Adobe Premiere Pro

2024 Release

Classroom in a Book®

The official training workbook from Adobe

Maxim Jago

FREE SAMPLE CHAPTER

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Adobe Premiere Pro Classroom in a Book® 2024 Release

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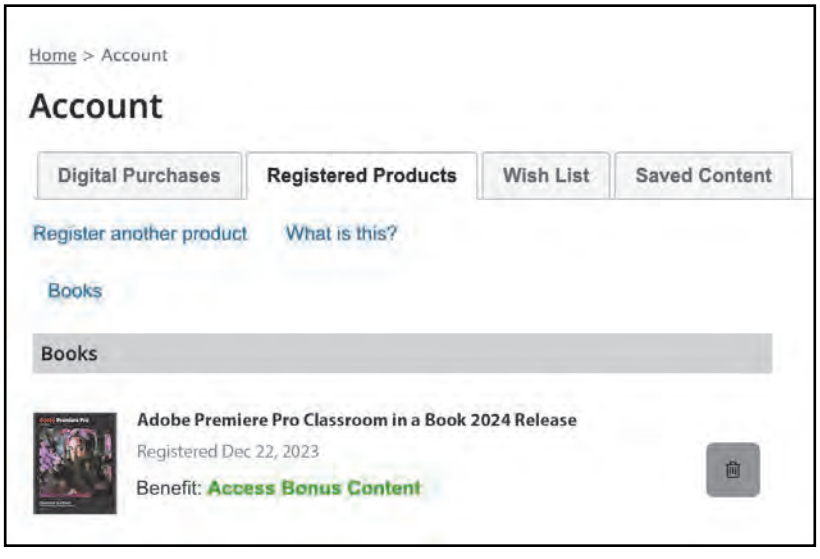

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Producing effective learning materials for such an advanced technology is a team effort. Friends, colleagues, fellow filmmakers, and technology experts have all contributed to this book. There are too many names to mention, but let's say this: I have often joked that in Britain we don't say "awesome." Instead, we say "perfectly acceptable." On this occasion, "perfectly acceptable" simply isn't enough. Rather, I will have to say our British equivalent of "super awesome." Those people who make this world better by sharing, nurturing, caring, showing, telling, demonstrating, making, and helping are all definitely "much more than acceptable."

Everything on these pages was inspected by a team of experienced editors who checked and corrected typos, spelling errors, naming errors, false attributions, suspect grammar, unhelpful phrasing, and inconsistent descriptions. This wonderful team didn't just highlight text that needed correcting. They offered positive alternatives that I could simply agree to and so, in a literal sense, this book is the product of many people's contributions. I'd like to thank the teams at Peachpit and Adobe Press, who made it possible to produce such a beautifully finessed work.

As each draft lesson was completed, the most amazing and highly experienced Victor Gavenda checked over the text to make sure it was ideally accessible for learners, and all references to the technology were reviewed by the remarkable media technology expert Jarle Leirpoll, who has an incredible depth of knowledge of Premiere Pro. I tip my hat to Linda Laflamme for reviewing the copy and spotting things we would otherwise have completely missed. Tracey Croom kept us all on-track, Kim Scott and Kim Wimpsett take the credit for the beautiful layout you see before you, and Megan Ahearn has the enviable title of Keystroker—checking each and every step in the exercises presented here to make sure everything happens just as expected.

Some of the content of this book is derived from material originally written by the world-renowned media trainer Richard Harrington. The original table of contents was worked out by the two of us, and a substantial amount of the content remains unchanged or is significantly informed by his original work.

Finally, let's not forget Adobe. The passion and enthusiasm demonstrated by those wonderful individuals, who are so committed to creatives like you and me, qualifies as "the most acceptable of all." They are, indeed, extraordinarily awesome!

—Maxim Jago

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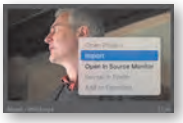

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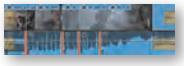

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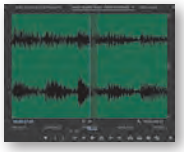

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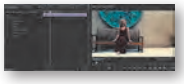

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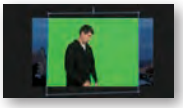

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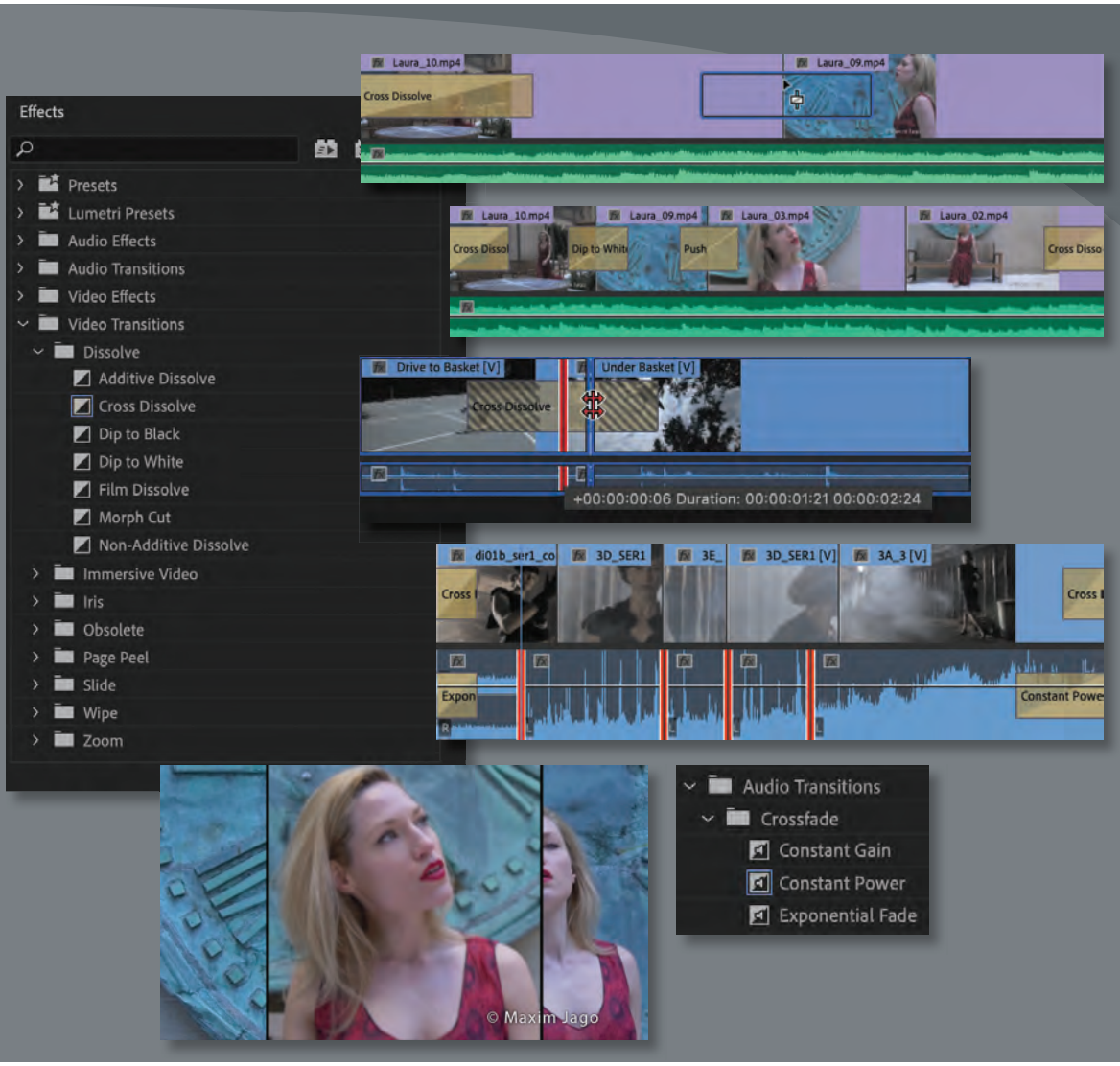
7 ADDING TRANSITIONS

