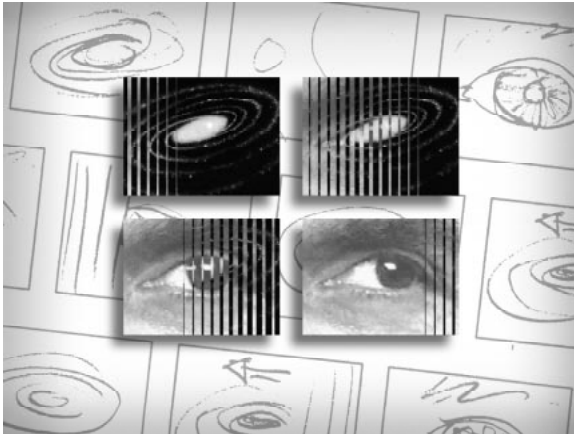


# Adding Transitions



*Although the instantaneous switch from one clip to another is the most common and simple way to combine video clips, Adobe Premiere also gives you dozens of options for varying the change from one clip to another. Such transitions can provide texture, nuance, and special effects.*

In this lesson, you'll create a short prelude to a television program about dreams, using *transitions* between clips. Since the subject of dreams lends itself well to the use of transitions, you'll use a variety of transitions in this lesson in interesting ways. Specifically, you'll learn how to do the following:

- Place a transition using the Transitions palette.
- Preview transitions.
- Adjust transition controls.
- Trim a transition.

## About transitions

In the previous lesson, you assembled a sequence of clips using the simplest of transitions: the cut. A cut is simply a sudden change to another clip. It's the most-used transition in video and film and is often the most effective. However, there may be certain projects, such as this one, that require more specialized transitions, such as dissolves, wipes, or zooms. Premiere provides a wide variety of transitions for many different creative effects.

## Getting started

To begin, you'll create a new project and then import the video clips. Make sure you know the location of the files used in this lesson. Insert the CD-ROM disc if necessary. For help, see "Using the Classroom in a Book files" on page 4.

To ensure that the Premiere preferences are set to the default values, exit Premiere, and then delete the preferences file as explained in "Restoring default preferences" on page 5.

- 1 Start Premiere. If Premiere is already running, choose File > New > Project.
- 2 In the New Project Settings dialog box, choose QuickTime for the Editing mode, and choose 30 for the Timebase.

Let's set some additional options Premiere will use when you export a movie at the end of this lesson.

- 3 Click the Next button to display the video settings.
- 4 (Windows only) Choose Video for the Compressor.
- 5 Type **240** in the first Frame Size field. Premiere automatically inserts 180 in the second field.

- 6 Choose 15 for the Frame Rate.
- 7 Click OK to close the New Project Settings dialog box.

## Viewing the finished movie

If you'd like to see what you'll be creating, you can take a look at the finished movie.

- 1 Choose File > Open and select the 04Final.mov file in the Final folder, inside the 04Lesson folder.

The video program opens in the Source view of the Monitor window.

- 2 Click the Play button to view the video program.

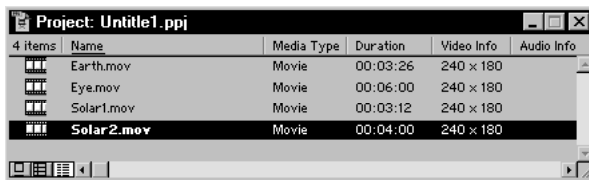
## Importing clips


Now you're ready to import the source files for your project.

- 1 Import files in one of the following ways, depending on your system:

- In Windows, Choose File > Import > File and open the 04Lesson folder. Select all the files (but not the Final folder) by selecting the first file, holding down the Shift key, and then selecting the last file. Then click Open.
- In Mac OS, choose File > Import > Multiple, open the 04Lesson folder, select Earth.mov, and then click Import. Do the same for the Eye.mov, Solar1.mov, and Solar2.mov. Then click Done.

The video files are added to the Project window.



 *To open the Import dialog box quickly, double-click in an empty area of the Project window.*

To make the clips in the Project window easier to identify, let's change the view for the window.

2 Choose Window > Project Window Options, select Thumbnail View from the menu at the top of the dialog box, and then click OK.

Now you'll save and name the project.

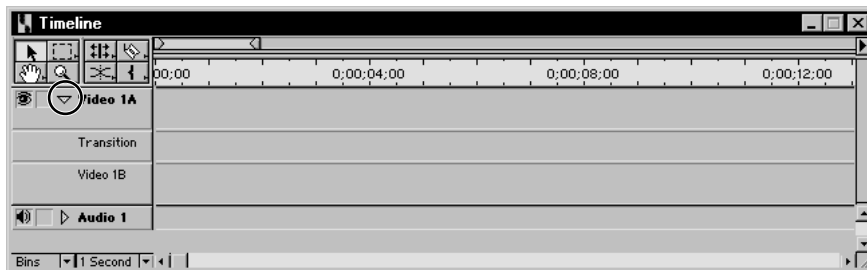
3 Choose File > Save, type **Dream.ppj** for the name. Then click Save.

