



Addendum 31
Zentangle Inspired Quilting (ziq)
with Art and Stitch
by
Linda Matteotti





Zentangle Introduction

By Linda Matteotti, Certified Zentangle Teacher (CZT), Certified Art and Stitch Teacher



What is Zentangle®

The Zentangle® Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It was created by Rick Roberts and Maria Thomas. "Zentangle" is a registered trademark of Zentangle, Inc. Learn more at zentangle.com.

Traditional Zentangle Art





Zentangle Introduction - cont'd

In traditional Zentangle art, the work is done on a 3" square of card stock with a fine Micron pen. Begin by dividing the square into 4, 5, or 6 manageable sections (known in Zentangle "speak" as laying a string). In A&S this can be accomplished beautifully by using the Bezier tool. I've found that this is a really tricky tool to learn to use (see addendum 18 by David Smith), but you can accomplish some absolutely beautiful curves if you're willing to experiment. I have recently fallen in love with this tool because of all the gorgeous curves that can be made. That doesn't mean I've learned to master it. Each mouse stroke is a new surprise, but this lends itself perfectly to this type of work. Zentangle inspired art or quilting is always a surprise, there is very little planning ahead.

After learning the Zentangle method, I came to realize that many Zentangle patterns are simply tiny quilting patterns. Conversely, many quilting patterns can be miniaturized and used as Zentangle patterns.

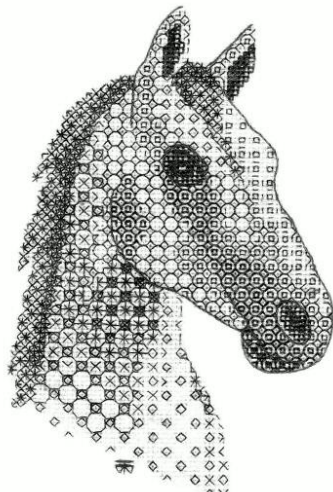
Traditionally, Zentangle art is drawn with black ink on white paper (tiles). It's easy to translate this art to fabric by using black thread on white fabric. Can you add color? Of course you can...it's your quilt. I have always been partial to the dramatic contrast of black and white, so I'll stay with that.

Blackwork

There is nothing new under the sun. Zentangle Inspired Quilting reminds us of the charm of historical blackwork. With Art and Stitch, we have some marvelous tools at our fingertips to create repetitive patterns and achieve the same surprising results to use in our quilting. No two quilters will ever design the same piece. We will focus on creating Zentangle Inspired Quilting using the tools available to us in the software. To learn to draw traditional Zentangle patterns, see the resource list at the end of this addendum.

From Wikipedia

Blackwork, sometimes historically termed Spanish blackwork, is a form of embroidery generally using black thread, although other colors are also used on occasion. Sometimes it is counted-thread embroidery which is usually stitched on even-weave fabric. Any black thread can be used, but firmly twisted threads give a better look than embroidery floss. Traditionally blackwork is stitched in silk thread on white or off-white linen or cotton fabric. Sometimes metallic threads or coloured threads are used for accents.



*Example hand embroidery kit Blackwork Horse
(Mangalarga Breed)
Designed by Tanja Berlin of Berlinembroidery.com)*



*Wikipedia: Counted stitch Blackwork, 1530s (left), and
free stitch Blackwork, 1590s (right).*

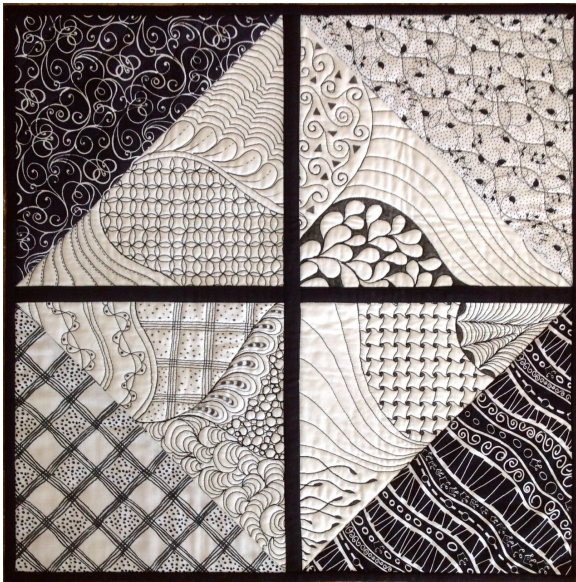


Zentangle Examples - 1. Freemotion Quilting

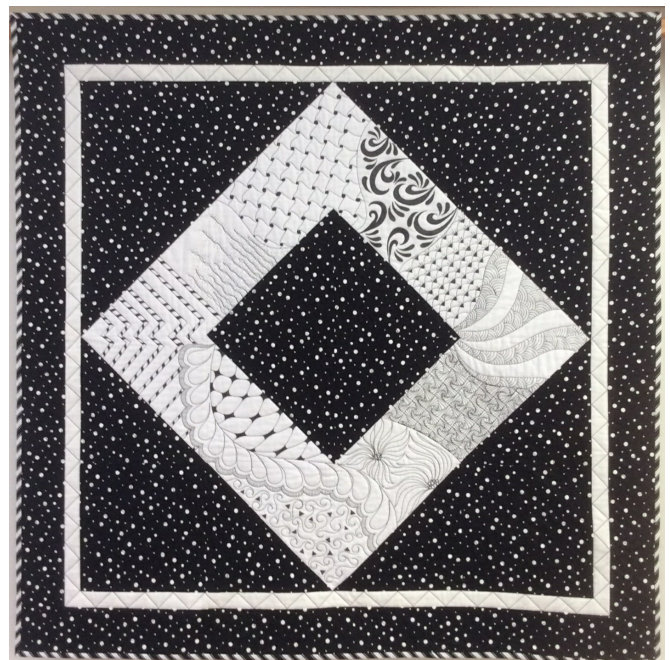
Zentangle Inspired Quilting can be accomplished in a variety of ways:

1. Free motion quilting
2. By creating a grid (using Hatch Fill) and drawing on the fabric with a Sakura permanent pen (inking)
3. By creating closed shapes and using Creative Fill or Motif Fill in Art and Stitch
4. By slicing a design to create closed shapes

