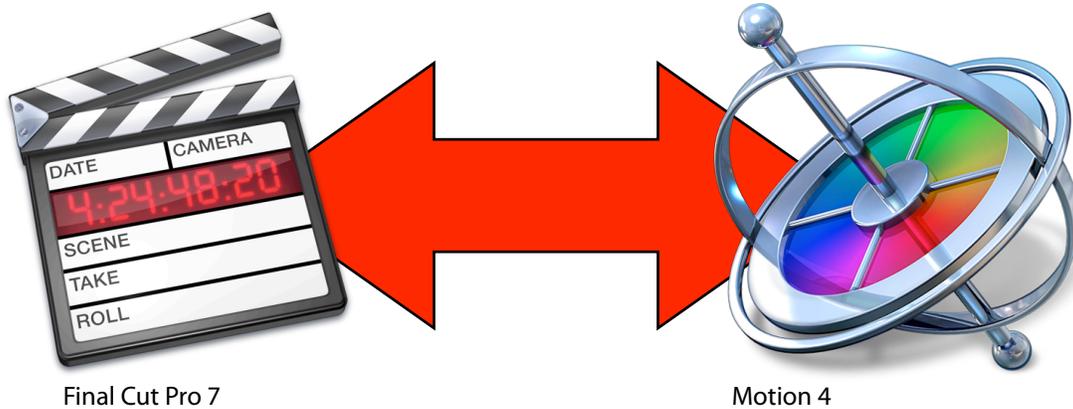


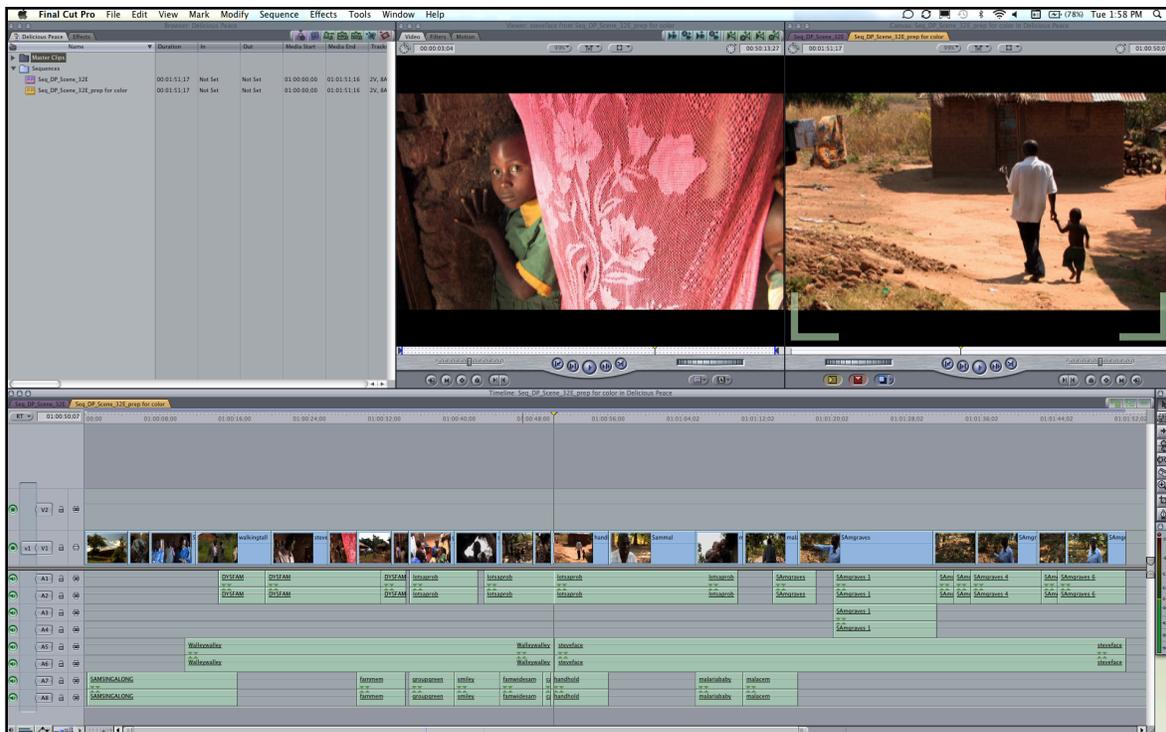
Using Motion with Final Cut Pro

Since 2004 *Apple* has bundled **Motion** and **Final Cut Pro** together. This has given the Final Cut editor a wide variety of motion graphics options to enhance their sequences. There are several ways to use **Motion** alongside **Final Cut Pro**.



