

THE FIVE-POINT POSING SYSTEM

Pose with Confidence

A simple visual guide for directing an inexperienced model

1 TURN THE BODY TO 45°

Avoid a square, frontal stance. Turn the torso slightly away while keeping the front visible.



2 CREATE OPPOSING ANGLES

Shoulders and hips should not be parallel. Let their lines converge in the distance.



3 SHIFT WEIGHT TO ONE LEG

Relax the other leg and allow the hips and torso to curve into a natural "S" shape.



4 PLACE HANDS AT 3 LEVELS

Use the head, shoulders or hips. Alternate the positions—never place both hands at one level.



5 DIRECT THE EYES IN FIVE DIRECTIONS

Keep the 45-degree body position. Change only the gaze to create five distinct variations.



FRONT



LEFT UP



LEFT DOWN



RIGHT UP



RIGHT DOWN

Turn the body. Shape the lines. Shift the weight. Place the hands. Direct the eyes.