General	
Ctrl+A	Select all
F2 or Ctrl+Shift+A	Deselect all
Enter on main keyboard	Rename selected layer, composition, folder,effect, group, or mask
Enter on numeric keypad	Open selected layer, composition, or footageitem
Ctrl+Alt+Down Arrow or Ctrl+Alt+Up Arrow	Move selected layers, masks, or effectsdown (back) or up (forward) in stacking order
Ctrl+Alt+Shift+Down Arrow or Ctrl+Alt+Shift+Up Arrow	Move selected layers, masks, or effectsto bottom (back) or top (front) of stacking order
Shift+Down Arrow	Extend selection to next item in Projectpanel or Effect Controls panel
Shift+Up Arrow	Extend selection to previous item in Projectpanel or Effect Controls panel
Ctrl+D	Duplicate selected layers, masks, effects,text selectors, animators, puppet meshes, shapes, or compositions
Ctrl+Q	Quit
Ctrl+Z	Undo
Ctrl+Shift+Z	Redo
Ctrl+Alt+/ (on numeric keypad)	Purge all
Working with projects	
Ctrl+Alt+N	New project
Ctrl+O	Open project
Ctrl+Alt+Shift+P	Open most recent project
Ctrl+Alt+Shift+N	New folder in Project panel
Ctrl+Alt+Shift+K	Open Project Settings dialog box
Ctrl+Alt+G	Find in Project panel
Alt+Shift+G	Find again in Project panel
Alt-click bit-depth button at bottom of Project panel	Cycle through color bit depths for project
Click bit-depth button at bottom of Project panel	Open Project Settings dialog box
Working with preferences	
Ctrl+Alt+; (semicolon)	Open Preferences dialog box
Hold down Ctrl+Alt+Shift while starting After Effects	Restore default preferences settings
Panels, viewers, workspaces and window	NS
Ctrl+0	Open or close Project panel
Ctrl+Alt+0	Open or close Render Queue panel
Ctrl+1	Open or close Tools panel
Ctrl+2	Open or close Info panel
Ctrl+3	Open or close Time Controls panel
Ctrl+4	Open or close Audio panel
Ctrl+5	Open or close Effects & Presets panel
Ctrl+6	Open or close Character panel
Ctrl+7	Open or close Paragraph panel
Ctrl+8	Open or close Paint panel
Ctrl+9	Open or close Brush Tips panel
F3 or Ctrl+Shift+T	Open or close Effect Controls panel forselected layer
Ctrl+F11	Open Flowchart panel for project flowchart
Shift+F10, Shift+F11, or Shift+F12	Switch to workspace
Ctrl+W	Close active viewer or panel (closes contentfirst)
Ctrl+Shift+W	Close active panel or all viewers of typeof active viewer (closes content first)

Ctrl+Alt+Shift+N	Split the frame containing the active viewerand create a new viewer with opposite locked/unlocked state
` (accent grave)	Maximize or restore panel under pointer
Ctrl+\ (backslash)	Resize application window or floating windowto fit screen. (Press again to resize window so that contents fillthe screen.)
Ctrl+Alt+\ (backslash)	Move application window or floating windowto main monitor; resize window to fit screen. (Press again to resizewindow so that contents fill the screen.)
