

Street Photography Is Physical

What's poppin, people? It's Dante.

Today I want to talk about the **physical nature of the medium of photography** and why I believe this is extremely important to hone in on.

Of course, we have our mindset, our philosophy, our reason *why* we go out there and practice photography. But street photography starts by **doing**—by being out there, walking with your physical body in reality.

Photography Starts With Your Legs

When it comes down to it, the only thing a photographer is responsible for is **how often they're moving their legs**.

As much as we have eyes on our head that allow us to see and perceive things, our legs are what drive us out there onto the front lines of life. And because of that, I believe **physical vitality is critical** if you want results in your photography.

Photography might seem like a visual game, but it's just as physical as it is visual. Yes, you're putting together a frame—but you're also moving your body through the streets in real time.

The Somatic Experience of the Street

When you're out photographing, recognize the importance of the **somatic experience**.

That starts by being present. Being in the now. Enjoying the sights, sounds, and smells of the street. Feeling the moment *as* you click the shutter.

But it also has to do with how you position your body in relationship to: • the subject

- the background
- the instinct to click the shutter

The photograph you make is a direct reflection of **how you moved your body** in that moment.

Micro-Movements Matter

Mistakes and successes often come down to micro adjustments:

Left.

Right.

Down.

Up.

These small movements influence everything.

If you're stiff, rigid, or uncomfortable in your body, it's going to be difficult to respond quickly. Street photography requires you to be **light on your feet**.

You need fluidity. You need responsiveness. You need instinct.

A Moment on the Street

I remember making a photograph of a boy crying with his mother.

I was actually talking with another local photographer—shout out to Leon—and while we were in conversation, I was listening with my ears, head on a swivel, fully present.

With my Ricoh, what's amazing is how intuitive it is. I'll sometimes hold it horizontally with my middle finger on the shutter, then quickly adjust to a vertical frame just by flicking my wrist.

No fumbling. No thinking. Just instinct.

There's a physical response that drives the result of the photograph.

Walking, Listening, Feeling

These days when I'm photographing, I'm walking. I'm looking ahead. I'm watching people's feet. I'm anticipating gestures before they happen.

I'm listening with my ears. Watching with my eyes. Feeling with my feet.

I'm not caught up in analysis. I'm responding with my body.

And when you're in tune with your physical body—especially when you have health and vitality—it reflects outwardly in your ability to walk more.

Health Is the Foundation

The more you walk, the more you photograph.

The more you photograph, the more success you'll have.

If you're waking up with vitality, photography becomes effortless. The flow state becomes inevitable.

Sleep matters. Health matters. Mobility matters.

Honestly, the most important thing in my life is health. It's the ultimate form of wealth. The fact that I'm able to walk each day with my camera is a blessing.

Because of that, I orient my entire life around the **physical nature of living**.

Confidence Is Physical

If you're hunched over, uncomfortable, shy, bashful, or creeping around on the street—you're not going to be able to practice street photography.

But if you're walking with your head up, shoulders back, and a little pep in your step, that physical confidence influences:

- what you see
- how you respond
- how quickly you act

Street photography is primal. It's instinctive. It's somatic.

Where the Photograph Is Born

A photograph is born through:

- positioning your body correctly
- being present
- responding physically
- removing thought

When you see a kiss on the corner. A gesture between strangers. A fleeting moment.

Your body moves first. The shutter follows.

Photography isn't just visual. It's physical.

Stop thinking. Start moving.

That's where the flow state lives. That's where the photograph is made.

Thanks for watching. I'll see you in the next one.

Peace.