

FLUX ACADEMY · A SCHOOL FOR SEEING

MODULE 6 · LIGHT & BLACK-AND-WHITE

The High-Contrast JPEG Recipe

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LESSON 034



The Recipe Is the Freedom

- One camera profile, baked in at capture
- No post-processing — just pure seeing
- The recipe removes friction so flow can begin



What You'll Walk Away With

- The exact in-camera settings Dante uses
- Why JPEG over RAW changes your whole practice
- How a technical choice unlocks flow



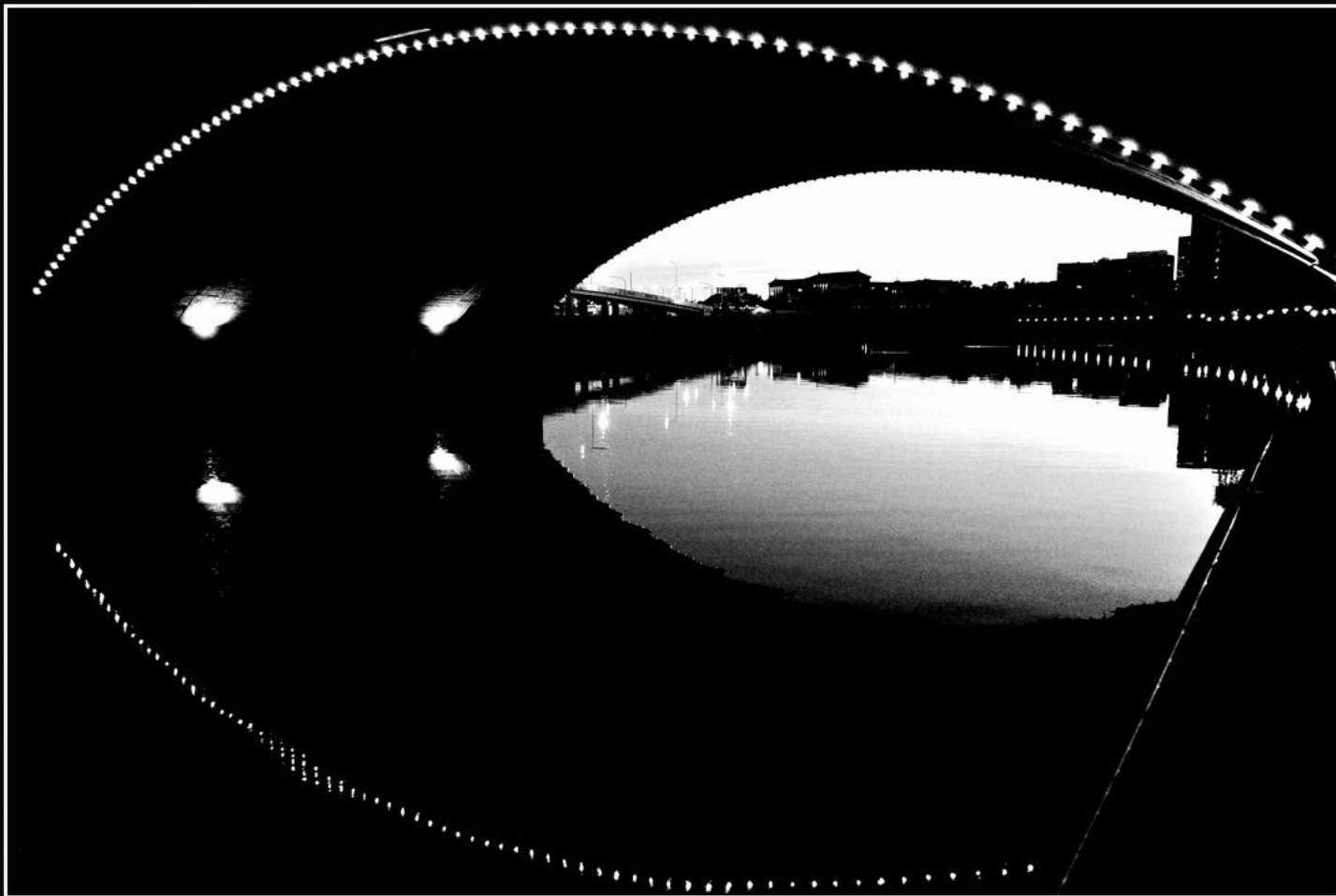
Complexity Is the Enemy of Flow

- Post-processing breaks the shooting rhythm
- Color RAW files slow everything down
- Complexity is the silent creativity killer



