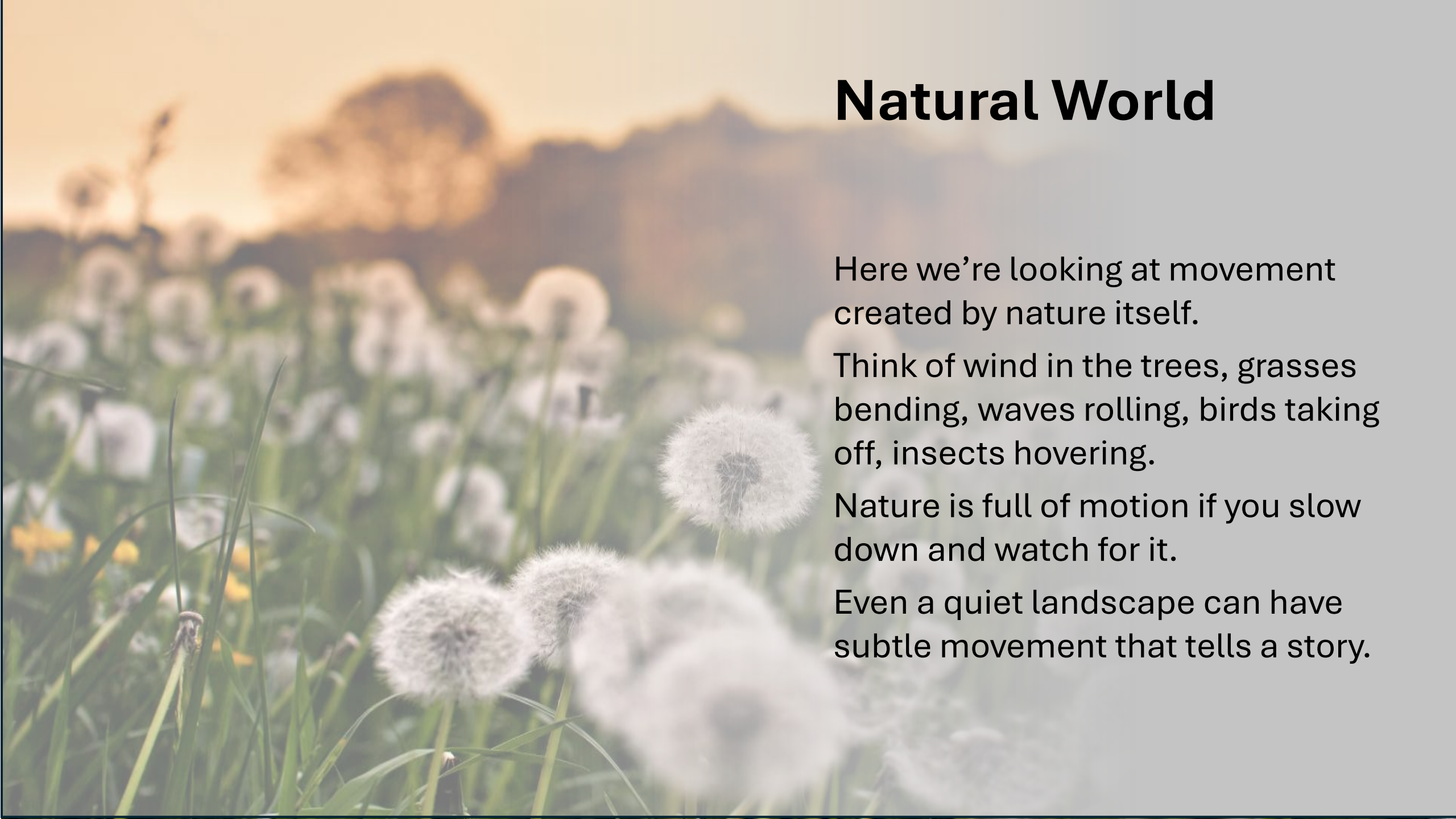
Human World.

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.



A soft-focus photograph of a field of dandelions in the foreground, with a warm sunset sky and distant mountains in the background. The scene is peaceful and evokes a sense of nature's quiet movement.

