

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!

NOTE: This materials list is written to accommodate all situations, so there are variables. **Read carefully!** Check with the event to see if they have a materials list specific to their event.

Fabric & Batting for class: READ THIS CAREFULLY!!!!

Depending on where you take this class, a fabric kit may or may not be included. Check the materials list provided by the event. If a kit is included with the class, the cost of the kit may be included in the registration fee, or may be payable to me in class. If you bring your own fabric, the requirements are listed on page 2, where you will also find information about ordering an optional fabric kit from me.

Sewing Machine and Thread for class:

Depending on where you take this class, sewing machines and thread may or may not be provided. If you bring your own sewing machine, **CAREFULLY READ & FOLLOW THE INSTRUCTIONS ON PAGE 3.**

Free-Motion Mastery in a Month Book, Tool Kit, Video Class & Live Online Class (FMM30 Club)

The Free-Motion Mastery in a Month book and tool kit are strongly recommended for this class. Information taught in class is sourced from the book, and the book contains the day-by-day practice plan to continue practicing 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 and laminated tracing sheets and more to use in class and continue practicing at home. A video class is available to provide video demonstrations of each exercise and pattern. And, follow class with the FMM30 Club to get online classes where you can ask questions and get individual help -- for life!

**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)
- _____ 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"

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: 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 for the 3-block wallhanging shown at top of page 1. FABRIC CHOICES WILL VARY; choose from available styles in class. \$30

[Note: beginning October 2021, kits will no longer contain thread and price will adjust accordingly.]

To pre-order Fabric Kits: Send an email to info@RaNaeMerrillQuilts.com or use the Contact page on my website.

INCLUDE THE NAME OF THE EVENT WHERE YOU ARE TAKING THE CLASS (this is VERY IMPORTANT because I often travel to multiple events in one trip). Pay for your kit in class.

To purchase Books & Tool Kits: If you are taking the class at your 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.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 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.*)

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

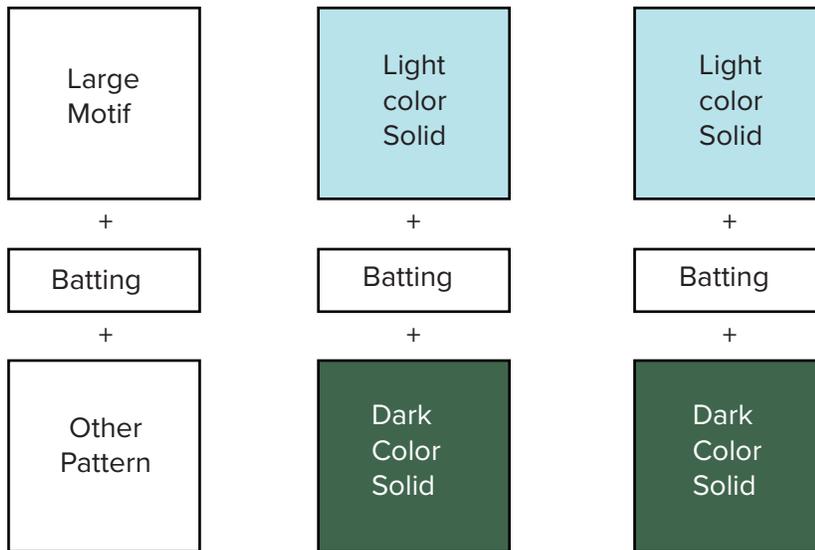
Free-Motion

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. 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.



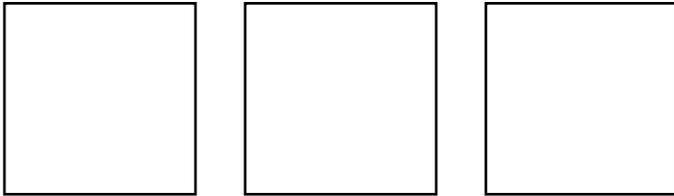
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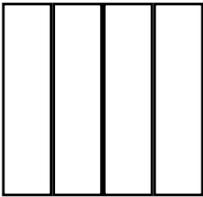
MASTERY IN A MONTH

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).

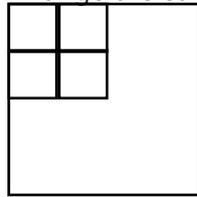


2. Slice one of the solid blocks into 4 strips
2-1/2" x 10" (or 2-1/4" x 9")



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

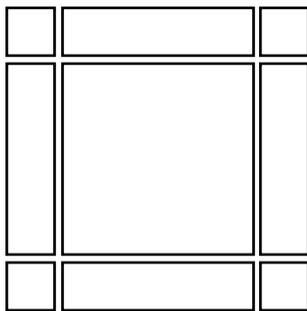
4. Arrange the strips and squares



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

as shown here:

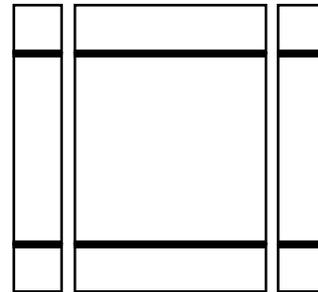
5. Assemble the pieces into three strips on the back.



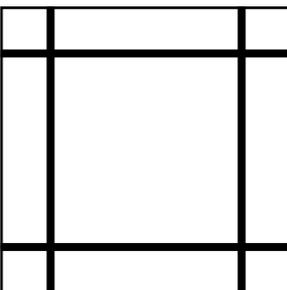
columns. Use the 1" joining strips on the front and the 1-3/4" joining

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

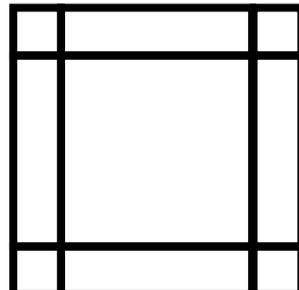
Cut joining strips & binding:
2 strips 1" x WOF (40")
2 strips 1-3/4" x WOF (40"), and
2 strips 2-1/2" x WOF (40")



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.



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