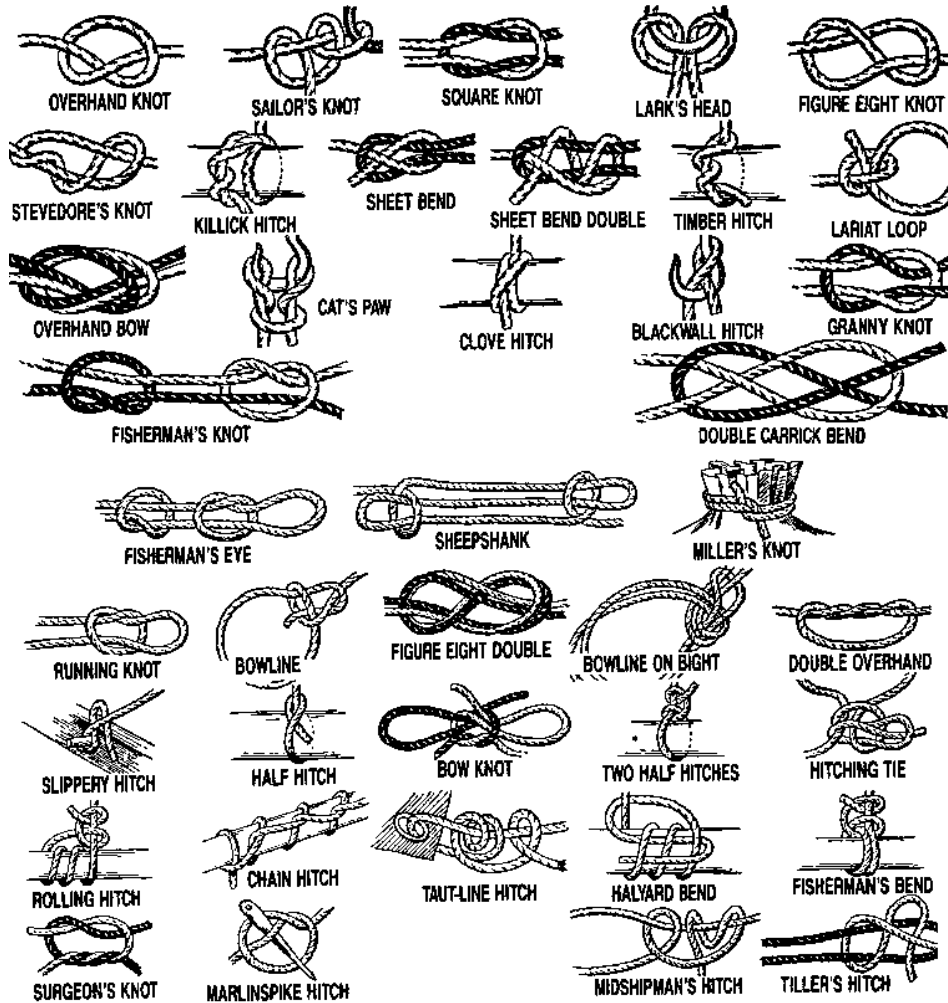


Bondage 101

When it all gets knotie.



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History

There are two main paths of rope bondage, eastern and western, each has its own unique history and style. They differ in the type of rope used, the techniques, the objective of the bondage itself, and even the type of person generally being tied up.

Western bondage evolved for the purpose of torture and is generally focused on restraining someone to do something else to them, like a spanking. Thus the west developed hand cuffs, restraints, and only use rope as a fall back. Western bondage is generally done with a single piece of thick cotton or synthetic rope and knots. In the west bondage is generally viewed as a basic skill, something you learn to tie someone up with, and that is the end of what you learn bondage for. Many people associate western bondage with being overpowered or forced, this is your classic “Damsel in distress” bondage.

