

Free-Motion Mastery in a Month:

A Block a Day to Machine Quilting Success!

PLEASE NOTE: If you received this materials list from a source other than RaNae's website, please check for the most up-to-date version at www.RaNaeMerrillQuilts.com

Click on "Teaching & Events" in the top bar
Select "Workshops & Lectures" in the drop-down menu
Click on "Free-Motion Mastery in a Month"
Click on "Materials List for 1-Day Class"

If you are taking this class through a STORE, please get the materials list from the store, as they may have additional information.

IMPORTANT:

Please arrive at class 30- 60 minutes early to set up.

This is an important time for getting one-on-one help preparing your sewing machine for free-motion quilting.



Through a graduated series of tracing, sketching and quilting exercises you'll build skill upon skill, pattern upon pattern, as you embed the muscle memory and eye-hand coordination to quilt comfortably and confidently. In class we'll introduce all the techniques, exercises and skills you'll practice in the 30-day program while making the first three blocks. Finish them into the project shown above, or use them in a 16-block quilt with borders. This class is taught on domestic sewing machines but the principles and exercises work for both sit-down and frame-mounted longarm machines.

Learn how to:

- Pre-train your hands anytime, anywhere, before quilting.
- Recognize and quilt the six shapes that make up all quilting designs.
- Set up a domestic sewing machine for free-motion quilting.
- Move your hands, body and quilt for relaxed, efficient quilting.
- Join pre-quilted blocks to make a quilt of any size.

Required materials for class:

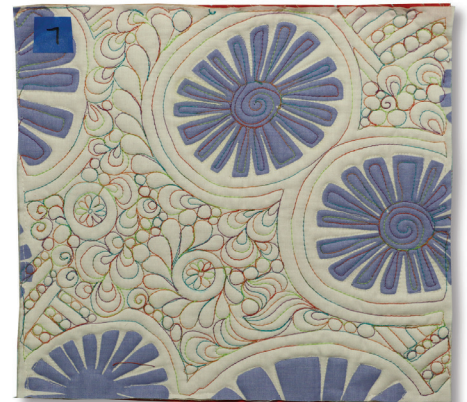
1. A copy of ***Free-Motion Mastery in a Month***

If you already have a copy bring it, or purchase in class.

2. A tool kit containing the following items:

- _____ A Master Trainer™ tool (Standard size for domestic machines or Longarm size for longarm machines (either sit-down or stand-up).
- _____ The 10 FMM30 laminated Tracing Sheets
- _____ A dry-erase pen
- _____ Gripper pads for quilting

- _____ Anchoring putty (or bring masking tape)
- _____ An erasing cloth
- _____ A sketchbook
- _____ A mechanical pencil



A pre-quilted block, example of large motif fabric with empty background to be filled in with quilting

Tool Kits containing all the items listed above (with either Standard or Longarm size trainer) can be purchased in the online store. I strongly recommend you order the book and tool kit ahead of time so you can familiarize yourself with them before class. If you are on a budget, you may purchase in class a mini kit containing only the four items in the left-hand column, and bring the items in the right-hand column yourself. The mini-kit may only be purchased in class, not in the online store. The price of the mini-kit is half of the current price for the Complete Tool Kit with Standard or Longarm Trainer. Please pre-order following the instructions at the bottom of the next page.

Sewing tools:

- _____ Basic sewing tools (scissors, seam ripper, etc.)
- _____ Thread-trimming scissors
- _____ 2-4 safety pins (if not using fusible batting)
- _____ Optional: Silicone slider sheet

To finish the quilt at home you will also need:

- _____ Rotary cutter & mat
- _____ Square rotary cutting ruler 10" or larger

Fabrics for class project (Wall hanging 15" x 15") ~ ~ MUST BE PRE-CUT ~ ~ (WOF = Width of Fabric: 42"-45" wide)

You may bring your own fabrics or order a kit. If you are taking a class at a store, check to see if the store is providing a fabric kit. If you bring your own fabrics to class, these are the minimum requirements for the 3-block layout. Additional instructions for 16-block layouts are in the book. If you are taking the class at a guild or show, an optional 3-block kit is available for purchase. Please pre-order fabric kits following the instructions below.