Lesson overview

In this lesson, you'll learn how to do the following:

- Understand edit points and handles.
- Understand transitions.
- Add video transitions.
- Modify transitions.
- Fine-tune transitions.
- Apply transitions to multiple clips.
- Work with audio transitions.

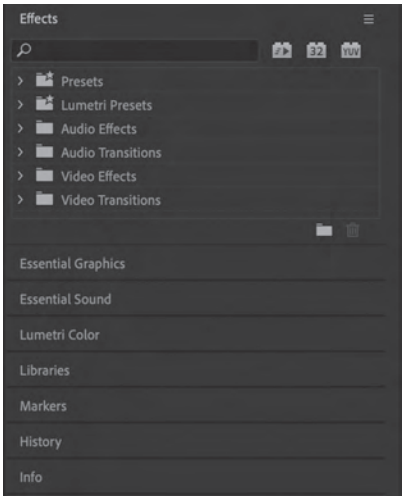
This lesson will take about 75 minutes to complete. To get the lesson files used in this chapter, download them from the web page for this book at *peachpit.com/PremiereProCIB2024*. For more information, see "Accessing the lesson files and Web Edition" in the "Getting Started" section at the beginning of this book. Store the files on your computer in a convenient location.



Transitions can help create a seamless flow between two video or audio clips or inform the viewer that a change of scene has begun. Video transitions are often used to signify a change in time or location. Audio transitions provide a useful way to avoid abrupt edits that jar the listener or to blend the significance of two scenes.

Starting the lesson

Although the most common transition is a *cut*—where one clip abruptly ends and another begins—there are great opportunities for creativity using transition effects you can animate.



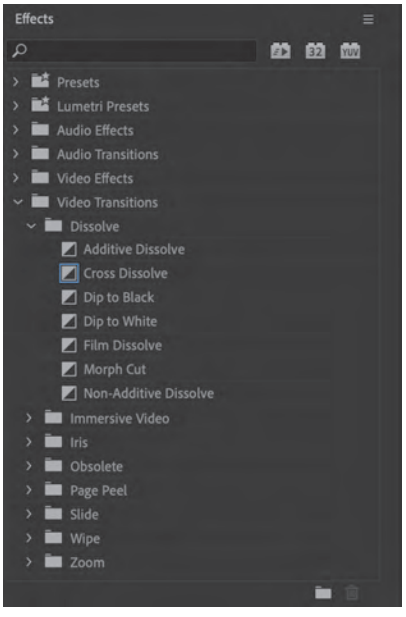
In this lesson, you'll learn to use transitions between video and audio clips to help your edits flow more smoothly. You'll also learn best practices for choosing the most appropriate transitions.

For this lesson, you'll use a new project file.

1. Start Adobe Premiere Pro, and open the project Lesson 07.prproj from the Lessons folder.
2. Save the project as **Lesson 07 Working.prproj** in the same folder.
3. Use the Workspaces menu to choose Effects. Reset the workspace to the saved layout.

   This changes the workspace to a preset optimized for working with transitions and effects.

   The workspace uses stacked panels to maximize the number of panels that can be onscreen at a time.



You can enable stacked panels for any panel group by opening the panel menu and choosing Panel Group Settings > Stacked Panel Group. The same option will toggle off stacked panels.

Keep stacked panels enabled for now.

You can click the name of any stacked panel to view it. In the Effects panel, you can click effect category disclosure triangles to display their contents. The stacked panel automatically changes height to accommodate the listed items.

What are transition effects?

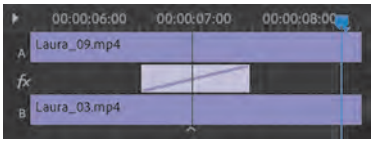
Adobe Premiere Pro offers several special effects and preset animations to help you bridge neighboring clips in a sequence. These transitions—such as dissolves, wipes, dips to color, and so on—provide a way to ease viewers from one scene to the next. As well as smoothing the join between two clips, transitions can be used to focus attention on a major jump in the story.

Choosing and configuring transitions is an art. Applying them is simple enough: Drag the transition you want from the Effects panel onto the edit between two clips in a sequence.

The skill comes in their placement, length, and settings, such as direction, motion, and start/end positions.

You can adjust some transition settings in the Timeline panel, but it's usually easier to make precise adjustments in the Effect Controls panel. To view the settings for a transition effect in the Effect Controls panel, select it in a sequence.

In addition to the unique options for each transition, the Effect Controls panel features a helpful *A/B timeline display* (more on this later).