Speed Is a Creative Value

- Speed lets you shoot, share, and return to the street
- Prolific output compounds over time
- Streamlined workflow = more frames, more growth



Why the Ricoh GR III

- Compact, discreet, always in your pocket
- Snap focus and AV mode built for street
- The camera should disappear so you don't



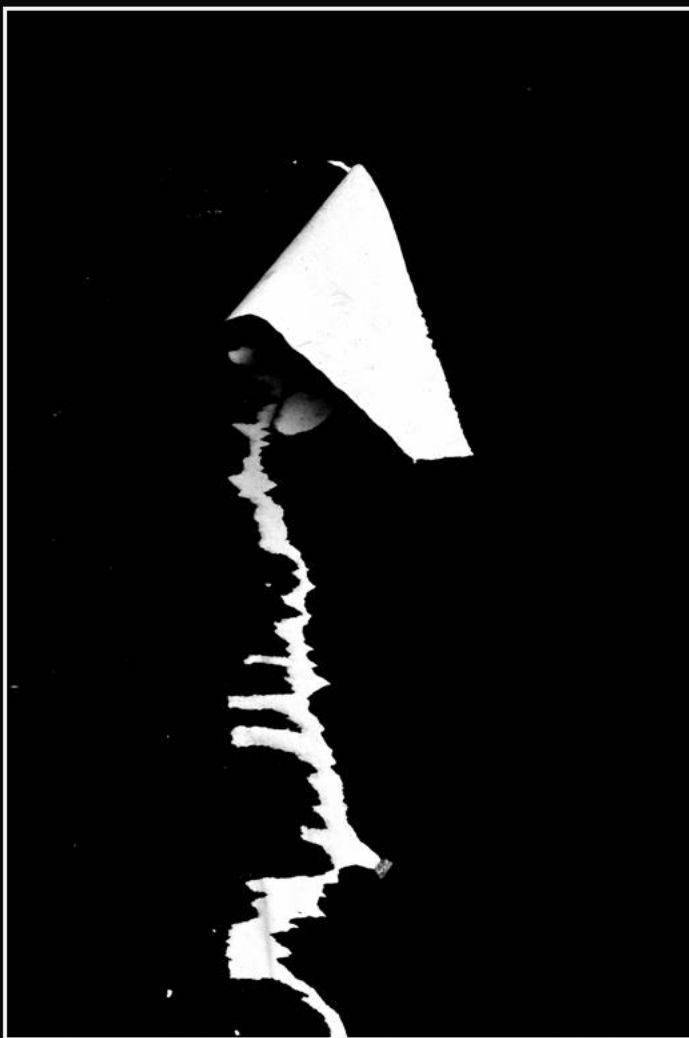
JPEG Over RAW: The Philosophy

- RAW = options, but options create hesitation
- JPEG = commitment at the point of capture
- Baking the look in forces you to see it first



