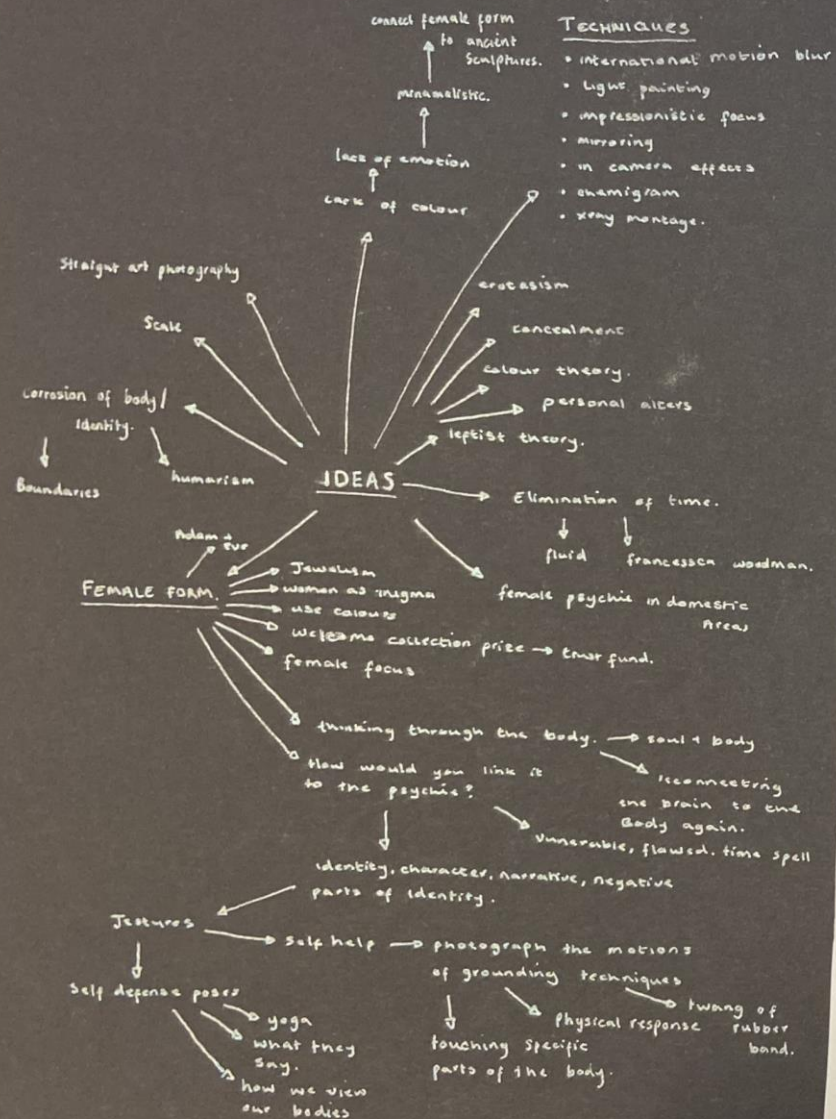


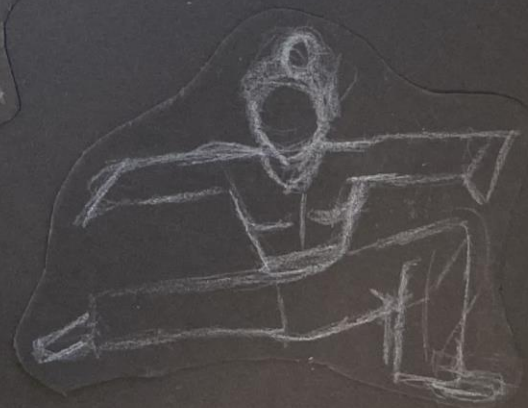
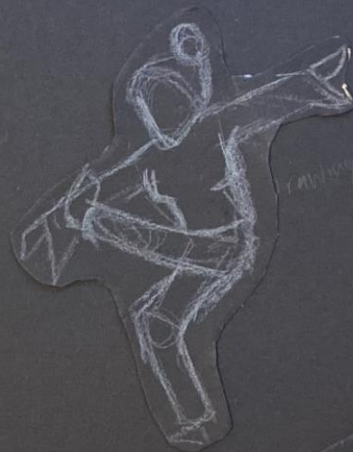
Artists: Joanna Piotrowski, Ziqian Lin, Olivia Sussen.



Female form + Self defence.

"Self defence is more than a set of techniques, it is a mindset that begins with the belief that we are worth defending. the mindset is rooted in self love, respect and care for others."

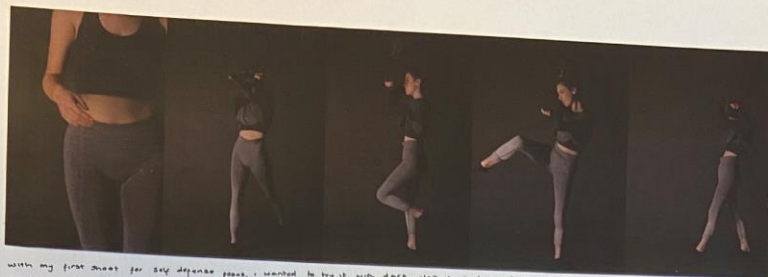
- the gesture of self help! → grounding → physical response
- using self defence poses to represent how females feel about themselves/bodies.
- Naked self defence? → maybe too intrusive.
- coloured light? half lighting?
- body parts printed onto photos?
- different parts of the body that are sexualised covered
 - ↓ nipples, legs, breasts, bum, stomach.