The first way is the ability to create a motion project using a video clip in a Final Cut Pro sequence. We do this by sending a clip or a series of clips from **Final Cut** to **Motion**.

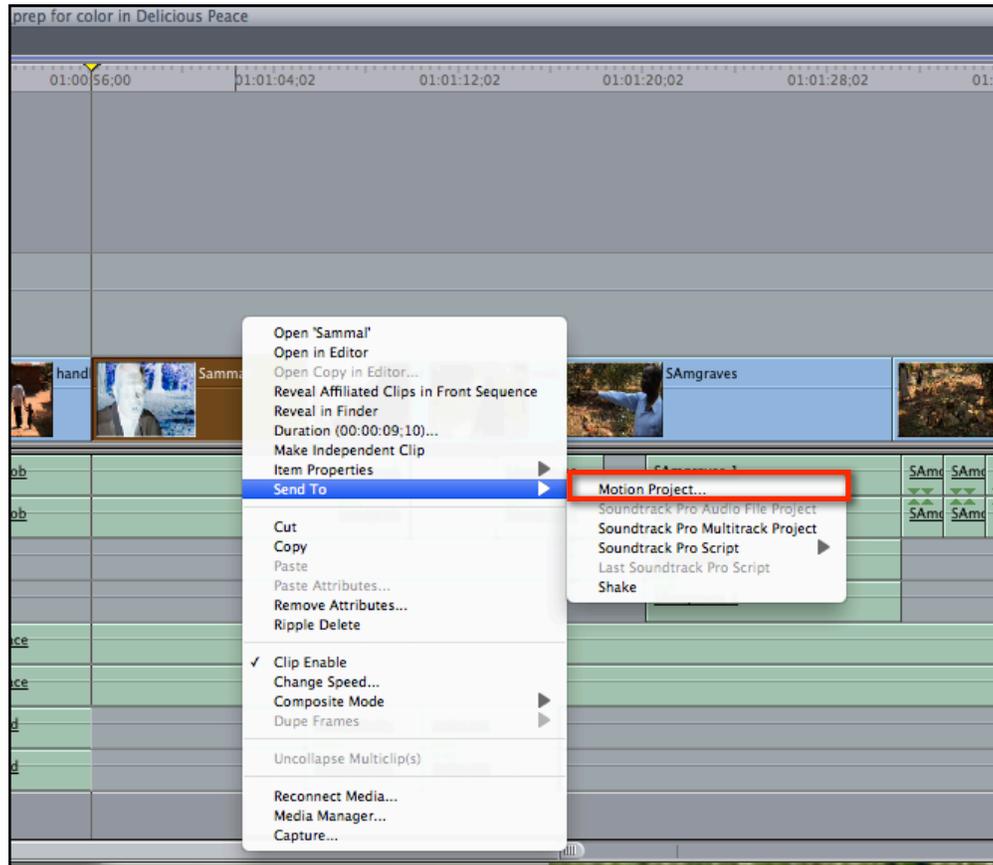
Let's give it a try. I will be using a sequence from the documentary *Delicious Peace Grows in a Ugandan Coffee Bean*. (www.deliciouspeacethemovie.com)



