

TOTAL TRAINING™ FOR ADOBE® AFTER EFFECTS® 7 PRO ESSENTIALS

QUICK REFERENCE GUIDE

PART 1 - INTERFACE, FOOTAGE & ANIMATION ESSENTIALS

Lesson 1 - THE GRAND TOUR 38 min

1. Applying a Mask & Transforming the Properties
2. Keyframing & Easy Ease
3. Layer Effects & Motion Blur
4. Animating & Organizing Layers in the Timeline
5. Working with Video & Track Mattes
6. Inserting & Animating a Text Layer
7. Completing the Animation

Lesson 2 - THE PROJECT PANEL & WORKSPACES 24 min

1. Navigating the Interface
2. Customizing, Saving & Loading Workspaces
3. Using the New Maximize Feature
4. Opening & Closing Windows & Projects
5. Working within the Project Panel
6. Organizing Files in the Project Panel
7. Tips for Utilizing the Project Panel
8. Adjusting the Working Color Space

Lesson 3 - THE NEW & POWERFUL COMP PANEL 59 min

1. Adjusting the Composition Settings
2. Creating a Comp from Existing Footage
3. Creating a Comp from Stills
4. Working with Multiple Composition Viewers
5. Using the Zoom & Scroll Tools
6. Changing the Preview Size
7. Splitting the Composition Viewer
8. Changing the View Options
9. Selecting Composited Layers
10. Using the Snapshot Feature to Store Frames in Memory
11. The New Color Channel Viewing Options
12. Adjusting the Viewer Resolution & Pixel Aspect Ratio
13. Exploring the Flow Chart Option

Lesson 4 - THE TIMELINE & PREVIEWING 56 min

1. Importing Footage
2. Fitting an Image into the Comp Window
3. Snapping the Position of Layers in the Timeline
4. Introducing the AV Panel in the Timeline
5. Labeling, Selecting Label Color & Arranging Layers
6. Renaming Layers in the Timeline
7. Hiding Layers with the Shy Switch
8. Using the Quality & Effects Switches
9. Applying Motion Blur
10. Zooming, Viewing Switches, Modes & Duration Columns
11. Moving the Time Indicator & Applying Markers
12. Positioning & Trimming Layers Using Markers
13. Previewing Audio & Setting Up a RAM Preview
14. Setting Up a Work Area & a Region of Interest

Lesson 5 - IMPORTING & ORGANIZING FOOTAGE 53 min

1. Using Adobe Bridge
2. Importing Movies & Sequences with Bridge
3. Interpreting Alpha Channels
4. Importing Adobe Photoshop(R) Files
5. Interpreting a Photoshop Sequence
6. Using Edit Original & Importing Layer Effects
7. Exploring Importable Layer Effects
8. Creating a Photoshop File in After Effects
9. Importing Adobe Illustrator(R) Files
10. Using Placeholders & Proxies
11. Proxies & the Render Queue
12. Working with Camera Raw Files
13. Using a Proxy with Camera Raw Files

Lesson 6 - VIDEO STANDARDS & THE CLIP PANEL 21 min

1. Composition Settings & Pixel Aspect Ratio
2. Fixing Interlaced Video Issues
3. Solving 3:2 Pull-down Issues
4. Making Insert & Overlay Edits
5. Working with Split Layers & Extracting a Work Area

Lesson 7 - KEYFRAME ANIMATION 55 min

1. Working with Layers in the Timeline
2. Adjusting & Resetting the Transform Properties
3. Scrubbing Properties in the Timeline
4. Using Continuous Rasterization
5. Understanding Anchor Point & Position
6. Keyboard Shortcuts
7. Creating Simple Keyframe Animations
8. Creating Animations with Multiple Properties
9. Selecting, Deleting & Adjusting Keyframes
10. Setting Clips & Markers to Fit with the Music
11. Adjusting & Aligning Keyframes
12. Modifying the Animation & Enabling Motion Blur

Lesson 8 - MOTION BASICS 24 min

1. Animating with Position Keyframes
2. Adjusting Animation Speeds
3. Using Rotation & Auto-Orientation
4. Using the Proportional Grid in Animations
5. Getting Animations to Auto-Orient Properly
6. Using Time-Reverse on an Animated Layer
7. Using Exponential Scale for Consistent Movement

Lesson 9 - ADVANCED MOTION & THE GRAPH EDITOR 41 min

1. Easing & Keyframe Velocity
2. Applying Ease to a Text Animation
3. Introducing the Graph Editor
4. Using the Graph Editor to Control the Animation
5. Editing Keyframes for Text Layers
6. Offsetting Layers & Adding Motion Blur
7. Manipulating Keyframes in the Graph Editor
8. Adjusting Bezier Keyframes
9. Tapering Scale Values with Free Transform

Lesson 10 - ROVING KEYFRAMES & STAGGERING MAGIC 42 min

1. Looping the Fruit Fly Animation
2. Animating the Fruit Fly around the Screen
3. Introducing Roving Keyframes
4. Auto-Orienting an Object along a Path
5. Introducing Expressions
6. Introducing Hold Keyframes
7. Animating a Chasing Light Effect
8. Converting an Expression to Keyframes
9. Time Stretching the Layer & Using Hold Keyframes
10. Sequencing Layers
11. Viewing the Finished Animation