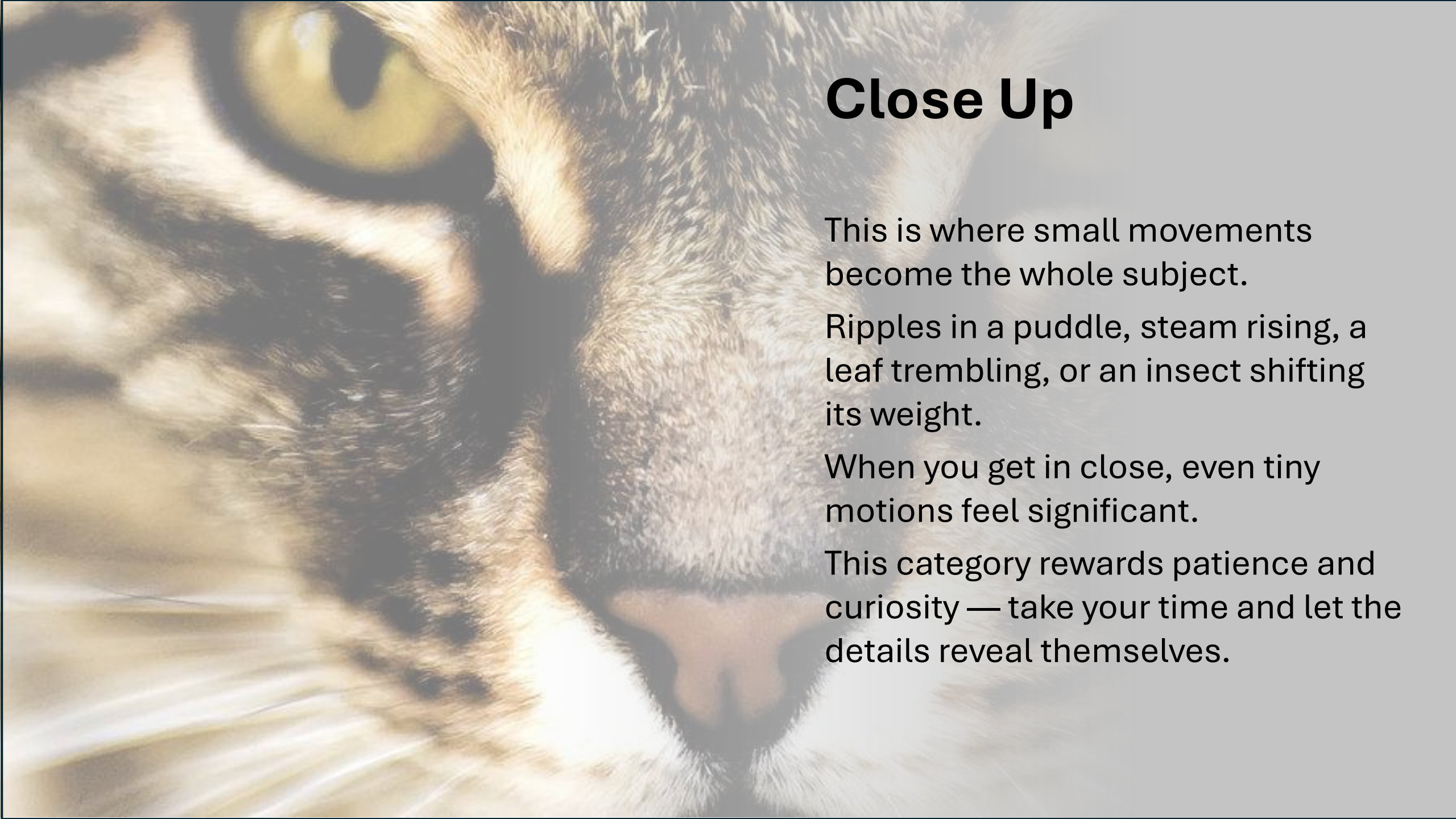
Natural World

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.

A close-up, macro photograph of a cat's face, focusing on its eye and whiskers. The cat has brown and black fur with white whiskers. The background is a solid light gray.