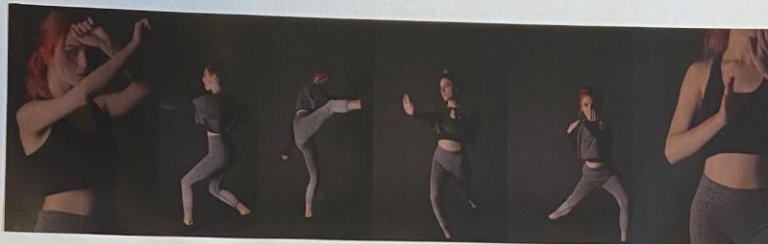
Self defense

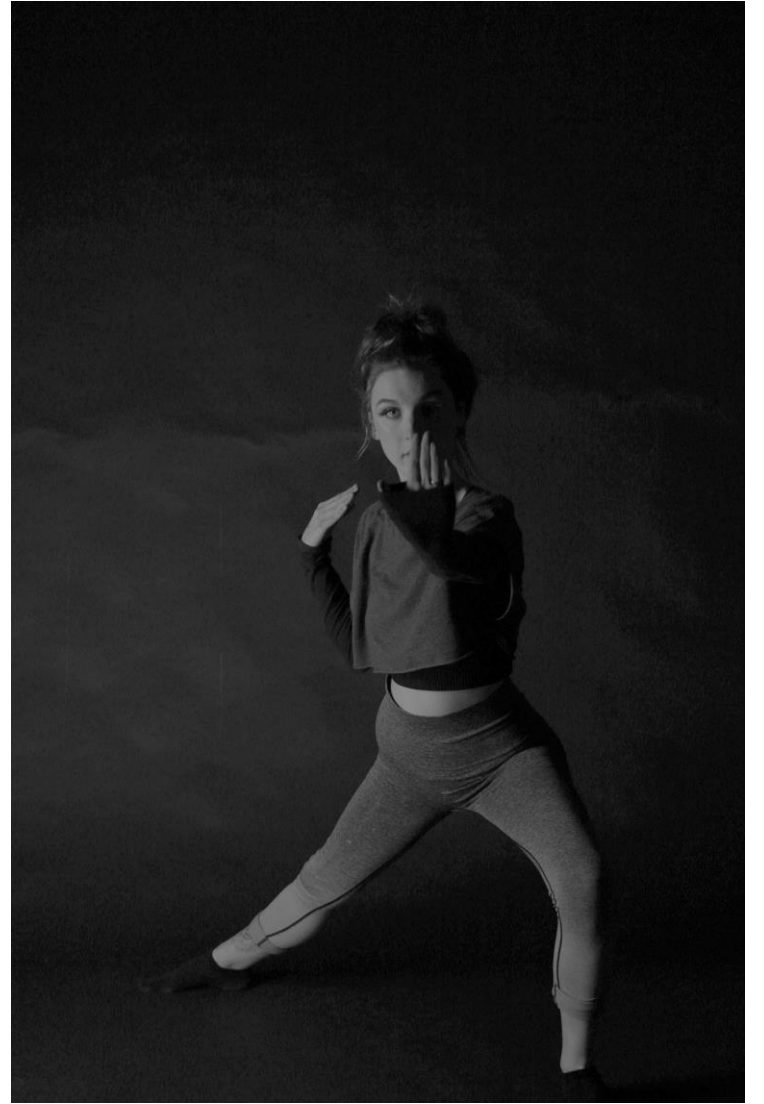
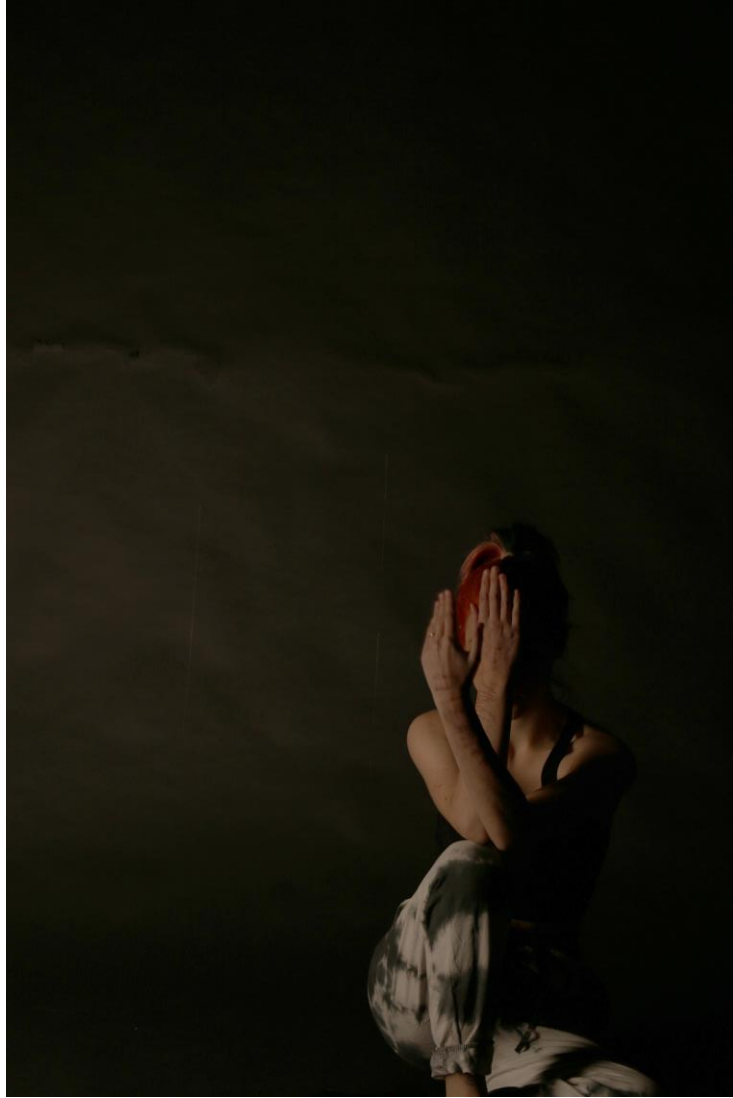
- It can transform the faith you have within yourself and increase your confidence and trust whilst helping with your mental health and your physical health.
- Popular way to gain discipline
- Helps people acknowledge the power they have over their own lives.

javillByron.org



with my first shoot for self defense poses, i wanted to try it with dark clothing and a dark background to represent the feeling of vulnerability. i tried to capture different stances as i was doing them, but also to capture the real emotions in my poses to show how i felt doing this shoot too, as i am meant to feel powerful and defensive but instead i feel self conscious and fat, but that is the whole point in doing these self defense poses.





Joanna Piotrowska.

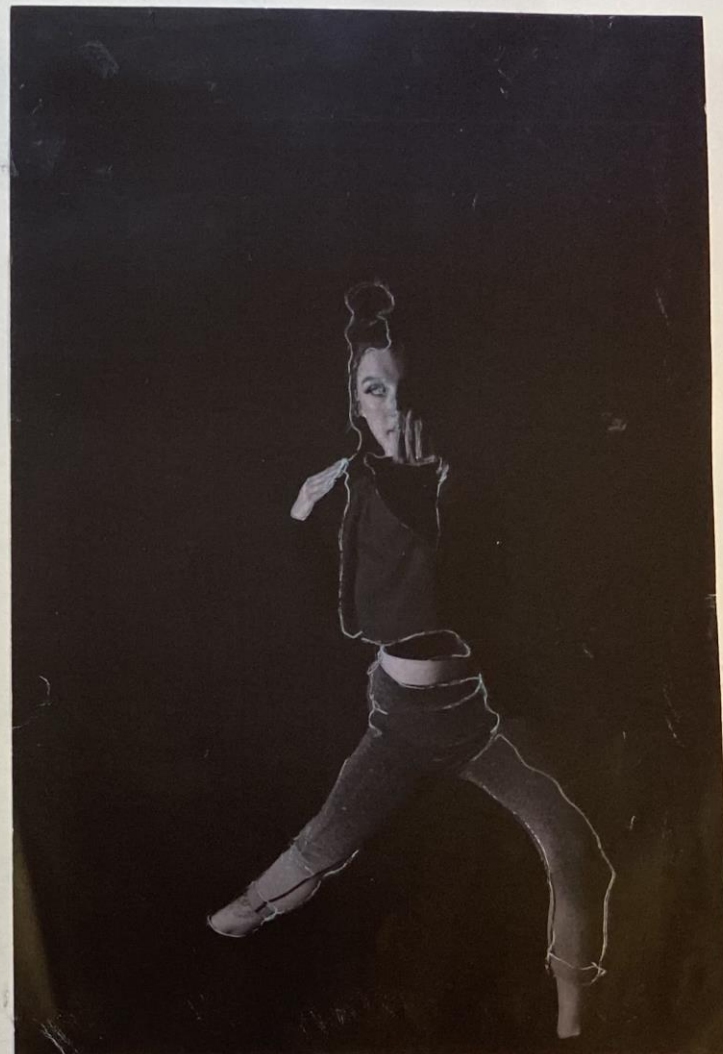
"We need to use our bodies as weapons"

- Large format, Black and white photos.
- Vulnerability and protection.
- Ambiguous and Disconcerting.
- She has done work/photography surrounding self defense and the pose, but mainly in men. She then started using women in similar poses but in domestic areas.



IDEAS TAKEN FROM HER WORK / SIMILAR / INSPIRED

- Maybe turn some into black and white
- One links in well with my project as we both focus on self-defense
- maybe try other places than the studio?

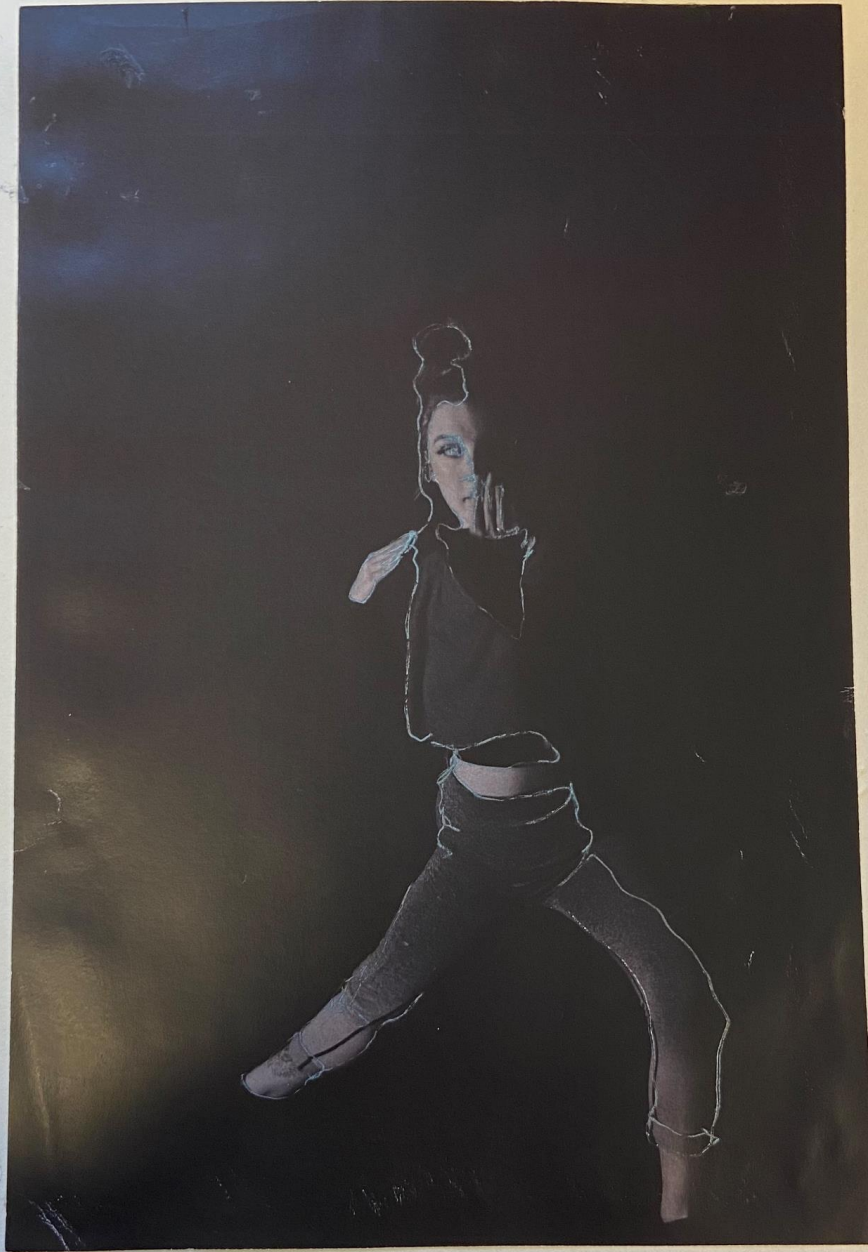


I wanted to turn my photo to black and white to link it into the artist research I've done, but with my photos I think they make them too soft so I drew onto this one to create a sense of excitement and sharpness.