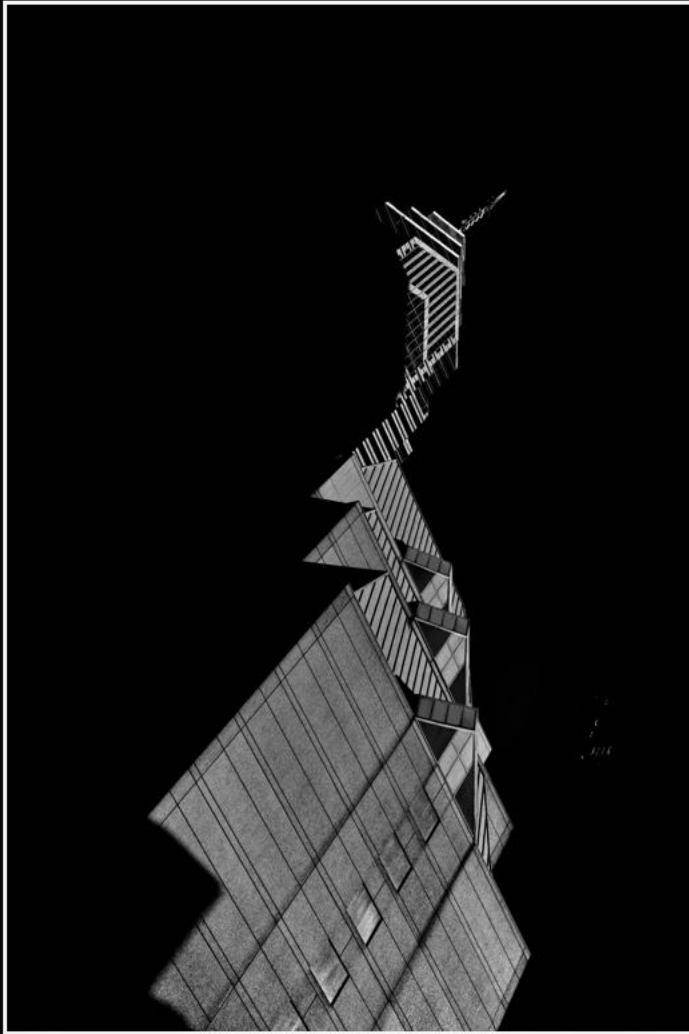
The File Settings Explained

- Small JPEG: 3360×2240 — fast, publishable, shareable
- Image control: High Contrast Black and White
- High/Low Key Adjustments: -2



Contrast, Sharpness, and Grain

- Contrast: +4 overall · Highlight contrast: -4 · Shadow contrast: 0
- Sharpness: +4 · Shading: +4 · Clarity: +4
- Grain Effect: Level 3 — the soul of the image



