

# *Naughty Knots*

LIGHT BONDAGE & BEDROOM TRICKS



# *Naughty Knots*

LIGHT BONDAGE & BEDROOM TRICKS



POTTER STYLE

Copyright © 2013 by Potter Style. All rights reserved. Published in the United States by Potter Style, an imprint of the Crown Publishing Group, a division of Random House, Inc., New York.

[www.potterstyle.com](http://www.potterstyle.com)

ISBN 978-0-7704-3451-9  
ebook ISBN 978-0-77043518-9

Cover design and illustrations by Danielle Deschenes Interior illustrations by John Tomaselli Design by Danielle Deschenes and Maria Elias

v3.1

*The only abnormality  
is the incapacity to love.*

—ANAÏS NIN

## *Contents*

*Introduction:* IN LUST WE TRUST

- I. SAFETY FIRST
- II. LEARNING THE ROPES
- III. TIED UP—NOW WHAT?
- IV. BONDAGE BASICS
- V. BOUND FOR ADVENTURE
- VI. KNOTTY ADORNMENT
- VII. KNOTTY TEASE
- VIII. WRAPPING IT UP (RESOURCES)

## *Introduction: In Lust We Trust*

Bedroom bondage isn't simply about finding pleasure in pain. It is also about experimenting with control and surrender. Adding sensual knotting to your repertoire should be a gradual and consensual experience. For most people, a little goes a long way.

If you and your partner trust each other enough to push the boundaries of intimacy, then bondage can literally and emotionally strengthen your sense of connection. Begin with a simple blindfold and a set of props that engage the senses in different ways (see [here](#) for ideas). Then graduate to basic wrist and ankle restraints before attempting the more immobilizing maneuvers. Throughout the process, openly communicate your likes, dislikes, and desires.

Rather be tied up than tied down? This book also contains several knotting adornments that are designed to arouse the wearer and the viewer. There are instructions for creating a few naughty toys out of rope. Finally, learn to perform a burlesque self-tying rope routine that is much easier than twirling pasty tassels—and perhaps more attention-getting.

Be prepared; tying knots requires a little practice in advance. Keep this book on your bedside table in case you need a little refresher, or leave it on your partner's pillow to send a not-so-subtle signal: It's time to get knotty!



KNOTTY DOs



Take every sensible precaution when you play with rope; tying someone improperly can cause serious pain and injury. Forming strong bonds begins with these safe practices:



**1 Your Safe Word:** Straightforward communication is the best place to start, but if you're inclined to say "No, stop!" when you actually mean "Yes! Yes!" you should establish another word to indicate that it is time to back off.

**2 Keep It Loose:** When tying a restraint, keep one or two fingers between the rope and the body to prevent it from becoming dangerously tight. Once the bond is secured, check to make sure you can still slide at least one finger under the ropes, especially at the joints (wrists, ankles, knees, elbows), where major arteries and veins are vulnerable.

**3 Learn to Come Undone:** Be confident that you can tie and *untie* a knot before trying it out on your partner.

**4 Make the Cut:** Keep a pair of safety scissors (aka bandage scissors or EMT scissors) nearby in case you need to cut the ropes in an emergency. Safety scissors have a blunt-ended blade so that you won't harm your partner as you cut through the rope.

**5 Know Your Own Limits:** Modify the instructions in this book to suit your own flexibility and comfort level. Don't tolerate pain, and never let emotional discomfort escalate to the point of panic.



# KNOTTY DON'Ts

Consider these points to be out of bounds:

**1 No Tie Required:** Scarves and neckties may seem like obvious materials for bondage, but cloth can become too tight under tension. Use these accessories as blindfolds only.

**2 Never Go Numb:** Tell your partner if a bond is causing numbness or a pins-and-needles sensation. Your partner should also check to make sure your bound extremities aren't unusually cool or turning white or blue. These are all signs of disrupted circulation, which can lead to nerve and tissue damage.

**3 No Necking:** Never tighten a rope around the neck or allow the neck to bear tension. A collar should be used for decorative purposes only.

**4 Spare the Suspense:** Don't experiment with suspension bondage (where the bound person's weight must be supported by a fixture) without expert training and equipment. There is no suspension bondage in this book.

**5 Don't Go Solo:** Never leave someone who is restrained alone. Circulation issues can arise within minutes, and of course you wouldn't want a helpless

partner to be harmed if an unforeseen accident or emergency occurred in your absence.



II



*Learning*  
THE  
*Ropes*

A BEGINNER'S GUIDE TO ROPES



A trip to the hardware store will never seem the same after you've shopped for these sensual supplies. There are many types of rope available, and they all behave differently when used for sensual knot-tying. This cheat sheet will help you find the right rope for your needs.



**Synthetic:** Synthetic (usually nylon) rope is inexpensive, readily available, and strong. It is probably the best bet for true beginners, as it is smooth against the skin and is difficult to tie too tightly. Purchase twisted rope or solid braid rope, *not* rope with a core (which will be stiffer and harder to tie into stable knots).

**Cotton:** Cotton rope is inexpensive and easy to find. It is stiff at first, but will soften after it is washed. Pure cotton rope holds knots firmly and bites into the skin more than nylon rope. Cotton clothesline rope often has a plastic core, which makes it less bondage-friendly. Generally, cotton frays and breaks more easily than nylon rope, and is not suitable for any kind of suspension bondage.

**Hemp (or Jute):** Jute is used in traditional Japanese bondage, but it is expensive and hard to find. Hemp is the usual substitute. Natural-fiber enthusiasts beware: Raw hemp rope is too splintery and rough for bondage. It can be used after extensive preparation, but is probably best left for the experts.

## BEYOND THE BASICS



If you're ready to spend a little more money on your bondage supplies, here are a few recommended ropes to try.



**Climbing Rope:** Climbing "accessory cord" (nylon rope that is about 7–10 millimeters in diameter) is soft and durable and comes in a variety of fun colors. If your tastes are more sporty than traditional, you can buy this cord at climbing and outdoor supply stores.

**Boating Rope:** Nautical enthusiasts can find suitable bondage rope at boating supply stores. Boating rope comes in different degrees of stretchiness (choose from the middle of the stretch spectrum) and in a variety of colors. It washes well and softens over time.

**Tubular Webbing:** Tubular webbing is a nylon tube that lies flat (don't confuse it with *flat webbing*, which looks like seat-belt material and isn't tubular). Half-inch tubular webbing is extremely popular for bondage because it is very strong, ties easily, washes well, and lies comfortably flat on the body. It lasts for years, so it is worth the money if you become highly invested in bondage.

# SIZE MATTERS



**Diameter (Thickness):** The diameter of the rope determines how much pressure it will exert on the body. Thicker ropes exert less pressure on the flesh, and are thus safer than skinny ropes. However, a too-thick rope will be difficult to tie. The ideal bondage rope is anywhere from  $\frac{1}{4}$  to  $\frac{3}{8}$  inches in diameter.

**Length:** The length of rope that you need depends on what type of bondage knots you want to tie, as well as you and/or your partner's sizes. You'll want to pre-cut different lengths of rope for specific purposes before bringing it into your bedroom (unless measuring and cutting rope is your idea of foreplay!).

# LENGTH GUIDELINES



Here is a general idea of how much rope you'll need for different types of bonds.



**Single Wrist or Ankle Restraint:** 5–10 feet

**Wrist or Ankle Restraint with Extra Rope for Tying Down:** 20 feet

**Double-Limb Wrap Restraint:** 30–40 feet

**Body Harness:** 50–60 feet

## SECURE THE ENDS



There are several ways to finish off the frayed ends of cut rope.



