More of the power of shutter speed! For this exercise, you need to ask the targeted person to stand still without any move, then a source of light start moving around while you take the picture using HIGH SHUTTER SPEED, setting the shutter speed to be high because you want to make the light looks like it moved from one place to another with shadow in between. In this case, the person that you are taking picture of needs to completely stay still without Any small move or else they would look like they moved.