

# 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!

**Sewing Machine:** Sewing machines & thread are provided.

**Fabric & Batting:** A fabric kit is provided.

**Sewing Tools:** Thread-trimming scissors. To finish the wall hanging at home: 1/4" sewing machine foot, rotary cutter and mat, rotary cutting ruler, preferably square, 10" or larger.

**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** 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. And, follow class with the FMM30 Club to get live online classes where you can ask questions and get individual help -- for life!

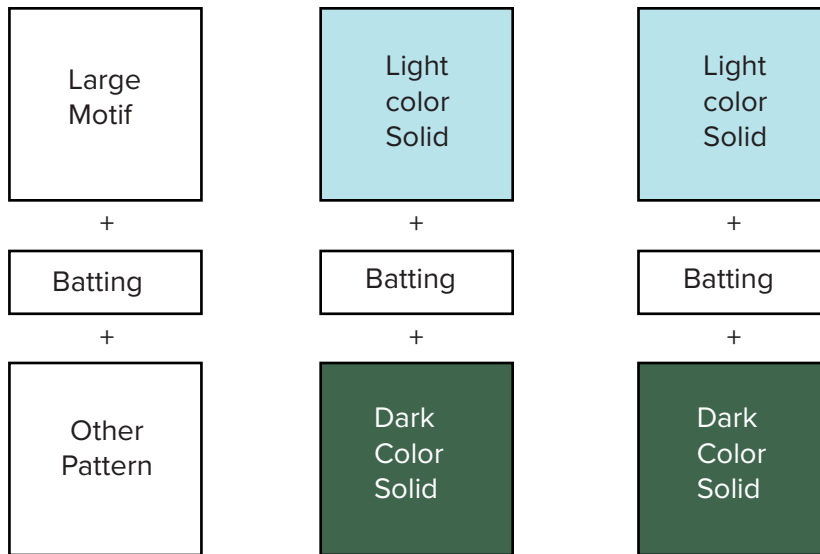
**To learn more and purchase FMM30 products, visit  
[www.FreeMotionMasteryinaMonth.com](http://www.FreeMotionMasteryinaMonth.com)**

# 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 arrive at class 30-60 minutes early in order to have time to sandwich and fuse the blocks in your fabric kit and familiarize yourself with the machines.

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 the layers together.
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.  
Instructions are on the next page.



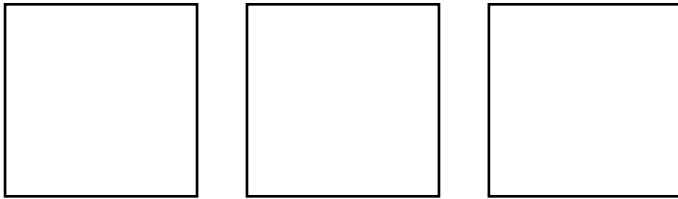
Copyright © 2017 RaNae Merrill  
All rights reserved.  
For use by participants in Free-Motion  
Mastery in a Month workshops.  
May not be distributed in any format  
nor used in any other classes.

# Free-Motion

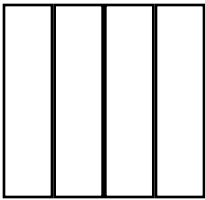
## MASTERY IN A MONTH

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).

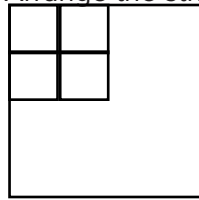


2. Slice one of the solid blocks into 4 strips  
2-1/2" x 10" (or 2-1/4" x 9")



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

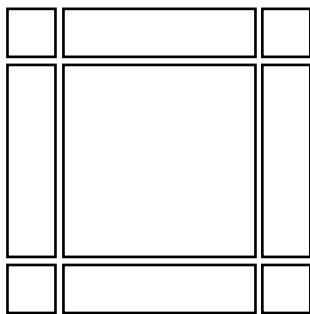
4. Arrange the strips and squares



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

as shown here:

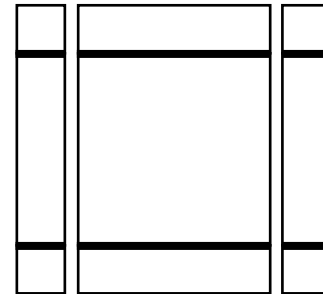
5. Assemble the pieces into three strips on the back.



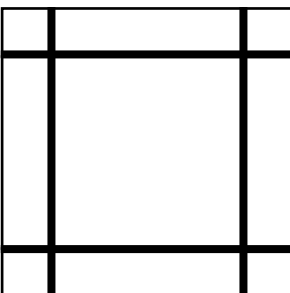
columns. Use the 1" joining strips on the front and the 1-3/4" joining

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

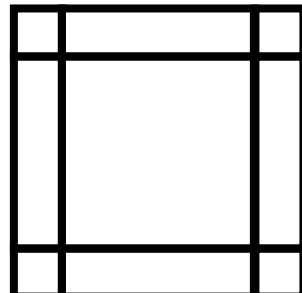
Cut joining strips & binding:  
2 strips 1" x WOF (40")  
2 strips 1-3/4" x WOF (40"), and  
2 strips 2-1/2" x WOF (40")



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.



Copyright © 2017 RaNae Merrill  
All rights reserved.  
For use by participants in Free-Motion  
Mastery in a Month workshops.  
May not be distributed in any other format  
nor used in any other classes.