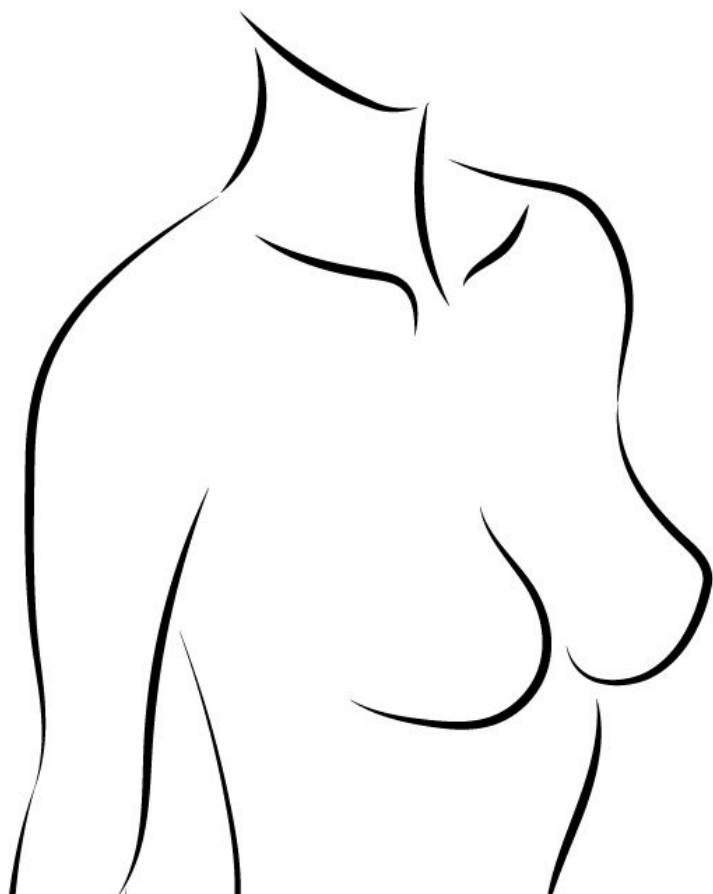


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# 13 Deeply Intense Bondage Positions For Your Next BDSM Scene

by [Adriana](#)

This discreet newsletter will teach you how to make him cum hard, give freaky oral sex & make him scream your name in bed. [Click here to get it.](#)





Many people love tying up their partner or being tied up, and if you're one of them, you may find yourself looking for new styles and bondage positions. Whether you're a beginner or more experienced, want full-body bondage or something less intense, you'll find an option to explore in this list of thirteen bondage positions.

**Side Note:** I put together [this in-depth assesment](#) that will uncover just how good you are at giving oral sex and satisfying your man. It may uncover some uncomfortable truths, or you may discover that you are already a queen at giving blow jobs. [Click here to take my quick \(and shockingly accurate\) "Blow Job Skills" Quiz right now](#) and find out how good your blow job skills really are...

## 1. Spread Eagle

Spread Eagle is a great **BDSM sex** position because it's relatively easy to get into and to stay into. You don't need to be super flexible to be tied Spread Eagle, and if you're doing the tying, you don't need special skills.

Spread Eagle is wonderful because it leaves genitals accessible for penetration or stimulation (think vibrator or even flogger). It also leaves the breasts accessible and works with most lingerie. You can strap someone into a corset or tie them into a chest

or breast harness while in this position.

[Discover how to tie a breast harness with rope.](#)

Spread Eagle can be done with your captive horizontal on a bed. Imagine their body in the "X" shape. If you have posts on your bed, you can easily affix wrists and ankles to those to bind your partner. However, an under-the-bed style bondage restraint system is perfect for getting someone into the Spread Eagle position.

