

Apple Pro Training Series

Final Cut Pro for Avid Editors Fourth Edition

A Guide for Editors Making the Switch

Diana Weynand



Level 1 certification

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Getting Started

Welcome to the official Apple Pro Training Series course *Final Cut Pro for Avid Editors: A Guide for Editors Making the Switch*. This is not just another book on Apple Final Cut Pro (FCP), and it wasn't written for a general audience. It was developed and written specifically for Avid editors who want to learn FCP. And this version includes many references to the latest software versions, both Avid 5 and Final Cut Pro 7.

Since you are part of a very specific audience, we are taking certain things for granted. First, we assume that you know and understand the concepts of nonlinear editing (NLE) and editing principles in general. Second, we assume that you don't need explanations of functions as much as you need directions on how to get to them. And third, we assume that you would much rather learn new terminology in reference to what you already know.

So while you may be uncomfortable editing on a system that doesn't feel quite like home, keep in mind that the first time you sat down at an Avid system, it probably didn't feel as good as your previous editing system, either, whether it was a linear GVG or a Kem. And if you have dabbled in desktop graphics or compositing programs such as Adobe Photoshop or After Effects, your transition will be even easier because of the similarities between the programs.

The Methodology

This is one book where, in fact, we do wish to compare apples to oranges. As often as possible, we describe an Avid function and then describe the equivalent Final Cut Pro function and how to access and apply it. In addition, the book offers images of Avid screens, buttons, and icons so you can get your bearings before turning to the FCP interface. In many instances, FCP and Avid terminology bear a marked similarity, but at times each system will have its own names for things. Whenever possible, the book points out the terminology differences so you can find the function you need quickly.

As you begin to work using FCP, you'll see that it has a lot of depth as a nonlinear desktop editing program. In addition to having a lot of functionality, FCP often gives you several ways to perform each function. We include multiple approaches throughout the book so you can begin to get a feel for the flexibility of FCP. But we have not tried to be comprehensive and include absolutely everything the program can do, nor do we provide every shortcut you can use. This book is meant to help you make a smooth transition from Avid to FCP and to get you comfortable editing in FCP as quickly as possible.

About the Apple Pro Training Series

Final Cut Pro for Avid Editors is part of the official training series for Apple Pro applications developed by experts in the field. The lessons are designed to let you learn at your own pace. If you're new to Final Cut Pro, you'll learn the fundamental concepts and features you'll need to master the program. Each lesson concludes with a review section summarizing what you've covered.

Apple Pro Certification Program

The Apple Pro Training and Certification Programs are designed to keep you at the forefront of Apple digital media technology while giving you a competitive edge in today's ever-changing job market. Whether you're an editor, graphic designer, sound designer, special effects artist, or teacher, these training tools are meant to help you expand your skills.

You can become an Apple Pro by taking a certification exam at any Apple Authorized Training Center. Certification is offered in Final Cut Pro, Motion, Color, Soundtrack Pro, DVD Studio Pro, Shake, and Logic Pro. Certification as an Apple Pro gives you official recognition of your knowledge of Apple professional applications while allowing you to market yourself to employers and clients as a skilled, pro-level user of Apple products.

For those who prefer to learn in an instructor-led setting, Apple also offers training courses at Apple Authorized Training Centers worldwide. These courses, which use the Apple Pro Training Series books as their curriculum, are taught by Apple Certified Trainers and balance concepts and lectures with hands-on labs and exercises. Apple Authorized Training Centers for Pro products have been carefully selected and have met Apple's highest standards in all areas, including facilities, instructors, course delivery, and infrastructure. The goal of the program is to offer Apple customers, from beginners to the most seasoned professionals, the highest quality training experience.

To find an Authorized Training Center near you, go to training.apple.com.

Loading Software and Staying Current

Before you get started, you will need to load the Final Cut Pro application (or the entire Final Cut Studio set of applications) onto your hard drive. To do this, follow the directions that came with the application. Also, it is very important to download and install all the latest updates to Final Cut Pro. In addition to including additional features, these revisions often contain minor fixes to the software. You can download these software updates from www.apple.com/support/finalcutpro.

TIP As an Avid editor, you may be used to having your software and computer configured by an engineer or technician to maximize system performance. Although Final Cut Pro is often thought of as an "out-of-the box" application, it is recommended that you have a support person confirm that your FCP system configuration is properly set up to achieve the highest level of performance.

