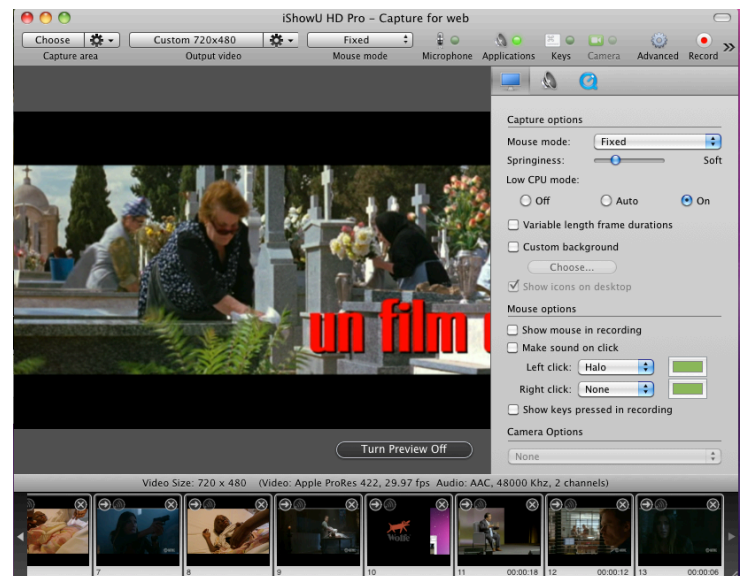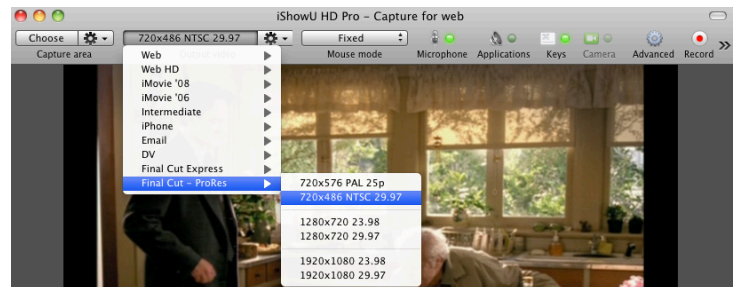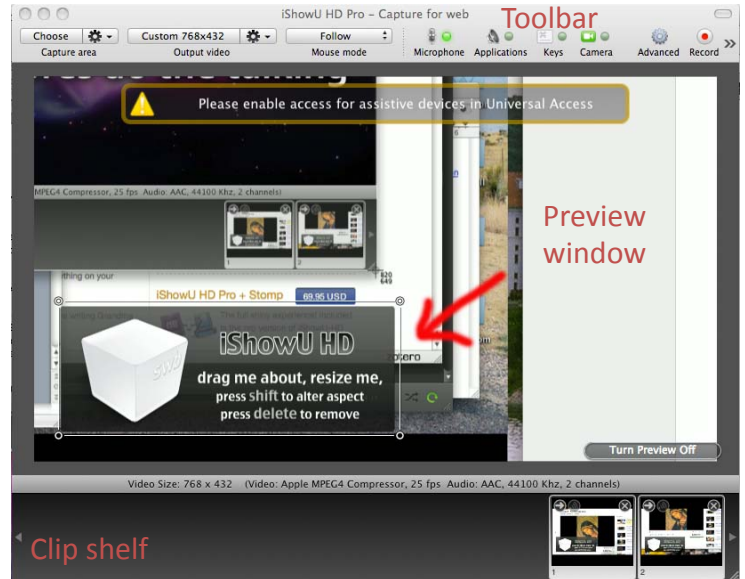# iShowU

iShowU allows you to "record" your computer screen. This program is primarily used for creating software tutorials and recording videos from the web and DVDs. This tutorial will show you the basics of recording a video from YouTube or a DVD in order to incorporate it into your Final Cut Pro X project.

- Open iShowU

1. Remove the watermark, simply click on the watermark and hit delete on your keyboard.

2. iShowU has a simple interface consisting of a Preview window, Tool bar and a clip shelf.

3. In the Toolbar set the Mouse mode to Fixed, then deselect Microphone, Keys and Camera, Application button should be green.

4. Click on the Output video button, from the pop out menu choose Final Cut – ProRes, then slide cursor over and choose 720 x 486 NTSC 29.97

3. Click the Advance button to access the advance settings. Under the Screen icon make sure that the Low CPU mode is on and the Variable length frame duration is deselected to prevent loosing audio & video sync.

You are now ready to record.

1. Insert DVD – press escape, display video at Actual size, navigate to desired scene (Note: queue desired scene selection to a few seconds before desired starting point) and pause the video
2. From the iShowU interface click on Choose and draw a box around the entire video (including any black that may be showing). Press Enter when selection is complete.
3. Press the red record button in iShowU and the play button on the DVD
4. When finished recording, click on the green iShowU HD progress button in the Main Menu bar and select stop capture.
5. The newly recorded video is will appear on the clip shelf and can be pulled from the shelf and onto the desktop, it is now ready to be imported into FCPX