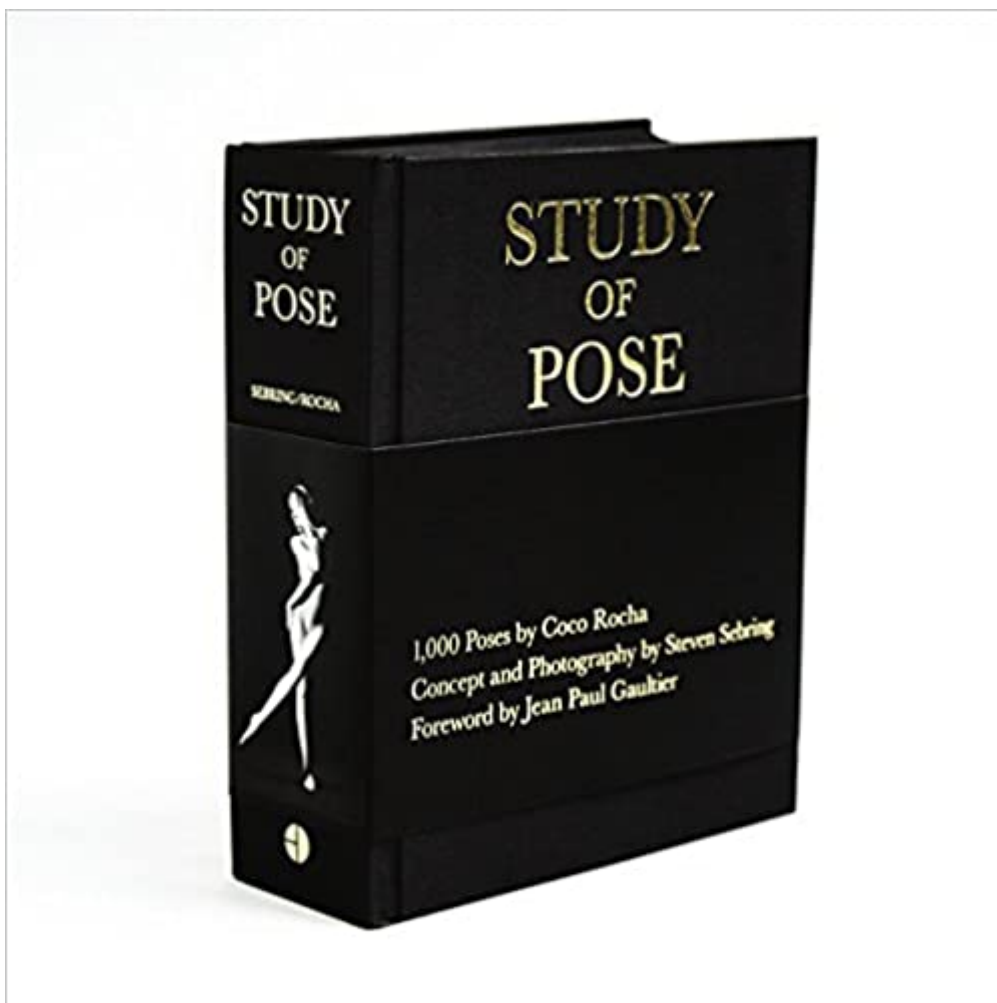


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# Study Of Pose: 1,000 Poses By Coco Rocha



## Synopsis

A groundbreaking, in-depth exploration of the movement and flexibility of the human body, featuring 1,000 stunning black-and-white photographs that showcase the unique collaboration between international supermodel Coco Rocha, “The Queen of Pose,” and world-renowned photographer Steven Sebring. Supermodel Coco Rocha’s uncanny ability to strike distinctive, camera-ready poses at an astounding speed has earned her international fame throughout the fashion industry and made her the muse of celebrated photographer Steven Sebring. In *Study of Pose*, Sebring and Rocha have documented 1,000 unique poses—theatrical, vibrant, elegant, dramatic, and unlike anything the fashion or art worlds have seen before. *Study of Pose* features Rocha in a simple white leotard—bending, jumping, sitting, standing, and everything in between. The result is a gorgeous and arresting look at the potential of the human form. Packaged in a beautiful black case with two black satin bookmarks and a four-color bellyband with French folds, *Study of Pose* is sure to become an essential reference for Rocha’s millions of fans around the world, as well as all models, artists, photographers, and lovers of art and fashion.