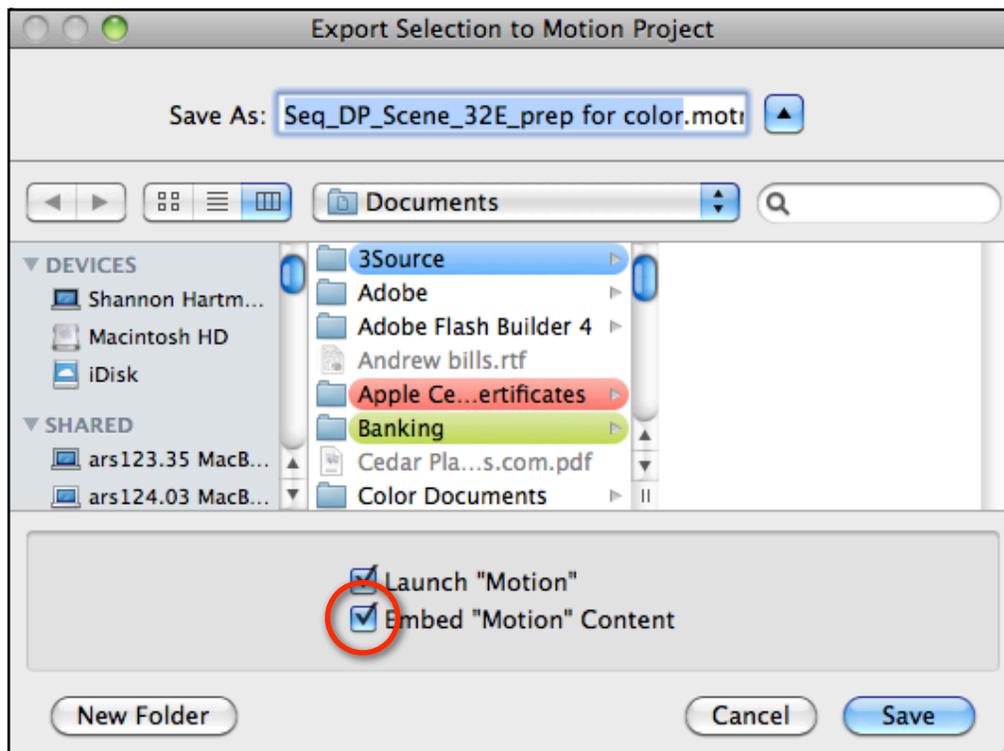
Open Project in FCP

Using Motion with Final Cut Pro

Select the Clip or Clips in your timeline that you wish to work with, *Right click* or, from a Notebook, **Control + Click** on the clip. Select "Send To", then "Motion Project".



The *Export Selection to Motion Project* window then appears. Name your file accordingly.



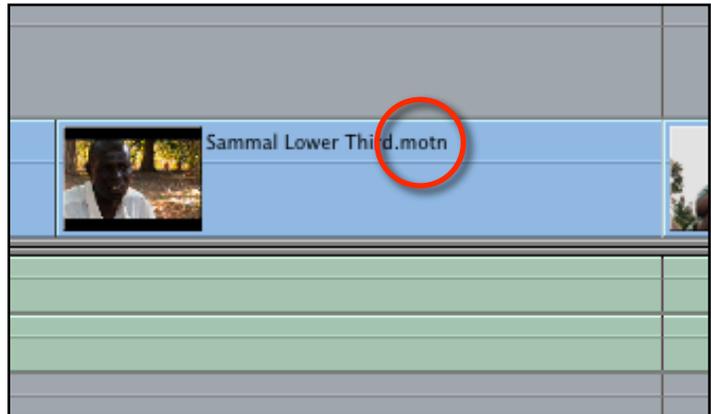
Using Motion with Final Cut Pro

You will notice two check boxes at the bottom of the window. The first **Launch “Motion”** or what I like to call the “Duh” checkbox, and the **Embed “Motion” Content**. This we need to explore in greater detail.

I will recommend you only **Embed “Motion” Content** if you have locked picture. This can cause some issues that are beyond the scope of this article. So for now, take my word for it. However, let’s see what happens when we send a clip to Motion with this checkbox enabled.