**Melt It:** Use a flame to lightly melt the end of a synthetic rope.

**Tape It:** Wind duct tape or electrical tape around the ends of any kind of rope. Trim it in the middle of the taped section for neatness.

**Polish It:** Paint the end of the rope with nail polish. Let it dry overnight and then cut the rope in the middle of the painted section.

**Whip It:** Wrap about eight inches of thread around the frayed end of the rope and secure it with a Square knot (a modified version of the sailor's "whipping" technique).

### TIP

USE DIFFERENT-COLORED TAPE, THREAD, OR NAIL POLISH TO COLOR CODE THE VARIOUS ROPE LENGTHS SO THAT YOU CAN IDENTIFY THEM EASILY. THEN MARK THE CENTER OF



EACH ROPE, MAKING IT EASIER TO FIND (MOST  
BONDAGE TRICKS BEGIN WITH THE CENTER OF  
THE ROPE).

## BE A NEAT FREAK



When it is time to clean your ropes, drop them into separate lingerie bags or pillowcases and wash them in warm water (delicate cycle). Do not use detergent or bleach. Air-dry your ropes regardless of the material, but especially avoid putting synthetic ropes in the dryer.

When storing your ropes, coil each one separately and bind the bundles with large plastic twist ties or ribbons (a true type-A control freak might choose a different color for each rope size). Stash the coils neatly in a pleasure chest for easy access!



## NOT INTO KNOTS?



What if you (or your partner) just can't get the hang of knot-tying? Is your experimentation with bondage over? Knot so! There are several kinds of ready-made restraints available through erotica stores, catalogs, and online shops (see [Resources](#)).



**Satin Sleep Mask:** A silky eye mask makes a great blindfold; it's not too tight, and there's no uncomfortable knot against the back of the head.

**Nylon or Leather Handcuffs:** Skip the uncomfortable law-enforcement kind. Get padded cuffs that fasten with Velcro or buckles. There are also ready-made restraints for shackling the wrists to the thighs, ankles, or just about any other combination you can imagine.

**Bondage Tape:** A special tape that sticks only to itself (not skin or hair). It is perfect for creating blindfolds or wrapping wrists and ankles together.

**Bondage Sheets:** A fitted sheet with four Velcro cuffs for the wrists and ankles.

**Under-the-Bed Restraints:** If you don't have a suitable headboard, this set

of straps and cuffs are affixed under the mattress and can be repositioned easily.

**Doorjamb Restraints:** An over-the-door sling that provides a way to experiment with suspension without ropes.



KNOTTY IDEAS



Bondage isn't about tying a partner down into the desired position and proceeding immediately to intercourse. Elements of bondage can be incorporated into foreplay, followed by sex without the ropes. In fact, bondage is by definition a form of foreplay, since it takes preparation and anticipation to gather your supplies and set the scene.

The practice of bondage involves toying with control and submission. You and your partner may fall into dominant and submissive roles quite naturally, or you may take turns being in charge. Bondage is also about exploring the relationship between deprivation and enhancement. Paradoxically, being restrained can be liberating.

If you're hesitant to start off with serious restraint, try limiting just one of your senses (for instance, begin by wearing a blindfold). Whether you are simply blindfolded or fully trussed, here are ten ways to take advantage of the situation:



**1 Only Words:** You don't have to talk dirty if you don't want to. Simply tell your lover what you want to do to him/her in a matter-of-fact tone. Describe the entire plan in detail before you begin. If you're normally the silent type, this form of foreplay will blow your partner away.

**2 Use Your Mouth:** Begin by running your lips gently over your partner's body. Then start over again with your tongue. Finally, trail your mate's body with a series of bites (vary the intensity). Choose a different path each time, so that she/he is constantly caught off-guard.

**3 Go Light:** Feathers, silk tassels, fur, and paintbrushes tickle and caress in unexpected ways. Stroking the arms, hands, face, and belly with soft materials can be exceptionally soothing. Fluttering them over the ears, the inner elbows, and the backs of the knees might be exquisite torture. Experiment on your helpless companion.

**4 Go Hard:** Chopsticks, back-scratchers, combs, and forks are interesting implements for applying pressure to the skin. The trick is to go soft and hard (not hard enough to harm, obviously), so that your partner is kept on edge. Hard sensations can provide great relief after a feather tickle session.

**5 Turn Up the Heat:** Rub your partner with massage oil that heats up on contact, or use body-wax candles (which turn into massage oil as they melt). Do a thorough job working on your companion's muscles, but dither around the naughty spots for as long possible.

**6 Thrill with a Chill:** Break out the ice cubes and trail them over your partner's shoulders, neck, belly, thighs, feet, and hands. Or spritz her/his entire body with ice-cold water. You can also put a metal chain in the freezer and then snake it over your partner in torturous patterns.

**7 Dress to Kill:** Nothing sets a scene like the proper apparel. This doesn't necessarily mean leather and latex. Rope is a versatile material, suitable for the dominatrix and the damsel in distress alike! Wrapping rope over gloves, boots, and lingerie is also ideal if your skin is sensitive—and it looks hot. See [chapter VI](#), "Knotty Adornment," for ideas.

**8 Shhhhh!:** Interpret this command as you wish. If your partner tends to be verbal, try gagging his/her mouth with a scarf. Alternatively, help your mate stay ultra-focused on the sensations of foreplay by having him/her wear a blindfold *and* sound-blocking headphones. (Music is optional, but

**9 powerful!)** **Just a Pinch of Pain:** Nothing says naughty like a spanking. Paddles, crops, and clothespins can all deliver just the right degree of pain, but you'll need to start slow and test your partner's threshold. Delivering a quick smack after being especially sweet is certainly one way of showing your mate who's boss.

**10 Toys Galore:** Battery-powered or otherwise, if it works for you without bonds, it is going to be twice as nice when you're all tied up!



IV



*Bondage  
Basics*



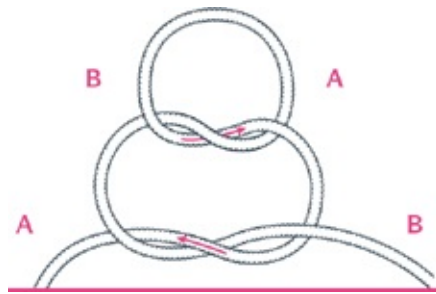


THE FIRST

*Knots to Know*

*Most people know how to tie their* shoes...and that's about it. While the bondage-tying diagrams in this book might seem intimidating at first glance, they are organized progressively so that you can start with the absolute basics and build from there. The good news is that you can have lots of kinky fun with simple Square and Granny knots (well, a little less fun with Granny—and you'll discover why).

*The Granny Often referred to as a "double knot," this knot is easy and intuitive. It is not ideal for bondage, however, because the knot won't lie flat against the body when the ropes are tied this way.*



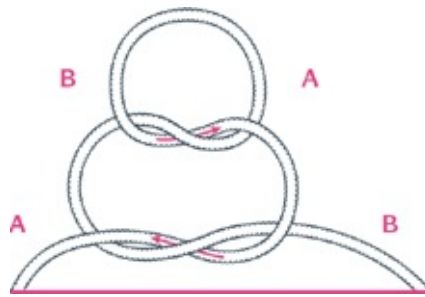
**1** Form a loop by crossing rope end (A) under other end (B). Then form a second loop by crossing (A) over (B).



