

## 【国际摄影学堂】男士拍照摆姿，非常实用，都转发疯了！

2016-09-04 天狼 ( Sirius) 国际摄影学堂

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( 本公众号发布内容均来自于国外英文摄影教程，均为本公众号维护者亲自翻译 )

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在这篇文章中，让我们来看看男士摄影一些基础性的姿势吧。男士在被拍摄时总是会感到拘谨和尴尬，所以为了得到较好的照片，在整个过程中让男士保持放松非常重要。

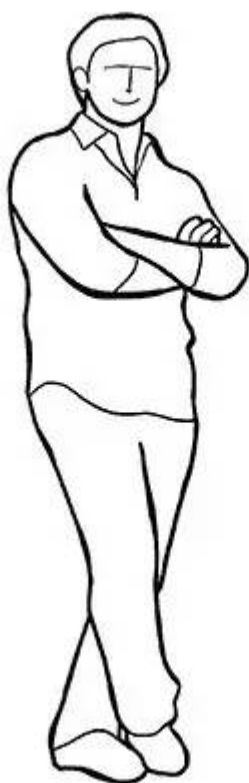
在拍摄之前有所准备是个好的主意，所谓打有准备之仗。在拍摄之前就对拍摄的主题进行了准备，对全盘有所了解，知道拍摄对象该怎么做，以及预期达到的效果是什么，在拍摄过程中就会非常自信。在拍摄之前就给你的模特这样的“小纸条”，他有所准备就会感到很放松，同时也感到很自信。

那么，接下来让我们来看看一些男士拍摄所用的范例姿势。



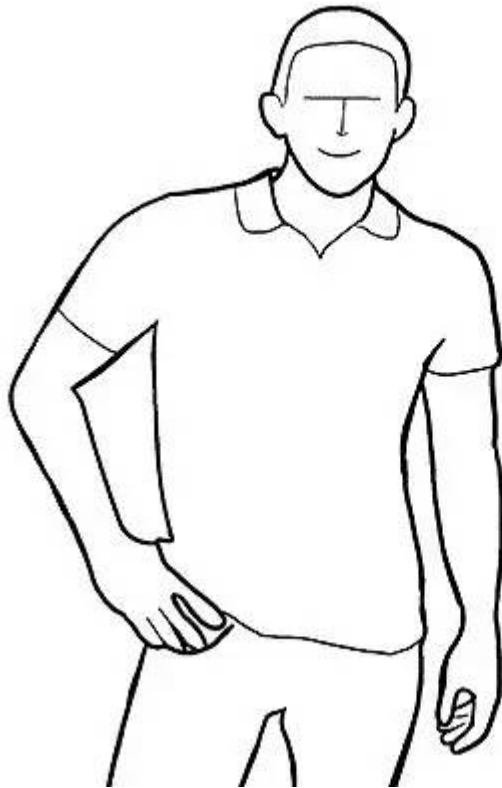
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1. 这是男士肖像特写中非常简单的一个姿势：上身两臂交叉。要非常注意两点：肩膀向后一点，留意腹部肌肉。



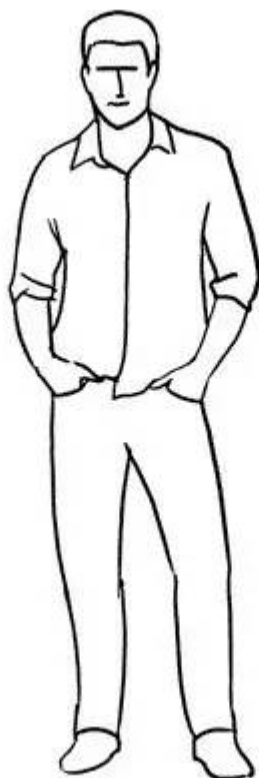
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2. 双臂交叉也同样适用于全身照。要注意两腿也要交叉，即一条腿在另一条腿前面，而且要注意两腿不要同样用力，这样看起来笨笨的。