We also recommend you read the "New Features" section of the latest software upgrade Help documentation to learn about the most recent changes and upgrades.

TIP You can also check www.peachpit.com/apts.fcp-avid for revised information.

Resources

Apple Pro Training Series: Final Cut Pro for Avid Editors is not intended as a comprehensive reference manual, nor does it replace the documentation that comes with the application. For comprehensive information about program features, refer to the following resources:

- ► The FCP Reference Guide: Accessed through the Final Cut Pro Help menu, the Reference Guide contains a complete description of all features.
- ► Apple website: www.apple.com
- ► Final Cut Studio 3 system requirements: www.apple.com/finalcutstudio/specs.html
- ▶ What's new in Final Cut Pro 7: www.apple.com/finalcutstudio/finalcutpro/whatsnew.html
- ► Technical specifications: www.apple.com/finalcutstudio/finalcutpro/specs.html
- ► FCP for Avid Tips: www.weynand.com/wt/content/fcp-for-avid/

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Goals

Use the Trim window Perform dual-roller and single-roller trimming Use J-K-L trimming Trim in the Timeline Trim by dragging edit points Trim with keyboard shortcuts Trim by time amount Work with linked selection Create split edits using trim tools Asymmetrical trimming Trim in the Viewer



Lesson 4 Trimming Clips

In this lesson, we will cover the basic Avid approach to trimming and show how to perform those same functions in Final Cut Pro. In general, FCP is far less modal than Avid. You can perform trims in FCP just as you can with Avid's Smart Tool without entering a "trim mode," whereas with previous Avid versions, you always enter Trim mode to trim. Both, however, have similar trim windows that behave in similar ways. Like Avid, FCP lets you trim clips by dragging an edit point in the Timeline or entering a trim duration. In addition, FCP also has dedicated trim tools in the Tool palette. You have numerous ways to trim clips in FCP. The trick is to find your comfort zone of what's familiar and then to explore the new alternatives.

Also in Avid, unless you lock tracks (or turn off Link Selection in Avid 5), you are free to adjust individual tracks separately. In FCP, the default is to bind or "link" the video and audio portions of a clip so that when you select one track, all tracks are selected. However, FCP also has a linked selection feature. This feature is covered in depth in Lesson 8, but this lesson includes steps to select just the audio or video portion of a clip so that you may trim one track at a time to create a split edit or L-cut. Although most trim functions are covered in this lesson, a few additional techniques for changing the length of a clip in the Timeline are covered in Lesson 6—such as trimming an edit using the Extend function, or dividing a clip by using Add Edit.

Working with the Trim Edit Window

While Avid 5 has adopted many of the direct trimming features available in Final Cut Pro, there are many versions of Avid Media Composer in which you have to select a separate mode to trim. In Final Cut Pro, you never change modes per se, but one way to trim is to access a Trim Edit window, which is much like Avid's big trim window. Inside the Trim Edit window, FCP handles trimming virtually the same way Avid does. To open the FCP Trim Edit window, you can lasso an edit point with a special tool, or simply double-click the edit point. If you want to map a Trim Edit button to simulate clicking Avid's Trim Mode button, you can map it to one of the button bars. You can also use keyboard shortcuts.



To open the FCP Trim Edit window:

Do one of the following:

► Double-click the edit point between two clips in the Timeline.

MS Ranger welcome	MS Ranger how to feed
MS Ranger welcome	MS Ranger how to feed
MS Ranger welcome	MS Ranger how to feed

- ► From the Tool palette, choose the Edit Selection tool (the second tool), or press G, and lasso an edit point.
- ► From the button list (Option-J), add the Trim Edit button to your Timeline button bar, and click it to open the edit point closest to the playhead.
- ► In the Timeline, press Command-7 to open the edit point closest to the playhead.

TIP When an edit point is opened in the Trim Edit window, press the Down Arrow to open the following edit point in the Trim Edit window or the Up Arrow to open the previous edit point.

A familiar "big" trim window opens on top of the Viewer and Canvas window areas.

NOTE ► The size of the trim window will match the current layout size of the Viewer and Canvas windows.



FCP Trim Edit window

For every function on the A side of the window, you will find corresponding functions on the B side. The preview and trim keys are in the middle of the window, beneath the A and B images.

To close the Trim Edit window:

Do one of the following:

- ► Press Command-W.
- Click anywhere in the Timeline except an edit point.

