

# TOTAL TRAINING FOR FINAL CUT PRO® 5—THE ESSENTIALS

## QUICK REFERENCE GUIDE

### Program 1 - Introduction & Basic Editing

#### 1 Getting Started 36 min

- 1 Launching a Final Cut Pro Project
- 2 Arranging Your Workspace
- 3 Introducing the Browser
- 4 Introducing the Viewer
- 5 Introducing the Timeline & the Canvas
- 6 Rendering Files
- 7 Playing Back in Fullscreen View

#### 2 The Basics of Editing 45 min

- 1 Creating a New Sequence
- 2 Searching for Specific Clips Using the Find Dialog Box
- 3 Customizing the Timeline
- 4 Adding Clips to the Timeline & Closing Gaps
- 5 Assembling Clips with Snapping Turned On
- 6 Very Basic Editing
- 7 Trimming with the Blade Tool
- 8 Using Add Edit to Blade Selected Clips
- 9 Using In & Out Points in the Viewer
- 10 Three Point Editing & Using the J, K & L Keys
- 11 Overwriting vs. Inserting Clips
- 12 Editing by Using Primarily Keyboard Shortcuts
- 13 Saving Your Project

#### 3 Getting Around : The Browser & Viewer 41 min

- 1 Moving & Closing Tabs
- 2 Customizing Keyboard Shortcuts & Utilizing Tooltips
- 3 Navigating the Browser Window
- 4 Changing Browser View Settings & Labeling Clips
- 5 Viewing Thumbnails & Changing the Poster Frame
- 6 Exploring Viewer Window Display Options
- 7 Viewing Channels & Transparency
- 8 Exploring Playhead Sync Options & Generators

#### 4 Getting Around : The Timeline 54 min

- 1 Customizing Your Timeline
- 2 Navigating the Timeline
- 3 Zooming Inside the Timeline
- 4 Navigating Gaps
- 5 Timeline Audio & Video Controls
- 6 Source & Destination Controls
- 7 Viewing Clip Keyframes & Overlays
- 8 Setting & Navigating Markers in the Timeline
- 9 Setting & Editing Markers in a Clip
- 10 Modifying Marker Durations
- 11 Making Practical Use of Markers
- 12 Navigating & Deleting Markers

#### 5 Editing with The Tools 61 min

- 1 Assembling Clips in the Timeline
- 2 Selecting, Linking & Stereo Pairs
- 3 Reordering Clips with the Insert Edit Function
- 4 Making Ripple Deletes & Ripple Cuts
- 5 Using the Roll & Ripple Tools
- 6 Slipping & Sliding in the Timeline
- 7 Making a Match Action Edit
- 8 Keyframing & Layering Audio Tracks
- 9 Adjusting Audio Levels & Adding Transitions
- 10 Creating & Rendering Audio Effects in Real Time
- 11 Using the Track Selection Tools

#### 6 Setting Up a New Project 34 min

- 1 Changing Your Easy Setup
- 2 External A/V Devices & HDV
- 3 How Easy Setup Affects Your Project
- 4 Working with Non-Standard Compressors
- 5 Creating Your Own Easy Setup
- 6 Creating an Easy Setup from Scratch

#### 7 Using Transitions 52 min

- 1 Setting Your Scratch Disks
- 2 Using the Real Time Options
- 3 Introducing Transitions
- 4 Applying Transitions
- 5 Understanding the Render Color Codes
- 6 Rendering Transitions
- 7 Modifying Transitions
- 8 Adjusting Pre-roll & Post-roll Options
- 9 Customizing Transition Parameters
- 10 Creating a Page Peel
- 11 Setting a Default Transition
- 12 Selecting Multiple Transitions at Once

#### 8 Setting Preferences 48 min

- 1 Introducing Preferences
- 2 Setting Values for Levels of Undo & Recent Clips
- 3 Adjusting Audio Tracks, Quality & Real Time Video
- 4 Setting Autosave Vault Options
- 5 Activating Warnings & Dropped Frame Settings
- 6 Setting the Auto Render Values
- 7 Changing the Duration of a Still & the Editing Prefs
- 8 Turning On Dupe Detection
- 9 Setting Labels & Timeline Options
- 10 Choosing Render Control Options
- 11 Setting the Scratch Disks
- 12 Setting Search Folders & Memory & Cache
- 13 Adjusting More System Settings
- 14 Backing Up Your Preferences

