

## M-Box Tutorial

- ◆ For best operation, plug M Box in USB port, and then reboot computer. Sometimes the M-box prefers one USB port to another. Try one and then the other to check it.
- ◆ If using condenser microphones, plug mics into M box, turn on *phantom power*, then plug M box into computer, and reboot computer. Select "*mic*" on channel 1 or 2 on M box.
- ◆ Turn off screen saver.
- ◆ Audio output of the M-box can be routed to powered speakers (1/4 inch output jacks on the rear of M box) or headphones (on front of M-box) for monitoring the session's audio.
- ◆ For instrument input, plug cable directly into back of M box, select "*inst*" instead.
- ◆ Open Pro Tools software, and from the FILE menu select "New Session".
- ◆ The program should default to opening both the "EDIT" and "MIX" windows.
- ◆ Keep the edit window open in the front, & the margin of the mix window visible behind.
- ◆ To record a basic track, select "new track" from the file menu, & choose mono or stereo.
- ◆ Put track into record mode by selecting "R" button on track display. (Note: You also have mute "M" and solo "S" buttons at the same location.)
- ◆ Select red "record" button on the transporter (stop/play controls).
- ◆ Set M box to "*input*", and adjust level of input signal on the M box itself.
- ◆ On transport, hit "record" and begin take.
- ◆ To listen back to your take, change from "*input*" to "*playback*" on M boxes itself.
- ◆ When recording subsequent overdubs, set M box between "*input*" and "*playback*", until achieving a desirable balance between the two with minimal "lagging" or latency.
- ◆ Continue layering tracks by adding new tracks, and putting only those tracks you want to record on in "record" mode, while others merely play back previously recorded data.
- ◆ To adjust the various levels of tracks previously recorded while adding subsequent tracks, use the "MIX" window and arrange the levels for each track accordingly.
- ◆ The "MIX" window also allows you to pan the signal to the left or right.

After take, you can edit the track as follows:

- ◆ Using the Handtool, DELETE the take by clicking on the wave and hitting the "delete" key.
- ◆ Using the Wavetool, cut out sections, or cut off the tops and tails of the take.
- ◆ To adjust the zoom of the track display, use the number buttons on the upper left.
- ◆ Using the Handtool, add effects (reverb, etc) by selecting the take and pulling down the AudioSuite menu to select a desired effect. The TAKE must be selected to work with it.
- ◆ Using the Handtool, hit "CONTROL -D" to duplicate the track, creating a loop.
- ◆ You can drag track data from one track to another when in "SLIP" mode (upper left).

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To import some audio such as a drum loop or mp3 file of a song:

- ◆ The audio you are importing must be of a certain type of file, such as .AIFF or .WAV
- ◆ From the file menu, select "import audio to track".
- ◆ Use the import audio display to navigate to the folder containing the desired "snippet".
- ◆ Files of the proper type ( aiff and wav) will appear in the left window,
- ◆ Select a file and then hit the "ADD FILES" button. Files will appear in the right window. Select "DONE". The desired audio snippet should appear as a track in the edit window.

Mixing and Bouncing to Disk:

- ◆ After creating a number of tracks, mix them to desirable levels in the MIX window.
- ◆ It is recommended to use the "Normalize" effect, found in the AUDIOSUITE, on each track.
- ◆ After achieving a righteous mix, you can bounce the entire session to an audio file suitable for copying to a standard CD. Most burners like .WAV files. Recommended.
- ◆ Make sure your bounce is a stereo interleaved – type file of 16 bit resolution.

Using MIDI tracks in Pro Tools:

- ◆ You can import a MIDI file by selecting "import MIDI to track" from the file menu.
- ◆ The MIDI file will appear as separate tracks for each instrument in the edit window.
- ◆ To hear the MIDI tracks playback, you must assign each track a proper MIDI channel by going to the i/o (input/output) section on each track's display, and selecting a channel for each instrument. Drums on 10, piano on 1, guitar on 5, strings on 9, bass on 3.
- ◆ The sound of the midi instruments will be coming from your computer; to hear it "in the mix" with the Pro Tools, you must run (route) the AUDIO OUTPUT of your computer to an *input* channel on the back of the M Box.

To Create a drum loop in Pro Tools:

- ◆ Import an audio snippet of a drum groove by selecting "import audio to track" from the FILE menu.
- ◆ Using the Wavetool, edit the drum part to be a perfect one-measure pattern. Usually this means cutting off the tops and tails of the snippet.
- ◆ Using the Handtool, select the drum track waveform, and then hit "SHIFT-D" for duplicating the track. The new snippet will appear directly next to the previous one, creating a loop. If the loop is clean, continue hitting "SHIFT-D" to lengthen the loop.