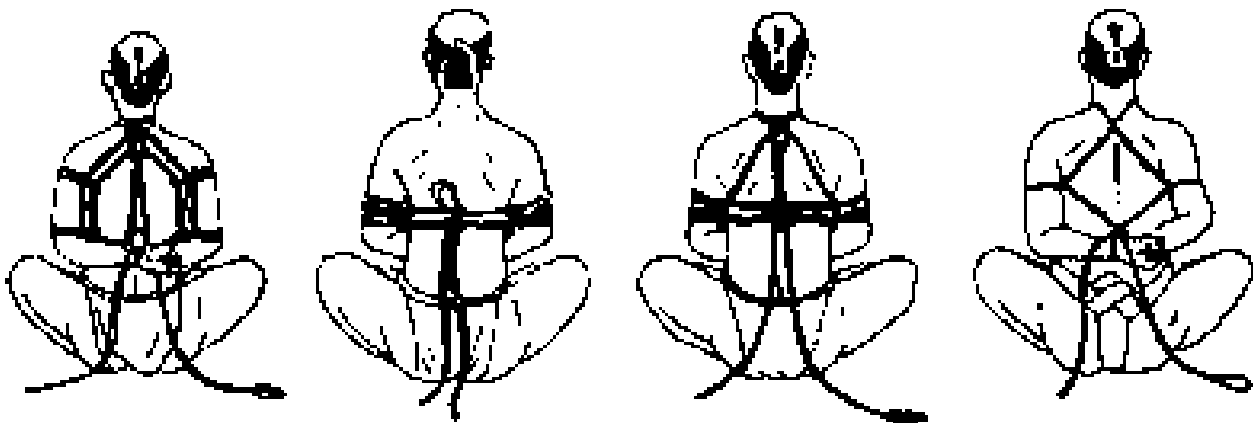
Eastern bondage by contrast is focused on being sensual art, both people involved in the bondage are partners in making the art come into being. Eastern bondage is generally done with shorter and thinner lengths of rope made of natural materials, such as hemp or jute. In the east, only the most advanced practitioners perform bondage and it takes years of dedicated study to master the art.

Eastern rope bondage is actually a recent development, while based on the far more ancient tradition of hojo-jutsu, the actual sensual art form dates from the late 1800's to early 1900's. Hojo-jutsu is a part of the 18 bushi (samurai) skills. Hojo-jutsu deals with capturing and restraining suspects and criminals.

Because bondage was considered a shameful practice, the legal captor used no knots causing the person arrested no shame. There were four rules of hojo-jutsu:

1. To not allow the prisoner to slip his bonds.
2. To not cause any physical or mental injury.
3. To not allow others to see the techniques.
4. To make the result beautiful to look at.

Modern eastern bondage (kinbaku) has its known origin with Ito Seiu (1882-1961), who replicated many ancient forms of bondage for photographs.



(The above is an illustration of hojo-jutsu bondage, do **NOT** attempt this, as it is dangerous.)

Psychology

Why do we enjoy bondage? Ask that question of 100 people, likely get 100s of answers. We each have our own reasons why we enjoy the experience, both from the top and from the bottom, however many of these reasons are similar enough to group into categories.

- **Artistic** – Often bondage can be done as a form of art to look at or photograph, this type of bondage is often enjoyed by the artistic types, looking for a way to express their inner meanings and bring their emotions out for others to see.
- **Erotic** – Lets face it, often bondage is hot, it leaves us sexually excited to see, to do and to have done to us.
- **Meditation** – Some forms of bondage induce a Zen like feeling in the bottom, even allowing them to drift off into a trance like state similar to sub space.
- **Restraint** – This is what most people see in bondage, they tie someone up to do something else to them, western bondage is very heavy into this aspect of bondage.
- **Sexual humiliation** – Some enjoy exposing the bound bottom, bringing her sexuality to the public eye against her will, for the shy, this can be a big turn on, this is often seen in Japanese bondage where the bottom is bound and then her clothing is opened exposing her sexuality.
- **Torture/interrogation** – Bondage can be a form of torture and was used as such in Japan, or as a form of

punishment as seen in the west with victims being drawn and quartered.

OK, so we know why in general we are enjoying bondage, who is most into bondage?

- **Artists** – View bondage, either photographed or performed as a medium to express themselves.
- **Endorphin junkie** – Enjoys the edge, pushing boundaries, they like it rougher, hotter, faster and more extreme.
- **“Out-of-control”** - View bondage as a way to allow someone else to take them someplace they would never go willingly, these types enjoy the humiliation and force aspects of bondage.
- **Spiritual** – These people are seeking bondage to put them closer in touch with their spiritual side, while usually into the meditation side of things, they can seek out other aspects of bondage to open their mind or make a connection.
- **Submissives** – View bondage as a method of submission to the dominant, their enjoyment is based on the dominant enjoying the bondage.
- **Other** – Some people are into bondage and really just break the mold as to why or what they enjoy about it.

