

# ★ TOKYO FLASH POCKET CHEAT SHEET

Ricoh GR III / GR IIIx • GF-2 Flash • Day + Night

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## ☀️ DAYTIME FLASH (ALL FOCAL LENGTHS)

**Goal:** Caravaggio daylight, dark backgrounds, crisp faces.

### CORE SETTINGS (28mm • 40mm • 71mm)

- **Mode:** M
- **Shutter:** 1/125
- **Aperture:**
- **f/11** (sunny)
- **f/8** (cloudy)
- **ISO: 100**
- **ND Filter: ON**
- **Flash:** GF-2 full power (always)
- **Metering:** Center-weighted
- **AF:** Snap **1.5m** OR AF-S single point
- **JPEG:** High Contrast B&W

### DISTANCE GUIDE

- **28mm:** 0.4–0.9 m
- **40mm:** 0.6–1.2 m
- **71mm:** 0.7–1.4 m ← *Your hero range*

## NOTES

- ND gives daylight chiaroscuro (dark background / bright subject).
  - Keep flash close; the farther you are, the weaker the punch.
  - 71mm daytime flash = your signature Tokyo look.
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## NIGHT FLASH (ALL FOCAL LENGTHS)

**Goal:** Punchy faces, controlled backgrounds, no blur unless intentional.

### CORE SETTINGS (28mm • 40mm • 71mm)

- **Mode:** M
- **Shutter:** **1/125** (clean look)  
or
- **1/30–1/60** (controlled light streaks)
- **Aperture:** **f/5.6 – f/8**
- **ISO:** **400** (preferred)
- ISO 800 only if it's *very* dark
- **ND Filter:** OFF
- **Flash:** GF-2 full power
- **Metering:** Center-weighted
- **AF:** Snap **1.5m** OR AF-S
- **JPEG:** High Contrast B&W

### DISTANCE GUIDE (Night)

- **28mm:** 0.3–0.7 m
- **40mm:** 0.5–1.0 m
- **71mm:** 0.6–1.2 m

## NOTES

- Don't drag shutter unless you *want* streaks.
  - 1/125 at night gives that clean, violent Golden punch.
  - Stay close — GF-2 is small but strong at close range.
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## FOCAL LENGTH ROLES

### 28mm (GR III)

- Chaos shots
- Environmental energy
- People-in-context
- Use flash for punch, but don't overdo it

### 40mm (GR IIIx default)

- Natural perspective
- Everyday scenes
- Transitions
- Versatile day/night flash

### 71mm (Crop Mode)

- **Hero look**
- Faces carved like sculpture
- Daylight Caravaggio with ND
- Cinematic isolation
- Your Tokyo signature aesthetic



## FLASH ROTATION WORKFLOW

- **Carry 2× GF-2 flashes**
- Flash A on camera
- Flash B charging on power bank
- When Flash A hits ~30% → SWAP
- Shoot 28mm while BOTH flashes charge
- Go back to 71mm once flash is ready
- Infinite uptime



## SUMMARY SNAPSHOT

### DAY:

M • 1/125 • f/8-11 • ISO 100 • ND ON • Flash ON • 0.7-1.4m

### NIGHT:

M • 1/125 • f/5.6-8 • ISO 400 • ND OFF • Flash ON • 0.6-1.2m

**71mm = your main Tokyo look.**

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