FREE MOTION EXAMPLES



Little Zentangle Quilt 17 X 17



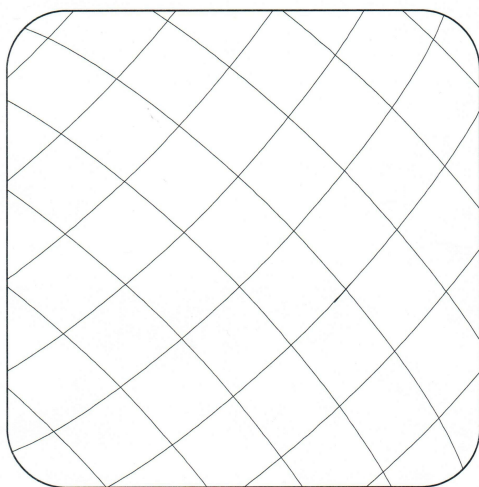
Tangled Quilt 38 X 38



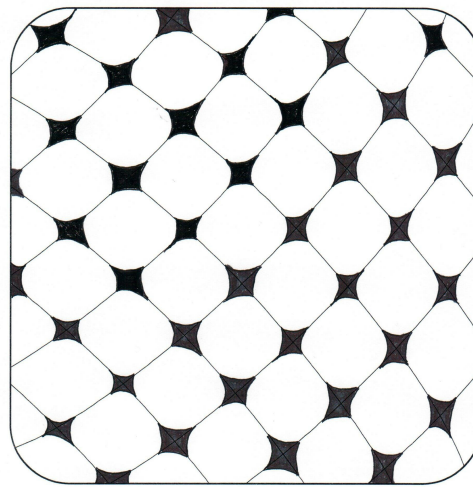
Zentangle Examples - 2. Grid with Inking

GRID WITH INKING EXAMPLES

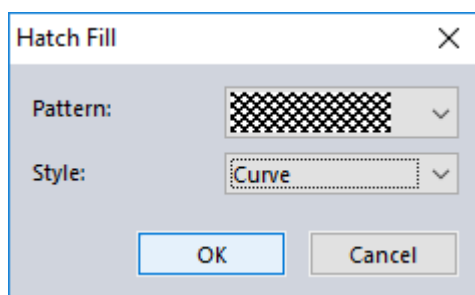
Use Art and Stitch to create your own “coloring book.” After filling shapes with Motifs or Creative Fills, print the design and practice with ink on paper before committing to ink on your quilt.



Before



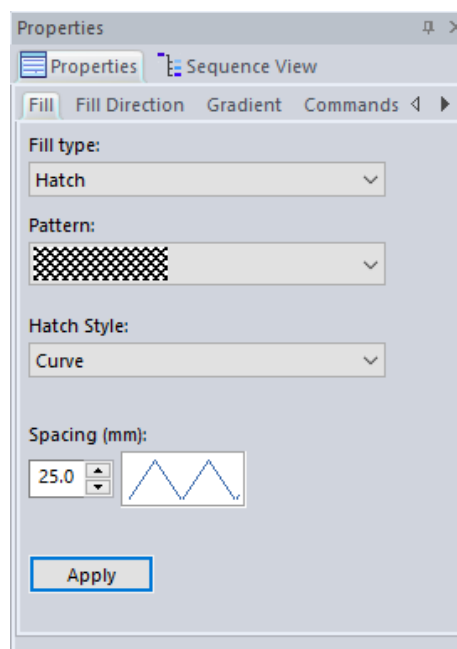
After



To fill a shape with grid lines (cross hatching), select the shape then choose the Hatch fill button on the stitch toolbar. Choose the pattern and style then click OK.

Spacing can be changed in the Properties toolbar on the right side of the design window under Properties and Spacing.

Click Apply after changing spacing.





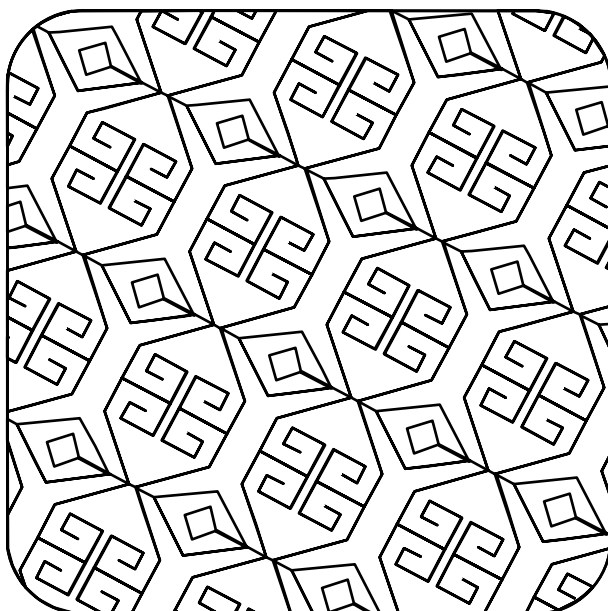
Zentangle Examples - 3. Creative Fill and Motif Fill

CREATIVE FILL AND MOTIF FILL EXAMPLES

See PART 4.14 in the User Guide (Help>User Guide) to learn about using Creative fill.



See PART 3.3 in the User Guide (Help>User Guide) to learn about using Motif fill.

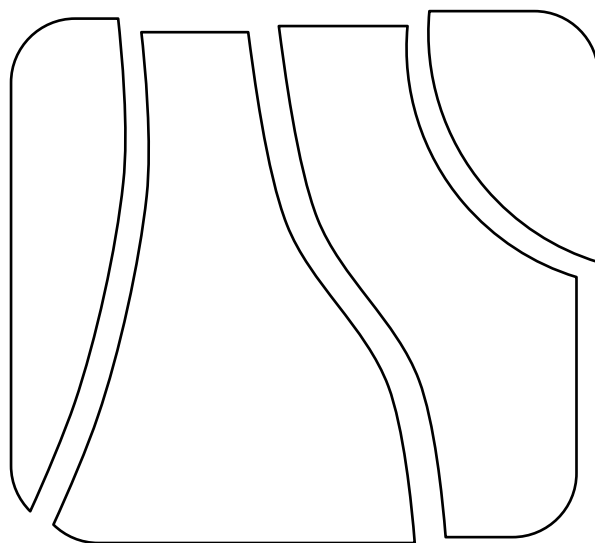
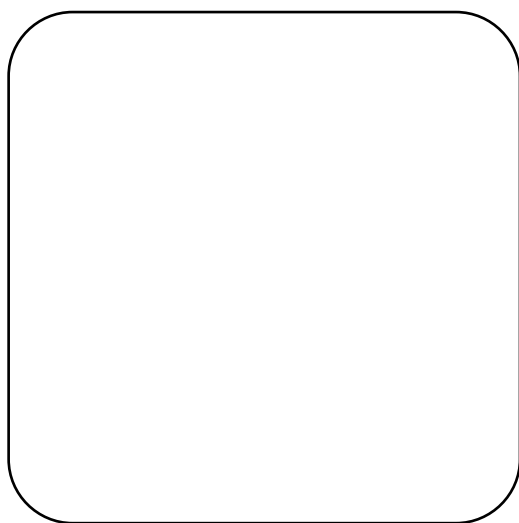




