

# 306 Final Cut Workshop: Advanced Training

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## Introduction

Just as a refresher, “Non-linear” or computer based video editing gives us a great amount of flexibility and control over the elements we are assembling.

In this workshop we continue to enhance your knowledge of Final Cut Pro. Now that you can create packages, you will learn how to cover video and create graphics.

**No Food or Drinks in the Digital Lab. Not on the floor, only inside your bag.**  
*(The lab has a raised floor and a spill could result in an electrical short)*

Close all programs, FCP demands a great deal of RAM. While editing with FCP, keep open programs to a minimum.

You can find this tutorial and more at <http://www.dlquestions.com>

In this workshop we will:

**Cover Video - 2**

**Trim a Sound Bite and Cover a Jump Cut - 5**

**Extend an Edit with the Ripple Tool - 8**

**Create a “Split Edit” with the Roll Tool - 10**

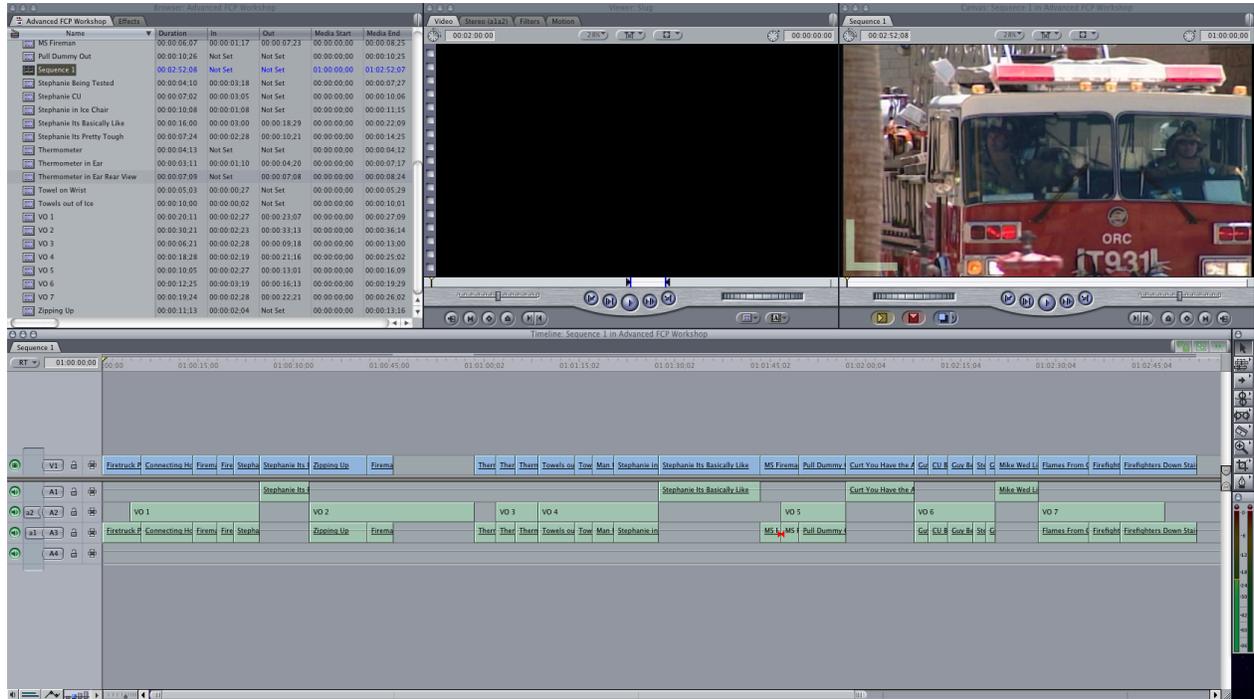
**Review Audio Mixing - 12**

**Create a Full Screen Graphic - 14**

**Create Lower Third Graphics - 21**

# Covering Video

1.) Double-click “Advanced FCP Workshop” on your drive.



2.) Move the playhead to the beginning of the clip named “Curt You Have the Added.”

3.) Play the sequence and “Mark In” at the word “stress” by using “i” on your keyboard.



4.) Double-Click on “Fireman CU” in the Browser Window.



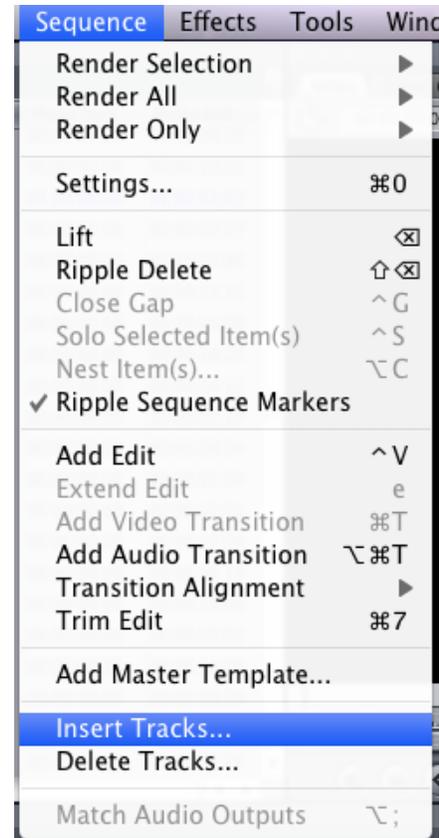
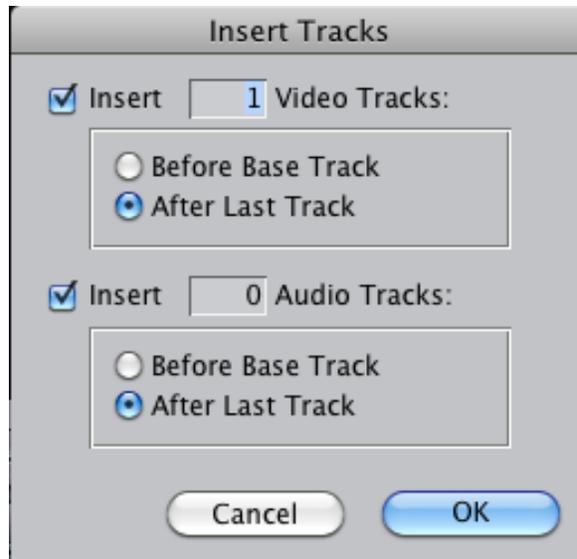
Name	Duration	In	Out	Media Start	Media End
CG Background	00:00:15:08	Not Set	Not Set	00:00:00:01	00:00:15:08
Connecting Hose	00:00:08:04	Not Set	00:00:08:03	00:00:00:00	00:00:10:28
CU Blood Pressure Meter	00:00:06:04	Not Set	Not Set	00:00:00:00	00:00:06:03
Curt You Have the Added	00:00:10:20	00:00:02:27	00:00:13:16	00:00:00:00	00:00:16:16
Firefighters Down Stairs	00:00:14:14	00:00:03:12	Not Set	00:00:00:00	00:00:17:25
Firefighters in Smoke	00:00:05:11	00:00:02:21	Not Set	00:00:00:00	00:00:08:01
Fireman and Smoke Low Angle	00:00:07:13	Not Set	Not Set	00:00:00:00	00:00:07:12
<b>Fireman CU</b>	00:00:05:09	Not Set	00:00:05:08	00:00:00:00	00:00:05:18
Fireman Helmet	00:00:06:10	00:00:01:00	Not Set	00:00:00:00	00:00:07:09
Fireman Running	00:00:06:21	00:00:03:22	Not Set	00:00:00:00	00:00:10:12
Firetruck Pulls Up	00:00:06:04	00:00:00:28	00:00:07:01	00:00:00:00	00:00:09:28
Flames From Couch Pan	00:00:11:13	Not Set	00:00:11:12	00:00:00:00	00:00:13:28
Guy Being Checked	00:00:03:00	Not Set	00:00:02:29	00:00:00:00	00:00:10:02
Guy Being Checked 2	00:00:06:03	00:00:02:27	Not Set	00:00:00:00	00:00:08:29
Guy Looks at Wrist Monitor	00:00:05:03	00:00:03:02	Not Set	00:00:00:00	00:00:08:04
Hand in Ice	00:00:04:17	Not Set	Not Set	00:00:00:01	00:00:04:17
Man Under Towel	00:00:04:20	Not Set	00:00:04:19	00:00:00:00	00:00:09:06
Mike Wed Like to Share	00:00:06:24	00:00:03:00	00:00:09:23	00:00:00:00	00:00:12:25
MS Fireman	00:00:06:07	00:00:01:17	00:00:07:23	00:00:00:00	00:00:08:25
Pull Dummy Out	00:00:10:26	Not Set	Not Set	00:00:00:00	00:00:10:25
Sequence 1	00:00:04:08	01:01:59:29	01:02:04:08	01:00:00:00	01:02:52:07

