

THE SIMPLE, STEP-BY-STEP LEARNING SYSTEM
FOR MACHINE QUILTING *Success!*

Getting Started Guide

FMM30 BREAKS DOWN THE LEARNING PROCESS INTO ONE SKILL AT A TIME

1 - BREAK THE QUILT INTO INDIVIDUAL BLOCKS

Quilt one block at a time, then cut them up into shapes and join them for a finished quilt.

Working with a single block eliminates the bulk and weight of a large quilt. You don't need a special table for the sewing machine. And, there's no fear of ruining a whole quilt top.

2 - BREAK QUILTING DESIGNS INTO THEIR BASIC ELEMENTS

All quilting patterns are built from 6 Basic Shapes.

Learn to quilt six simple shapes, one at a time, then simply repeat and combine them to build any quilting design. (Turn this page over for the 6 Basic Shapes Tracing Sheet.)

3 - BREAK APART LEARNING PATTERNS FROM LEARNING SEWING MACHINE CONTROL

You don't need to be at a sewing machine to learn quilting patterns.

Learn patterns by tracing them *without* a sewing machine. Learn to control the sewing machine by outlining designs in a large-scale fabric *without* quilting a pattern.

FMM30 GETS YOU QUILTING WITH 3 SIMPLE DAILY EXERCISES

1 - TRACE

Trace the Tracing Sheets with the Master Trainer for 5 minutes, 3 times a day.

Tracing lets you learn quilting designs *before* you get to the sewing machine. It develops the automatic muscle memory and eye-hand coordination you need for comfortable, confident quilting -- *without* struggling with a sewing machine. Use the tracing sheet on the back to get started.

2 - DRAW

Draw quilting designs in a sketchbook each day.

When you're tracing, your brain is in following mode. But when you draw, your brain is in the driver's seat, *leading* your hands to form a pattern. Do daily drawing exercises to learn the structure of a quilting design and plan how it will fit on your quilt.

3 - QUILT

Quilt one block a day.

Muscle memory and brain learning come together as you practice quilting one of the Basic Shapes each day. Quilting one block is a doable daily goal. And when you finish all the blocks, your quilt is *already* quilted!

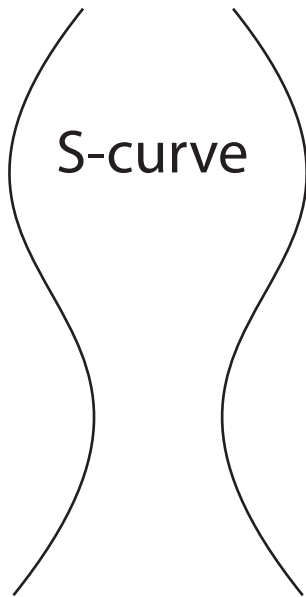
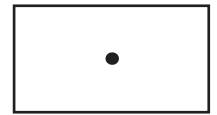
#fmm30quilts
#free_motion_mastery_in_a_month
#ranaemerrillquilts

Buy ***Free-Motion Mastery in a Month*** book, tool kit and video class
at **your local quilt shop** or **www.RaNaeMerrillQuilts.com**.

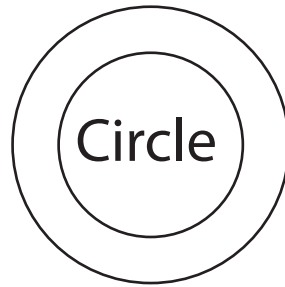
Ask about becoming a Free-Motion Mastery in a Month Affiliate Store or Certified Teacher
For information about workshops, contact RaNae Merrill at info@ranaemerrillquilts.com

