

# Tips for Using the A.S.R. (Accurate Stitch Regulator) System



The A.S.R. (Accurate Stitch Regulator) foot holder reacts to the movement of the fabric and provides the same stitch length for free motion, ruler work, or variable zig zag quilting. We recommend thinking of this system as **Free Motion Quilting (FMQ) training wheels**. Training

wheels that will help you build confidence and mind/muscle memory, as you learn to free motion quilt. This system will give you confidence if you want to do FMQ or ruler work but have been afraid to do so! This is first machine in the Janome line that has the stitch regulator included, and it's an industry first to have a ruler foot included in the A.S.R. (Accurate Stitch Regulator) system.

## TIPS FOR USE:

- There is a screen on the bottom of the foot that needs to see the fabric in order to work. Do not touch this screen with your fingers. Periodically inspect bottom of the screen, it is like a camera lens, use a soft cloth to keep it clear of any lint or fingerprints. Any marks on this part of the foot may impede the function of the A.S.R. (Accurate Stitch Regulator) . **Tip: store the A.S.R. (Accurate Stitch Regulator) with one of the feet attached, this will help protect the screen.** If you're practicing on a quilt sample, make sure it's a large one so you have room to play and not go off the edge of the quilt sandwich.
- A Purple Tip needle (sz 14) is recommended for free motion quilting, as is the low tension bobbin holder (blue dot, 8 gram). **Double check that the bobbin holder you use is manufactured for your machine.** With this holder, thread is not pulled as strongly to the back of the fabric, which gives some room in the tension as the needle is moved. With this needle/bobbin combination adjusting the tension is typically not needed.
- Switch to the Straight Stitch needle plate (not the HP) for FMQ if you are using a straight stitch. If you are using the Variable Zig Zag stitch, use the Zig Zag plate.
- Screw the A.S.R. (Accurate Stitch Regulator) foot to the machine ankle, tighten first with your fingers then use the screwdriver to secure. On the back of the machine the port is above where the needle is attached, plug the foot holder attachment connector into this plug. *(For how to attach the A.S.R. (Accurate Stitch Regulator)Foot Holder, please see Sewing Manual)*
- In Sewing Applications, choose the Sewing Applications mode, and choose the quilting icon at the top of the page (the heart flanked by FMQ feathers).
- We recommend using use Palm Paddles or FMQ gloves to better grip the fabric for FMQ.
- Start slow!

# Tips for Using the Continental M8 A.S.R. (Accurate Stitch Regulator) System

## FOR STRAIGHT STITCH FMQ: QC or QO FOOT

- Choose Free Motion, Straight Stitch 3, 4, or 5. “A.S.R. (Accurate Stitch Regulator)” will become an option on the bottom of the screen.
- Choose A.S.R. (Accurate Stitch Regulator), the options picture shown should change
- Adjust stitch length, on bottom left of page if needed
- Adjust foot height if needed, icon is to the left of the A.S.R. (Accurate Stitch Regulator) function key
- It is recommended that you set the speed slider at medium to fast speed, otherwise you may move the fabric faster than the regulator can process, which will create uneven stitches.
- Make sure fabric is under the regulator at all times!  $\frac{3}{4}$  of an inch **minimum**. If you need to stitch close to the edge of your piece you may need to tack some scrap fabric to the edge.
- One stitch, stop - to pull up bobbin thread (If this is turned on in your settings)
- Can use foot pedal or Start/Stop Button to go (See below for Start/Stop Button information)
- The machine will move slowly in the beginning, you need to guide the fabric at the same speed
- Start slow! You have to move the fabric, find the “sweet spot” of how quick or slow to move the fabric to help the stitch regular to work with you.

## FOR VARIABLE ZIG ZAG: QV FOOT

- Choose Variable ZZ from menu at top of screen
- Chose Free motion setting 3 (M) of 4 (L) Needle position - M means Middle needle position, L means Left needle position
- Great for art quilting, thread painting
- Adjust stitch length and width at bottom left of screen if desired
- In settings, if using Knee Lifter, adjust Variable ZZ Sensitivity to the knee lifter
- Unplug foot control if using knee lifter if desired
- Using knee lifter with Variable Zig Zag mode allows you to create a pattern - stitching will be straight if you don't lift, ZZ size changes with movement of knee lift.



## FOR RULER QUILTING: QR FOOT

- $\frac{1}{4}$  inch thick longarm/FMQ rulers can be used with A.S.R. (Accurate Stitch Regulator), such as the Janome Ruler Kit rulers
- Choose Ruler Quilting - your choices are Medium or Light (Medium hovers a little higher than Light, still can adjust both)
- Adjust the speed control down a little if needed, personal preference
- Your sewing speed is usually different for ruler work than regular FMQ. If moving fabric slower for ruler, may consider going back to settings and increasing A.S.R. (Accurate Stitch Regulator) sensitivity

Directions continue on next page

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## WHEN USING START/STOP BUTTON

When using the Start/Stop button rather than the foot pedal to run the machine, the needle will continually go up and down. The needle will go slowly if you are not moving the fabric, and keeps moving until you press the stop button to turn off the machine.

## WARNING BUZZER/CHIRP:

**When the stitch regulator is having trouble keeping up – slow down.** The warning buzzer is indicating that your hands and foot pedal or slider speed are out of synch and the CM8 cannot keep an even stitch.

Status indicator light on foot holder will turn red during operation

Warning sound can be adjusted or turned off in settings (*See Below*)

## TO ADJUST SETTINGS:

Settings (gear icon at bottom of screen) > Sewing Settings (straight stitch line and zig zag icon at top of screen) > use arrows to scroll to relevant page.

A.S.R. Sensitivity: set to zero, can be adjusted. Adjust incrementally and try it out! Does not need much

If you are a proficient free motion quilter or a little faster sewer, adjust the setting to negative numbers.

If stitches aren't regulating as well, increase regulator to read the fabric more, or if you are moving slower

A.S.R. Overspeed Warning Sound: can be turned off – but we strongly suggest leaving it on while learning, it's there to help with the learning process

Part Name	Part NO.
A.S.R (Accurate Stitch Regulator)	868835006
A.S.R. closed-toe foot ASR-QC	868837008
A.S.R. clear-view foot ASR-QV	868837204
A.S.R. open-toe foot ASR-QO	868837101
A.S.R. ruler work foot ASR_QR	868837307
A.S.R Full Kit w/ Storage Case	869411005

The Janome Continental M17 and Continental M8 Professional machines come standard with the A.S.R. (Accurate Stitch Regulator) system, which includes the regulator foot holder and 4 presser feet.