

# Final Cut Pro 7



**User guide**

## What is final cut?

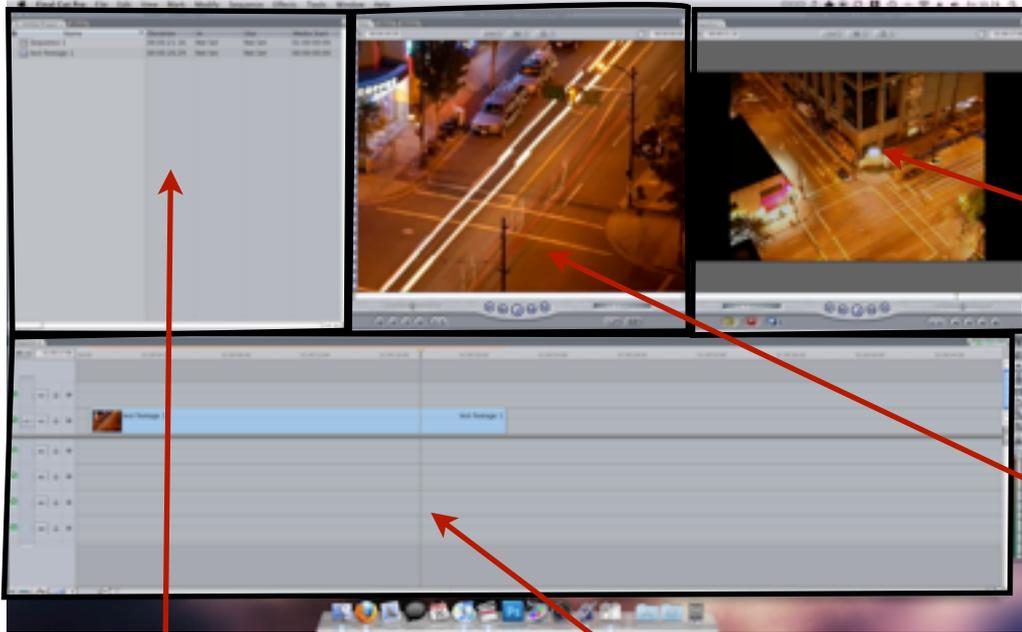
Final Cut Pro is a professional non-linear editing software application developed by Macromedia Inc. and then Apple Inc. Final Cut Pro 7 is part of Final Cut Studio, an editing pack consisting of 6 programs (Final Cut Pro, Motion, Soundtrack Pro, Colour, Compressor and DVD Studio Pro). It has been used to make films such as X-Men Origins, 300, 500 Days Of Summer, The Ring and Super Size me.

Final Cut Pro provides non-linear, non-destructive editing of any QuickTime compatible video format including DV, HDV, P2 MXF (DVCPHD), XDCAM, and 2K film formats. It supports an unlimited number of video tracks; up to 99 audio tracks; multi-camera editing for combining video from multiple camera sources; as well as standard ripple, roll, slip, slide, scrub, razor blade and time remapping edit functions. It comes with a range of video transitions and a range of video and audio filters such as keying tools, mattes and vocal de-poppers and de-essers. It also has a manual 3-way color correction filter.



## User Interface

The Final Cut Pro interface has four main windows: the Browser, where source media files are listed; the Viewer, where individual media files can be previewed and trimmed; the Timeline, where media can be cut together into a sequence; and the Canvas, where the edited production in the timeline can be viewed. Also a small Toolbox window and two audio-level indicators for the left and right audio channels.



**Canvas.** Final out put of the sequences

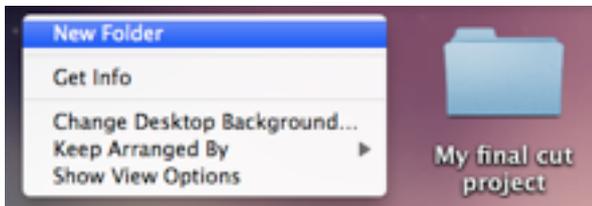
**Viewer.** To preview, trim and edit clips.

**Browser.** Where all the media relating to the project is kept.  
NOTE: this is NOT a project file, it simply references where the files are kept.

**Timeline.** Where you build your project

## To Begin A Project.

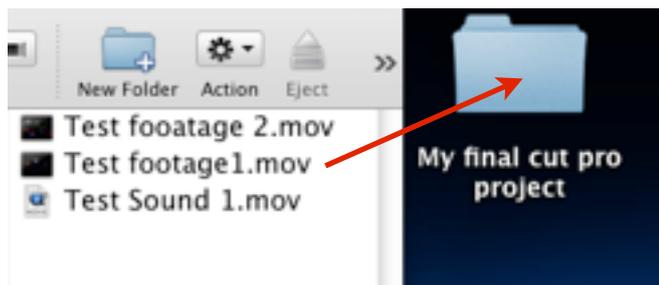
To start a project you will first need to create a project file. This file is where we are going to put all assets for our video in, such as .PSD (Photoshop Document) files, Photos and other media. \*\*\*See Capturing sheet if importing from a camera\*\*\*



1. Create a file on your desktop called 'My final cut project'

**\*\*\*WARNING!** Once you have created this file DO NOT move it. Final cut will always be looking at this folder for your files. Moving it will result in a 'Media offline' error \*\*\*

2. Find the file 'Test footage' on the CD and drag it into the 'my final cut project file' ( with your own projects copy all the files you need into this folder)



3. Once the file has copied over we can the open final cut pro. By default Final cut will open the last used project. To start with a fresh project use File - New project. A project properties windows will open, simply click 'ok'.

