

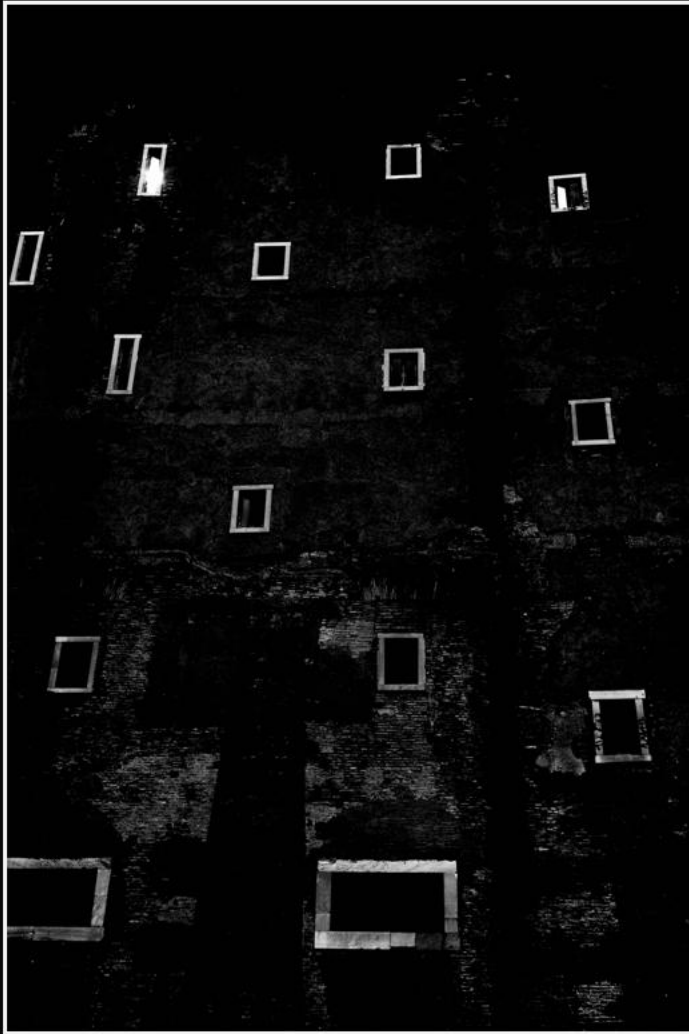
FLUX ACADEMY · A SCHOOL FOR SEEING

MODULE 8 · THE SYSTEM — RICOH GR

The One-Camera System

BY DANTE SISOFO

LESSON 042



One Camera Changes Everything

- One camera, one lens, one commitment
- Simplicity is not limitation — it's liberation
- The system only works when fully adopted