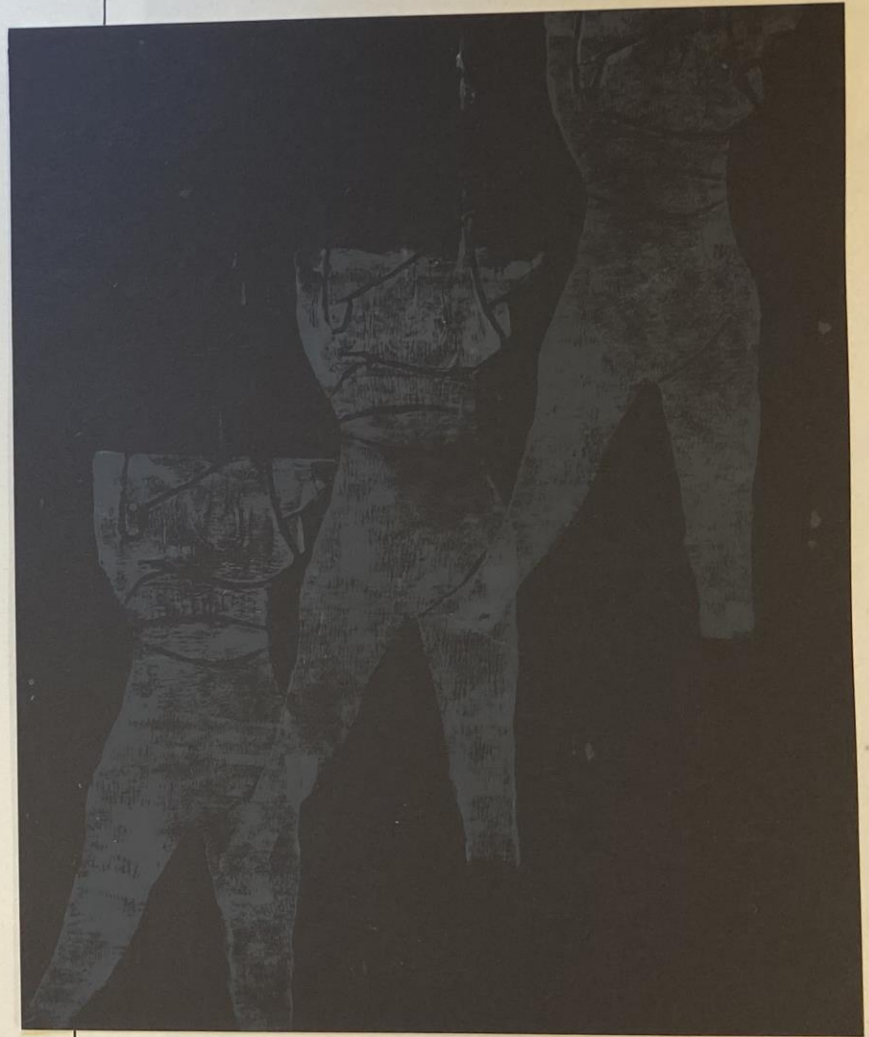


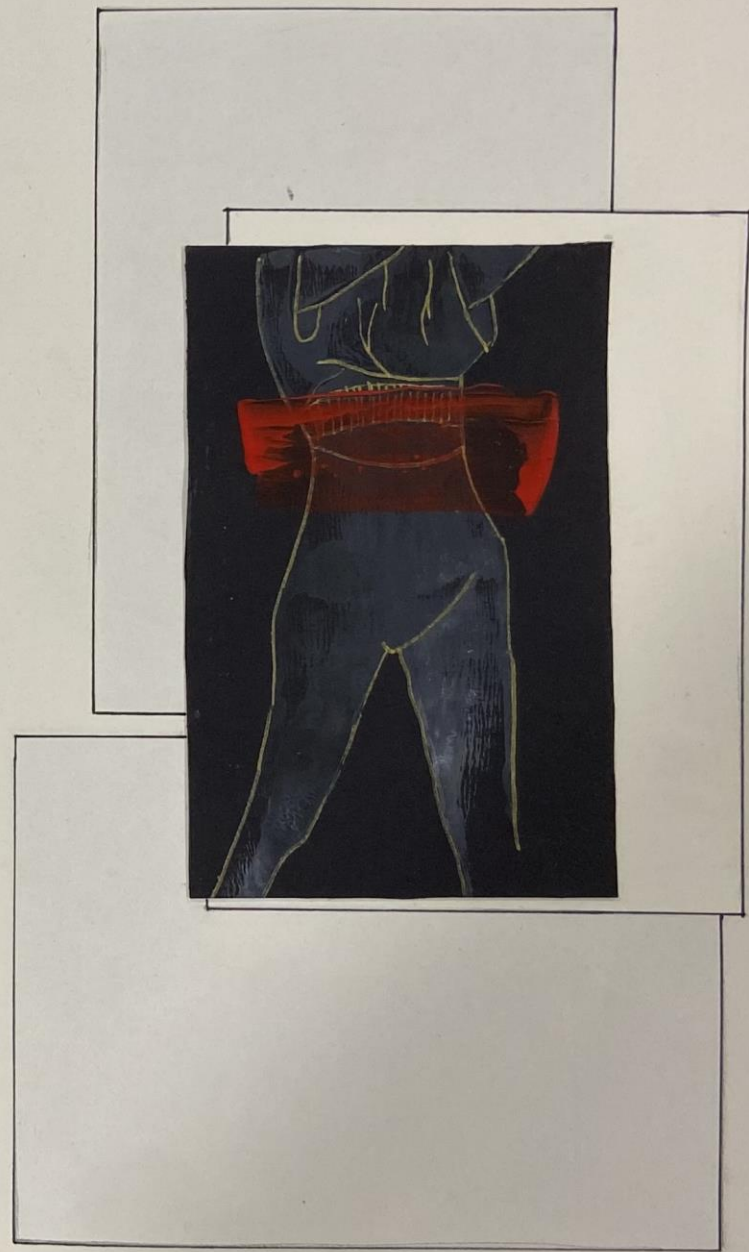
joanna piotrowska

She uses black and white 16mm film photography to create her work. She has done work on self defence poses with men but decided to do the same type of poses with women in domestic spaces , she is wanting to imply how bad violence is against women but at the same time she is showing their empowerment, psychophysical relationships and the power dynamics underlying how we relate to each other.



I wanted to start of using lino printing as a way to experiment, as it brings in other Mediums and Art-types. It is a good way too get my brain going. With the photo I chose to do my lino prints from, I thought it could create a strong print. This printing technique let me bring photography and fine art together.





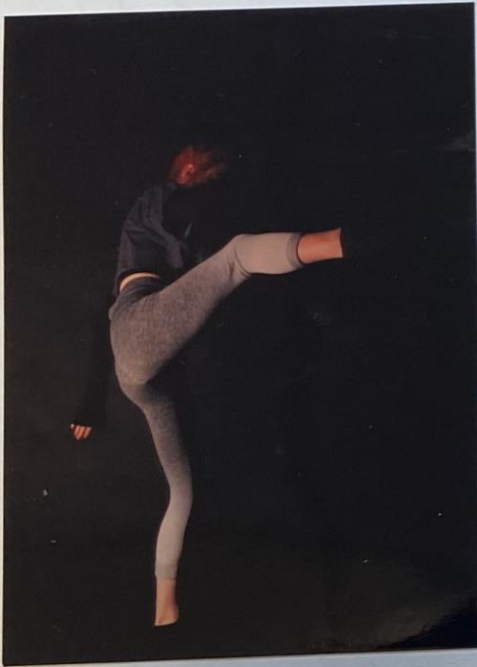
LIGHTING

• It is too dark in contrast with the clothes. It leaves details out and you end up missing details/ the story.