4. You will now have to set up the time line depending on what you are doing. we are going to create a DV-PAL (SD or standard definition) project. to do this choose Final Cut Pro -> Easy Set Up. A window will appear, make sure 'Format' and 'use' are set to 'PAL' and 'DV-PAL'.



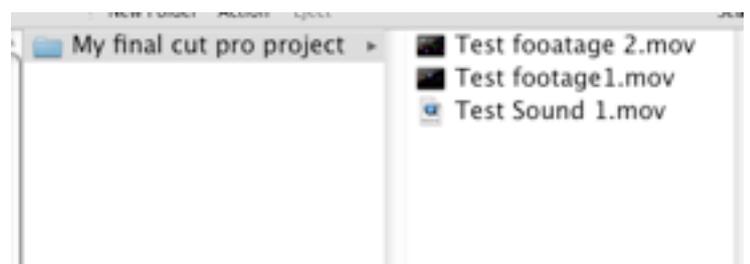
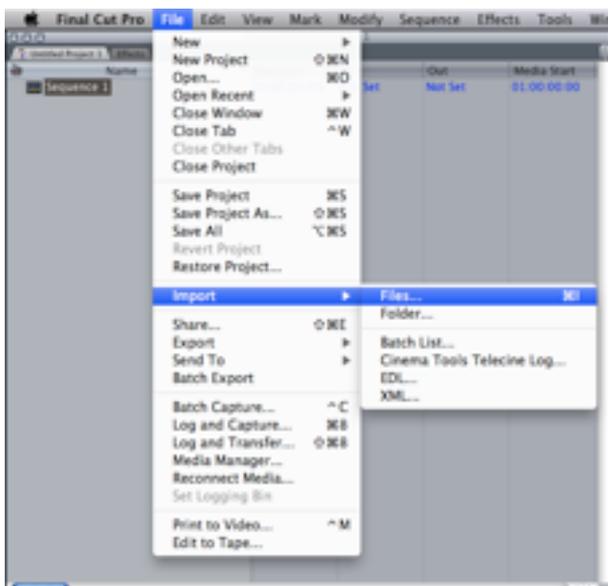
NOTE: DV-PAL is SD.

If you are importing HD (high definition ) material choose AppleProRes 422.

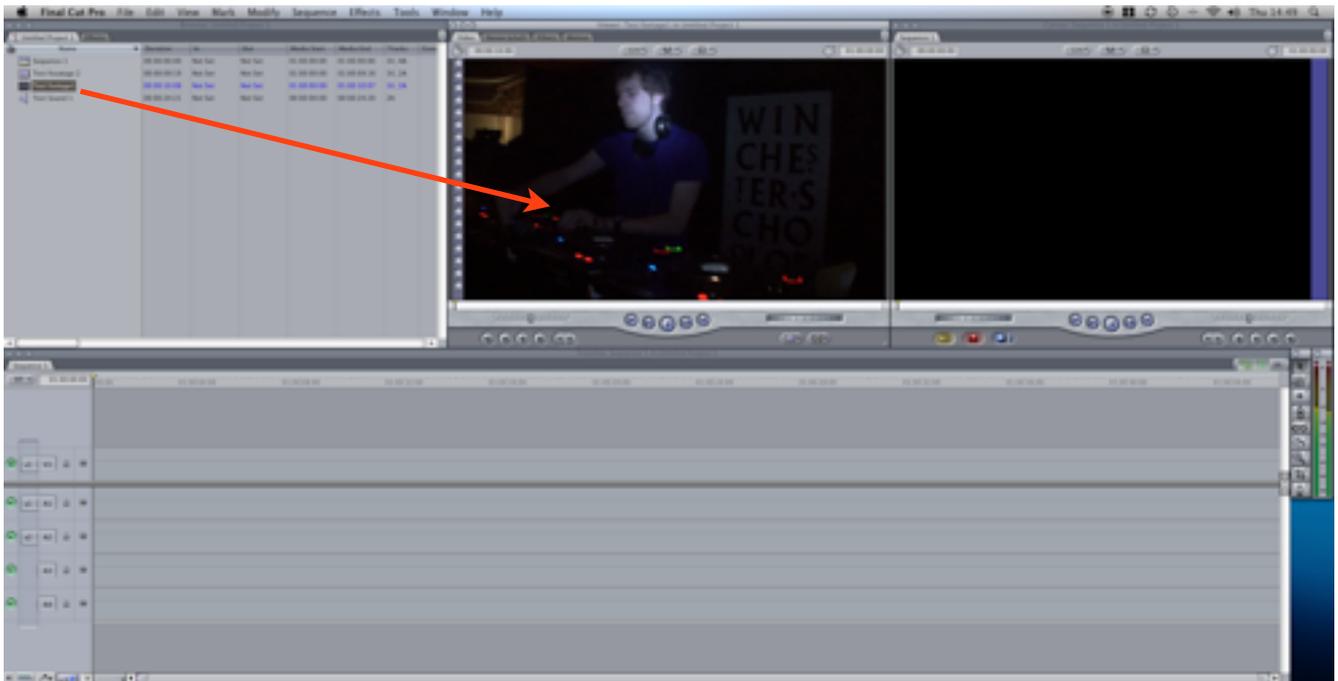
(ProRes is an intermediate codec, which means it is intended for use during video editing, and not intended or practical for end user viewing. The benefit of an intermediate codec is that it retains higher quality than end user codecs while still requiring much less disk space compared to uncompressed video.)

5. Now we have a clean project to start. In our Browser (top left window) you can see there are no assets. To add an asset choose File -> Import -> files

Then navigate to the 'my final cut project' file and import All the files. ( test footage 1, test footage 2 and test sound 1.)