\ (backslash)	Toggle activation between Composition paneland Timeline panel for current composition
Shift+, (comma) or Shift+. (period)	Cycle to previous or next item in activeviewer
Alt+Shift+, (comma) or Alt+Shift+. (period)	Cycle to previous or next panel in activeframe
Activating tools	
Alt-click tool button in Tools panel	Cycle through tools
V	Activate Selection tool
н	Activate Hand tool
Hold down spacebar.	Temporarily activate Hand tool
Ζ	Activate Zoom In tool
Alt (when Zoom In tool is active)	Activate Zoom Out tool
w	Activate Rotation tool
С	Activate and cycle through Camera tools(Orbit, Track XY, and Track Z)
Y	Activate Pan Behind tool
Q	Activate and cycle through mask and shapetools (Rectangle, Rounded Rectangle, Ellipse, Polygon, Star)
Ctrl+T	Activate and cycle through Type tools (Horizontaland Vertical)
G	Activate and cycle through pen tools (Pen,Add Vertex, Delete Vertex, and Convert Vertex)
Ctrl	Temporarily activate Selection tool whena pen tool is selected
Ctrl+Alt	Temporarily activate pen tool when the Selectiontool is selected and pointer is over a path (Add Verta tool whenpointer is over a segment; Convert Vertex tool when pointer is overa vertex)
Ctrl+B	Activate and cycle through Brush, CloneStamp, and Eraser tools
Ctrl+P	Activate and cycle through Puppet tools
Alt (in shape layer)	Temporarily convert Selection tool to ShapeDuplication tool
Ctrl (in shape layer)	Temporarily convert Selection tool to DirectSelection tool
Norking with compositions and the wor	k area
Ctrl+N	New composition
Ctrl+K	Open Composition Settings dialog box forselected composition
Ctrl+Shift+B	Set composition background color
B or N	Set beginning or end of work area to currenttime
Ctrl+Alt+B	Set work area to duration of selected layersor, if no layers are selected, set work area to composition duration
Norking with previews	
spacebar	Start or stop standard preview
0 on numeric keypad*	RAM preview
Shift+0 on numeric keypad*	RAM preview with alternate settings
Ctrl-click RAM Preview button or press Ctrl+0 on numeric keypad	Save RAM preview
Ctrl+Shift-click RAM Preview button or press Ctrl+Shift+0 on numeric keypad	Save RAM preview with alternate settings
. (decimal point) on numeric keypad*	Preview only audio, from current time
Alt+. (decimal point) on numeric keypad*	Preview only audio, in work area

Drag or Alt-drag current-time indicator,	Manually preview (scrub) video
depending on Live Update setting	
Ctrl-drag current-time indicator	Manually preview (scrub) audio
Alt+0 on numeric keypad*	Wireframe preview
Alt+Shift+0 on numeric keypad*	Wireframe preview, leaving panel contents
/ (on numeric keypad)	Show current frame on video preview device
Shift+/ (on numeric keypad)	Turn display color management on or offfor active view
Ctrl+/ (on numeric keypad)	Toggle Output Device preference betweenDesktop Only and video preview device
Shift+F5, Shift+F6, Shift+F7, or Shift+F8	Take snapshot
F5, F6, F7, or F8	Display snapshot in active panel
Ctrl+Shift+F5, Ctrl+Shift+F6, Ctrl+Shift+F7, or Ctrl+Shift+F8	Purge snapshot
Time navigation	
Alt+Shift+J	Go to specific time
Shift+Home or Shift+End	Go to beginning or end of work area
J or K	Go to previous or next visible item in timeruler (keyframe, marker, work area beginning or end)
Home or Ctrl+Alt+Left Arrow	Go to beginning of composition, layer, orfootage item
End or Ctrl+Alt+Right Arrow	Go to end of composition, layer, or footageitem
Page Down or Ctrl+Right Arrow	Go forward 1 frame
Shift+Page Down or Ctrl+Shift+Right Arrow	Go forward 10 frames
Page Up or Ctrl+Left Arrow	Go backward 1 frame
Shift+Page Up or Ctrl+Shift+Left Arrow	Go backward 10 frames
1	Go to layer In point
0	Go to layer Out point
Ctrl+Alt+Shift+Left Arrow	Go to previous In point or Out point
Ctrl+Alt+Shift+Right Arrow	Go to next In point or Out point
D	Scroll to current time in Timeline panel
Working with footage	
Ctrl+I	Import one file or image sequence
Ctrl+Alt+I	Import multiple files or image sequences