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3. 一个你会不断纠结的问题可能是：“怎么放手的位置呀？”答案非常简单，记得有四个地方可以放。1. 自然放松于两侧；2. 放于臀部；3. 放在口袋；4. 交叉于胸前。此外，要记得手时刻都是放松状态的，也就是说，看不到肌肉紧张的样子。当然，拍摄健美的照片除外。



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4. 这是一个很随意的男士站姿。男士照相总是感到手无所适从，把手全部插兜或者部分插兜是一个非常自然和放松的姿势。



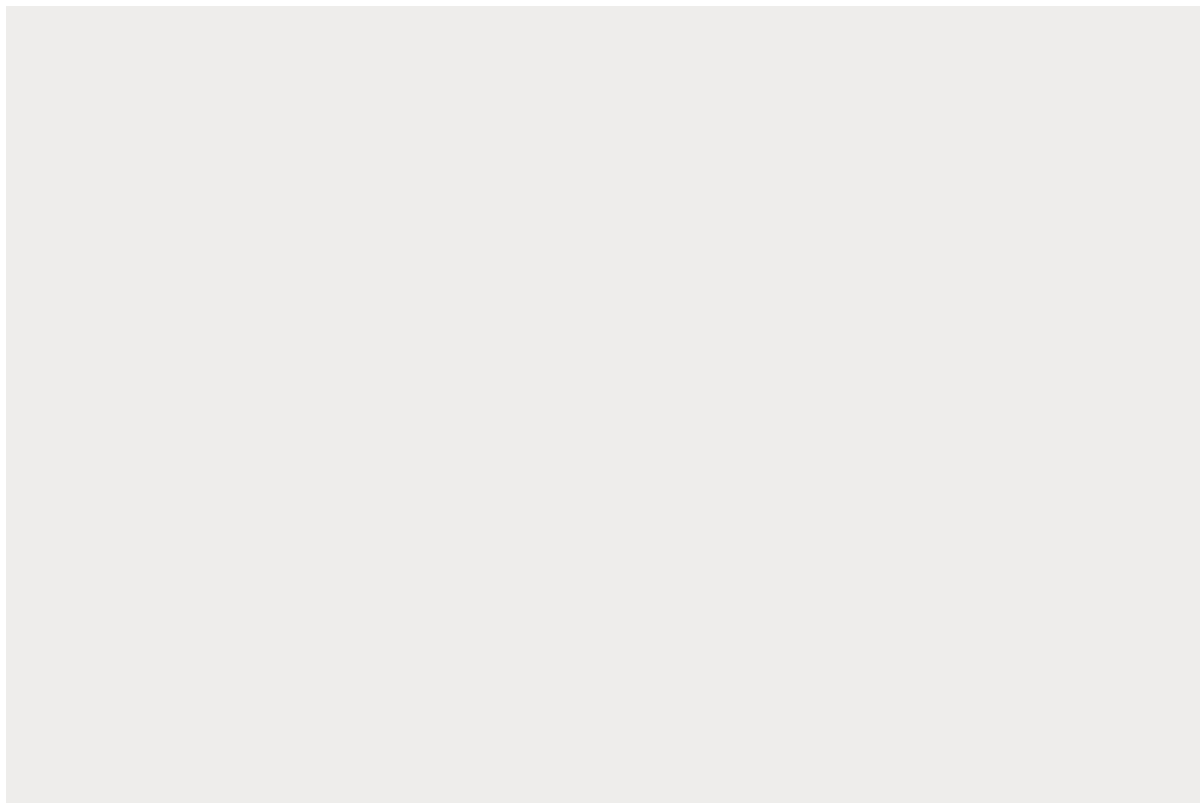
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5. 这个摆姿是前面姿势的微小变形。把衣服在肩上一搭，大拇指插入口袋，两腿交叉，这样看起来就很好啦。