5.) In the Viewer window “Mark In” at about half-way through the clip and “Mark Out” at the end.



6) Create a new Video Track by clicking on the timeline then going to *Sequence>Insert Tracks...*

7.) Type a “1” in the box next to “Video Tracks:”



Alternatively, you can right-click on any gray area above V1 and select “Add Track.”



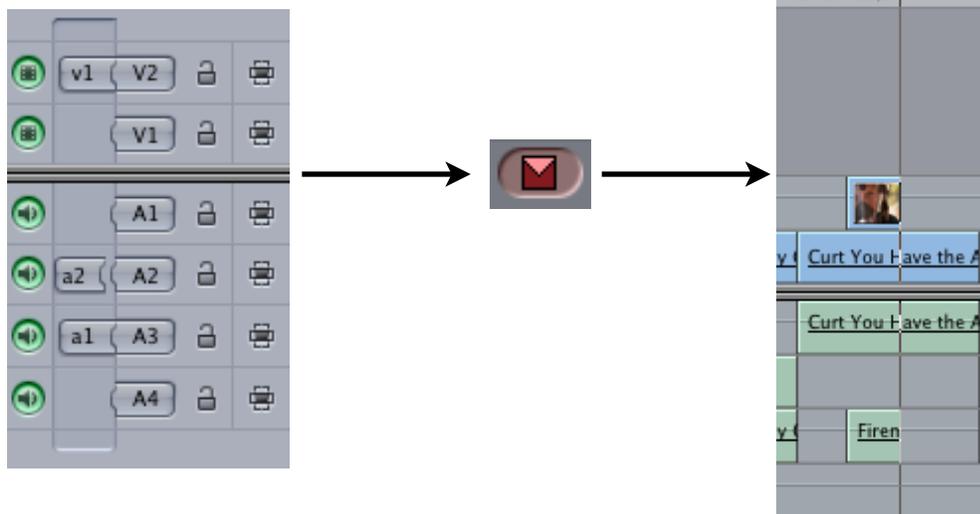
8.) Make sure your Source/Destination panel looks like this:

v1 -> V2

a1 -> A3

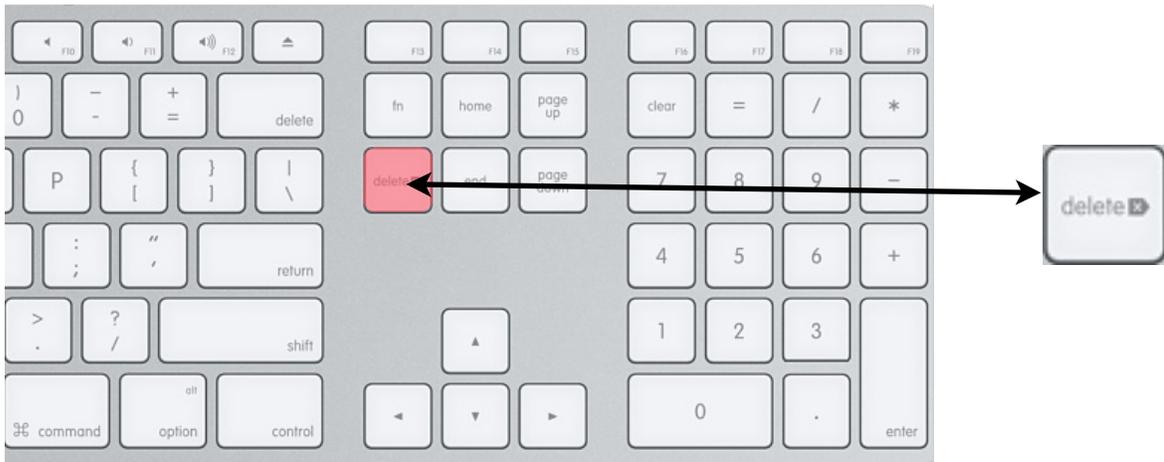
a2 doesn't matter as long as its broken.

9.) Hit the “Overwrite Edit” button.





4.) Press the “Forward Delete” button (or “function-backspace” on a laptop).



5.) Double-Click on “Hand in Ice” in the Browser.

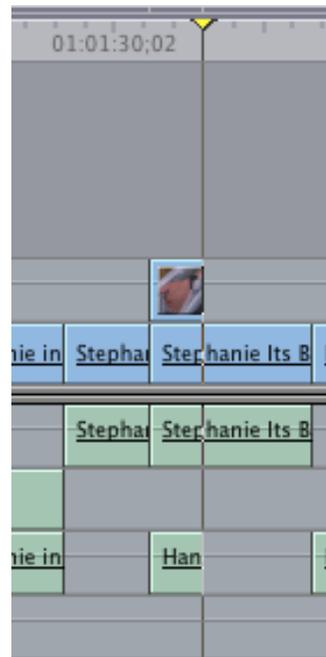
The screenshot shows the 'Effects' browser window in Final Cut Pro. The window title is 'Advanced FCP Workshop Effects'. It contains a list of video effects with columns for Name, Duration, In, Out, Media Start, and Media End. The effect 'Hand in Ice' is selected and highlighted in blue.