• where there is a bit more lighting it works better. like for this one the lighting is more on the front so it doesn't cancel out too much of the image.

Because the images are so dark it starts to look flat and uninteresting.

• I like this type of lighting but it just does not fit the type of shoot, maybe with close ups, could work better or could take away too much detail.

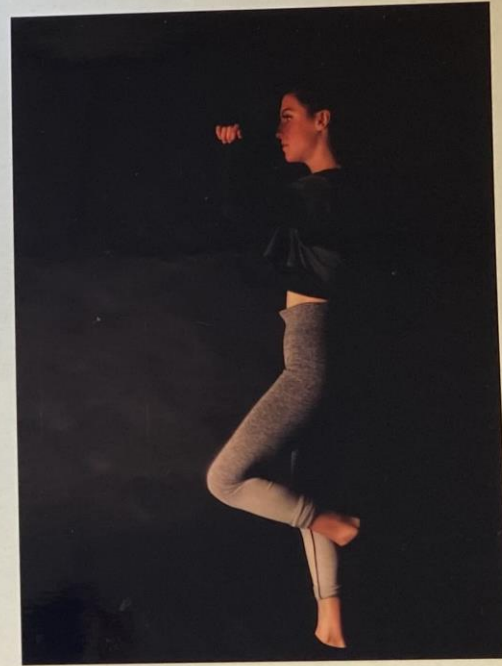


• Bring lighting round or not make it as soft.

• wear lighter clothing to not blend so much with the backdrop.

• Brighten the lighting to stop it looking too much like a fashion shoot.

Take closer lighting + clothing



own photos.



CYANOTYPE

- Cyanotype is a process, that when exposed to natural or artificial ultraviolet light, produce a high contrast blue image when oxidised. The areas where light does not hit on the material remains white. It is a negative process.
- You can use plants, decorative items, Assorted prints to create a stillhouette.
- the time scale in which it develops can vary from anywhere between minutes to several hours, depending on how strong the light source is.
- It involves two chemicals:
 - Ferric ammonium citrate
 - potassium ferricyanide.
- Depending on your brush, brush strokes and paper, the texture of the image will differ.

Process

- mix the two chemicals to create photo sensitive solution or 'sensitizer'
- Brush, coat or soak the sensitizer onto watercolour paper
- create a negative image on acetate or put other objects too
- place the negative / objects over the dried sensitized paper
- expose to UV light (the sun)
- Wash the image in water to develop
- Dry.



first take of Cyanotype printing.

With this Cyanotype I wanted to experiment with over exposure of females and how men perceive women. I added a dried flower to the process over where the private parts would be because in a very male orientated world, females get looked at as objects. Yes the female form is a glorious thing that has always been loved, but it has been over sexualised.

The stance itself is to represent not only that women feel they need to be able to defend themselves but also to show that women really are not fans of the way they look.



Violane Sessan.

"When I take a glance at our selves, I hold my breath and see us expand in colours and clouds bursting from the mouth, Are they yours or mine?"

- . focuses on parts of the female body
- . She adds pigments to her prints and then re photographs them.

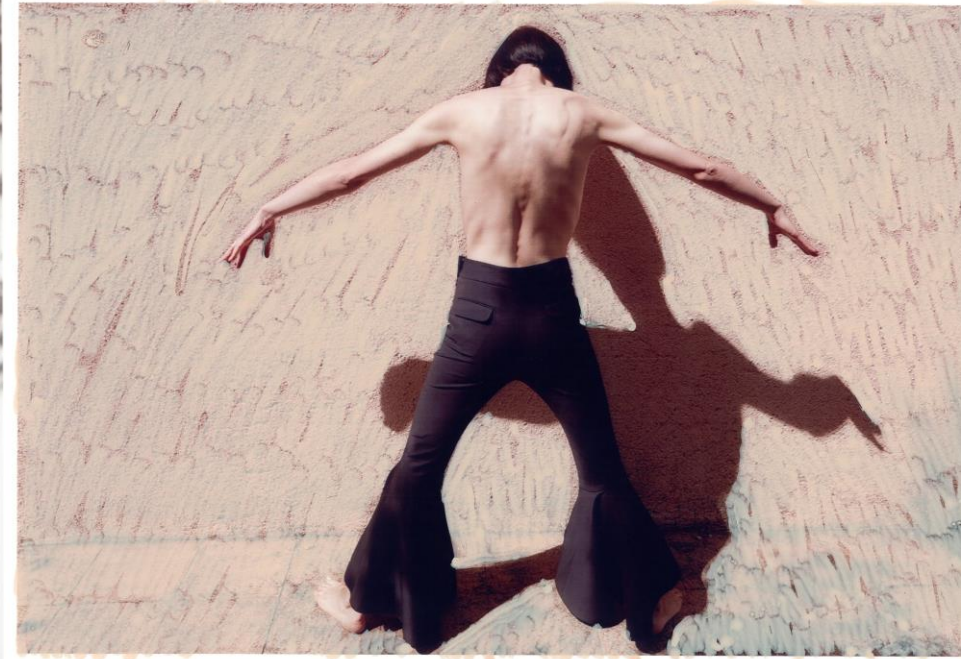
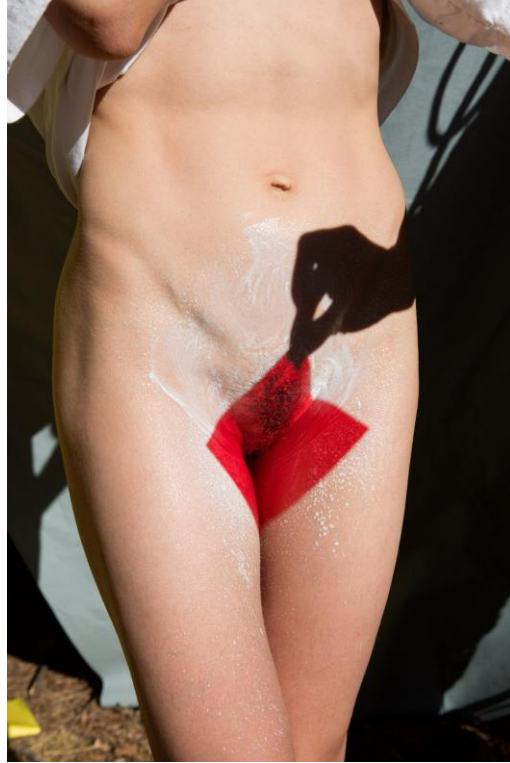
. Roxanne II, 2017 . Range of poses
. moods and movements.



what I took from these.

- . the poses are interesting and sometimes, almost uncomfortable.
- . bit more skin showing.
- . add texture onto photos with colour & different mediums.





