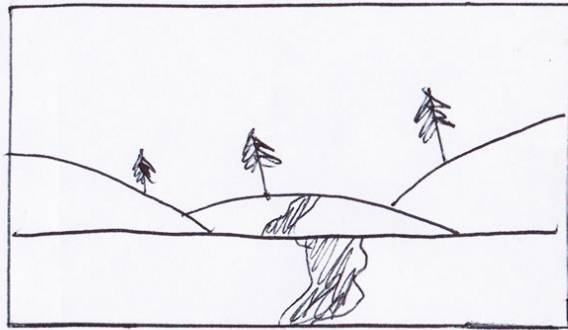


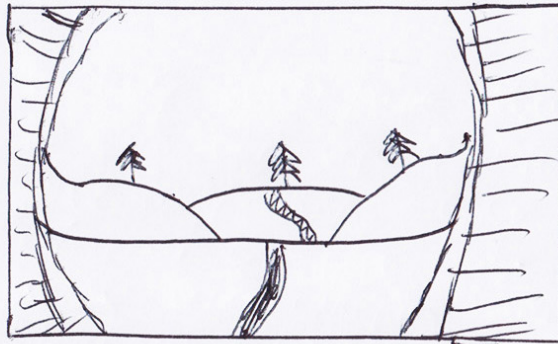
Distortion Zoom Effect

1.



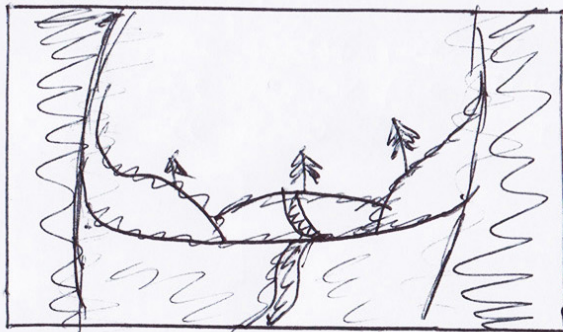
- Add CC lens effect from the effects tab on Adobe After Effects.

2.



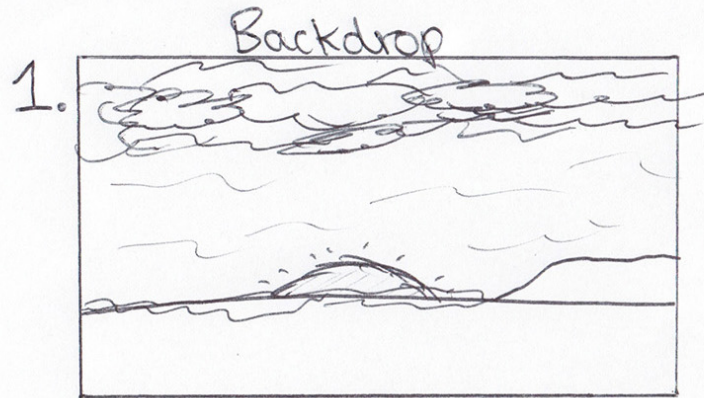
- key frame the CC lens at the starting point, then move a few frames forward and add another key frame after increasing the value.
- Then use the motion tile effect from the Effects tab in After Effects to key frame the clip zooming out very slightly. (in time with the CC lens key frames).

3.

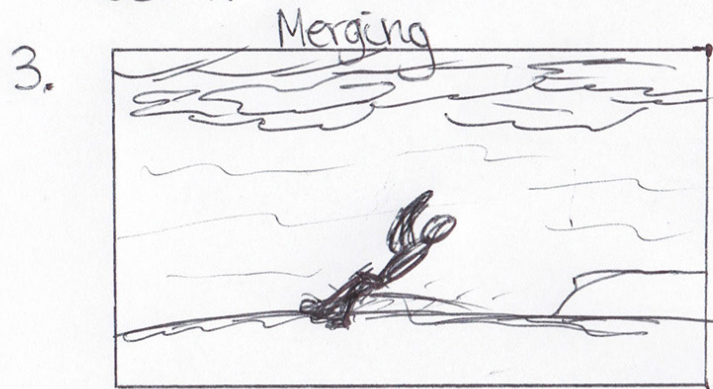


- Finally add the RSNP plugin to the clip to add motion blur and make the effect smooth and seamless.

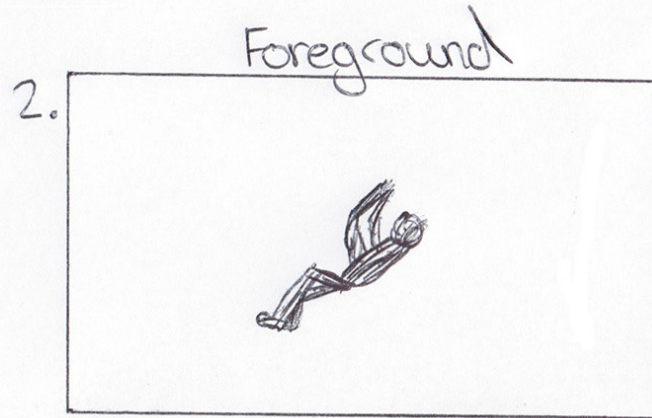
Rotobrush Masking to Merge Clips



- Start with background clip, in this case a sunset beach.



- Drag both clips together, ensuring that the backflip video is above the background video.
- Adjust the video's positioning and scale to fit the scene.



- Next, get the foreground video, in this case ~~at~~ a side view of a backflip.
- Rotobrush the background so that you're left with just the backflip.