Alt-double-click	Open movie in an After Effects Footage panel
Ctrl+/ (on main keyboard)	Add selected items to most recently activatedcomposition
Ctrl+Alt+/ (on main keyboard)	Replace selected layers' source footagewith footage item selected in Project panel
Alt-drag footage item from Project panel onto selected layer	Replace a selected layer's source
Ctrl+Backspace	Delete a footage item without a warning
Ctrl+F	Open Interpret Footage dialog box for selectedfootage item
	Remember footage interpretation
	Edit selected footage item in applicationwith which it's associated (Edit Original)
Ctrl+E	
	Replace selected footage item
Ctrl+H	Replace selected footage item Reload selected footage items
Ctrl+H Ctrl+Alt+L	
Ctrl+H Ctrl+Alt+L Ctrl+Alt+P	Reload selected footage items
Ctrl+H Ctrl+Alt+L Ctrl+Alt+P Ctrl+Alt+Shift+Q	Reload selected footage items Set proxy for selected footage item
Ctrl+H Ctrl+Alt+L Ctrl+Alt+P Ctrl+Alt+Shift+Q Using and modifying views	Reload selected footage items Set proxy for selected footage item
Ctrl+H Ctrl+Alt+L Ctrl+Alt+P Ctrl+Alt+Shift+Q Using and modifying views Alt+1, Alt+2, Alt+3, Alt+4	Reload selected footage items Set proxy for selected footage item Scan for changed footage
Ctrl+H Ctrl+Alt+L Ctrl+Alt+P Ctrl+Alt+Shift+Q Using and modifying views Alt+1, Alt+2, Alt+3, Alt+4 Alt+Shift+1, Alt+Shift+2, Alt+Shift+3	Reload selected footage items Set proxy for selected footage item Scan for changed footage Show red, green, blue, or alpha channelas grayscale

. (period) on main keyboard	Zoom in in Composition, Layer, or Footagepanel
, (comma)	Zoom out in Composition, Layer, or Footagepanel
/ (on main keyboard)	Zoom to 100% in Composition, Layer, or Footagepanel
Shift+/ (on main keyboard)	Zoom to fit in Composition, Layer, or Footagepanel
Alt+/ (on main keyboard)	Zoom up to 100% to fit in Composition, Layer,or Footage panel
Ctrl+J, Ctrl+Shift+J, Ctrl+Alt+J	Set resolution to Full, Half, or Customin Composition panel
Ctrl+Alt+U	Open View Options dialog box for activeComposition panel
; (semicolon)	Zoom in Timeline panel to single-frame units
#NAME?	Zoom in time
#NAME?	Zoom out time
Caps Lock	Suspend image updates
' (apostrophe)	Show or hide safe zones
Ctrl+' (apostrophe)	Show or hide grid
Alt+' (apostrophe)	Show or hide proportional grid
Ctrl+R	Show or hide rulers
Ctrl+; (semicolon)	Show or hide guides
Ctrl+Shift+' (apostrophe)	Turn snapping to grid on or off
Ctrl+Shift+; (semicolon)	Turn snapping to guides on or off
Ctrl+Alt+Shift+; (semicolon)	Lock or unlock guides
Ctrl+Shift+H	Show or hide layer controls
Effects and animation presets	
Ctrl+Shift+E	Delete all effects from selected layers.
Ctrl+Alt+Shift+E	Apply most recently applied effect to selectedlayers.
Ctrl+Alt+Shift+F	Apply most recently applied animation presetto selected layers.
Working with layers	
Ctrl+Y	New solid layer
Ctrl+Alt+Shift+Y	New null layer
0-9 on numeric keypad*	Select layer (1-999) by its number (enterdigits rapidly for two-digit and three-digit numbers)
Shift+0-9 on numeric keypad*	Toggle selection of layer (1-999) by itsnumber (enter digits rapidly for two-digit and three-digit numbers)
Ctrl+Down Arrow	Select next layer in stacking order
Ctrl+Up Arrow	Select previous layer in stacking order
Ctrl+Shift+Down Arrow	Extend selection to next layer in stackingorder
Ctrl+Shift+Up Arrow	Extend selection to previous layer in stackingorder
Ctrl+Shift+A	Deselect all layers
X	Scroll topmost selected layer to top ofTimeline panel
Shift+F4	Show or hide Parent column
F4	Show or hide Layer Switches and Modes columns
Alt-click solo switch	Turn off all other solo switches
Ctrl+Alt+Shift+V	Turn Video switch on or off for selectedlayers
Ctrl+Shift+V	Turn off Video switch for all video layersother than selected layers
Ctrl+Shift+Y	Open settings dialog box for selected solid,light, camera, null, or adjustment layer
Ctrl+Alt+V	Paste layers at current time
Ctrl+Shift+D	Split selected layers (If no layers areselected, split all layers.)