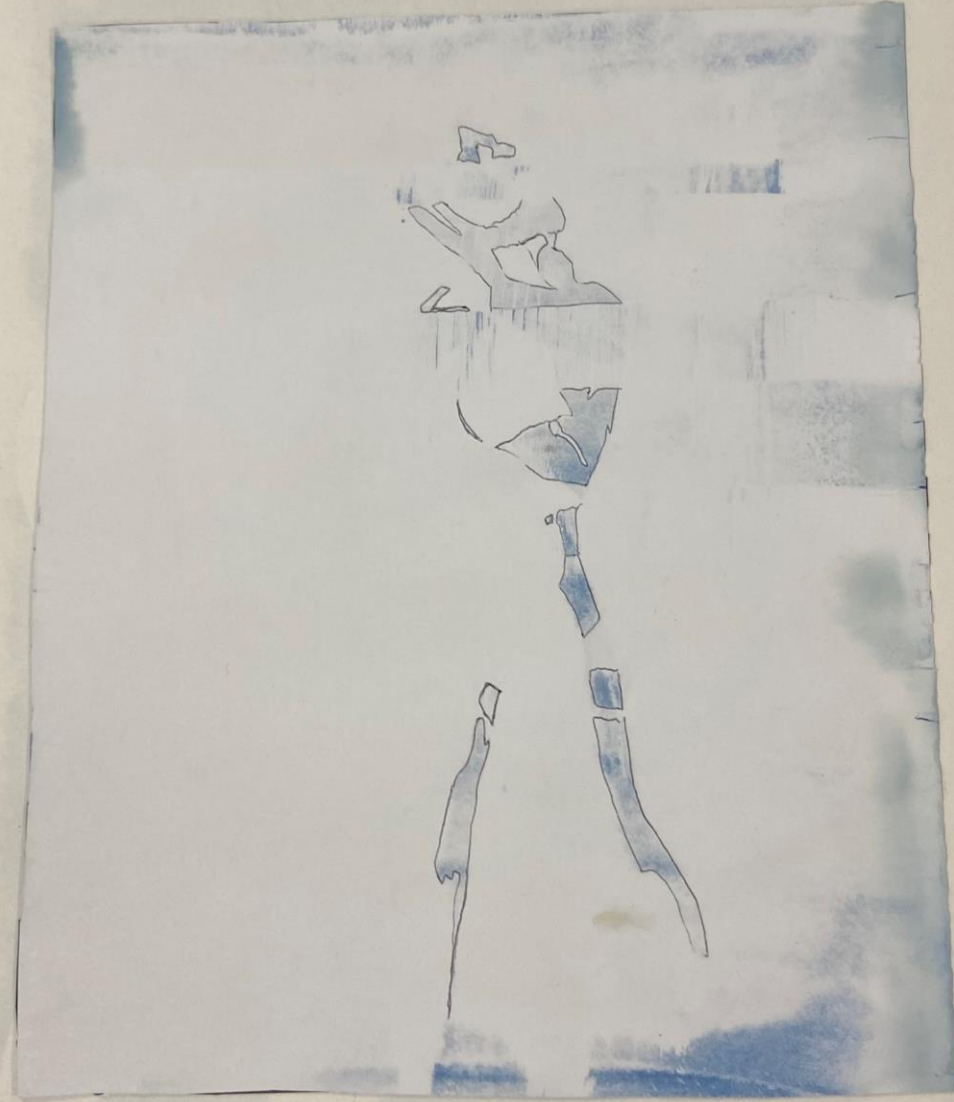
Viviane sessan

‘When I take a glance at our selves, I hold my breath and see us expand in colours and clouds bursting from the mouth, are they yours or mine’

She adds pigments to her photos using big brushes and thin lines to then rephotograph them

her work includes ranges of poses, moods and movements, she uses the paint to enhance shapes. Her work can be sensual and tender but at the same time these images are about performing in front of the camera but also behind it and leaving traces of each the model and the artist







negative/inverted image of original image - ready to make acetate, for lith printing.

This lith print came out really well. I think the grainy, slightly blurred effect adds a sort of narrative to the image. As compared to the original image itself, it doesn't look flat and it makes you want to look further into the image. The graininess makes a strong pose, actually look stronger.

→ Adds a bit of texture
→ The graininess



First attempt of lith printing.



Ziqian – liu

Liu takes images of herself in times when she feels different in herself with natural lighting.

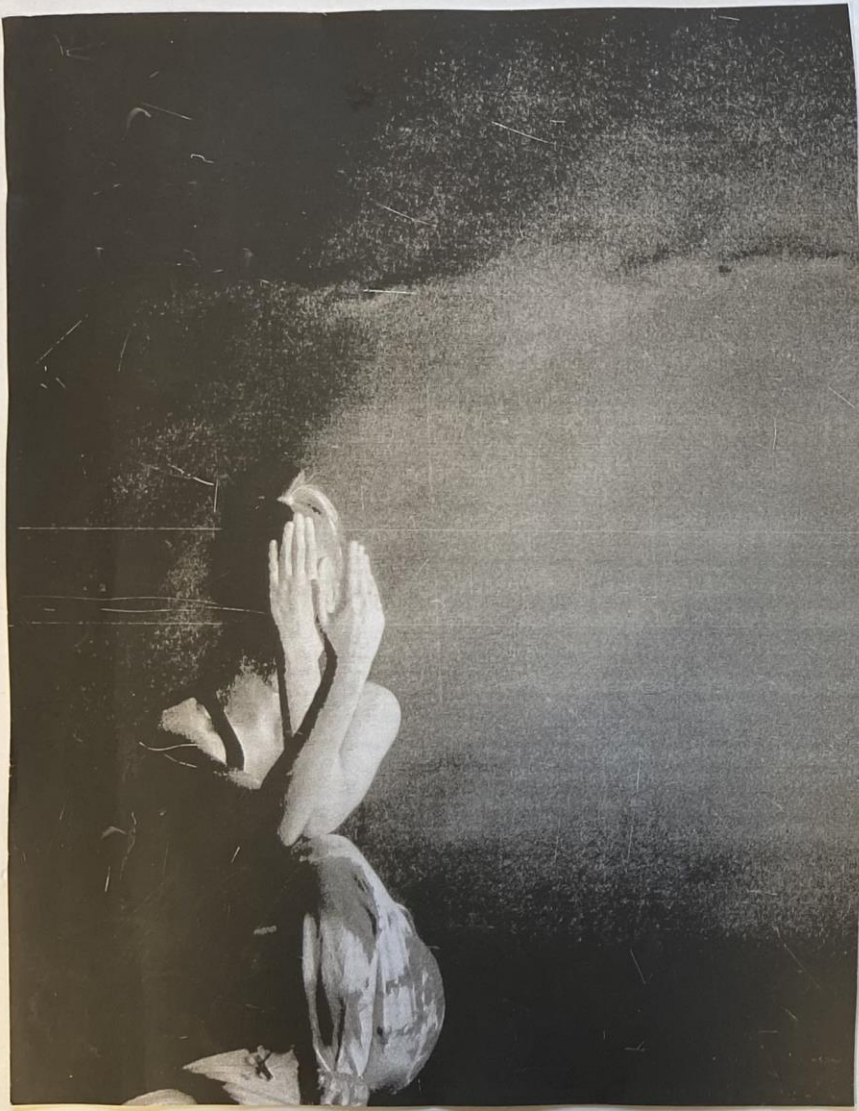
“but the body is different, this is my own control”