Block #1 (Large center motif): 2 pieces of fabric 11" x 12"

- _____ Front: Should have a large, clearly-outlined motif like the butterfly in the picture; panel squares are great.
- _____ Back: Any fabric is fine.

Blocks #2 & #3 (Borders): 4 pieces of fabric 11" x 12"

- _____ Front: A solid light color. (Mottling or a subtle texture is okay, but NO print)
- _____ Back: A solid dark color. (Mottling or a subtle texture is okay, but NO print)

Joining Strips & Binding:

Solid or subtle small print. Fabric should coordinate with the Block #1 fabric.

(You will not need these in class, but will need them to finish the wall hanging at home.)

- _____ 2 strips 1" x WOF
- _____ 2 strips 1-3/4" x WOF
- _____ 2 strips 2-1/2" x WOF

Batting: 3 pieces 11" x 12"

Cotton or poly-cotton, not poofy like polyester or wool. Double-sided fusible batting is best.

Thread: 1 spool

High-quality cotton, 40 or 50 weight. Choose a medium value that contrasts with both the light and dark fabrics in Blocks 2 & 3. It is used for both top and bobbin. *Please bring 2 bobbins pre-wound.*

Optional Fabric Kits: (Fabric kits must be pre-ordered, see instructions below)

Kits contain pre-cut fabric for front, back & binding, matching thread, and 3 blocks batting.

3-block wallhanging (layout shown at top of page 1, fabric choices will vary): \$30

A 16-block quilt size may be available - check the online store.

To purchase Books & Complete Tool Kits: If you are taking the class at your local quilt shop, the store will be selling books, tools and kits. If you are taking the class at a show or guild, you can purchase them in the online store prior to the event at www.RaNaeMerrillQuilts.com. Click on SHOP. Click on FREE-MOTION MASTERY IN A MONTH for books and tool kits. Be sure to leave time for shipping. I will also have these items available for purchase in class.

To pre-order Fabric Kits & Mini Kits: These items are only available in class. Send an email to info@RaNaemerrillquilts.com. Tell us which kit(s) you want. Include your name and THE NAME OF THE EVENT WHERE YOU ARE TAKING THE CLASS (this is VERY IMPORTANT). **Your kit will be delivered to you in class and you may pay for it at that time.**

To order books, kits and other supplies, sign up for her newsletter, or get information about workshops and lectures, please visit:

www.RaNaeMerrillQuilts.com Contact RaNae by email at ranae@ranaemerrillquilts.com

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Sewing machine set up - PLEASE READ CAREFULLY AND FOLLOW THESE INSTRUCTIONS.

Note: If you are taking this class at a guild you will bring your own sewing machine. Some quilt shows and stores provide sewing machines in the classrooms while others require that you bring your own sewing machine. If you are not sure if you need to bring your own sewing machine, please check with the show or store.

- _____ Make sure your machine is cleaned, lubricated and working properly. Sew on it before you come to class to test it! **DO NOT SKIP THIS STEP -- IT IS ABSOLUTELY ESSENTIAL**
- _____ Make sure you have a free-motion quilting foot and know how to attach it.
- _____ Know how to drop the feed dogs
If your machine does not allow the feed dogs to be dropped, know how to set the stitch length to 0. There are plates available to cover the feed dogs, but I find that most of these are too high for free-motion quilting -- they end up pressing against the free-motion foot and don't allow the fabric to move around. I prefer not to use a plate, and instead simply set the stitch length to 0 so the feed dogs do not advance the fabric.
- _____ Know how to adjust the tension. If you have a computerized machine, know where to find the tension adjustment control before you come to class.
- _____ Bring the instruction manual (you can probably find it online if you can't find it at home).

