

Free-Motion MASTERY IN A MONTH Quantum Leap



with RaNae Merrill

IMPORTANT: Please arrive at class 30-60 minutes early to set up. This is an important time for getting your block sandwiches layered and fused, as well as getting one-on-one help preparing your sewing machine for free-motion quilting. You may also make purchases before class.

In the class you will use a graduated series of body motion, tracing, drawing and quilting exercises, to build skill upon skill, pattern upon pattern as you embed the muscle memory and eye-hand coordination needed for comfortable free-motion quilting. We will quilt three blocks that you can finish into a wall hanging as shown here, or add them to more blocks at home to finish a complete quilt as shown in the in *Free-Motion Mastery in a Month* book.



You will see an instant improvement in your free-motion quilting skills as you learn how to:

- Pre-train your hands anytime, anywhere, before quilting
- Set up a domestic sewing machine for free-motion quilting
- Quilt the 6 Basic Shapes that make up all quilting designs
- Build any quilting design from the 6 Basic Shapes
- Join pre-quilted blocks to make a quilt of any size
- And much more!

Fabric, Batting & Thread for class:

A fabric kit is included with the class. Fabric kits DO NOT contain thread. Bring the thread on the materials list. Kit cost is \$30. Please pay for the kit in class, in cash.

Sewing Machine and Thread for class:

Bring your own sewing machine. You MUST have a free-motion quilting foot (see page 3).

Bring your own thread (see page 2).

Free-Motion Mastery in a Month Book, Tool Kit, Video Class

The Free-Motion Mastery in a Month book and tool kit are strongly recommended and may be purchased in class. (If you have time, it's a good idea to order them before and familiarize yourself with the materials before class.) Information taught in class is sourced from the book, and the book contains the practice plan to continue learning after class. Also, I do supplement the material in the book and you might want to add notes to it. The tool kit contains the Master Trainer tool, laminated tracing sheets and more to use in class and continue practicing at home. A video class is available for demonstrations of each exercise and pattern.

To learn more and purchase FMM30 products, visit www.FreeMotionMasteryinaMonth.com

Sewing tools:

- _____ Basic sewing tools (scissors, seam ripper, etc.)
- _____ Thread-trimming scissors
- _____ 2-4 safety pins (if not using fusible batting)
- _____ 1 or 2 empty bobbins (if bringing your own sewing machine)

To finish the quilt at home you will also need:

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

Fabric & Thread for class project (Wall hanging 15" x 15")

If page 1 says you need to bring your own fabric, pre-cut as shown below (you will not have time in class to cut fabric).

If possible, fuse the blocks together before coming to class as shown on the preparation page that follows.

If page 1 says you do NOT need to bring fabric, this list just tells you what is in the kit. **But DO bring thread.**

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; 10" 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 all FRONT fabrics.

(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"

Double-sided fusible. Hobbs 8/20 Heirloom Fusible is best. If it's not available at your local quilt shop, Hancock's of Paducah has the best price online. Any other batting should be cotton or poly-cotton, not poofy like polyester or wool.

Thread: High-quality cotton, 50 weight

If you are bringing your own fabrics: Choose a thread that can be seen clearly against both the light and dark fabrics in Blocks 2 & 3. It is used for both top and bobbin. *Please bring 2 bobbins pre-wound.*

If you are getting a fabric kit from me (whether purchased or included with the class): Bring light, medium and dark threads in neutral colors. Bring 2 empty bobbins so you can wind them with the color you choose to use. *[I have found that often students' machines are particular about thread and don't "like" the thread I supply, so I no longer include thread in kits. Please bring the thread that works best in your machine.]*

If the event is providing fabric kits and/or sewing machines, check with them whether or not they will provide thread.

To purchase Books & Tool Kits: If you are taking the class at a local quilt shop, the store will be selling books and tool kits. If you are taking the class at a show or guild, you can purchase them in my online store prior to the event at www.FreeMotionMasteryinaMonth.com. Click on SHOP. Click on FREE-MOTION MASTERY IN A MONTH for books and tool kits. Plan at least 2 weeks for shipping. I will also have these items available for purchase in class.

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

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

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Sewing Machine Set Up

If you are bringing your own sewing machine to class, PLEASE READ CAREFULLY AND FOLLOW THESE INSTRUCTIONS. If the event is providing a sewing machine, you will not need this information for class, but it will help you set up your sewing machine at home. If you are not sure if sewing machines are provided, check with the event.

- ___ 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.*)

Thread: Because some machines are picky about thread, please bring your own: high-quality cotton, regular sewing weight. Bring several colors in medium values that are clearly visible on both light and dark fabrics.