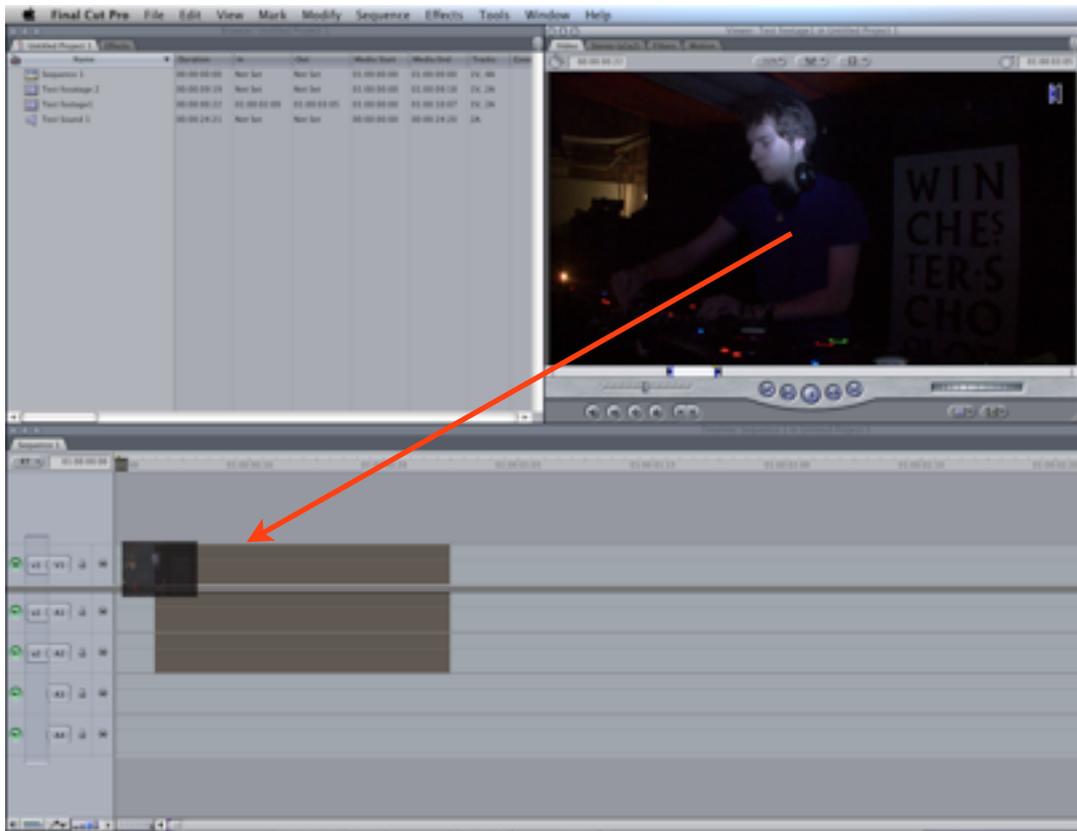
6. Once the footage has been imported we need to view what is in the footage. Drag the 'test footage1' file in to the 'Viewer' (top middle window)



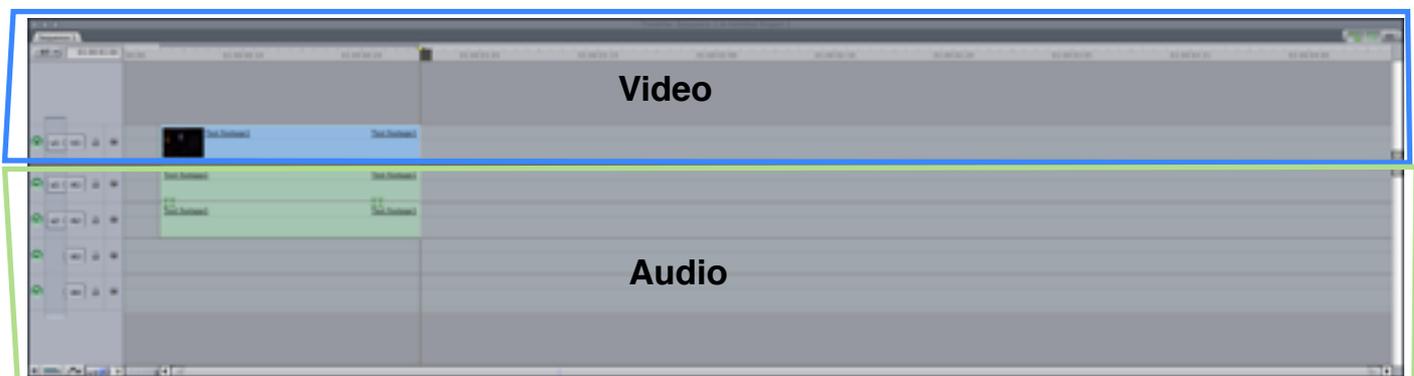
7. This footage is 10.7 seconds long and contains footage of a DJ. You can scrub through the footage by dragging the yellow play head across the mini timeline at the bottom of the viewer window or by using the play button in the middle.



8. Once we have viewed the footage we can now drag it on the time line. to do this simply click and drag the footage from the viewer window on to the timeline. final cut may ask if you want to change settings. click 'ok'

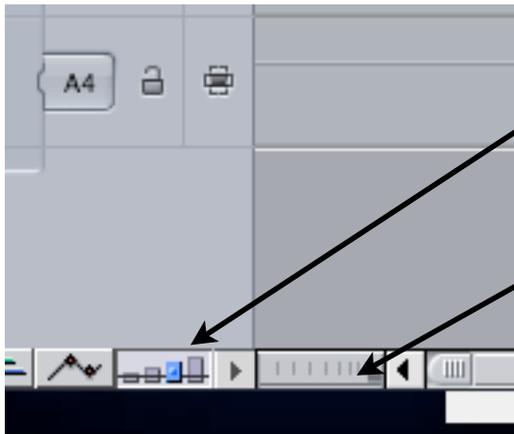


The time line is broken into two sections, Video and Audio.



