The Knight’s Knot
Paper Pieced Quilt Block Pattern

Instructions: Foundation piece patches #1 and #2 as usual. For patch #3, align the fabric strip for sewing as usual. Starting from the end of the seam by where patch #6 will eventually be, sew the seam line between patches #1 and #3, ending EXACTLY at the intersection with the diagonal line. Backstitch several stitches to secure.

Flip the fabric piece open and press. Unflip the piece and make a diagonal fold from the end of the seam up to the corner of the block. Hold up the piece to a strong light to make sure that the fold will exactly overlap the diagonal line when the piece is flipped back into place. Once your fold is correctly placed, press the fold well, and trim any excess fabric (leave 1/2” allowance instead of the usual 1/4”). Flip the piece back open into place, and pin or baste to hold. Continue piecing the rest of the block as usual. The folded “seam” may be either left as is (for wallhangings), fused in place, slip stitched later, or sewn down during quilting.

Honestly, it’s harder to explain than to do. Just try it and you’ll see how it works quite clearly!

Note that Piece 6a is optional, and only used for the Knight’s Knot variation (above right).

Sew four 4” units for one complete Knight’s Knot block.
Sew 4 units for each block.

Add 1/4" seam allowances around all pattern units.