Name	Duration	In	Out	Media Start	Media End
CG Background	00:00:15:08	Not Set	Not Set	00:00:00:01	00:00:15:08
Connecting Hose	00:00:08:04	Not Set	00:00:08:03	00:00:00:00	00:00:10:28
CU Blood Pressure Meter	00:00:06:04	Not Set	Not Set	00:00:00:00	00:00:06:03
Curt You Have the Added	00:00:10:20	00:00:02:27	00:00:13:16	00:00:00:00	00:00:16:16
Firefighters Down Stairs	00:00:14:14	00:00:03:12	Not Set	00:00:00:00	00:00:17:25
Firefighters in Smoke	00:00:05:11	00:00:02:21	Not Set	00:00:00:00	00:00:08:01
Fireman and Smoke Low Angle	00:00:07:13	Not Set	Not Set	00:00:00:00	00:00:07:12
Fireman CU	00:00:03:05	00:00:02:14	00:00:05:18	00:00:00:00	00:00:05:18
Fireman Helmet	00:00:06:10	00:00:01:00	Not Set	00:00:00:00	00:00:07:09
Fireman Running	00:00:06:21	00:00:03:22	Not Set	00:00:00:00	00:00:10:12
Firetruck Pulls Up	00:00:06:04	00:00:00:28	00:00:07:01	00:00:00:00	00:00:09:28
Flames From Couch Pan	00:00:11:13	Not Set	00:00:11:12	00:00:00:00	00:00:13:28
Guy Being Checked	00:00:03:00	Not Set	00:00:02:29	00:00:00:00	00:00:10:02
Guy Being Checked 2	00:00:06:03	00:00:02:27	Not Set	00:00:00:00	00:00:08:29
Guy Looks at Wrist Monitor	00:00:05:03	00:00:03:02	Not Set	00:00:00:00	00:00:08:04
<b>Hand in Ice</b>	<b>00:00:04:17</b>	<b>Not Set</b>	<b>Not Set</b>	<b>00:00:00:01</b>	<b>00:00:04:17</b>
Man Under Towel	00:00:04:20	Not Set	00:00:04:19	00:00:00:00	00:00:09:06
Mike Wed Like to Share	00:00:06:24	00:00:03:00	00:00:09:23	00:00:00:00	00:00:12:25
MS Fireman	00:00:06:07	00:00:01:17	00:00:07:23	00:00:00:00	00:00:08:25
Pull Dummy Out	00:00:10:26	Not Set	Not Set	00:00:00:00	00:00:10:25
Sequence 1	00:02:48:24	Not Set	Not Set	01:00:00:00	01:02:48:23

6.) “Mark-In” approximately half-way through and “Mark-Out” towards the end.



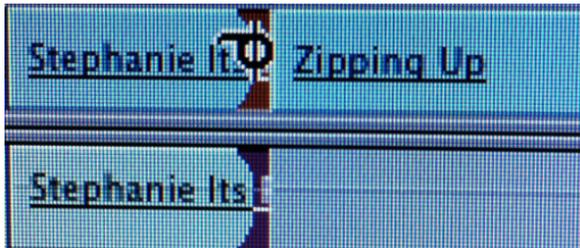
7.) Click the “Overwrite Edit” Button.



## Extending an edit with the Ripple Tool

1.) Select the Ripple Tool  from the Tool Palette by clicking on the Roll Tool and holding the mouse button down or press “R” twice on the keyboard.

2.) Select the left side of the edit between “Stephanie Its Pretty...” and “Zipping Up.”



3.) Press the Right Bracket  key on the keyboard 5 times to extend “Stephanie Its Pretty Tough” 5 frames.

4.) Press the Backward Slash  key on the keyboard to review the edit.

5.) Repeat steps 3.) and 4.) until you hear “about 70 pounds lighter” in full.



6.) Move the playhead to the edit between “Curt You Have the Added” and “VO 6.”



7.) Select the right side of the edit between “Curt You Have the Added” and “Guy Being Checked.”

8.) Hold down the “command” key on the keyboard and select the right side of “VO 6.”

9.) Press the Left Bracket  key on the keyboard 5 times to extend “VO 6” 5 frames.

10.) Press the Back Slash  key on the keyboard to review the edit.

11.) Repeat steps 9.) and 10.) until you hear “All that is being...” in full.

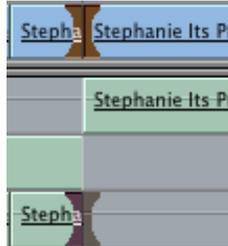


## Creating a “Split Edit” with the Roll Tool

1.) Select the Roll Tool  from the Tool Palette  or press “R” on the keyboard.

2.) Select the edit between “Stephanie CU” and “Stephanie Its Pretty Tough.”

3.) Click on “Stephanie CU” on A3.



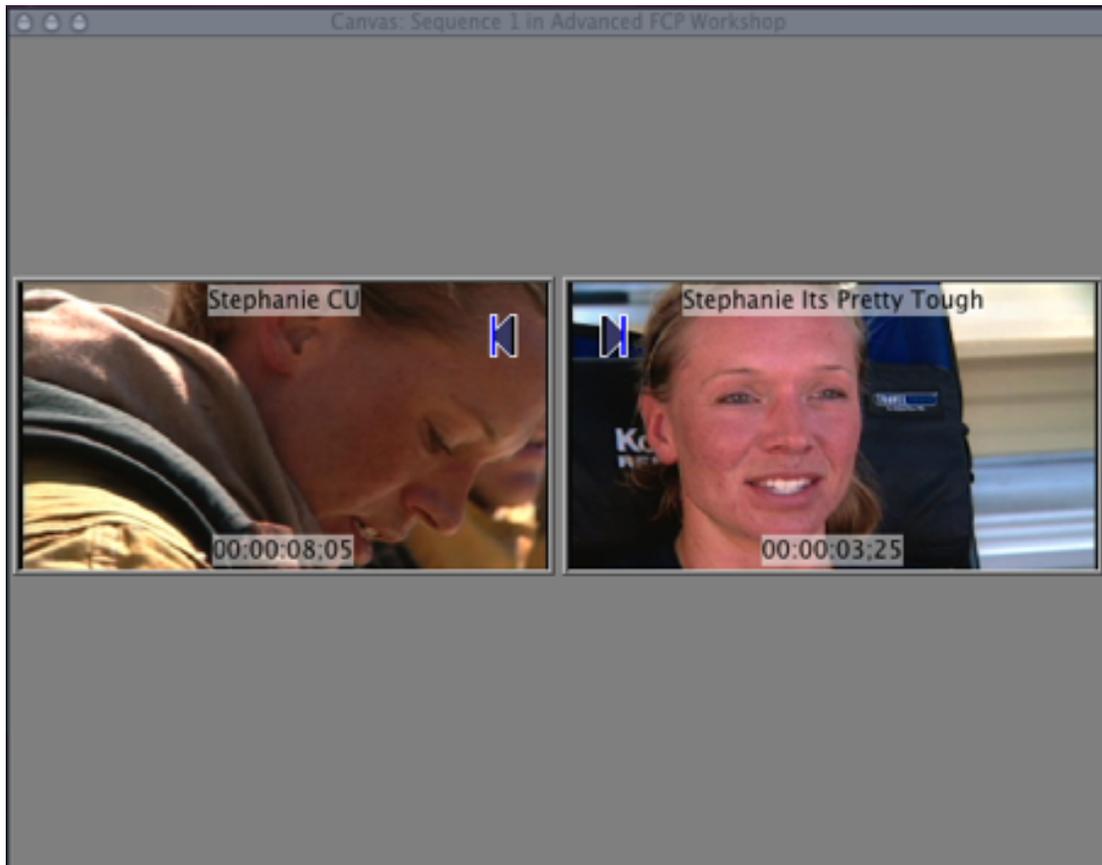
4.) Begin to drag the edit towards the right. While you’re holding the mouse button down press “n” on the keyboard to temporarily turn snapping off.