If you want to give your man intense, back-arching, grab-the-bedsheets, screaming crying orgasms that will keep him sexually addicted to you, then you'll find them in private and discreet newsletter. You'll also learn the 5 dangerous & "dumb" sex mi that turn him off and how to avoid them. [Get it here.](#)

You can change things up with a vertical Spread Eagle by binding someone to a wall or a piece of bondage equipment such as a St. Andrew's Cross.

## 2. Hog Tie

The Hog Tie is another BDSM position with which you may be familiar. To get into this position, you start on your stomach. Your partner will bind your arms behind your back and also bind your ankles. The ankles and wrists are pulled together, arching your back. This position for BDSM leaves a partner particularly vulnerable, which can be great if you're a devious dominant.

**Related:** [How to Be More Dominant in the Bedroom](#)

A Hog Tie can be accomplished via ropework while specific Hog Tie devices make it easier to get someone into this position. However, this position isn't necessarily for beginners (discover [BDSM tips for beginners](#)). Hog tying can stretch someone's limbs in a way that may be uncomfortable or even damage tendons/ligaments if you try to force your body into the position.

Still, you can attempt a looser Hog Tie, which keeps your arms closer to your sides and doesn't pull your body backward as far. Another variation has the submissive bending at the waist, so they're not quite lying flat on the bed. This makes it easier to secure wrists

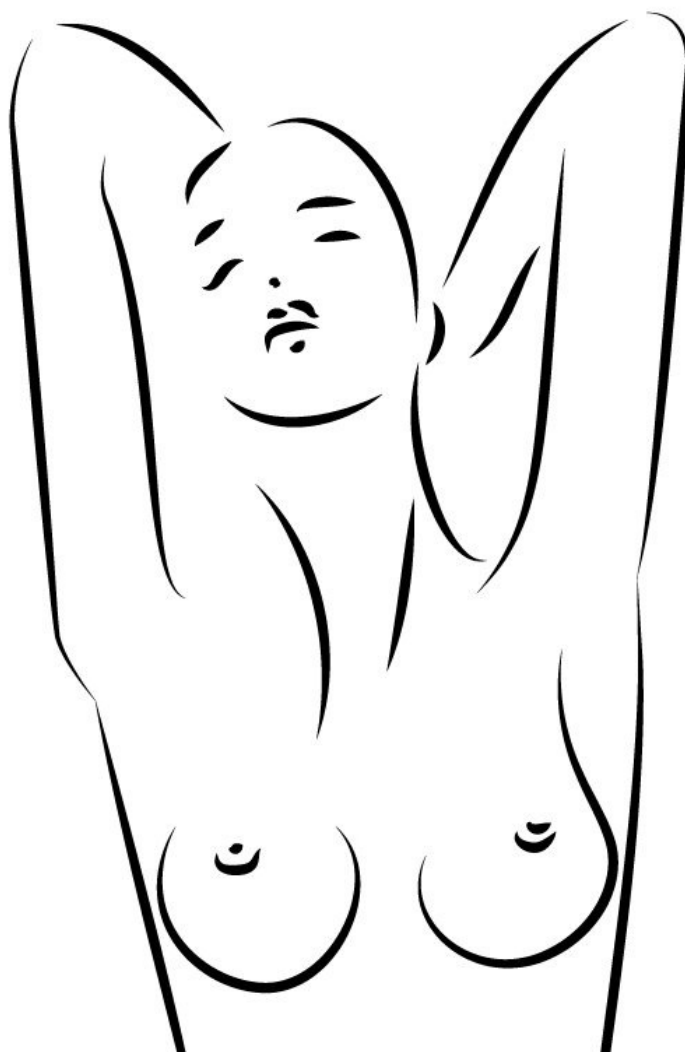
to ankles.