PART 2 - MASKING, MATTES, EFFECTS & TEXT ANIMATION

Lesson 1 - PARENTING, NESTING & TIME REMAPPING 59 min

1. Setting Up the Car Speeding Along Comp
2. Adding Wheels to the Car Comp & Rotating Them
3. Introducing Parenting, the Pick Whip & Parenting to a Null
4. Common Challenges with Parenting Elements Together
5. Working with Nested Compositions
6. Pre-Composing & Animating the Car
7. Enabling Time-Remapping vs. Time-Reverse Layer
8. Time-Remapping, Frame Blending & Time-Reverse Keyframes
9. Easing Keyframes & Time-Remapping Audio
10. Using the Graph Editor to Time-Remap Slow Motion Footage
11. Sequencing Layers & Time-Remapping a Nested Comp
12. Easing In & Adjusting the Speed in the Graph Editor

Lesson 2 - INCREDIBLY COOL MASKING 60 min

1. Introducing the Masking Tools
2. Animating a Mask to Reveal Text
3. Using Guides & Feathering Masks
4. Adding & Subtracting Masks
5. Creating a Circular Mask
6. Adjusting Masks on Photoshop® Files
7. Pasting In Masks from Illustrator®
8. Correcting & Controlling Mask Interaction
9. Time-Reversing Keyframes
10. Creating a Morph Target in Illustrator

Lesson 3 - INTRODUCTION TO EFFECTS & PRESETS 32 min

1. The Snow Effect
2. The Fast Blur Effect
3. Creating & Saving Animation Presets
4. Using Fast Blur to Change the Depth of Field
5. Using the Color Emboss & Snow Effects
6. Creating a Chrome Reflection in a Pre-Comp
7. Changing the Blend Mode & Sharing Presets

Lesson 4 - MATTES & LAYER BLENDING MODES 45 min

1. Using Layers as Mattes for Other Layers
2. Using the Luminance of a Grayscale Image for Transparency
3. Creating & Pre-Composing an Animated Matte
4. Manipulating Transparency with Layer Blending Modes
5. Using RGB Channels for Convincing Mattes
6. Transitioning between Comps with a Stencil Alpha Matte

Lesson 5 - TRACK MATTES, ADJUSTMENT LAYERS & EFFECTS 53 min

1. Applying a Luma Track Matte
2. Duplicating a Layer & Replacing It with a Matte
3. Looping Multiple Layers Using Apply Interpretation
4. Introducing Adjustment Layers in Photoshop
5. Using Adjustment Layers to Blur & Colorize
6. Using Layer Blending Modes
7. Bringing in Illustrator Files to Use for the Title
8. Creating a Custom Luma Matte
9. Creating a Custom Adjustment Layer
10. Animating a Mask on an Adjustment Layer & Adding a Blur
11. Animating a Blur & Adjusting Transparency
12. Adjusting the Timing of an Animation
13. Pre-Composing Layers into a Nested Composition

Lesson 6 - CREATING & FORMATTING TYPE 43 min

1. Text Effects, Panels & Workspaces
2. Creating a Type Layer
3. Selecting, Aligning & Building Type Layers
4. Populating & Scaling Type Layers
5. Formatting Text with the Character Panel
6. Changing the Stroke, Fill, Height & Width
7. Adjusting the Tracking, Leading & Kerning
8. Baseline Shift & Other Character Properties
9. Using the Paragraph Panel
10. Paragraph Panel Fly-Out Menu Options

Lesson 7 - BASIC TEXT ANIMATION & PRESETS 73 min

1. Introducing the Basic Text Animation Presets
2. Applying Text Animation Presets to Animate In & Out
3. Animating Text Properties: Scale & Inter-Character Blending
4. Adjusting Rotation, Anchor Point Grouping & Alignment
5. Animating the Tracking & Adjusting the Line Anchor
6. Positioning & Animating Text on a Closed Path
7. Animating Text on an Open Path
8. Animating Text on a Spiral Path
9. Animating a Paragraph on a Path
10. Introducing Wiggler & the Wiggly Selector
11. Adjusting the Wiggly Selector Options
12. Taking a Closer Look at the Wiggler
13. Adjusting Correlation & the Temporal & Spatial Phases
14. Setting Up for Temporal & Spatial Phase Animation
15. Animating a Bullet-Time "Matrix"-Style Effect
16. Saving an Animation as a Preset

Lesson 8 - OUTPUT & EXPORT 32 min

1. Exporting a Flash(TM) Movie for the Web
2. Previewing in a Browser & Changing Frame Rate
3. Saving a RAM Preview & Exporting Multiple Movies
4. Changing the Render Settings
5. Changing the Output Module Settings
6. Adding Multiple Output Modules

Lesson 9 - PREFERENCES 29 min

1. Looking at General Preferences
2. Setting Preferences for Nested Comps
3. Setting Preferences for Layers & Colors
4. Setting Preview Preferences
5. Setting Display Preferences
6. Setting Import & Output Preferences
7. Setting Up Grids, Guides & Labels
8. Memory, Cache & Video Preview Prefs
9. User Interface Colors & Auto-Save Prefs