When you bring an asset onto the timeline it is automatically broken up into the two sections. This allows you to edit sound and video separately. You can see in our example audio is green and video is blue.

You can change how you view the timeline with the 2 buttons at the bottom of the window.



This button allows you to increase or decrease the size of the tracks

This slider allows you to zoom. letting you see more or less footage along the timeline.

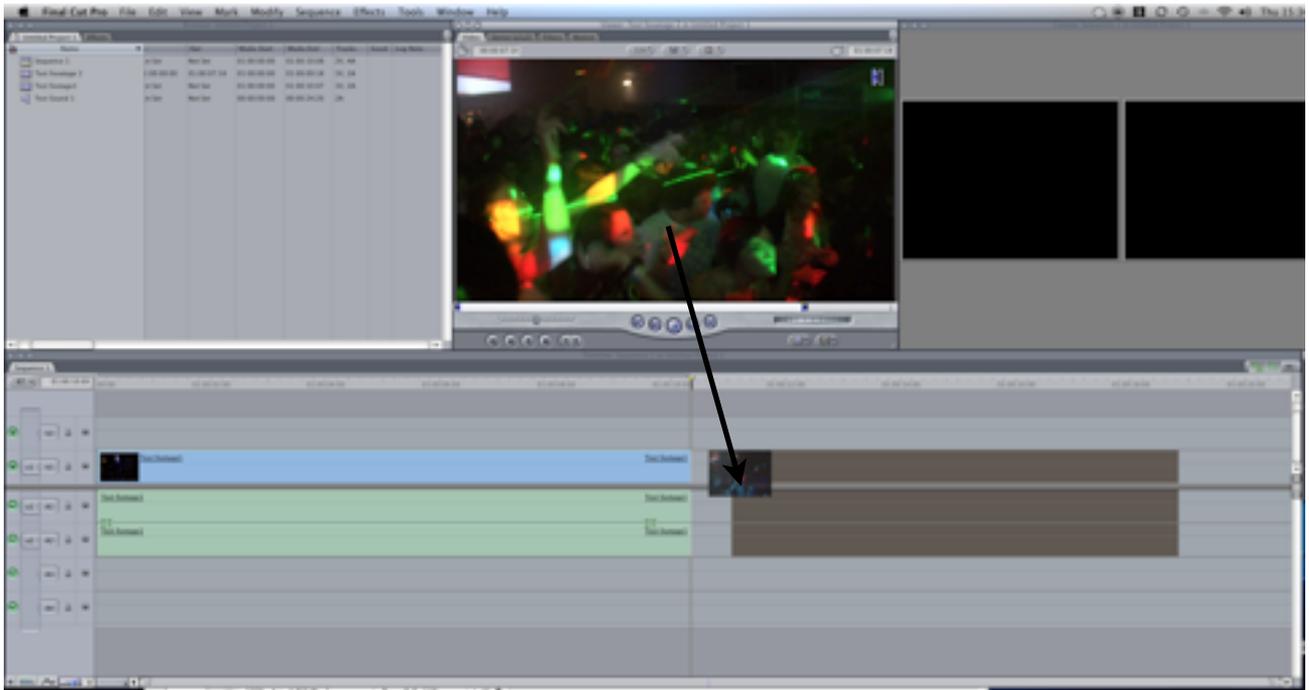
Again we have a yellow playhead at the top of the time line, you can drag this along the timeline to view footage in the Canvas (top right hand window) or press the right and left keys for frame by frame control. If you want to play the footage you can either press the spacebar or click the play button in the canvas window.

9. We are now going to add the next section of footage. Drag the asset 'Test footage 2' into the viewer and preview the footage. You can see at the of the footage the camera moves away to the right, we don't want this in our video. To capture only a section of an asset we need to use In and Out points. The In and Out controls are located at the bottom of the viewer window. Move the playhead to the start of the footage and press the In button then skip though to where the camera starts to move off to the right and click the Out button. We have now got a selection of our footage. Note the Blue in and out points now on the mini timeline. Now drag the selected footage onto the time line and place it after the first section of film