In Windows, the default file extension for Premiere projects, ppj, is added to your filename automatically. In Mac OS, type the extension as part of the filename.

## Overlapping clips

To create a transition between two clips, you need to overlap them in the Video 1A and Video 1B tracks in the Timeline window. Only the overlapping area—the end of one clip and the beginning of the next—is involved in the transition. Typically, you overlap portions of the clips that are not essential to the video program, since they will likely be obscured by the effect of the transition.

1 In the Timeline window, make sure the Video1 track is expanded so that it displays the Video1A, the Transition, and the Video1B tracks. If it's not expanded, click the arrow to the left of the Video1 track.

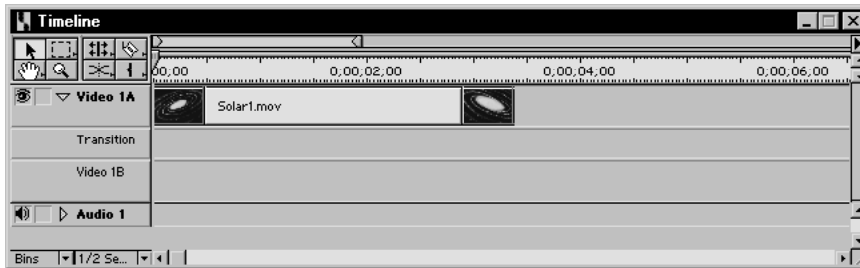


To make your clips a little easier to see in the Timeline, you'll change the view.

2 Click the title bar of the Timeline window to make it active. Choose Windows > Timeline Window Options. Then select the medium-sized icon size. Click OK.

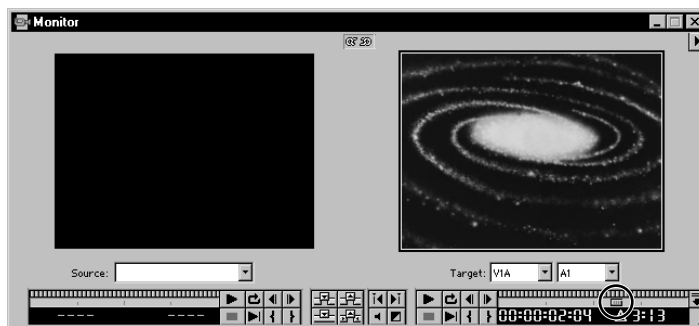
3 In the lower left corner of the Timeline window, choose 1/2 Second from the Time Units pop-up menu.

4 Drag Solar1.mov from the Project window to the Video1A track in the Timeline window, placing its In point at the very beginning of the timeline.

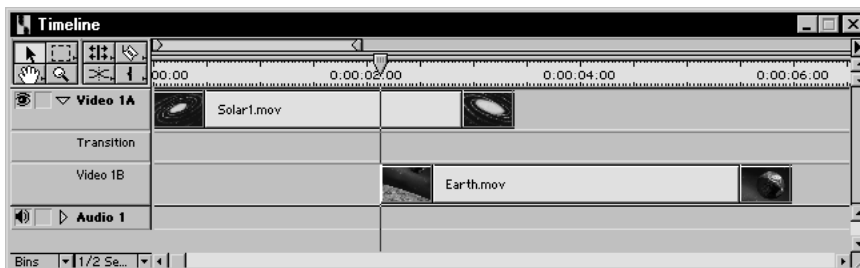


Now you'll overlap the beginning of the Earth.mov clip with the end of the Solar1.mov clip.

5 Under the Program view of the Monitor window, drag the shuttle slider until the location timecode (the left set of green numbers) reads 02:04.



6 Drag Earth.mov into the Video1B track, snapping its In point to the edit line.



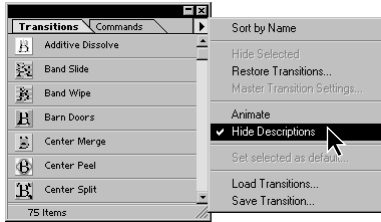
7 Choose File > Save.

## Adding the Cross Dissolve transition

1 If the Transitions palette is not open, choose Windows > Show Transitions.

Each transition is represented by an icon next to the transition name.

2 In the upper right corner of the Transitions palette, click the small black arrow and deselect Hide Descriptions in the menu.



