

How To Make Quilted Sneakers

WADE & ANDREA MOTAWI

The "Sew Easy" Sneaker Kit

In *How To Make Quilted Sneakers*, we use the "Sew Easy" Sneaker Kit and materials provided by ShoemakersAcademy.com



You can download the pattern from ShoemakersAcademy.com
The size finder chart and video are on this page.

www.ShoemakersAcademy.com/diy-sneaker-pattern-download/

Password:

Materials You Need

To make shoes, you are going to need some hard-to-find parts, such as sneaker outsoles and a pattern designed to work with your outsoles. We assume you will have the ShoemakersAcademy.com **"Quilter's Sneaker Kit for DIY Beginners"** or the **"Quilted Sneaker Deluxe Boxed Build Kit"** to supply you with these, as well as other optional shoemaking materials and tools.

The Kits Come with 9 Pattern Pieces

- (1) inside quarter panel, high & low option for left/right shoe (cut 2: one for each shoe)
- (1) outside quarter panel, high & low option for left/right shoe, (cut 2: one for each shoe)
- (1) one piece tongue left
- (1) one piece tongue right

From these pattern pieces you will cut the exterior fabric with foam padding or batting attached and the lining fabric for both left and right shoes.

- (1) one back tab (cut 2 of these from your lining or binding fabric)
- (1) bottom shoe footbed panel for left/right shoe

Put away the (1) left tongue piece, (1) right tongue piece, and (1) toe tip left/right piece. We will not use these pieces for this build. Save them for building a leather sneaker.

Also Included in the Kit

- 1 pair rubber outsoles in your size
- 1 pair pink lasting board (trim to your size)
- 1 pair memory foam footbed (trim to your size)
- 1 sole stitching awl needle
- 1 spool waxed sole stitching thread
- 1 disappearing ink pen

Suggested Fabrics

Fabrics: cotton, cotton blends, denim, twill, canvas.

Suggested Fabric Quantities:

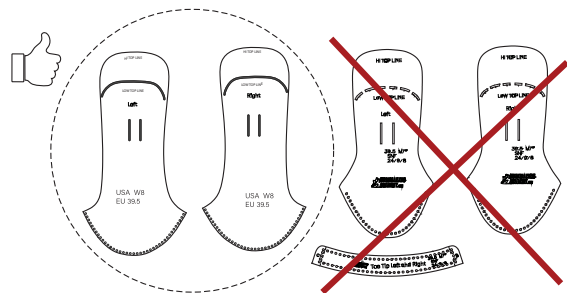
Exterior fabric: one fat quarter, 18" x 22"

Foam padding/batting: equal to a 18" x 22" piece

Lining fabric: one fat quarter, 18" x 22"

Bias binding fabric: one fat quarter, 18" x 22"

Keep in mind that you may need extra exterior fabric when selecting directional fabric or fabric with a graphic on it that you want to show right-side-up on the toe or side panel of your shoe.



Notions

Needle: size 90-100 machine needle depending on the thickness of your fabric.

Thread: 50 wt cotton or polyester thread for quilting and construction.

Foam padding/batting: 1 sheet Polyester Shoe Lining Mesh 5mm Foam Backed with self adhesive backing in black or white from Shoemakers Academy, or batting like Soft and Stable by ByAnnie.

Eyelets: 5mm, 24 or 32 depending on low cut or high top (eyelet kit available at Shoemakers Academy)

Shoelaces: Low cut length approx. 48" or high-top length approx. 63"

Washi Tape and Pen: label all pieces.

Interfacing and Reinforcement (Optional)

Available online at ShoemakersAcademy.com

For a stiffer, more supportive shoe, consider adding:

Shoe Reinforcement Interface Fabric, White Non-Woven, .5mm: 2 sheets needed. This non-woven backing is paper-like. It is self-adhesive and easy to cut, peel, and stick to the back (wrong) side of the exterior fabric.

Toe Puff 0.4mm Moldable Material and **Heel Counter 1.5mm Moldable Material** from Shoemakers Academy for a professional touch and additional support and comfort in the toe and heel areas.



Exterior Upper & Lining Fabrics

Standard quilting fabric, 100% cotton, 4 oz. /150 GSM will do nicely for both the exterior and lining fabrics. Cotton blends, denim, twill, and lightweight canvas all work well. You will need approximately one fat quarter, 18" x 22", for the exterior fabric, another for the lining fabric, and one more if you choose to use bias binding.

