

# Contents

<b>Introduction .....</b>	<b>xv</b>
About This Book .....	xv
Course Prerequisites .....	xvi
Course Organization and Sequence .....	xvi
Conventions and Symbols Used in This Book.....	xvii
The Avid Learning Partner Program.....	xvii
How Can I Learn More? .....	xx
<b>SECTION I</b>	
<b>Concepts and Exercises .....</b>	<b>1</b>
<b>Lesson 1. Background Information.....</b>	<b>3</b>
The Pro Tools Digital Audio Workstation.....	4
Audio Processing .....	4
MIDI Production.....	4
Notation and Scores.....	4
Mixing and Automation .....	5
Audio for Video Post-Production.....	5
Pro Tools History and Evolution.....	5
Roots in Digidrums.....	5
Digidrums Becomes Digidesign .....	6
Digidesign Merges with Avid Technology.....	7
Pro Tools in This Decade.....	8
Updates to Pro Tools 12.....	9
Audio Basics: Waveform, Frequency, and Amplitude.....	10
Waveform .....	10
Frequency .....	10
Amplitude.....	10
Recording and Playing Back Analog Audio.....	11
Converting Audio to Digital Format .....	11
The Importance of Sample Rate .....	11
The Importance of Bit Depth.....	12
Sample Rate, Bit Depth, and File Size.....	13
Recording in Digital Format.....	13
Pro Tools System Configurations.....	13
Software Options .....	13
Host-Based Systems Versus DSP-Accelerated Systems.....	14
Audio Interface Options.....	14
Cross-Platform Issues .....	16
Keyboard Commands.....	16
File-Naming Conventions .....	17
Review/Discussion Questions .....	18
<b>Exercise 1. Audio Interface Options.....</b>	<b>19</b>

<b>Lesson 2. Getting Started with Pro Tools.....</b>	<b>21</b>
Target Systems.....	22
Software Installation and Operation.....	22
Included Plug-Ins and Extras.....	23
Pro Tools Software Features.....	23
Pro Tools File Structure.....	24
File Organization.....	24
Session Components.....	24
Starting Pro Tools.....	26
Powering Up Your Hardware.....	26
Using the PACE iLok System.....	27
Launching Pro Tools.....	27
Accessing Connected Audio Devices.....	28
Optimizing Host-Based Pro Tools Performance.....	28
The Pro Tools Menu Structure.....	29
File Menu.....	29
Edit Menu.....	29
View Menu.....	29
Track Menu.....	30
Clip Menu.....	30
Event Menu.....	30
AudioSuite Menu.....	30
Options Menu.....	30
Setup Menu.....	30
Window Menu.....	31
Marketplace Menu.....	31
Help Menu.....	31
Main Pro Tools Windows.....	31
Edit Window.....	31
Mix Window.....	35
Transport Window.....	37
Additional Editor Windows.....	38
Review/Discussion Questions.....	40
<b>Exercise 2. Pro Tools Main Windows.....</b>	<b>41</b>
<b>Lesson 3. Pro Tools Basic Controls.....</b>	<b>45</b>
Edit Tool Functions.....	46
Zoomer Tool.....	46
Trim Tool.....	47
Selector Tool.....	47
Grabber Tool.....	48
Scrubber Tool.....	48
Pencil Tool.....	49
Smart Tool.....	49

Edit Modes .....	50
Shuffle Mode .....	50
Slip Mode.....	50
Spot Mode.....	51
Grid Mode.....	52
Time Scales and Rulers .....	52
Main Time Scale .....	53
Sub Time Scale.....	54
Ruler Display Options.....	54
MIDI Control Features.....	56
Wait for Note .....	56
Metronome .....	57
Countoff Controls .....	57
MIDI Merge Mode .....	57
Tempo Ruler Enable.....	57
Meter Display .....	58
Tempo Field .....	58
Tool Tips .....	58
Review/Discussion Questions .....	59
<b>Exercise 3. Primary Tools and Controls.....</b>	<b>61</b>
<b>Lesson 4. Creating Your First Session .....</b>	<b>63</b>
The Dashboard .....	64
Creating and Configuring a Pro Tools Document .....	64
Creating and Using Session Documents .....	65
Creating and Using Project Documents.....	65
Using Templates .....	66
Choosing Parameter Settings .....	66
File Size Considerations .....	68
Working with Tracks .....	68
Adding Tracks .....	68
Naming Tracks .....	71
Deleting Tracks .....	72
Adding Audio to Tracks .....	72
Controlling Playback.....	73
Timeline Selections.....	73
Edit Selections.....	73
Working with Linked Timeline and Edit Selections .....	73
Starting and Stopping Playback .....	74
Locating the Playback Cursor .....	74
Selecting the Scrolling Behavior .....	75
Saving, Locating, and Opening Pro Tools Files.....	75
Saving a Session or Project.....	75
Locating and Opening a Session File.....	76
Review/Discussion Questions .....	80
<b>Exercise 4. Creating a Session.....</b>	<b>82</b>

