

Yin and Yang Triangle Block Tutorial

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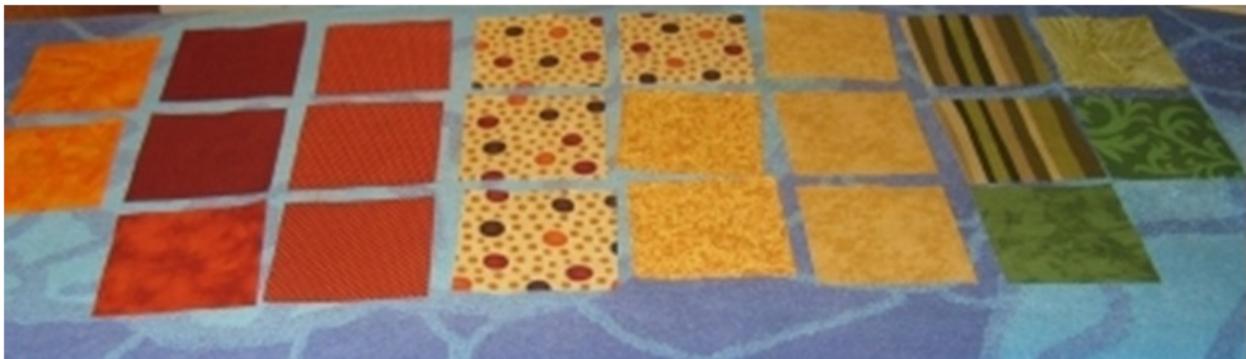


My disclaimer: This is not a unique block, but I have no idea what it's called. So I named it the Yin and Yang Triangle Block for this tutorial. This is my method for making this block.

There are numerous layouts that are possible with this one block. I will show some of them at the end of this tutorial. All of my layouts use a 4X6 arrangement for a total of 24 blocks. You can use as many as 24 different fabrics—but you will end up with 12 pairs of identical blocks as shown above.

So, let's get started.

Step 1: Choose your fabrics. As you can see, I didn't use 24 different fabrics. I chose a color scheme and chose fabrics that worked together.



You will need the following cuts for EACH block:

- One 3.5" square (when I finished my blocks, the inside HST measured 2-5/8" instead of 2½" so you might want to cut these at 3-3/8" although I don't think it's all that noticeable)
- Four 2"X5" strips -- I use the partial-seams technique so I can cut all of my strips the same size because it just keeps it simple. I have written a tutorial for this which can be found on the Quilting Bee University website: <http://www.synthcom.com/~val/QBU/files/PartialSeamsTutorialByKathyY.pdf>
- If you prefer not to use partial seams, you will need:
 - 2 strips at 2" X 3.5"
 - 2 strips at 2" X 6.5"

Cut your squares and strips and keep them together for now so you know you have what you need. I'm only showing 3 here, but I think you get the idea.



Step 2: Put all of your strips away and pair up your squares in whatever manner is pleasing to you.



As you can see in this example, I have 3 different green fabrics but I didn't pair them together. You want to pair your fabrics to get a good contrast between them. Now, carefully stack your pairs and take them to your sewing machine.

Step 3. Pull the first pair off the stack and find the matching strips. Swap the strips so that each square has the strip set from the other square.



Step 4: Take one square and strip set, pin them together, and put them aside for now. With the second square and strip set, sew one strip halfway down one side of your square and put the other 3 strips aside for now. **Press the seam towards the outside**. Set this unit aside with the other 3 strips you've saved.

Pull the next pair from the stack. Repeat steps 3 and 4 until all 12 squares have one strip sewn halfway down. Once you have completed this, sew the remaining 3 strips to the other sides, **always pressing to the outside**. Finish sewing the first seam on these 12 blocks. Do not be concerned if your blocks aren't nice and square at this point. We're going to square them all up later.

Repeat this procedure for the remaining 12 sets that you pinned together, but this time, **press towards the center of the block**.

If your blocks have gotten out of order (which mine did), pair them up again so that you have 12 sets of blocks with each pair containing the same 2 fabrics.