Zentangle Examples - 4. Sliced Design

SLICED DESIGN EXAMPLE

See PART 2.22 in the User Guide (Help>User Guide) to learn about using the Slice Tool.

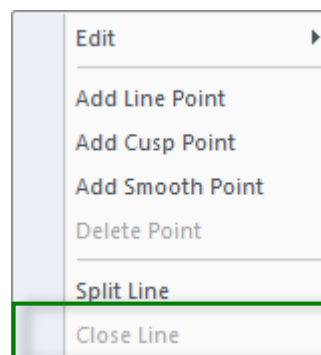


Everything starts with a simple closed shape

A simple closed shape has no inside curves and no backtracking. See examples User Guide, Part 4, page 8. Using any of the pattern techniques in Art and Stitch requires beginning with a simple closed shape.



To test any shape to see if it is closed, select the shape, take the Reshape tool, right-click on the selection and see if the line “Close Line” is active. If it is, click it. If it is grayed out, then the shape is already closed.



When drawing shapes with the tools in the Artwork toolbar, the result is usually a closed shape. When you draw shapes without those tools, you must check to see if they are closed. They may look like they are closed. If you need to close the shape, make sure it is selected and click the Close Shape tool in the Artwork toolbar.

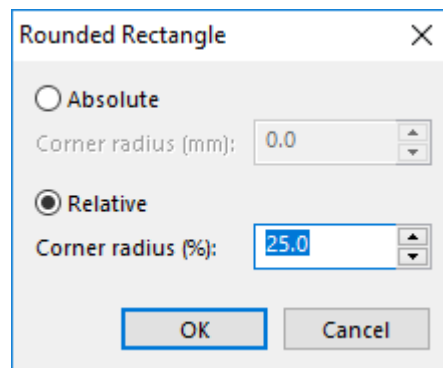
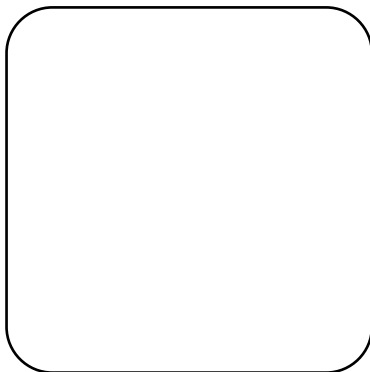
To create a simple closed shape:



1. Draw the shape by using the shapes in the AutoShapes tool. See description below.
2. Choose a shape from the Art and Stitch Library.
3. Trace shapes in an existing design (as in the stained glass example on page 12)
4. Use the slice tool to divide a basic shape into smaller closed shapes.



For the example shown below, I have chosen to use the Rounded Rectangle from the AutoShapes tool. Click the fly out under the AutoShapes tool and choose the Rounded Rectangle. A dialog window opens. Keep the default corner radius of 25% and click OK. To draw a perfect square, hold Ctrl as you draw the rectangle.



Two ways to accomplish Zentangle quilting in Art and Stitch

There are two ways to accomplish Zentangle quilting using Art and Stitch:

1. By using Creative Fill, Motif Fill and Hatch Fill in the Art and Stitch software. These fills, by their nature create the repetitive patterns that make Zentangle art so charming. Choosing more or less dense patterns accomplish a balance of light and dark on a quilted piece.
2. By digitizing a foundation and using a Sakura Pigma Micron pen on the fabric to fill and embellish.

Since a large part of the charm of Zentangle inspired art is the irregularity and hand-drawn look of the work, digitizing a design 100% could take away from the finished look. However, since so many Zentangle patterns are based on a grid or repeated pattern, using Art and Stitch to lay a foundation then adding hand-drawn ink embellishments can be a wonderful way to work.

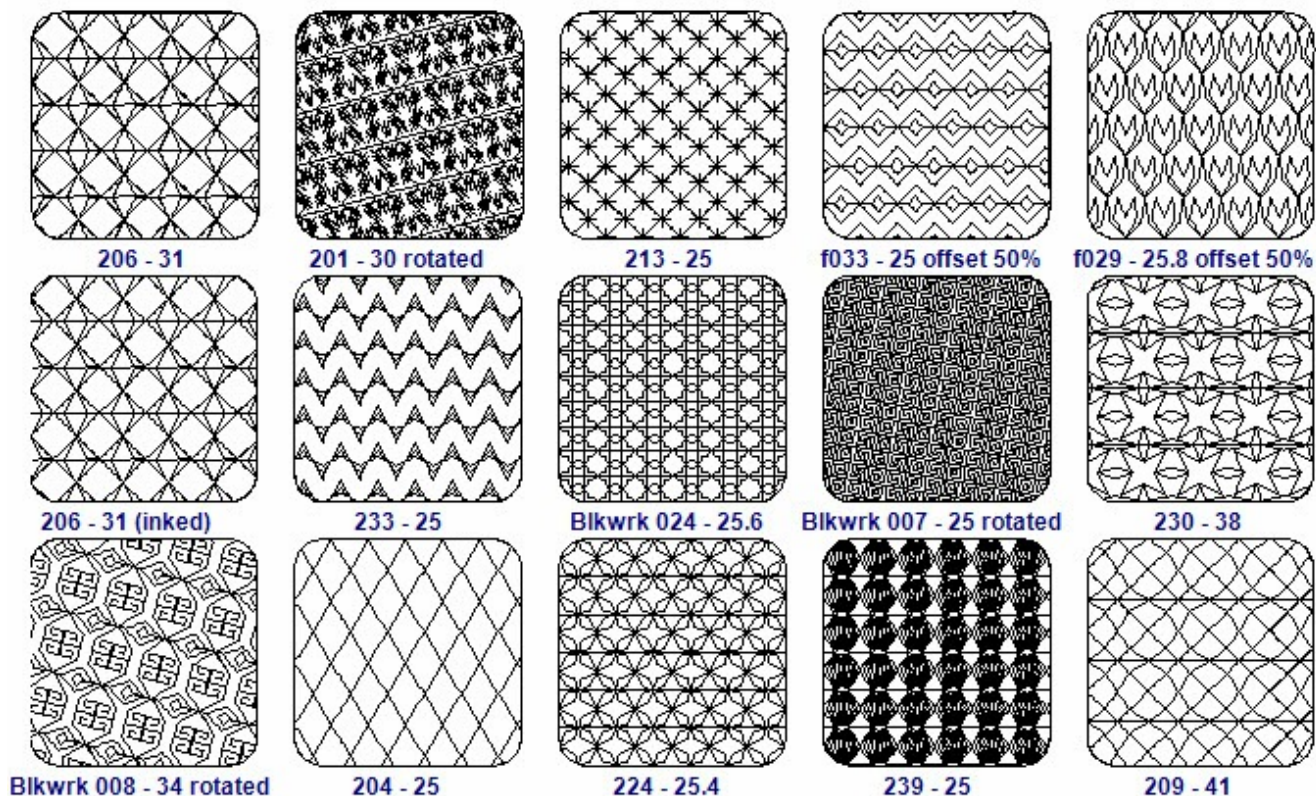
Materials:

