

## The magic tempos

**From:** After Effects Apprentice 16: Creating a Medical Opening Title with [Chris Meyer](#) and [Trish Meyer](#)

<http://www.lynda.com/After-Effects-tutorials/magic-tempos/79644/120766-4.html>

## Spotting hit points in music

**From:** After Effects Apprentice 16: Creating a Medical Opening Title

<http://www.lynda.com/After-Effects-tutorials/Spotting-hit-points-music/79644/120767-4.html>

## Synchronizing effects to music

**From:** After Effects Apprentice 16: Creating a Medical Opening Title

<http://www.lynda.com/After-Effects-tutorials/Synchronizing-effects-music/79644/120791-4.html>

4. Dressing Up the Background	28m 38s
Adding background text	7m 9s
Creating wiggly lines	7m 47s
Adding vital signs to our world	5m 21s
<b>Synchronizing effects to music</b>	<b>8m 21s</b>

<ul style="list-style-type: none"><li>▶ Introduction 4m 34s</li><li>▼ 1. Preparing the Clip in Adobe Premiere Pro 8m 42s<ul style="list-style-type: none"><li>🔖 Placing markers and trimming the clip 6m 14s</li><li>🔖 Replacing the clip with an After Effects composition 2m 28s</li></ul></li><li>▼ 2. Adding Handle in After Effects 17m 46s<ul style="list-style-type: none"><li>🔖 Prepping the clip in After Effects 1m 51s</li><li>🔖 Audio fades 3m 22s</li><li>🔖 Time remapping the handle 3m 2s</li><li>🔖 Frame blending options 4m 44s</li><li>🔖 Speed ramping in the Graph Editor 4m 47s</li></ul></li><li>▶ Conclusion 4m 22s</li></ul>	<p>Watch the Online Video Course Premiere Pro and After Effects: Adding Handle to Sound Bites</p> <p>35m 24s <span>■■■</span> Intermediate <span>cc</span> Jan 02, 2014</p> <p>Viewers: 2,836 in 80 countries</p> <p>Whether you're editing a documentary film, a TV commercial, or a corporate video, you often need to focus on a specific sentence or phrase that's part of a longer, perhaps unscripted statement. However, the speaker doesn't always leave you enough room between phrases to cleanly extract the desired segment. In this quick course, Chris Meyer will show you how to select a clip in Adobe Premiere Pro or After Effects, and use a combination of time remapping, frame blending, and audio fades in After Effects to extend these pauses so that you'll have sufficient handle for crossfades or other transitions. This trick will allow you to rescue previously unusable sound bites and raise the production value of the final result.</p> <p>This course was created and produced by Chris and Trish Meyer. We are honored to host this content in our library.</p> <p><b>Subject:</b> <span>Video</span></p>
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