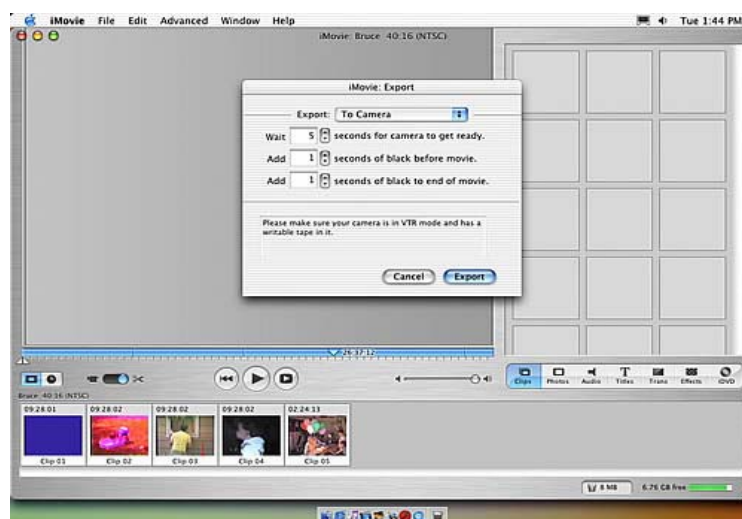


Transferring Video from iMovie to VHS Tape

1. Connect the 4 to 6 pin Firewire cable from the Mac to the I/O port on the black box. Connect the audio/video cables from the **Video Out** and **Audio Out** on the black box to the **Video In** and **Audio In** ports on the VCR. Make sure that the light is on for **Digital In**. If it isn't, press the grey switch on top of the box.
2. Make sure the VCR is on. Insert a blank tape (or the tape you want to record on) and rewind/ fast forward to the place you want to begin recording.
3. On the Mac, open iMovie. The icon is in the middle of the 'dock' on the bottom of the screen.
4. Open the project you want to copy video from by going to **File -> Open**. Be sure that the video clips you want to copy are in the bottom track in the correct order.



5. Select **File -> Export**. Make sure '**Export to**' is set to **Camera**. The other settings can be set depending on what you want, though 5 seconds for **Wait** is a good idea.



6. When you are finished, press **Stop** on VCR.