Can I add my own custom motion into the Motion Director? Can I create my own custom iMD file?

Not for now. Motion Director is well beyond just hotkeys and motions, as there is a real science to building an intelligent motion matching system. Reallusion will open the MD motion creation tool to users to add custom performances, idles, and interactive movements. Please stay tuned with forum's news to know the latest progress.

Reallusion FAQ

https://kb.reallusion.com/Product/53083/Can-I-add-my-own-custom-motion-into-the-Motion-Director-Can