



From Final Cut Pro 7:

Sequence Settings are as follows:

HDTV 1920x1080 @ 24 fps (or 30 fps), square pixels  
Compressor: Apple Pro Res 422 – optionally HQ, LT, Proxy  
Audio: 48kHz, 24-bit, Discrete Channel  
All options "Best" where possible

Export Settings:

Using Quicktime Conversion > Options (do not use Default Settings)

Video

Compression: Apple Pro Res 422 (HQ)  
Quality: High  
Key Frame Rate: 24 (preferred, otherwise 30 - never convert from 30 to 24)  
Dimensions: 1920x1080  
Gamma Correction: change from default "Automatic" to "None"

Audio

Format: Integer (Little Endian)  
Sample Rate: 48kHz  
Sample Size: 24-bit  
Channels: Dual Mono

Always begin and end clips in black. The Ki Pro will freeze on the last frame of video at the end of a clip. Ideally, all clips will be the same frame rate to prevent audio and video pops when cycling through the list of clips. Please contact me if you have any questions or can help with any tips of your own - thanks, Karl