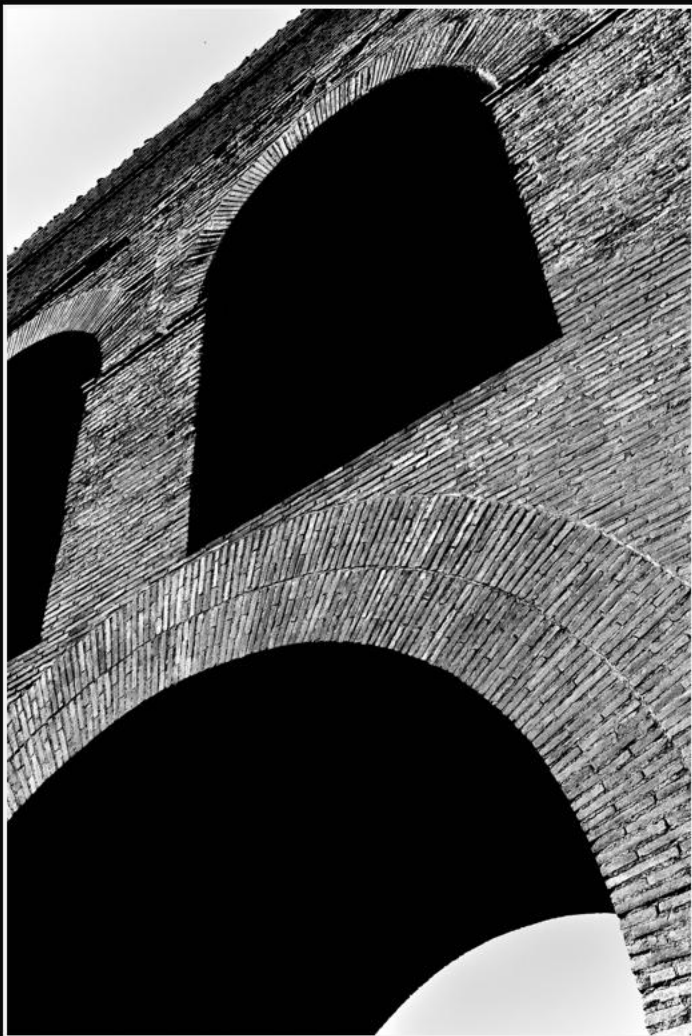
What You'll Walk Away With

- Why one camera beats any multi-camera setup
- How commitment builds intuition over time
- The exact logic behind the FLUX gear philosophy



Switching Kills Instinct

- Switching lenses interrupts your intuition
- Your body never learns where to stand
- Inconsistency creates thinking — thinking creates friction



Friction Is the Real Enemy

- Multiple lenses. RAW backlog. Decision fatigue.
- Friction compounds — it burns photographers out
- Remove friction and the practice survives



The Ricoh GR: Closest Thing to No Camera

- Pocketable. Discreet. Always with you.
- Lens is fixed — no swapping, no debating
- It becomes an extension of your body



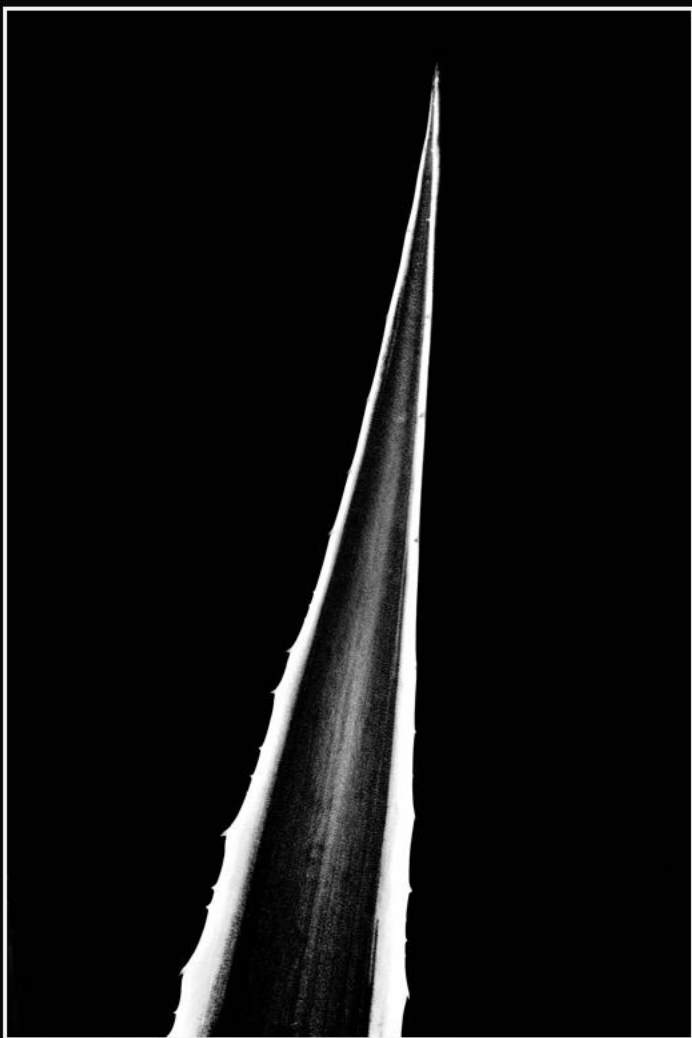
Focal Length Doesn't Matter (Commitment Does)

- The focal length is almost irrelevant
- What matters: pick one and stay with it
- Consistency is what sharpens intuition



Composition Is Physical, Not Mental

- Street photography is a physical discipline
- Your body positions itself relative to the moment
- When you press the shutter, the composition is already made



Make the Camera Your Slave

- The camera should serve you, not slow you down
- No excuse not to press the shutter
- Flow comes when gear disappears



