

ON-CAMERA TTL FLASH CHEAT SHEET

LOOK 1: UNDEREXPOSED AMBIENT

Background dark, subject bright

Shutter: 1/200s | Aperture: f/5.6 | ISO: 100
FEC: 0 | Diffuser: Off

Test shot without flash → 3-4 stops underexposed.
Flash on = subject isolated.

LOOK 2: PARTY FLASH

Direct "flash look"

Shutter: 1/60s | Aperture: f/2.8 | ISO: 800
FEC: -0.3 | Diffuser: Off

Ambient 1-2 stops underexposed.
Hard shadows intended.

LOOK 3: MOTION BLUR

Long exposure + Rear Curtain Sync

Shutter: 1/15s-1/2s | Aperture: f/5.6 | ISO: 200 | FEC: -1 | REAR SYNC

In Camera: Fn-Button → Flash Mode → Rear Sync
During exposure pan/rotate camera. Flash freezes subject at the end.

AMBIENT/FLASH CONTROL

Shutter Speed = controls background

FEC (Flash ±-Button) = controls only flash power

Background darker: 1/200s, f/8, ISO 100
Background brighter: 1/60s, f/2.8, ISO 800

HSS (HIGH SPEED SYNC)

Only for:

Outdoor sun + wide aperture (f/1.4-f/2.8) + over 1/250s

Shutter: 1/500s-1/2000s | Aperture: f/1.4-f/2.8
ISO: 100 | FEC: +1

Setup: Activate HSS on flash + set Flash Mode to "Fill Flash" in camera

QUICK REFERENCE

Look	Shutter	Aperture	ISO	FEC	Sync
Dramatic dark	1/200s	f/5.6	100	0	Normal
Party Flash	1/60s	f/2.8	800	-0.3	Normal
Motion Blur	1/15s	f/5.6	200	-1	REAR
Outdoor HSS	1/1000s	f/2.8	100	+1	HSS

All values are starting points - test and adapt to specific situation