

FREE-MOTION MASTERY QUANTUM LEAP LIVE ONLINE CLASS

Materials List for Students

This class is taught as a live online class via video conferencing. The login information and passwords for in-class materials will be sent to you by email 1-2 days before class. Use the same login for all sessions.

This class does not require that you have a copy of the Free-Motion Mastery in a Month book or the tool kit that goes with it. However, you will find them useful, and you will need them to continue practicing your free-motion skills after the class. If you already own them, please have them with you during the class. You can purchase them on RaNae's website www.FreeMotionMasteryinaMonth.com; if you are taking this class through a local quilt shop please purchase them through the shop.

For a preview of how Free-Motion Mastery in a Month works, and to purchase books and tool kits, please visit www.FreeMotionMasteryinaMonth.com.

Sewing Machine Preparation

You'll be working at home in the comfort of your own sewing room, on your own sewing machine. Here's what you will need.

- ___ Make sure your machine is cleaned, lubricated and working properly. Sew on it before class to test it!
DO NOT SKIP THIS STEP -- IT IS ABSOLUTELY ESSENTIAL!
- ___ Know how to adjust the tension. If you have a computerized machine, find the tension adjustment control before class.
- ___ Have the instruction manual handy (you can probably find it online if you can't find it at home).
- ___ 1 empty bobbin
- ___ Extra sewing machine needles: Domestic sizes 80/12 for 50-weight thread or 90/14 for 40-weight thread.
Longarm sizes 100/16 or 110/18. Use whatever you are comfortable using on your machine. Later on you can try different types, for example Universal, Quilting, Topstitching, Microtex.

For Domestic Sewing Machines

- ___ POWER CORD
- ___ FOOT PEDAL (For domestics and sit-down longarms)
- ___ Extension table or accessory box so you have the full sewing surface to work on.
- ___ Know how to drop the feed dogs
- ___ Free-Motion Quilting Foot. If you do not know what this is or aren't sure if you have one, ask at your sewing machine shop days or weeks before class - do not leave this until the last minute. You may need to buy a free-motion quilting foot. Know how to attach the foot to your machine. Test it before class to make sure you can move the fabric under the foot when the presser foot is down. If the fabric won't move, you may have the wrong foot or you may need to decrease the presser foot pressure. **DO NOT SKIP THIS STEP!!!! IF YOU DON'T HAVE A FREE-MOTION QUILTING FOOT YOU WILL NOT BE ABLE TO QUILT ON YOUR MACHINE!!!!**

Tools You Will Need in Class

OPTIONAL: The FMM30 Book and Tool Kit contain the full instruction book, Master Trainer & 10 laminated Tracing Sheets, white board, dry erase pen, eraser cloth, grippy pads and tote bag. A video class is also available. Visit my online store to purchase.

- ___ Pencil & paper for drawing and taking notes
- Master Trainer Tool for doing tracing exercises. Buy in my online store www.FreeMotionMasteryinaMonth.com or make one following the instructions at the top of the last page (the back side of the 6 Basic Shapes Tracing Sheet)
- ___ Masking tape (use it to anchor tracing sheets, or use grippy pads (see Optional items below)
- ___ A circular object about 1" in diameter, for example a quarter, a small water bottle lid, or a bobbin
- ___ Optional / really helpful: 3-4 3" squares of waffle-style shelf liner ("Grippy pads") or quilting gloves
- ___ Thread snipping scissors

Fabric, Batting & Thread

If this class is hosted by a quilt shop, they may have a fabric kit available. If you received a Welcome Letter from me, check it for a purchase link. I may also have a fabric kit available in my online store. visit www.FreeMotionMasteryinaMonth.com and Click "SHOP".

For All Machines (Domestic, Sit-Down Longarm, Frame-Mounted Longarm)

- ___ Solid Fabric: Four 12" x 12" blocks, 2 in a light color and 2 in a dark color (For longarms: only 2 blocks, 1 light, 1 dark)
- ___ Large print fabric: 1 block 12" x 12" (Motifs in design should be at least half the size of your hand)
OR Panel blocks that finish approx. 10" x 10" with approx. 1" extra fabric around the edge. Fabric size should still be 12" x 12"
- ___ One other 12" x 12" block in any fabric (use on back of large print block) (For longarms, this is your backing fabric - see below)
- ___ Batting: 3 blocks 12" x 12" I recommend FUSIBLE batting. My preferred is Hobbs Heirloom Fusible. (Longarm users see below)
The best price is at Hancock's of Paducah online; it comes in Crib (45" x 60") or Queen (90" x 108") If you use a non-fusible batting, it should be Cotton or Cotton/poly, thicker and not summer weight). Spray-baste the layers together. Fusing or spray-basting adds stability to the block which is better for quilting. If you must use pins, okay, but please DO NOT baste.
- ___ Thread: 1 spool of good quality 50 or 40 weight thread (200 yards is enough) in a color that coordinates with the fabric.
THREAD MUST CONTRAST STRONGLY WITH YOUR FABRIC SO YOU CAN SEE IT CLEARLY WHILE YOU PRACTICE AND SO THAT IT IS CLEARLY VISIBLE ON CAMERA.. Some good choices are Superior Threads' King Tut (40-weight cotton), Fantastico (40-weight polyester variegated) or Magnifico (40-weight polyester solid). If you know that your sewing machine "likes" a particular type of thread best, use that.
- ___ Joining Strips and/or Binding Fabric: 1/4 yard of coordinating contrasting fabric. See the project instructions for the number of strips needed. You will not use these in class but will use them to complete the projects afterward.