1. Pen
2. Pencil for shading
3. White fabric
4. Black King Tut Thread from Superior Threads (my personal recommendation)
5. Black bobbin thread





Motif Sampler in Art and Stitch



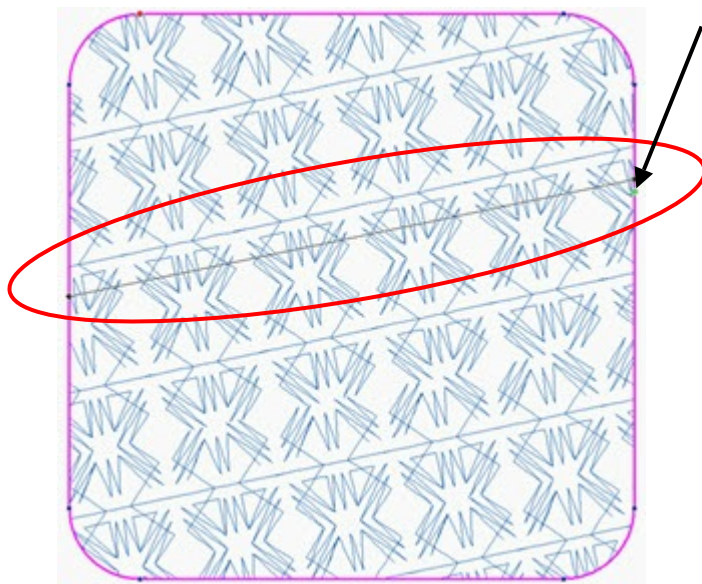
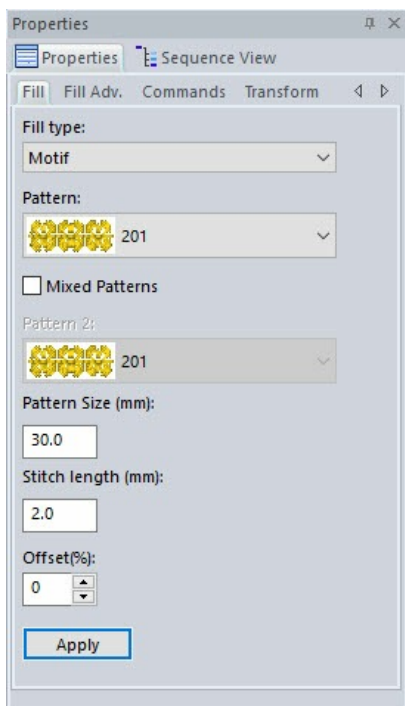
Consider creating a sampler of motif patterns. They stitch so differently from the way they appear on the computer screen. Here is an example of a stitched sampler. Above you see how the patterns appear in Art and Stitch. On the next page is the stitched example. The numbers indicate the motif number in Art and Stitch; the second number indicates the Pattern Size. The Pattern Size can be adjusted to suit the shape being filled. The pattern can also be rotated or tilted using the Reshape tool and adjusting the line that bisects the area. Click outside the shape to apply the rotation. (See illustration)

Stitch a few samples before doing too much digitizing to get a feel for the density on fabric. Remember, this is NOT embroidery, it's quilting. Stitch only as dense as you would if doing free motion quilting. In the sampler, all Motif Fill patterns are used at their default size unless shown otherwise.