You will need these accessories:

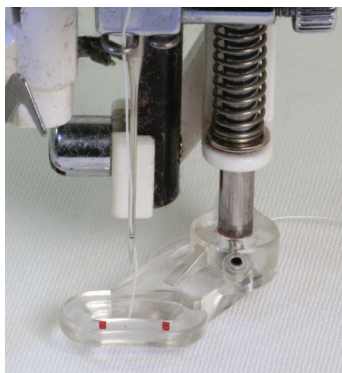
- _____ Free-motion quilting foot or darning foot **ABSOLUTELY ESSENTIAL!!**
See photos below and follow these instructions carefully:
If you buy a new foot for this class, attach it on your machine *before you come to class*. Do this at the store where you buy the foot so that you know how to attach it, and so you can test that it fits your machine properly. Check the height of the foot: when you lower the presser foot, the free-motion foot must allow the fabric to move freely between the foot and the feed dogs. If the fabric won't move, either you need to adjust the foot up, or you have the wrong foot for your machine. Solve this before you come to class, because *if you can't move the fabric in your machine, you can't quilt.*
- _____ 2 empty bobbins (in addition to the pre-wound bobbins mentioned earlier)
- _____ Extra needles in a variety of sizes & types (75/11, 80/12, 90/14 "Universal" and "Quilting" styles)
- _____ 1/4" foot (*You may not need this in class, but you will need it to assemble the quilt afterward.*)

Quilting Feet

Here are several common free-motion quilting feet. All of them allow the fabric to move freely in any direction without touching the feed dogs. You may already have one or more of these. If you are buying a new foot, choose one that allows you the best visibility of the area around the foot, like the first one shown below. **Be sure to test the foot on your machine before you come to class.** You should be able to move the fabric freely when the presser foot is down and the feed dogs are dropped. If the fabric won't move, either you need to adjust the foot up, or you have the wrong foot for your machine. Solve this before you come to class, because *if you can't move the fabric in your machine, you can't quilt.*



Open-toe darning foot
(Bernina #24)



Clear plastic darning foot
(Singer)



Closed-toe quilting foot on
Bernina stitch regulator



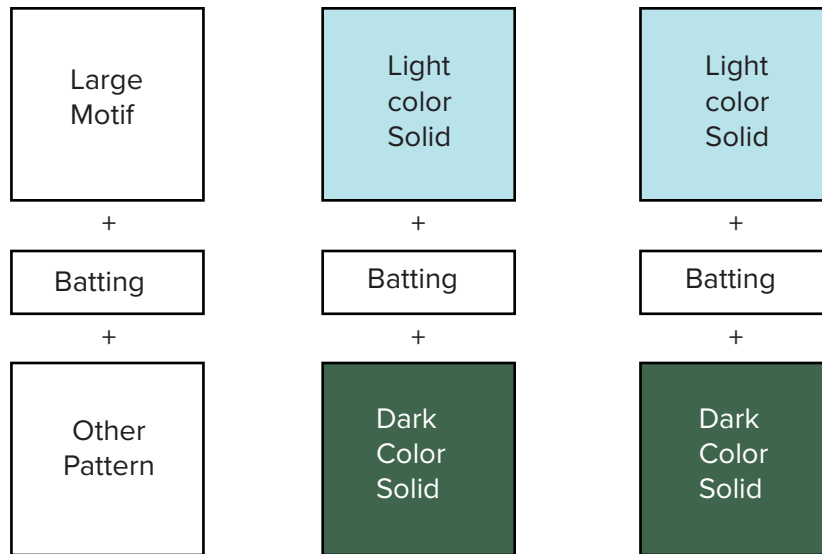
Echo-quilting foot on Bernina stitch
regulator

Free-Motion MASTERY IN A MONTH

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

Here's how to prepare the blocks for your class project. Please bring them to class sandwiched and ready to quilt.