P Mode Is Professional

- P mode and AV mode keep you in the moment
- Snap focus handles the timing
- Manual mode is not a badge of honor



Small JPEG Is the Future

- Small JPEG: fast imports, zero backlog
- RAW files create paralysis, not quality
- AI upscaling removes the last excuse



High-Contrast Black and White Built In

- Set the aesthetic in-camera, once
- High contrast black and white — locked
- No editing decisions left to make



Flow Through Repetition

- Flow is not found in inspiration
- It's found through repetition and commitment
- The system becomes automatic over time



Commit for a Year, Not a Week

- Street photography is a long game
- Commit for a full year minimum
- Time plus consistency equals inevitability



The System Under Pressure

- Unfamiliar place, no preparation, system already installed
- Camera in pocket, ready from the moment you arrive
- Settings locked — never touched again



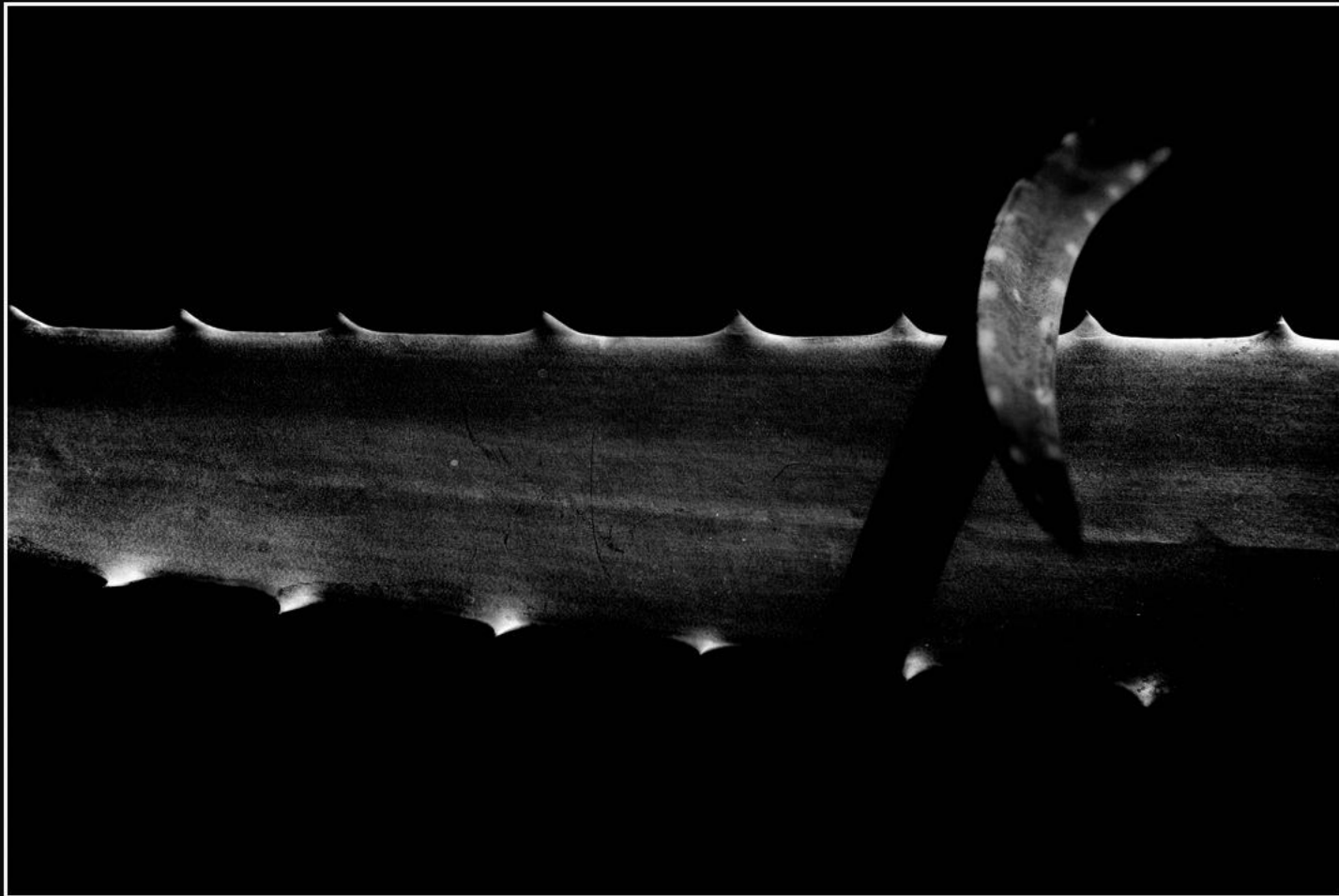
No Warm-Up Period Needed

- When the camera is always ready, there's no warm-up period
- The small, overlooked things become subjects — texture, reflection, light
- Not hunting. Responding. Present.



Volume Unlocks Instinct

- Shooting in the hundreds and thousands is a path, not a symptom
- Volume is not waste — it's how instinct gets built
