**Instructions Using Video Screen Capture**

Jing Learning Center: Capture a Video (2:25)

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**Transcript**

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To take a video capture, you must first select your capture area. Then, choose Video to start the capture. The countdown will appear, and your recording will then start. Perform the actions you would like to show. Jing will record everything that takes place your screen. The audio from your microphone will also be recorded, so you can explain exactly what’s happening. And if you don’t want to record the audio, then you can use this button to mute it. You can also pause the recording using this button. Your recording will pause, allowing you to open any projects, find required files, or simply to gather your thoughts. And, when you’re ready to move on, click on Resume. I should mention that the maximum recording length for both Jing and Jing Pro is five minutes. So, make sure to keep that in mind.

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When you’re finished with your recording, click the Stop button. A Jing preview window will open, and you can play back and review your video. Are you happy with the outcome? Then give your video a name, or just leave the time stamp. And then, take a look at the Share options at the bottom of the preview window. You can send your capture to Screencast.com, which is the best way to share your video. But, you can also save it to your computer, share it on Twitter or Facebook, and—if you have the Pro version of Jing—you can upload it to YouTube. You can configure these options and more using this button.

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It’s important to note that the free version of Jing creates videos in the SWF Flash format, whereas Jing Pro offers the MPEG 4 format. Some benefits of the MPEG 4 format include better capturing of high-motion content, upload to YouTube, and you can edit them in most other video editors.

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So go ahead, send your video to the desired output. In this case, click over Screencast.com so we can then easily share the video with a co-worker. Simply click on the Share button, and a link will automatically be added to your Clipboard and you can paste it into an e-mail, tweet, or instant message. When the recipient clicks on the link, they are instantly able to view your video without the hassle of downloading an attachment. This is the quick and easy way to share your captures with others.

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That’s all for now about video capture. I encourage you to check out the other tutorials on the Jing help center. Bye.