## Book Information

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## Customer Reviews

“Supermodel and “Queen of Pose” Rocha, dressed in a plain white leotard, collaborated with world-renowned photographer Sebring to produce 1,000 absolutely stunning black-and-white images.” (BookPage) “Shot in glossy black and white and

using a 360 degree camera, the dynamic images do more than inspire the fashion faithful, they provide an showcase for the beauty and versatility of the body. (Models.com) “A beautiful (and thick!) collection of black-and-white photos from “the Queen of Pose”, Coca Rocha, doing what she does best: masterfully contorting her body with elegance and grace. (The Thread, Nordstrom) “As you begin paging through Study of Pose you find yourself caught up in each picture’s story. (Big Think)

## A Compendium of 1,000 Unique Poses

Coco Rocha, if you don’t know, is a Canadian model. Together with photographer Steven Sebring, they have produced a book of 1,000 poses. The premise is interesting enough for me to get it. 1,000 poses! They could be good for reference. But there’s a big caveat. Let’s talk about the book’s physical aspect first. It’s a 2032-page hardcover about 7 by 9 inches. It’s very thick and heavy. Edges of the pages are printed black. Majority of the pages stick together. By the time I peel off the pages from each other, reaching about hundred over pages, I was quite tired, at two hundred pages, I was irritated, and at three hundred pages I was reflecting on the production value of this book. Yes, you’ll have a lot of time to think about things while peeling the pages. Those people who say this is a good book may not have peeled more pages than me yet. And because the pages are so thin, it’s easy to crease them when peeling them apart. Production quality of the book is quite bad. For the price of the book, it’s very bad. I should also note that publisher Harper Design is known for publishing illustrated books such as the The Hobbit film companions, 532-page Harry Potter Page to Screen and 464-page The Art of Film Magic which are all quality production. It’s quite shocking to see a book of this production quality from them. The binding is also questionable. The book uses stitch binding, thank goodness. However, the piece of cloth that sticks to the stitched binding does not seem to use particularly strong adhesive. I picked up the book the wrong way by holding the spine side and the pages pulled down causing the cloth to detach from the stitched binding. Not good. I’ve since pushed the cloth back to make it stick again and it looks alright for the time being. Having said that, for a book this thick you would expect to open it flat, and I’ve a feeling that the cloth will come off in the future (again for my case). Alright, now about the content. From a photography standpoint the photos look good enough, for me. Photos of Rocha are against black background. The lighting is nice. The form of the body is easily discernible except in a few occasions where the shadow side blends into the background like those chiaroscuro paintings of old masters. Half the number of pages are actually for the photos while the other half are white printed