1. There are 6 blocks of fabric. Pair them up to make three sandwiches as shown below. Notice that the solid blocks have a light color on one side and a darker color on the other. The blocks are rectangles approximately 11" wide by 12" high; stack them so that the sides match.



2. Fuse or pin the layers together. If you are pinning, the blocks will only need a couple of pins (safety or straight). You may not need to do this at all: since the batting is somewhat sticky, the blocks are small and you will be quilting them immediately there's not much likelihood of things shifting around.
3. When you do the tension test, use a small area of one of the solid blocks or an edge of the large motif block.
4. We will quilt the large motif block first, just outlining the design.
5. We will quilt the solid blocks second and third. You'll use about 1/4 of a block to practice quilting each shape.
6. At the end you'll cut the blocks up and put the pieces together to make the wallhanging shown.



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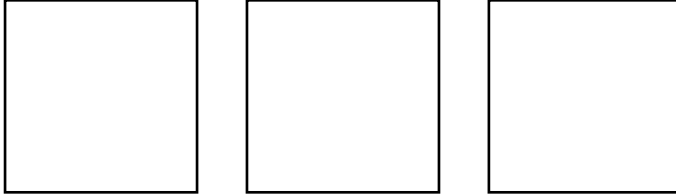
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Free-Motion

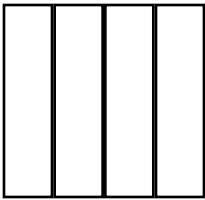
MASTERY IN A MONTH

Here's how to finish your 3 blocks from class into a wall hanging, table topper or pillow front:

1. Square up all three blocks to 10" x 10"
(or 9" x 9" if that fits your large motif block better).

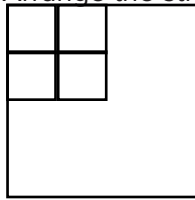


2. Slice one of the solid blocks into 4 strips
2-1/2" x 10" (or 2-1/4" x 9")



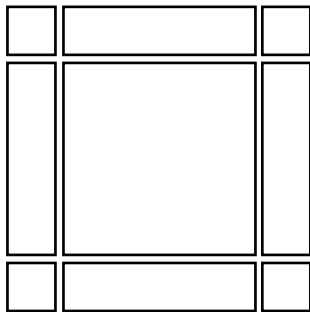
3. From the other solid block cut 4 squares 2-1/2" x 2-1/2"
(or 2-1/4" x 2-1/4")

4. Arrange the strips and squares



as shown here:

5. Assemble the pieces into three strips on the back.

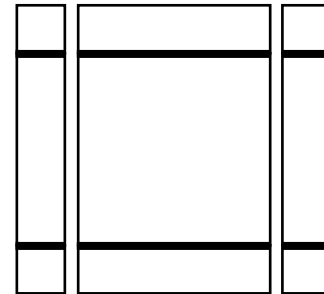


columns. Use the 1" joining strips on the front and the 1-3/4" joining

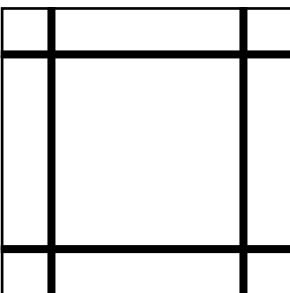
Follow the assembly instructions on pages 90-91 of the book.

Cut joining strips & binding:

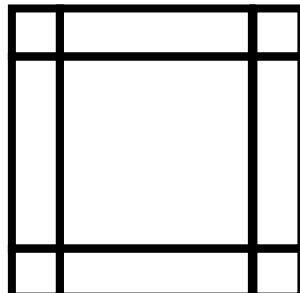
2 strips 1" x WOF (40")
2 strips 1-3/4" x WOF (40"), and
2 strips 2-1/2" x WOF (40")



6. Assemble the three columns with joining strips.



7. Join the two 2-1/2" strips end-to-end with a diagonal seam. Press in half lengthwise. Use this strip to bind the edges of the square.



Tip: You won't use all of the two solid blocks, so pick the parts you like best

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