5.) Continue dragging the edit towards the right keeping your eye on the Canvas Window.

6.) When you see the temperature gauge, you’ve gone too far. Keep the mouse button pressed down.



7.) While keeping the mouse button pressed down, slowly drag the edit towards the left until you see the last frame of Stephanie's Close Up.



8.) Let go of the mouse button.

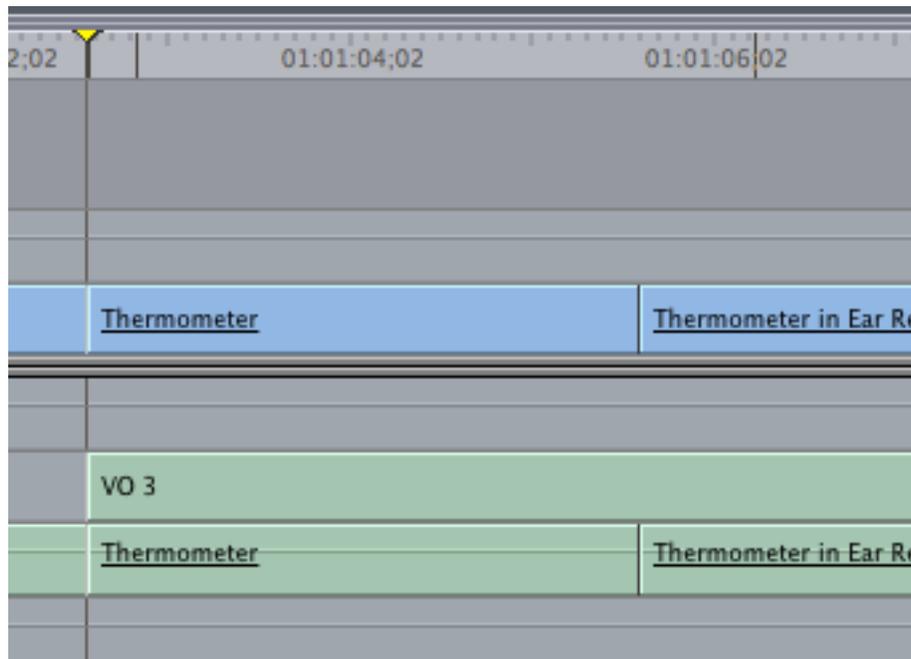
9.) Press the Back Slash  key on the keyboard to review the edit.

10.) Press the "A" key to go back to the selection tool.

11.) Click in the dark gray area of the timeline to deactivate the edit.

## Audio Mixing

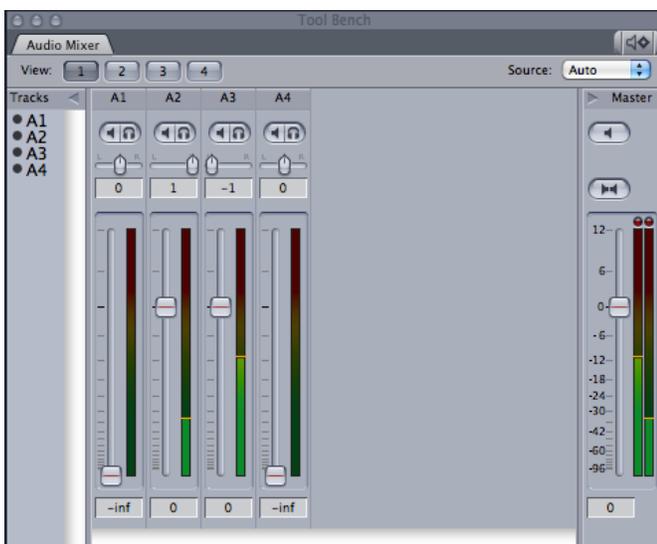
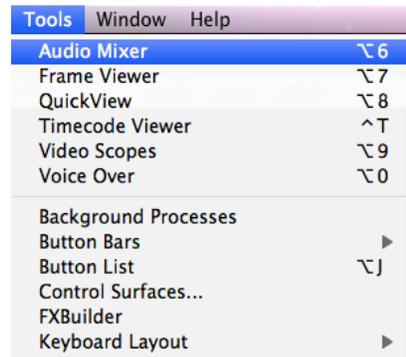
1.) Place your playhead at the front of VO 3 in the timeline.



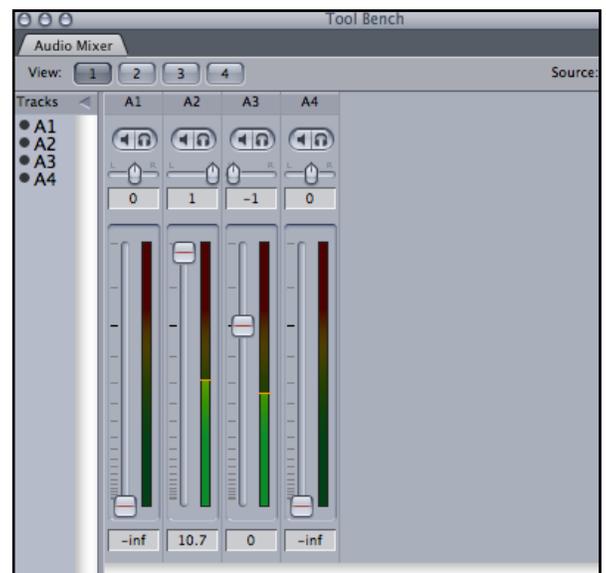
2.) Go to *Tools > Audio Mixer*

3.) Adjust A2 up to bring the VO level to approximately -6dB

4.) Adjust A3 down to reduce the volume of “Thermometer” and “Thermometer in ear” to approximately -24dB.