Performing Dual-Roller and Single-Roller Trimming

Avid has purple rollers in the Timeline that indicate a dual-roller or single-roller trim. The Final Cut Pro Timeline display for dual- and single-sided editing is very similar to Avid's. You see the similar types of A-side and B-side "rollers" around the edit point in the Timeline.

wade in water	, TS 2 dolphins swim
wade in water	CU, TS 2 dolphins swim
wade in water	CU, TS 2 dolphins swim
01:00:04:00	01:00:05:00

MS, TS dolphin
MS, TS dolphin jumps
MS, TS dolphin jumps

FCP single-sided trim in Timeline

Avid single-rollers in Timeline



Avid dual-trim rollers in Trim mode window



FCP Roll tool in Trim Edit window

As with Avid's purple "active" bars in its Trim mode window, a green "active" bar above an image in the FCP Trim Edit window indicates that it will be adjusted in the trim. One green bar over either the A- or B-side image indicates a single-roller trim; green bars over both images indicate a dual-roller trim.



FCP Trim Edit indicators

As in Avid, clicking one side or the other of the FCP Trim Edit window selects a singleroller trim mode. Clicking the space between the two images selects a dual-roller trim mode. When these selections are made, the Timeline edit point reflects the active side or sides, just as in Avid.



A and B edit points selected

B-side edit points selected

TIP Pressing U toggles between the trim modes in both the Trim Edit window and the selected edit points in the Timeline.

Dual-Roller Editing

Whereas Avid has its dual-roller trim mode, FCP has its Roll tool, which appears when the pointer moves between the A and B images in the Trim Edit window. Click in the center of the Trim Edit window to select a roll edit (dual-roller mode). A green bar appears above both images.



Roller tool in Trim Edit window

Single-Roller Editing

The equivalent of Avid's single-roller mode is the FCP Ripple tool, which appears when the pointer moves into the A- or B-side image in the Trim Edit window. Click the left or right image to select single-roller mode. A green bar appears above the selected side of the edit point. FCP refers to this as a ripple edit because it pulls up or pushes back (ripples) the other clips in the sequence by the amount of the trim without leaving any gaps.



Ripple tool in Trim Edit window

You have several ways to perform a roll (dual-roller trim mode) or ripple (single-roller trim mode) type of trim in FCP. The following are a few methods; others are discussed in the following pages.

To trim numerically:

- 1 Click either the A- or B-side clip to work with the Ripple (single-roller) tool, or click between the two images to work with the Roll (double-sided roller) tool.
- 2 Click the minus (–) or plus (+) sign, and enter a trim amount in the Trim Edit window.



The trim amount is displayed in the Current Sequence Timecode field above the two image areas.

3 Press Return.

All trim changes made in the Trim Edit window are reflected in the Timeline.

To trim using shortcuts:

With either a Ripple tool (single-roller) or Roll tool (dual-roller) selected, *do one of the following*:

- ▶ Press the Left or Right Bracket key ([or]) to trim one frame.
- Press the Left or Right Angle Bracket (< or >)—Avid's Trim Left or Right keys—to trim one frame.

► To trim a designated multiframe trim amount (set in the Editing tab of User Preferences), press Shift-[(Left Bracket) or Shift-] (Right Bracket). You can also press Shift-< or Shift-> (Right or Left Angle Bracket keys) to trim the multiframe amount.

Using J-K-L Trimming

In addition to using the trim tools, entering a numeric trim value, and working with shortcut keys, in the Trim Edit window you can also trim dynamically, or "on the fly," using the J-K-L keys. This "live play trimming" in Final Cut Pro is called dynamic trimming.



Dynamic trimming enabled in the Trim Edit window

NOTE ► You can enable dynamic trimming in the Trim Edit window or in the Editing tab of the User Preferences window.

When dynamic trimming is enabled, the J-K-L keys behave exactly as they do in the Avid trim mode. You can press J or L to play and shuttle forward and back, and press K to execute the trim. Also common to both applications, if you hold down K and J or L to shuttle in slow motion, simply releasing the keys will execute the trim. Unlike the method in Avid, however, when dynamic trimming is enabled in FCP, pressing the spacebar will pause the playhead without performing a trim or playing around the edit. This allows you to search again for the trim point before pressing K.

TIP While playing a clip, you can press the J or L key again to increase the play speed.

To trim using the J-K-L keys:

- 1 In the Timeline, double-click the edit point you want to edit.
- **2** Select the Dynamic checkbox.
- 3 Move the pointer over either the A-side or B-side clip.