<b>Lesson 5. Making Your First Audio Recording .....</b>	<b>87</b>
Before Recording.....	88
Audio Storage Requirements .....	88
Disk Usage Window .....	89
Preparing to Record.....	89
Creating a Click Track (Optional) .....	89
Checking Hardware Connections.....	91
Record-Enabling Tracks .....	92
Setting Input Path, Level, and Pan .....	92
Recording and Managing Audio .....	94
Organizing after Recording .....	95
Return to Playback Mode.....	95
Organize Audio Files and Clips.....	95
Removing Audio Clips and Deleting Audio Files .....	98
Review/Discussion Questions .....	101
<b>Exercise 5. Recording Audio .....</b>	<b>103</b>
<b>Lesson 6. Importing and Working with Media .....</b>	<b>107</b>
Considerations Prior to Import.....	108
File Characteristics .....	108
Split Stereo versus Interleaved Files .....	109
Importing Audio .....	109
Import Audio Dialog Box .....	109
Importing Audio with the Import Command.....	111
Importing Audio with Workspace Browsers .....	112
Batch Importing Audio.....	114
Importing Video .....	114
Video Track Display .....	115
Working with Video Tracks.....	115
Review/Discussion Questions .....	116
<b>Exercise 6. Importing Audio.....</b>	<b>117</b>
<b>Lesson 7. Making Your First MIDI Recording .....</b>	<b>121</b>
MIDI Basics .....	122
MIDI in Pro Tools .....	122
Creating MIDI-Compatible Tracks .....	123
Sample-Based Operation versus Tick-Based Operation .....	123
Time Scale and Rulers for Working with MIDI .....	125
Setting the Base Meter and Tempo.....	126
Setting the Base Meter.....	126
Setting the Base Tempo .....	127
Preparing to Record MIDI.....	128
Connecting a MIDI Device.....	128
Checking MIDI Inputs/Outputs .....	129
Record-Enabling MIDI-Compatible Tracks.....	131
Setting Record Options .....	131

Using Virtual Instruments.....	133
Placing a Virtual Instrument on an Instrument Track .....	133
Using Xpand!2 .....	134
Using Boom.....	135
Using Structure Free.....	137
Recording MIDI.....	138
Viewing MIDI Data on MIDI-Compatible Tracks .....	139
MIDI Clips View .....	139
MIDI Notes View .....	140
Velocity View.....	141
MIDI Editor Window Views .....	141
Review/Discussion Questions .....	143
<b>Exercise 7. Working with MIDI.....</b>	<b>145</b>
<b>Lesson 8. Selecting and Navigating.....</b>	<b>151</b>
Using the Universe View.....	152
Resizing the Universe .....	152
The Current View Indicator.....	153
Moving and Scrolling from the Universe View .....	153
Types of Selection.....	153
Creating Timeline Selections .....	153
Creating Edit Selections .....	156
Working with Selections.....	157
Creating Separate Timeline Selections and Edit Selections .....	157
Making Selections on Multiple Tracks.....	158
Selecting Material Based on Selected Tracks .....	158
Using the Tab Key.....	159
Tabbing to Transient Points.....	160
Adjusting the Session View .....	161
Adjusting Track Height.....	161
Changing the Track Order.....	163
Using the Zoomer Tool.....	164
Using Zoom Toggle.....	165
Changing the Horizontal and Vertical Zoom .....	166
Storing and Recalling Zoom Presets .....	167
Adding Markers to Your Session.....	167
About Memory Locations .....	167
Creating a Marker.....	167
The Memory Locations Window .....	169
Recalling a Marker Location.....	170
Deleting a Marker Location.....	170
Creating a Selection Using Markers.....	171
Review/Discussion Questions .....	172
<b>Exercise 8. Configuring the Session and Adding Memory Locations.....</b>	<b>174</b>