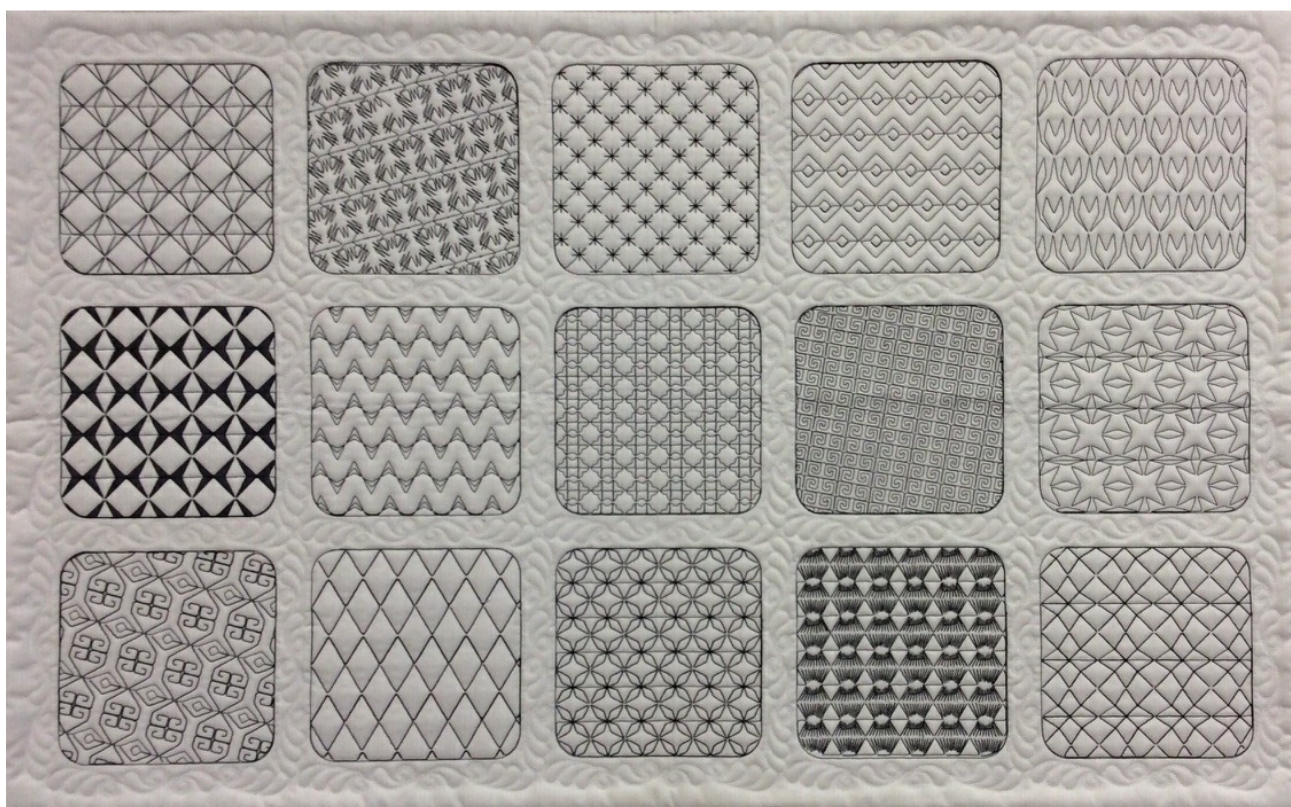
Such interesting things can be learned by taking the time to stitch out samples. For example, Motif Pattern 206 looked so different on the computer screen from the stitched sample, that I stitched it twice. I took that opportunity to ink the duplicate to show the difference. Motif Pattern 204 looks like cross hatching on the screen. It is actually a grid of overstitched diamonds—a totally different effect.



Motif Sampler in Art and Stitch - cont'd



HINT: If the results aren't pleasing, don't try to return it to the previous angle. Use **UNDO**.

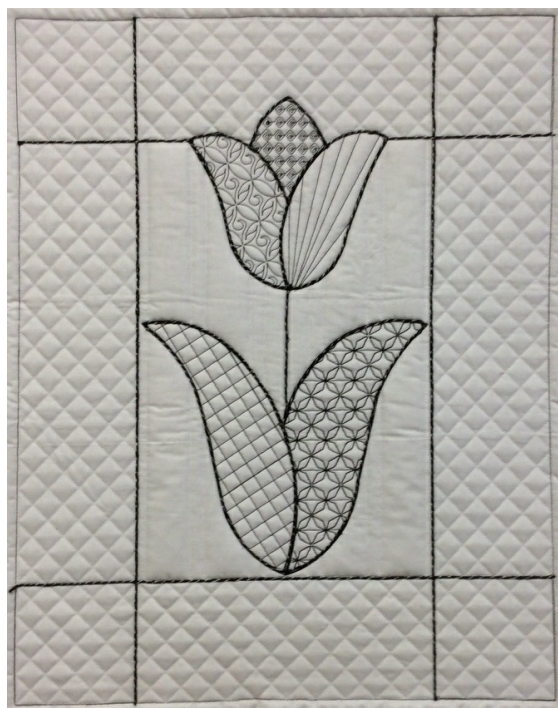
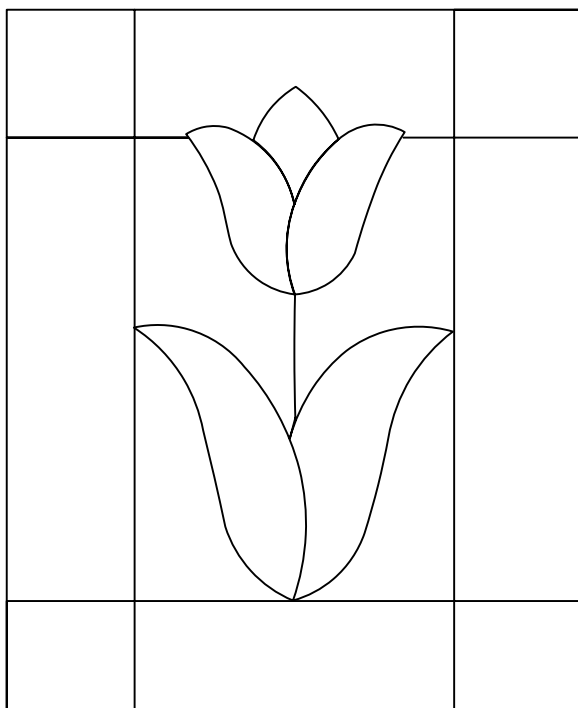




Another example: Stained Glass designs

Stained glass patterns (plenty available free from the Internet) make a wonderful starting place to use as a “string” to fill with patterns.

- Save the pattern to your backdrop folder directly from the Internet as a .jpg file
- Use the file as a backdrop and trace each of the sections using the method in “The Project”
- Stitch your design
- This sample shows couching over the stained glass leading lines. When some designs stitch out, there will sometimes be a build-up of over stitching. Applying couching will give your piece a nice finish.

