

# TOTAL TRAINING™ FOR ADOBE® AFTER EFFECTS® CS3

## ADVANCED

### QUICK REFERENCE GUIDE

#### Part 1 –

##### **1 UNDERSTANDING THE 3D ENVIRONMENT 46:13**

- 1 Introducing OpenGL®
- 2 Stepping into the Third Dimension
- 3 Rotating a 3D Layer
- 4 Using Camera Views
- 5 Understanding Coordinates
- 6 Introducing Camera Tools
- 7 Using View Layouts
- 8 Switching Access Modes
- 9 Using Parenting & Layering

##### **2 INTRODUCING 3D CAMERAS 27:34**

- 1 Adding a Camera & Setting Presets
- 2 Understanding the Camera Objects
- 3 Animating the Camera
- 4 Working with Depth of Field
- 5 Animating Focal Distance

##### **3 LIGHTS & MATERIAL OPTIONS 43:27**

- 1 Setting Up the 3D Environment
- 2 Building a Paper Submarine
- 3 Animating 3D Elements
- 4 Introducing Lights
- 5 Lighting & Shadows
- 6 Modifying Material Options
- 7 Working with Vanishing Point

##### **4 ADVANCED EXPRESSIONS 1:02**

- 1 Introducing More Expressions
- 2 Targeting Parameters
- 3 Linking Points of Interest
- 4 Driving Expressions Using Parameters
- 5 Driving Expressions Using Keyframe Data
- 6 Applying Effects
- 7 Applying Slider Effects
- 8 Using the Random Expression
- 9 Copying & Pasting Existing Expressions
- 10 Working with Parenting & Expressions
- 11 Working with Scripts

##### **5 MOTION TRACKING 51:45**

- 1 Introducing Motion Tracking
- 2 Tracking a Single Object
- 3 Targeting Tracking Data
- 4 Offsetting Trackers
- 5 Using the Motion Stabilizer
- 6 Tracking with Effects
- 7 Pinning Corners
- 8 Applying a 4-Point Track

##### **6 PAINTING WITH AFTER EFFECTS 1:10**

- 1 Introducing Paint Tools
- 2 Exploring Strokes & Brushes
- 3 Adjusting Paint in the Timeline
- 4 Animating Paint Strokes
- 5 Animating Strokes with Hold Keyframes
- 6 Animating the Brush Properties
- 7 Working with Photoshop® Animations
- 8 Painting on RGB & Alpha Channels
- 9 Linking Paths & Paint Shapes
- 10 Controlling a Shape Path with a Paint Path
- 11 Erasing Paint
- 12 Creating a Write-On Effect
- 13 Final Comments & Credits

#### Part 2 –

##### **1 PUPPETRY IN AFTER EFFECTS 1:09:46**

- 1 Introducing Puppet Pins
- 2 Adjusting the Mesh
- 3 Adjusting the Mesh Priority: Part 1
- 4 Adjusting the Mesh Priority: Part 2
- 5 Redrawing the Mesh
- 6 Masking with Puppet Pins
- 7 Starching Areas
- 8 Using Motion Sketch
- 9 Sketching the Mesh
- 10 Using Forward Kinematics
- 11 Using Puppetry in Inverse Kinematics
- 12 Exploring Parenting in Inverse Kinematics
- 13 Setting Animation with Inverse Kinematics

##### **2 CREATING SHAPE LAYERS 1:00**

- 1 Using Layers from Illustrator®
- 2 Using Paths from Illustrator
- 3 Introducing Shape Primitives
- 4 Exploring Further with Shape Primitives
- 5 Creating Shapes with the Pen Tool
- 6 Manipulating the Entire Image
- 7 Working with Subdivided Splines
- 8 Adding Gradients to Shapes
- 9 Bringing the Shape Layers Together

##### **3 ADVANCED TEXT ELEMENTS 1:01**

- 1 Introducing Advanced Text
- 2 Using the Range Selector
- 3 Using the Wiggly Selector
- 4 Animating Range Selectors
- 5 Changing Selector Properties
- 6 Animating a Blur & Fire Effect
- 7 Introducing 3D Transformations
- 8 Applying Lights & Cameras to 3D Text
- 9 Working with Advanced Color Depth

##### **4 ADVANCED KEYING 56:40**

- 1 Exploring Basic Keying Effects
- 2 Using Color Sampling Effects
- 3 Applying the Keylight Filter
- 4 Adjusting the Key
- 5 Adjusting the Image
- 6 Saving Your Key
- 7 Cropping with Keylight
- 8 Compositing with Keys
- 9 Rotoscoping with Masks
- 10 Tracking with Masks
- 11 Rotoscoping with Paint Tools

##### **5 EXPLORING POPULAR EFFECTS 10:04**

- 1 Using a 4-Color Gradient
- 2 Creating Shattered Text
- 3 Final Comments & Credits