Frame in a frame

Watch the clip first

https://www.youtube.com/watch?v=EaaTTBAciUI

This is when you compose your shot by looking through an entrance, doorway or opening of some sort.

It sets up an instant line of sight or focal point and you can put your subject inside the inner frame

Not- your frame doesn't need to be square

Take 3 shots inside and 3 outside demonstrating this