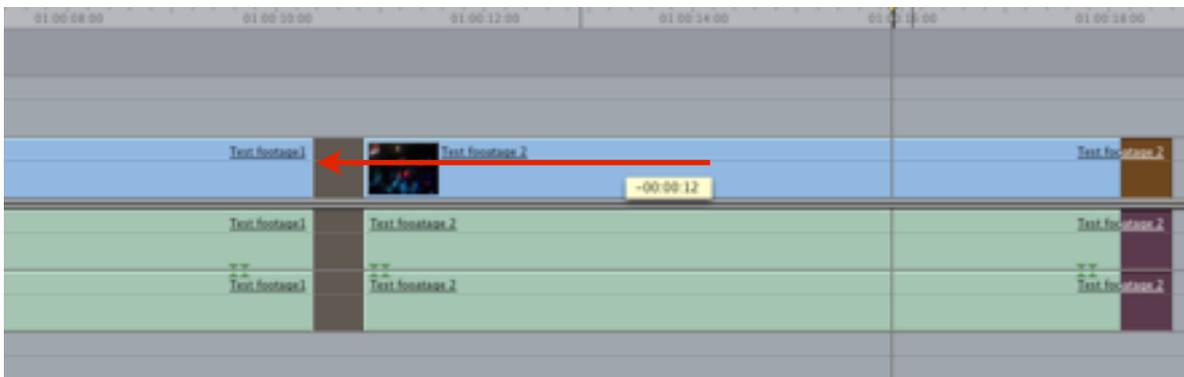


In

Out

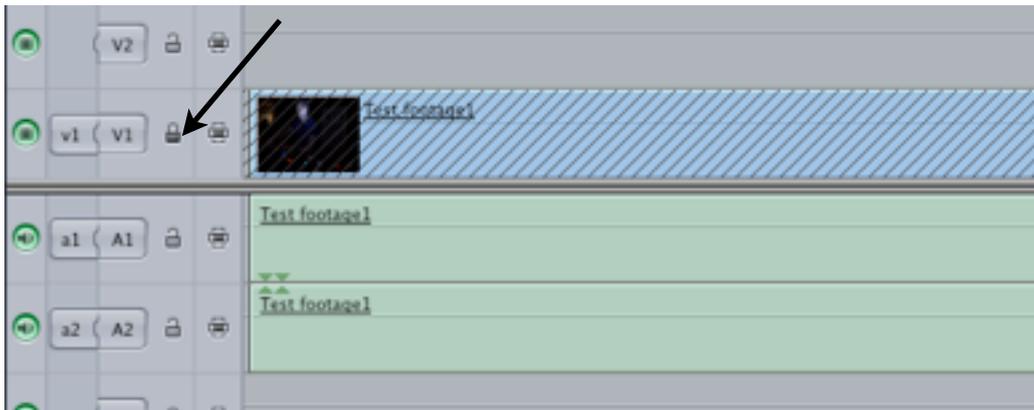


10. To view what you have so far bring the yellow playhead to the beginning of the timeline and press the spacebar. You can move clips by simply clicking and dragging them around the timeline. Click on the Test footage 2 clip and drag in to the left until it touches the first clip.



We now have a smoothly playing clip. Although the sound does not match up.

11. We need to now edit the sound without moving the footage. To do this we need to Lock the video track. To the left of the timeline there is a padlock icon. Click on the video track to lock it.



Once the track is locked you cannot edit it.

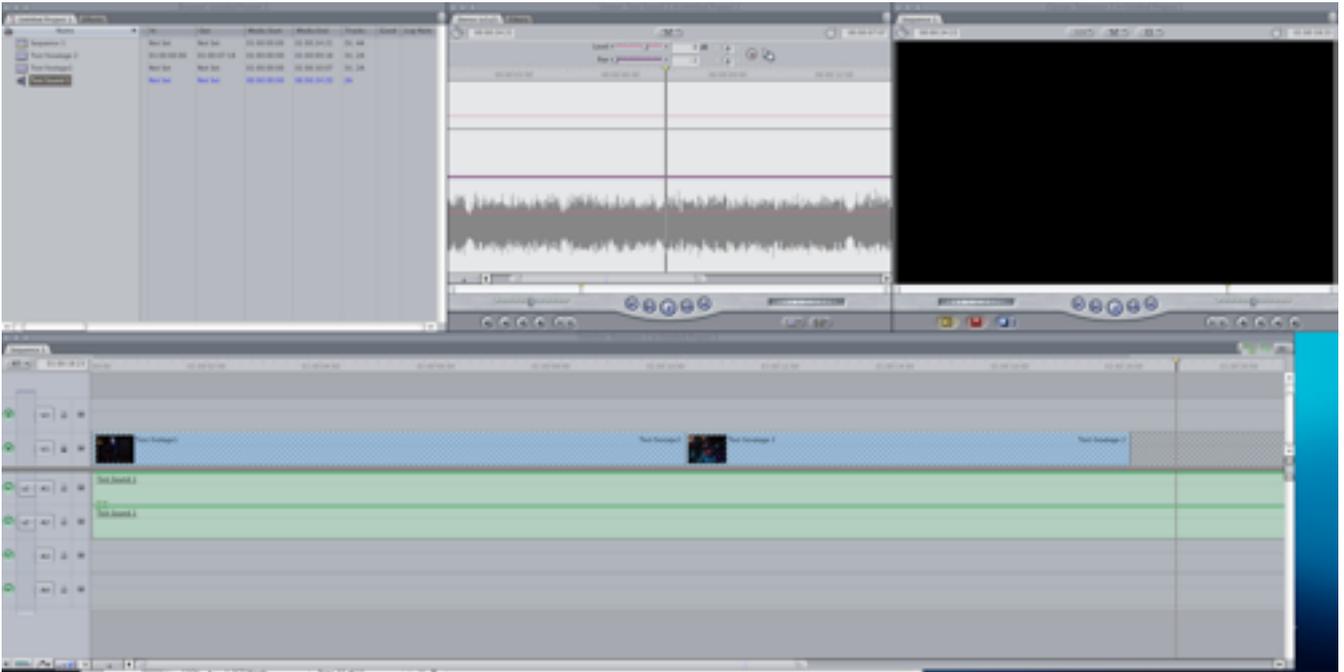
12. Delete the audio tracks by clicking on them and pressing the backspace key.

13. Now we need to drag in new audio. Drag the Test sound 1 asset to the view, play it back then drag it onto the timeline.

Note: to drag sound from the viewer click and hold on the speaker and hand icon at the top of the window.