---

2 Pull the knot tight. The resulting ring “pops up.”

*The Square This one is a knot-tying essential and is used to finish off a number of the bonds in this book. Master this technique, if nothing else!*

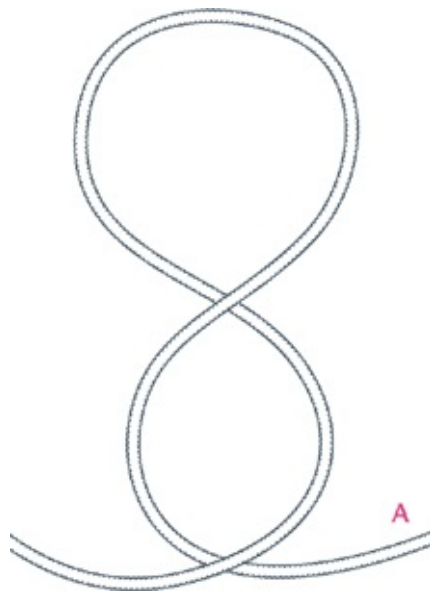


**1** Form a loop by crossing rope end (A) under the other end (B). Then form a second loop by crossing (A) under (B).

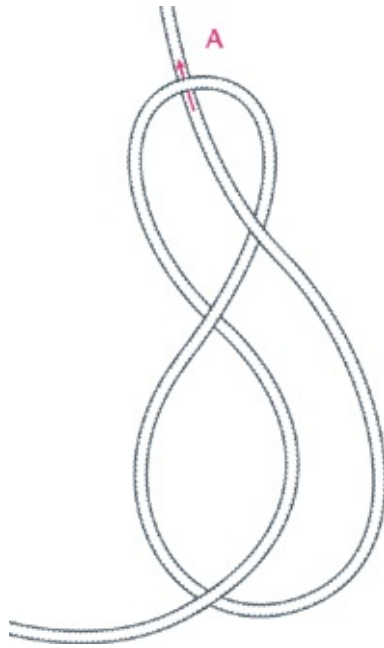


**2** Pull the knot tight. The resulting ring lies flat.

*The Figure Eight This slightly more complicated lie-flat knot is handy for hitching a rope to a post or anchoring a bond.*



**1** Form a figure eight, as shown here.



**2** Weave rope end (A) through the top loop.





**3** Pull both rope ends to tighten; this knot also lies flat and creates an attractive figure-eight pattern when finished.



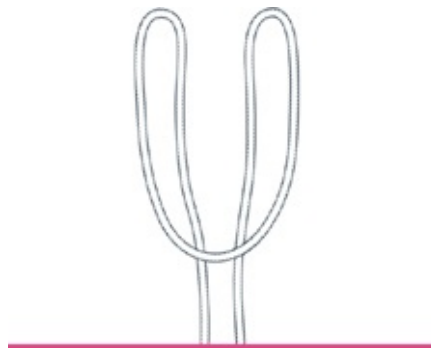
SINGLE-LIMB

*Bondage*

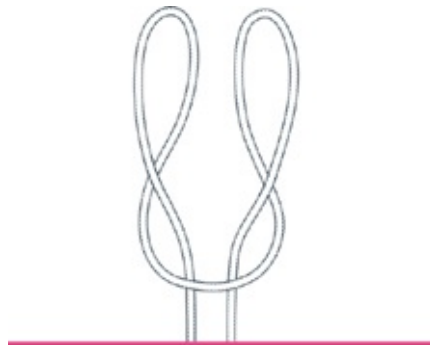
*The first element of bedroom bondage* is learning how to tie rope safely around a single wrist or ankle. These simple knots can be used in a variety of inventive combinations, and they are the building blocks for the more complex restraints covered later in the book.

## *The Pussy Foot (aka The Cat's Paw)*

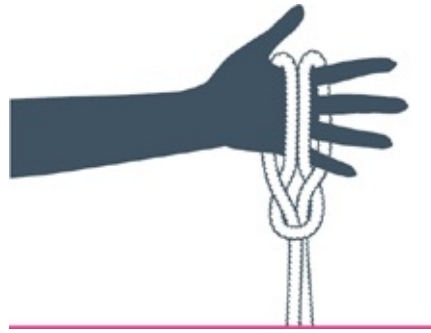
ROPE LENGTH: 5-10 FEET • ROPE DIAMETER:  $\frac{1}{4}$ - $\frac{3}{8}$  INCH



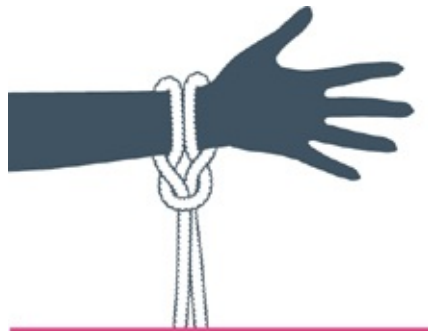
**1** Starting at the center of your rope, grasp as shown so that the two ends hang over the backs of your hands and behind the center swag.



**2** Twist the rope to create two loops by turning your wrists so that the backs of your hands begin to face each other.



**3** Transfer one of the loops so that you are holding both in one hand, as shown.



4 Slide both loops over a hand or foot and pull the ends to tighten as desired.\*

## *The Wrap*

ROPE LENGTH: 5-10 FEET • ROPE DIAMETER:  $\frac{1}{4}$ - $\frac{3}{8}$  INCH



- 1 Position the center of the rope across the back of the wrist.





**2** Wrap the ropes around the front of the wrist (avoid crossing them like an X on top of the wrist).



3 Tie the rope ends into a single knot, as shown.



4 Pull rope end up under the loop around the wrist.



5 Tie the two rope ends with a Square or Granny knot.



**6** Tighten the knot to create the secure wrist cuff. It should be loose enough for you to slide one finger between the ropes and the wrist.



**7** Before you tie the tails of this knot to another fixture, it is a good idea to tuck each end back under the opposite side of the cuff. These tucks help evenly distribute the tension on the knot.



8 The finished, ready-to-secure cuff looks like this.

## *The Obi*

ROPE LENGTH: 5–10 FEET • ROPE DIAMETER:  $\frac{1}{4}$ – $\frac{3}{8}$  INCH



**1** Center the rope on the back of the wrist and twist both ends around once in opposite directions, so that there are three bands of rope on the top of the wrist.





**2** Cross the top strand down over the middle and bottom bands.



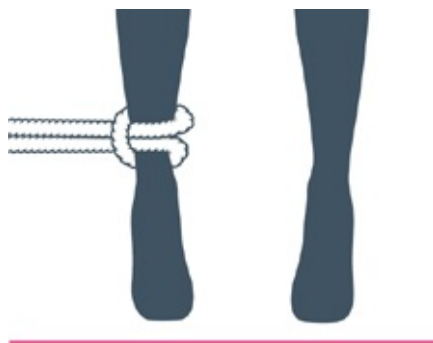
**3** Loop this strand back under the two bands.



**4** Grasp the two strands in one hand and pull them straight up to achieve the desired tightness. Then tie the ends together with a Square or Granny knot (final step is not shown).