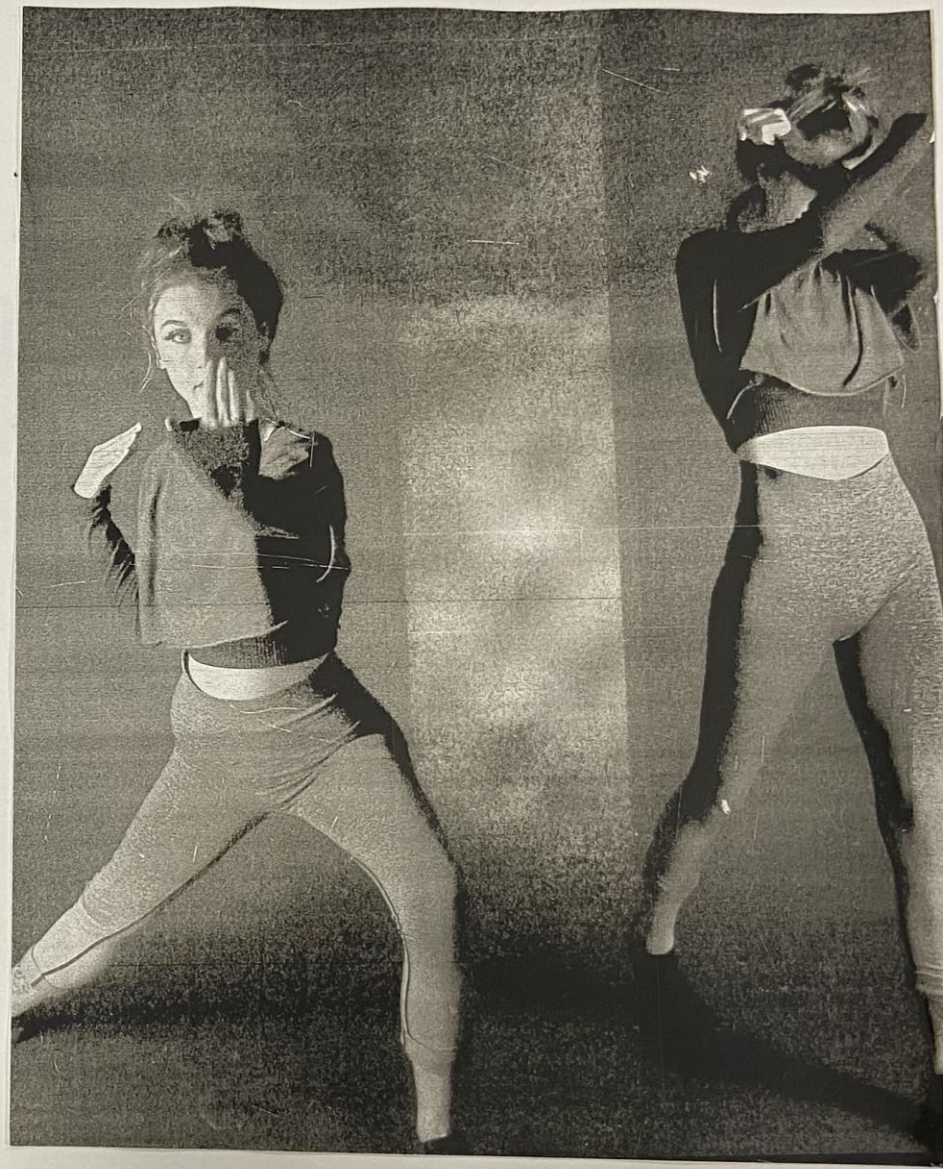
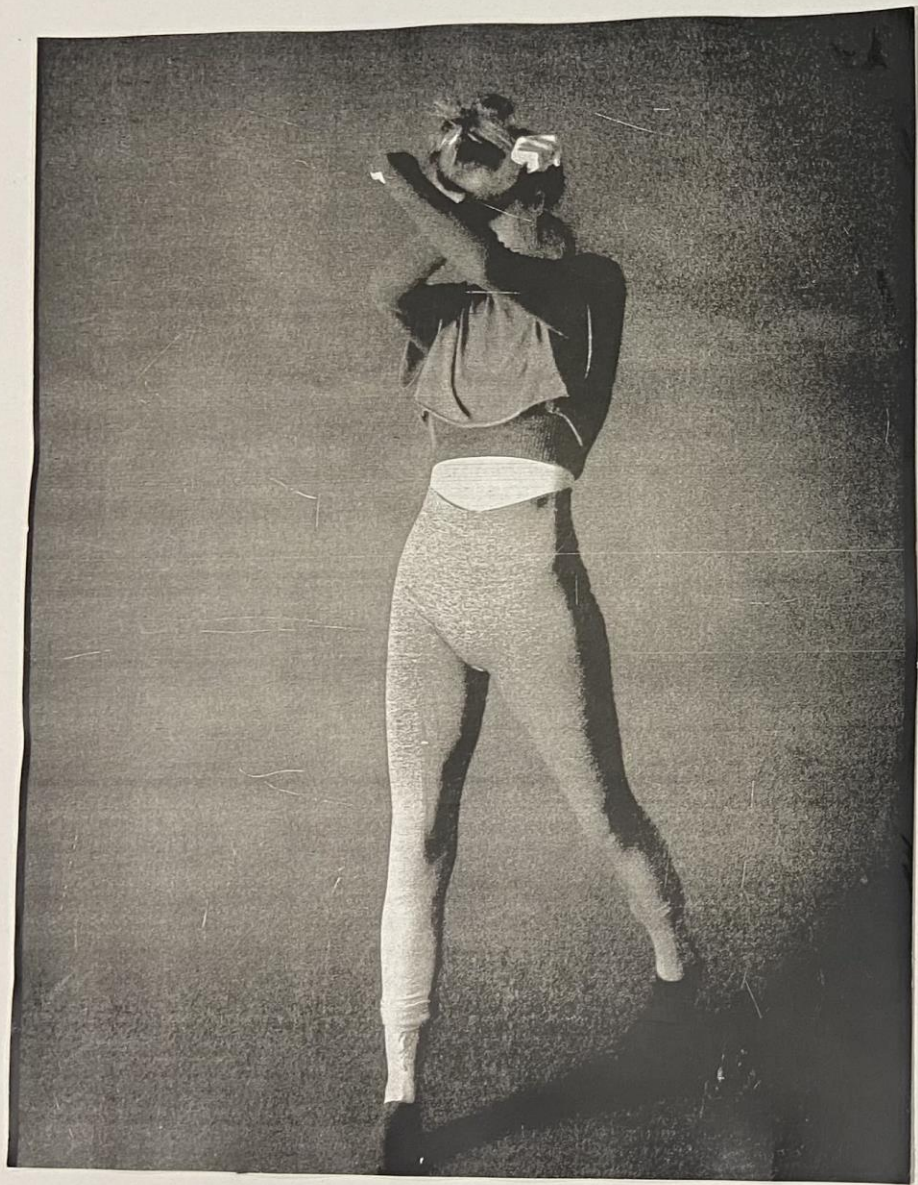
She does not focus a lot on faces as “once the face appears in the image, no matter whether the facial features are beautiful or not, the attention of the viewer may first be on the face.

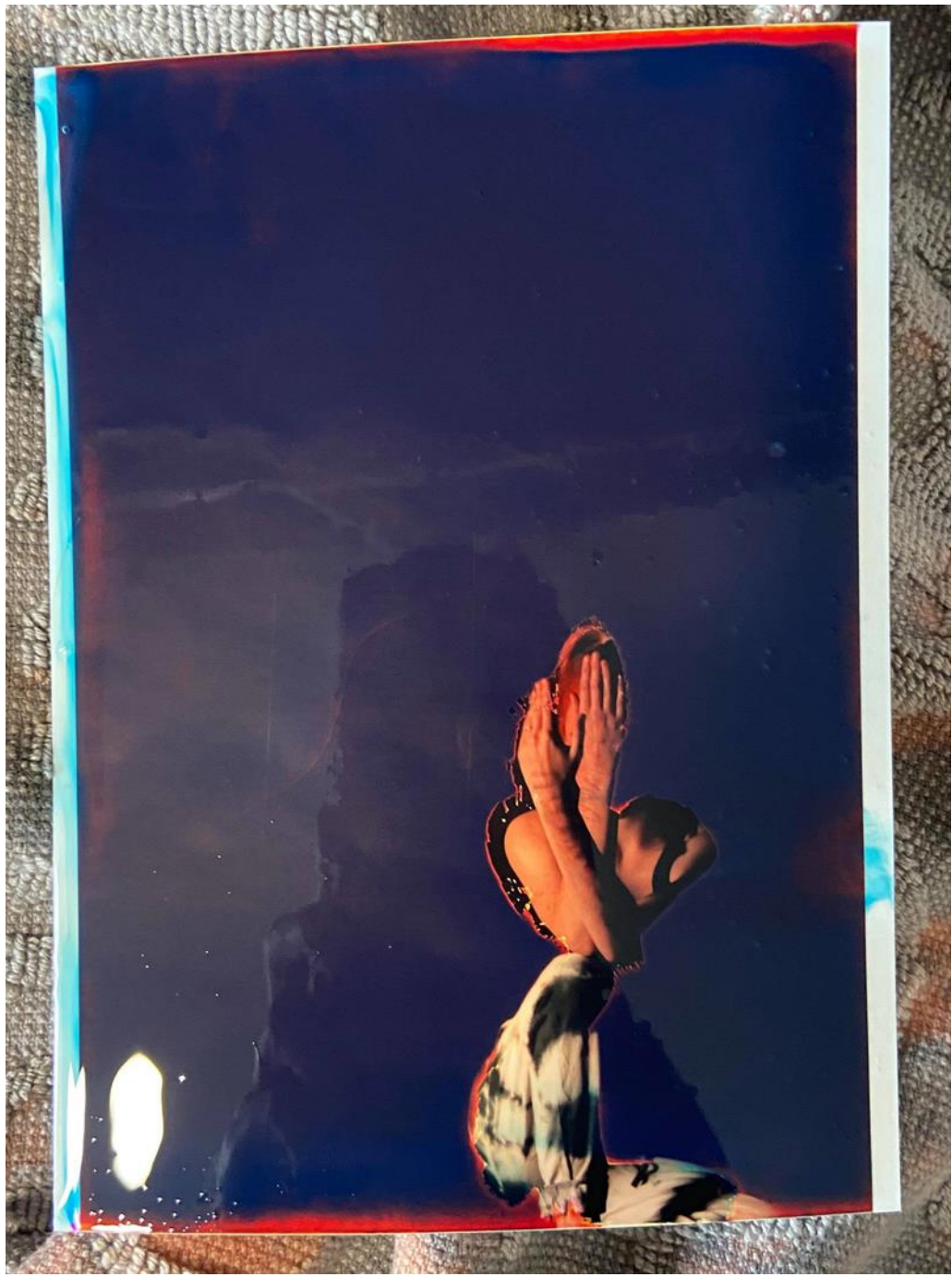
Ideas/ relative to my work

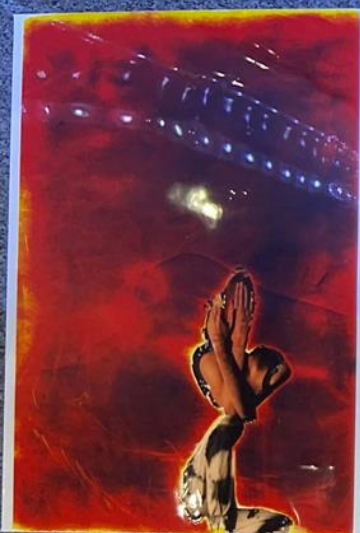
Take the minimalistic approach but also, I like the idea of the arms and the flowers

Use flowers or fruit on my prints on bits that I don't like of myself or on parts of the female body that is targeted.

