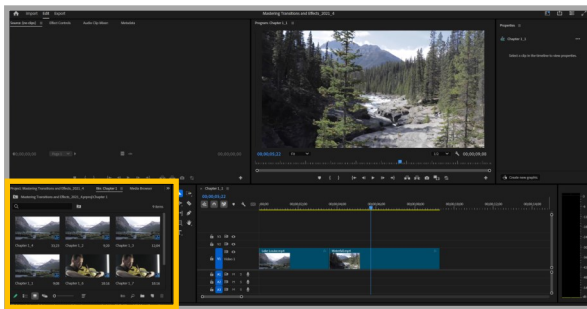


## Steps to apply the Gaussian Blur Effect

There are several blur effects available in to use Adobe Premiere Pro. These steps focus on the Gaussian Blur Effect. This effect is useful when you need to redact the details of personal information in text and in images. Other purposes for using this effect include: reducing visual noise, drawing the viewer's attention to specific areas, and creating depth.

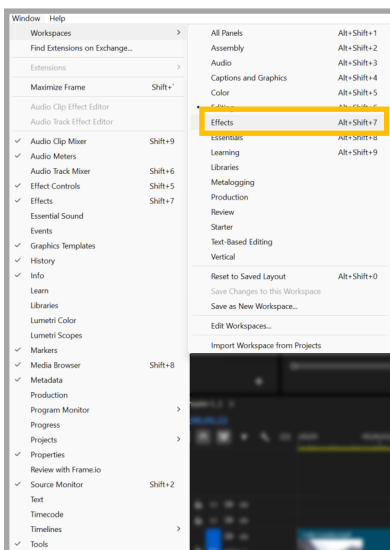
To apply the **Gaussian Blur Effect**, follow these steps:

1. Open your video file in **Adobe Premiere Pro**.



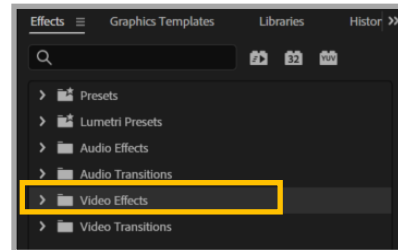
**Result:** The file is imported into your project and you can see it in the **Project Panel**.

2. Select the **Workspace: Effects**



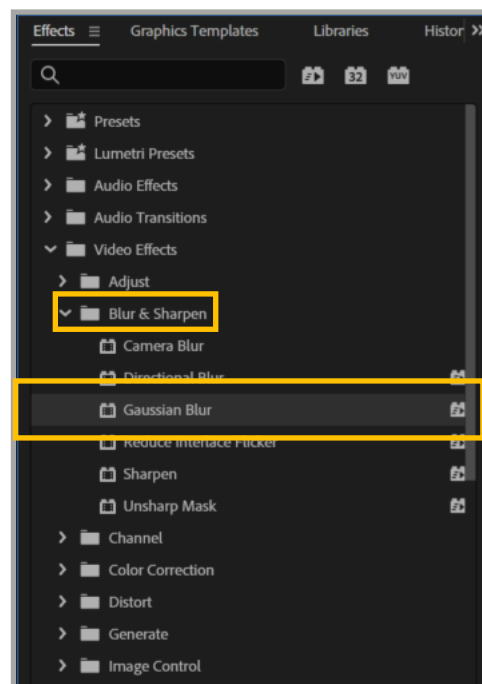
**Result:** The **Effect Controls Panel** displays on the left and the **Effects Tab** displays on the right.

3. In the **Effects Tab**, click on the **Video Effects** drop-down menu.



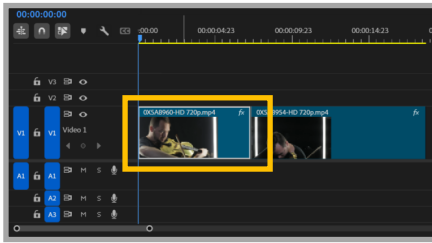
**Result:** All the effects will display below, including the Gaussian Blur Effect.

