

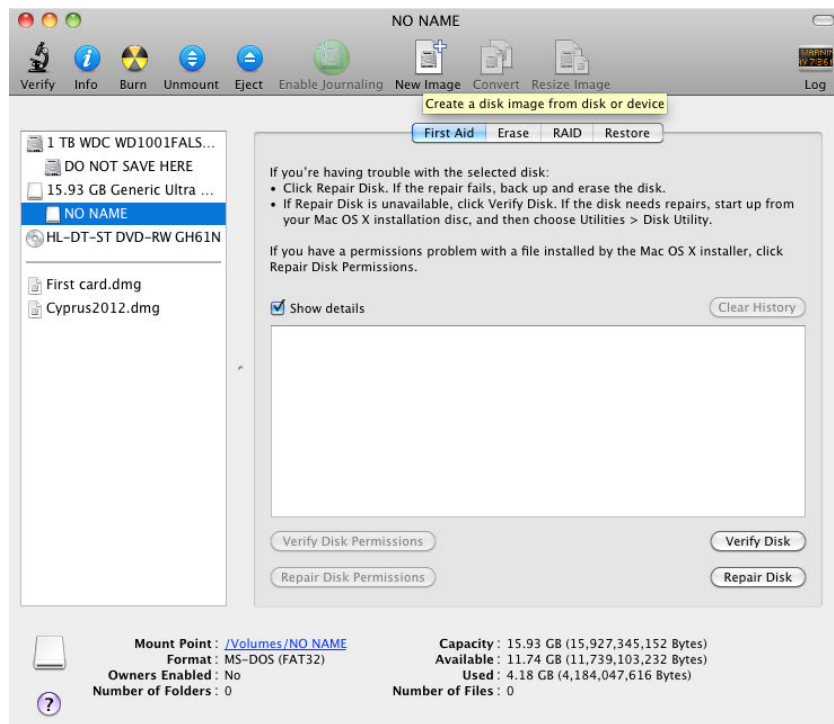
Importing footage from cards

Most cameras that record onto solid state cards or drives do so in a heavily compressed format, thereby giving you more recording time. The problem with that is that it makes editing the footage more cumbersome. The formats they use are fine for normal playback but skimming on the timeline and/or adjusting the footage, even slightly will cause problems. Clips from some cameras will import straight into FCP 7 but will require rendering as soon as you put them on the Timeline and EVERY time you change anything. This isn't very efficient, so it is best to convert the clips into something that FCP 7 likes to work with: Apple ProRes.

BEFORE YOU DO ANYTHING ELSE, BACK UP YOUR CARDS!

Many people copy the footage from their cards and then wipe them so they can carry on filming. What happens if the footage you have copied gets accidentally deleted? You've lost all of your hard work and have to re-shoot. Make sure you have at least TWO copies of your data, preferably in two DIFFERENT places (on the server and on your own hard drive is the best option)

To back up a drive, the best way is to open Disk Utility (in Applications > Utilities folder), select the card on the left panel and then, at the top, choose New Image.



Give the new disk image a sensible name, choose your Documents folder (or a sub-folder within it) and hit the **Save** button.

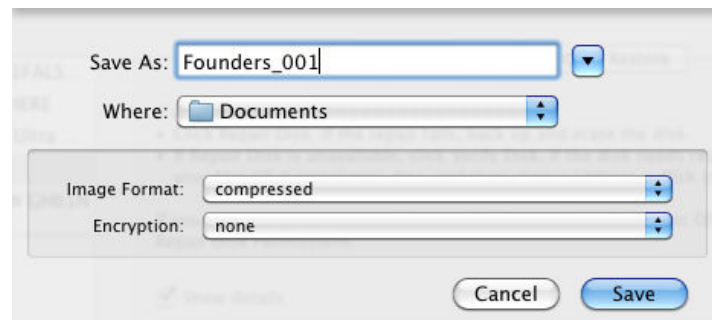


Figure 10

Once you have created a disk image, you can eject your card, double click the new disk image (.dmg file) and convert your clips from there.

MPEG/MOV(H.264)