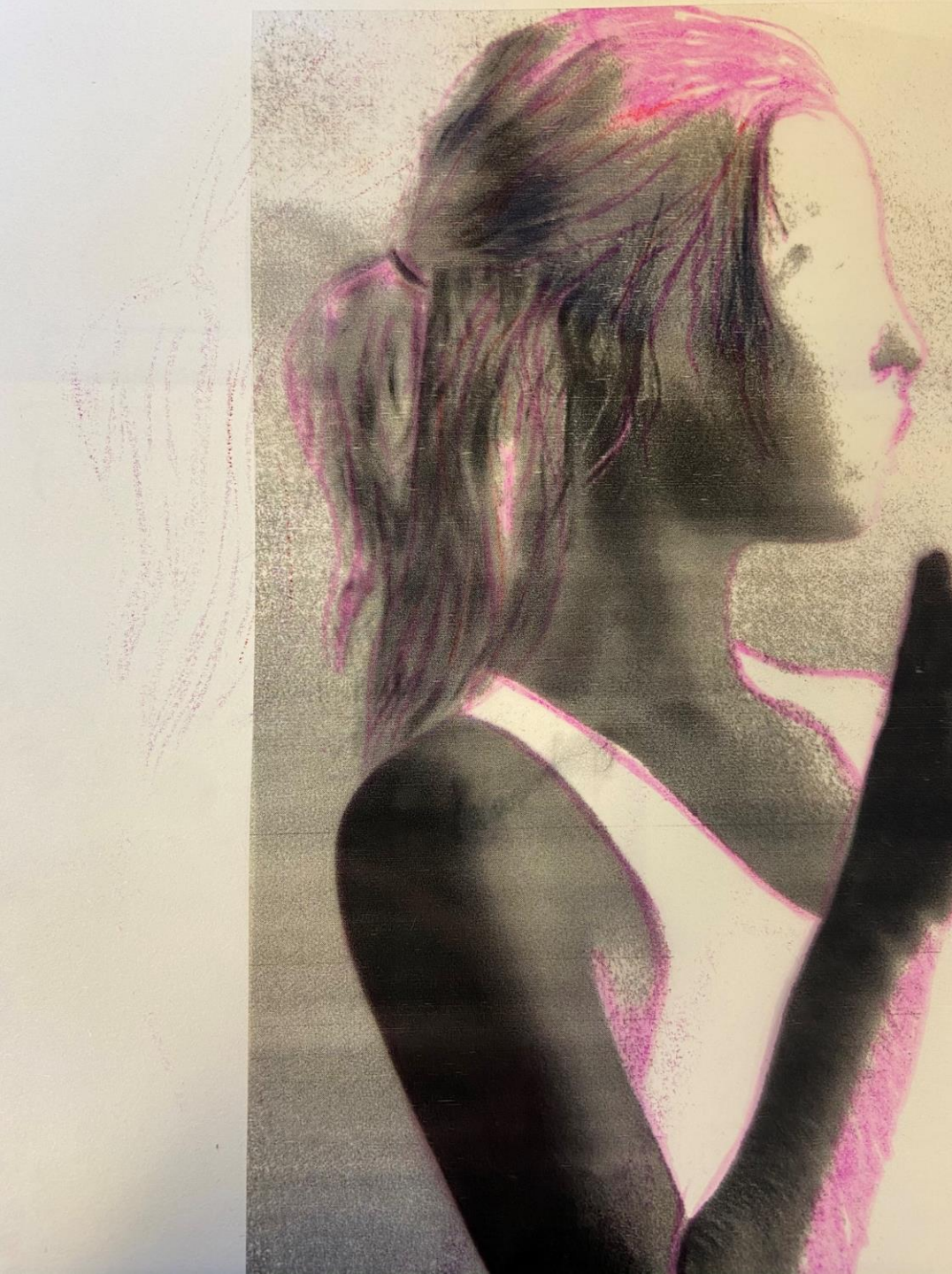


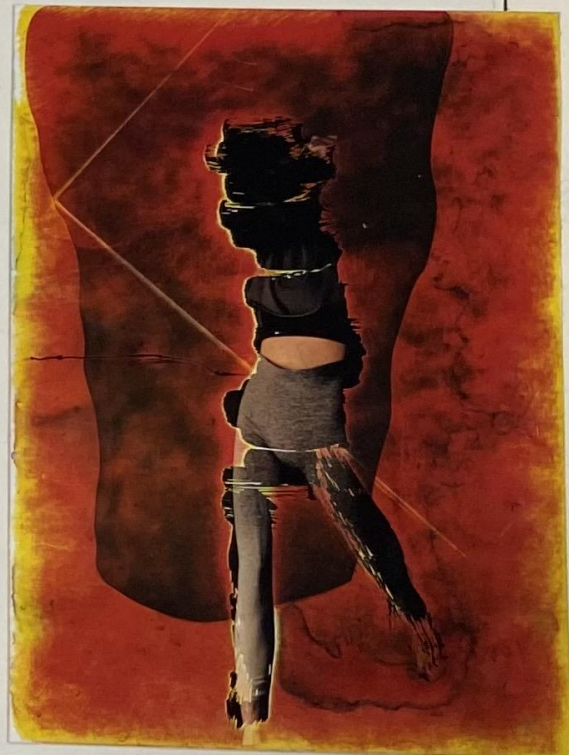




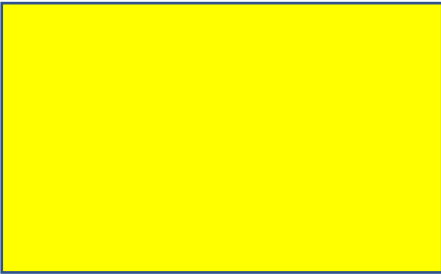










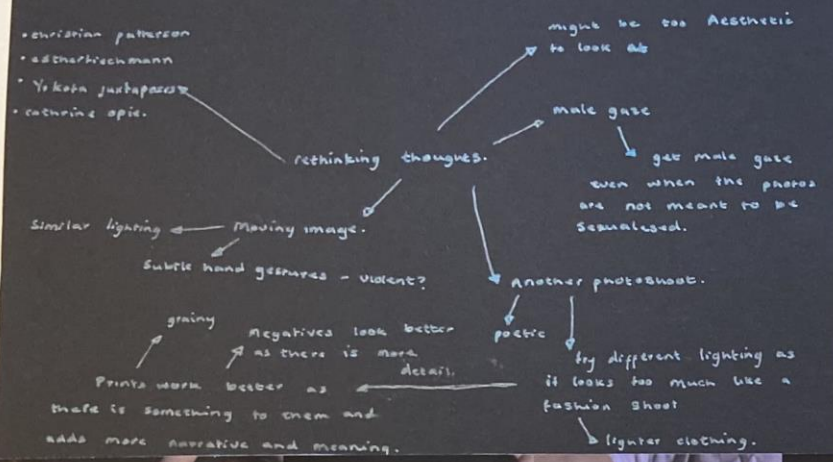


Colour theory and the connections to my work.

These 3 colours have been a reoccurring colours in my project and they work well but the blue works better then the red and yellow as red and yellow have connotations of strength and anger but also love and power which works well as self defense does need that power and love but love for yourself.

Blue is the main colour because it symbolizes confidence and security which causes calmness, relaxation and honesty.





photoshoot N.2

I wanted to do a print with a self defense pose that covers the breast area, I did this because I was trying to perceive the relationship between a lady and her fear of her body.



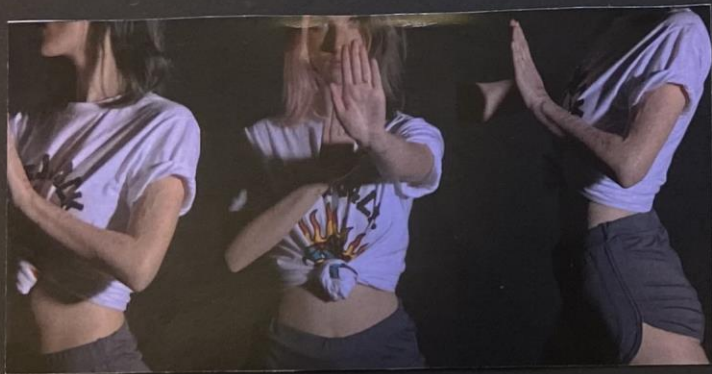
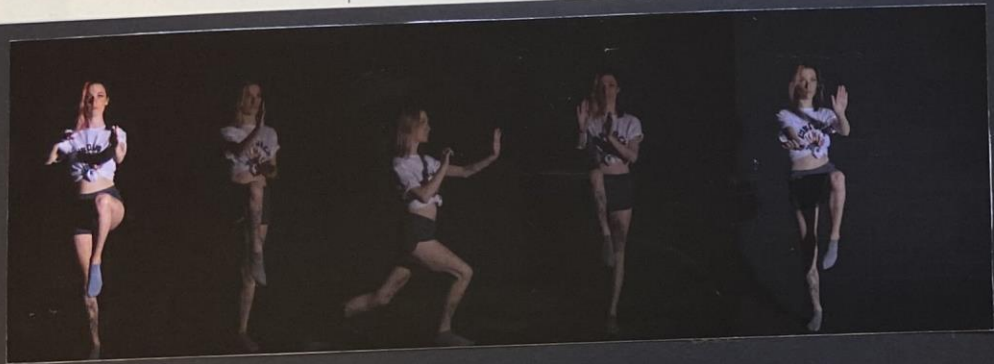
talk about how it didn't work but draw on it



pen on top of a failed cyanotype to create shape but also narrative.



photoshoot N.2



over exposed cyanotype print



over exposed cyanotype print



over exposed.
over exposed cyanotype.