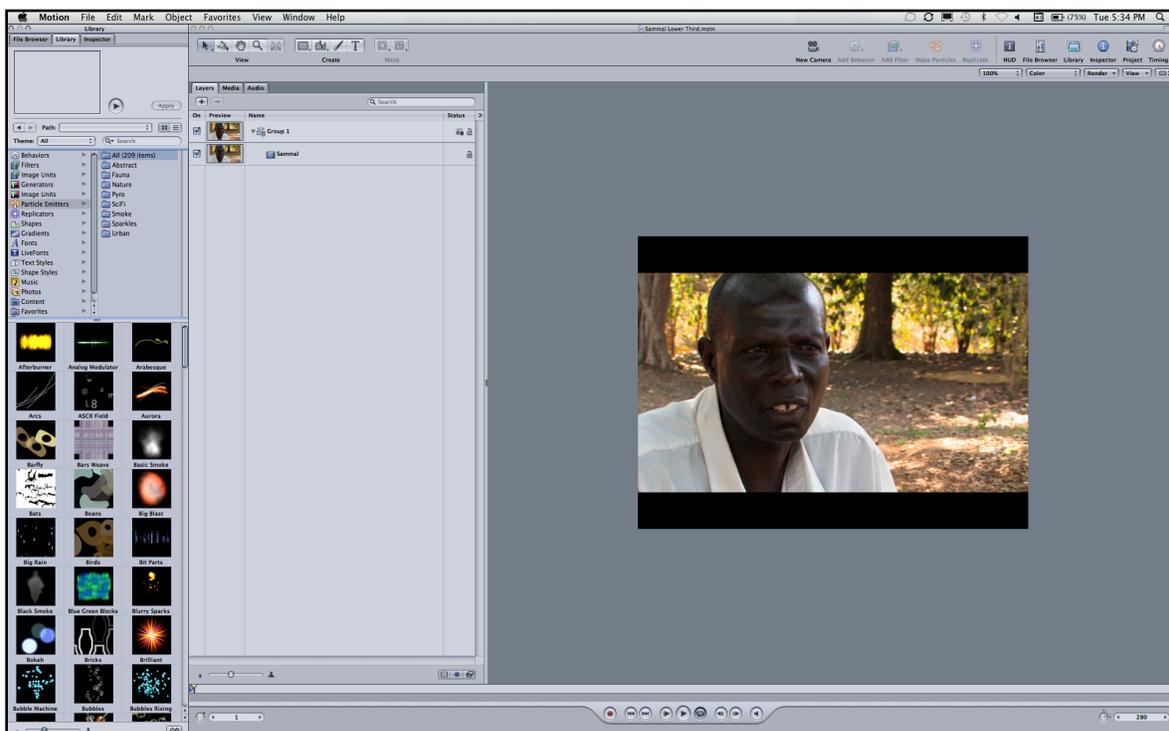
Original Clip



Motion Project embedded in the timeline

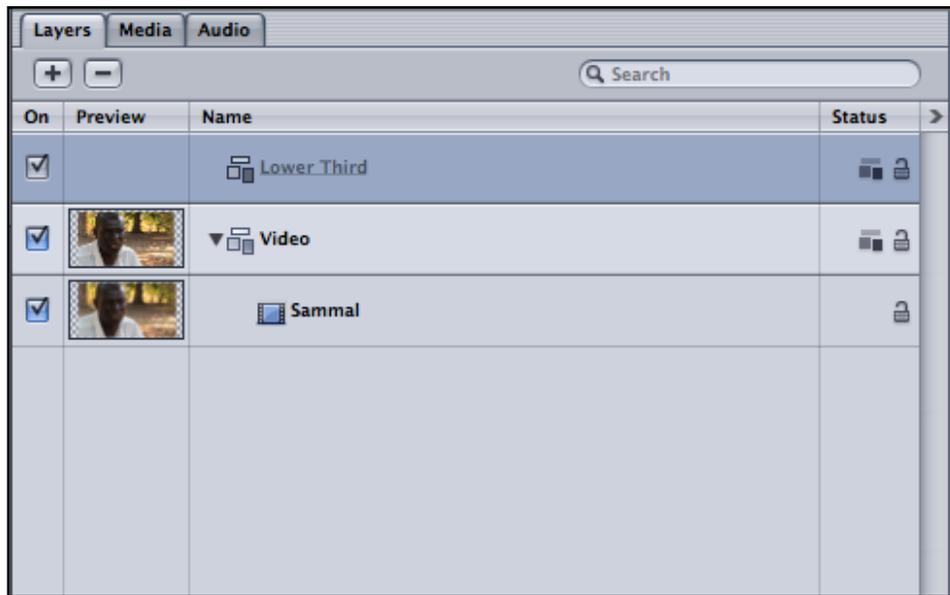
In the Final Cut timeline you will see that the clip is replaced by a Motion Project and the file has the **.motn** extension.

Over in Motion the clip opens up in the canvas. Hit the F5 Key to open our Layers tab.



Using Motion with Final Cut Pro

It is always a good rule of thumb to start by naming your layers. I will name the layer "Video" for now. Click the Plus sign in the layers tab to add a new layer and name it "Lower Third".