Ctrl+Shift+C	Precompose selected layers
Ctrl+Shift+T	Open Effect Controls panel for selectedlayers
Ctrl+Shift+T Alt-double-click a layer	Open Effect Controls panel for selectedlayers Open source of a layer in Footage panel

[(left bracket) or] (right bracket)	Move In point or Out point of selected layersto current time
Alt+[(left bracket) or Alt+] (right bracket)	Trim In point or Out point of selected layersto current time
Alt-click stopwatch	Add or remove expression for a property
Double-click effect selection in Effects &	Add an effect (or multiple selected effects)to selected layers
Presets panel	
Ctrl+Shift+, (comma) or Ctrl+Alt+, (comma)	Set In point or Out point by time-stretching
Alt+Home	Move In point of selected layers to beginningof composition
Alt+End	Move Out point of selected layers to endof composition
Ctrl+L	Lock selected layers
Ctrl+Shift+L	Unlock all layers
Ctrl+U, Ctrl+Shift+U, or Ctrl+Alt+Shift+U	Set Quality to Best, Draft, or Wireframefor selected layers
Showing properties in the Timeline pane	
Ctrl+` (accent grave)	Toggle expansion of selected layers to showall properties
Ctrl-click triangle to the left of the property group name	Toggle expansion of property group and allchild property groups to show all properties
A	Show only Anchor Point property (for lightsand cameras, Point Of Interest)
L	Show only Audio Levels property
F	Show only Mask Feather property
M	Show only Mask Path property
тт	Show only Mask Opacity property
т	Show only Opacity property (for lights,Intensity)
Р	Show only Position property
R	Show only Rotation and Orientation properties
RR	Show only Time Remap property
S	Show only Scale property
E	Show only Effects property group
ММ	Show only mask property groups
AA	Show only Material Options property group(3D)
EE	Show only expressions
UU	Show only modified properties
РР	Show only paint strokes and Puppet pins
L	Show only audio waveform
U	Show only properties with keyframes or expressions
SS	Show only selected properties and groups
Alt+Shift-click property or group name	Hide property or group
Shift+property or group shortcut	Add or remove property or group from setthat is shown
Alt+Shift+property shortcut	Add or remove keyframe at current time
Modifying properties	
Drag property value	Modify property value by default increments
Shift-drag property value	Modify property value by 10x default increments
Ctrl-drag property value	Modify property value by 1/10 default increments
Ctrl+Alt+O	Open Auto-Orientation dialog box for selectedlayers
Ctrl+Shift+O	Open Opacity dialog box for selected layers
Ctrl+Shift+R	Open Rotation dialog box for selected layers
Ctrl+Shift+P	Open Position dialog box for selected layers
arrow key	Move selected layers 1 pixel at currentmagnification (Position)
Shift+arrow key	Move selected layers 10 pixels at currentmagnification (Position)
Alt+Page Up or Alt+Page Down	Move selected layers 1 frame earlier orlater

Alt+Shift+Page Up or Alt+Shift+Page	Move selected layers 10 frames earlier orlater
	lases or decrease Detation /7 Detation) of colocted layers by 18 orders
	Increase or decrease Rotation (Z Rotation) of selected layers by 1º
Shift++ (plus) or Shift+- (minus) on numeric keypad	Increase or decrease Rotation (Z Rotation)of selected layers by 10°
Ctrl++ (plus) or Ctrl+- (minus) on numeric keypad	Increase or decrease Scale of selected layers by 1%
Ctrl+Shift++ (plus) or Ctrl+Shift+- (minus) on numeric keypad	Increase or decrease Scale of selected layers by 10%
Shift-drag with Rotation tool	Modify Rotation or Orientation in 45º increments
Shift-drag layer handle with Selection tool	Modify Scale, constrained to footage frameaspect ratio
Double-click Rotation tool	Reset Rotation to 0º
Double-click Selection tool	Reset Scale to 100%
Ctrl+Alt+F	Scale and reposition selected layers tofit composition
Ctrl+Alt+Shift+H	Scale and reposition selected layers tofit composition width, preserving aspect ratio
Ctrl+Alt+Shift+G	Scale and reposition selected layers tofit composition height, preserving aspect ratio
D layers	
F10	Switch to 3D view 1 (defaults to Front)
F11	Switch to 3D view 2 (defaults to CustomView 2)
F12	Switch to 3D view 3 (defaults to ActiveCamera)
Esc	Return to previous view
Ctrl+Alt+Shift+L	New light
Ctrl+Alt+Shift+C	New camera
Ctrl+Alt+Shift+\	Move the camera and its point of interestto look at selected 3D objects