This display makes it easy to change the timing of transitions relative to an edit point, change the transition duration, and apply transitions to clips that don't have enough head or tail frames—that is, additional content to provide an overlap at the beginning (head) or end (tail) of a clip.

Knowing when to use transitions

Transitions are a standard storytelling tool in video editing, and the rules for their use are similar to the rules of screenwriting. They're effective when they help the viewer understand the story.

For example, you may switch from indoors to outdoors in a video, or you may jump forward in time. An animated transition, a fade to black, or a dissolve can help the viewer understand that the location has changed, that time has passed, or that a character's perspective has changed.

A fade to black at the end of a scene is a clear indication that the scene has finished. The trick with transitions is to be intentional—and this often means using restraint—unless, of course, a total lack of restraint is the creative result you want!

As long as it looks like you intended to include a particular effect, your audience will tend to trust your decision (whether or not they agree with your creative choice). It takes practice and experience to develop sensitivity for the right time, and the wrong time, to use effects such as transitions. If in doubt, less is usually best.

There is an established visual language that modern audiences recognize and respond to. For example, if a character falls asleep and the picture goes soft-focus, with everything in the frame glowing and bright, your audience will immediately know that we are witnessing that character's dream. Studying this kind of visual language can help you make creative choices.

Following best practices with transitions

You may be tempted to use a transition effect on every cut. Don't! Or at least, get them out of your system with your first project.

Most TV shows and feature films use cuts-only edits. You'll rarely see any transition visual effects. Why is this? An effect should be used only if it gives an additional benefit; transition effects can sometimes be a distraction from the video, reminding viewers they are watching a story and preventing them from connecting with it emotionally.

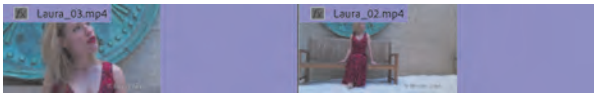
If a news editor uses a transition effect, it's for a purpose. The most frequent use in newsroom editing is to transform what would have been a jarring or abrupt edit into a more comfortable experience.

A jump cut is a good example of a scenario where a transition effect can help. A *jump cut* is a cut between two similar shots. Rather than looking like a continuation of the story, they look a little like a piece of the video is unintentionally missing. By adding a transition effect between the two shots, you can make a jump cut look intentional and less distracting.

Dramatic transition effects do have their place in storytelling. Consider the *Star Wars* movies with their highly stylized transition effects, such as obvious, slow wipes. Each of those transitions has a purpose. In this case, it's to create a look reminiscent of old serialized movies and TV shows. The transition effects send a clear message: "Pay attention now. We're transitioning across space and time."

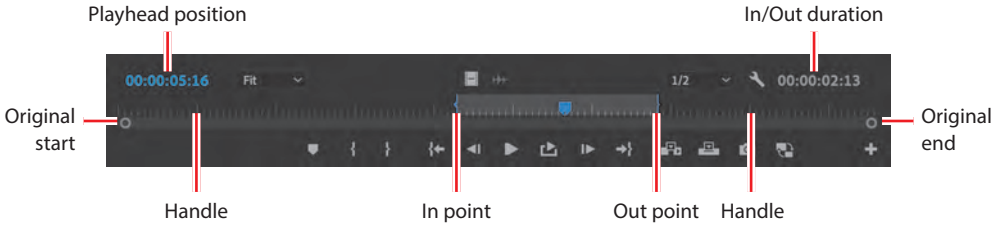
Understanding the importance of clip handles

To understand transition effects, you'll need to understand edit points and handles. An edit point is the point in your sequence where one clip ends and the next begins. This is often called a *cut* and sometimes simply called an *edit*. These are easy to see because Premiere Pro displays vertical lines to show where one clip ends and another begins (much like two bricks next to each other).



When you first edit a clip into a sequence, you set an In point and an Out point to select the part you want. When you edit that selected part of the clip into a sequence, the unused sections at the beginning and end are still available but hidden in the Timeline panel. Those unused sections are referred to as *clip handles* or simply *handles*.

There's a handle between a clip's original beginning and the In point you set. There's also a handle between a clip's original end and the Out point you set. The time ruler in the Source Monitor shows you how much footage is available in your handles.



Of course, you may not have used In or Out points, or you may have set just an In point or an Out point at the very beginning or end of the clip. In this case, you would have either no unused media or unused media at only one end of the clip.

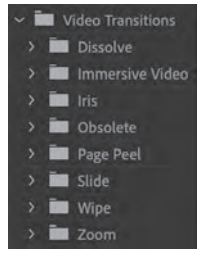
In the Timeline panel, if you see a tiny triangle in the upper-right or upper-left corner of a clip, it means you've reached the end of the original clip and there are no additional frames available.

For transition effects to work, you need handles because the effect creates an overlap between the outgoing clip and the incoming clip.

For example, if you want to add a two-second Cross Dissolve transition centered between two video clips, you need at least a one-second handle available on both clips (one additional second each that would not normally be visible in the sequence). In the Timeline panel, the transition effect icon gives a visual indication of the duration of the effect and, therefore, the clip overlap.

Adding video transition effects

Premiere Pro gives you multiple video transition effects to choose from. Most options are available in the Video Transitions group in the Effects panel.



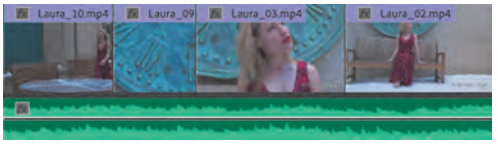
Video transitions are organized into eight subcategories. You'll find some additional transitions in the Video Effects > Transition group in the Effects panel. However, these effects are meant to be applied to an entire clip and are used to reveal the visual contents of the clip over time between its start and end frames (not using clip handles overlapping another clip). This second category works well for superimposing text or graphics.

Applying a single-sided transition

Note: To ensure that the tools function and the defaults are set exactly as described in this lesson, reset the Premiere Pro preferences by holding the Option (macOS) or Alt (Windows) while launching the application and then clicking Continue in the Reset Options dialog box.

The easiest transition to understand is one that applies to just one end of a single clip. This could be a fade from black on the first clip in a sequence or a dissolve into an animated graphic. Let's give it a try.