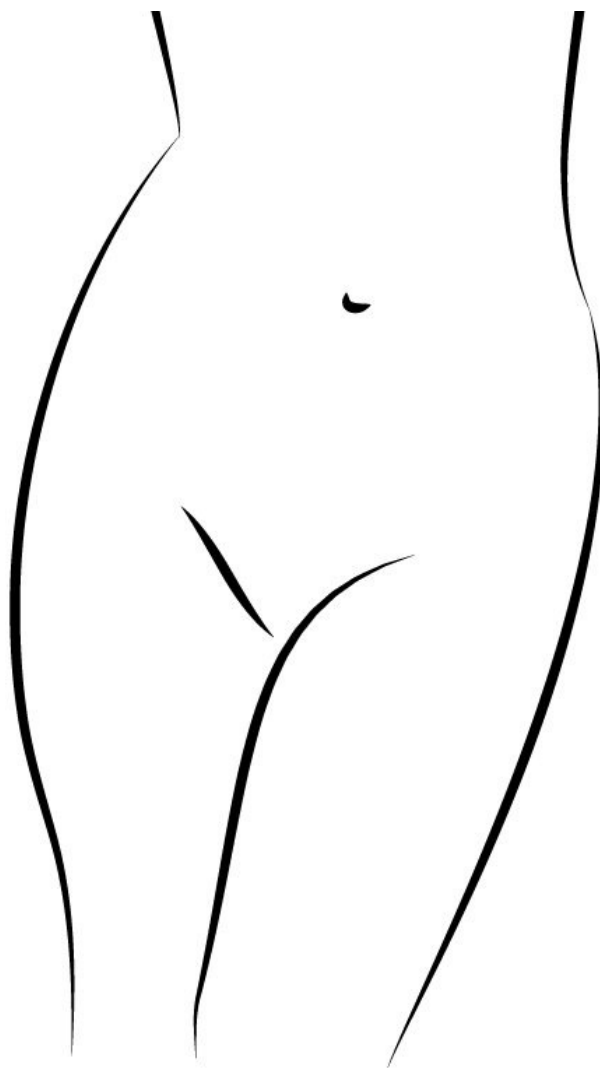
### 3. Eiffel Tower

This BDSM position gets its name from its appearance. Your feet are spread apart while your hands come together as you stand. To achieve the Eiffel Tower, you'll need any sort of cuffs for your wrists, and you might also want something to secure those cuffs to, making it easier to keep your arms lifted during the scene. A spreader bar is one way to keep the ankles spread apart. However, you could also tie each ankle separately to a piece of furniture that keeps them separated.

It may be easier to remain in this BDSM position when you're lying down. You'll simply spread the ankles or tie them to bed posts while tying the wrists together. You can secure the wrists to the headboard to keep the arms stretched.

### 4. Ball Tie





This classic position for BDSM is one where the submissive is tied into a ball. This position mimics the fetal position. Specifically, the legs are bent at the knees, so the thighs are pressed against the chest or breasts, and the heels meet the buttocks. In the Ball Tie position, a person's arms are bound behind their back.

## **Quick Quiz: Do You Give Good Blow Jobs?**

You can quickly learn if you're better/worse than the average woman at giving oral & pleasuring your man. You may discover you that you suck (pun intended) or that you are already a blow job queen.

1. Has a guy ever  
complimented you on your

# blow job skills?

Never

Rarely

Regularly

After every blow job

This is a great position if you're super submissive. [Discover your BDSM personality here.](#)

Some people bind the ankles together while others let them remain apart if it's more comfortable. Occasionally, bound ankles may be connected to the wrists behind the back with a rope or strap that goes across the butt or even between the butt cheeks.

Someone in the Ball Tie position might lie on their side or on their legs to prevent placing pressure on their arms and shoulders.

An easy alternative to the classic Ball Tie position is to have someone lift their thighs toward their chest and reach down behind their thighs with the hands. You can cuff their hands together behind their knees, which forces their knees to remain pressed to

their chest. In this variation, a person can comfortably and safely lie on their back.

You could also tie someone's wrists in front of their knees, which helps to keep their knees bent and legs in place. This style of the Ball Tie is comfortable for lying on their back or sitting if the submissive's body allows it.

