

# ICM Exercise #11 - Energy

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*Exercise and Feedback by Kaisa Sirén*

The ICMPhotoMag Exercise is a task-oriented, or topic-based, exercise open to all ICM enthusiasts. This is an ongoing series, and I would be happy to hear if there is a subject you would like to be included as a future exercise.

For those of you who are new to ICM, here are a few hints about what you need in order to start experimenting:

- A camera in which you can control shutter speed, f-stop, and ISO rating—and of course the understanding of how they correspond with one another.
- Use a very low ISO rating, especially when photographing during daytime/bright sunlight.
- Use slow shutter speeds (anything from 1/10 of a second to several seconds, depending on the amount of light, the desired effect, and the length of the objective).
- Adjust your f-stop according to shutter speed and ISO.
- If very bright, use a neutral density filter to cut down the amount of light reaching the sensor.

Experiment with various shutter speeds to learn how longer and shorter exposure times will affect the outcome. Depending on your movement, shorter exposures oftentimes will produce less abstract images than longer exposures will. Find the combination of movement and exposure time that works for you to create the effects you are looking for.

## Assignment ~ Energy

**This time, the task is to create an image with the ICM technique that conveys energy.**

This next exercise is about energy. Although energy is thought to be invisible, there are many ways it can be visualized. According to Wikipedia: “Common forms of energy include the kinetic energy of a moving object, the potential energy stored by an object, the elastic energy stored in a solid object, chemical energy associated with chemical reactions, the radiant energy carried by electromagnetic radiation, and the internal energy contained within a thermodynamic system. All living organisms constantly take in and release energy. Human civilization requires energy to function, which it gets from energy resources such as fossil fuels, nuclear fuel, or renewable energy.” So, you can photograph a source creating energy if you have access to that, but you can also create images which visualize the energy created (e.g., by photographing spotted light sources to create lighted lines). ICM is a perfect tool to try to visualize something invisible since, as the camera moves, it often creates layers which can have a symbolic meaning.

In art, energy is brought to your images by using colour, form, and composition to create inventive and expressive works that resonate with impact and feeling. For example, dynamic compositions with diagonal lines always depict more energy than a closed, still composition.

# Submit Images for Feedback

Please send your images for evaluation and feedback from Kaisa Sirén through the Google Form on the website, which can be found at this link:

## [Exercise with Kaisa Submission Form](#)

**\*\*\*Images must be captured in-camera. No Photoshop-created ICMs allowed (i.e., motion blur or textural filters, etc.). I do, however, encourage you to post-process your images carefully otherwise.\*\*\***

The image size must be 2000 pixels on the long side, at 300dpi. A maximum of 3 images per participant, and ***images must have been taken between 15 December 2022 and 5 February 2023.***

Submissions should also include the technical details for each image, including ISO, focal length, shutter speed, and aperture. This will assist you in the exercise by keeping you aware of these technical aspects of creating ICMs.

Kaisa will select 3-5 images from all submissions for commentary and feedback, and these 3-5 images will be published in the March 2023 issue, along with Kaisa's feedback.

Make sure to title your images with your own name and, if desired, with the image title (for example, Kaisa\_Siren\_Winter1).

## Submission Deadline

Submissions must be received by **5 February 2023** in order to be considered.

Hold the camera  
this way.



Not this way.



Kaisa Sirén is a photographer from Lapland, Finland, specializing in ICM images. Her work was featured in the inaugural issue of ICM Photography Magazine in June 2020.

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Background Photo Credit ~ Kaisa Sirén