1 If it's not already open, open the sequence called Transitions.

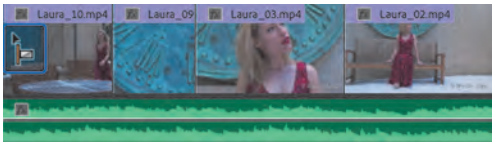


This sequence has four video clips and background music. The clips have handles, so transition effects can be applied between them (no tiny triangles are visible at the ends of the clips, which would indicate the last frame is already visible).

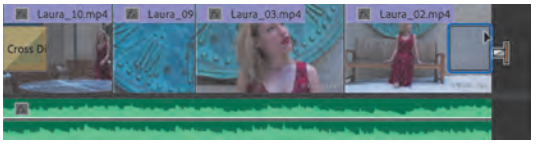
Note: You can use the Search field, at the top of the Effects panel, to locate an effect by name or keyword, or you can browse the folders of effects.

2 In the Effects panel, open the Video Transitions > Dissolve group. Find the Cross Dissolve effect.

3 Drag the effect onto the start of the first video clip. A highlight shows you where the transition effect will be added. When the transition is in the right position, release it.



4 Drag another Cross Dissolve effect onto the end of the last video clip.



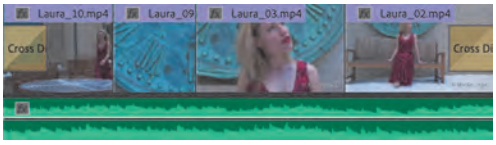
The Cross Dissolve icon shows the timing of the effect. For example, the effect you just applied to the last clip in the sequence will start before the end of the clip and complete by the time it reaches the clip's end.

Transitions of this kind don't extend the clip (using a handle) because the transition doesn't reach past the end of the clip.

Because you're applying the Cross Dissolve transition effect at the end of the last clip, where there is no connected clip, the picture dissolves into the background of the Timeline, which is black. The result is that this looks like a Dip To Black effect.

In reality you are causing the clip to become gradually transparent in front of a black background. The difference is clearer when you work with multiple layers of clips, with different-colored background layers.

5 Play the sequence to see the result.



You should see a fade from black at the start of the sequence and a fade to black at the end.

Applying a transition between two clips

Let's apply transitions between a few clips. For the purposes of exploration, you'll break the less-is-best rule and try several options in one sequence. As you go through these steps, play the sequence regularly to view the results.

1 Continue working with the previous sequence, called Transitions.

2 Move the Timeline playhead to the edit point between clip 1 and clip 2 on the Timeline and then press the equal sign (=) key two or three times to zoom in fairly close. If your keyboard does not have the = key, use the navigator at the bottom of the Timeline panel to zoom. You can also create a custom keyboard shortcut for this purpose (see Lesson 1, "Touring Adobe Premiere Pro").

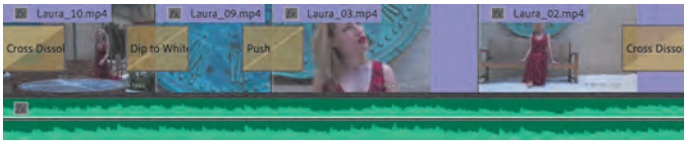
Tip: On an English-language keyboard, it's easy to remember that pressing the = key (if your keyboard has one) zooms in because there is usually a + symbol on the same key.

3 Drag the Dip To White transition effect from the Dissolve group in the Effects panel onto the edit point between the first clip and the second clip. The effect will snap to one of three positions, and the pointer will change to indicate which position the transition will occupy.

Be sure to line up the effect with the middle of the edit, not the end of the first clip or beginning of the second clip.

The Dip To White transition effect gradually builds to a completely white screen, which obscures the cut between the first clip and the next.

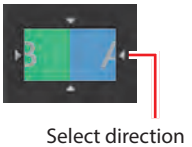
4 In the Effects panel, click the disclosure triangle for the Slide group of video transitions to display its contents. Drag the Push transition onto the edit point between the second clip and the third clip in the sequence, centered on the cut.



5 Play through the transition to see the result, and then position the playhead on the edit between clip 2 and clip 3 by pressing the Up Arrow key. The Up and Down Arrow keys are shortcuts to move the Timeline playhead to the previous or next edit on targeted tracks.

6 Click the Push transition effect icon in the Timeline panel once to select it, and open the Effect Controls panel (remember, if you can't see a panel, it will always be listed in the Window menu).

7 Change the direction of the clip from West To East to East To West by clicking the small direction control triangle to the right of the A/B thumbnail at the top left of the Effect Controls panel.



Each small white triangle changes the direction for the Push transition effect. Hover the pointer over a triangle to see a tool tip describing the option.

In the Timeline panel, play through the transition to see the result.

Tip: If the Effect Controls panel is empty when you open it, click once on the Push transition effect again to re-select it.

8 In the Effects panel, expand the Page Peel group in the Video Transitions category. Drag the Page Turn transition effect onto the edit point between the third clip and the fourth clip, centered on the cut.

9 Review the sequence by playing it from beginning to end.

Having watched this sequence, you can probably see why it's a good idea to use transitions with restraint!

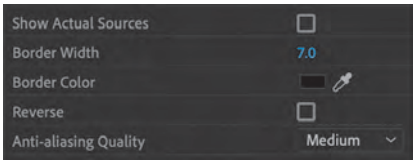
Let's try replacing an existing transition effect.

10 Drag the Barn Doors transition from the Wipe group onto the existing Push transition effect icon, between the second clip and the third clip. The new transition effect replaces the old one, taking the duration and timing of the existing effect.

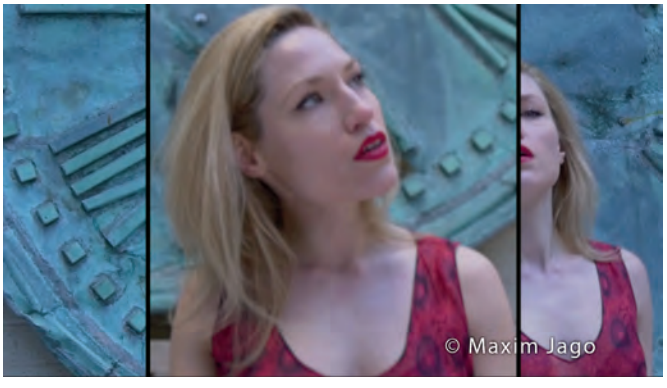
Note: When you drag a new video or audio transition effect from the Effects panel on top of an existing transition, it replaces the existing effect. It also preserves the alignment and duration of the transition it replaces. This is a quick way to experiment with alternative transition effects.