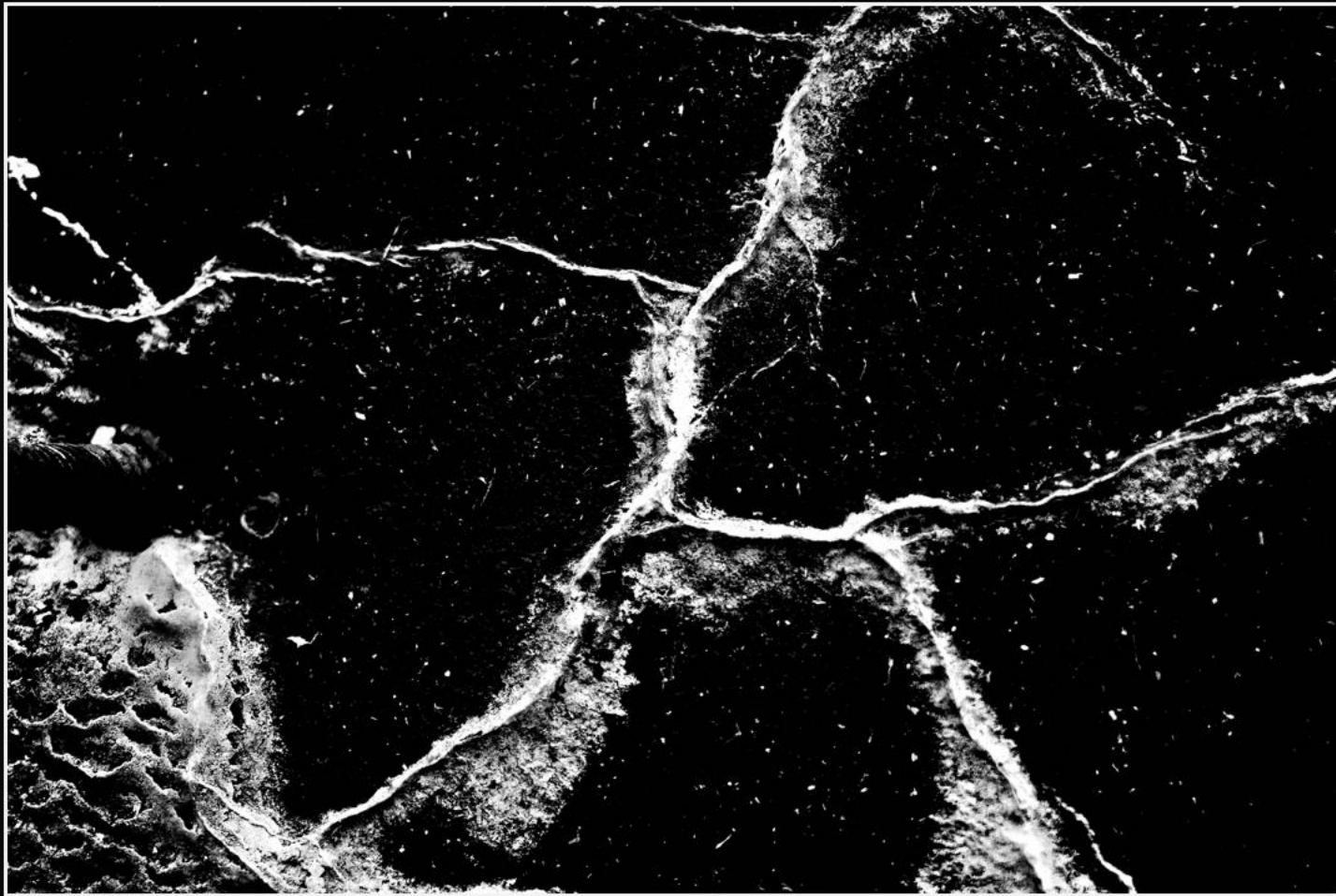
Highlight-Weighted Metering

- Expose for highlights, let shadows fall
- Highlight-weighted metering is non-negotiable
- What you protect, you emphasize



AV Mode and Aperture Settings

- Aperture Priority: F8 for maximum depth of field
- Snap focus at 2 meters — no hunting, no hesitation
- Auto ISO, minimum shutter 1/500



Underexposing by One Stop

- Deliberate underexposure deepens drama
- Unnecessary detail gets buried in shadow
- Mystery lives in what you don't show



The Recipe Rewards Patience

- Return to the same spot again and again
- Study how the light moves across a fixed landmark over time
- Patience + recipe = the frame you envisioned



Wait for the Gesture to Complete the Frame

- Beautiful light and figures — but the frame is still missing something
- Wait for the third element: a gesture
- Highlight metering crushes the background and isolates the moment



Trust the Profile to Abstract the Ordinary

- An ordinary shape can seem like nothing at first
- Raise the camera above eye level on the LCD for cleaner separation
- The profile abstracts the shape into something beyond literal