Alt+Shift+C	Turn Casts Shadows property on or off forselected 3D layers
eyframes	1
Shift+F3	Toggle between Graph Editor and layer barmodes
Click property name	Select all keyframes for a property
Ctrl+Alt+A	Select all visible keyframes and properties
Shift+F2 or Ctrl+Alt+Shift+A	Deselect all keyframes, properties, andproperty groups
Alt+Right Arrow or Alt+Left Arrow	Move keyframe 1 frame later or earlier
Alt+Shift+Right Arrow or Alt+Shift+LeftArrow	Move keyframe 10 frames later or earlier
Ctrl+Alt+K	Set interpolation for selected keyframes(layer bar mode)
Ctrl+Alt+H	Set keyframe interpolation method to holdor Auto Bezier
Ctrl-click in layer bar mode	Set keyframe interpolation method to linearor Auto Bezier
Ctrl+Alt-click in layer bar mode	Set keyframe interpolation method to linearor hold
F9	Easy ease selected keyframes
Shift+F9	Easy ease selected keyframes in
Ctrl+Shift+F9	Easy ease selected keyframes out
Ctrl+Shift+K	Set velocity for selected keyframes
Alt+Shift+property shortcut	Add or remove keyframe at current time
/orking with text	
Ctrl+Alt+Shift+T	New text layer
Ctrl+Shift+L, C, or R	Align selected horizontal text left, center,or right
Ctrl+Shift+L, C, or R	Align selected vertical text top, center,or bottom
Shift+Right Arrow or Shift+Left Arrow	Extend or reduce selection by one characterto right or left in horizontal text
Shint+Right Arrow of Shint+Left Arrow	

Shift+Right Arrow or Shift+Left Arrow	Extend or reduce selection by one line toright or left in vertical text
Ctrl+Shift+Up Arrow or Ctrl+Shift+Down	Extend or reduce selection one word up ordown in vertical text
Arrow	
Shift+Up Arrow or Shift+Down Arrow	Extend or reduce selection by one characterup or down in vertical text
Shift+Home or Shift+End	Select text from insertion point to beginningor end of line
Home or End	Move insertion point to beginning or endof line
Double-click text layer	Select all text on a layer
Ctrl+Shift+Home or Ctrl+Shift+End	Select text from insertion point to beginningor end of text frame
Shift-click	Select text from insertion point to mouseclick point
Left Arrow or Right Arrow; Up Arrow or	In horizontal text, move insertion point one character left or right; one line up or down; one word left or
Down Arrow; Ctrl+Left Arrow or	right; or one paragraph up or down
Ctrl+Right Arrow; or Ctrl+Up A	
	In vertical text, move insertion point one character up or down; one left or right; one word up or down;
Right Arrow; Ctrl+Up Arrow or Ctrl+Down Arrow; or Ctrl+Left Ar	or one paragraph left or right
	Colort word line nergraph or entire text from
Double-click, triple-click, quadruple- click, or quintuple-click with Type tool	Select word, line, paragraph, or entire text frame
Ctrl+Shift+K	Turn All Caps on or off for selected text
Ctrl+Alt+Shift+K	Turn Small Caps on or off for selected text
Ctrl+Shift+= (equals)	Turn Superscript on or off for selected text
Ctrl+Alt+Shift+= (equals)	Turn Subscript on or off for selected text
Ctrl+Shift+X	Set horizontal scale to 100% for selected text
Ctrl+Alt+Shift+X	
	Set vertical scale to 100% for selectedtext
Ctrl+Alt+Shift+A	Auto leading for selected text
Ctrl+Shift+Q	Reset tracking to 0 for selected text
Ctrl+Shift+J	Justify paragraph; left align last line
Ctrl+Alt+Shift+J	Justify paragraph; right align last line
Ctrl+Shift+F	Justify paragraph; force last line
Ctrl+Shift+, (comma) or Ctrl+Shift+. (period)	Decrease or increase type size of selected text by 2 units
Ctrl+Alt+Shift+, (comma) or Ctrl+Alt+Shift+. (period)	Decrease or increase type size of selected text by 10 units
Alt+Down Arrow or Alt+Up Arrow	Increase or decrease leading by 2 units
Ctrl+Alt+Down Arrow or Ctrl+Alt+Up	Increase or decrease leading by 10 units
Arrow	
Alt+Shift+Down Arrow or Alt+Shift+Up Arrow	Decrease or increase baseline shift by 2units
Ctrl+Alt+Shift+Down Arrow or Ctrl+Alt+Shift+Up Arrow	Decrease or increase baseline shift by 10 units
Alt+Left Arrow or Alt+Right Arrow	Decrease or increase kerning or tracking20 units (20/1000 ems)
Ctrl+Alt+Left Arrow or Ctrl+Alt+Right	Decrease or increase kerning or tracking100 units (100/1000 ems)
Arrow	
Ctrl+Alt+Shift+T	Toggle paragraph composer
Working with masks	
Ctrl+Shift+N	New mask
Alt-click mask	Select all points in a mask
Alt+` (grave accent) or Alt+Shift+` (grave accent)	
Double-click mask with Selection tool or select mask in Timeline panel and press Ctrl+T	
L	I