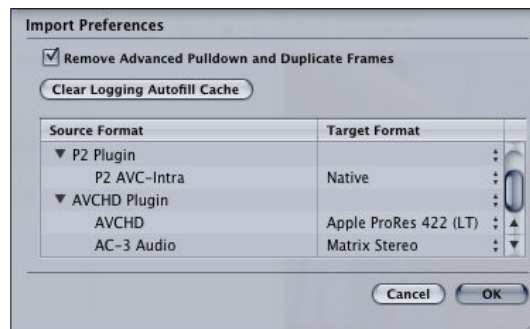
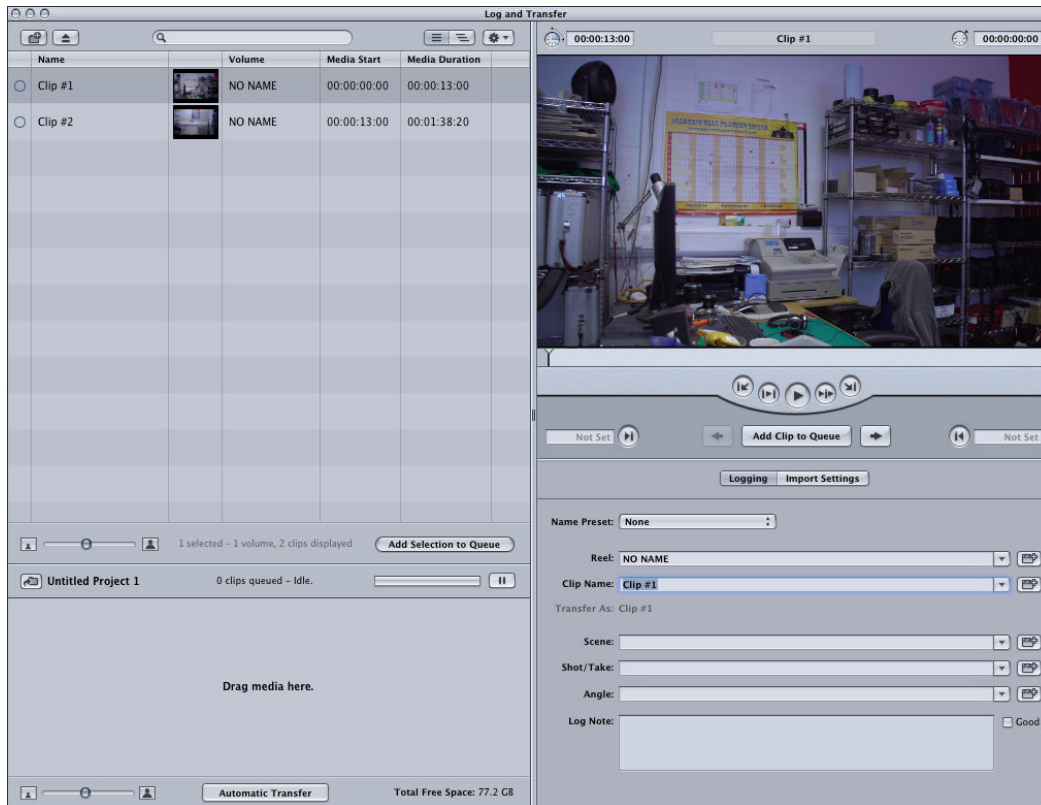
If your camera records in MPEG4 (MP4) or MOV with an H.264 codec, use **MPEG StreamClip** (in the Applications folder) to convert them to Quicktime movies:

- Launch **MPEG StreamClip**.
- Go to the **List Menu** & choose **Batch List (CMD-B)**.
- Click the **Add Files** button and then locate all of the files you wish to convert.
- You will be asked to choose a Task. Select **Export to Quicktime**.
- Select a location where the converted files will go (somewhere in your Documents folder)
- You will see a screen with lots of settings.
- For most projects, choose **Apple ProRes 422 (LT)** from the Compression drop-down menu.
- If you will be doing any chroma-keying or strong colour correction, you may be better choosing just **Apple ProRes 422** (i.e. without the LT bit) but this takes up more space on your drive.
- Set the quality to **100%** and Audio to **Uncompressed**.
- Choose the Frame Size that says **(unscaled)** after it (unless you need to resize the footage to match other clips you already have).
- Untick **Interlaced Scaling** if you have shot in a *Progressive* format.
- Click the **To Batch** button; you will then see a screen with the batch list of clips. Click **Go**.
- Once the clips have been converted, you can import them into FCP7.

AVCHD

If your camera records in AVCHD, you can use **Log & Transfer** in FCP7 to import and convert them.

