

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

## PROFESSIONAL FEATURES

### QUICK REFERENCE GUIDE

#### Disc 1 - Advanced Text, Mastering 3D & Expressions

##### Lesson 1 - TYPE ÜBERANIMATION 60min

1. Working with the Text Panels
2. Using the Range Selector to Animate Position
3. Using the Range Selector to Animate Rotation
4. Using the Range Selector to Animate Fill Color
5. Animating Text On Screen
6. Looking at the Character Offset Animator
7. Animating the Character Offset
8. Adjusting Scale & Tracking within the Range Selector
9. Adjusting the Range Selector Offset
10. Looking at the Range Selector Advanced Shape Options
11. Easing the Shape Options & Adding a Fill Color
12. Using the Ramp Down Effect & Offset
13. Looking at the New Blur Options for Text
14. Fading Text Using Blur & Transparency

##### Lesson 2 - WELCOME TO 3D 57min

1. 3D Position & Orientation
2. Rotating a 3D Layer
3. Viewing & Moving Objects on an Axis in 3D Space
4. Understanding the 3D Coordinate System
5. Introducing the Camera Tools
6. Changing View Layouts & Options
7. Exploring the Axis Modes
8. Parenting, Ordering & Rendering
9. Using OpenGL to Accelerate Graphic Processing
10. Fast Preview Options & OpenGL

##### Lesson 3 - CREATING & CONTROLLING 3D CAMERAS 59min

1. Adding a 3D Camera to Your Scene
2. Working with Different 3D Camera Presets
3. Point of Interest, Position & Camera Tools
4. Using the Auto-Orientation Options
5. Animating a Camera from Side to Side
6. Animating a Camera 360 Degrees
7. Using a Null Object to Animate a 3D Camera
8. Creating a 3D Camera "Fly-By" Effect
9. Animating the Point of Interest
10. Auto-Orienting Objects Toward a Camera
11. Adjusting the Depth of Field
12. Adjusting F-Stop, Aperture & Focus Distance

##### Lesson 4 - 3D OBJECTS, LIGHTS & MATERIALS 72min

1. Setting Up Your Workspace for Working with 3D
2. Building a 3D Airplane
3. Spinning the Propeller
4. Collapse Transformations
5. Animating a Pre-Composed 3D Object
6. Creating a 3D Cityscape
7. Looking at Lighting Options
8. Working with Multiple Colored Lights
9. Casting Shadows
10. Realistic Lighting: Daytime
11. Using a Layer as a Gobo
12. Realistic Lighting: Nighttime & Sunset
13. Disabling Shadows for Specified Objects & Lights
14. Adjusting the Shadow Map Resolution
15. Introducing Material Options
16. Fine-Tuning the Material Options
17. Creating a Volumetric Solid Object
18. Using Layer Blending Modes to Affect a 3D Object

##### Lesson 5 - INTRO TO EXPRESSIONS 64min

1. Rotating an Object Using an Expression
2. Duplicating a Rotating Layer & Offsetting Orientation
3. Tying the Point of Interest of a Camera to a Layer's Position
4. Using the Rotation of a Layer to Drive the Scale of Another
5. Retaining Keyframe Information while Using Expressions
6. Tying Geometric Values to Effects Using Expressions
7. Looping Keyframes Using Expressions
8. Inverting an Expression
9. Animating with the Motion Sketch & Smoother Panels
10. Offsetting Duplicate Layers Based on the Same Motion Path

##### Lesson 6 - A WORLD OF CONTROLLED RANDOMNESS 58min

1. Using an Expression to Randomize Opacity
2. Using an Expression to Randomize Scale
3. Assigning a Variable to the Script
4. Using an Expression with Time-Remapping
5. Applying Expressions to Effects
6. Using the Slider Control to Keyframe an Expression
7. Understanding Perlin Noise
8. Using the Wiggle Script
9. Wiggling along a Motion Path
10. Expressions, Split Layers & the Random Seed
11. Applying Wiggle across a Single Axis
12. Understanding & Simplifying Expressions

##### Lesson 7 - EXPRESSION DESSERT 18min

1. Applying the Circle Fun Expression
2. Applying Parenting to an Expression
3. The Write-On Effect & Tracking a Child Expression
4. Looking at the Bounce & Squash Expressions

##### Lesson 8 - TIPS & TRICKS FOR INCREDIBLE 3D & EXPRESSIONS 41min

1. Creating a 3D Cube
2. Adjusting Anti-Aliased Layers
3. Inverse Kinematics
4. Forward Kinematics
5. Using the Random Seed to Build an Animation
6. Creating a Smoke Effect
7. Transforming the Smoke into 3D
8. Adjusting the Lights to Create a Nighttime Setting
9. Creating Hand-Held Camera Movement

#### Disc 2 - Keying, Rotoscoping, Color Adjustment & Tracking

##### Lesson 1 - COOL KEYING WORKFLOW 63min

1. Creating a Garbage Matte
2. Using Linear Color Key & Spill Suppressor
3. Color Correcting a Keyed Image
4. Compositing a Keyed Image onto a New Background
5. Looking at the Multi-Cam Edit Source File
6. Setting Up a Green Screen Shot
7. Keying Solutions
8. Splitting the Layers
9. Applying the Keylight Filter
10. Refining the Key
11. Adding a Matte Choker & Channel Blur
12. Saving Animation Presets
13. Adding Saved Presets from Adobe Bridge
14. Fine-Tuning & Rendering

##### Lesson 2 - COLOR ADJUSTMENT & COMPOSITING TECHNIQUES 69min

1. Using the Color Stabilizer Effect
2. Creating a Sepia Tone & Adjusting Levels
3. Hand Colorizing a Black & White Movie
4. Introducing the Chrome Reflections Comp
5. Creating the Chrome Reflection Effect
6. Adding a Blue Tone to the Chrome Effect
7. Correcting a Color Cast with the Channel Mixer
8. Matching Colors with Hue/Saturation & Color Balance
9. Working with Colorama
10. Using the Depth Matte Effect to Create 3D Fog
11. Using Shift Channels to Change Color Temperature
12. Creating a Convincing Composite
13. Inserting Fog Using a Linear Wipe & Fast Blur

##### Lesson 3 - ALL ABOUT ROTOSCOPING 87min

1. Single Mask Rotoscoping
2. Setting Up for Multiple Mask Rotoscoping
3. Creating & Rotoscoping the Torso Mask
4. Creating & Rotoscoping the Arm Mask
5. Creating & Rotoscoping the Head Masks
6. Creating & Rotoscoping the Nose & Mouth Mask
7. Creating & Rotoscoping the Hand Mask
8. Creating & Rotoscoping the Thumb Mask
9. Animating Mask Opacity & Feathering Edges
10. Applying Motion Blur & Add/Subtract Modes
11. Colorizing & Blurring with an Adjustment Layer
12. Combining Multiple Rotoscoped Elements
13. Rendering a Movie to be Used as a Luma Matte

##### Lesson 4 - DYNAMIC MOTION TRACKING 56min

1. Introducing the Motion Tracker Controls
2. Tracking the Motion of an Object within a Layer
3. Applying the Motion Track Data to Another Layer
4. Setting Up a Layer to Motion Track Off Screen
5. Tracking the Motion of an Object Off Screen
6. Using Expressions for Better Motion Tracking
7. Using a Perspective Corner Pin Tracker
8. Using Effects with the Motion Tracker
9. Using the Motion Stabilizer