## 5. Cocoon/Mummy

This BDSM position is pretty easy to get into; although, it can take some time to tie someone into it. As a cocoon, a person is bound from chest to ankles so that their hanging or standing body is in a straight line. You can take stress of their body by allowing them to lie down in mummy position.

Some people prefer to keep the arms held above the head as close together as possible while others keep arms prone at the person's side and include them in the bondage.

There are a few ways to achieve this type of bondage:

- Wrap them completely from chest to ankles in plastic wrap
- Place a few straps of your choice (leather works) at strategic locations: around the chest, hips, knees, and ankles (and potentially arms if hands meet above their head)
- Tie a rope harnesses around the body that prevents movement
- Wrap a person in bondage tape

Note that covering someone in plastic can raise the body temperature, so you might want to experiment with simple straps that allow the skin to breathe before you're a more proficient player. If you do use plastic, ventilation holes and assistance in hydration are a must.

Using straps also has the benefit of leaving more of the body accessible for stimulation. This includes the genitals, butt and chest/breasts.

## 6. Lotus

You might be more familiar with Lotus position as a yoga position (there's also a **Lotus**

**sex position**) than a BDSM position, but it can double as a bondage position if you're willing to tie. In the Lotus tie, legs are folded with feet toward the crotch like a pretzel. The arms are then bound behind the backs.

Each leg can be tied in two locations: near the knee and the crotch. Occasionally, the ankle is bound to the thigh from the other leg on which it rests. You can arrange the Lotus tie so that the genitals are accessible

The perfect Lotus tie requires a bit of flexibility, and you may have to account for that when binding your partner. It may not be comfortable for some people to remain in longer periods of time, either.

## 7. Frog Tie

The Frog Tie is a BDSM position just for the legs, which can be added to other arm or body bondage. In the Frog Tie, the person kneels, and their calves rest against the back of their thighs. The legs are then bound to keep them in position. A Frog Tie generally keeps the legs separated, which is great for clitoral, vaginal or penile access.

You can go on to bind the submissive's wrists to the outside of their thighs or even to move them into a position where they are resting on hands or elbows and knees while in the Frog Tie.

If you're into solo bondage, you can tie yourself into the Frog Tie without help.

## 8. Box Tie

Here's another popular position for BDSM scenes. The Box Tie is simply when the arms are bound behind someone's back with the elbows bent at 90-degree angles. A box tie can be achieved by cuffing the wrists together or with more intricate ropework. Some people prefer to loop the rope around the submissive's shoulders as well as their arms/wrists in the box tie.

You can combine the box tie with leg bondage.

## 9. Reverse Prayer





Reverse Prayer is another type of arm bondage. Like the Box Tie, Reverse Prayer binds arms behind the back. Except this pose requires the hands to meet with palms together. It's like praying with the hands in the back instead of the front.

Reverse Prayer does require some flexibility, so this position isn't for everyone. However, it works well with the Lotus and Frog ties.

## 10. Chair Bondage

You can accomplish chair bondage with novice bondage skills. All you need is a chair, preferably one with straight legs and arm rests around which you can wrap rope. Have your submissive sit down and bind each ankle to opposite chair legs. If you don't have a chair that works, you can also use a spreader bar.

Then, tie each arm to the top of the arm rest. An armchair doesn't work well for chair bondage, but you can tie a person's wrists together behind their backs (over the chair back) if your chair lacks arm rests for bondage purposes.

Tying someone to a chair is perfect for a hands-off lap dance or stripe tease. Get [tied up for the perfect lap dance](#).

## 11. Jackknife

In this BDSM position, a person is bent over so their wrists can be secured to their ankles. You can further immobilize the person by tying their knees together and/or by securing the elbows together.

It requires some agility, but you can adjust it so that the wrists connect higher up the legs, such as at the knees, or so that there is enough slack in the rope or strap between the connection points to be comfortable. Someone with large breasts or a round tummy might not find the Jackknife pose to be very comfortable, especially for long periods of time.

