



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aatikd.co.za · Website: www.aatikd.co.za

COURSE BROCHURE

Focus Pulling for Film Production

Communication Studies and Language / Media Studies

Unit Standard 243975 · NQF Level 5 · 15 Credits · 12 Days

COURSE OVERVIEW

This course equips learners with the practical skills and theoretical knowledge required to execute precise focus pulling on a film shoot. Participants will master the techniques of maintaining sharp focus on moving subjects, collaborating with the camera department, and using industry-standard equipment. The course ensures competency in achieving cinematic focus pulls that enhance storytelling in film production.

Category	Communication Studies and Language
Subfield	Media Studies
Unit Standard	243975
Accreditation	SAQA Accredited · NQF Level 5 · 15 Credits
Duration	12 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Demonstrate the ability to set up and calibrate a follow-focus system on various camera rigs.
- Apply techniques for maintaining focus on moving subjects during dynamic shots.
- Analyze shot requirements and plan focus pulls in collaboration with the cinematographer.
- Evaluate environmental factors such as lighting and depth of field to adjust focus strategies.
- Implement safe handling and maintenance procedures for camera and focus equipment.
- Communicate effectively with the camera and lighting teams to ensure seamless focus transitions.

WHO SHOULD ATTEND

- This course is designed for aspiring and current camera assistants, focus pullers, and film production crew members who wish to specialise in focus pulling.
- It is also suitable for directors and cinematographers seeking a deeper understanding of focus techniques.

COURSE OUTLINE

Day 1: Introduction to Focus Pulling and Camera Basics

- Overview of the film production hierarchy
- Camera anatomy: lens, aperture, focus ring
- Depth of field: factors affecting it
- Focal length and its impact on focus
- Introduction to focus puller's equipment
- Safety in the camera department

Day 2: Optics and Lens Fundamentals

- Prime vs zoom lenses: pros and cons
- Lens markings: focus distance, aperture, depth of field scales
- Hyperfocal distance calculation and application
- Lens aberrations: chromatic aberration, flare
- Lens maintenance and care
- Practical exercise: reading lens markings

Day 3: Focus Pulling Techniques and Tools

- Follow focus units: types and setup
- Marking techniques: witness marks, tape
- Smooth pull techniques: hand positioning, speed control
- Wireless focus systems: calibration and use
- Tools of the trade: monitors, loupes
- Practical exercise: basic focus pulls on a static subject

Day 4: Measuring and Marking Distances

- Tape measure techniques: from sensor plane to subject
- Laser rangefinders: advantages and limitations
- Creating focus marks for static and dynamic shots
- Measuring for close-ups, wide shots, and inserts
- Common measurement errors and how to avoid them
- Practical exercise: measuring and marking a scene

Day 5: Working with Actors and Blocking

- Rehearsal process: marking actor positions
- Adjusting marks for blocking adjustments
- Communication protocols on set
- Dealing with unpredictable actor movement
- Focus pulling with multiple actors
- Practical exercise: focus pulling during a scene rehearsal

Day 6: Advanced Focus Techniques

- Rack focus: timing and technique
- Follow focus with dolly and handheld shots
- Focus for Steadicam and gimbal shots
- Creative focus: shallow depth of field effects
- Troubleshooting common focus issues

- Practical exercise: rack focus and moving subjects

Day 7: Focus in Challenging Conditions

- Low light focus techniques
- Wide aperture challenges: shallow depth of field
- Long lens focus: breathing and stability
- Night shooting: using lights and monitors
- Environmental effects on equipment
- Practical exercise: focus pulling in low light

Day 8: Technology and Tools: Monitors and Assistive Devices

- On-camera monitors: types and features
- Focus assist: peaking, false color, zoom
- Wireless video transmitters and receivers
- Apps for focus pulling: Artemis, Focusbug
- Setting up a monitor station
- Practical exercise: using focus assist tools

Day 9: Collaboration with Camera and Lighting Departments

- Camera operator collaboration: frame and focus
- Lighting intensity and contrast affecting focus
- Working with the gaffer for optimal light
- Data management and focus notes with DIT
- Set etiquette and teamwork
- Practical exercise: integrated scene with lighting

Day 10: Focus Pulling for Different Genres and Styles

- Documentary style: run-and-gun focus
- Drama: emotional focus pulls
- Action: dynamic focus with fast movement
- VFX plates: consistent focus for compositing
- Multi-camera focus coordination
- Practical exercise: genre-specific focus scenarios

Day 11: Problem-Solving and Troubleshooting

- Common focus problems: back focus, lens breathing
- Emergency fixes: tape marks, quick recalibration
- Maintaining consistency across multiple takes
- Backup equipment and plans
- Communication during technical difficulties
- Practical exercise: simulated troubleshooting

Day 12: Professional Practice and Career Development

- Industry standards and rates
- Building a focus puller kit on a budget
- Resume and showreel creation
- Networking strategies
- On-set etiquette and professionalism
- Final practical assessment: complex focus pulling scene

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **15 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 43,000.00	R 43,000.00
1	In-House	R 56,000.00	R 56,000.00
1	On-Campus (Pretoria)	R 64,600.00	R 64,600.00

UPCOMING SESSIONS

Start	End	Method	Venue
03 Aug 2026	18 Aug 2026	On-Campus	Johannesburg, South Africa
04 Aug 2026	19 Aug 2026	On-Campus	Mauritius
05 Aug 2026	20 Aug 2026	On-Campus	Cape Town, South Africa
06 Aug 2026	21 Aug 2026	On-Campus	Dubai, UAE
07 Aug 2026	24 Aug 2026	On-Campus	Pretoria, South Africa
07 Aug 2026	24 Aug 2026	On-Campus	Lagos, Nigeria
10 Aug 2026	25 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	25 Aug 2026	On-Campus	Mauritius

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 243975) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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