



Basics of Free Motion Quilting

MV Modern Quilt Guild Workshop, July 9, Oak Bluffs Library

Katherine Long mvquiltkat@gmail.com

Free Motion Quilting moves the quilt sandwich in any direction to make stitch patterns, as opposed to other methods such as hand quilting, straight line quilting with a walking foot.

Feed dogs up or down – depends on your machine

Foot – darning foot (stitch regulator for some machines, low tension bobbin case for some machines such as Janome). A generic darning foot can be modified to make it work better (see link to video below).

Tension – balanced

Stitch length – Zero

Optional supplies: Machingers Gloves, nitrile gardening gloves or something to help manipulate the fabric – such as a cut-up rubber jar opener

Little Genie Magic Bobbin washer – helps prevents backspin

Resources:

Leah Day's online classes in Free Motion Quilting from both her own website and Craftsy. Also over 400 free FMQ pattern videos on YouTube.

freemotionquilting.blogspot.com/p/blog-page.html

How to modify a generic darning foot, video by Leah Day

www.youtube.com/watch?v=APD6s7PwoqU&feature=kp

Crafty classes and books **www.craftsy.com** (search for free motion in Craftsy)

Simply Colorful Blog **lynnmarquedant.blogspot.com/**

Martha's Vineyard Modern Quilt Guild – schedule of upcoming meetings and events
mvmodernquiltguild.org

Books: [Beginner's Guide to Free-Motion Quilting](#), Natalia Bonner

[Fabulous Feathers & Fillers](#), Sue Nickels

[Doodle Quilting](#), Cheryl Malkowski

[Quilting Wide Open Spaces](#), Judi Madsen