For Frame-Mounted Longarms

Mount backing and batting on your frame. It can be any fabric, any design that coordinates with the other fabrics. It can be a separate strip or an extension of backing of another quilt you are working on. As you quilt each block for this class, drop the individual fabric blocks onto the backing/batting. Pin the corners to anchor them.

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



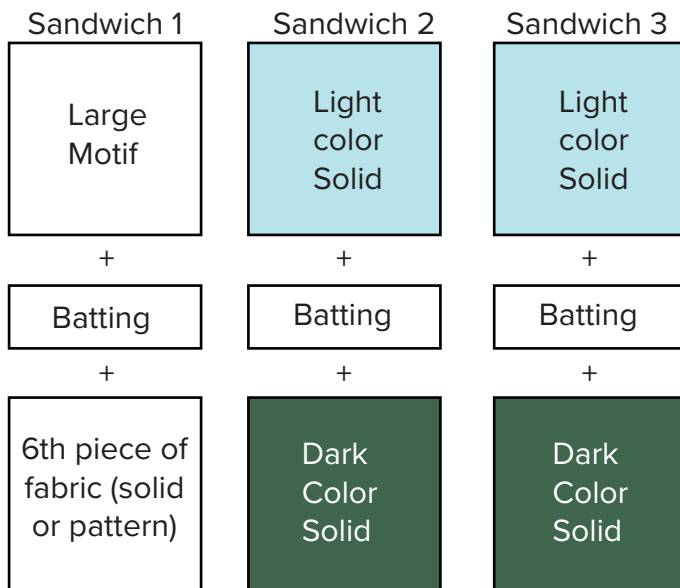
Echo-quilting foot on Bernina stitch
regulator

Free-Motion MASTERY IN A MONTH

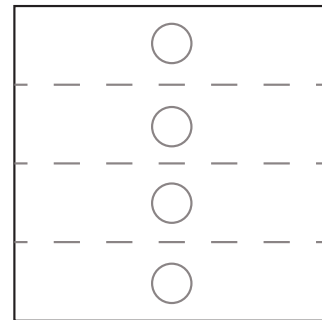
THE SIMPLE, STEP-BY-STEP LEARNING SYSTEM FOR MACHINE QUILTING *Success!*

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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Free-Motion

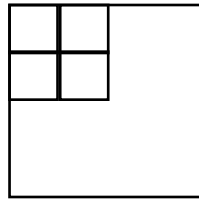
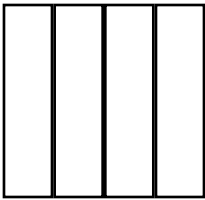
MASTERY IN A MONTH

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

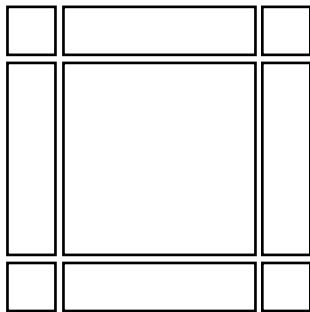
1. Square up all three blocks to 10" x 10"
(or 9" x 9" if that fits your large motif block better).



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")



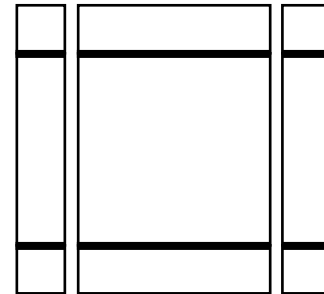
4. Arrange the strips and squares as shown here:



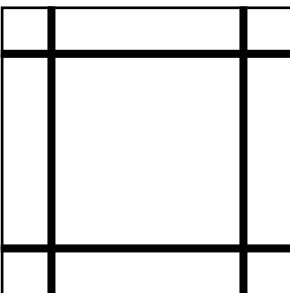
5. Assemble the pieces into three columns. Use the 1" joining strips on the front and the 1-3/4" joining strips on the back. Follow the assembly instructions on pages 90-91 of the book,

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

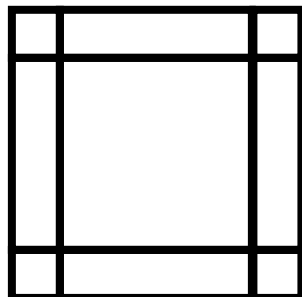
Cut joining strips & binding:
2 strips 1" x WOF (40")
2 strips 1-3/4" x WOF (40"), and
2 strips 2-1/2" x WOF (40")



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.



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

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