Adobe After Effects CS3 Keyboard Shortcuts Esc Exit free-transform mask editing mode Ctrl-drag Scale around center point in Free Transformmode arrow key Move selected path points 1 pixel at currentmagnification Move selected path points 10 pixels at currentmagnification Shift+arrow key Ctrl+Alt-click point Toggle between smooth and corner points Ctrl+Alt-drag point Redraw handles Ctrl+Shift+I Invert selected mask Ctrl+Shift+F Open Mask Feather dialog box for selectedmask Ctrl+Shift+M Open Mask Shape dialog box for selectedmask Working with paint tools Х Swap paint background color and foregroundcolors D Set paint foreground color to black andbackground color to white Alt-click Set foreground color to the color currentlyunder any paint tool pointer Ctrl+Alt-click Set foreground color to the average colorof a 4-pixel x 4-pixel area under any paint tool pointer Ctrl-drag Set a paint tool's brush size Ctrl-drag, then release Ctrl while Set a paint tool's brush hardness dragging Hold Shift while beginning stroke Join current paint stroke to the previousstroke Set starting sample point to point currentlyunder Clone Stamp tool pointer Alt-click Ctrl+Shift Momentarily activate Eraser tool with LastStroke Only option Alt+Shift-drag with Clone Stamp tool Show and move overlay. (Change aligned CloneStamp tool's Offset value or change unaligned Clone Stamptool's Source Position value.) Alt-click the preset Duplicate a Clone Stamp tool preset in Paintpanel Digit on numeric keypad (e.g., 9=90%, Set a paint tool's opacity 1=10%) (decimal) on numeric keypad* Set a paint tool's opacity to 100% Shift+a digit on numeric keypad (e.g., Set a paint tool's flow 9=90%, 1=10%) Shift+. (decimal) on numeric keypad* Set a paint tool's flow to 100% Ctrl+Page Up or Ctrl+Page Down Move earlier or later by number of framesspecified for stroke Duration Working with shape layers Ctrl+G Group selected shapes Ctrl+Shift+G Ungroup selected shapes Select Path property in Timeline panel Enter free-transform path editing mode and press Ctrl+T Page Up when dragging to create shape Increase star inner roundness Page Down when dragging to create Decrease star inner roundness shape Up Arrow when dragging to create Increase number of points for star or polygon; increase roundness for rounded rectangle shape Down Arrow when dragging to create Decrease number of points for star or polygon; decrease roundness for rounded rectangle shape Hold spacebar when dragging to create Reposition shape during creation shape Left Arrow when dragging to create Set rounded rectangle roundness to 0 (sharpcorners); decrease polygon and star outer roundness shape Right Arrow when dragging to create Set rounded rectangle roundness to maximum; increase polygon and star outer roundness shape Shift when dragging to create shape Constrain rectangles to squares; constrainellipses to circles; constrain polygons and stars to zero rotation Ctrl when dragging to create shape Change outer radius of star

Working with markers	
* (multiply) on numeric keypad	Set layer-time marker at current time (worksduring RAM preview and audio-only preview)
Alt+* (multiply) on numeric keypad	Set layer-time marker at current time andopen marker dialog box
Shift+0-9 on main keyboard	Set and number a composition-time marker(0-9) at the current time
0-9 on main keyboard	Go to a composition-time marker (0-9)
Alt-click the markers or keyframes	See the duration between two layer-timemarkers or keyframes in the Info panel
Ctrl-click marker	Remove marker
Motion tracking	
arrow key	Move feature region, search region, andattach point 1 pixel at current magnification
Shift+arrow key	Move feature region, search region, andattach point 10 pixels at current magnification
Alt+arrow key	Move feature region and search region 1pixel at current magnification
Alt+Shift+arrow key	Move feature region and search region 10pixels at current magnification
Saving, exporting and rendering	
Ctrl+S	Save project
Ctrl+Alt+Shift+S	Increment and save project
Ctrl+Shift+S	Save As
Ctrl+Shift+/ (on main keyboard)	Add active composition or selected itemsto render queue
Ctrl+M	Add active or selected composition to renderqueue and specify name of output file (Make Movie)
Ctrl+Alt+S	Add current frame to render queue
Ctrl+Shift+D	Duplicate render item with same output filenameas original

Visit http://www.shortcutmania.com/ for more printable keyboard shortcuts