

ICM Exercise #5 - Humans

Exercise and Feedback by Kaisa Sirén

The ICMPhotoMag Exercise has transitioned from a beginners exercise to a task-oriented, or topic-based, exercise open to all ICM enthusiasts. This will be an ongoing series, and I will 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 1/10th 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 ~ Humans

This time, the task is to photograph human beings.

Photographing humans with the ICM technique is very interesting. You can make a choice if you want the person to blend into the background and become part of it (for example, a human in a forest may start to look like a tree), or you can emphasize the presence of the person by having a neutral background and a good contrast between the subject and the background (for example, a person standing on a beach against a body of water). By doing so, you have control over the mood of the image. Please pay attention to the position of the person, as this also affects and adds a lot to the mood and story of the image. Pay attention to composition and where you place the person. If you shoot indoors, pay close attention to the direction of the light and the things that surround the person. Are there, for example, distracting objects or too many things in the room? Because an ICM image easily becomes very busy from the movement itself, it is quite important to control all the elements in the image to achieve a harmonious composition. The same thing applies if shooting on a busy street.

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 should be taken between 15 June 2021 and 5 August 2021.***

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 September 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_siren1_Hope).

Submission Deadline

Submissions must be received by **5 August 2021** 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