If you're using the Roll tool, you do not have to click or select the image—FCP responds to the location of the cursor. If you want to dynamically trim just one side of the edit, click to choose it prior to pressing J or L.

- 4 Press J or L to play the clip backward or forward.
- 5 As the clip is playing, press K where you want the new edit point to be.

TIP You can also combine the Avid and FCP methods by pressing the spacebar to stop at the new edit point and then pressing K to execute it.

Dragging Edit Points

Another way to trim in the Trim Edit window is to drag an edit point manually in the scrubber bar area beneath the A- and B-side images. Like the other methods of trimming, this method also creates an immediate change in the Timeline edit points.



FCP Trim Edit scrubber bar with active Out point

When the Trim Edit window is active, you can drag to trim the tail of the outgoing clip or the head of the incoming clip. Make sure you are dragging the blue edit point triangle, not the playhead (position indicator).

To drag in the Trim Edit window:

- 1 Click either the A-side or B-side image, or between images.
- 2 Move the pointer over the appropriate active edit point in the scrubber bar.
- 3 When the pointer changes to the Ripple tool (single-roller) or Roll tool (double-roller), drag the edit point left or right, and then release the mouse button.

As you drag, you see the edit points change in the Trim Edit window and in the Timeline.



TIP You can also move the playhead to a desired trim location and drag the edit point to snap to the playhead.

Trimming in the Timeline

An alternative to using the Trim Edit window is to perform an FCP trim directly in the Timeline as you would in Avid. Trimming in the FCP Timeline is easy and direct, and uses methods similar to those covered earlier in this lesson. These methods include dragging edit points using the Roll (dual-roller) and Ripple (single-roller) trim tools, using keyboard shortcuts, and entering a numerical trim value.

NOTE \triangleright Using the FCP Ripple trim tool will always trim frames and ripple the effect throughout the remainder of the sequence, just as with the Avid 5 Ripple Trim tool. And while FCP does not have a specific Overwrite Trim tool as you will find in Avid 5, you can perform this type of trim by dragging an edit point using the default Selection tool. This method is discussed later in this lesson.

To roll two edit points in the Timeline:

1 In the Tool palette, click the Roll tool, or press R.



2 In the Timeline, move the Roll tool over the edit point between the two clips you want to trim, and then drag the edit point left or right.



The amount of the trim appears in an information box next to the Roll tool in the Timeline. In the Canvas, a *two-up* display, similar to Avid's Small Trim mode, appears as you drag.



TIP Pressing N will turn off snapping to give you more control around the edit point. Also, holding down the Command key as you drag will slow down the dragging speed.

To ripple a single edit point:

1 Press the keyboard shortcut RR, or click and hold down the Roll tool in the Tool palette, and slide over to select the Ripple tool when it appears.



2 Move the Ripple tool into the Timeline toward the In or the Out point.

TIP If an X appears as part of the Ripple or Roll tool, move the pointer closer to the In or Out point where the function can be applied.

3 Drag the In or Out point left or right.

The clip box shortens or lengthens to represent the duration change; and all the clips that follow are adjusted (rippled) by the trim amount.



Out point trimmed earlier to shorten the clip

NOTE ► Like clips, gaps can also be trimmed using the Ripple tool; however, you will not see the tail of the ripple tool flip to point to the gap side of the edit.

To trim using keyboard shortcuts:

- 1 Click an edit point using either the Roll or Ripple tool. You can press the keyboard shortcut V to select the edit point, and U to cycle sides.
- **2** Do one of the following:
 - ▶ Press the < or > key to trim one frame. These act like the Avid Trim Frame keys.
 - Press Shift-< or Shift-> to move the multiframe trim amount.
 - ▶ Press the Left or Right Bracket key ([or]) to trim one frame.
 - Press Shift-[or Shift-] to trim the multiframe trim amount.

TIP If you want the multiframe trim amount in FCP to match Avid's, go to the User Preferences Editing tab and enter 10 in the Multiframe Trim field.

To enter a trim amount:

- 1 Select an edit transition using one of the trim tools.
- 2 Type a minus (–) and then the amount (as you would in Avid) for a negative trim, or just type the trim amount for a positive trim.

This amount appears at the top of the Timeline.



3 Press Return.

To trim using the Selection tool:

- **1** Press A to return the pointer to the default Selection tool.
- **2** Drag one end of a clip left or right.

NOTE ► This method is similar to the Avid 5 Overwrite Trim tool.

