WHEN LIGHTING YOUR MOVIE - SURE - YOU CAN POINT THE CAMERA AT YOUR SUBJECT AND USE WHATEVER NATURAL LIGHT SOURCES ARE ALREADY THERE, BE IT A LAMP OR THE SUN IN THE SKY.

HOWEVER, THERE IS A BETTER WAY!

THE GREAT THING ABOUT 3 POINT LIGHTING ISN'T JUST HOW IT WILL MAKE YOUR SUBJECT EASIER TO SEE ON CAMERA... LIKE SO...

THE DIFFERENCE BETWEEN BAD LIGHTING...

...AND BETTER LIGHTING.
IT'S ALSO A TOOL THAT WILL ALLOW YOU TO GIVE YOUR COMPOSITIONS MORE STYLE...

SUCH AS HERE...

USING SHADOWS TO CREATE TEXTURE AND TONE IN AN IMAGE.

THE CONCEPT OF THREE POINT LIGHTING IS SIMPLE. YOU HAVE...

1) KEY LIGHT - WHICH WILL BE CLOSEST TO YOUR SUBJECT AND USED AS THE MAIN LIGHT TO ILLUMINATE.

2) FILL LIGHT - FURTHER AWAY THAN THE KEY LIGHT AND FILLS THAT LIGHT'S GAPS IN ILLUMINATION.

3) HAIR LIGHT - BEHIND AND ABOVE YOUR SUBJECT, USED TO ELIMINATE A SUBJECT FROM THE BACKGROUND.
The trick to creating a style with three point lighting is that you can turn down or even eliminate certain lights to make your desired affect come alive.

Look at this photo again. The cinematographer has set a bright key light to the front right and has eliminated both the fill and hair lights for a dramatic, shadowy effect.

This method is used when shooting footage inside, known as shooting interiors. What about scenes that take place outside or exteriors?

You can use the same principles outside as in! The tools might be a little different but the idea is the same.

Think of the sun as your hair light. Position subjects so the sun is above and slightly behind them.

Reflector

Another tool is a reflector, which can bounce sunlight onto your subject when angled. This can serve as a key light.

You can even control shadows by placing your subjects in deliberate places where sunlight strikes on their side, front, or back.
Now that you've got lighting basics down, how does the lighting equipment actually work?

Secure the light heads to the tripod stands by slipping the lights over the top of the stand and tightening them with the bolt.

Once your stand is secure, you can plug your light in to a surge protector. Remember - never plug one of the these lights directly into a wall outlet - the bulb will burst!

The on/off switch is on the cord.

To add a soft box diffuser screen, slide the ring over the front of the light so it rests in the supports. Then, tighten the screw at the top to secure. To assemble the soft box, follow the directions that come in their carrying bags.

For safety - don't touch the light near the bulb when it's on or just after it has been turned off. They run hot and can burn your hand. Also, keep the light at least 3 feet away from your subject.
You can adjust the height of your light by loosening then retightening various knobs and pulling the stand up or down.

If your light is set to be very tall, you may need to use sandbags as a counterweight to stop it from tipping over.

And that's about it! Experiment with different heights and distances from your subjects and have fun filming and lighting!