4. Under Video Effects, click on the **Blur and Sharpen** drop-down menu.
5. Click on **Gaussian Blur**.



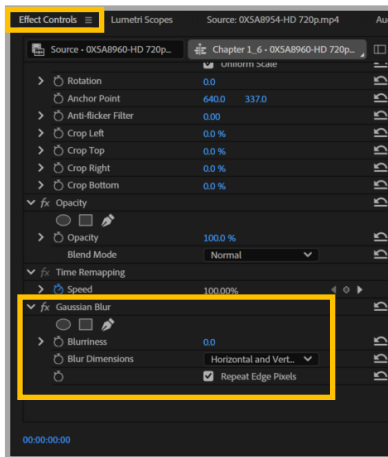
**Result:** The Gaussian Blur selection is highlighted gray indicating it has been selected for an effect.

6. Drag the Gaussian Blur Effect onto your clip in the timeline.



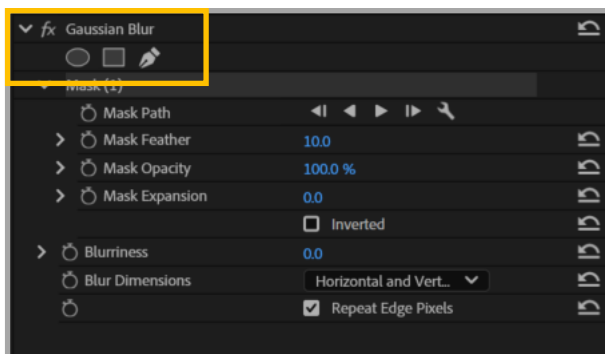
**Result:** A white outline will display on the video clip to indicate that you applied the effect. The **Gaussian Blur Effect** is added to the Effect Controls Panel.

7. Go to the **Effect Control Panel** and scroll down to find the **Gaussian Blur Options**.



**Result:** The Gaussian Blur Effect options appear in the display panel.

8. Select the **Mask Shape**. The Mask will determine the area you would like to blur in your video.



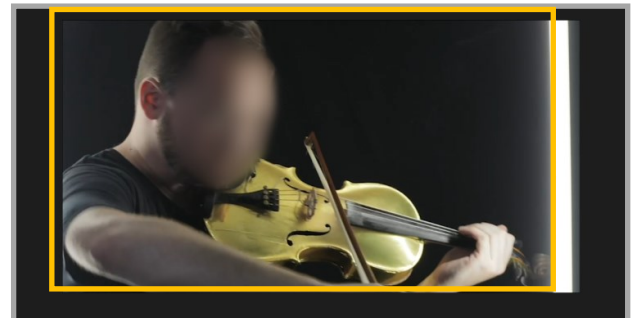
**Result:** The Mask Shape will appear on the video display on the Program Monitor. Additional Mask Options will appear under the Gaussian Blur Effect.

9. Move the Mask Shape to the area with which you would like to apply the Gaussian Blur Effect.
10. Adjust the shape to fit the area that needs to be blurred in the video.



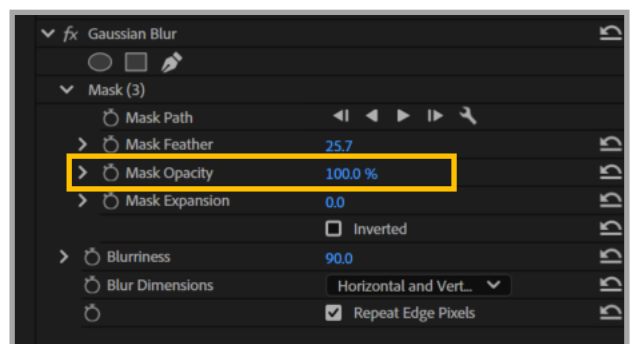
**Result:** The Mask displays over the personal information that needs to be blurred.

11. Adjust the **Blurriness**. For this example the blurriness is adjusted to 90.0.



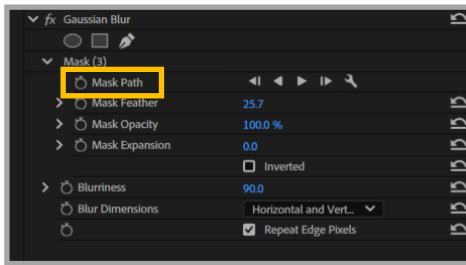
**Result:** The area inside the mask is blurred.