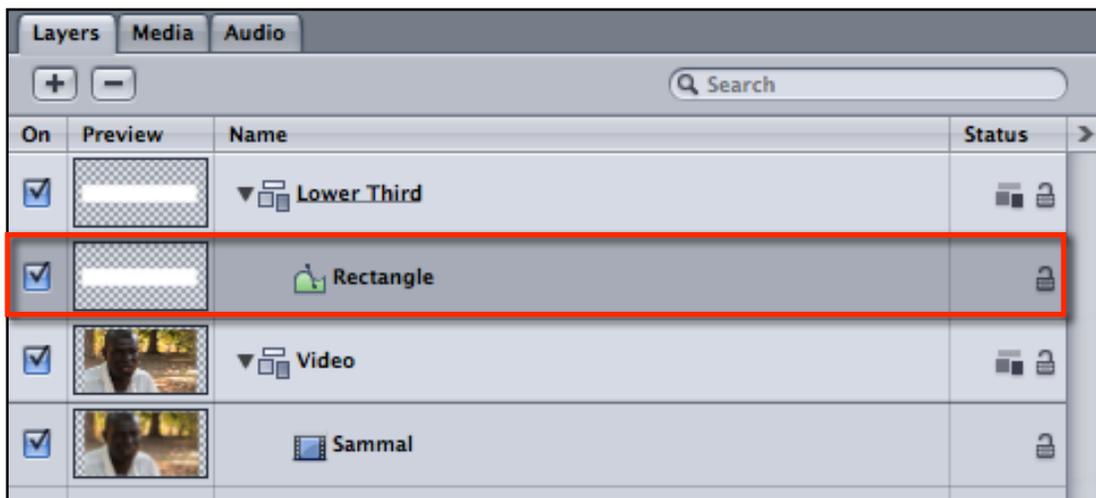


Layers Tab



Rectangle Tool (R)

I will select the **Rectangle Tool** (*keyboard shortcut of R*) and draw a box along the lower third of the canvas.