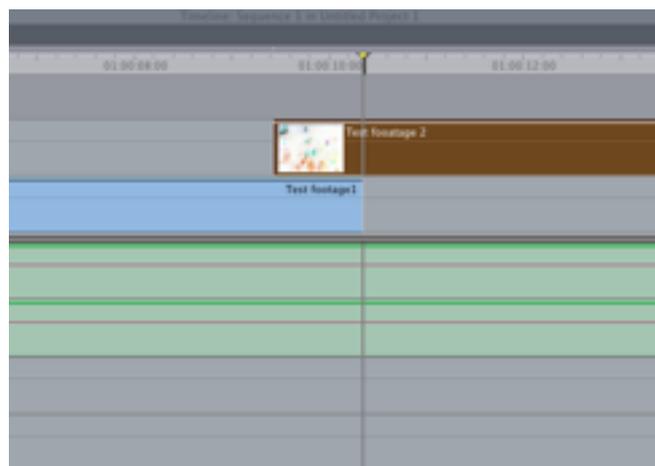
14. Make sure the audio starts at the same time as the video by pulling it across the timeline till the ends match up. Your project should look something like this.



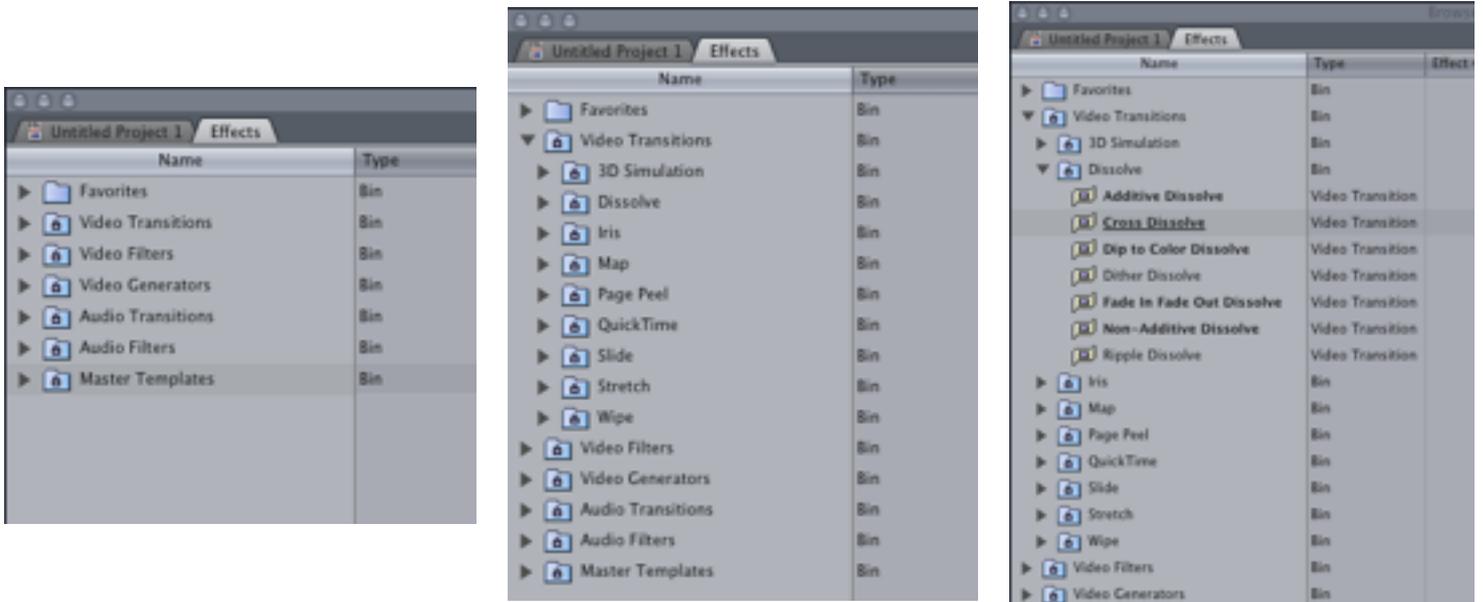
15. You can see the audio goes on for longer than the video, to edit this on the timeline scroll to the right until you can see the end of the audio, place your cursor at the end of the audio and drag it back to the left until it matches the video.

16. Unlock your video track and play the sequence back.

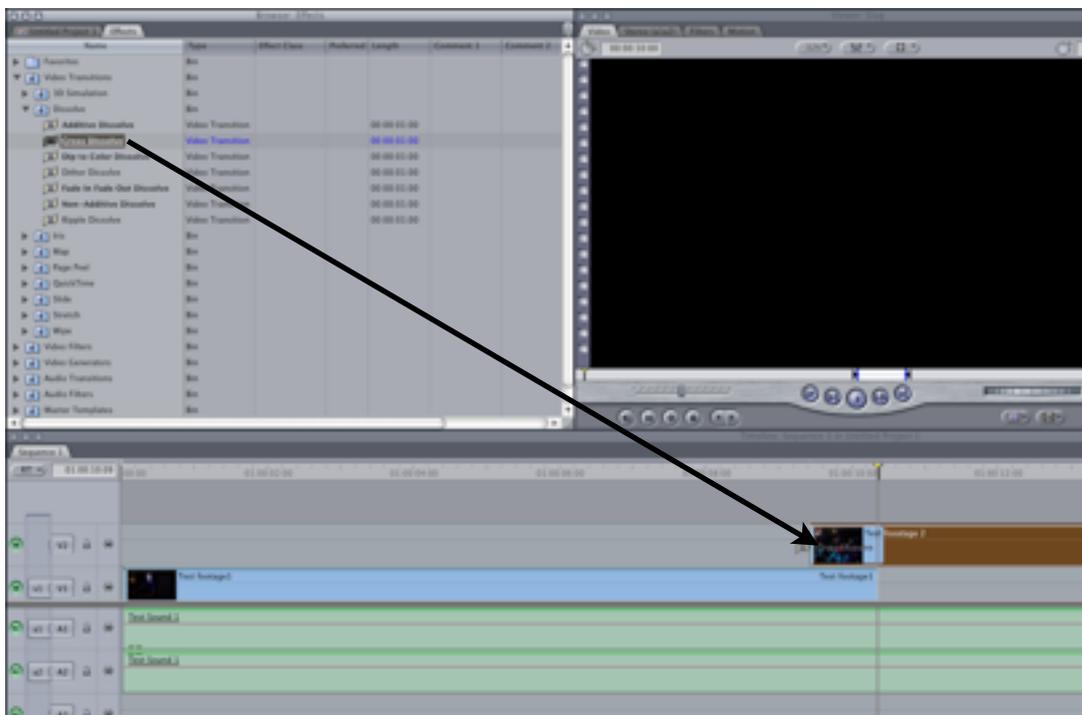
17. We now need to add a transition between our two clips. First we need to drag Test footage two onto a new track on the timeline. To do this simply drag the clip up to the next track. Once on the new track drag the footage to the left so that it over laps the first.