Original



Corrected

5.) Repeat steps 3 and 4 to properly mix VO 4.

6.) Place your playhead at the beginning of VO 1.



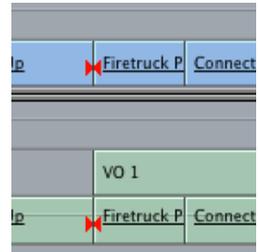
7.) Select the “Razor Blade Tool” from the “Tool Palette” by clicking on it or hitting “B” on the keyboard.



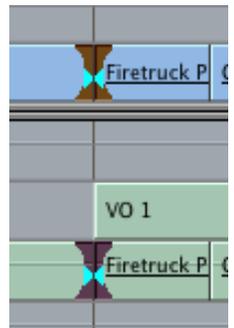
8.) Place your cursor over the clip “Firetruck pulls up” at your playhead.



9.) Click to split the clip and press “A” on the keyboard to return to your Selection Tool.



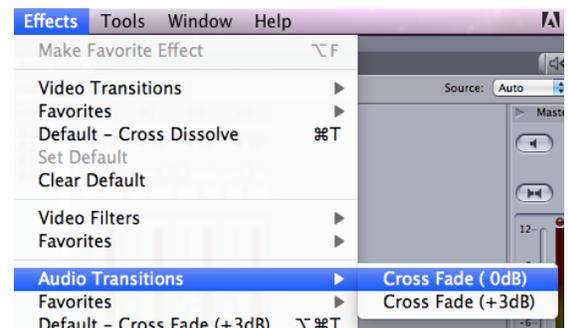
10.) Reduce the volume of the second half of “Firetruck pulls up” to approximately -24dB with the audio mixer tool.



11.) Select the edit point in the middle of “Firetruck pulls up.”

12.) Go to *Effects>Audio Transitions>Cross Fade (0dB)*

13.) After you are finished with audio mixing it is helpful to go back to your original screen layout by pressing “control-U” on your keyboard or going to *Window>Arrange>Standard.*

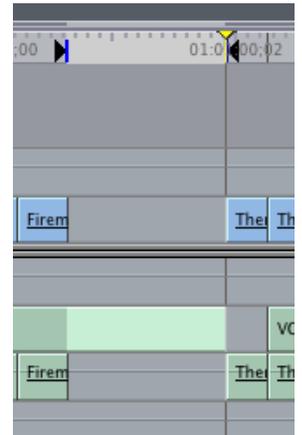


## Creating a Full Screen Graphic

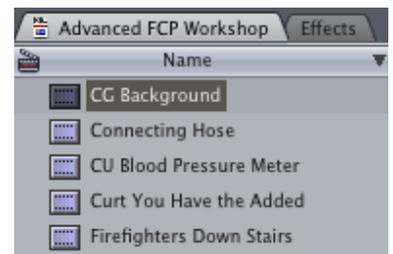
1.) Place your playhead at the beginning of the gap in your V1 track.



2.) Press “X” on the keyboard to mark in and out points.



3.) Double click the clip “CG Background” in your Browser Window.



4.) Verify that a1 -> A3 and that v1 -> V2.



5.) Press the Overwrite Edit button in the Canvas Window to add “CG Background” to your timeline.

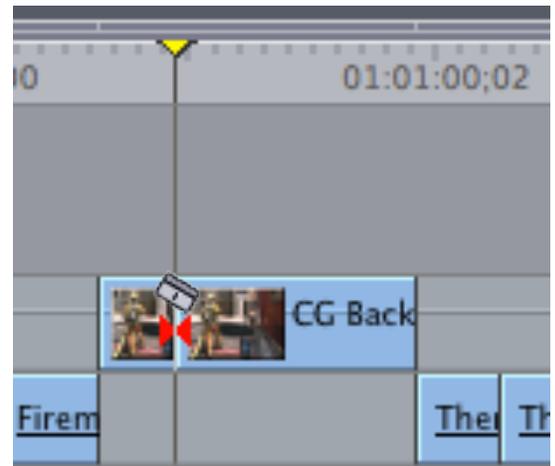


6.) Press Spacebar to play your clip until you hear “monitored closely” then press space bar again to pause.

7.) Select the “Razor Blade Tool” from the “Tool Palette” by clicking on it or hitting “B” on the keyboard.



8.) Click on top of your playhead to split the clip “CG Background”



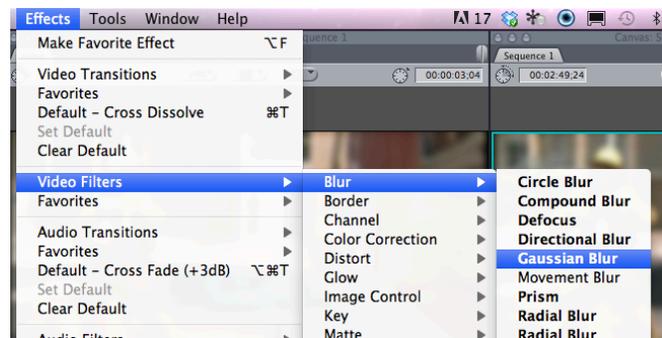
9.) Return to your selection tool by clicking on the icon in your “Tool Palette” or hitting “A” on the keyboard.



10.) Select the back half of the clip “CG Background” in your timeline.



11.) Go to *Effects > Video Filters > Blur > Gaussian Blur*.



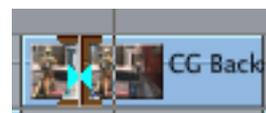
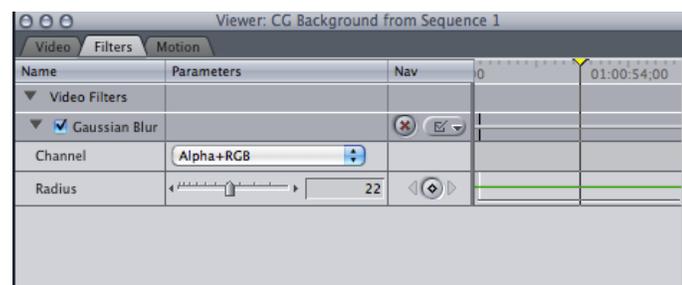
12.) Double click the back half of “CG Background” to load it in the viewer.

13.) Select the “Filters” tab at the top of the viewer window.