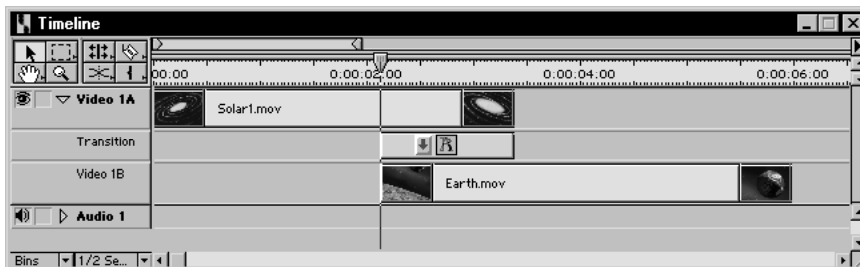
The icons in the palette are shown at a larger size.

3 Click the black arrow again and this time choose Animate from the menu.

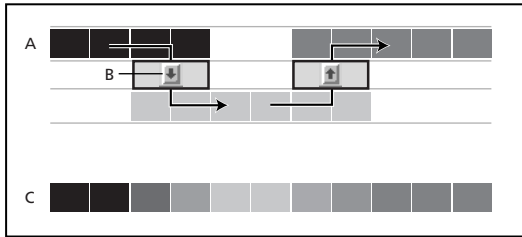
The icons for each transition are now animated, showing you more precisely how the transitions work.

4 Scroll down to the Cross Dissolve transition in the Transitions palette, and then drag it into the Transition track of the Timeline window, in the area where the two clips overlap.

Premiere places the transition between the two clips, automatically sizing it to the duration of the overlapping area, which is 1 second.



The arrow button (↕) (called the *Track Selector*) in the transition icon is used to set the direction of the transition (from Video 1A to Video 1B, or from Video 1B to Video 1A).

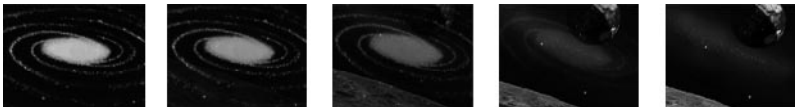


*Transitions operate from one track to another (A) in the direction set by the Track Selector (B), producing a specific effect in the exported video program (C).*

In most cases, Premiere sets the direction of the transition automatically, and you won't have to worry about it. Later in this lesson, you'll use the Track Selector and other controls to modify transitions.

To preview transitions (and other effects) by scrubbing (dragging) in the Timeline ruler, you need to hold down a modifier key. Otherwise, Premiere previews only the video clips, without any transitions or effects.

**5** Hold down the Alt key (Windows) or the Option key (Mac OS) and then scrub in the Timeline ruler to move the edit line across the transition. Note that the pointer has changed into a smaller arrow, indicating that you are previewing effects. The preview plays in the Program view of the Monitor window.



**6** Save the project.

### **Using the Transitions palette**

Premiere includes 75 transitions, which you choose from the Transitions palette. In the palette, icons represent the way each transition works, where A is the first clip and B is the second. To help you choose, you can animate these icons and display brief descriptions.

- To animate the icons, choose *Animate* from the Transitions palette menu.
- To stop icon animation, deselect *Animate* on the Transitions palette menu.
- To display large icons and brief descriptions, choose *Hide Descriptions* from the Transitions palette menu to deselect it.
- To hide selected transitions, select one or more transitions in the Transitions palette, and then choose *Hide Selected* from the Transitions palette menu.
- To restore hidden transitions, choose *Restore Transitions* from the Transitions palette menu. Select those you want to display, and then click *Show*.
- To reorder a transition in the palette, drag the transition up or down to a new location in the list.
- To order the transitions in the palette by name, choose *Sort by Name* from the palette menu.

—From the Adobe Premiere User Guide, Chapter 5

## **Previewing the transition at the intended frame rate**

So far, you have used two preview methods: clicking the Play button in the Program view and scrubbing in the Timeline ruler (see “Previewing” on page 100). The Play button, however, is intended for previews of only the video clips; transitions (and other effects) are not shown, as this would take too long to process.


Holding down the modifier key and scrubbing in the Timeline ruler does display the transition but cannot give you a precise speed. To preview transitions (and other effects) at the intended frame rate, you need to use a third method that generates a preview file on your hard disk. Premiere then plays this file in the Program view of the Monitor window.

Before you generate a preview in this way, however, you need to set the work area bar. This bar specifies the portion of your project that you want to preview or export as a movie file.



- 1 Drag the arrow on the right end of the work area bar to cover the Solar1.mov and Earth.mov clips.



 To make the work area bar cover all contiguous clips, press **Alt** (Windows) or **Option** (Mac OS) as you click the work area bar.