#### 9 Logging & Capturing Clips 43 min

- 1 Setting Up for Capture
- 2 Introducing the Log & Capture Window
- 3 Setting In & Out Points & Setting the Logging Bin
- 4 Entering Clip Information
- 5 Capturing Logged Clips
- 6 Deleting Unwanted Clips
- 7 Adjusting Log & Capture Clip Settings
- 8 Capturing Footage & Applying DV Start/Stop Detect
- 9 Creating New Clips on Start/Stop Capturing HDV Footage
- 10 Capturing Clips with Batch Lists

### Program 2 - Beyond the Basics

#### 1 Storyboarding & Trimming 41 min

- 1 Preparing for Storyboarding
- 2 Storyboarding the Clips
- 3 Adding Clips to the Timeline & Opening the Trim Window
- 4 Introducing the Trim Edit Window
- 5 Rolling & Rippling within the Trim Edit Windows
- 6 Finding the Best Point to Make a Cut
- 7 Trimming Using the Mouse & the J, K, & L Keys
- 8 Dynamic Trimming Using the J, K, & L Keys
- 9 Understanding In Shift & Out Shift

#### 2 Working With Graphics 75 min

- 1 Working with Adobe®Illustrator® Files in FCP
- 2 Importing an Illustrator File into Adobe Photoshop® to use in FCP
- 3 Sizing Graphics to Import into an HDV Timeline
- 4 Resizing Images in Final Cut Pro
- 5 Importing PSD Files as an Image vs. as a Sequence
- 6 Using the Photoshop Levels Command to Fix a Scanned Image
- 7 Straightening an Image in Photoshop
- 8 Making an Image a Layered File with Transparency
- 9 Removing Anti-aliased Edges from an Image
- 10 Working with Alpha Channels
- 11 Working with Aspect Ratios & Resolutions
- 12 Understanding Pixel Aspect Ratios
- 13 Setting the Correct Alpha Channel Type
- 14 Making New Layers Via Selections Inside Photoshop
- 15 Importing a Photoshop File with Layer Effects into FCP
- 16 Potential Problems Changing the Contents of a Layer

#### 3 Controlling Motion 61 min

- 1 Importing Still Images
- 2 Creating a Container Sequence
- 3 Introducing the Motion Settings
- 4 Adjusting Scale & Rotation in the Viewer
- 5 Adjusting Scale & Rotation in the Canvas
- 6 Adjusting Center Values & Anchor Point
- 7 Adjusting the Anchor Point
- 8 Using the Crop Tool & Feathering an Edge
- 9 Using the Distort Tool
- 10 Adding & Adjusting a Drop Shadow
- 11 Using Keyframes to Create Motion
- 12 Animating a Wipe Effect
- 13 Changing the Velocity of an Animation

#### 4 Affecting Video 44 min

- 1 Introducing Speed
- 2 Working with Frame Blending & Motion Blur
- 3 Slowing Down a Clip that was Shot at Normal Speed
- 4 Playing a Clip Backwards
- 5 Gaining More Control with Time Remapping
- 6 Using Time Remapping to Freeze Video
- 7 Working with Freeze Frames & Deinterlacing
- 8 Using Artistic Filters
- 9 Using Corrective Filters
- 10 Looking Closely at Color Correction
- 11 Pasting Attributes

#### 5 Audio Fundamentals 39 min

- 1 Introducing Audio in Final Cut Pro
- 2 Identifying, Converting, & Importing Audio Files
- 3 Fine-Tuning Your Stereo & Mono Tracks
- 4 Audio Scrubbing & Playback
- 5 Setting Keyframes
- 6 Introducing the Audio Mixer
- 7 Advanced Functions & Controls in the Audio Mixer
- 8 Applying Audio Effects

#### 6 Output & Export 34 min

- 1 Using Print to Video Command
- 2 Converting HD to DV
- 3 Using Edit to Tape Command
- 4 Making an Insert Edit on Your Master
- 5 Creating a Media File of Your Content
- 6 Exporting Content for the Web