<b>Lesson 9. Editing Your Media</b> .....	<b>179</b>
Selecting Playback Options.....	180
Scrolling Modes.....	180
Loop Playback.....	180
Using the Edit Modes.....	181
Editing in Shuffle Mode.....	182
Editing in Slip Mode.....	182
Editing in Spot Mode.....	182
Editing in Grid Mode.....	183
Using the Snap To Grid Function.....	183
Configuring the Grid.....	184
Editing Clips.....	185
Basic Editing Commands.....	185
Special-Purpose Editing Commands.....	188
Moving and Trimming Clips.....	190
Using the Grabber Tool.....	190
Using the Trim Functions.....	191
Using the Nudge Function.....	193
Creating Fade Effects.....	195
Applying Fade-Ins and Fade-Outs.....	195
Applying Crossfades.....	196
Fade Settings.....	197
Undoing Your Work.....	197
Using Multi-Level Undo.....	197
Using Restore Last Selection.....	200
Using Revert to Saved.....	200
Restoring from Session Backups.....	201
Review/Discussion Questions.....	202
<b>Exercise 9. Editing Audio</b> .....	<b>204</b>
<b>Lesson 10. Mixing and Creating a Bounce</b> .....	<b>209</b>
Basic Mixer Terminology.....	210
Inputs.....	210
Outputs.....	210
Inserts.....	210
Sends and Returns.....	210
Working in the Mix Window.....	211
Configuring the Mix Window.....	211
Using Basic Automation.....	214
Recording Automation (Write Mode).....	215
Playing Back Automation (Read Mode).....	215
Turning Automation Off (Off Mode).....	216
Viewing Automation Playlists.....	216
Editing Breakpoint Automation.....	217

Using Plug-In Processors.....	217
Real-Time Plug-In Formats.....	217
Plug-Ins Provided with Pro Tools .....	218
Backing Up Your Session .....	220
Considerations for Backup and Archive Copies .....	220
Saving a Session Copy .....	220
Creating a Stereo Mixdown.....	222
Mixdown Options .....	222
Considerations for Bouncing Audio.....	222
Bouncing to Disk .....	222
Adding a Bounce File to Your iTunes Library.....	225
Review/Discussion Questions .....	226
<b>Exercise 10. Automating Shared Effects and Creating a Stereo Bounce.....</b>	<b>228</b>
<b>SECTION II</b>	
<b>Supplemental Projects .....</b>	<b>235</b>
Getting to Know the Sessions .....	236
Project 1.....	236
Project 2.....	236
Pro Tools System Requirements .....	236
Media Files for Supplemental Projects .....	236
Disk Space Requirements for Project Sessions.....	236
Download Instructions .....	237
<b>Lesson 11. Project 1: Music Session .....</b>	<b>239</b>
Powering Up.....	240
Opening the Music Project .....	240
Locate and Open the Session Template .....	240
Orient the Session Windows .....	242
Set the Preferences .....	243
Connect Monitoring Devices .....	244
Creating New Tracks.....	244
Create and Name Tracks.....	244
Save Your Session .....	245
Working with MIDI Data.....	245
Add a Virtual Instrument.....	246
Create a MIDI Clip .....	247
Add Another Virtual Instrument .....	248
Drag in a MIDI Clip.....	249
Edit a MIDI Performance .....	249
Save Work in Progress.....	251
Working with Audio Data.....	251
Import an Audio File to a Track .....	251
Import a Clip Group to a Track.....	252
Insert Time .....	253
Edit the Tracks .....	254
Save Work in Progress.....	255

Mixing in Pro Tools.....	255
Add EQ.....	255
Add Effects to the RadioVox Track.....	256
Add Reverb.....	257
Save Work in Progress.....	258
Mix the Project.....	259
Save Work in Progress.....	260
Finishing Your Work.....	260
Print the Score.....	260
Add Maxim.....	262
Add Dither.....	263
Bounce the Song.....	264
Archive Your Work.....	265
<b>Lesson 12. Project 2: Post Session.....</b>	<b>267</b>
Powering Up.....	268
Opening the Post Project.....	268
Locate and Open the Session Template.....	268
Orient the Session Windows.....	270
Set the Preferences.....	271
Connect Monitoring Devices.....	272
Creating New Tracks.....	272
Create and Name a Track.....	272
Save Your Session.....	273
Importing Media.....	273
Import a Movie.....	273
Import Files to the Clip List.....	275
Import Files from the Workspace Browser.....	275
Save Work in Progress.....	276
Editing in Pro Tools.....	276
Review the Project.....	277
Add Sound Effects.....	277
Change the Music.....	280
Save Work in Progress.....	281
Mixing in Pro Tools.....	281
Remove the Hum.....	281
Add Reverb.....	282
Enhance the Knock.....	283
Save Work in Progress.....	285
Listen to the Automated Mix.....	285
Finishing Your Work.....	286
Bounce the Video.....	287
Archive Your Work.....	288



**Appendix A. Course Completion Information .....291**  
    Locating an Avid Learning Partner .....291  
    Course Completion Exam .....292  
    Pro Tools 110 and Beyond .....292  
        Certification Options.....292  
        Additional Projects .....293

**Appendix B. Avid Pro Tools Plug-Ins.....295**

**Appendix C. AIR Effects and Instrument Plug-Ins .....297**

**Index .....299**