- When you stop thinking, the camera disappears



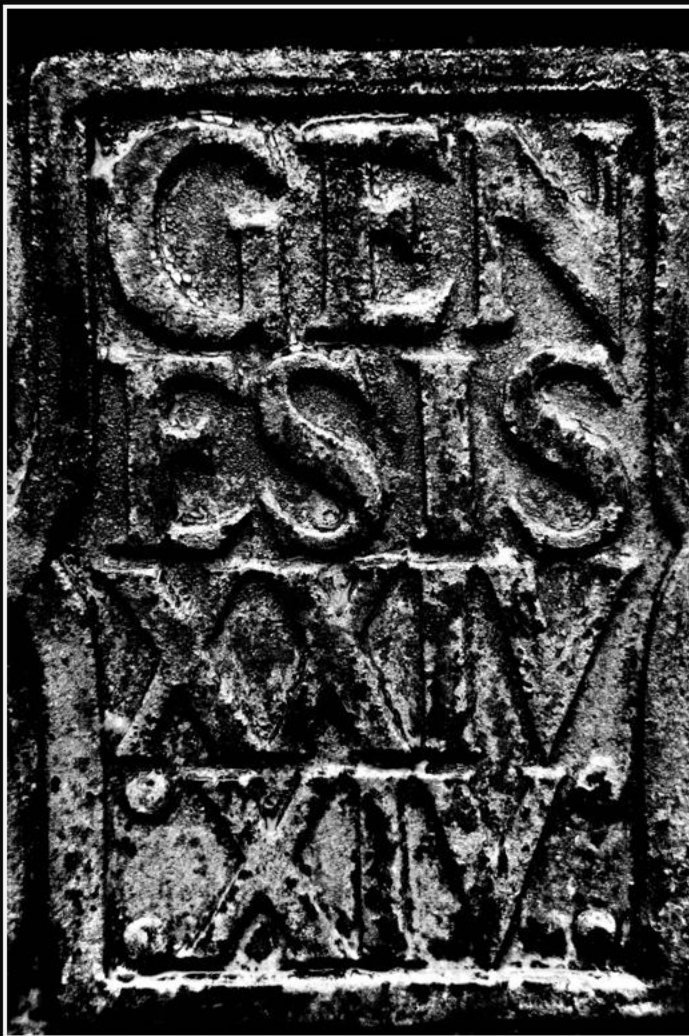
Set It Up Today, Don't Touch It

- Set up your Ricoh GR exactly as instructed
- Do not customize while installing
- Trust the system — partial adoption creates partial results



Go for Your First System Walk

- Go outside with the camera set and ready
- Raise it. Point. Press the shutter.
- Goal: 100 photographs, zero judgment



Import Same Day, Every Day

- Import the same day — no backlog
- Cull same day, publish same day
- The workflow is frictionless by design



Customizing While Installing

- Tweaking the system before trusting it
- "Customizing" is just resistance in disguise
- Install first, fully — then evaluate



Mistaking Gear Research for Progress

- Hours spent comparing cameras, zero frames made
- Gear research feels productive — it isn't
- The camera you have, fully committed to, beats any upgrade



Building on the FLUX Workflow

- Lesson 041 established the daily shooting rhythm
- The one-camera system is what makes that rhythm stick
- Consistency of gear enables consistency of practice



One Camera. One Commitment. No Excuses.

- One camera. One focal length. One file type.
- Set it once, trust it fully, commit for a year
- The system installed is freedom found