One of the perks of the Jackknife is that the submissive's butt remains open for penetration, spanking or other impact play. The Jackknife also works for suspension if the ankles are connected to a hook and the person is lifted from the floor.

Psst, learn [how to get him to spank you in the bedroom](#).

## 12. Strappado





Strappado is a BDSM pose that's especially striking in photography. In this pose, a submissive's ankles are tied to anchor points to keep the feet spread. A spreader bar also works.

The arms are pulled straight back behind the submissive and tied at the wrists. That forms a connection point that is secured to a higher point, perhaps on the ceiling. This forces the sub's upper body to bend at the waist, and they face the floor.

## 13. Over Arm Tie

The last item on our list of BDSM positions is one that can become strenuous over but it's relatively easy to get into. In the over-arm tie, your arms are above your head and bent with your hands resting at the back of your head.

An alternative is to tie your wrists together in front of you with your forearms facing up, then pull the rope over and behind your head. Your elbows will bend, and your hands will rest by the nape of your neck.

Typically, a rope connects your wrists to a point at your waist or, if you are kneeling or in Frog Tie, to your ankles behind you.

Over-arm ties pair well with mouth bondage, and you can even use the same piece of rope as a gag and to secure the wrists. Add an over-arm tie into your more complicated body bondage.

## Considerations

While we've tried to provide tips and safety advice for each bondage position on this list, we cannot stress safety enough. If you're not comfortable and competent with trying knots in ropes, you might want to stick to more user-friendly cuffs.

You shouldn't suspend someone if you don't know how to safely do so, including having an attachment point that can absolutely support a person's weight.

While some of these positions feel comfortable, they can become strenuous over time. Never overdo it. Make sure your partner is comfortable when you're in control, and you

should never be afraid to speak up and use a safe word if you're the submissive.

Using a safe word is an important BDSM rule. Discover all [8 BDSM rules](#).

Make sure you don't stress any joints (know how you can comfortably sit when in certain bondage positions).

Don't forget about after care, which can include massage, cuddling, and hydration a scene. Learn [more about BDSM after care](#).

Finally, you should always have a scissors or shears that are sharp enough to cut through whatever material you're using to bind. A medical safety shear is a good one and you can even get them in left-handed options!

Remember to start slow and work your way into more intense bondage positions. If you never want to get beyond basics, that's okay, too! Bondage can be sexy no matter what, just make sure to be safe!

## **This is going to sound a little crazy, but...**

I want to teach you some oral sex techniques I call "sexual heroin" because they will make any man completely and utterly addicted to you, doing anything just to be with you.

These secret oral sex techniques, that you can use on any man, will give him back-arching, body-shaking, screaming orgasms so powerful that he may pass out afterwards.

[Discover them here](#).

If you are in a relationship where the "spark" is no longer there and would like to experience more passion, fire, and intensity then you may want to check them out.

Some side effects include:

- Having a man who constantly looks at you like he wants to rip your clothes off.
- Other women becoming jealous of your relationship and how your man treats you.

- A guy who makes excuses to his buddies and cancels on them so he can spend more time with you.
- A man who can't keep his hands off you.

[Click here to learn learn these techniques now.](#)

You're also going to hear a story of how one woman used them to overcome a potential divorce and make her marriage stronger and more passionate than she ever thought possible.

[Listen to her story here.](#)

October 23, 2020

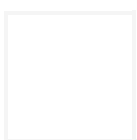
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## Comments



Ken says

[December 30, 2018 at 9:47 pm](#)

I want to see my woman have a total body orgasm. I want a willing fun loving woman assigned to each breast, one to each leg and foot, one to her face, neck and head and with legs tied spread Eagle, laying on her back hands secured above her head, a woman to stimulate the undersides of each side while I orally bring her to climax, when she starts to cum I tongue her asshole while a woman gives her love button a Hicks  
Would this be a total body orgasm?

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