- 2 Choose **Project > Preview**, or press **Enter** (Windows) or **Return** (Mac OS) on the keyboard. Premiere generates the preview, displaying a status bar. When it has finished, the two clips and the transition between them are played in the Program view.

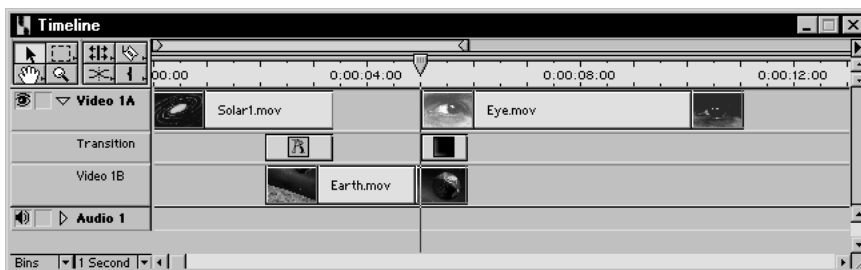
## Adding the Cross Zoom transition

Now you'll add a third clip (Eye.mov) and use the Cross Zoom transition, which zooms into one clip and zooms out of the other. Here, the Cross Zoom transition zooms into the end of the Earth.mov clip and then zooms out at the start of the Eye.mov clip.

- 1 From the Time Units pop-up menu in the Timeline window, choose **1 Second**.
- 2 Underneath the Program view of the Monitor window, drag the shuttle slider until the location timecode reads **05:04**.
- 3 From the Project window, drag the Eye.mov clip into the Video1A track, snapping its In point to the edit line.

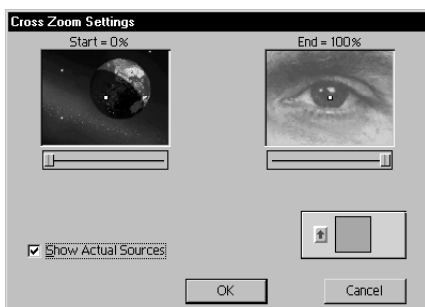
The Earth.mov and Eye.mov clips now overlap for a duration of about 1 second.

- 4 From the Transitions palette, drag the Cross Zoom transition into the Transition track, in the area where the Earth.mov and Eye.mov clips overlap.

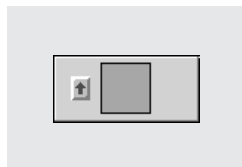


This time, you'll modify the transition somewhat.

- 5 In the Timeline window, double-click the transition you just placed to open the Cross Zoom Settings dialog box.
- 6 Select the Show Actual Sources option.



- 7 Leave the Start and End settings as they are, and make sure the Track Selector is pointing up (↑).

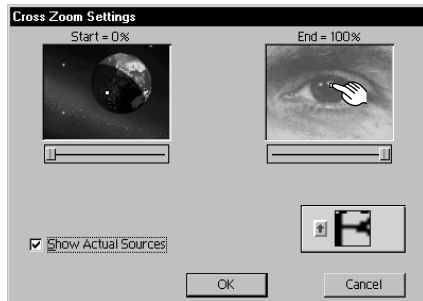


When the arrow points up, the transition will start zooming into the clip in the Video 1B track (Earth.mov), and then zoom out of the clip in the Video 1A track (Eye.mov), ending with the eye.

This transition also lets you specify the location in each clip where the zoom begins. You'll specify that now.

**8** In the End view, drag the small white square from the center of the image into the reflection in the upper right of the pupil of the eye.

This square determines where the zoom ends.



**9** In the Start view, drag the white square to approximately the same position as in the End view.

**10** Click OK.

**11** Preview the Cross Zoom transition by scrubbing in the Timeline ruler while holding down the Alt key (Windows) or the Option key (Mac OS).

If you like, you can also generate a preview at the precise frame rate by setting the work area to cover the new transition and pressing Enter (Windows) or Return (Mac OS).

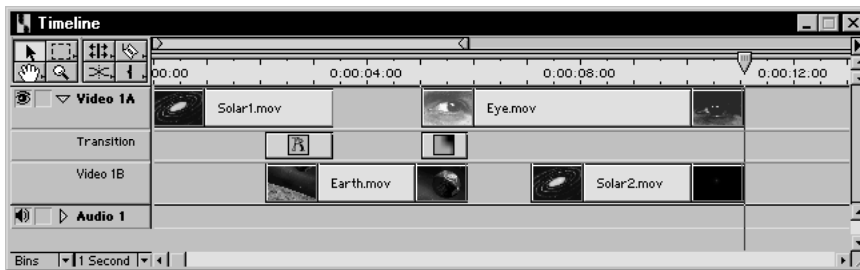


## Adding multiple transitions

To create other effects, you can place two or more transitions together. You'll do this now to give the last clip in the sequence a dream-like quality.