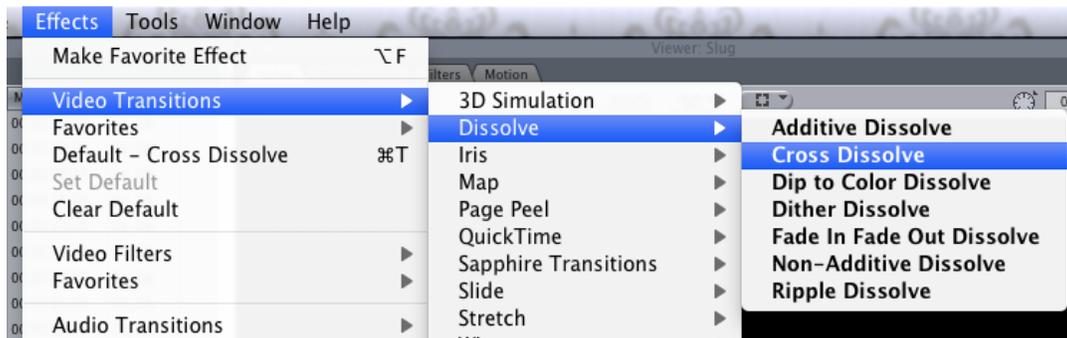
14.) Slide the Gaussian Blur Radius slider to 22.

15.) Click back on the “Video” tab.

16.) Select the edit point in the middle of the clip “CG Background.”



17.) Go to *Effects > Video Transitions > Dissolves > Cross Dissolve*



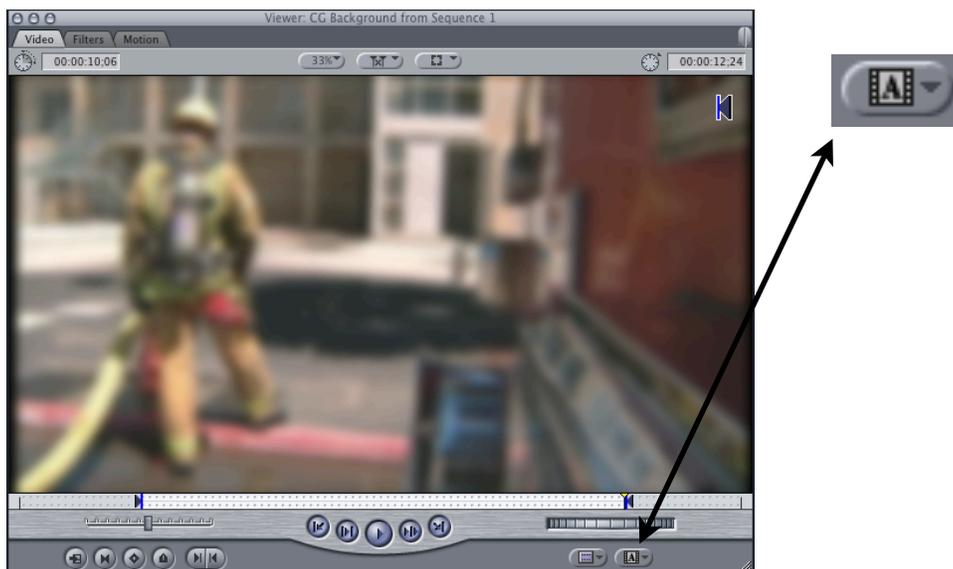
18.) Place your playhead right after you hear “Blood Pressure”

19.) Press “i” to place an in point.

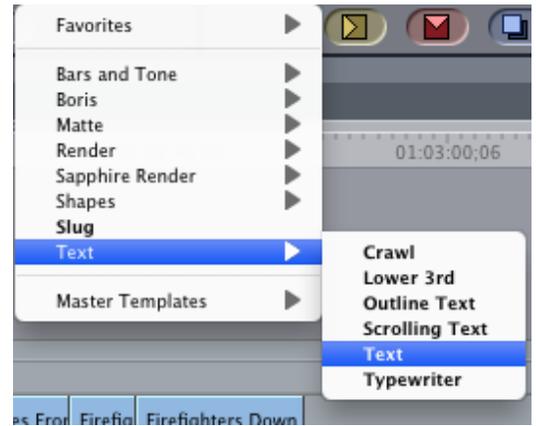
20.) Press the down arrow on the keyboard to advance your playhead to the end of the “CG Background” clip.

21.) Press “o” to place an out point.

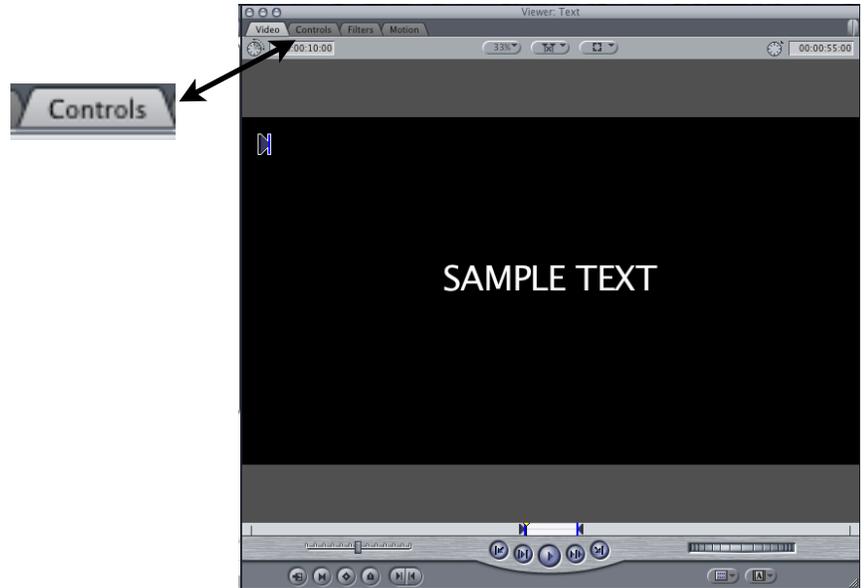
22.) Press the text button in the bottom right of the viewer window.



23.) Choose *Text* > *Text* in the drop down menu.

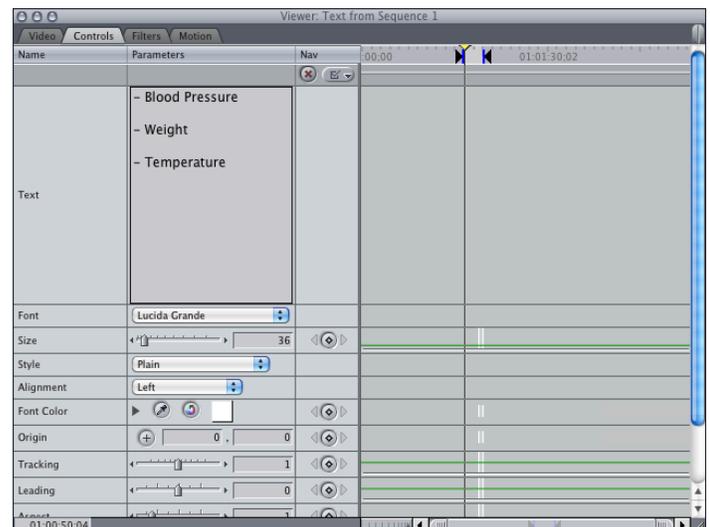


24.) Press the “Controls” tab in the text generator which appeared in your viewer window.