Depending on whether the clip is "open ended," this method of trimming in the Timeline may be limited by adjacent clips or produce a gap. You will learn how to remove gaps in Lesson 6.

NOTE ► With snapping turned on (N), the edit point will snap to the playhead location, as well as a mark In, Out, or locator point.

To create L-cut and split edits:

FCP remembers which audio and video clips were captured together and binds or "links" those clips in the Timeline. This can be helpful when you want to trim both the video and audio tracks of the same clip by the same amount. But when you want to trim only one track of a clip, you must override the FCP default linking system by toggling linked selection. In Avid 5, the option to toggle Link Selection is also available and even uses the same keyboard shortcut as FCP.

1 To select just the video or audio track of a linked clip, turn off the Linked Selection control in the Timeline button bar, or press Shift-L. This will allow you to select just the audio or video tracks to trim.



Linked selection on

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Linked selection off

NOTE \triangleright If a clip's audio tracks are a stereo pair and you click one audio track, both tracks are selected even if linked selection is turned off. If you need to access one track of a stereo pair, you must first turn off the clip's stereo pair status by selecting the clip, and choosing Modify > Stereo Pair.

2 From the Tool palette, choose the Roll tool, or press R.

3 Drag the clip's audio or video edit point left or right.

MS Ranger how to hold Fo	CU girl in hat
MS Ranger how to hold fish	CU girl in hat
MS Ranger how to hold fish	CU girl in hat

TIP To temporarily override linked selection, select the Ripple or Roll tool and Option-click an edit point.

Using Asymmetrical Trimming

Like Avid, Final Cut Pro can trim two or more edit points on different tracks in two directions at the same time; this is often referred to as *asymmetrical trimming*. But there are some differences in how FCP approaches this type of trimming.

First of all, you get different asymmetrical trim behavior depending on which side of a clip and which track you trim. In Avid, because filler is like a clip, you get a single kind of drag-trim behavior for each selected trim and track. In FCP, even though gaps are not treated the same as clips, they can be included in the trim when applying an asymmetrical trim. Also remember that many Avid versions assume that no tracks are bound together or linked as you trim, while FCP defaults to selecting all linked tracks in a clip, similar to having Link Selection turned on in Avid 5.

		MS Ranger how to feed MS Ranger how	
Ranger how to feed	MS Ranger how :	MS Ranger how to feed MS Ranger how to feed	MS Ranger how to hole
Ranger how to feed	MS Ranger how to hold	Australia SFX	
Ranger how to feed	MS Ranger how to hold	Australia	<u>SFX</u>

One asymmetrical trim setup

Another asymmetrical trim setup

To trim multiple edit points:

1 From the Tool palette, choose the Ripple tool, or press RR.

- 2 If linked selection is active in the Timeline, Option-click the first edit point you want to trim; if linked selection isn't active, just click the edit point to select it.
- **3** Command-click additional edit points.
- 4 Enter an amount for the trim and press Return.

TIP To roll one clip's audio and a different clip's video, or vice versa, Option-click one edit point with the Roll tool and Command-click additional edit points. Enter a trim amount and press Return.

Trimming in the Viewer

The Final Cut Pro Viewer is used for more than just viewing source material. For example, you can also edit clips, transitions, filters, motion effects, and titles from the Timeline in this window. To work with a clip that has already been edited into a sequence, you must first open it from the Timeline.

NOTE While working in the Viewer, you can trim both the head and tail of a single clip or view audio waveforms in the Audio tab, something you cannot do in the Trim Edit window.

To open a sequence clip into the Viewer:

In the Timeline, *do one of the following*:

- Double-click the clip you want to trim
- Select a clip you want to trim and press Return.



Scrubber bar dots or "sprocket holes" in the Viewer

You can tell whether a clip has been opened from the Timeline by looking at the Viewer scrubber bar under the image. If two lines of dots ("sprocket holes") appear, the clip is a sequence clip and has been opened from the Timeline. (These dots appear in the Trim Edit window scrubber bars, as well.) If the bar is clear of dots, you are viewing a source clip that has not yet been edited into a sequence.

To trim a clip in the Viewer:

1 Choose a trimming tool from the Tool palette or press the keyboard shortcut for the desired tool. You can choose the default Selection tool (A), the Roll tool (R), or the Ripple tool (RR).



2 Drag an edit point in the Viewer scrubber bar.

The pointer will turn into the tool you have selected, and the edit point or points will adjust according to the normal behavior of the selected tool.