11 Select the Barn Doors transition effect icon on the timeline so its settings are displayed in the Effect Controls panel. Using the controls in that panel, set Border Width to 7 and Anti-aliasing Quality to Medium to create a thin black border at the edge between the two clips.

Note: You may need to scroll down in the Effect Controls panel to access further controls.



12 Play through the transition to view the result. The best way to do this is probably to click a little earlier in the sequence to watch the video leading up to the transition.

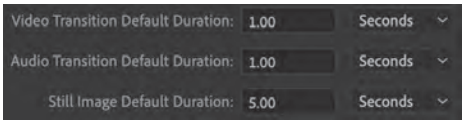


If the video does not play smoothly during transition effects, press the Return (macOS) or Enter (Windows) key to render, wait for the rendering to complete, and try again. See the sidebar "Red, yellow, and green render bars" later in this lesson for more information about rendering.

Video transitions have a default duration, which can be set in seconds or frames (it's frames by default). If the default duration is set in frames, the effective playback duration of a transition effect will change depending on the sequence frame rate. The default transition duration can be changed in the Timeline section of the Preferences panel.

13 Choose Premiere Pro > Settings > Timeline (macOS) or Edit > Preferences > Timeline (Windows). Depending on your geographic region, you may see a default Video Transition Duration setting of 30 Frames or 25 Frames.

14 This is a 24-frames-per-second sequence, but this doesn't matter if you change the Video Transition Default Duration option to 1 second. Do so now, and click OK.



Existing transition effects keep their existing settings when you change the preference, but any future transitions you add will have the new default duration.

The duration of an effect can dramatically change its impact, and later in this lesson, you'll learn about adjusting the timing of transitions.

Apply the default transition effect to multiple clips

So far, you've been applying transitions to video clips. You can also apply transitions to still images, graphics, color mattes, and even audio, as you'll see shortly.

It's common for editors to create a photomontage, which might look good with transitions between the multiple photos. Applying transitions between two or three photos is quick and easy, but if you have 100 images, it will take a long time!

Premiere Pro makes it straightforward to automate this process by allowing you to set a default transition effect.

1 In the Project panel, find and open the sequence Slideshow.

This sequence consists of several images placed in a particular order. Notice that a Constant Power audio crossfade has already been applied to the beginning and end of the music clip to create a fade in and out.

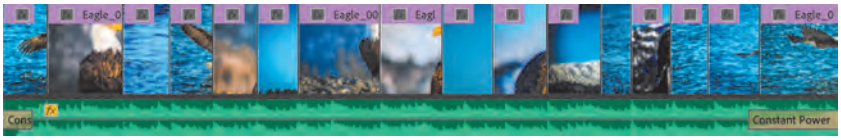
2 Play the sequence by making sure the Timeline panel is active and pressing the spacebar.

There's a cut between each clip.

3 Press the backslash (\) key to zoom out the Timeline panel so the whole sequence is visible. If your keyboard does not have a \ key, drag the right end of the Timeline panel navigator to adjust the zoom.

Tip: If you discover a useful keyboard shortcut that uses a key not included on your keyboard, you can use the Keyboard Shortcuts dialog box to assign a different key.

4 If necessary, increase the height of the V1 track to see thumbnails on the clips (you can drag the dividing line between V1 and V2 in the track header).



5 Using the Selection tool, draw a marquee around all the video clips to select them. Begin dragging in an empty area, away from the clips, or you'll move the first clip you click instead.

6 Choose Sequence > Apply Default Transitions To Selection.

This applies the default transition between all the currently selected clips. Notice that the Constant Power audio crossfade at the beginning and end of the music clip is now shorter because the default audio transition duration has been applied.

The default video transition effect is a 30-frame or 25-frame Cross Dissolve (though you changed this earlier to 1 second), and the default audio transition effect is a 1-second Constant Power crossfade. The shortcut you used replaced the existing audio crossfades with new, shorter ones.

You can set the default transition by right-clicking any transition effect in the Effects panel and choosing Set Selected As Default Transition. The icon for the selected default transition effect has a blue outline.

7 Play the sequence to see the difference the new Cross Dissolves make to the montage.

Tip: You'll find the option to apply audio-only or video-only transition effects in the Sequence menu too.

Note: If you're working with clips that have linked video and audio and Linked Selection is enabled in the Timeline panel, you can select just the video or audio portions by Option-dragging (macOS) or Alt-dragging (Windows) with the Selection tool. Then choose Sequence > Apply Default Transitions To Selection.

Copy a transition effect to multiple edits

You can copy an existing transition effect to multiple edits using the keyboard.

Let's try it.

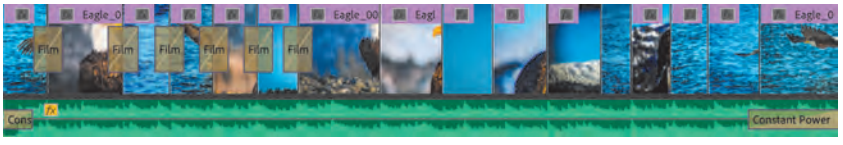
1 Press Command+Z (macOS) or Ctrl+Z (Windows) to undo the last step, and press Esc to deselect the clips.

2 Select any transition effect in the Effects panel, and drag it onto the cut between the first two video clips in the Slideshow sequence.

3 Select the transition you just applied by clicking its effect icon once in the sequence.

4 Press Command+C (macOS) or Ctrl+C (Windows) to copy the effect. Then hold Command (macOS) or Ctrl (Windows) while you use the Selection tool to drag a marquee around multiple other edits to select them, rather than clips.

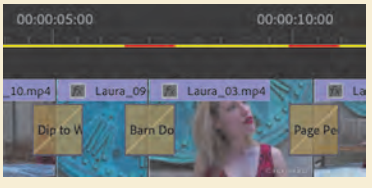
5 With the edits selected, press Command+V (macOS) or Ctrl+V (Windows) to paste the transition effect onto all the selected edits.



This is a great way to add transition effects with matching settings to multiple edits, especially if you have taken the time to customize the effect.

Red, yellow, and green render bars

When you add a transition to a sequence, a red or yellow horizontal line (or *render bar*) may appear above it in the Timeline panel. A yellow bar indicates that Premiere Pro expects to be able to play the effect smoothly. A red bar means that this section of the sequence may need to be rendered before you can play a preview without dropped frames.