12. Adjust the **Mask Opacity**. For this example the Opacity is set to 100.0%.



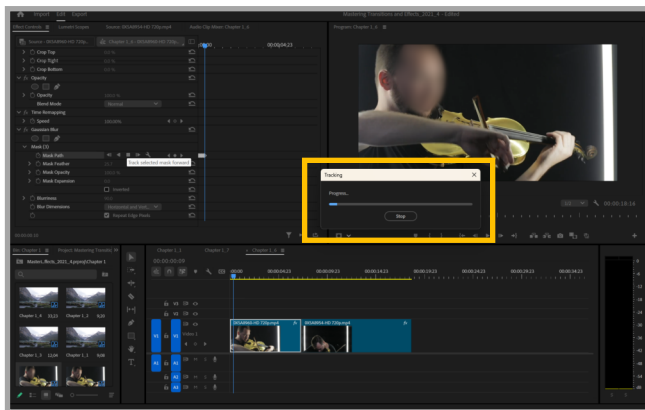
**Result:** The blurriness will show different degrees of transparency.

13. Click on the **Stopwatch icon** next to the **Mask Path** to create keyframes for animating the mask over time.



**Result:** The stopwatch turns blue and the Playhead turns blue in the timeline. This indicates that the keyframe is set at the current point in the timeline.

14. Click the **Play button** next to the Mask Path to start **Mask Tracking**.



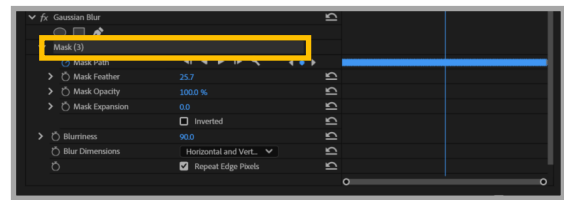
**Result:** Premiere Pro will automatically begin to analyze the footage and keyframes to track the movement of the mask in the video.

15. **Playback the video** to ensure the mask tracking is accurate and the blur effect is applied correctly throughout the video.



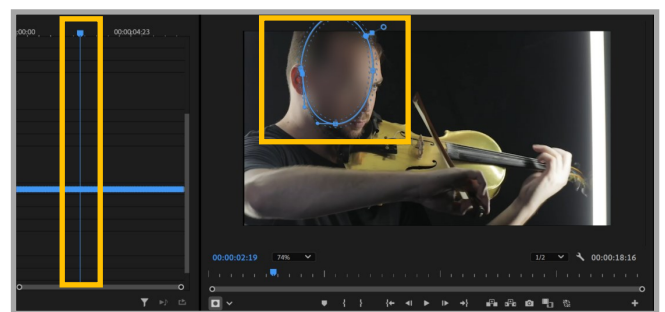
**Result:** Your video will display the applied Gaussian blur effect where the mask tracked the image.

16. If the automatic tracking isn't perfect, you can manually adjust the keyframes. Click on the Mask Path in the Effect Controls.



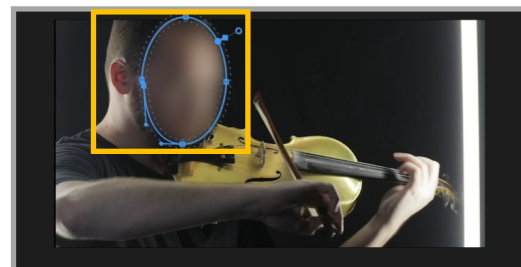
**Result:** The timeline will show a highlighted blue line indicating the keyframes for the Mask path.

17. Move the Playhead to the keyframe you need to make the adjustment.



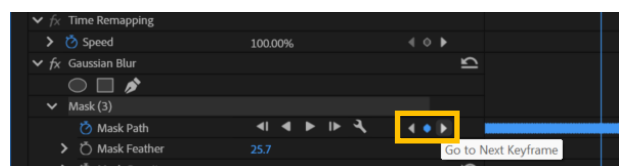
**Result:** The video clip will scrub through the video until you stop at the keyframe you want to correct.

18. Click on the mask in the Program Monitor and drag it to adjust the location or size of the mask.



**Result:** The correction will be saved for that keyframe.

19. Move the keyframes forward or backward to refine the mask path for that section of the video clip. Repeat the process until the Mask Path is smooth and functions properly.



**Result:** You can refine the Mask Path in multiple keyframes.

20. **Export the Video** to your Computer.