The 6 Basic Shapes Tracing Sheet

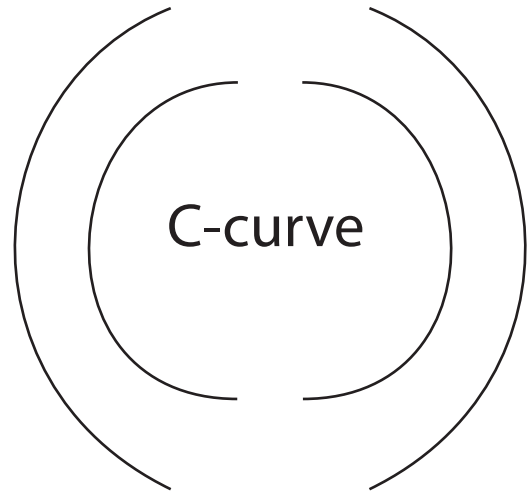
To make a simple trainer tool, cut a 3" x 5" rectangle of stiff plastic (4" x 10" if you want to practice for a longarm) and put a dot in the middle. Place your fingertips (or your fists, like you hold the handlebars of your longarm) on either side of the dot and trace the dot along the lines of this sheet. For a short video demonstration, search RaNae Merrill on YouTube and watch FMM30 #2.



S-curve

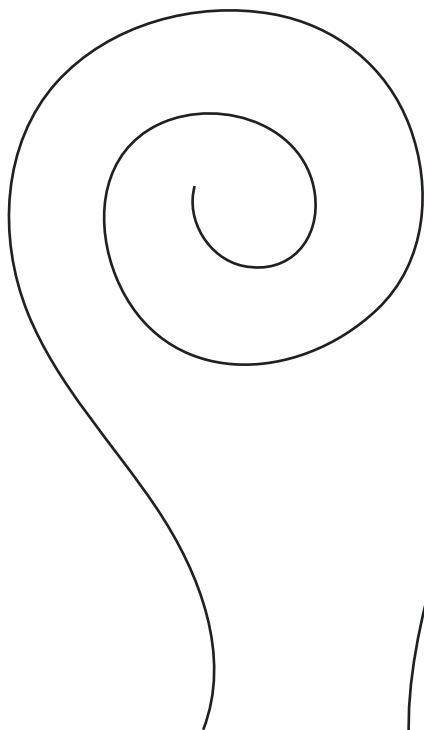


Circle



C-curve

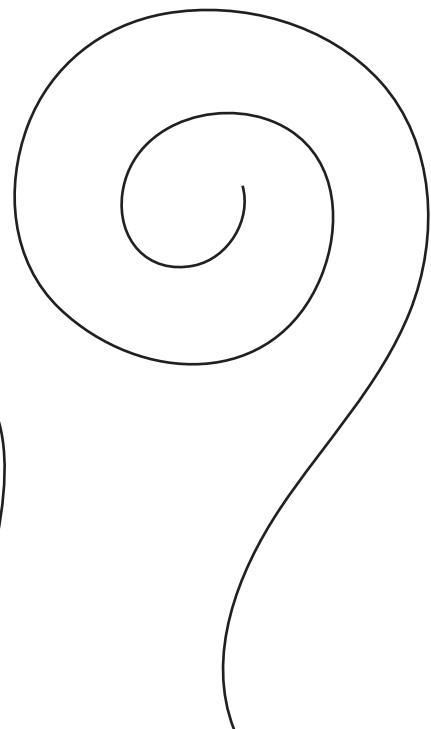
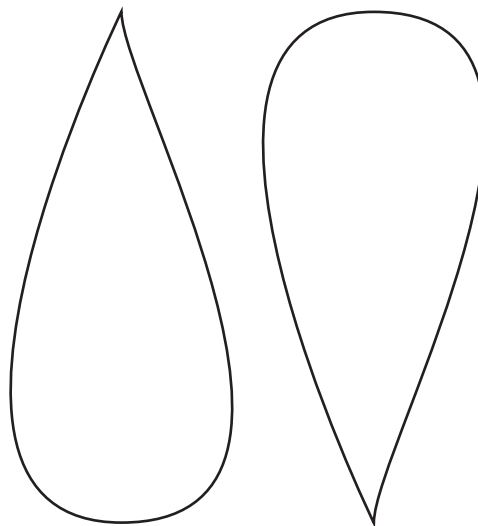
Straight Line



Spiral



Teardrop



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