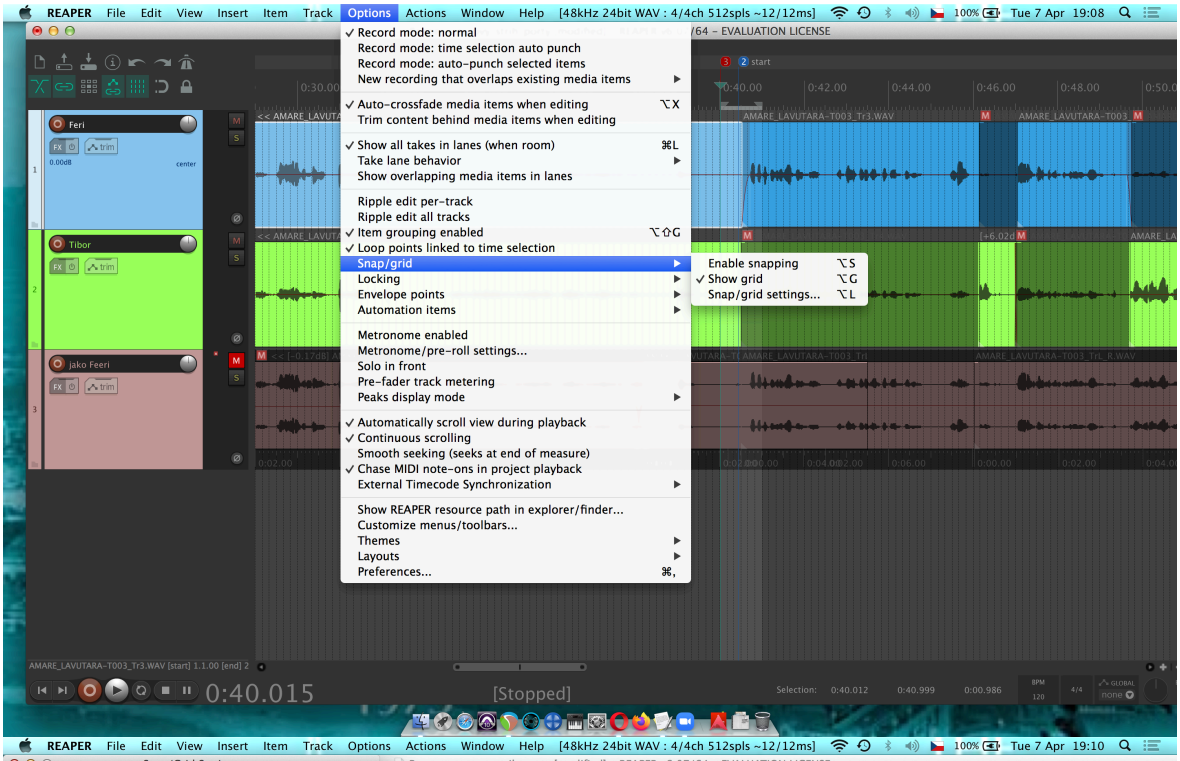
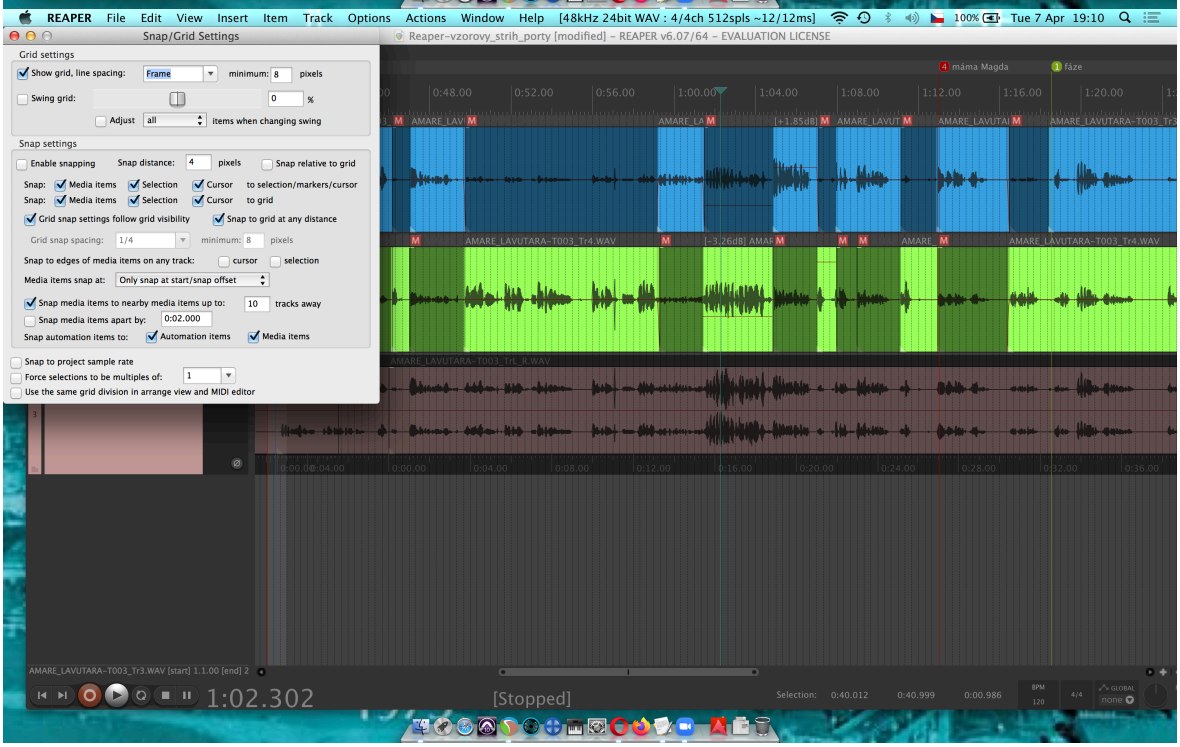
Nastevení gridu:

Options->Snap/grid->Snad/grid settings… alt L
nastavit nahoře Frame a je to super

fade iny, outy a cross fadey můžeme dělat třeba na délku 3 framů