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. Check with your sewing machine shop and 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



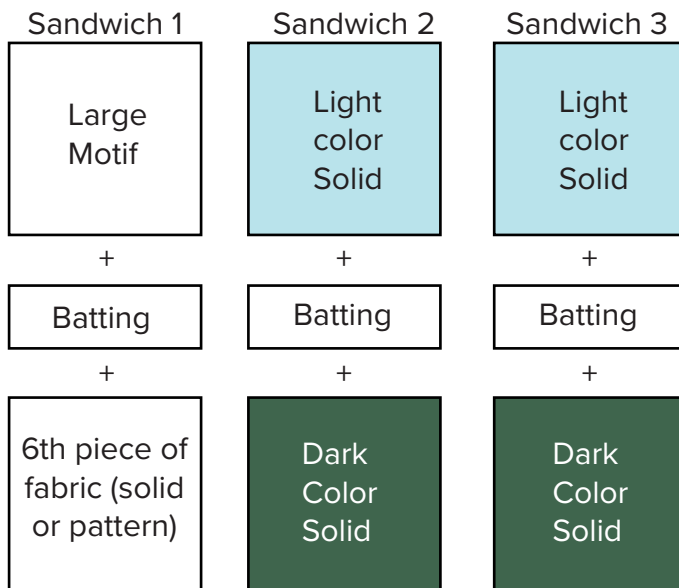
Echo-quilting foot on Bernina stitch
regulator

Free-Motion MASTERY IN A MONTH

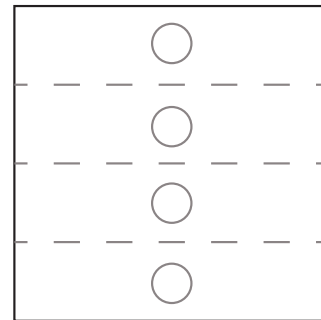
THE SIMPLE, STEP-BY-STEP LEARNING SYSTEM FOR MACHINE QUILTING *Success!*

Here's how to prepare the blocks for your class project. If you are bringing your own fabric, please layer and fuse the blocks at home before you come to class.

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.



Mark one side of Sandwich 3:
FOLD (do not mark, do not stitch) the block into four rows. In the center of each row, **MARK** a circle 1" in diameter (the size of a 25-cent coin.)



2. Fuse or pin the layers together. If you are pinning, the blocks will only need a couple of pins (safety or straight). (Fusing is definite the better option.)

3. If you received a fabric kit, there is additional fabric for joining strips and binding. The strips may be pre-cut, or there may be just a 1/4 yard cut of fabric. Save this fabric to use for finishing the wall hanging at home.

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 home, you'll cut the blocks up and use the joining strips to put the pieces together to make the wallhanging shown.



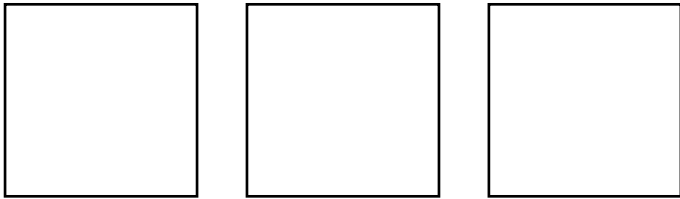
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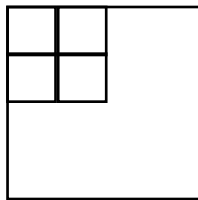
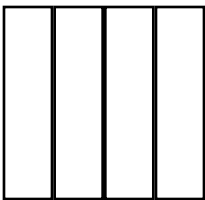
MASTERY IN A MONTH

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).

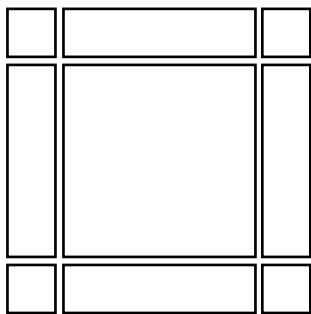


2. Slice one of the solid blocks into 4 strips
2-1/2" x 10" (or 2-1/4" x 9")
3. From the other solid block cut 4 squares 2-1/2" x 2-1/2"
(or 2-1/4" x 2-1/4")



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

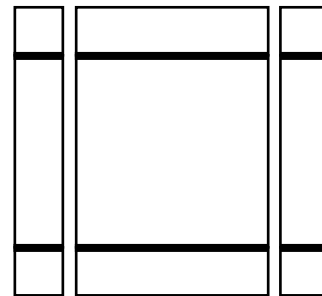
4. Arrange the strips and squares as shown here:



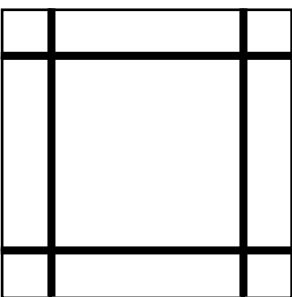
5. Assemble the pieces into three columns. Use the 1" joining strips on the front and the 1-3/4" joining strips on the back. Follow the assembly instructions on pages 90-91 of the book,

or watch the video on YouTube (see info at bottom of page).

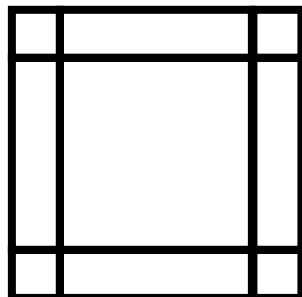
Cut joining strips & binding:
2 strips 1" x WOF (40")
2 strips 1-3/4" x WOF (40"), and
2 strips 2-1/2" x WOF (40")



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.



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* Watch "How to Join Pre-Quilted Blocks" on the Free-Motion Mastery in a Month YouTube channel.