## *The Lark's Head*

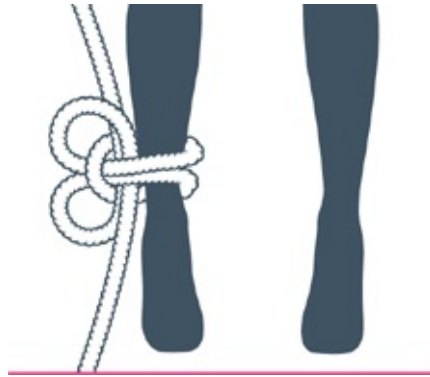
ROPE LENGTH: 5-10 FEET • ROPE DIAMETER:  $\frac{1}{4}$ - $\frac{3}{8}$  INCH



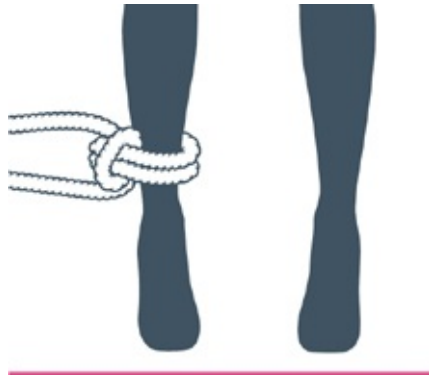
**1** Fold the rope in half and place the bight (the pinched segment) at the outer ankle. Wrap the two strands around the ankle from back to front and pull them through the bight.



**2** Pull the bottom strand up through the two bands around the ankle.



**3** Pull the top strand down through the two bands around the ankle.



**4** Draw the two strands together and pull to the desired tightness. Secure by tying a Granny or Square knot (step not shown).



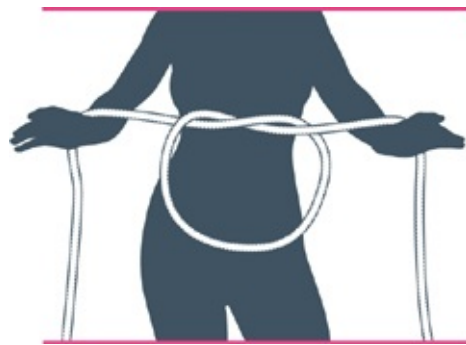
TWO-LIMB  
*Bondage*



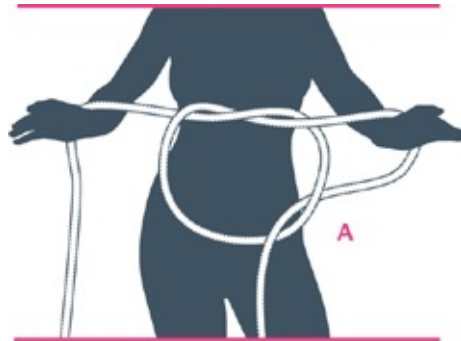
*The next step in bedroom bondage* is mastering how to bind two limbs together. Simply tying the wrists or ankles in one secure bond can provide the desired feeling of helpless abandon (no hitching to bedposts required).

## *Fools Rush In*

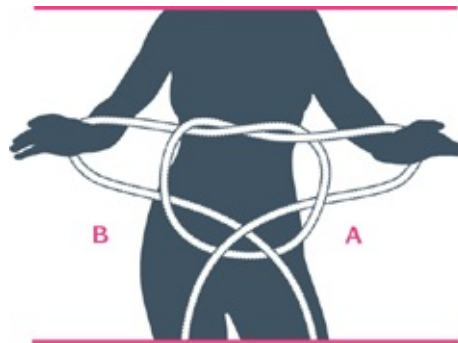
ROPE LENGTH: 20 FEET • ROPE DIAMETER:  $\frac{1}{4}$ – $\frac{3}{8}$  INCH



**1** Begin this version of a slipknot by tying a loose loop and draping the ends over the tops of your partner's arms.



2 Draw strand (A) through the center loop.



**3** Draw strand (B) through the center loop, threading it underneath strand (A).



4 Pull the two tails gently and evenly, closing the loop.

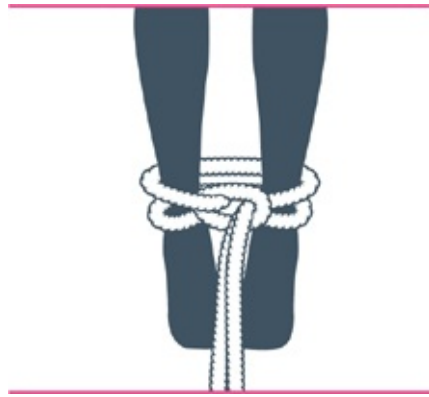


**5** When the loop has closed, continue pulling the tails to tighten the bands around the wrists.

## *Fools Rush In Variations*



This versatile knot can slide over the head and shoulders to bind the arms to the torso.



It can also slip over the feet and bind the ankles together.



## *The Lark's Head (Two-Limb Variation)*

ROPE LENGTH: 20 FEET • ROPE DIAMETER:  $\frac{1}{4}$ – $\frac{3}{8}$  INCH



**1** This wrap can be applied to the ankles or wrists. Fold the rope at the center to form a bight, wrap both strands around the limbs, and feed the ends through the bight. Pull the strands apart, as shown.



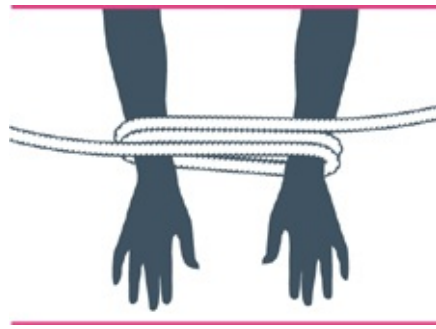
**2** Wind the strands under the wrap, cross them, and bring them back to the top of the wrap.



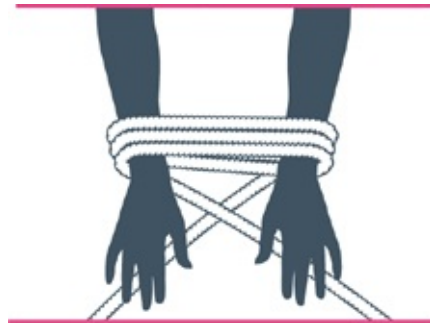
**3** Tie the strands together with a Granny or Square knot to secure the wrap.

## *The Wrap and Cinch*

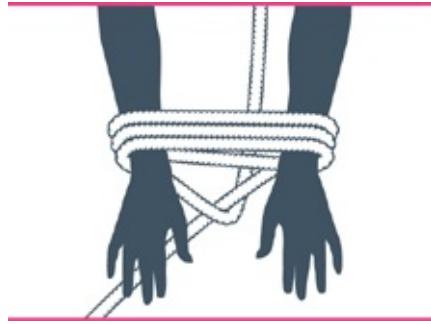
ROPE LENGTH: 20 FEET • ROPE DIAMETER:  $\frac{1}{4}$ – $\frac{3}{8}$  INCH



**1** Starting with the center of the rope, wind it three times around the wrists, which should be held four to six inches apart (depending on the thickness of the rope).