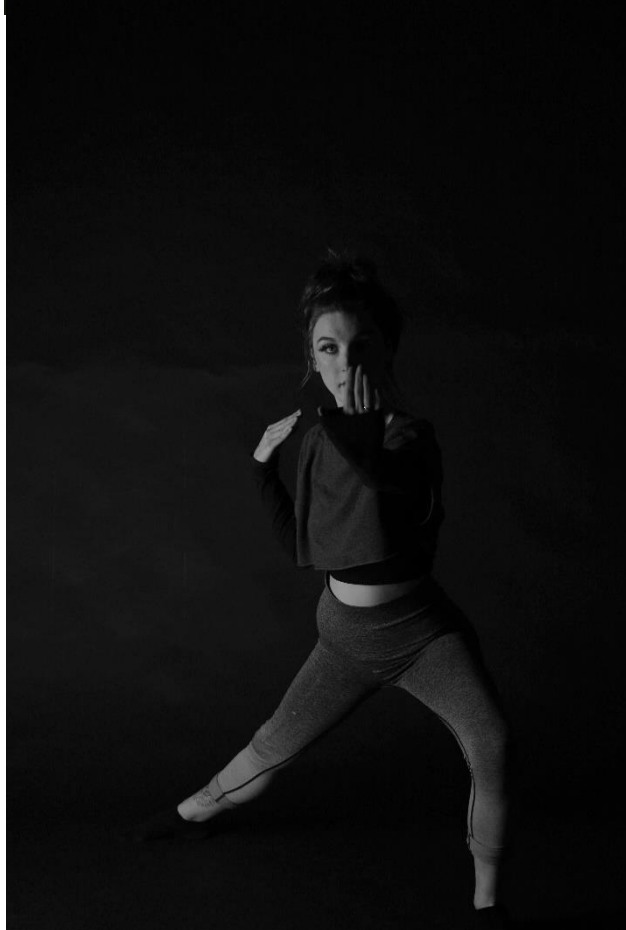
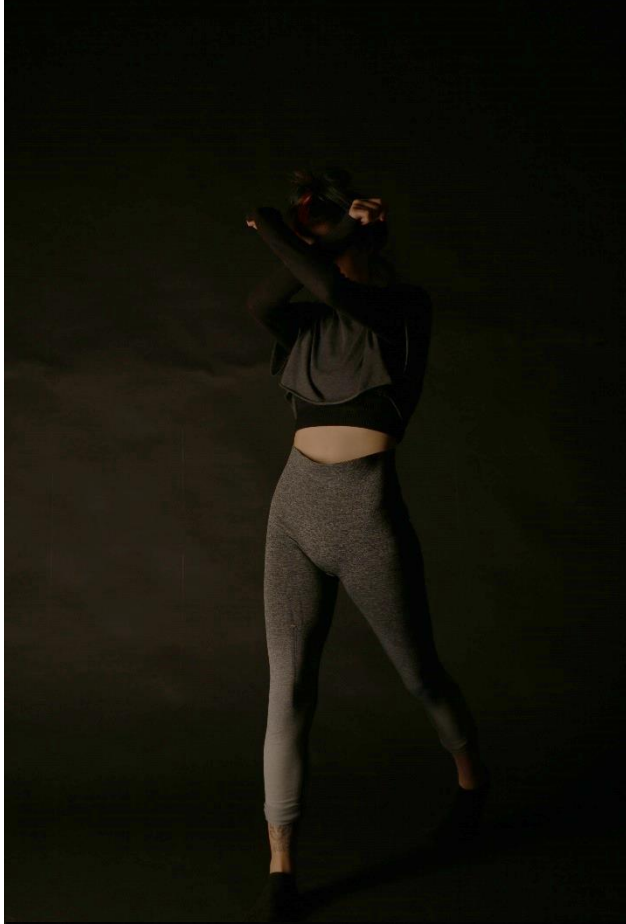


PORTFOLIO

EXPERIMENTAL STRATEGIES

ERICCIA HIBBERTGREAVES

BA PHOTOGRAPHY IN THE ARTS























Evaluation

Ericcia Hibbertgreaves

BA Photography in the arts

Self-defense is something that takes a lot of skills, but alongside that it takes a certain mindset that includes realization that we are worth defending and that roots from self-love, respect, and care. I wanted to be able to incorporate this sense of belonging with the female form and psyche because it influences the way we see ourselves but also how others see us too, but it was finding a way that I could still experiment on this but not do it in a cliché way, so adding mix media into this would help.

I decided to use myself as a model for this project because I struggle. so doing these poses not only let me show true emotions towards them, like disgust when I had to look back at my body and the bits that I am most uncomfortable with others seeing, but also to experience that strength and pride those type of poses can do.



I realized that I loved these photos, but I liked them because they were too commercial looking, there wasn't a story to them, no narrative and they looked flat. They did show what I wanted to show but I needed to push them further, so I decided I wanted to do some prints, that linked in with colour theory too. I focused on blue which luckily went with what I wanted to do, and that way cyanotype. With these, they added texture and light to them along with a background that made it look like there was almost a landscape in the back. It showed more highlights and made these images look stronger, it brought out that sense of pride and power.



From here I looked into a couple artists, one was Joanna piotrowska who does a lot of large based images, based on self- defense in domestic areas, which made me think about maybe turning my images into black and white but it took that power away, it turned them soft

and subtle. So, from there I looked at a artist called Viviane Sessan, who uses herself in images like me, but adds texture onto her images by using paint and pigments. I felt inspired by them to let go a little bit and play around with different techniques and find a way to be able to symbolize all this



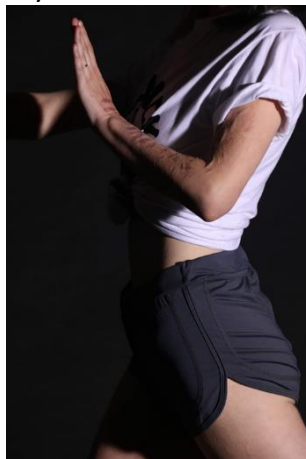
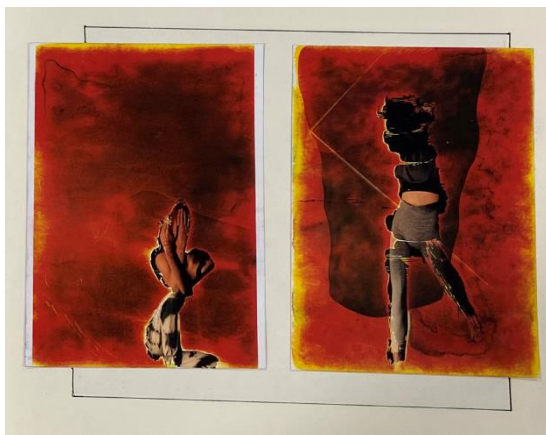
Viviane Sessan, Roxanne 11, 2017



Joanna Piowtroska

This inspired me to take another photoshoot and carry on experimenting with different strategies and practices, which worked well as I changed the lighting and made work that surrounded colours a bit more and the meanings, red = anger, strength. Yellow= happiness (this one did not fit in so well). I wanted try these techniques, cyanotype and using bleach on photos to let parts of the images disappear because I wanted to suggest how I felt when taking these images and how I want certain parts of my body to disappear even when that shouldn't be the case as these self- defense poses should make me feel strong, positive and protected within myself.

I really enjoyed playing around with different techniques but felt that sticking with one technique, which was cyanotype was the way forward for me.



I think that my final images show and portray what I wanted to do, showing women as a strong individual who hides behind the way they look and they also hide the way they look at the same time because of how society can make the female form a very sexualized thing, but I do think if I was going to carry this on, I would want to push it a lot further not only with trying out more experimental strategies but with locations, different models and even

genders, as males struggle too. I would also like to look more into how the brain works and portray that through this type of work, making the topic not too obvious, and making work that lets the viewer think what they want without being told. I would also think these would look so different on a bigger scale, so sizing up the work I do would be a big step I would do next because you can see all those flaws in the prints and be able to see the female form at a new level.