

FRAME GRABBING VIDEO STILLS

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Try this:

Shoot with your vidcamera set on HD. Gain always on 0 (I suggest you don't try this with gain cranked up). Shutter speed applies (If you're shutter is slow, you'll have lots of motion blur, which is often not a problem in video, but in a frame grab, it's like shooting with still cam and slow shutter speed).

In FCP, pick your frame. Rock the frame back and forth; often, there is a clear difference in definition from one frame to another. Pick sharpest frame.

Export that frame using FCP:

EXPORT: USE QUICKTIME CONVERSION: STILL IMAGE:

OPTIONS:

FORMAT-->TIFF

OPTIONS-->MILLIONS OF COLORS+

COMPRESSION--> NONE

OPEN IN PHOTOSHOP

COLOR CORRECT (YOU WILL ALMOST ALWAYS HAVE TO BOOST SATURATION ABOUT +10, GIVE OR TAKE A FEW).

SHARPEN OR BLUR? HARD TO SAY, DEPENDS ON INDIVIDUAL FRAME. SOMETIMES FRAME GRABS LOOK OVERLY SHARPENED, SOMETIMES NOT. YOU DECIDE. CAREFUL, THIS IS A VERY IMPORTANT STEP.

IMAGE SIZE: FIX PROPORTIONS IF NECESSARY (uncheck constrain proportions) by changing horizontal from 1440 to 1900. CHANGE DPI FROM 72 TO 200. This should give you a file size of about 45 mb.

SAVE.

IMAGE SIZE: Change image size to your standard (10 inches by 200 dpi).

SAVE AS JPG, ABOUT 10-12 COMPRESSION (MAXIMUM).