25.) In the text box type the following (note: there are two return breaks between each line):

- Blood Pressure
- Weight
- Temperature”



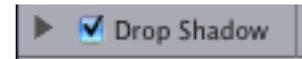
26.) Change the alignment to “Left.”



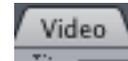
27.) Click on the Motion tab at the top of the viewer window.



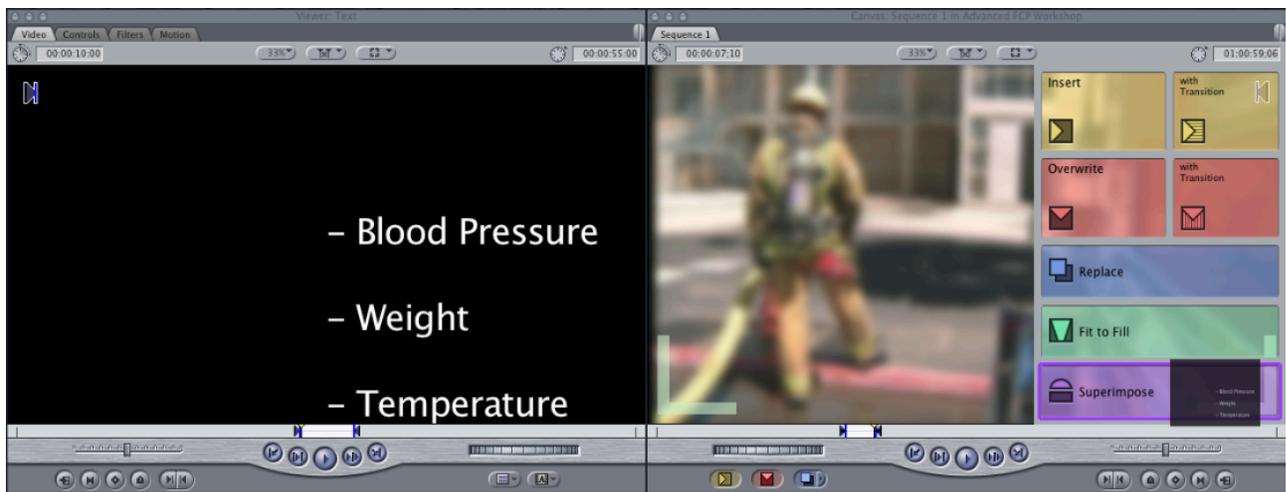
28.) Check the box next to “Drop Shadow.”



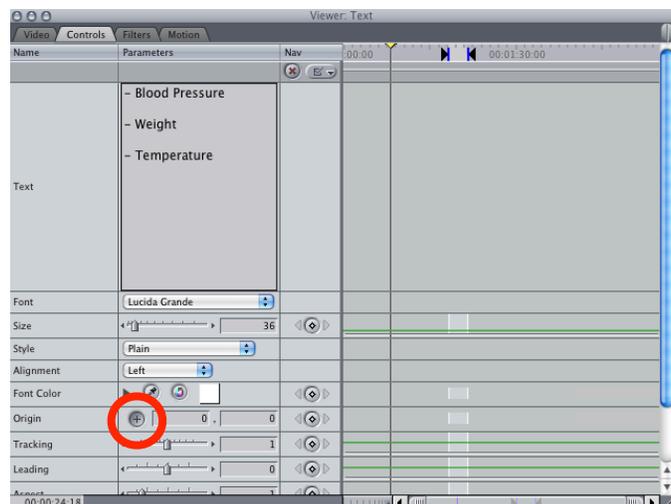
29.) Click on the Video tab at the top of the viewer window.



30.) Click and hold in the middle of the Viewer window and drag your mouse to the Canvas window. Release your mouse over the “Superimpose” button which appeared in the Canvas window.

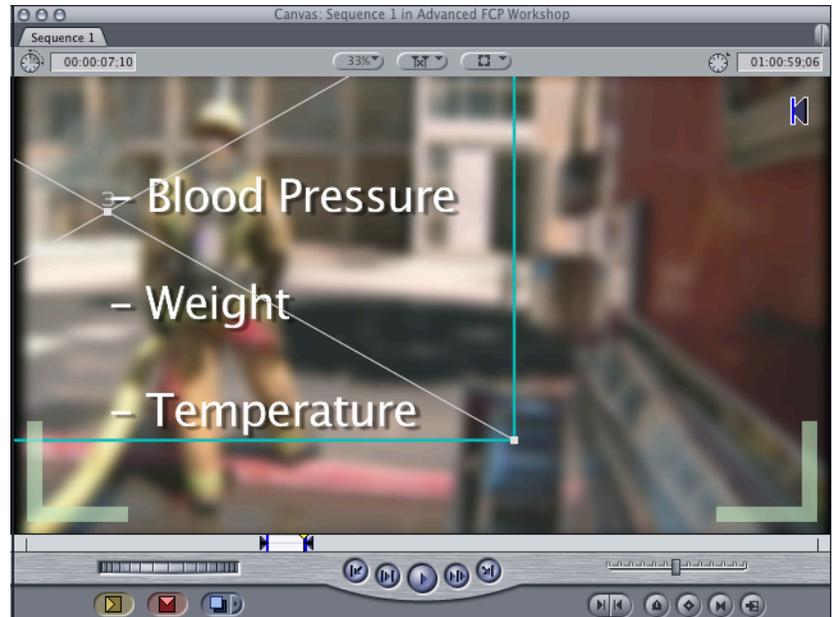


31.) Turn on the Origin Tool.



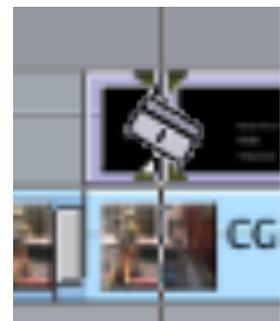
32.) Drag your graphic to the left side of the Canvas window, and position it where you think it looks appropriate.

*\* NOTE: After you drag your text, the Origin Tool shuts off. You will have to turn on the Origin tool every time you want to move the text.*



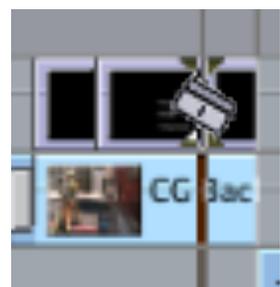
33.) In your timeline drag your playhead to right after you hear the narrator say “So is their weight”

34.) Use your blade tool to split your text graphic at this point.



35.) Press spacebar to play until you hear “after fighting a fire,” then press spacebar again to pause.

36.) Use your blade tool to split your text graphic at this point as well.



37.) Return to your selection tool in the tool palette.