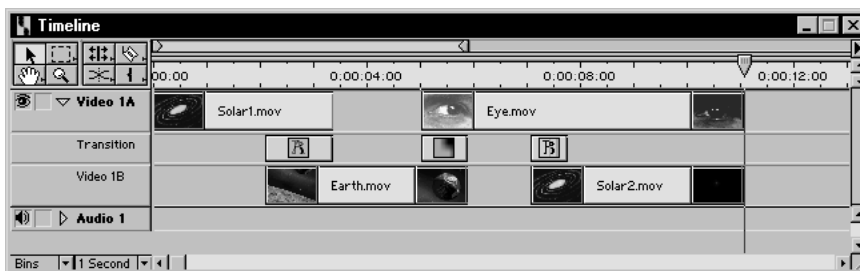
**1** Drag the edit line to the end of the Eye.mov clip.

- 2 From the Project window, drag the Solar2.mov clip into the Video1B track, snapping its Out point to the edit line marked by the edit line.



Before you place the transition, take a look at both clips to see what they look like individually.

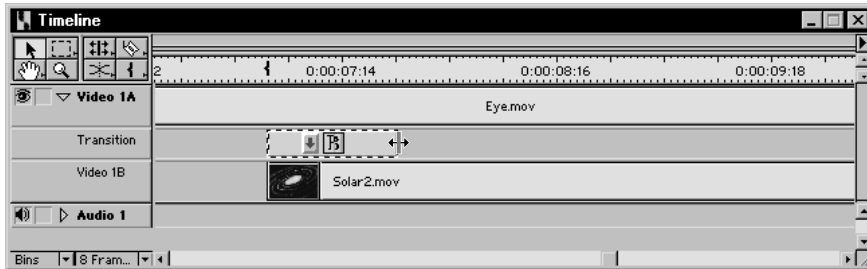
- 3 Double-click the Eye.mov clip in the Timeline window so that it appears in the Source view. Then click the Source view Play button.
- 4 Do the same for the Solar2.mov clip.
- 5 From the Transitions palette, drag the Sliding Bands transition into the Transition track, between the Eye.mov and Solar2.mov clips, so that it snaps to the beginning of the Solar2.mov clip.



You'll now shorten this transition so you can add others to the same overlapping area. First, let's change our view of the transition area.

- 6 From the Time Units pop-up menu in the Timeline window, choose 8 Frames. This will make it easier to precisely resize the transition you just placed. Scroll the Timeline until you can see the transition you just added.
- 7 If the Info palette is not visible, choose Windows > Show Info.

8 Select the selection tool (⌘) (if necessary) and position it on the right edge of the Sliding Bands transition so that it turns into a trim pointer (⇧). Now drag the edge until the Cursor At display in the Info palette reads 7:20.



9 From the Time Units pop-up menu in the Timeline window, choose 4 Frames. Then drag the scroll bar in the Timeline window so that the Sliding Bands transition is visible again.

10 Make sure the Track Selector in the Sliding Bands transition icon is pointing down (↓). If it isn't, click it.

The transition begins with the Eye.mov clip and ends with Solar2.mov clip. Let's preview this.

11 Hold down the Alt key (Windows) or the Option key (Mac OS) and scrub in the ruler across the Sliding Bands transition.

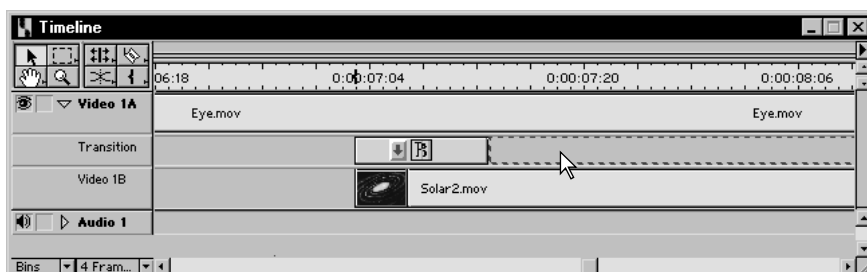


## Copying transitions

Now you'll duplicate three more versions of the Sliding Bands transition to create a longer and more varied effect.

1 In the Timeline window, select the Sliding Bands transition and choose Edit > Copy.

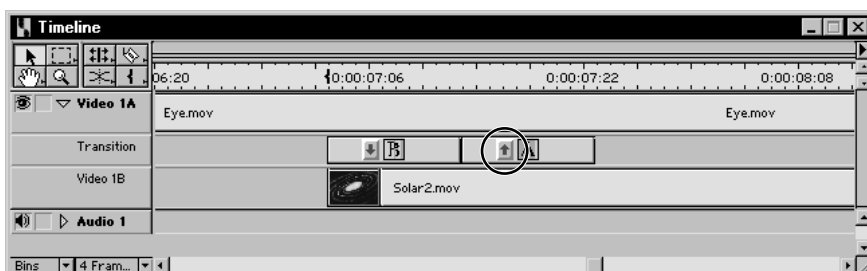
- 2 Click in the Transition track just after the Sliding Bands transition, selecting the empty area.