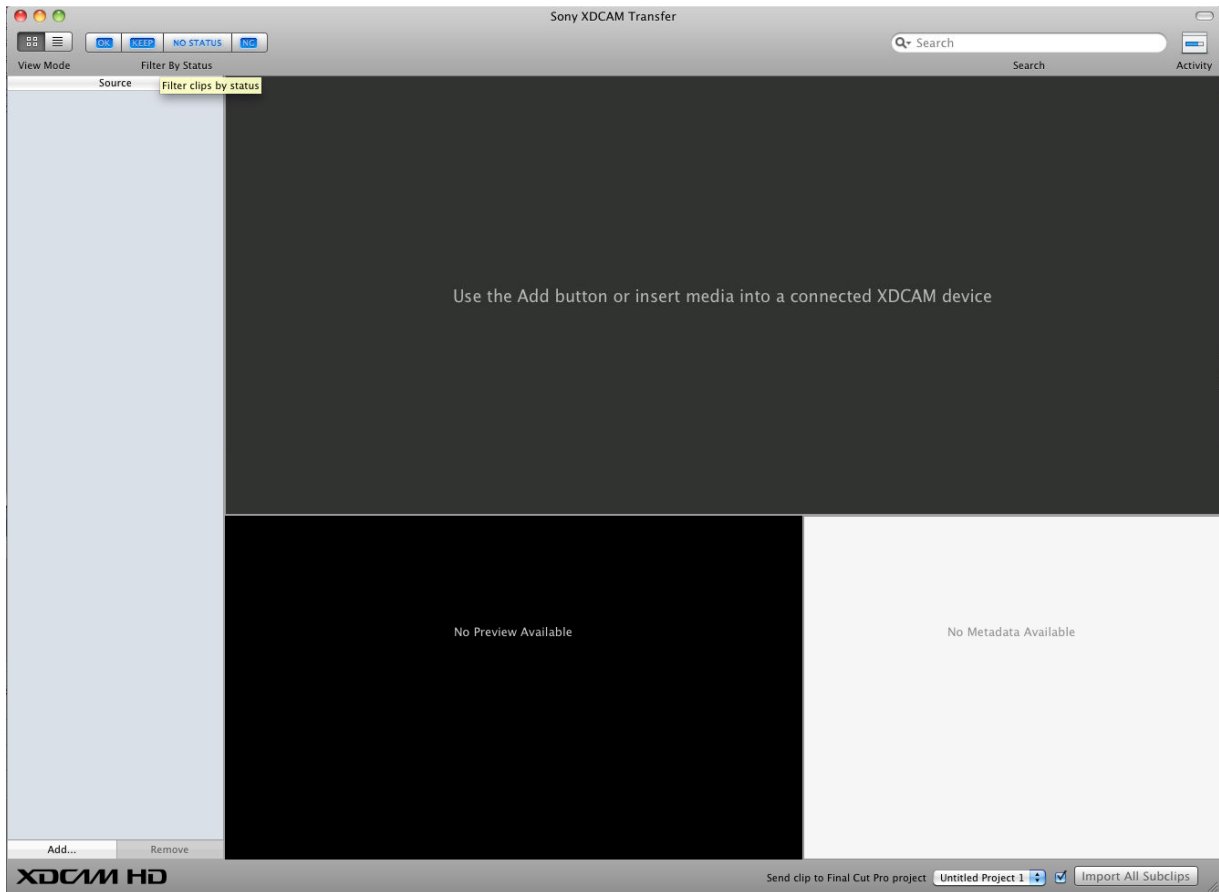
- Ensure the disk image is open or you have the card in the card reader.
- Open FCP 7.
- In the File menu, select **Log & Transfer**.
- You should see a list of the clips that are on your card/disk image.
- Click the gear button at the top of this window and choose **Preferences**.
- Scroll down to the AVCHD setting and choose **Apple ProRes 422 (LT)**.
- You can view the clips in the left panel and mark IN and OUT points so that you only import what you need. Please don't just import EVERYTHING, it wastes space on the server and means you have to do a lot more searching around *while* you are supposed to be editing.
- You can also name your clips in this window and add notes etc.
- Select the clips you wish to use and drag them into the lower panel. Once in here, they start converting immediately.
- If you wish, you can minimise this window now and start working in FCP 7 with the footage as soon as it appears in your project.



Sony XDCAM

If you have shot on one of our Sony PMW-100 cameras, your footage will be in MXF format.

- Ensure the disk image is open or you have the card in the card reader.
- Open FCP 7.
- Go to the **File** menu & choose **Import > Sony XDCAM**.
- If it is the first time you have run this application, it will ask you for locations of files etc. The only one that you need to pay attention to is the Import Location. That is where it will store the converted files, defaulting to `Movies/SonyXDCAM Transfer`. If you want the files in your Documents folder, change that location.
- A new window will appear (figure 13)
- Click the **Add...** button in the bottom left and navigate to the disk and then, through PRIVATE to the SONY folder
- Thumbnails of your shots will appear, you can select and view the clips and mark the sections you want and/or add log notes etc.
- Choose the clips you need, then in the bottom right, choose the project you wish the clips to be imported into and click **Import**



Getting proper slow motion from GoPro camera

If you try to import GoPro footage into FCP 7 & then slow it down, you will find that it is not smooth, even when it was shot at 50fps. It needs to be converted properly to get real slo-mo.

Firstly, set the camera up to record 50fps (either 1080 or 720).

Shoot your footage.

Use MPEG Streamclip (in Applications folder) to convert to ProRes 422 (LT) (100% quality)

Open Cinema Tools (in Applications folder).

Import the converted file, then click the **Conform** button.

Choose new frame rate (25fps) & click **Conform**.

The file is converted instantly. You can now import this into FCP 7.

Appendix

List of cameras, formats & methods of converting

Canon DSLR	MOVs with H.264	MPEG Streamclip
Nikon DSLR	MOVs with H.264	MPEG Streamclip
Sony DSLR	Either AVCHD or MPEG4	Use Log & Transfer for AVCHD or MPEG Streamclip for MPEG4
Sony FS100	AVCHD	Log & Transfer
Sony NEX-5n	Either AVCHD or MPEG4	Use Log & Transfer for AVCHD or MPEG Streamclip for MPEG4
GoPro	MPEG4	MPEG Streamclip
Sony PMW-100	XDCAM	Import > Sony XCAM