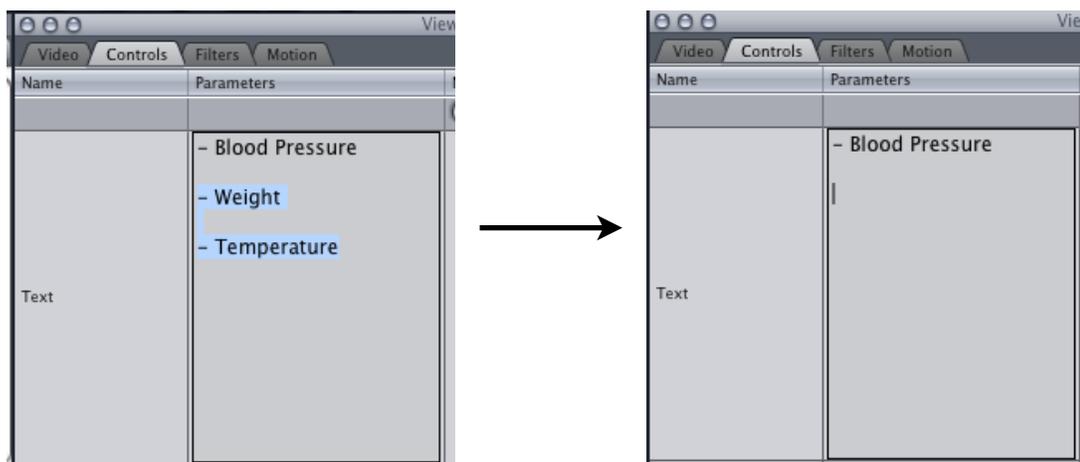
38.) Double click on the first section of your text graphic in the timeline to load it in your viewer.



39.) Click on the Controls tab in your viewer window.



40.) Erase the bottom two lines in your text box.



41.) In your timeline, double click on the middle section of your text graphic to load it in your viewer.

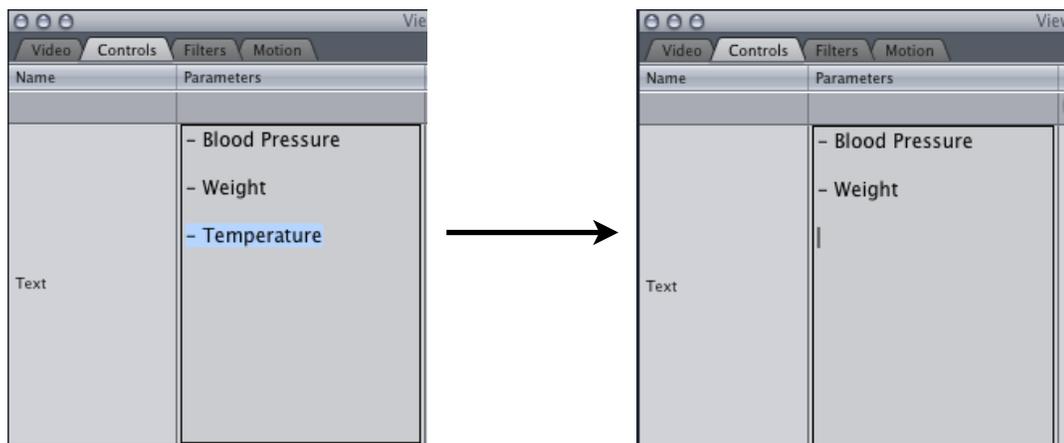


42.) Click on the Controls tab in your viewer window.

43.) Erase the bottom line in your text box.



44.) Click on the Video tab in your viewer window.



## Creating Lower Third Graphics

1.) In your timeline, drag your playhead to the first frame that we see Stephanie in her SOT, not b-roll. The Clip's name is "Stephanie Its Pretty Tough"



2.) Make sure that you do not have any clips selected in your timeline.

3.) Type "+100" and press enter to advance your playhead 1 second.



4.) Press "i" on your keyboard to place an in point.

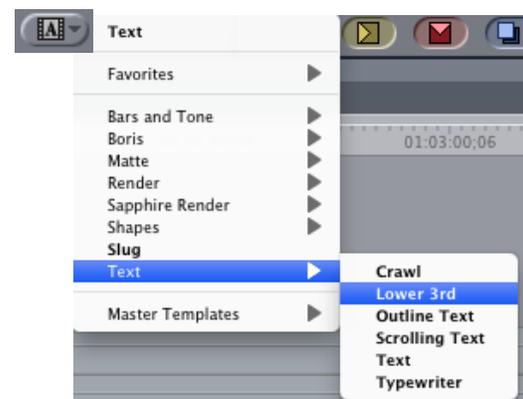
5.) Type "+300" and press enter to advance your playhead 3 seconds.



6.) Press "o" on your keyboard to place an out point.



7.) Press the text button in the bottom right of the viewer window and choose *Text > Lower 3rd* from the drop down window.



8.) Click and hold in the middle of the Viewer window and drag your mouse to the Canvas window. Release your mouse over the “Superimpose” button which appeared in the Canvas window.



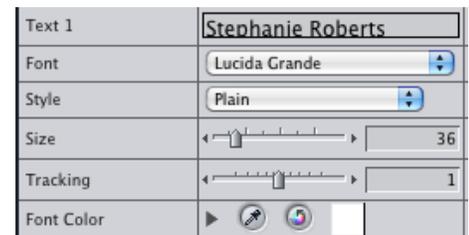
9.) In your timeline, double click on the text graphic which has been added to V3 above the Stephanie clip.



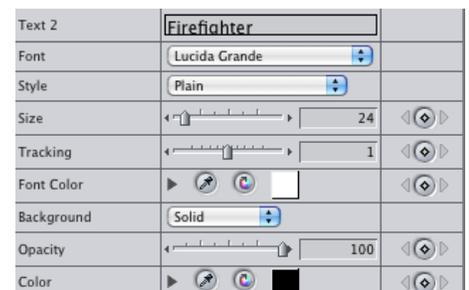
10.) Click on the Controls tab in the viewer window.



11.) Type “Stephanie Roberts” into the text 1 field and make sure Size is set to “36”



12.) Type “Firefighter” into the text 2 field and make sure Size is set to “24.”



13.) Choose “Solid” in the background field.



14.) Slide the opacity slider to 35.

15.) In your timeline, select text graphic which has been added to V3 above the Stephanie clip.

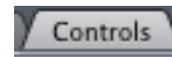
16.) Press Command + C on your keyboard or choose *Edit > Copy* to copy the graphic.

17. Advance your playhead to Curt’s SOT after the cutaway on track 2.

18.) Press Command + V or choose *Edit > Paste* to paste the graphic.

19.) In your timeline, double click the graphic you just pasted.

20.) In the viewer window click the Controls tab.



21.) In the text 1 field type “Curt Morrison”. We don’t need to retype “Firefighter” since that is Curt Morrison’s title as well.



22.) Repeat this process for Mike Contreras’ clip, “Mike Wed Like to Share.” His title is also “Firefighter.”