- 3 Choose Edit > Paste.

A copy of the same transition appears just after the first.

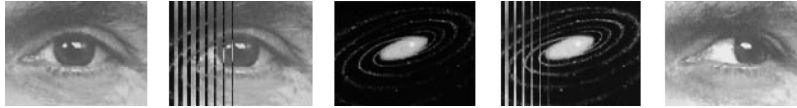
- 4 In the copy, click the Track Selector to make the arrow point upward (↑). This creates a transition that moves from the Video 1B track to the Video 1A track.



Now let's preview what you've done.

- 5 In the Timeline window, hold down the Alt or Option key and scrub in the Timeline ruler across the two copies of the Sliding Bands transition.

In the first one, the transition starts with the Eye.mov clip and ends with the Solar2.mov clip. In the second, it begins with the Solar2.mov clip and ends with Eye.mov. As viewed in the Timeline window, therefore, the transitions follow the direction specified by the Track Selector arrows.



## Reversing the bands

Now you'll create two more copies of the same transition, but this time, you'll reverse the movement of the sliding bands, making them slide from right to left.

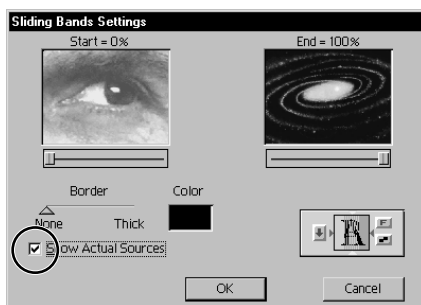
1 Click in the area of the Transition track just after the second Sliding Bands transition. The empty area is now selected.

2 Choose Edit > Paste.

The Sliding Bands transition that you previously copied is pasted into the track.

3 Double-click this copy to open the Sliding Bands Settings dialog box.

4 Select the Show Actual Sources option.

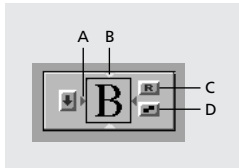


Since the previous Sliding Bands transition finished with the Eye.mov clip, you want this one to finish with the Solar2.mov clip.

- 5 Make sure the Track Selector to the left of the animating icon is pointing down (⬇).
- 6 To reverse the movement of the sliding bands, click the Forward/Reverse Selector (↔) to the right of the animating icon.

The F (forward) changes into an R (reverse), and the animating icon shows the bands moving in the opposite direction.

You'll notice a couple of other controls near the animating icon. Surrounding the icon itself are four triangles, called Edge Selectors; two are red and two are white. Clicking the Edge Selectors sets the orientation of the sliding bands. The Edge Selectors on the left and right sides of the icon, which are red, specify that the sliding bands move horizontally; those on the top and bottom specify vertical movement. The red ones are selected.



- A. Horizontal movement
- B. Vertical movement
- C. Forward or reverse
- D. Anti-aliasing low, high, or off

Below the Forward/Reverse Selector is another button. This controls whether the transition uses anti-aliasing or not. Anti-aliasing blends the edges of the bands, smoothing the hard edges. Anti-aliasing is turned off when you see the (■) icon; it's set to Low when you see the (▒) icon; and it's set to High when you see the (░) icon. You'll leave it off.

These controls are available for only certain transitions.

- 7 In the Setting dialog box, click OK.

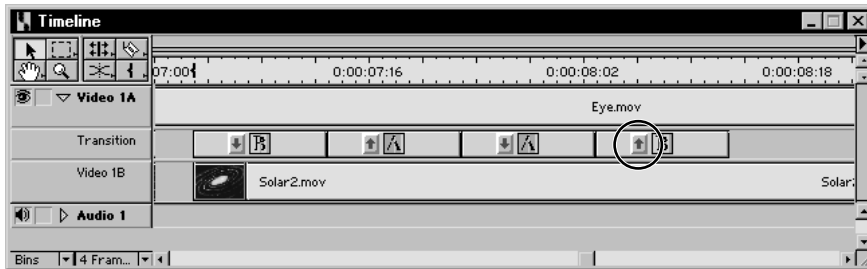
Finally, to repeat the Sliding Bands to mirror the first two, you'll copy and paste it one more time.