**2** Keep the ropes coiled side by side around the wrists. Cross the two strands at the bottom, as shown.



3 Pull both strands up and around the coil.

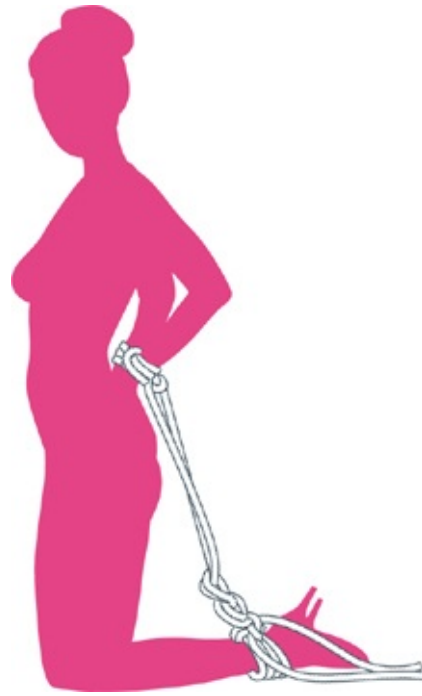


**4** Begin a Square or Granny knot, pinching the rope coil together between the wrists.



**5** Finish the knot to secure the wrists with two connected cuffs.



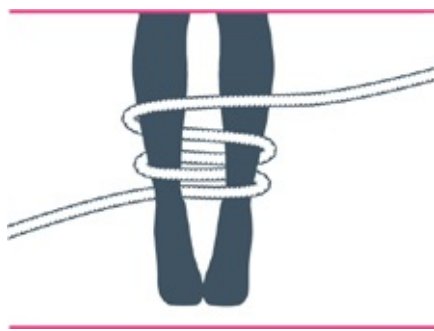


**TIP**

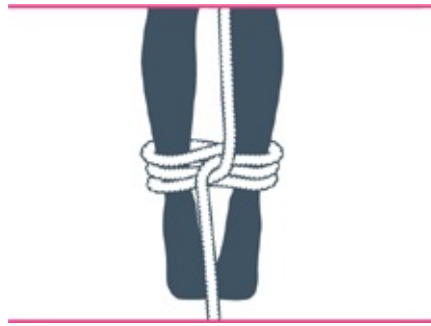
AN EASY WAY TO BIND THE HANDS AND ANKLES TOGETHER: TIE YOUR PARTNER'S WRISTS BEHIND HIS/HER BACK USING THE WRAP AND CINCH TECHNIQUE. ASK YOUR PARTNER TO KNEEL ON THE FLOOR. THEN SECURE THE ANKLES FOLLOWING THE INSTRUCTIONS FOR [THE BACKSTAY](#).

*The Infinity Wrap This wrap also works on the wrists.*

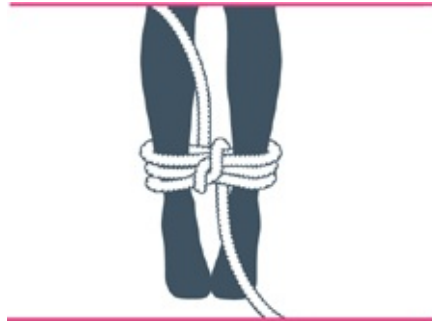
ROPE LENGTH: 20 FEET • ROPE DIAMETER:  $\frac{1}{4}$ – $\frac{3}{8}$  INCH



**1** Place the center of the rope at the midpoint between the limbs. Then, working out from this midpoint, wrap each strand twice around both limbs.



**2** Bring the strands back together and give them a ninety-degree twist so that they are parallel with the legs. Then draw the strands down and around the ankle wraps.



**3** Wrap the strands around the ankle wraps once or twice, pinching all of the ropes together.



4 Tie off the strands with a Granny or Square knot.



*It's your turn to live knottily ever* after in this reverse version of the classic fairy tale “The Little Mermaid.” Swap your land legs for the pleasure of restraint by crossing your heels and wrapping the rope from your toes up to your knees.

ROPE LENGTH: 30-40 FEET

ROPE DIAMETER:  $\frac{3}{8}$  INCH



**1** Cross your legs at the ankles, as shown.





**2** Fold the rope in half and run the bight (pinched end) under your feet. Hold the bight under your bottom arch and wrap the rope diagonally over the top foot.



**3** Wrap the rope around the backs of the ankles and cross it over the fronts of the feet. Keep the strands stacked (do not let them twist) as you wrap.



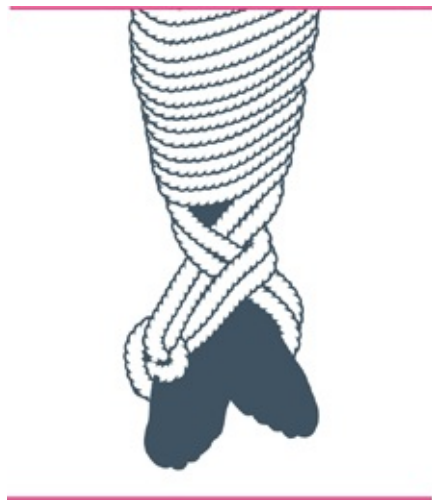
4 Draw the ends through the bight under the foot and tighten.



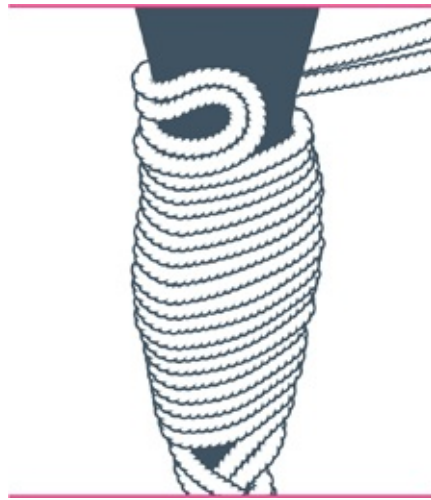
**5** Pull the strands back up over the top of the foot, tucking the ropes neatly beneath the first two bands.



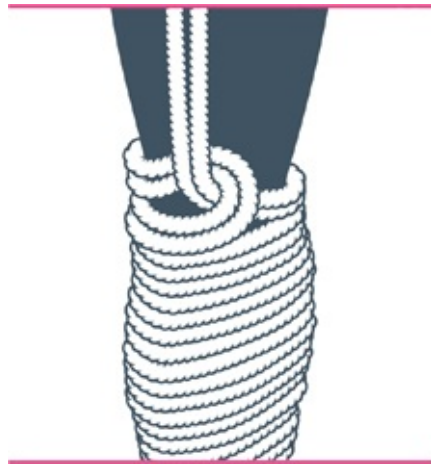
6 Wrap the ropes around the backs of the ankles again.



