

To create slow and fast speed effects in Adobe Premiere Pro using graphs, follow these steps:

## 1. Import Your Clip

- Import the video clip into your project and drag it to the timeline.

## 2. Select the Clip

- Click on the clip you want to apply speed changes to.

## 3. Enable Time Remapping

- Right-click on the clip in the timeline.
- Select **Show Clip Keyframes > Time Remapping > Speed**. This will add a speed graph to your clip.

## 4. Understanding the Speed Graph

- A **Time Remapping graph** appears in the clip on the timeline. The horizontal axis represents time, and the vertical axis represents speed.
- The default speed is 100%, shown as a straight horizontal line.

## 5. Creating Speed Changes with the Graph

- **For Slow Motion:**
  1. Click the **pen tool** (or press **P**) to create keyframes at the points where you want to start and stop the slow motion.
  2. Drag the segment of the line between keyframes downward to reduce the speed (e.g., 50% or 25%).
  3. The lower the line goes, the slower the clip will play.
- **For Fast Motion:**
  1. Use the pen tool to create keyframes at the desired points.
  2. Drag the line upwards between keyframes to increase the speed (e.g., 200% or 400%).
  3. The higher the line goes, the faster the clip will play.

## 6. Smooth Transitions Between Speeds

- **Ease In/Ease Out:**
  - To create a smoother transition between normal speed and slow/fast motion, right-click on the keyframe and select **Ease In** or **Ease Out**. This will make the transition between speeds more gradual.
- **Adjusting the curve:**
  - You can click and drag the handles of each keyframe to adjust the speed curve. This allows for non-linear speed changes, which can create more dramatic or natural effects.

## 7. Preview and Fine-tune

- Play back the clip to preview the speed adjustments. Adjust keyframes or curves as needed to perfect the effect.

## 8. Use Speed/Duration for Precise Control (Optional)

- If you need more precise control over speed changes, go to **Clip > Speed/Duration** and manually enter values or adjust the clip duration.

## 9. Export

- Once satisfied with the speed effects, export your project.

By using keyframes and the time remapping graph, you can effectively control the speed of your footage in both slow and fast motion with smooth transitions.