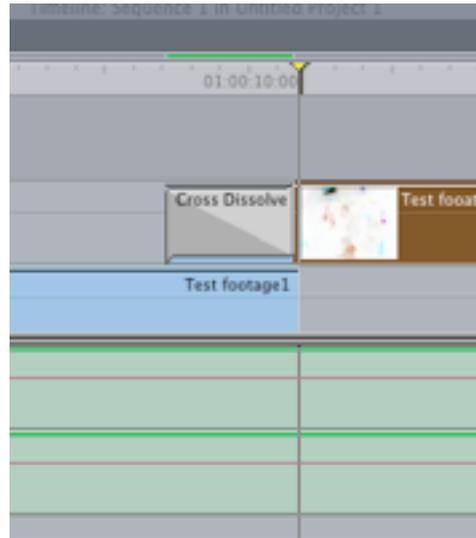
18. Now our clips are in place we can add a transition. at the top of the browser window you will see an Effects tab, click on it to open final cut's available effects, click on Video Transitions and then dissolve.



19. We are going to use a cross dissolve but experiment with others in your own projects. Click and drag cross dissolve on top the front end of Test footage two on the timeline.



20. Once added correctly it should look similar to this:

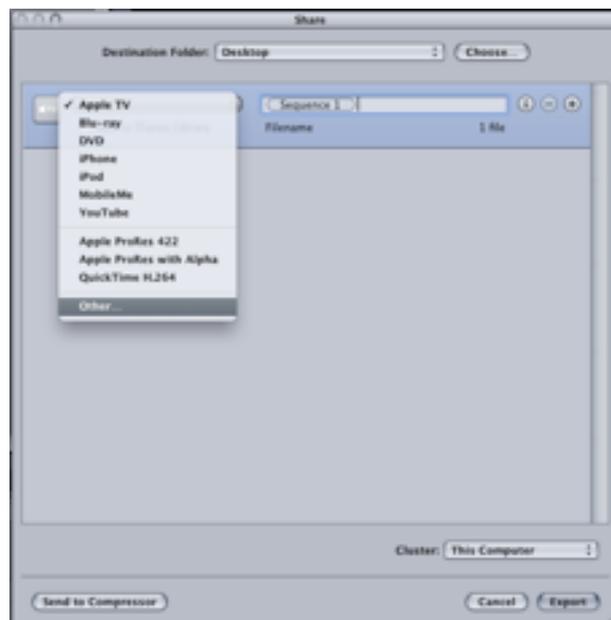


This is the basic set up of a sequence in Final Cut Pro. We will now need to export. Final Cut Pro Has 4 Different ways to export depending on your output media ( e.g. youtube, DVD, BLU ray or digital copy)

Once your ready Save your project ( command - S or file -> save project )