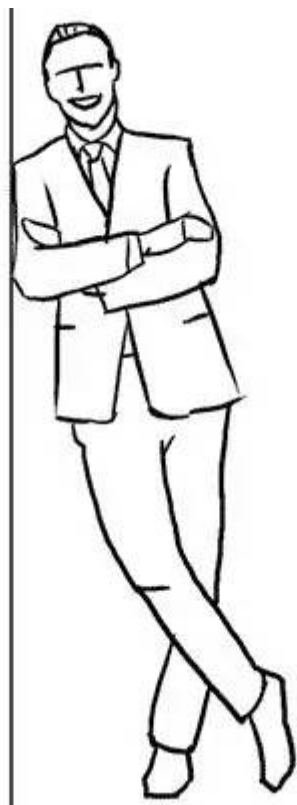


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6. 这是一个坐姿，把一个脚踝翘到另一个腿上面，自然且放松。拍的时候略微从上而下。



7. 靠墙拍摄是站立拍摄的一种变换。



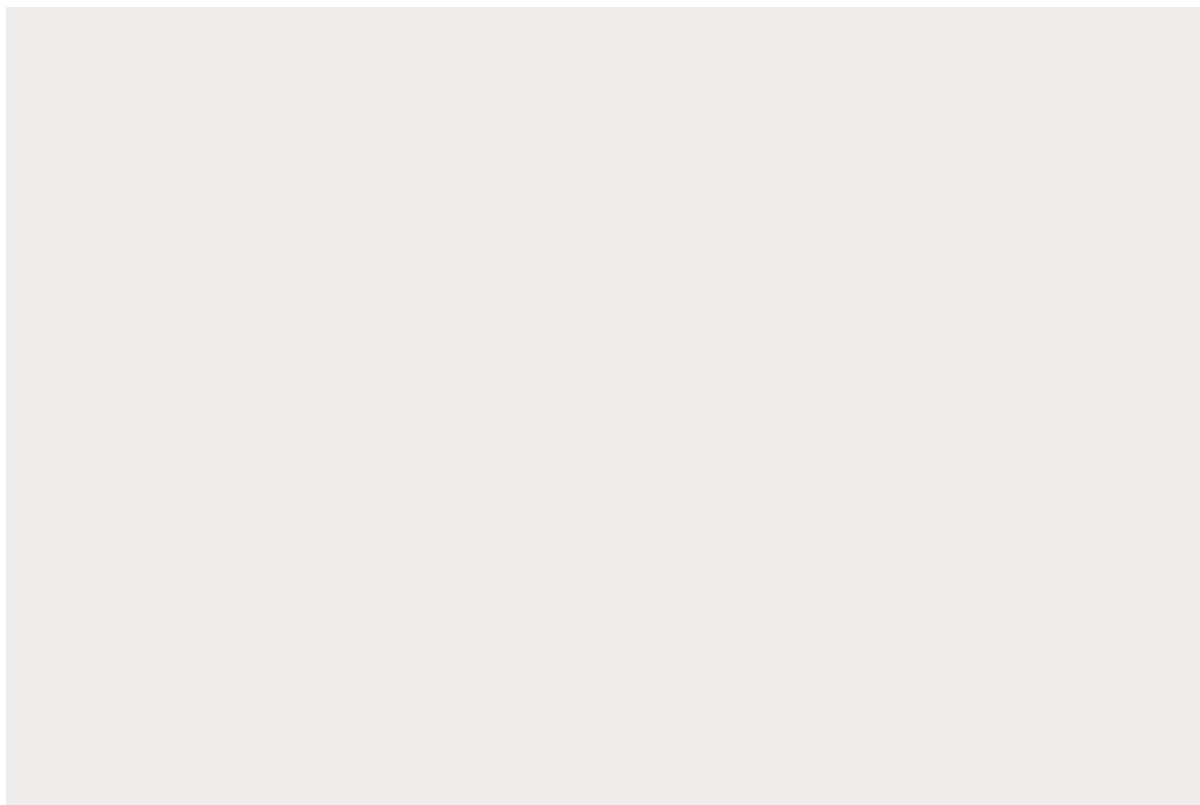
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8. 侧面靠墙站立。这个姿势对于随意还是正式场合都适用。



