

2 DAY STEADICAM OPERATORS WORKSHOP CURRICULUM

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| | DAY 1 | |
| 8.30 | Registration and introductions. | |
| 9.00 | Brief History of Steadicam. Uses of Steadicam. | Theory |
| 9.30 | Setting up and balancing the sled. Adjusting the arm and vest. | Practical |
| 10.45 | Morning Tea. | |
| 11.00 | First basic moves. Use of hands and feet. Missionary and Don Juan operating. | Practical |
| 12.30 | Lunch | |
| 13.15 | Extending basic moves, constructing more complex shots | Practical |
| 15.00 | Afternoon Tea | |
| 15.15 | Getting better shots. Lens control, video split options. | Theory |
| 16.00 | More advanced moves. | Practical |
| 17.00 | Revue the days work, pack kit, Q & A. | |
| 17.30 | Wrap. | |
| | DAY 2 | |
| 8.30 | Revue Day 1, Rebuild rigs. | |
| 9.00 | Basic moves now become longer and more complex. | Practical |
| 10.45 | Morning Tea. | |
| 11.00 | Special techniques. Low mode operating. Stairs. Operating other side. Whip pans. | Practical |
| 12.30 | Lunch | |
| 13.15 | Block and rehearse Grand Prix shot. | Practical |
| 15.00 | Each student has 2 runs of Grand Prix shot. | Practical |
| 16.30 | Evaluate Grand Prix shot. Final discussion. Certificate presentation. | |
| 17.00 | Wrap. | |