with the page number. The book could have easily been half the size if they chose to print the page number in white against the black background of the photos, and that would not have compromised anything artistically. If you thought fashion poses are outrageous in real life, there are even more extreme so here. I meant that in a good and bad way. The good is there's a huge variety of poses to check out. The bad, depending on what you have been expecting, is most poses aren't from real life or anything resembling how you would pose in real life. Anyway, if you're really looking for fashion poses, check out *1000 Poses in Fashion* and *How to Draw Poses in Fashion*. The poses here are not those you see in typical fashion magazines. They are more expressive and exaggerated. Out of the 1,000 poses, there are probably less than 10 poses from real life. Out of those 10, most are sports poses. There many poses of her doing some uncommon version of bending, jumping, sitting and standing. I'm actually quite impressed by how many non-real life poses there are. Rocha really is "The Queen of Pose", but whether you can use those poses is a different matter. I see this book as an artistic project rather than a reference book that's meant to be helpful. There aren't any poses where I think any artist, model or photographer would replicate for their own project. But that's just my opinion. Another downside is that the poses are not grouped or categorised in any manner. So you can't find poses relating to criteria such as standing, squatting, twisting torso, hand raise, etc. And because they are not categorised, the page numbers are sort of useless on hindsight, which also means half the book is wasted to print them. In the preface of the book, it was mentioned 100 cameras were used to photograph Rocha in different angles. I suppose there might be a tablet application coming soon to show all those poses. And indeed on Sebring's website, there's a mockup of the app showing one pose that you can turn around in 360. Perhaps that application will be a more worthwhile purchase because you really don't want to deal with the sticky pages of this book. Pose number 1,000 is quite apt at describing how I feel at the end of the book. It shows Rocha clearly distressed and trying to tear her hair out. I wonder if there's a hidden joke somewhere. This book is really marred by the lousy production quality and ultimately, whether the content will appeal to you will depend on your expectations. 2 out of 5 stars.

Well, honestly for the \$40 I paid for this book, it is not "horrible" like the other reviewers have claimed. The book has its flaws with very thin sticky pages, but once separated the visual quality is very good. What I do find is that I quickly became bored flipping through the unstuck pages...perhaps I could have topped at 100 poses. It reminds me of my ten thousand images that I really wish someone else would go through and pull the best of so I didn't have to do the hard work of pairing them down. My intention was to gain inspiration for doing artistic photography and it still

may have value, once I put my mind on the task of selecting the poses that are unique from the majority which are variations of movement as others have said. The price; it isn't worth returning as it is indeed 1000 photographs of the model doing her thing....and there is at least \$40 worth of good poses in there somewhere.

I really love Coco and admire her greatly, and she has done a fantastic job in the making of this book with Steven. Like the other reviewers said, the pages are thin and I fear ripping them because they are stuck together. But aside from all that, by content, this is what I think of the book. I find this book to be a fantastic work of art, but I feel like it is a lot more of capturing dance poses than the study of pose/posing as a model. The poses she has are hardly those you see in editorial prints or lifestyle prints. A lot of the poses really look like dancing or acting poses. She has goofy expressions in a lot of them and very dynamic movement poses, or storytelling poses. I haven't looked through all 1,000 poses yet but it is a lot more artistic moment-capturing in style than I expected, which was really being able to study posing coming from such a successful high-fashion model. 1,000 poses is a challenge and I greatly respect and admire the work Coco and Steven put into making this book, but I guess I wasn't expecting it to be so dancer-like. To shoot 1,000 print and editorial looks would be a serious challenge though. She is also wearing the same outfit in the whole book and the photography look is the same - like the one on the edge spine of the book - which I suppose makes sense given the "challenge," but makes it even more of an acting/dancing "poses" book to me. Also, because her style of posing in general involves a lot of movement, it's really hard to "study," in my opinion. It's a great show-off work of art between Coco and Steven though, truly incredible collaboration.

Not impressed..I was looking so much forward to receiving this book. The model does a great job managing to come up with a thousand poses, but the photographer got away with this one too easily in terms of lighting, which leads to the poses being exposed in a not so good way: Same setup of light no matter what direction the model faces. This, the light setup, having too much contrast towards a black background leads to the viewer having difficulties with "reading" the models pose on a lot of the pages. The expressive body parts simply blends too much in with the background! (I teach photography and light setup on a daily basis, so I should know what I'm talking about..) Furthermore the very thin pages is stuck to each other. It's understandable that a 1000 poses require a lot of pages in a book, hence the lack of paper thickness, but this leads to me having to manually separate every second sheet..This only has to be done once, but with so many

pages it will require some work! It's definitely a book that will look good in the coffee table, but..as mentioned in this feedback.. I got disappointed when opening it.

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