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9. 这是对于比较正式的肖像照拍摄而言非常简单的一个姿势。手里拿一些东西，比如笔记本、书，甚至工具。这样可以直接暗示出被拍摄者的职业。





10. 这是一个非常好的姿势，拍摄者半坐在桌子上。对于比较正式的人像摄影而言，可以克服一些刻板的状态。



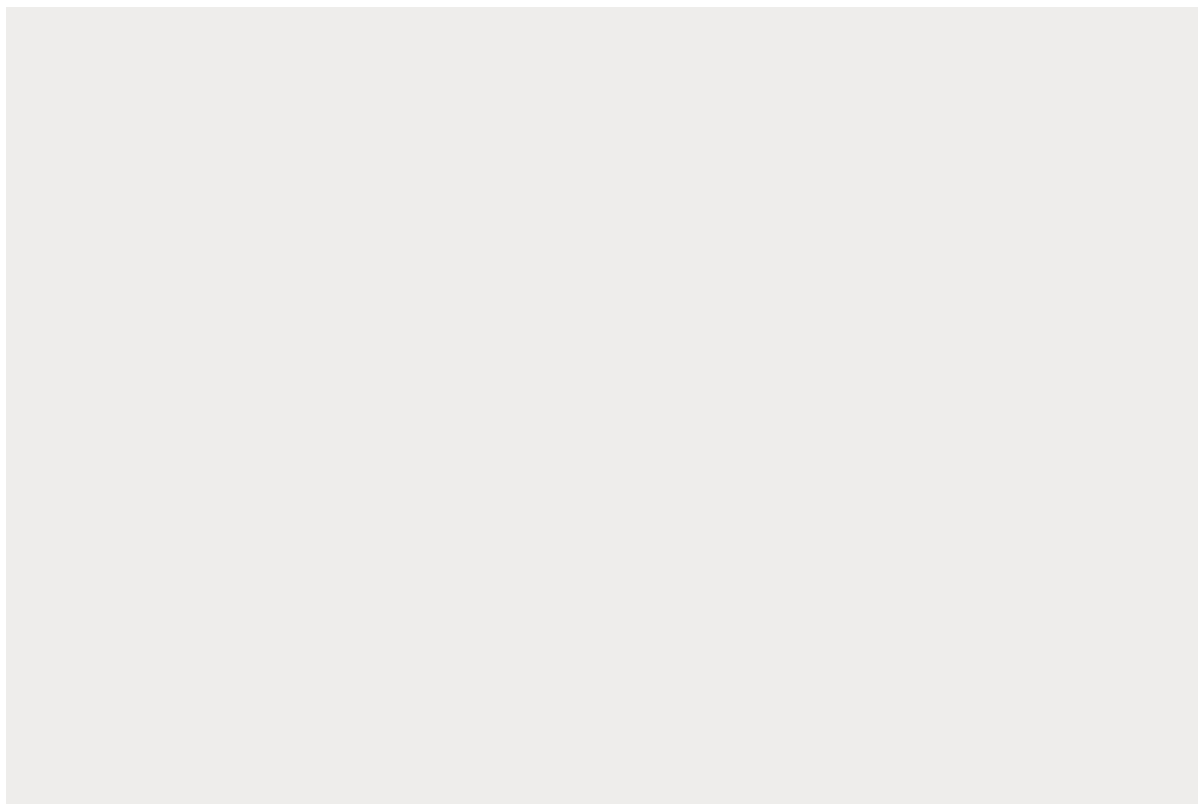
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11. 这是一个非常简单的姿势，男士坐在桌子旁边。为了揭示被拍摄者的职业，桌子上可以放一些工作相关的东西。