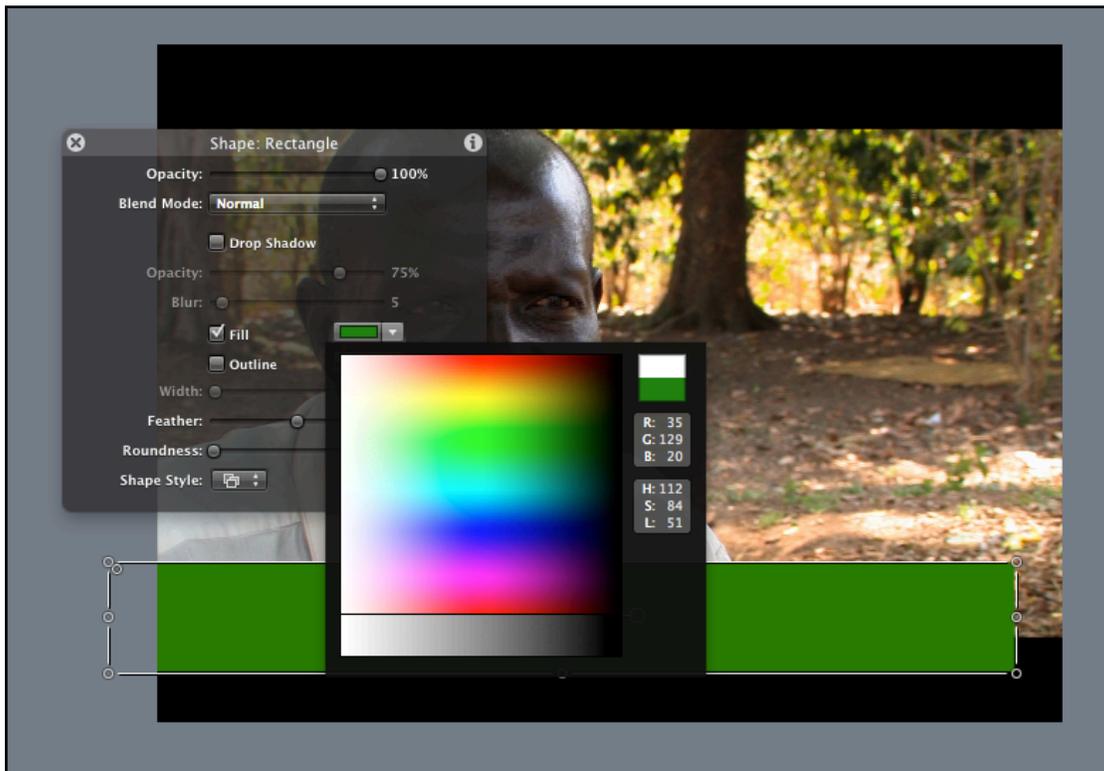


New Shape is added in the Layers Tab

Using Motion with Final Cut Pro

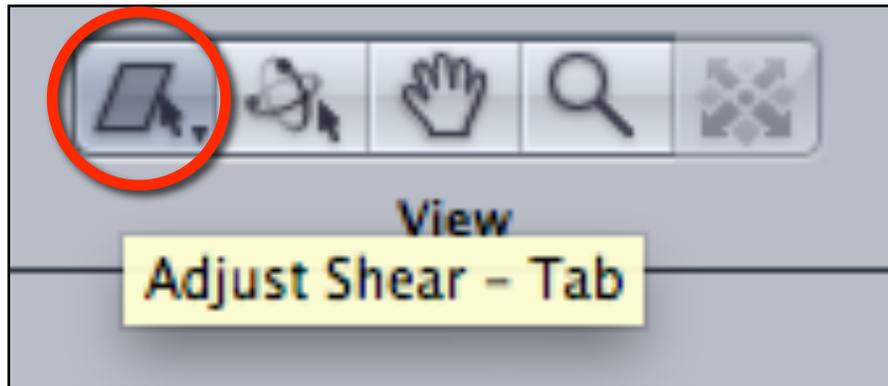


With the layer selected, hit **F7** to open the **HUD** and change the fill color to a color of your liking.

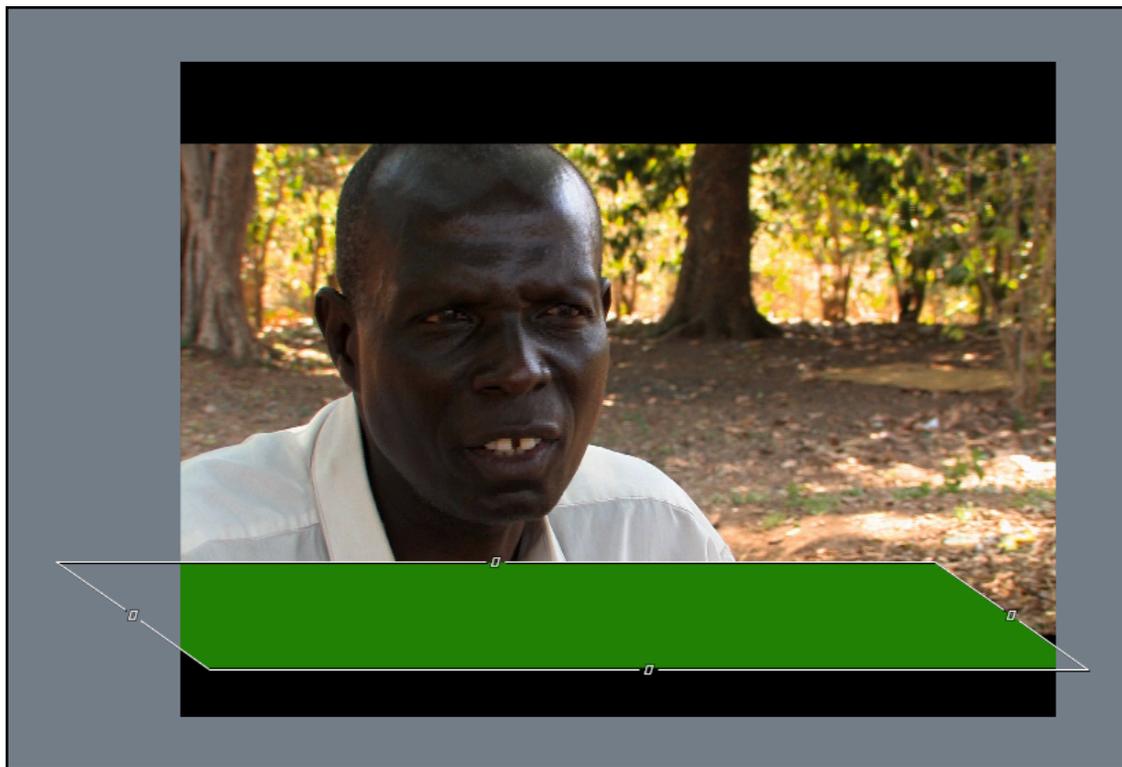


Motion's HUD

Using Motion with Final Cut Pro



Select the **Adjust Shear tool (Tab)**. Then adjust the shear of our rectangle until it looks something like the image below.



Feel free to reposition the rectangle to get the best composition. Now I'll add some text to identify the talent.

Using Motion with Final Cut Pro



Save your changes and **Command + Tab** back to Final Cut. The *Round-trip* is complete.