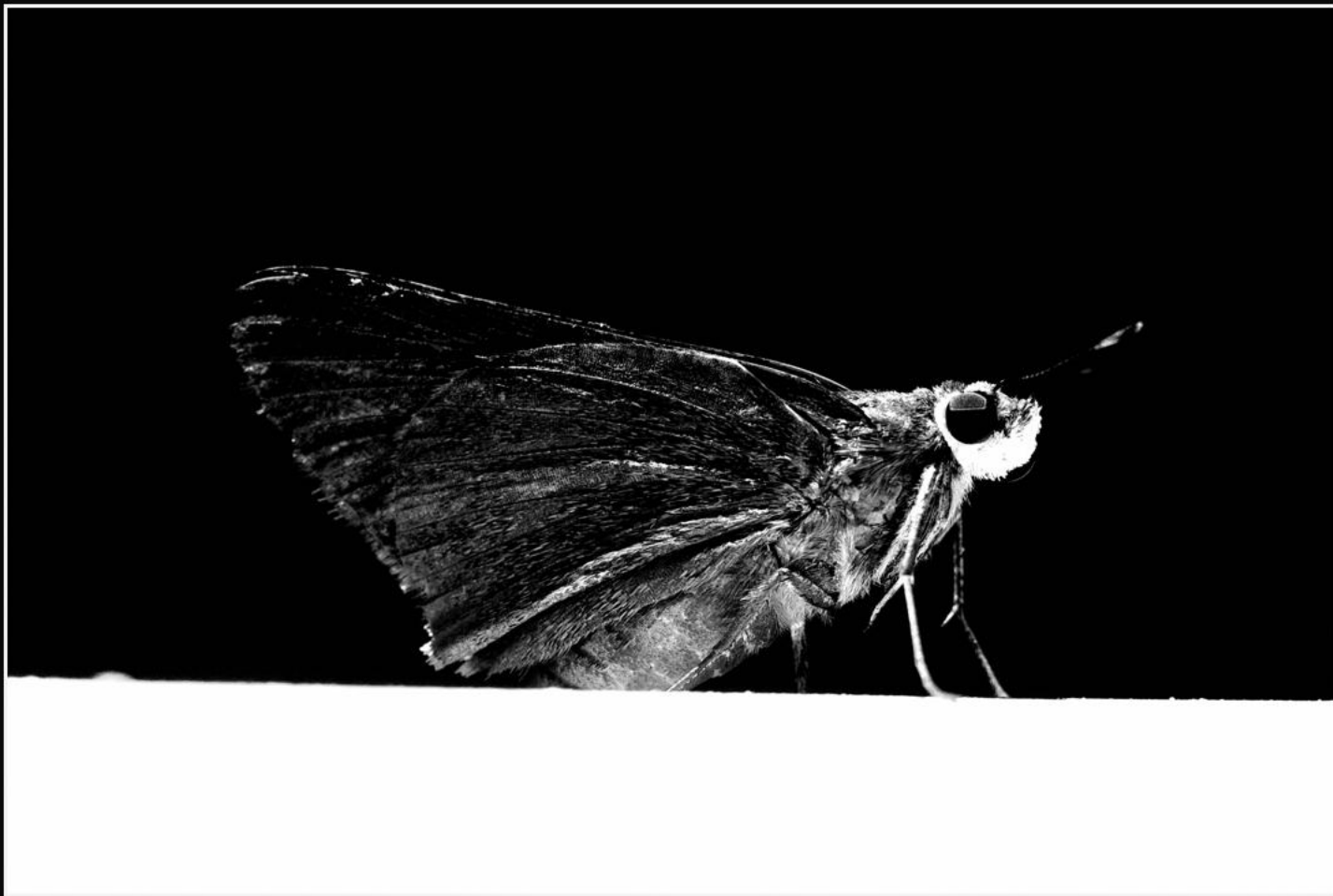
Chiaroscuro as the Aesthetic Ancestor

- Caravaggio's chiaroscuro: light isolates, shadow elevates
- High contrast B&W is the photographic equivalent
- Ambiguity and drama from the same source



The Flow State Is the Real Output

- The recipe eliminates decisions at the point of capture
- No settings to adjust = total presence on the street
- The camera becomes the vessel, not the obstacle



Lock In the Recipe Today

- Set your camera to these exact values before your next shoot
- Don't touch a setting once you're on the street
- Trust the profile and let it work



Return to the Same Location, Study the Light

- Pick one location and return to it repeatedly
- Study how the recipe renders light at different hours
- Repetition sharpens your understanding of the profile



Shoot Loose, Then Curate Late

- Make frames without stopping to review
- Volume first, judgment later — much later
- The recipe earns its keep across a body of work



Tweaking the Profile Mid-Session

- Changing settings on the street breaks flow
- Doubt creeps in and you stop seeing
- Commit to the recipe completely or it can't do its job



Treating JPEG as a Limitation

- JPEG feels like giving something up — it's actually gaining commitment
- "I'll fix it in post" is the trap
- What's baked in forces better seeing upfront



Building on the Why

- Lesson 033 established why black and white
- This lesson delivers the how
- Philosophy and technique are one continuous move



Set It, Lock It, Trust It

- The recipe: high-contrast JPEG, F8, snap focus, highlight metering, grain
- Lock it in and stop thinking about the camera
- The setup is the freedom — now go see