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12. 上一个姿势的变幻，非常适用于较为正式の場合。



13. 为了展示你的工作环境，可以通过一些前景来创造距离感，从后面进行拍摄。这个姿势不但正式而且还很诱人。



14. 两臂交叉支撑上身。同样的，可以在桌子上放一些工作相关的东西来暗示被拍摄者的职业。



15. 用一椅子作为支撑可以让肖像照更迷人和有趣。这个姿势非常适合在工作环境中拍摄有创造性的人物。



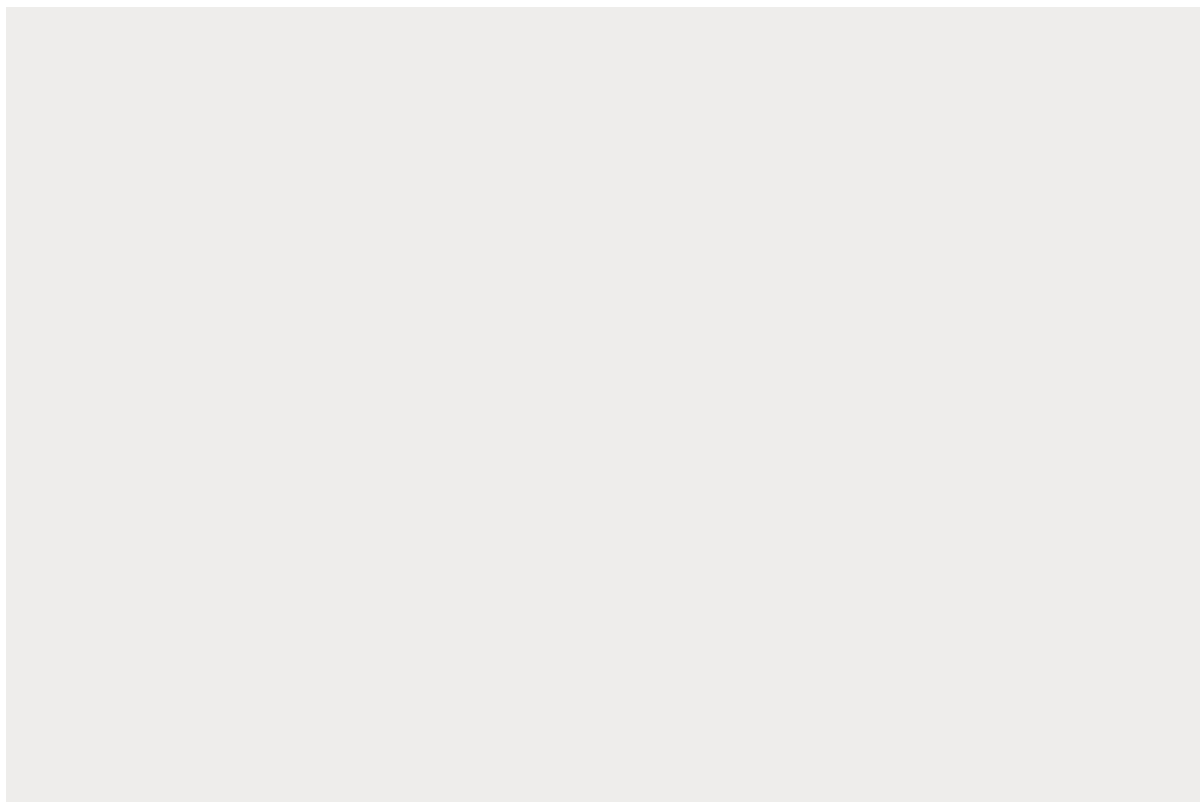
16. 舒服的坐在椅子上 这个姿势通常用于公司的肖像照或者比较正式的肖像照。



17. 轻松自然的坐在地上 这个姿势可以试试不同的拍摄方位和角度。



18. 坐在地上的姿势的一个变换，适合户外。



19. 一个简易而放松的坐姿。



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20. 非正式的姿势 男士坐在地上靠着墙壁或者其他东西。