Step 5: I highly recommend that you starch your blocks before you cut them. It will help keep your blocks in shape while cutting and sewing the final step (you will be sewing bias edges after cutting). I use Sta-Flo liquid starch with a mixture of 1/3 starch to 2/3 water. I really like for my blocks to feel like paper before I start cutting so I might starch them more than once. This is my personal preference. If you're comfortable working with bias edges without starching, then just continue on.

Cut your finished blocks from the corner of the **inside** square to the other corner of the **inside** square. It's very important that you line up your ruler to the **inside** square and not the outside corners.

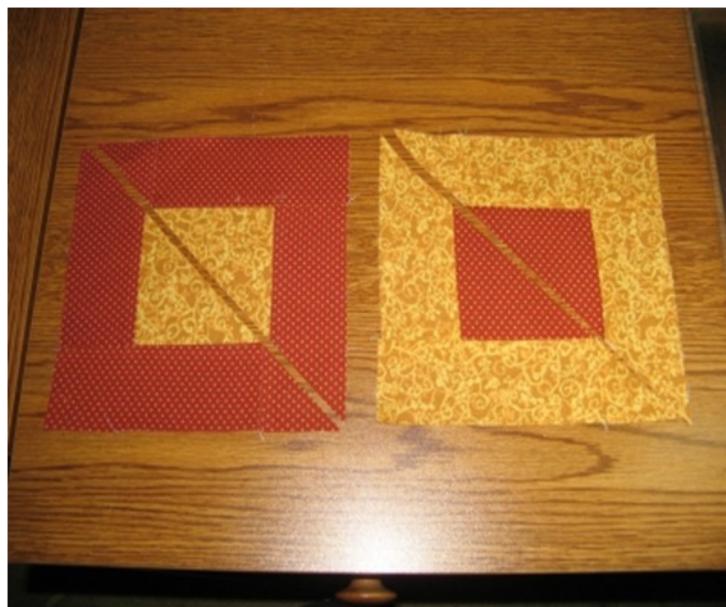
TIP: I saw this tip many years ago that helps line up your ruler correctly. You do not want to place your ruler directly on top of where you want to cut (remember, you're cutting beside the ruler—not on top of it—so you need to be a scant away from where you want to cut). Place a pin at the points where you want the cut to be. Slide your ruler up to the pins. Remove the pins and look closely at where your ruler is in relation to those points. You should see that it's just a scant below where you will make your cut. You only need to do this once to show you where the ruler should be. Don't worry if the ruler doesn't line up with the outside points of the block. (See photo on next page.)



Stack your blocks as you cut them to keep the pairs together.



Step 6: Pull the first stack of pairs from the top of the pile.



Swap one triangle from each block:



Pin the blocks so the inside corners line up. Do not worry about the outside corners—see how much mine is off. But it's okay,—we're going to square up the blocks at the end.

