

# iMovie

## Adding Freeze Frames



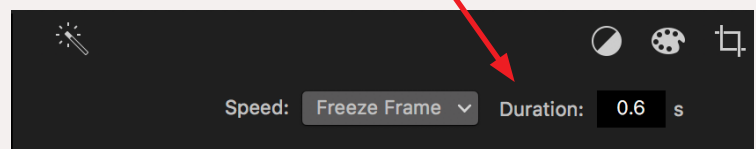
**IMPORTANT:** For best project management practices, **we strongly recommend that you set up your iMovie Library on an external hard drive** (see *iMovie - Project Management* guide for details).

You can freeze the action (stop the time) in your video by inserting a freeze frame at a specific location in the storyboard. For instructions on how to save freeze frames as .jpeg files, refer to the *iSkysoft: Export Still Frames From Video* Quick Reference Tutorial.

### To Add and Edit a Freeze Frame

1. To create a freeze frame in your project, move the pointer to the designated spot in your video in the timeline and CTRL-click (right-click). From the pop-up menu, select **Add Freeze Frame**. A four-second freeze frame is inserted at the pointer location.
2. The default length of the frame is 3 seconds. To change the **duration**, click the hand icon in the middle of the clip you want to adjust. Then, either drag the circle on the top-right corner of the freeze frame or enter a number of seconds for the duration in the speed controls above the viewer.

Play	Space
Cut	⌘X
Copy	⌘C
Delete	⌘⌫
Split Clip	⌘B
<b>Add Freeze Frame</b>	
Detach Audio	⌘⌘B
Trim To Playhead	⌘/
Show Clip Trimmer	⌘\
Adjust	
Hide Speed Editor	⌘R
Add Cross Dissolve	⌘T
Reveal in Project Media	⌘F



3. To crop a freeze frame or add a Ken Burns effect, open the clip in the Viewer window by selecting it in the timeline. Select the **Cropping** on the **adjustment bar**. Click **Crop to Fill** or **Ken Burns** to apply the desired effect. To remove a freeze frame, select it and click **Modify→Remove Freeze Frame**.