7 Continue wrapping the ropes around the legs, keeping them stacked neatly (no crossing the lines!).

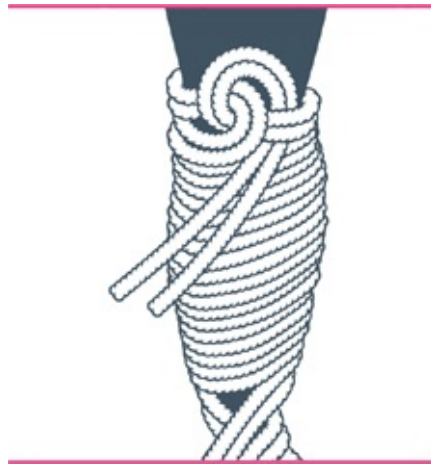


8 Stop just below the knee. Fold the ropes back to create a bight.

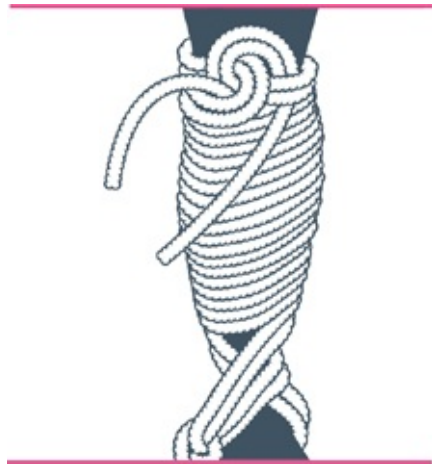


9 Wrap the ropes around the backs of the legs again and feed the ends through the bight.

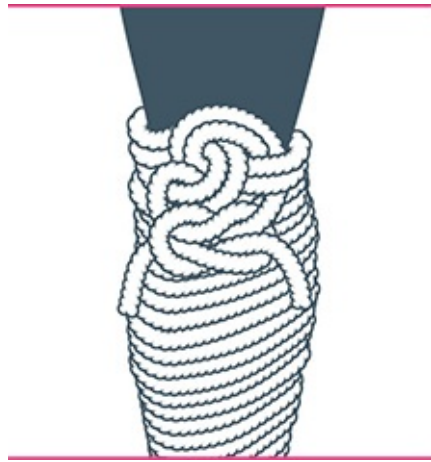




10 Pull both ropes down under the top two bands to create a loop, as shown, and pull the ropes all the way through.

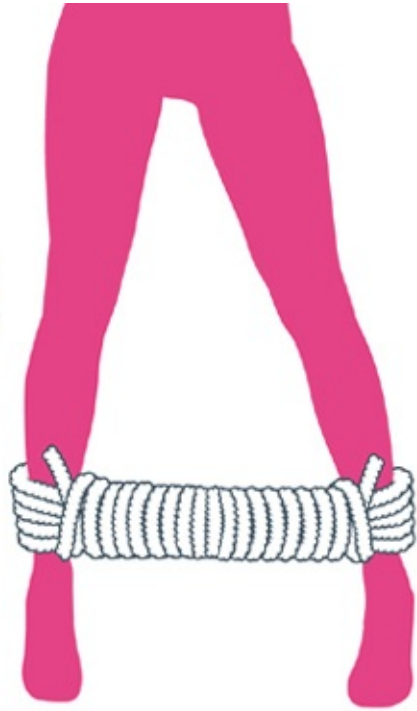


**11** Draw one of the rope ends back through the bight, as shown, and pull tight.



**12** Tie the two loose ends together with a square knot.

THE  
*Baton*

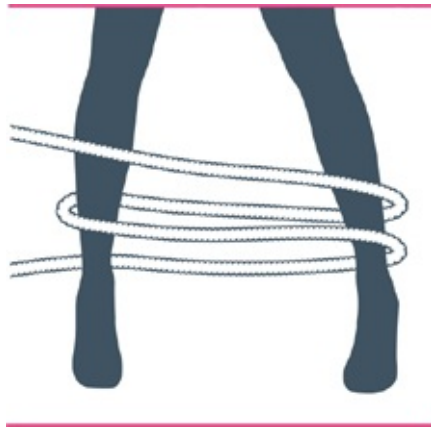


*There's no twirling this baton!* This restraint can lock the ankles apart without tying them individually and anchoring them to furniture. It can be applied to the wrists as well. Use thick rope and wrap the coils very tightly to create a truly stiff rod between the legs...so to speak.

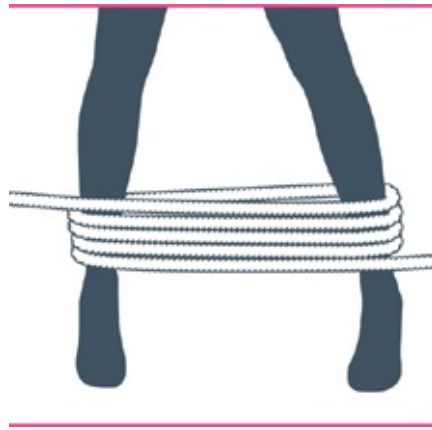
ROPE LENGTH: 25-50 FEET (DEPENDING ON LEG SPREAD) ROPE  
DIAMETER:  $\frac{1}{4}$ - $\frac{3}{8}$  inch



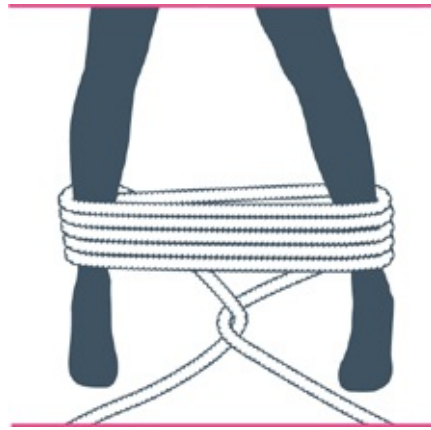
**1** Spread the legs and center the rope across the tops of the ankles (the midpoint of the rope should be centered between the limbs).



2 Wind both strands around the ankles, forming parallel bands.

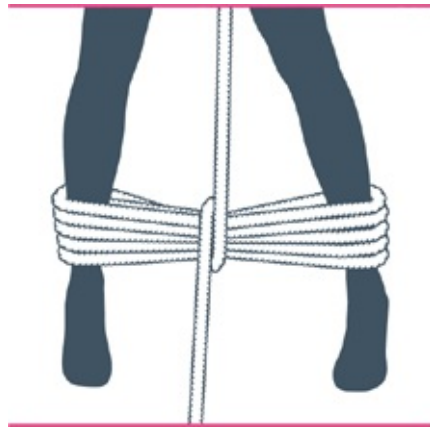


**3** Stop winding the ropes when you have five parallel bands around the legs, with the right and left ends running over the tops of the ankles, as shown.

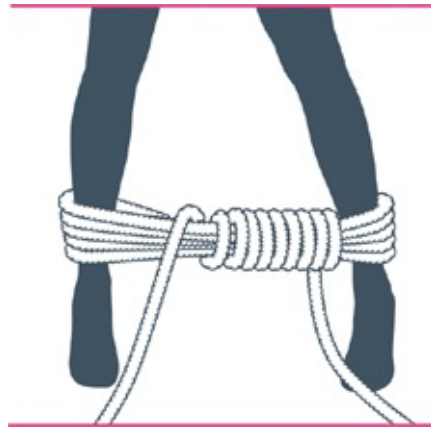


**4** Draw the ends of the rope behind the parallel bands and twist them together once.

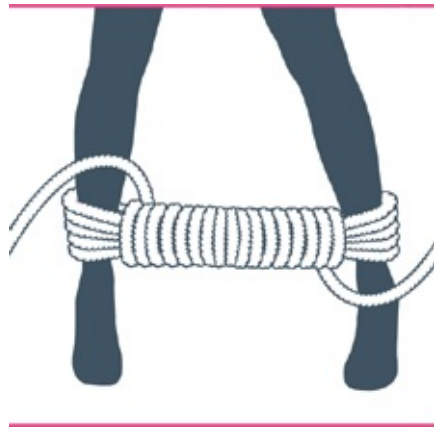




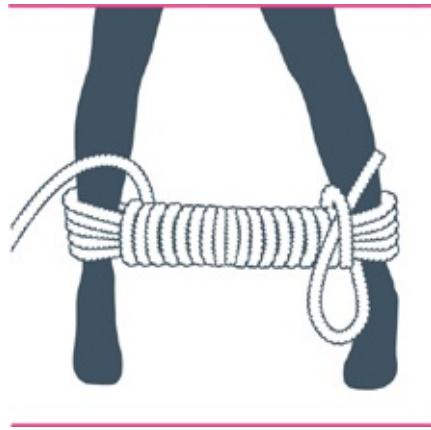
**5** Pull the strands up around the top of the parallel bands, making sure that the twist is centered in the back.



**6** From the center, wrap one strand neatly around all of the parallel bands, all the way to the left ankle. Repeat this step with the second strand, all the way to the right ankle.



