



Rough Cut Keyboard Editing in Premiere Pro

Command	Mac Shortcut	Windows Shortcut	Note
Import	Cmd+I	Ctrl+I	
Project Panel	Shift+1	Shift+1	
Source Monitor	Shift+2	Shift+2	
Sequence	Shift+3	Shift+3	Hit multiple times to toggle to other open sequences
Program Monitor	Shift+4	Shift+4	
Navigate Clips in Project Panel	Arrow Keys	Arrow Keys	Right Arrow opens bins in List View
List View	Cmd+Page Up	Ctrl+Page Up	On short Mac keyboards, Page Up can be achieved by fn+Up
Icon View	Cmd+Page Down	Ctrl+Page Down	On short Mac keyboards, Page Down can be achieved by fn+Down
Load Clip in Source Monitor	Shift+O	Shift+O	
Play	L	L	Hit multiple times for 2x, 4x, 8x, 16x, and 32x fast forward
Pause	K	K	Hold with L/J for Slo-mo playback/rewind, tap L/J to move one frame
Reverse	J	J	Hit multiple times for 2x, 4x, 8x, 16x, and 32x rewind
Add In Point	I	I	
Add Out Point	O	O	
Play In To Out	Opt+K	Ctrl+Shift+Space	
New Sequence From Clip	Shift+N	Shift+N	Need to create in Keyboard Shortcuts, must be used in Project Panel
Overwrite	. (period)	. (period)	
Insert	, (comma)	, (comma)	
Move Between Edit Points	Up/Down Arrows	Up/Down Arrows	
Jump to Beginning/End of Sequence	Home/End	Home/End	On short Mac keyboards, use fn+Left/Right Arrows
Trim Edit Mode	T	T	
Toggle Trim Type	Ctrl+T	Shift+T	Toggles btwn Roll, Ripple Outgoing/Incoming, Trim Outgoing/Incoming
Trim/Ripple/Roll Left	Opt+Left	Ctrl+Left	
Trim/Ripple/Roll Right	Opt+Right	Ctrl+Right	
Add Default Video Transition	Cmd+D	Ctrl+D	Playhead should be at edit point
Add Default Audio Transition	Cmd+Shift+D	Ctrl+Shift+D	Playhead should be at edit point

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