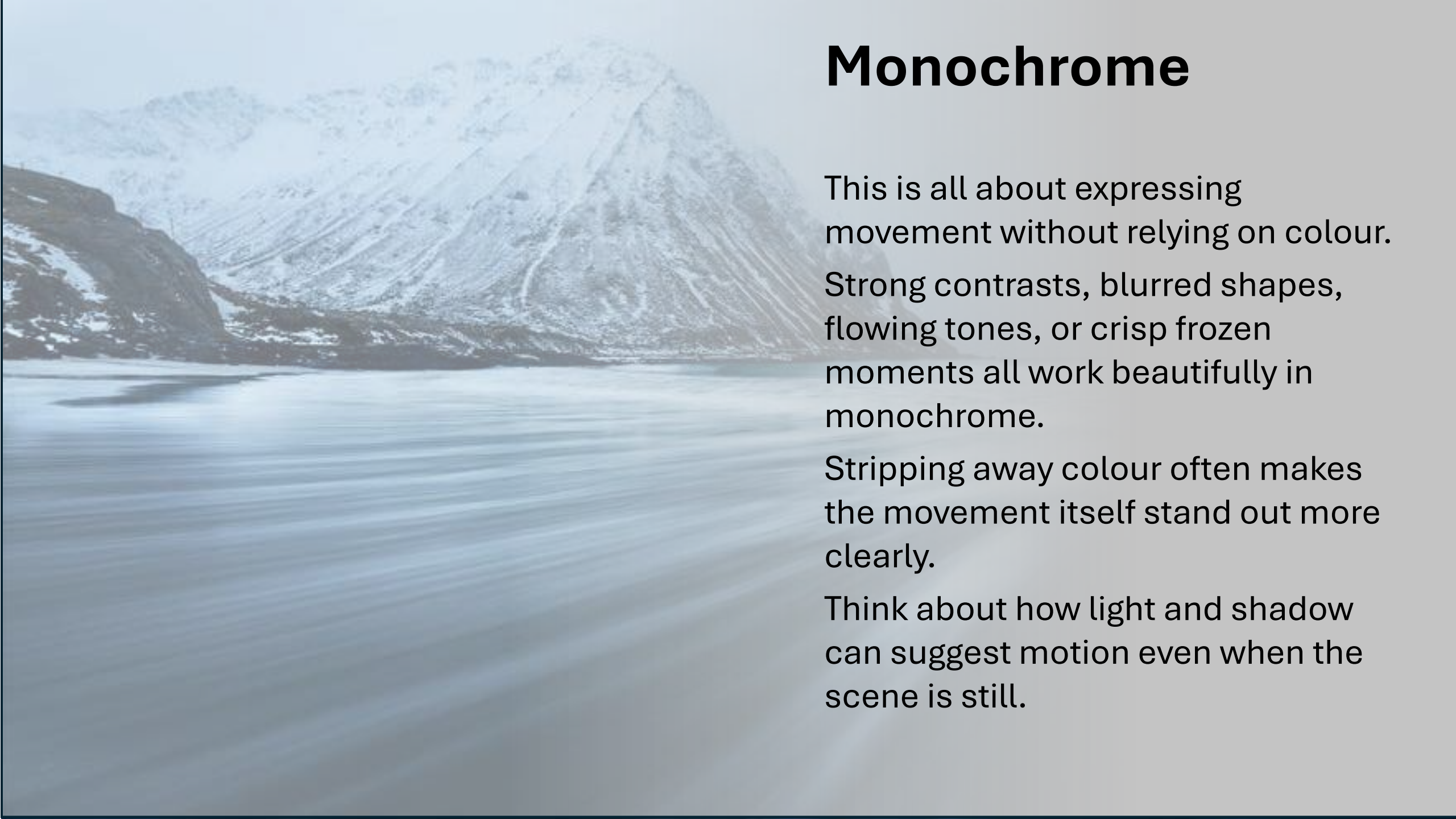
Close Up

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.

A monochrome photograph of a snowy mountain range reflected in a calm body of water. The image is in grayscale, showing a large, snow-covered mountain peak in the background, with its reflection clearly visible in the still water in the foreground. The sky is also reflected in the water, creating a symmetrical effect.

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.

Final Thoughts



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."

“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

FIVE

PHOTOGRAPHY CHALLENGES

To get creative

I can't wait

let's see how you got on with this challenge,
just have fun and enjoy the experience

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— subtle motion is just as valid. Choose
the technique that tells the story best”*