In Japan, there is an ancient saying that *“binding the body, frees the soul.”*

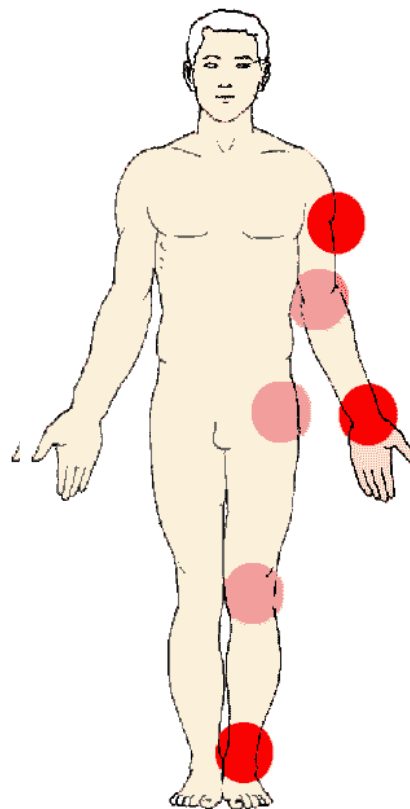
Bondage Safety

- Be respectful that bondage has inherent risks.
- Make sure your rope is in excellent condition.
- Have a safe word and a safe gesture set up ahead of time.
- Know your bottom's physical condition & health issues (Surgeries, bone issues, breathing/cardiac issues, etc).
- Know that once the bottom is bound, safety is up to the top, this is a major exchange of power.
- **Never** play when you are not at your best, be that from lack of sleep, drugs, alcohol, etc.
- **Never** put rope around the front of the neck.
- **Never** leave someone in bondage alone.
- Tie the wrists and ankles last, these areas are most prone to having issues, prolonged compression can cause nerve damage or numbness.
- Be constantly aware of the bottom's breathing.
- Use shorter ropes, this allows more options in emergencies.
- Plan, plan some more, and go over it again just for the fun of it before you begin.
- Plan for the worst case.
- Make sure to have something handy to cut the ropes, ropes are much easier to replace than your bottom is. EMT shears work for this, but unless they are sharp, this will be work.
- Leave your ego at the door, do not attempt anything you are not well trained in, leave advanced bondage and suspension for those who know what they are doing.

Aftercare after bondage is important, often when the ropes come off, the bottom will be cold, rope may not seem warm, but it is, so have a blanket ready. Massaging the tied areas can also help restore circulation to the areas that were bound.

CIRCULATION (Numbness)

The most common problems with rope bondage is blood circulation being cut off. This most likely happens with the wrists, upper arms and ankles. Damage is not actually being done at this point, **it is not an emergency**. It will take several hours for damage to actually happen. As long as a person can move their fingers and toes freely they should be fine.



Most Common places for circulation and compression problems

NERVE COMPRESSION

Nerve compression is a much more serious issue than blood circulation problems. **Nerve compression can happen instantly! It can leave temporary, lasting or even permanent damage!** This is caused by the rope crushing the nerves that are between a bone and close to the surface of the skin. The feeling from nerve compression is similar to circulation numbness **BUT the bottom will NOT be able to move their fingers or toes!** If the bottom has numbness make sure to check that they can move their extremities. **If they cannot, there is a problem, remove the rope immediately!**

Rope selections

Of course figuring out which type and size of rope you want to use is important, each type has pros and cons, so knowing what you plan to do with the rope is important. Any rope can be used, but may be too painful or weak for some things.

Each material used for rope has its own characteristics, the types of rope most used in bondage are:

Rope Type	Washable	Dryer	Price	Strength	Tooth
MFP	Yes	No	Cheap	High	Poor
Nylon	Yes	No	Cheap	High	Poor
Cotton	Yes	Yes	Cheap	Low	Good
Hemp	Yes	No	High	High	High
Jute	No	No	High	High	High
Flax	Yes	Yes	High	High	Good

NOTE: Hemp needs to be dried under weight.

When selecting the length to use there are various factors to take into account, traditional Japanese bondage is done with ropes that are roughly 7 meters long (9 meters for westerners), the idea being if the rope is doubled up, you can pull the entire length with 3 pulls. Japanese style bondage uses shorter lengths, but ties additional ropes into the work, where western bondage generally uses a single rope for the work, meaning they need a longer length of rope.

The diameter of rope you use again depends on what you are doing with the rope, typical for bondage will be 6mm ($\frac{1}{4}$ inch), this is wide enough not to cut into the skin too much, but narrow enough to make the knots work well. Going down a size is the 4mm and 5mm rope, good for detail work. Going up a size to 8mm ($\frac{3}{8}$ inch) is a good strong rope, the knots will typically be bulky, but this size rope is good for main suspension lines due to the increased strength.