You can choose to render at any time to make these sections preview more smoothly on a less powerful computer.

The easiest way to render is to press the Return/Enter key. If you add In and Out points to select a part of your sequence and then render, only the selected section of the sequence will render. This is useful if you have many effects that need to render but you're concerned with only one part for now.

Red or yellow bars will turn to green when those sections of a sequence are rendered. Premiere Pro creates a video file for each section where the bar has turned green. The new video files are stored in the Preview Files folder (as set in the project's Scratch Disk settings). As long as the render bar is green, playback should be smooth.

Using A/B mode to fine-tune a transition

When you review transition effect settings in the Effect Controls panel, you have access to an *A/B editing mode* that splits a single video track into two. What would normally be displayed as two consecutive and contiguous clips on a single timeline track are now displayed as individual clips on separate tracks, with a transition between them. Separating the elements of the transition in this way allows you to manipulate the head and tail frames (or handles) and to change other transition options.

Changing parameters in the Effect Controls panel

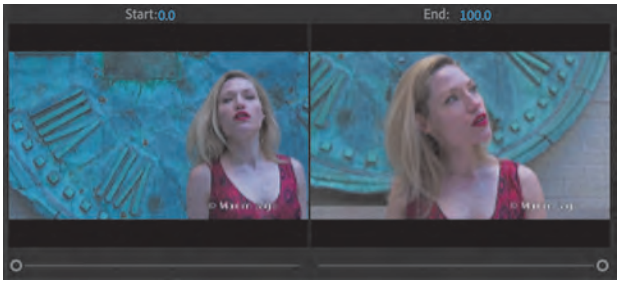
You can customize all transitions in Premiere Pro. A major benefit of the Effect Controls panel is that, in addition to it giving you access to the settings for transition effects, you can see the outgoing and incoming clip handles (unused media in the original clip). This makes it easier to adjust the timing of an effect.

Let's modify a transition.

1 In the Timeline panel, switch back to the Transitions sequence.

2 Position the Timeline playhead over the Barn Doors transition you added between clips 2 and 3, and click the transition to select it.

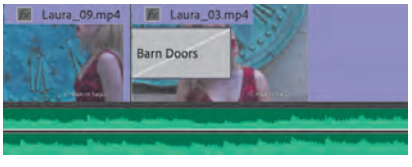
3 In the Effect Controls panel, select the box for Show Actual Sources to view frames from the actual clips.



This makes it easier to assess the changes you'll make.

4 In the Effect Controls panel, open the Alignment menu, and choose Start At Cut.

The transition in the Effect Controls panel timeline, and in the sequence, switches to show the new position.



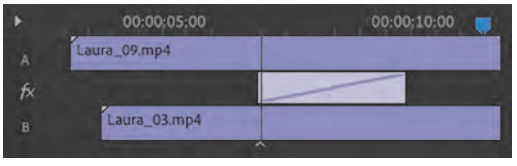
5 Click the small Play The Transition button at the upper-left corner of the Effect Controls panel to preview the transition beneath the button.

6 Now change the transition duration. In the Effect Controls panel, click the blue numbers for the Duration, type **300**, and click away from the numbers or press the Tab key to apply the new setting. Premiere Pro will add the correct punctuation automatically, changing 300 into 00:00:03:00—that is, 3 seconds.

The Alignment menu changes to Custom Start because the effect now reaches beyond the beginning of the next transition effect. To make the new transition duration fit, Premiere Pro automatically sets its start two frames earlier.

Note: If the Effect Controls panel timeline is not visible, click Show/Hide Timeline View at the upper-right corner of the panel. You may need to resize the panel to make the button visible.

Examine the A/B timeline display in the Effect Controls panel timeline, at the right side of the panel. There is a zoom navigator at the bottom of the Effect Controls panel timeline that works just like the one in the Monitors and Timeline panel. Zoom out by dragging one of the circles on the navigator to make it longer, so you can see the ends of the clips.



In this example, the Effect Controls panel playhead is centered on the cut, and you can see the way the effect timing has been adjusted automatically.

Note: It's possible to shorten a transition to a duration of one frame. This can make it hard to grab and position the transition effect icon, so try using the Duration and Alignment controls. If you want to remove a transition, select it in the sequence in the Timeline panel and press Delete (macOS) or Backspace (Windows).

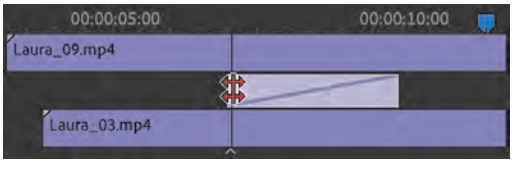
7 In the Timeline panel, play through the transition to see the change.

These automated adjustments can be subtle, so always double-check the results of new settings by playing through the effect. This way you can be sure you're happy with the newly revealed media taken from the clip handles—the media that was hidden from view until you added the transition effect. Although it's useful that Premiere Pro automatically modifies the timing of effects when necessary, it makes it even more important to check the transition before you move on.

Now let's customize the transition.

Tip: You can position the start time of a dissolve asymmetrically by dragging it to a new position. This means you don't have to settle for the Centered, Start At Cut, and End At Cut options. You can drag the position of a transition effect directly on the Timeline too.

8 In the Effect Controls panel timeline, hover the pointer over the middle part of the vertical black line that crosses all three layers (the two video clips and the transition effect between them). The line is the edit point between the two clips. If your pointer is correctly positioned, it will change to the red Rolling Edit tool.



This edit line is close to the left edge of the effect, so you might want to zoom in to the Effect Controls panel timeline to conveniently make adjustments.

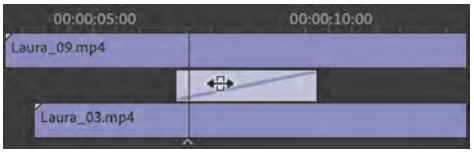
In the Effect Controls panel, the Rolling Edit tool lets you reposition the timing of an edit between two clips by dragging the edit line.

Tip: You may need to move the playhead out of the way—earlier or later—to see the edit point between two clips in the Effect Controls panel timeline.

9 Still in the Effect Controls panel, drag left and right with the Rolling Edit tool. As you do, you're changing the timing of the cut. The Out point of the clip on the left of the edit and the In point of the clip on the right of the edit update in the Timeline panel when you release the drag. This is a form of *trimming*.