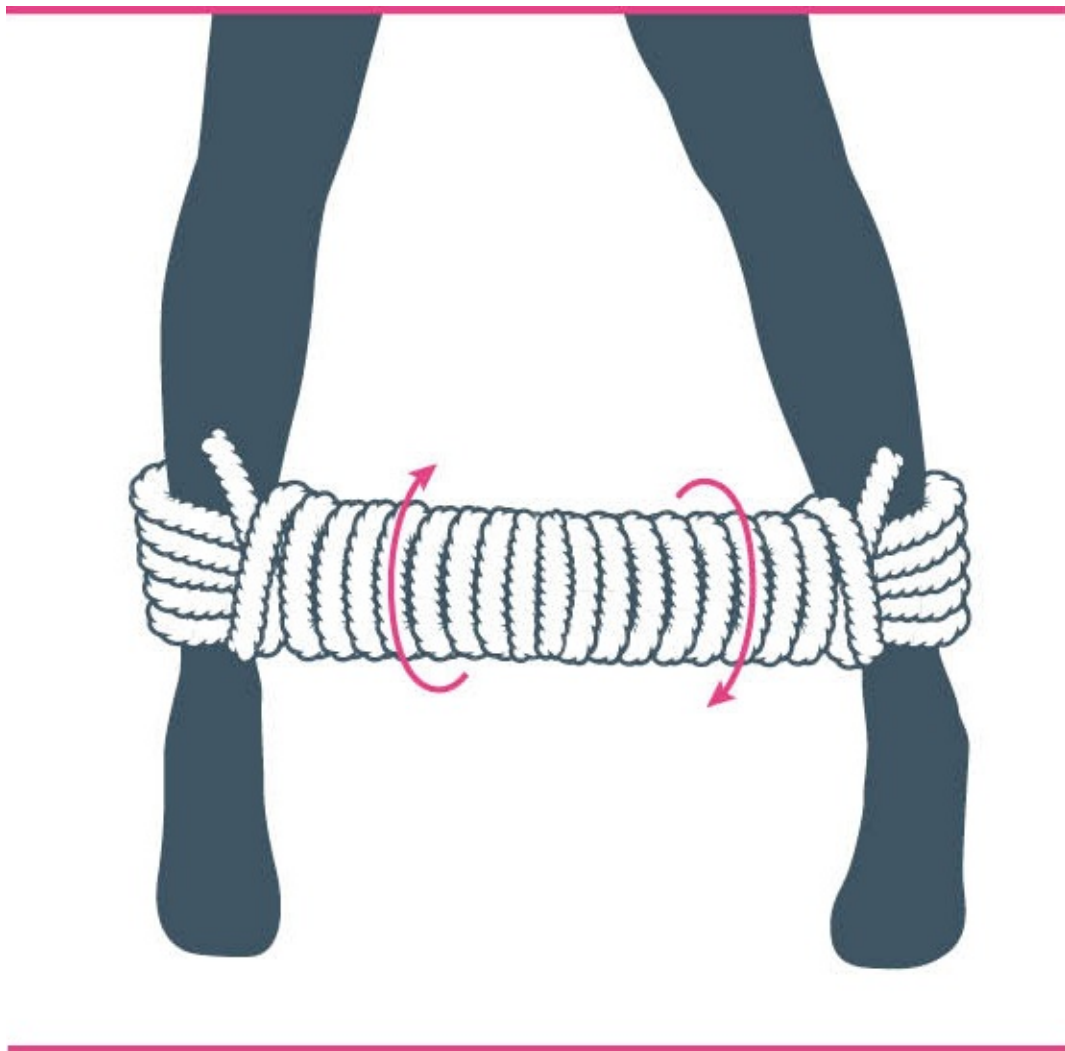
**7** When you are finished wrapping, you should have a neatly coiled baton with the left-side rope wrapping up and the right-side rope wrapping down.



8 To secure, wrap the rope around one last time near the ankle, keeping the coil loose, and then slide the end under the coil.



9 Pull the rope through all the way to tighten and repeat on the other side of the baton.



10 Finally, grasp the baton with both hands and twist the coils in the opposite direction to bring the baton to the desired tightness.



*Named after the rope that runs* from the mast to the transom of a sailboat, the Backstay is a bondage combination that immobilizes the legs by fastening the ankles with a line from the waist. The legs can be bent more so that the ankles are tied closer to the waist, if desired. Because the hands are left free, this is a less intense (and less intimidating) alternative to the traditional hog-tie.

ROPE LENGTH: 60-70 FEET  
ROPE DIAMETER:  $\frac{3}{8}$  INCH





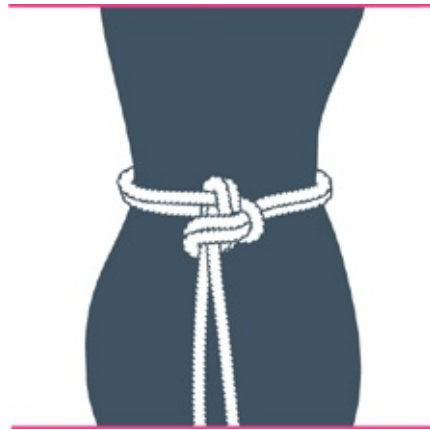
**1** Fold the rope in half and circle it around the waist, drawing the ends through the bight to create a standard Lark's Head knot.



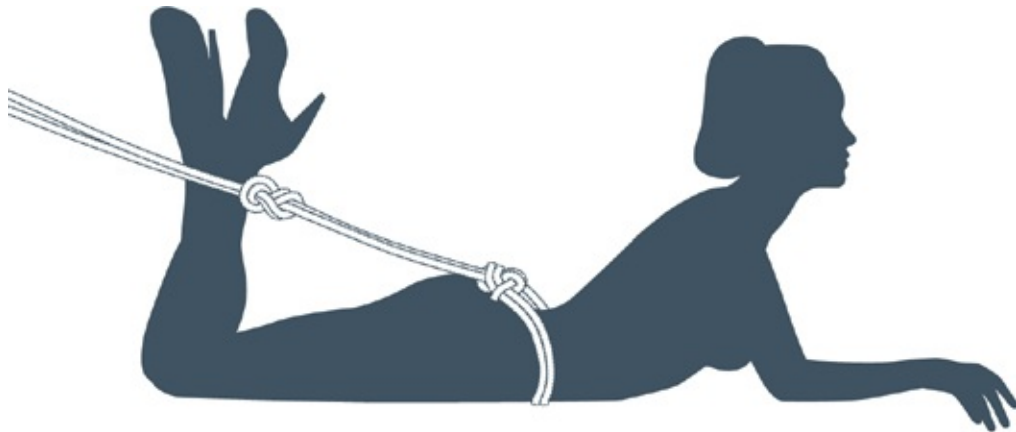
**2** Leave some slack on the band around the waist. Then create a loop with the two rope strands, just below the Lark's Head.



**3** Holding this loop secure, bring the rope ends back up and through the Lark's Head and through the loop, as shown.



**4** Carefully pull the ropes all the way through, guiding them so that the two strands do not twist around each other. The tightened knot should look like this.