There are various end finishes available, for synthetic ropes the ends are usually melted, for natural ropes, the ends can be tied in a knot or whipped. How the ends are finished is more a matter of personal taste, some prefer the knots in the ends because it makes adding ropes easier since the knots will act as stopper knots.

The strength of a rope is important for suspension, remember once a bend or a knot is tied in a rope you can expect to halve the numbers in the following table:

Type of Rope	Strength (8mm)	Strength (6mm)	Strength (4mm)
MFP	700 lbs	350 lbs	175 lbs
Nylon	1000 lbs	500 lbs	250 lbs
Cotton	400-890 lbs	200-445 lbs	100-220 lbs
Hemp	1200 lbs	600 lbs	300 lbs
Jute	700 lbs	350 lbs	175 lbs
Flax	700 lbs	350 lbs	175 lbs

NOTE: Values approximate for static loads.
Synthetics will stretch under load.

ROPE CARE

Checking rope before use

The simplest way to check your rope is simply to run your fingers along its length feeling for snags or imperfections. Rope that has degraded should not be used for suspension, but can be used for decorative or static bondage. Once the rope degrades to the point it is visually unappealing, then it is time to retire the rope.

CLEANING / WASHING ROPE

Rope will occasionally need to be cleaned, especially if it gets exposed to body fluids, all type of rope can be cleaned except jute, your best bet with jute is replacement if it is exposed to body fluids or picks up too much dirt from the floors or other places it ends up.

Cleaning rope is easy, just chain coil the rope, place it in a pillow case (pick one you don't mind getting messed up), and wash. Drying is a bit more complicated, synthetics need to air dry for a couple of days, natural ropes handle the dryer fine, but hemp needs to be dried under weight. Natural ropes also need treated with oil (mink oil is common, but you can also use other oils).

Storing

Rope needs to be kept in a dry place, preferably hung up so it can have air around it, chain coils and figure 8 coils work best for rope storage.

Simple knots



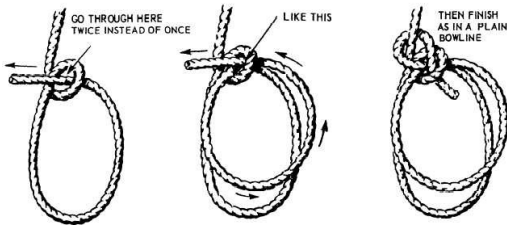
Overhand knot: This simple knot is done simply by making a loop and drawing the end through.



Lark's head: Make a bight in the rope, run the bight around whatever you are attaching to, and then run the running ends of the rope through the loop and pull tight.



Square Knot (reef knot): This is a simple knot that is used to tie two ropes or the ends of one rope together.



Bowline: This knot can have several loops made to spread the weight more, and is useful for single limb ties.



Anchor Hitch: This is a complex hitch, but is much stronger than the half hitch. It is also more complicated to untie. This knot can be used for suspension. This hitch will not deform under stress. It should **NOT** be used on wrists and ankles or for that matter around the body at all.

Elementary Techniques

Ryo-tekubi – Wrists tied together in front of the bottom.

1. Place wrists parallel to each other with a separation of about 2 to 6 inches.
2. Find the mid point of your rope and form a bight, Place the bight on the inner side of one of the wrists, and wrap the rope around both wrists.
3. Run the ends through the bight and pull tight, forming a lark's head, then wrap the rope in the opposite direction until you get back to the lark's head.
4. Pull the ends through the second bight, and wrap the rope around the previous rope until tight.
5. Weave the ends through the ropes to tighten.

Matanawa - A rope tied around waist and between the legs.

1. Find the center of your rope and create a bight, place the bight near the bottom's belly button.
2. Wrap the rope around the waist, looping it through the bight, pull snug and bring the rope between the legs.
3. Loop the rope under the rope in the back.
4. Bring the ends to each side and around to the front, loop the ropes through to create a diamond shape.
5. Bring the rope around to the back and weave to secure.

Ushiro takate kote – The box arm tie, main building block.

1. Overlap bottoms arms behind their back, form a lark's head loop around them, loop a few times.
2. Hold the rope to the middle of the back, while you loop around the body above the breasts, form a lark's head with the rope and wrap the other direction.
3. Repeat the process for wraps below the breast.
4. Weave the ropes at the back to secure.