21. 最后一个姿势——让你的拍摄对象成为主体。永远不要怕镜头和你的拍摄者太近了。

这些都是最基础的姿势，仅仅是一个入门。记得，这不是绝对的，每一个示范姿势都可以根据拍摄环境和情节进行调整。事实上，好的人像摄影都是简单再简单。简单的背景，简单的服装，简单的姿势，以及自然的展现。

译者简介：天狼（英文Sirius），科研人员（博士学历），摄影只是业余爱好，将国外的摄影教程用中文翻译过来，让您直接接触第一手资料（非本人允许，谢绝转载）。



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以下为原文：

# Posing Guide: 21 Sample Poses to Get You Started with Photographing Men

Following the previous article on [posing when photographing female subjects](#) (update: see below for a complete set of posing guides for kids, couples and more), let's look at some starting points with men photography. Men are usually less comfortable in process of being photographed, so it's important to get him to be at ease with the process in order to get good results.

It is always a good idea to prepare before the photo shoot. Just one more piece of advice - involve your subject in the process! He will feel more confident knowing the plan, what he has to "do" and what kind of outcome is expected. Showing this kind of posing cheat sheet to your model is indeed a very good way to prepare your subject for a photo shoot and make him feel more relaxed and confident at the same time.

So, let's look at some sample poses for men.

1. Very simple pose for a man's portrait: An upper body shot with crossed arms. Two things to take care of: Shoulders should be pulled back a little, stomach muscles kept in check.



2. Crossed arms works very well in full height shots as well. In addition, ask him to cross one leg in front of the other. But make sure the body weight is not supported equally on both legs, otherwise that would look just awkward!

3. A recurring question from your subject might be “Where shall I put my hands?” The solution is actually quite simple. There are four places to keep in mind (mixed in any combination utilizing both hands). #1. Loosely by the side. #2. On the hips. #3. In the pockets. #4. Both hands crossed on the chest. And in addition - hands should always be relaxed, which means no muscle pressure, except you are photographing a bodybuilder

4. A casual pose for an uprightly standing man. Men indeed have a problem with placing their hands, by keeping them fully or partly in the side pockets, you have a sure way to achieve natural and relaxed pose.

5. Just a slight variation to the previous pose. Some piece of clothing over the shoulder, merely a thumb in the pocket, and legs crossed work very well.

6. For a sitting pose, putting the ankle of one leg onto the knee of the other looks relaxed and natural. Shoot slightly from above.

7. Leaning against a wall is just another variant for upright posing.

8. The sideways way of leaning against the same wall. Works very well for both casual and formal shots.

9. Very simple pose for a formal portrait. Items held in the hand (e.g. a laptop, books, or even tools) can work as insignia that point at the subject's occupation.

10. Against common belief, it is absolutely fine to make shots of a man sitting partly on a desk. For formal portraits such a pose might counteract rigidness.

11. Very simple pose for a portrait with a man sitting at a desk. To reveal the subject's profession place work related items on the desk that can function as insignia.

12. A slight variation of the previous pose. Very appropriate for formal portraits.

13. To show the work environment while removing the distance created by a foreground object like a desk, take your shot from the back side. The result will be formal but inviting at the same time.

14. A man supporting himself on a desk with arms crossed. Again you could place work related items on the desk to point to the subject's profession.

15. Using a chair as a prop can make a portrait more engaging and interesting. Very suitable when introducing creative people in their work environment.

16. Sitting comfortably in a chair usually works for a corporate and formal portraits.

17. Easy and natural pose with a man sitting on the ground. Try different shooting directions and angles.

18. Another variant of a man's pose while sitting on the ground. Suitable for outdoor locations.

19. An easy and relaxed looking pose for a sitting man.

20. Informal pose. The man is sitting on the ground resting his back against the wall or some object.

21. Finally, let your subject be the protagonist of your picture. Never be afraid to crop tightly around the model's face.

That should be at least something to use as a starting point. Again, remember that there are no absolutes, each sample pose might and should be adjusted depending on your shooting environment and scenario. There is no need to overdo anything. Actually, all you need for good people portraits is simplicity. Simple backgrounds, simple clothing, simple poses and natural expressions.

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