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Adobe® Premiere® Pro CC

Quick Start Guide for Media Composer and Final Cut Pro Users

Switching to the enhanced video-editing power of Adobe Premiere Pro CC is now easier than ever. Adobe Premiere Pro CC is a natural and familiar transition for editors currently working with another editor such as Apple Final Cut Pro 7 or Avid Media Composer. Use the traditional editing paradigms you are used to, while leveraging real-time playback, accelerated rendering, and faster encoding.

Get started quickly

Launch Adobe Premiere Pro CC and select “New Project.” In the New Project Dialogue box select the location where you want to store your project and give it a name. By default all media you capture from tape or other live sources, along with previews, are stored in the Project folder. All file-based media you import is kept in its original location.

After importing your media there are several ways to create a new sequence to get started. You can right click on any piece of footage and choose “New Sequence from Clip.” Adobe Premiere Pro will automatically build a sequence optimized for the media. Alternatively, you can drop a clip into the empty timeline. Adobe Premiere Pro will make the best match for the footage.

Moving a project from Final Cut Pro or Media Composer into Adobe Premiere Pro is simple!





1. From Final Cut Pro, export an XML file. From Media Composer, export an AAF file and make sure to choose AAF Edit Protocol and Link to existing media. Close the source project.
2. In Adobe Premiere Pro, select File >Import.
3. Browse to the XML or AAF file, and click Open and relink footage. Premiere Pro will import Final Cut Pro’s most common filters and transitions. It will also import dissolves and audio keyframing from Media Composer for each sequence. (NOTE: Native MXF Avid media can reconnect varying on codec. Premiere Pro also supports Avid DNxHD media natively.)

Importing Made Easy

The Media Browser allows you to easily import virtually any video format without transcoding and edit it natively. Adobe Premiere Pro supports all industry standard file based media, such as XDCAM, RED, ArriRAW, DSLR footage, and pretty much anything else you can think of. To import files using the Media Browser, select the Media Browser Panel in the lower left quadrant, navigate to the files you want to import, select the files, and right-click and choose “Import” or drag the clip thumbnails to the Project panel.

Timeline Colors Demystified

Here is a key to decoding timeline colors.

	Playback will play directly from the original source media file. Playback at full quality is certain to be in real time.
	A render preview will be used.
	Playback will probably be in real time.
	Playback may or may not be in real time

If you have a fast computer, then a lot of things marked with red may play back in real time; if you have a slow computer, then some things marked with yellow may need to be rendered to preview files before the segment can be played in real time.

Customizing the keyboard

You can easily customize and discover additional keyboard shortcuts by accessing the Keyboard Shortcut dialogue box.

On a MAC: It is located under the Adobe Premiere Pro Menu > Keyboard Shortcuts.

On a PC: It is located under the Edit > Keyboard Shortcuts.

In addition, presets for Final Cut Pro 7 or Avid Media Composer shortcuts help make you quickly feel right at home.

Bonus Tip












The Accent Grave ` key can maximize a panel to full screen, and a second press will return the panel to its original size.

Project Commands	Mac/Windows
New Project	Cmd-Opt-N / Ctrl-Alt-N
New Sequence	Cmd-N / Ctrl-N
New Bin	Cmd-/ (forward slash) / Ctrl-/ (forward slash)
Import	Cmd-I / Ctrl-I
Import From Media Browser	Cmd-Opt-I / Ctrl-Alt-I

Timeline commands	Mac/Windows
Next Clip	Down Arrow
Previous Clip	Up Arrow
Start of Sequence	Home
End of Sequence	End
Snapping	S
Zoom In	=
Zoom Out	-
Zoom to Sequence	\ (Backslash Key)
Match Frame	F

Playback and marking clips	Mac/Windows
Start/stop	Spacebar
Dynamic Playback	J-K-L
Mark In	I
Go to In	Shift-I
Clear In	Opt-I / Ctrl-Shift-I
Mark Out	O
Go to Out	Shift-O
Clear Out	Opt-O / Ctrl-Shift-O
Mark Clip	Shift-/

Trimming	Mac/Windows
Add Edit	Cmd-K / Ctrl-K
Add Edit to all Tracks	Cmd-Shift-K / Ctrl-Shift-K
Delete Clip	Delete
Ripple Delete	Opt-Delete / Alt-Delete
Open Trim Monitor	T
Change Trim Type	Ctrl-T / Shift-T
Trim Backward	Opt-Left Arrow / Ctrl-Left Arrow
Trim Backward Many	Opt-Shift-Left Arrow / Ctrl-Shift-Left Arrow
Trim Forward	Opt-Right Arrow / Ctrl-Right Arrow
Trim Forward Many	Opt-Shift-Right Arrow / Ctrl-Shift-Right Arrow
Extend	E

Tools	Mac/Windows
Selection Tool	V 
Track Select Tool	A 
Ripple Edit Tool	B 
Rolling Edit Tool	N 
Rate Stretch Tool	X 
Razor Tool	C 
Slip Tool	Y 
Slide Tool	U 
Pen Tool	P 
Hand Tool	H 
Zoom Tool	Z 

Effects	Mac/Windows
Paste Attributes	Opt-Cmd-V / Alt-Ctrl-V
Change Speed	Cmd-R / Ctrl-R
Apply Default Video Transition	Cmd-D / Ctrl-D
Apply Default Audio Transition	Cmd-Shift-D / Ctrl-Shift-D

Common Panels	Mac/Windows
Project	Shift-1
Source Monitor	Shift-2
Timeline	Shift-3
Program Monitor	Shift-4
Effect Controls	Shift-5
Audio Mixer	Shift-6
Effects	Shift-7
Media Browser	Shift-8



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