



Cut out the blue area.

Cut the outside line around the grey slider.

Determine the guide number of your flash.

Set ISO 100 on slider to the GN of top scale.

If film is ISO 100, read the distance and aperture on bottom scales.

If film is not ISO 100, read GN above film ISO on upper scale.

Set ISO 100 to GN from previous step.

Read distance/aperture on bottom scales.

Example. Flash GN=72, ISO=25

Set ISO 100 to GN 72. Read GN of 36 from ISO 25.

Set ISO 100 to GN 36

Read ~3 feet @ f:11, ~4.5 ft @ f:8, ~8ft @ f:4, etc.

Example. Flash GN=125 ISO=400

Set ISO100 to ~GN 125 read GN ~260 from ISO 400

Set ISO 100 to GN 260

Read ~22 ft @ f:11, 15ft @ f:16, 43 ft @ f:5.6 etc.