You'll explore trimming in more detail in Lesson 8, "Editing Video—Advanced Techniques."

10 Move the pointer over the transition to the left or right of the edit line in the Effect Controls panel, and the pointer changes to the Slide tool. If there is a blue line, it's the time ruler playhead.



Using the Slide tool changes the start and end points of the transition without changing its overall duration. Unlike using the Rolling Edit tool, moving the transition rectangle by using the Slide tool does not change the edit point between the two sequence clips. Instead, it changes the timing of the transition effect.

11 Use the Slide tool to drag the transition rectangle left and right and compare the results.

Using a Morph Cut effect

Morph Cut is a special transition effect that aims to be invisible. It's designed to help with "talking head" video interviews, where a single speaker looks in the direction of the camera. If your subject pauses a lot or there is inappropriate content in the footage, you may want to remove a section of the interview.

This would normally produce a jump cut (when the image seems to jump suddenly from one piece of content to another), but with media that changes very little over time, and a little experimentation, the Morph Cut effect might yield an invisible transition that seamlessly hides what you have removed. Let's try it.

1 Open the sequence Morph Cut. Play the beginning of the sequence.

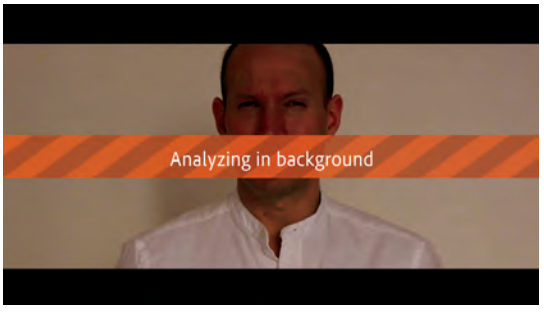
This sequence has one clip, with a jump cut near the start. It's a small jump cut but enough to jar the audience.

2 In the Effects panel, look in the Video Transitions > Dissolve group for the Morph Cut effect. Drag this effect to the join between the two clips.

The Morph Cut transition effect begins by analyzing the two clips. If the playhead is over the transition effect, you'll see a banner across the screen while the analysis takes place, but you can continue to work on your sequence without waiting.

Depending on your media, you may achieve improved results with the Morph Cut transition effect by experimenting with different durations.

3 Double-click the Morph Cut transition effect to display the Set Transition Duration dialog box. Change the duration to **16** frames (you can double-click any transition effect to access this setting).



4 When the analysis is complete, press Return/Enter to render the effect (if your system requires it) and play a preview.

The result is not perfect, but it's close, and it's unlikely an audience will notice the join.

Dealing with inadequate (or nonexistent) head or tail handles

If you try to extend a transition for a clip that doesn't have enough frames in the handle for the new duration of the effect, the transition still appears but has diagonal warning bars through it. This means Premiere Pro is using a freeze frame to

extend the duration of the clip. The last available frame is held onscreen to complete the transition effect.

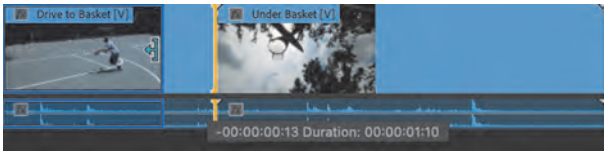
You can adjust the duration and position of the transition to resolve the issue.

1 Open the sequence called Handles.

2 Locate the edit between the two clips.

These two sequence clips have no heads or tails. You can tell this immediately because of the little triangles in the corners of the clips; a triangle indicates the first or last frame of the original clip.

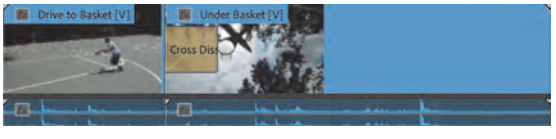
3 Select the Ripple Edit tool in the Tools panel, and use it to drag the right edge of the first clip to the left (begin dragging just to the left of the cut between the two clips). Drag to shorten the duration of the first clip to about 1:10, and then release. A tool tip appears while you trim to show the new clip duration.



The clip to the right of the edit point ripples (moves) left to close the gap. Notice that the little triangles at the end (the right edge) of the clip you just trimmed are no longer present.

4 Drag the Cross Dissolve transition effect from the Effects panel onto the edit point between the two clips.

You'll discover that you can drag the transition onto the right side of the edit but not the left. That's because there's no handle available at the beginning of the second clip to create a dissolve that overlaps the end of the first clip without using freeze frames.



5 Press the V key to select the Selection tool, or click to select the tool in the Tools panel. In the Timeline panel, click the Cross Dissolve transition once to select it. You may need to zoom in to make it easier to select the transition.

6 In the Effect Controls panel, set the duration of the effect to **1:12**.

The clip handle is not long enough to create this effect; the diagonal lines on the transition, both in the Effect Controls panel and in the Timeline panel, indicate Premiere Pro automatically added a freeze frame to fill the duration you set.

7 Play the transition to see the result.

8 In the Effect Controls panel, change the alignment of the transition to Center At Cut.

9 Drag the Timeline panel playhead slowly through the transition and watch the result.

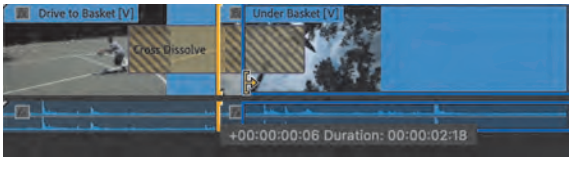
- For the first half of the transition (up to the edit point), the B clip is a freeze frame, while the A clip continues to play.
- At the edit point, the A clip and the B clip start to play.
- After the edit, a short freeze frame is used.

There are several ways to fix this kind of issue.

- You can change the duration or timing of the transition effect.
- You can drag the edit in the Timeline panel using the Rolling Edit tool (click and hold the Ripple Edit tool in the Tools panel to access it) to change the timing of the transition in the Timeline panel. Be sure to drag the edit between the clips and not the transition effect. This won't necessarily remove all the freeze frames, but it may improve the overall result.

Note: The Rolling Edit tool lets you move the transition earlier or later but does not change the overall length of the sequence because it extends one clip while shortening another.