- 8 The third version of the Sliding Bands transition (the one you just modified) should still be selected. If it isn't, select it. Then choose Edit > Copy.
- 9 Select the empty area in the Transition track after the third transition. Then choose Edit > Paste.



Another copy of the transition appears in the Transition track.

**10** In the Timeline window, click the Track Selector in the transition icon so that it points up.

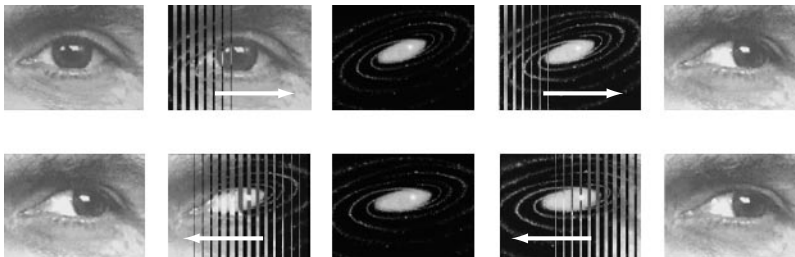


Let's briefly look at what you've done. You've created four copies of the same transition, alternating its direction—down, up, down, up—and changing the motion of the bands for the second two. Let's preview it at the precise frame rate.

**11** From the Time Units pop-up menu in the Timeline window, choose 1 Second. This will make it easier to find the work area bar.

**12** Drag either end of the work area bar to cover the entire length of the Solar2.mov and Eye.mov clips. Then press Enter (Windows) or Return (Mac OS).

Premiere generates the preview and then plays it in the Program view.



**13** To watch it again, press Enter (Windows) or Return (Mac OS).

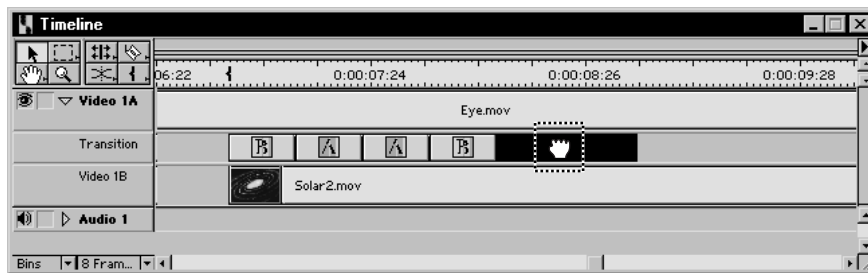
Since Premiere does not need to generate it again, the preview plays in the Program view immediately.

**14** Save the project.

## Adding the Zoom transition

To complete the project, you'll add the Zoom transition, which works a little differently from the Cross Zoom. While the Cross Zoom zooms on an element within the clip, the Zoom transition zooms one entire clip into or out of the second clip, playing both at the same time. You'll use the Zoom transition to create a centered inset of the eye (Eye.mov in Video 1A) inside the stars (Solar2.mov in Video 1B).

- 1 From the Time Units pop-up menu in the Timeline window, choose 8 Frames. This will make it easier to work with the transition you are about to add.
- 2 From the Transitions palette, drag the Zoom transition into the remaining overlapping area between the Eye.mov and Solar2.mov clips.

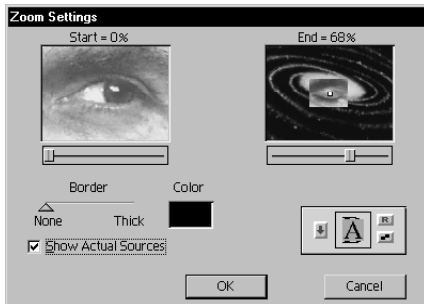


- 3 Using the selection tool (⬅), drag the right edge of the Zoom transition so that it fills about 2/3 of the remaining overlap between the Eye.mov and Solar2.mov clips.
- 4 In the Timeline window, double-click the Zoom transition.
- 5 In the Zoom Settings dialog box, select the Show Actual Sources option.
- 6 To make the Eye.mov clip shrink in size and play on top of the Solar2.mov clip, make sure the Track Selector is pointing down (⬇), and click the Forward/Reverse Selector so that it is set to Reverse (R).



**7** To shrink the Eye.mov clip, drag the slider below the End view to 68%.

The Eye.mov clip shrinks to 68% of its size, centered within the Solar2.clip.



**8** Click OK.

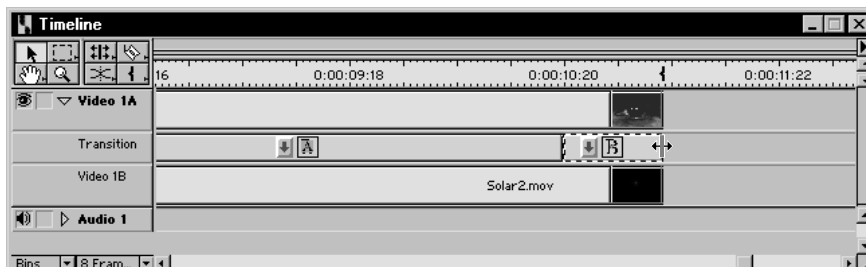
Let's preview it.