Foam Padding/Batting

For stable sneakers with a pronounced quilting effect we recommend foam batting. ByAnnie Soft and Stable, Bosal In-R Form Foam, Pellon FF78F16020P Flex-Foam or Shoemakers Academy 5mm polyester foam backed lining mesh in white or black will all work well. You will need two fat quarters if you plan to use foam to back the exterior and lining in a double sandwich upper.

Non-Woven Interface Fabric (Optional)

To make firmer, stand up shoes, we recommend a non-stretch, non-woven interfacing fabric. This material looks like paper and is available at ShoemakersAcademy.com

Heel Counter Material (Optional)

1.5mm firm plastic material suitable for heel counter reinforcement. This thermoforming plastic conforms to shape. The hot melt surface bonds well to fabrics. Cuts clean with scissors or a hobby knife. Available at ShoemakersAcademy.com.

Toe Puff Material (Optional)

0.4mm soft plastic material suitable for toe tip reinforcement. Thermoforming plastic conforms to shape and the hot melt surface bonds well to fabrics. Cuts clean with scissors or a hobby knife. Available at ShoemakersAcademy.com

Super Tuff Eyelet Reinforcing Material

0.2mm tear-resistant, non-woven fabric used to reinforce eye stays, eye rows, punched holes, and top lines. The peel and stick adhesive backing bonds well to fabric. Available at ShoemakersAcademy.com

Memory Foam Footbeds

6mm memory foam sheet with a knit polyester, moisture-wicking white fabric cover. Trim to fit your insole size. Available at ShoemakersAcademy.com

Lasting Board

2mm thickness provides firm support for shoe soles. Shoe lasting board is thick enough to hold shoemaking tacks, shank rivets, and lasting nails. Available at ShoemakersAcademy.com

Rubber Outsoles

This casual rubber outsole is durable, comfortable, and easy to work with. Perfect for quilted sneakers. Easy to sew through without needing pre-punched holes. Available at ShoemakersAcademy.com

Tools You Need

Sewing machine
Buttonhole foot (optional)
Embroidery machine (optional)
Steam iron for binding
Heat gun or blow dryer (optional)

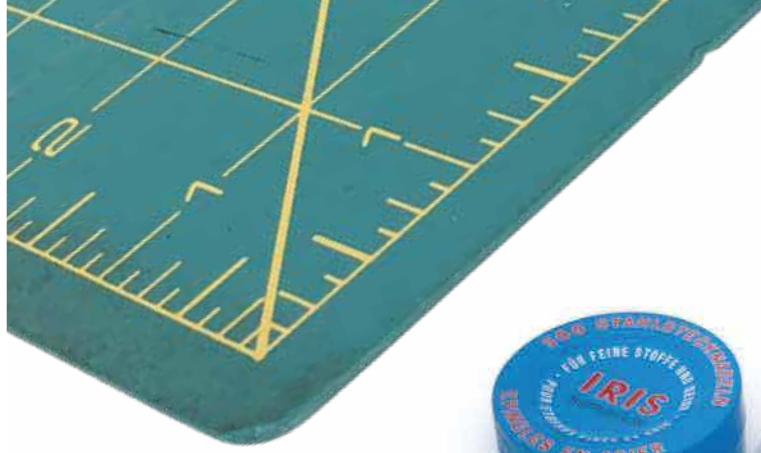
Fabric scissors
Rotary cutter
Thread nippers
Hobby knife
Hobby scissors

Cutting mat for fabric
Punching mat (hard)
Fabric clips, T-pins, or pins
Ruler
Needle puller
Stiletto
Seam ripper
Fabric sealant (like Fray Check)
Erasable marking pen
Double-stick tape

PU contact cement: (like Barge brand)
Cement brushes, disposable
Rubber gloves (optional)

Sewing awl (included in DIY kit)
Machine needles (Schmetz universal 90/14)
Hand sewing needles, large x 2

Hammer or mallet
Eyelets, eyelet hole punch, setting tool &
anvil: 5mm (available with DIY Kit)
Wood block or scrap steel
Pricking irons, 5mm
Crochet hook or wire hook



Chapter 2

Designing Your Sneaker

It's time to let your style shine.
High fashion or hilarious,
you choose!