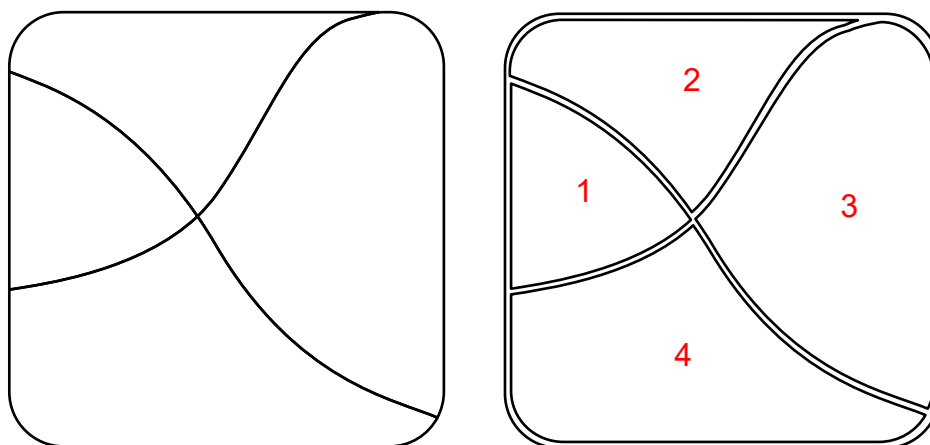




The Project



- Begin with a 12" square similar to the one illustrated here (I've used the rectangle tool with rounded corners since it is similar to a Zentangle tile.)
- Using the Bezier tool, loosely draw an "X" across the tile.
- You now have four sections to be traced as four closed objects, which can then be filled.

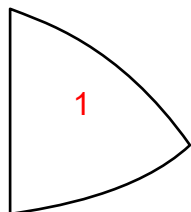


- Using the 3-pt arc tool or the Bezier tool, outline the four sections just inside the existing lines.
- Trace a closed shape out of each of the sections of the "tile".
- Trace just inside the original guidelines (You'll see how this will give some breathing room to each of the separate patterns).
- Edit the line to make it as smooth and even as possible.

NOTE: Don't forget to use ZOOM



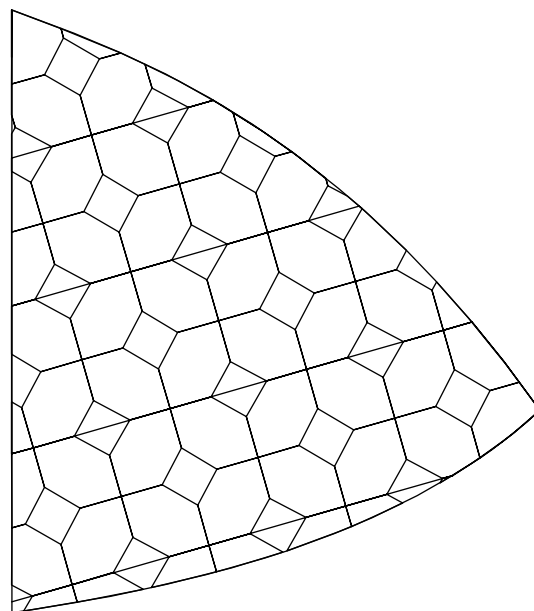
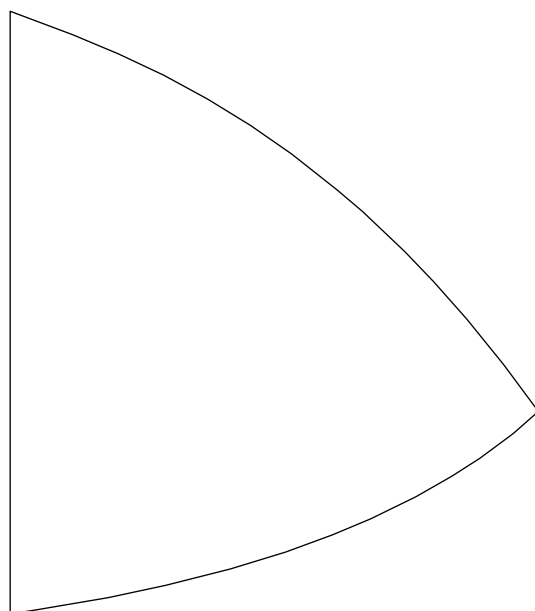
The Project - cont'd



- Cut the first shape and paste it in a new design page (Once pasted DO NOT move it. You may size the window if you wish, but by leaving the traced section in the same place, you will be able to copy and paste it exactly where it came from.)

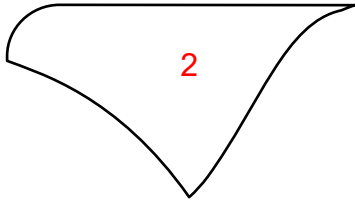
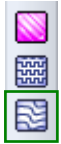


- With the shape selected, click on the Motif fill button on the Stitch toolbar, to apply a “Motif fill stitch type”.
- The Motif fill pattern used in the sample is the default fill #211 (use the reshape tool to rotate or slant the design).
- Paste again to add a copy of the outline of this shape. With this copy selected, click on the “Line Sew Type Running Stitch” button in the Stitch toolbar to turn this copy into a running stitch outline.
- Press Ctrl A to Select All and press Ctrl C to copy the selection.
- Click the tab at the bottom of the screen for the original design and paste.
- The design should land exactly where it was in the original design (if it doesn't, that would mean that the design was moved in the process...start over).

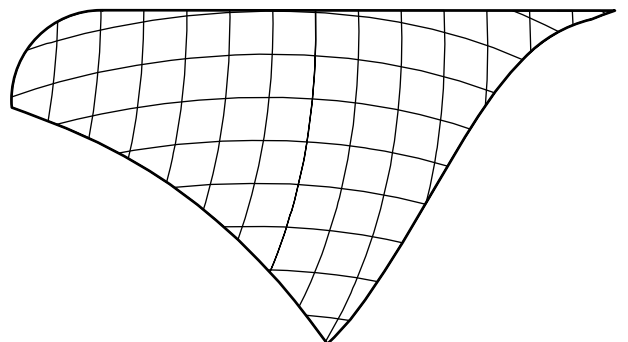
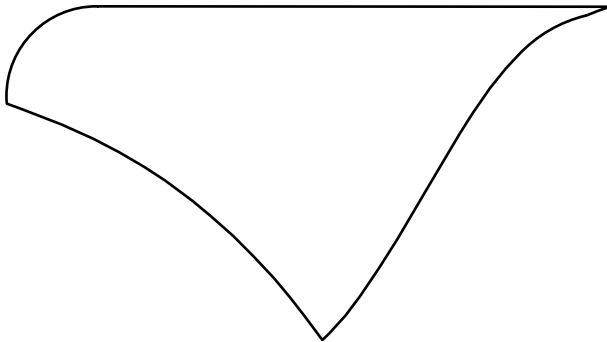