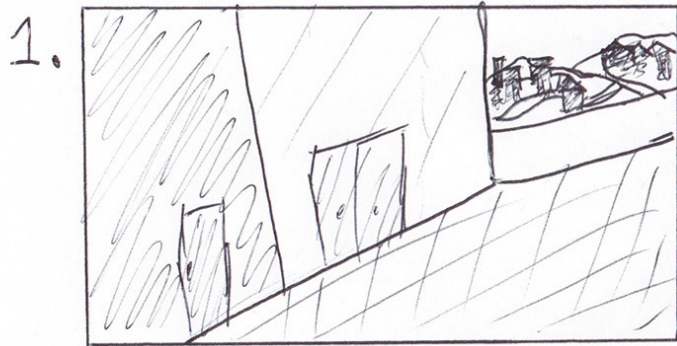
- Refine the edge of the backflip to make sure there are no rough edges or left-over chunks from the original background.



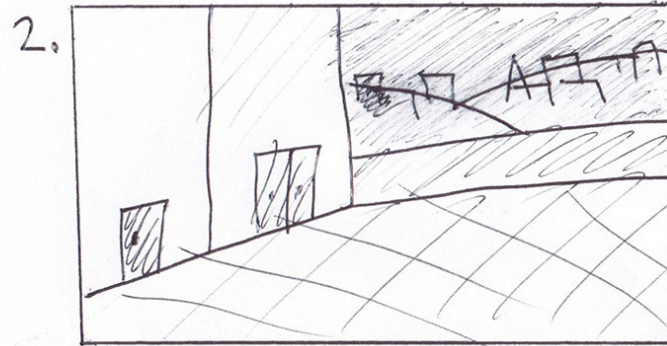
- Apply contrast to the backflip which will darken it and make it silhouetted.

- Apply similar colour correction and lighting to help blend them together.
- Add black bars to add a more 'cinematic' sense to the video.

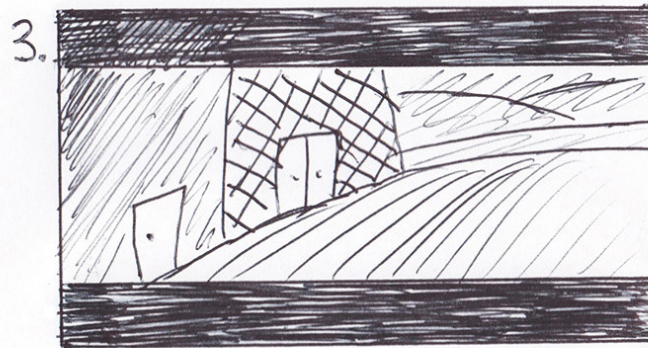
Camera Stabilising moving footage



- Start with footage in Adobe after effects, then select the 'warp stabiliser' effect to smoothen out footage.
- Apply the 'RSMB' effect (separate plugin for adobe ~~After~~ after effects) to create motion blur.

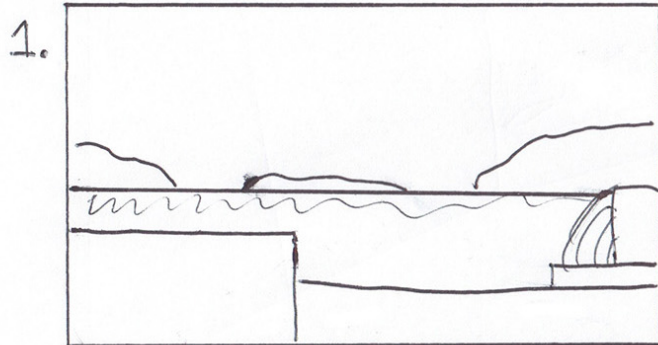


- Mask out the background (top right) with rotobrush tool and increase the brightness and add a very slight gaussian blur.
- Increase sharpness and colour saturation to make foreground stand out.

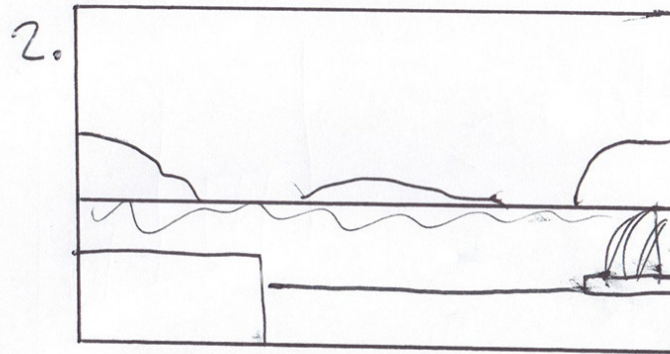


- Colour grading and black cinematic bars for finishing touches.

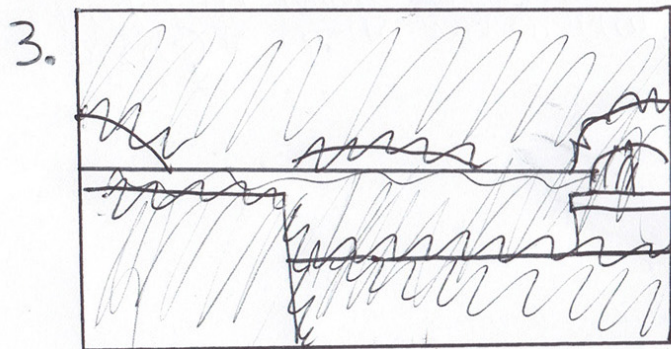
Screenshake Effect on Video



Start off with video and use the motion like effects from the effect tab in Adobe After effects.



- Change the position of the video, key frame it, and then go forward a few frames.
- Repeat this step around 3-7 times.



- Apply the RSMB Plugin to the video and enable frame blending on the clip.
- This will add motion blur to the clip along with the desired screenshake effect.