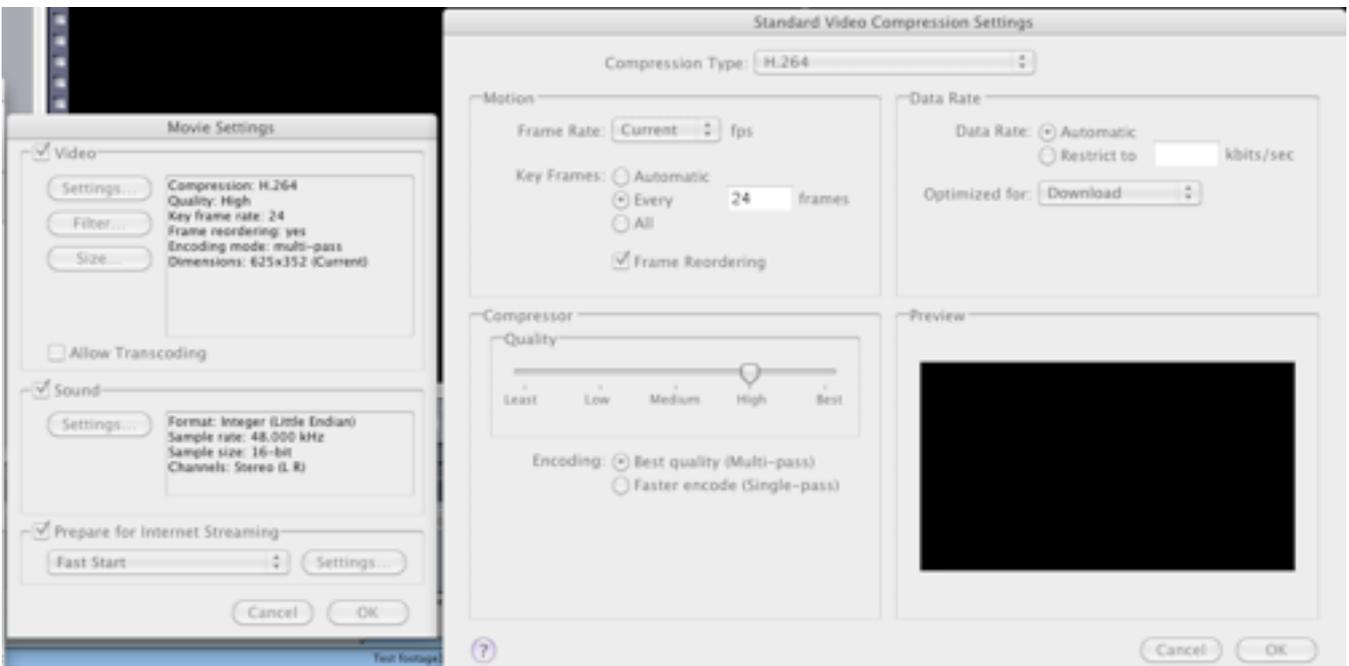
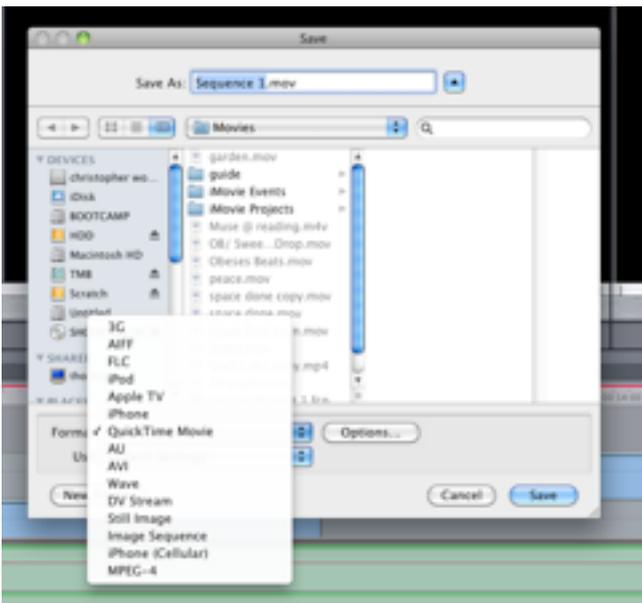
21. To export go to File in the menu bar. The 3 main ways to export in Final cut are:

‘Share’ - This is a set of presets that you can easily export to with out having to change any settings. Click on it to open up the dialog window. You simply have to select a destination folder and a file type from the drop down menu and Final cut will export the appropriate file. Although easy this process will take much longer to export, Only use if you have enough time to spare.



'Export' - This menu has many options, we will focus on the top two, Quicktime Movie and Quicktime conversion. Quicktime Movie will export a full res, high resolution copy of your film. This option is very fast and easy as you dont have to change any settings, the down side is that is produces VERY large file sizes.

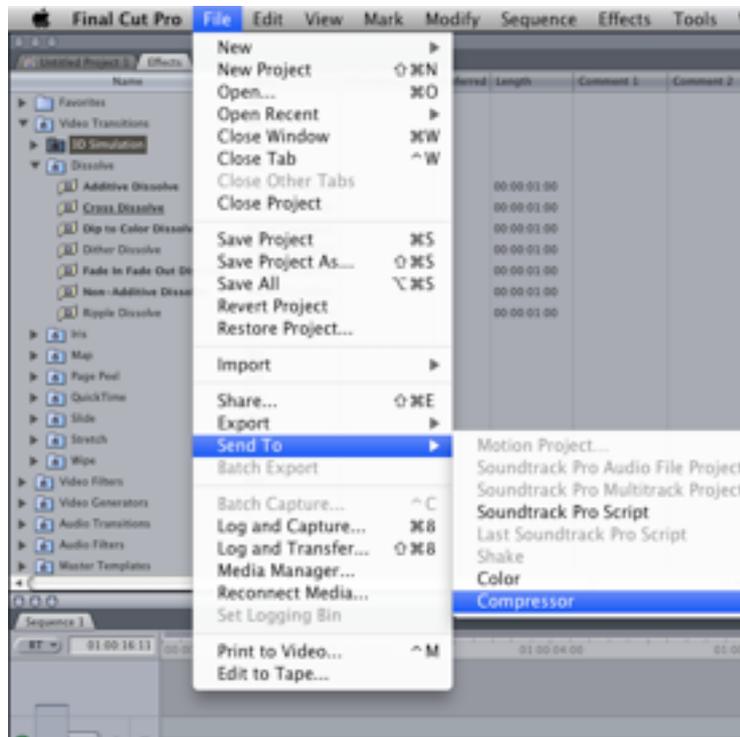
When you choose Quick time conversion it will appear as a save as dialog box. at the bottom you can choose what format you want to export to. If you require more control over your export click Options to the left of the formats box. This will give you much more detailed options such as bit rate and compression type. QuickTime Conversion is good if you need fine control. Only use if you know what you are doing.



'Send To' - This Option allows you to send your completed video to another program. We will Focus on Compressor (Do not choose this option). Choosing this will send your video to Final Cut Studio's Compressor program. This program is best suited for preparing video to be burnt on to a DVD using DVD Studio Pro.

You will gain good quality and a good DVD copy but you will have to learn how to use and DVD this option

Compressor Studio to use fully



For our Project choose we will use 'Export' - Quicktime movie. As our video is short we wont have to worry about file size. Choose a location and click save.

This is a basic lay out of a project from start to export. to learn more here are some useful resources:

<http://www.youtube.com/user/AppleShakeGuru#g/u> - lots of tutorials covering final cut studio

<http://filmmakeriq.com/video-library/apple-final-cut-pro/> - More tutorials focusing on final cut pro

<http://filmmakeriq.com/> - A good general film making tutorial website.