The Project - cont'd

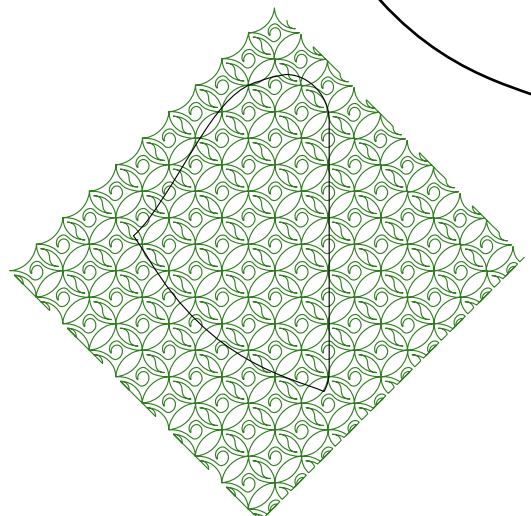
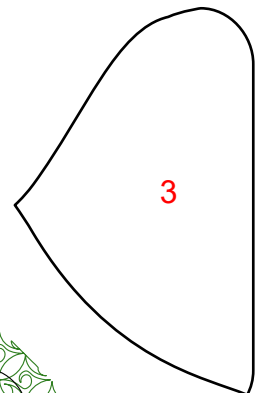


- Select the next section, cut it from the original page and paste it in a new Design Page. Apply a Hatch fill. Choose a pattern and a style and click OK. Adjust the spacing.
- In this example I chose a Cross Hatch Pattern, Style Curve, spacing (in Properties Panel, tab Fill), 35 mm.
- Copy the shape and apply a Line Sew Type Running stitch for this outline.
- Copy the two segments and paste them on the original design page.



The third section will be done using Creative Fill.

- Select and Cut a section of the original design.
- Start a new design page (do not paste yet).
- Click on Library>Creative Fills.
- Click on the Creative Fill of your choice (Circlefeathers was used in the sample).
- Now Paste your design section on top of the fill pattern.
- You may size, move or rotate the fill pattern, but NOT your design section. I rotated the fill 45 degrees left, resized it to about 83%.
- When it is positioned to your liking, Select All (Ctrl A) and click the Creative Fill button.
- Paste the outline of your design and apply a Line Sew Type Running Stitch.
- Select All, Copy, go back to your original design and Paste.





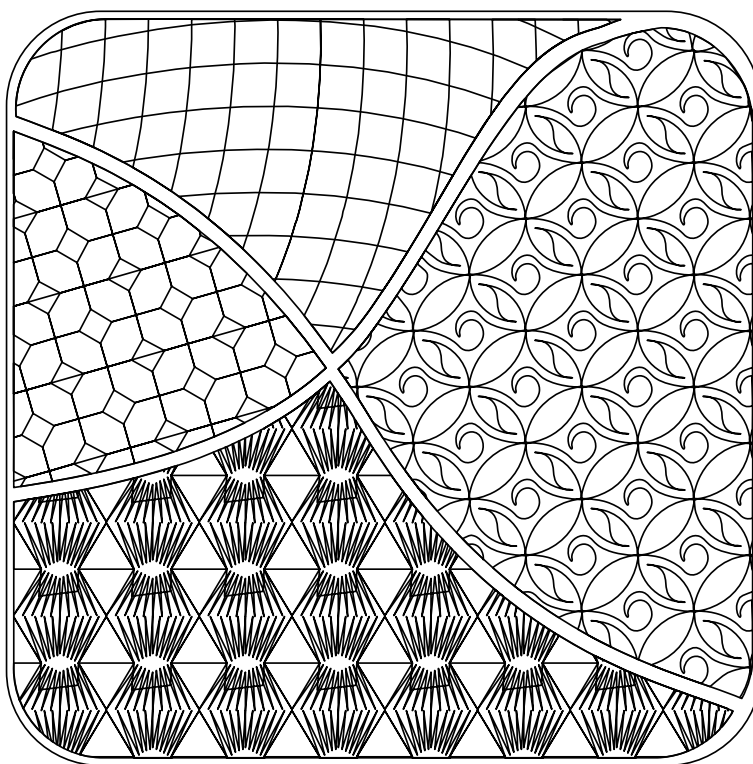
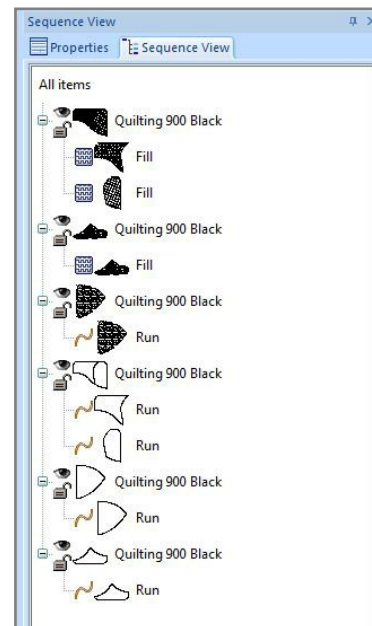
The Project - cont'd

For the last segment, #4, I used a Motif Fill, Pattern 239, Pattern Size 37.5.

These steps should give you plenty of ideas to complete your creation.

The last thing you will do to the design is to remove the original “X” drawn with the Bezier tool in one of the first steps of this project.

Sequence View should look like the image on the right. If there are any outline segments still labeled “Artwork”, select and apply stitches.



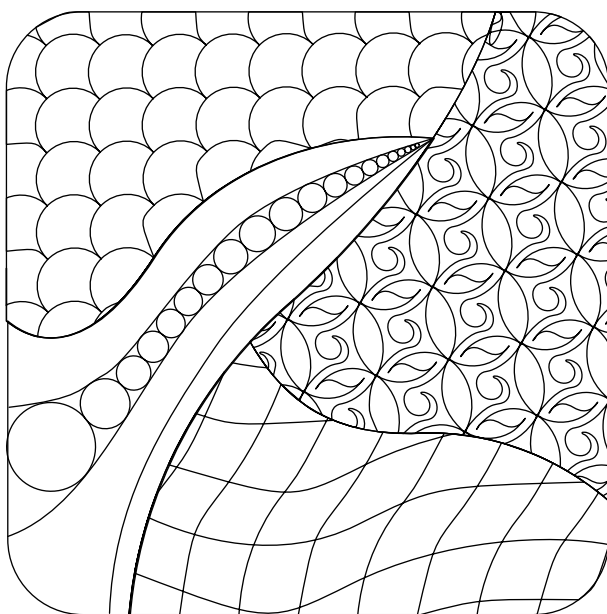
There will be some jumps involved, but that's a small price to pay for the beautiful patterns and textures formed.



