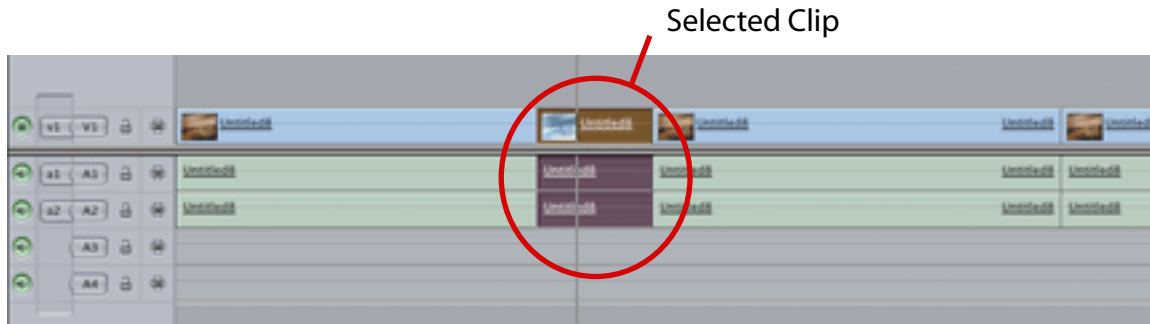


Final Cut Pro - Changing clip speed and/or reverse motion

1) Using the Arrow selection tool, select the clip in your sequence that you would like to effect.



2) After selecting the clip, either right-click with the mouse in the clip and choose "Speed..." from the contextual menu

or

Go to the Modify menu and choose "Speed...".

3) The Speed window will open.

4) You can use either the "Duration:" or "Speed:" dialogue boxes to alter the length of your clip.

Using the "Duration:" dialogue box allows you to type in an exact length for the shot.

Using the "Speed:" dialogue box allows you to change the speed by percentages.

50% would be slowed down motion by half.

200% would be speeded up twice as fast as normal.

(The Speed: dialogue box tends to be more intuitive.)

5) Check the Reverse box to have the shot run backwards.

6) Check the Frame Blending box to have Final Cut Pro smooth out the motion between frames. Without this box checked, the image will have a strobe or stutter effect when slow motion is applied.

7) Click the OK button to apply your speed effect.

Note: If you try to adjust the speed of a clip in the timeline and FCP says you can't, try dragging your clip to end of the timeline. Try apply the speed effect again and then insert the clip back into the clip's original spot.