NOTE ► You can also choose the Slip tool and slip a clip in the Viewer. In each situation, the pointer will not change until positioned over an edit point.

With the Ripple tool, like Avid's single-roller, you can make the clip longer than it currently is in the Timeline; all clips that follow are affected by the trim amount. Using the default Selection tool, if a clip is between two other clips in the Timeline, you can only trim that clip shorter. If you try to trim a clip beyond the boundary of a neighboring clip in the Timeline, a Media Limit note will appear, and you won't be able to trim beyond that point. On the one hand, this may seem limiting. But on the other hand, you know you will not affect any other clips with your trim adjustment.

NOTE \triangleright As you trim clips, keep in mind that FCP assumes Sync Lock is enabled on all tracks all the time. Turning on the lock for a track in FCP is like turning off sync lock in Avid.

What You've Learned

- As in Avid, you can trim clips in Final Cut Pro by dragging an edit point in the Timeline.
- Opening the FCP Trim Edit window is equivalent to entering Avid's Trim mode.

- ► You can open the Trim Edit window by double-clicking an edit point, by lassoing an edit point using the Edit Selection tool (G), or by pressing Command-7.
- ► In the Trim Edit window, a green bar above either side of the window signifies a single-roller trim; two green bars indicate a dual-roller trim.
- Clicking either side in the Trim Edit window dictates a single-roller trim; clicking in the middle dictates a dual-roller trim.
- ► The FCP Roll tool (R) is equivalent to Avid's dual-roller Trim mode.
- ► The FCP Ripple tool (RR) is equivalent to Avid's single-roller Trim mode.
- ► You can make a trim by entering a numerical trim amount in the Trim Edit window.
- ► You can perform J-K-L trimming, or dynamic trimming, in FCP. You can toggle it on or off via a checkbox in the Trim Edit window or in the Editing tab of the User Preferences window.
- ► When dynamic trimming is active, press K to execute a trim.
- ► You can trim an edit point in the scrubber bar of the Trim Edit window by dragging one of the blue edit point triangles.
- ► You can trim directly in the Timeline using the Ripple and Roll tools, or by selecting an edit point with a trim tool and entering a numerical trim value.
- ► When you ripple or roll an edit in the Timeline, a two-up display appears in the Canvas, similar to Avid's Small Trim mode.
- To select and trim just an audio or video track of a clip with linked tracks, you must first turn off the Linked Selection control in the Timeline button bar. You can also Option-click one track to override linked selection.
- ► To change the status of a clip's stereo pair audio tracks to mono, select the tracks and choose Modify > Stereo Pair.
- ► You can trim multiple edit points in an asymmetrical trim by selecting a trim tool, Option-clicking the first edit point, and Command-clicking additional edit points.
- You can trim a sequence clip in the Viewer window after double-clicking it in the Timeline.
- ► A sequence clip opened from the Timeline displays two rows of dots ("sprocket holes") in the Viewer scrubber bar. Source clips prior to editing to the Timeline do not display these dots.
- ► You can trim an edit point using the default Selection tool (A), but you will be limited by adjacent clips or leave a gap.

Keyboard Shortcuts

G	Select the Edit Selection tool
v	Select the edit point closest to the playhead
Command-7	Load the edit point closest to the Timeline playhead into the Trim Edit window
Command-W	Close the Trim Edit window
U	Cycles the A-side, B-side, or both edit points in the Trim Edit window and in the Timeline
[(Left Bracket)	Trim one frame left
] (Right Bracket)	Trim one frame right
Shift-[(Left Bracket)	Trim the multiframe trim amount set in the Editing tab of User Preferences
Shift-] (Right Bracket)	Trim the multiframe trim amount set in the Editing tab of User Preferences
< (Left Angle Bracket)	Trim one frame left
> (Right Angle Bracket)	Trim one frame right
Shift-<	Trim the multiframe trim amount
Shift->	Trim the multiframe trim amount
J-K-L	When the pointer is over the A- or B-side clip in the Trim Edit window, press the J and L keys to play backward or forward, and press the K key to set the new edit point
R	Select the Roll tool
RR	Select the Ripple tool
Shift-L	Toggle linked selection off or on in the Timeline
Option-click	Temporarily override linked selection to select a single edit point in a linked clip
Command-click	When one edit point on one clip track is selected, select additional edit points to be included in an asymmetrical trim

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