**9** Hold down the Alt key or the Option key and drag in the ruler across the Zoom transition.

The project currently ends as soon as the eye reaches 68%. To finish our project, we'll hold the eye at the end of the zoom as an inset within the stars. To do this, you need to create another version of the Zoom transition, keeping the Start and End percentages the same.

**10** From the Transitions palette, drag the Zoom transition into the remaining overlapping area between the Eye.mov and Solar2.mov clips.

**11** If the right edge of the second Zoom transition does not quite match the Out point of both the Eye.mov and Solar2.mov clips, drag it to the left or right until it does.



**12** Double-click the second Zoom transition to open the Zoom Settings dialog box.

**13** If you like, select the Show Actual Sources option.


**14** Make sure the Track Selector is pointing down, and click the Forward/Reverse Selector so that it is set to Reverse.

**15** Drag the slider underneath the Start view to 68%.

Setting the Start value to 68% continues the inset from the previous instance of the Zoom transition.

**16** Drag the slider underneath the End view to 68%.

Setting the End to 68% keeps the Eye.mov clip at its current size as an inset, while both it and the Solar2.mov clip continue to play for about another second. Keep the other settings the same.

 *To set the Start value and the End value to the same setting in the Zoom Settings dialog box, press and hold the Shift key and then drag either slider.*

**17** Click OK.

**18** To preview the end of the project, hold down the Alt key or the Option key and scrub in the Timeline ruler across the final portion.



Alt/Option-scrubbing in the Timeline ruler gives a quick preview of your work but is not time accurate. For a more accurate look at your work, let's generate a preview of the entire project.

**19** Extend the work area bar to cover the entire duration of the project and press Enter (Windows) or Return (Mac OS).

## Exporting the movie

**1** Click anywhere in the Timeline window to make it active. This ensures that Premiere exports the entire project. If the Monitor window and the Source view are selected instead of the Timeline window, Premiere will export only the clip displayed in the Source view.

**2** Choose File > Export > Movie.

**3** In the Export Movie dialog box, click the Settings button.

- 4 Make sure QuickTime is selected for the File Type and Entire Project is selected for the Range.
- 5 Also make sure that the Export Video is selected and Export Audio is not selected. The default values for other settings, including those for compression, are fine for this project. You already set the frame size and frame rate when you started the project.
- 6 Click OK to close the Export Movie Settings dialog box.
- 7 In the Export Movie dialog box, type **Dream.mov** for the name of the video program. Click Save (Windows) or OK (Mac OS).

Premiere starts making the movie, displaying a status bar that provides an estimate for the amount of time it will take. When the movie is ready, it opens in the Source view.

- 8 Click the Play button to watch what you've just created. You may notice that some frames are dropped during playback. This depends on the system you are using and also the frame rate at which the movie was exported.

Congratulations on completing the transitions lesson!

## Exploring on your own

Feel free to experiment with the project you have just created. Here are some suggestions:

- Try changing the direction of the transition (click the Track Selector), and then preview the results.
- Open the settings dialog box for one of the transitions (double-click on the transition) and see how the options affect the transition.
- Look at the differences in the appearance of transition icons when you change the icon size in the Timeline Window Options dialog box (make the Timeline window active and then choose Window > Timeline Window Options).
- Use the shortcuts listed in the Premiere Quick Reference Card and in Premiere Help to preview in the Monitor window and the Timeline window.

## Review questions

- 1 What are two ways to preview transitions?
- 2 What does the Track Selector button do in a transition?
- 3 What is the purpose of the anti-aliasing feature available in a number of transitions?

- 4 What does the Forward/Reverse button do in a transition?
- 5 What are two ways to get more information within the Transition palette about the function of a specific transition?

## Answers

- 1 Scrubbing in the Timeline ruler while holding down the Alt key (Windows) or the Option key (Mac OS), or generating a preview of the work by pressing Enter (Windows) or Return (Mac OS).
- 2 The Track Selector button sets the direction of the transition, for example, from the Video1A track to the Video 1B track.
- 3 Anti-aliasing smoothes the edges of an effect, reducing the rough appearance of the edge.
- 4 The Forward/Reverse button sets the direction of the effect used in the transition. For example, in the Zoom transition, F zooms in and R zooms out.
- 5 Deselect (uncheck) Hide Descriptions in the Transition Palette menu, or select (check) Animate in the Transition Palette menu.