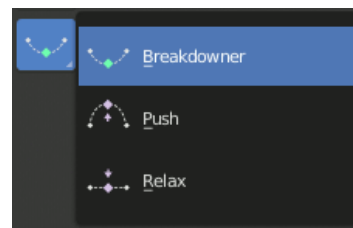# In-Betweens

There are several tools for editing poses in an animation.

There are also in *Pose Mode* a bunch of armature-specific editing options/tools, like auto-bones naming, properties switching/enabling/disabling, etc., that were already described in the armature editing pages. See the links above…

In-Betweens Tools.

Push Pose from Rest Pose

Reference	
Mode:	Pose Mode
Menu:	Pose ‣ In-Betweens ‣ Push Pose from Rest Pose

Similar to *Push Pose from Breakdown* but interpolates the pose to the rest position instead. Only one keyframe is needed for this tool unlike two for the other.

Relax Pose to Rest Pose

Reference	
Mode:	Pose Mode
Menu:	Pose ‣ In-Betweens ‣ Relax Pose to Rest Pose

Similar to *Relax Pose to Breakdown* but works to bring the pose back to the rest position instead. Only one keyframe is needed for this tool unlike two for the other.

Push Pose from Breakdown

Reference	
Mode:	Pose Mode
Tool:	Toolbar ‣ In-Betweens Tools ‣ Push
Menu:	Pose ‣ In-Betweens ‣ Push Pose from Breakdown
Shortcut:	Ctrl – E

Push Pose interpolates the current pose by making it closer to the next keyframed position.

Relax Pose to Breakdown

Reference	
Mode:	Pose Mode
Tool:	Toolbar ‣ In-Betweens Tools ‣ Relax

Menu:

    Pose ‣ In-Betweens ‣ Relax Pose to Breakdown

Shortcut:

    `Alt - E`

Relax pose is somewhat related to the above topic, but it is only useful with keyframed bones. When you edit such a bone (and hence take it "away" from its "keyed position"), using this tool will progressively "bring it back" to its "keyed position", with smaller and smaller steps as it comes near it.

Pose Breakdowner

Reference

Mode:

    Pose Mode

Tool:

    Toolbar region ‣ In-Betweens Tools ‣ Breakdowner

Menu:

    Pose ‣ In-Betweens ‣ Pose Breakdowner

Shortcut:

    `LMB` -drag

Creates a suitable breakdown pose on the current frame.

The Breakdowner tool can be constrained to work on specific transforms and axes, by pressing the following keys while the tool is active:

- `G`, `R`, `S` : move, rotate, scale
- `B` : Bendy bones
- `C` : custom properties
- `X`, `Y`, `Z` : to the corresponding axes

Blend to Neighbor

Reference

Mode:

    Pose Mode

Menu:

    Pose ‣ In-Betweens ‣ Blend to Neighbor

Shortcut:

    `Shift - Alt - E`

Transitions the current pose with the neighboring keyframes in the timeline. In order for this operator to work, there must be a keyframe before and after the current frame.