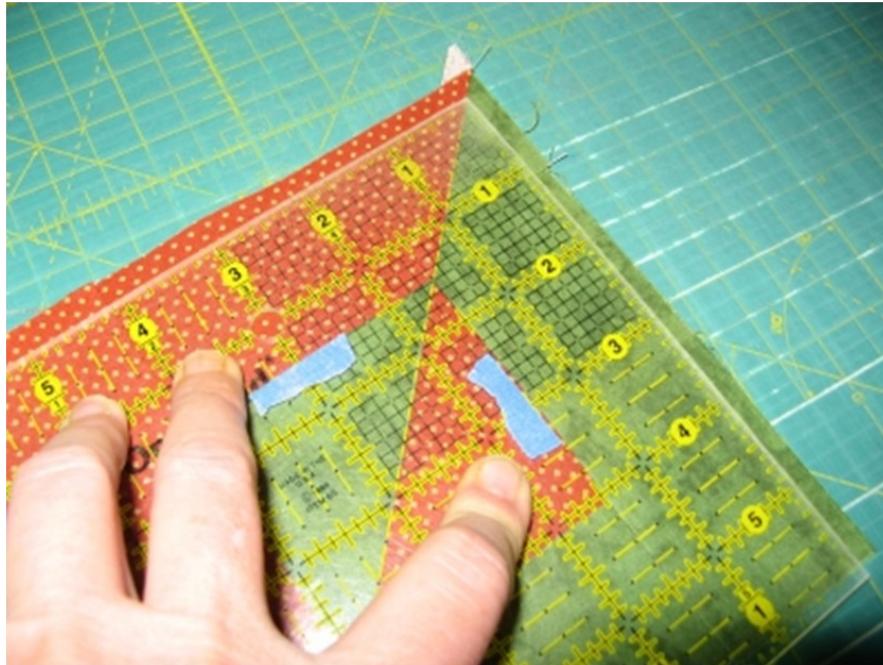


Sew a $\frac{1}{4}$ " seam. Repeat this step until all blocks have been sewn together like this.

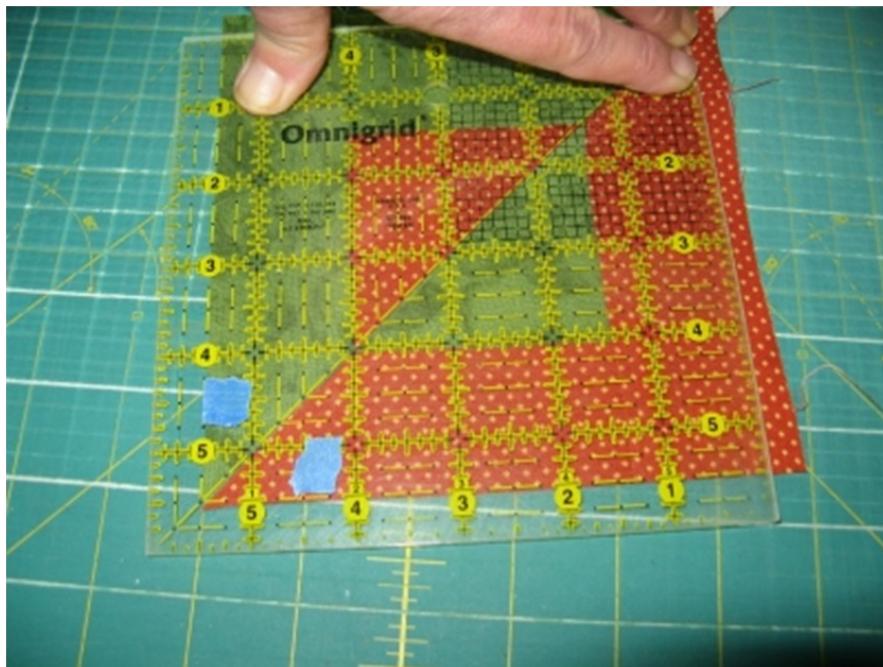


See how wonky my block is on the outside -- but notice how the points on the inside HST match up so nicely. It's going to look really good when it's squared up.

Step 7: Now it's time to square up your blocks. Place the ruler so the $1\frac{1}{2}$ " mark is on the seams on the top and right sides of the block and the 45° line on the ruler is on the diagonal seam in the block. Trim the right and top sides.



Rotate your block so the 2 trimmed edges are in the lower left corner (if you're left-handed, they should be in the lower right corner). Place the ruler so the $5\frac{1}{2}$ " mark lines up with the left and bottom edges of your block and the 45° line on the ruler is on top of the diagonal seam. Trim the remaining 2 sides.



You should now have a 5 ½" block that looks like this:



Repeat this step until all of your blocks are squared up and you have 12 pairs of identical blocks for a total of 24 blocks.

Here are only a few of the possible layout options for this block. In the first one, all of the blocks are laid out in rows with the same block orientation. I suggest you start by laying your blocks out like this one and rearrange them until you like the placement. If you want to use one of the other options, it's a simple matter of flipping some of the blocks.



I wanted to see what this would look like using just 2 fabrics.



I really like that 2-color layout. But I couldn't help but wonder what it would look like in a rainbow of colors.

I hope you enjoyed this tutorial and maybe even learned something along the way.

If you have any questions, feel free to email me at key4unc at yahoo dot com or you can post a question on the Quilting Bee Forum at <http://forums.delphiforums.com/QuiltPox/start>.

Happy quilting,
Kathy