- You can drag one side of the edit in the Timeline panel using the Ripple Edit tool to shorten a clip, increasing the length of the handle. Again, be sure to click the edit between the clips and not the effect icon.



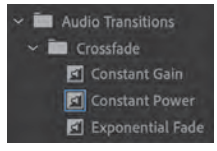
You'll learn more about the Rolling Edit and Ripple Edit tools in Lesson 8. For now, make sure you have the Selection tool selected.

Adding audio transition effects

Audio transitions can dramatically improve a sequence's soundtrack by removing unwanted audio pops or abrupt edits. Audiences are usually much more aware of inconsistency in the soundtrack than they are of the overall quality of the soundtrack, and crossfade transitions can have a big impact in smoothing variation between clips.

Creating a crossfade

There are three styles of crossfade.



- **Constant Gain:** The Constant Gain crossfade (as its name implies) transitions audio by using a constant audio gain (volume) adjustment between the clips. Although this transition can lead to a slight perceived dip in the audio level for the listener, some editors find it useful. It's most useful in situations where you do not want much blending between two clips but rather more of a dip out and in between the clips.
- **Constant Power:** This is the default audio transition. It creates a smooth, gradual transition between two audio clips. The Constant Power crossfade works in a similar way to a video dissolve. The outgoing clip fades out slowly at first and then faster toward the end of the clip. For the incoming clip, the opposite occurs—the audio level increases quickly at the start of the incoming clip and more slowly toward the end of the transition. This crossfade is useful in situations where you want to blend the audio between two clips, without a noticeable drop in level in the middle.
- **Exponential Fade:** The Exponential Fade transition creates a fade between clips. It uses a logarithmic curve to fade out and fade up audio. Some editors prefer the Exponential Fade transition when performing a single-sided transition (such as fading in a clip from silence at the start or end of a program).

Applying audio transitions

There are several ways to apply an audio crossfade to a sequence. You can, of course, drag an audio transition effect just as you would a video transition effect, but there are also useful shortcuts to speed up the process.

Audio transitions have a default duration, measured in seconds or frames. You can change the default duration by choosing Premiere Pro > Settings > Timeline (macOS) or Edit > Preferences > Timeline (Windows).

Let's take a look at the three methods for applying audio transitions.

1 Open the sequence called Audio and switch to the Selection tool.

The sequence has several clips with audio.

2 Play the sequence to review the contents.

3 Open the Audio Transitions > Crossfade group in the Effects panel.

4 Drag the Exponential Fade transition to the start of the first audio clip.

5 Right-click the right edge of the last clip in the sequence and choose Apply Default Transitions.

A default video transition and default audio transition are added to the end of the clip.

Note: To add only an audio transition, hold Option (macOS) or Alt (Windows) when right-clicking to select only the audio clip.

6 You can change the length of any transition by dragging its edge in the Timeline. Drag to extend the audio transition you just created, and then listen to the result.

To polish the project, next you'll add an opening Cross Dissolve transition effect to the video clip at the beginning of the sequence. Press Esc to deselect the transition effect you just adjusted.

Tip: When using keyboard shortcuts to apply transition effects, Premiere Pro uses track targeting or clip selection to work out where exactly the effects should be applied.

7 Move the playhead near the beginning of the sequence, and press Command+D (macOS) or Ctrl+D (Windows) to add the default video transition.

You now have a fade from black at the beginning and a fade to black at the end. Now let's add a series of short audio dissolves to smooth out the sound mix.

8 Ordinarily, making a marquee selection in the Timeline panel would select clips, but you can override this by holding a modifier key and select edits instead.

Note: The selection of clips does not have to be contiguous in the Timeline panel. You can Shift-click clips to select individual clips in a sequence.

Using the Selection tool, while holding Command+Option (macOS) or Ctrl+Alt (Windows), drag a marquee selection over all of the audio edits between the clips on track Audio 1, being careful not to select any video clips—drag from below the audio clips to avoid accidentally selecting items on the video track.

Holding Command/Ctrl allows you to select edits rather than clips. Holding Option/Alt temporarily unlinks the audio clips from the video clips to isolate those edits while making a selection.

9 Press Shift+D to apply the default transition effect to all selected clips. You exclusively selected audio clips, so Premiere Pro knows to add only audio transition effects.

You could have pressed Shift+Command+D (macOS) or Shift+Ctrl+D (Windows), which is the shortcut to add an audio-only transition. This is useful if you have selected both video and audio clips and want to apply audio transition effects only.

Command+D (macOS) or Ctrl+D (Windows) applies the default video-only transition.

10 Deselect the transitions by clicking an empty area of the Timeline panel or by pressing Escape. Play the sequence to see and hear the changes you have made.

11 Choose File > Close to close the current project. Click Yes to save the file if you are prompted.

It's common for audio editors to add one-frame or two-frame audio transitions to every cut in a sequence to avoid jarring pops when an audio clip begins or ends. If you set the default duration for audio transitions to two frames, you can select multiple clips and then choose Sequence > Apply Audio Transition to quickly smooth your audio mix.

Note: If you'd like more transition effects, check the Adobe website. Visit *helpx.adobe.com/premiere-pro/plug-ins.html*. There, you'll find several third-party effects to explore.

Tip: You could choose Apply Audio Transition from the Sequence menu to add transitions exclusively to audio clips, but if you have already chosen audio-only clips, there's no need, as the default transition option will have the same effect.

Review questions

1. How can you apply the default transition to multiple clips in a sequence?
2. In the Effects panel, how can you locate a transition effect by name?
3. How do you replace one transition with another?
4. What are three ways to change the duration of a transition?
5. What is an easy way to gradually increase the audio level at the beginning of a clip?

Review answers

1. Select the clips, and choose Sequence > Apply Default Transitions To Selection.
2. Start typing the transition name in the search box in the Effects panel. As you type, Premiere Pro displays all effects and transitions (audio and video) that have that letter combination anywhere in their names. Type more letters to narrow your search.
3. Drag the replacement transition on top of the transition you're rejecting. The new transition inherits the timing of the effect it replaces (but not other settings, like border colors).
4. Use the Selection tool to drag the edge of the transition icon in the Timeline, do the same thing in the A/B timeline display in the Effect Controls panel, or change the Duration value in the Effect Controls panel. You can also double-click the transition icon in the Timeline panel and change the Duration value in the dialog box that appears.
5. Apply an audio crossfade transition to the beginning of the clip.

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