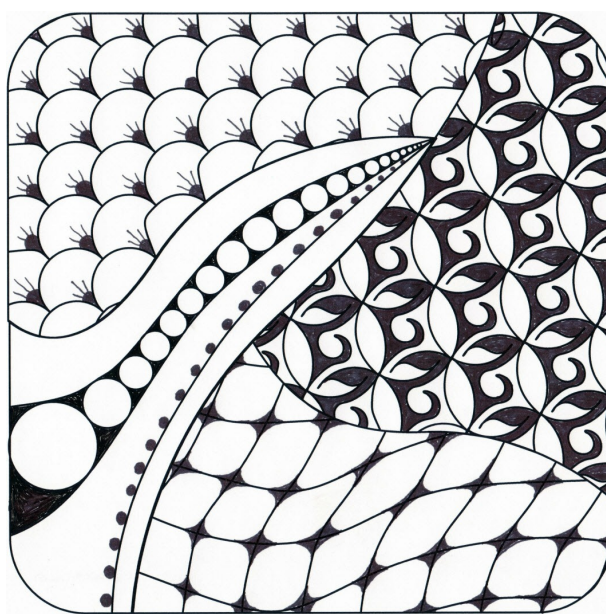
Inking Example

These samples were created using the Easy Slice Method, described briefly on the next page. More details to be found in the User Guide, Chapter 2.22.

Notice that there is no space between sections. It's a different look. Sample A shows the digitized piece. Sample B shows the same piece after using ink to embellish. The transformation is dramatic



Sample A



Sample B

I use Sakura Pigma Micron pens for inking on fabric.



Dividing a tile with the Easy Slice Method

The Easy Slice method (User Guide, Chapter 2.22) seems to be made for this technique.

From the AutoShapes flyout choose Rounded Rectangle, keep the default Corner Radius at 25% and click OK. Hold down Ctrl to draw a square. Select it and in Properties Panel, tab Transform resize it to 12 inch. Click Apply.
Center it to the Design Page.

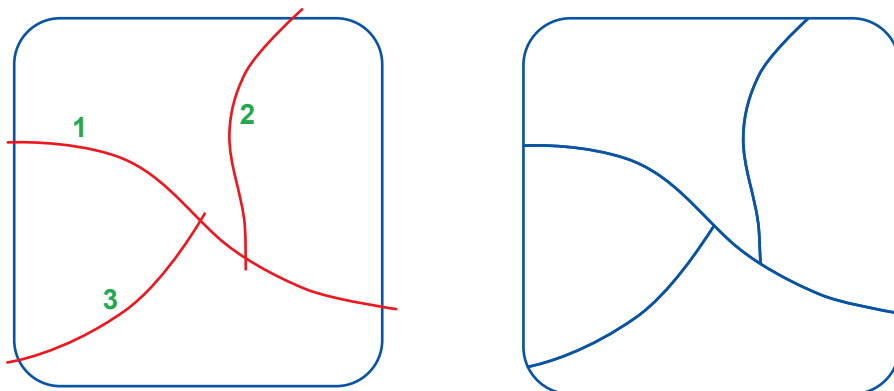
Take the Bezier tool or Curve tool and draw the dividing lines over the shape.

Select the rounded rectangle, hold down Ctrl and click on the horizontal curve (#1 in image below) to include it in the selection. Then right-click and choose Slice. The rounded rectangle is now split into a top and bottom part.

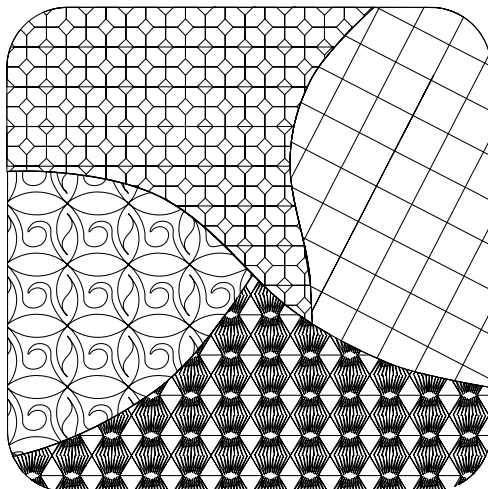
Select the top part, hold down Ctrl and click on the vertical curve (#2) that crosses the top part, right-click and choose Slice.

Finally select the bottom part of the rounded rectangle, hold down Ctrl and click on the vertical curve that crosses the bottom part (#3), right-click and choose Slice.

The tile has now been divided into 4 fillable closed shapes.



These designs will fit together border to border and will not have the channel created by the previous method. That's a design choice you will have to make.





Summary

There are so many ways to achieve ZIQ that it is up to you to experiment, stitch samples, and decide which works best for you and which you find most pleasing to pursue. Remember, it has to be fun and enjoyable...always keep that in mind. I hope you discover other ways in addition to what has been presented here.

Happy quilting!

Linda Matteotti

<http://www.lindamatteotti.com/>

Resources

Use the resources listed on the next page to find endless choices of Zentangle patterns based on a grid.



Resources

www.zentangle.com The official Zentangle website

www.tanglepatterns.com

1. Sign up for their newsletter to receive new patterns by email several times a week.
2. Purchase a Tangle Guide. This eBook contains all the tangles on the site from May 2010 through December 31 of the previous year. With over 1,000 tangles, it's a must-have tool for using the site. (The 2017 edition is \$15.00)

<http://enthusiasticartist.blogspot.ca/>

There are many Zentangle blogs on the web. I think this one is particularly excellent for ideas and inspiration.

Books

Alpha Tangle

by Sandy Steen Bartholomew (a pocket-size guide with lots of inspiration)
(available from Amazon.com)

One Zentangle a Day (6-week course)

by Beckah Krahula
(available from Amazon.com)

Tangle-a-Day Calendar (a great way to practice)

by Carole Ohl
(available from Etsy.com)