BALANCE

ELEMENTS OF COMPOSITION IN PHOTOGRAPHY

Balance is a compositional technique in photography that compares or contrasts images within a frame so that the objects are of equal visual weight.

When different parts of a photo command your attention equally, perfect balance is achieved.

In photography, there are two main techniques of balance you should be aware of:
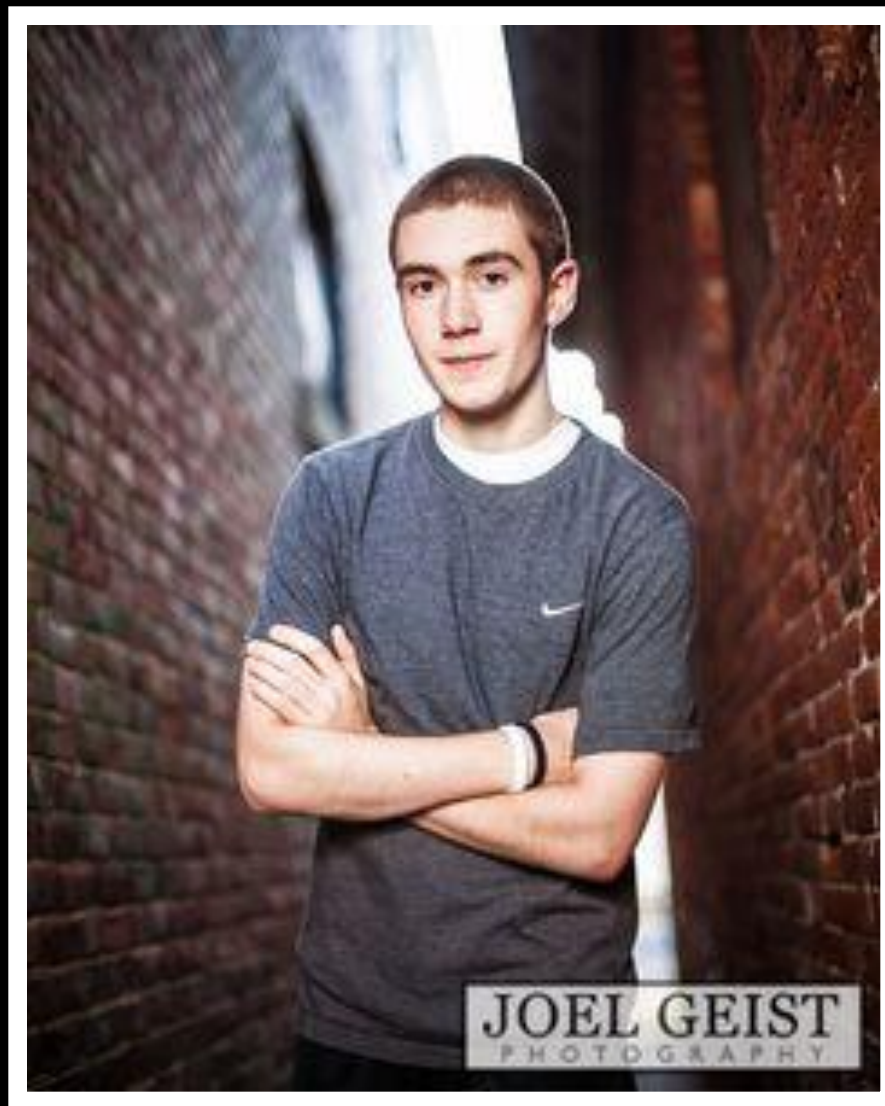
formal and informal

FORMAL BALANCE can be defined as symmetrical balance. All you have to do is frame the shot so that one or more identical or similar subjects are repeated symmetrical on each sides of a given point.

Notice how the egg is framed in the middle of the photo with an even amount of space around all sides. The colored triangle shapes on the table top also lends itself to using this type of balance. If this photo was framed differently (using the rule of thirds), with the egg positioned on one of the left or right side of the frame, it would most likely feel unbalanced because one half of the image would be completely empty.
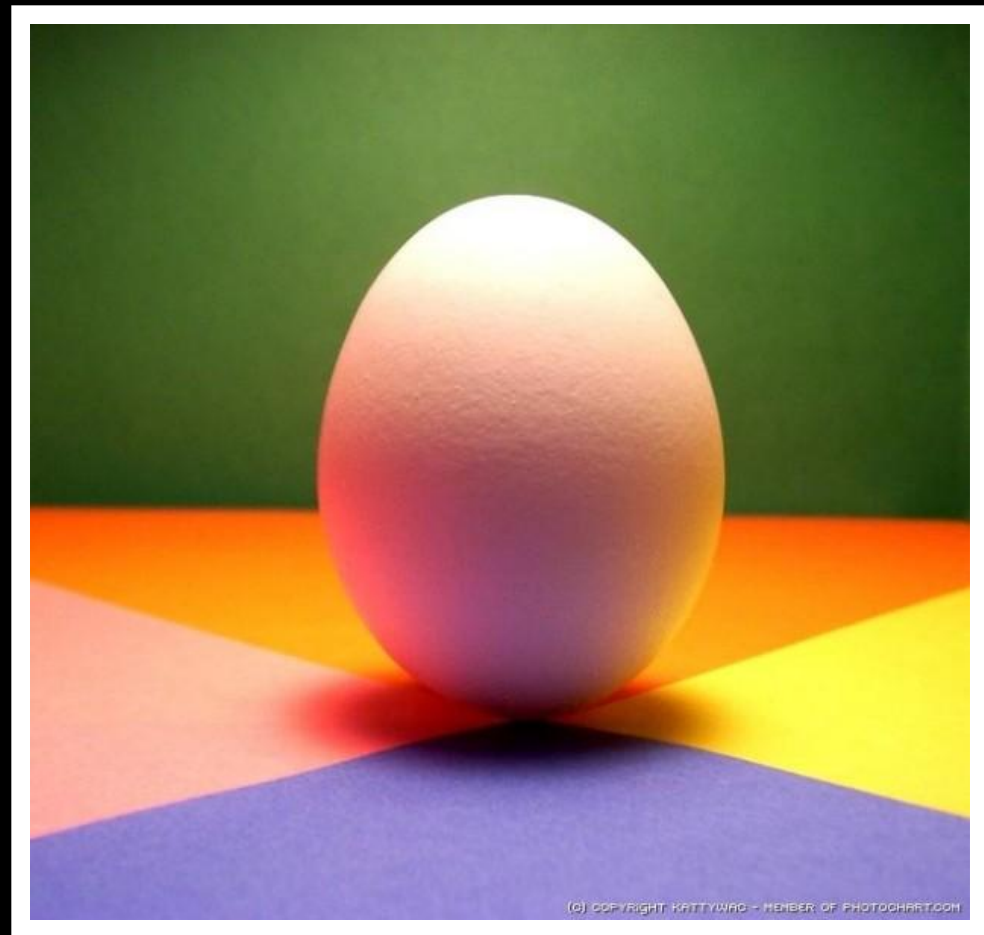
Portraits can benefit greatly by using formal balance. Framing a subject in the middle of the frame for a portrait can help to reduce any visual distractions a background may contain. It's always a safe bet to frame a portrait in this way. After capturing a standard shot such as this, you can then move on to other types of positioning for the model that are more visually interesting, but still being properly balanced.

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PHOTOGRAPHY

INFORMAL BALANCE is a less obvious form of balance in photography.

Simply put, informal balance occurs when dissimilar Elements balance each other out on each side of the frame. The size of each element can be irrelevant, but more often than not it's better to have a larger element compared with a smaller element or elements to make a good composition.