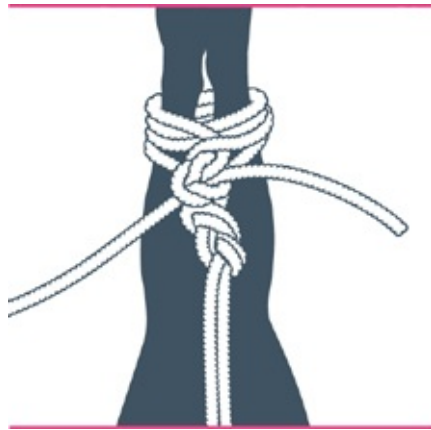
**5** Your partner should lie on her/his stomach with the knees bent. Pull the lines back straight to the legs and tie a **Figure Eight knot** approximately where the rope meets the backs of the ankles.



6 Divide the two strands at the knot and wrap both of them around the ankles once. Then wrap the top strand around the ankles two more times, working up toward the feet. Keep the bands stacked neatly so that they don't cross over the fronts of the ankles.



**7** Bring the top strand down diagonally across the coiled ropes and pull it through the space between the first band and the bottom strand.



8 Tie the two strands together in a Square knot, right above the top of the Figure Eight knot. The end result should look like this.



## TIP

YOU CAN ALSO TIE YOUR PARTNER IN THIS POSITION ON HER/HIS KNEES AND THEN TIE THE HANDS TOGETHER USING [THE WRAP AND CINCH](#) OR [THE INFINITY WRAP](#) METHOD.

---

\* To prevent the knot from becoming dangerously tight, always keep both rope ends together when tying to a fixture.



V



*Bound*  
FOR  
*Adventure*

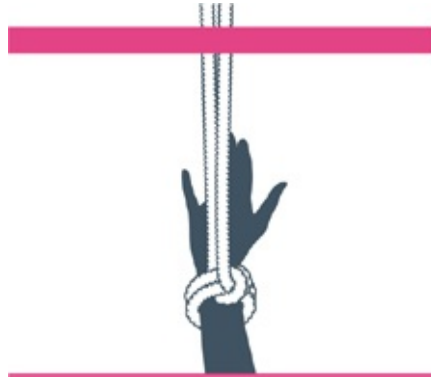


*Get Tied Down*

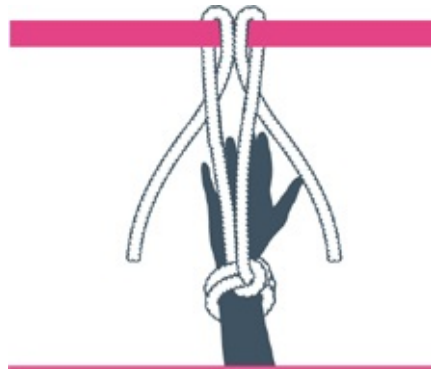
*Now that you know how to tie the* ankles and wrists (and how to secure them together), it's time to learn how to fasten the ends of the rope to other fixtures. Bedposts, banisters, chairs, and tables can all be transformed into bondage apparatus with few simple techniques—and a good deal of trust between partners, since these are truly immobilizing combinations.

## *The Lark's Head Hitch*

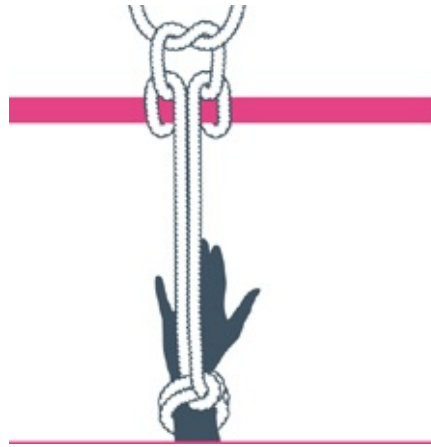
ROPE LENGTH: 20–30 FEET • ROPE DIAMETER:  $\frac{1}{4}$ – $\frac{3}{8}$  INCH



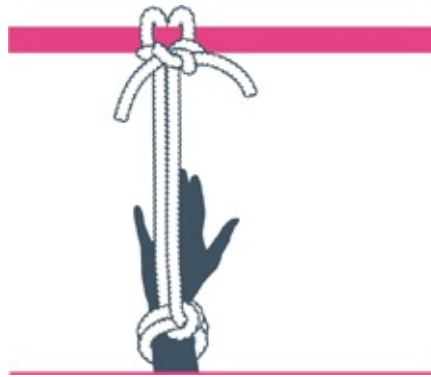
**1** Create a cuff around the wrist using any single-limb bond. Draw the two rope strands together and feed them under a horizontal bar on the headboard.



**2** Wrap the ends over the bar and through the strands.



**3** Separate the rope ends and pull them up on either side of the strands. Then tie the ends together with a Square knot, close to the bar.

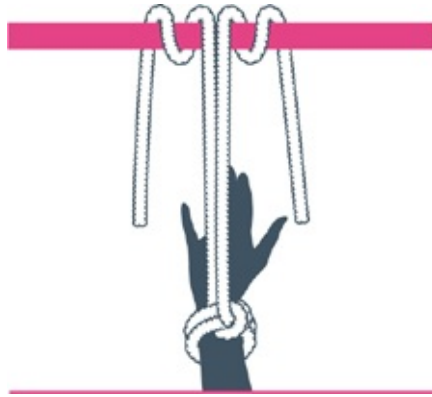


4 The knot on the cuff should rest at the base of the hand with the lines running up over the palms, so that they can be grasped in the hands.



## *The Prussic Tie*

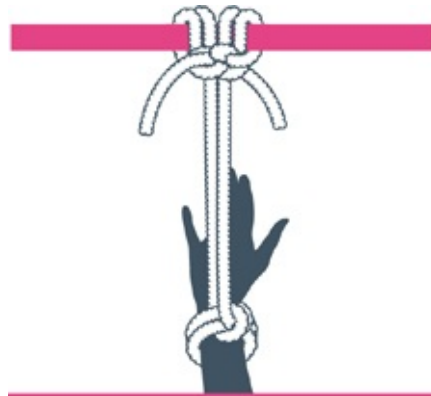
ROPE LENGTH: 20–30 FEET • ROPE DIAMETER:  $\frac{1}{4}$ – $\frac{3}{8}$  INCH



**1** Drop both ends of the rope around the horizontal bar on a headboard and then wrap each strand around the bar once.



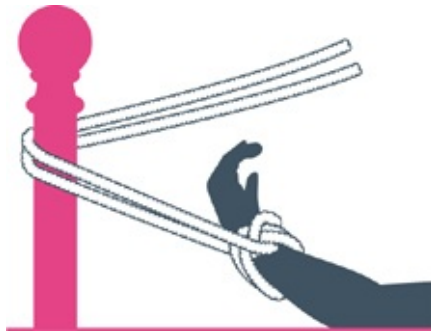
**2** Draw both strands to the front of the two parallel ropes and tie them together with a Square knot.



3 The finished combination of knots should look like this.

## *The Hitching Post*

ROPE LENGTH: 20–30 FEET • ROPE DIAMETER:  $\frac{1}{4}$ – $\frac{3}{8}$  INCH



**1** Create a cuff around the wrist using any single-limb bond. Draw both rope ends around the back of the vertical bar on a bedpost.



2 Bring the ends over and under the perpendicular ropes, as shown.



**3** Hold on to the two rope ends and pull the wrapped portion of the rope away from the bedpost enough so that you can feed the rope ends through, as shown.



4 Tighten the lines. The final knot should look like this.





## *How to achieve the classic Spread Eagle:*

ROPE LENGTH: 4 LENGTHS OF ROPE (25–35 FEET EACH) • ROPE  
DIAMETER:  $\frac{1}{4}$ – $\frac{3}{4}$  INCH

**1** Tie your partner's ankles and wrists using the single-limb bond of your choice: [the Wrap](#), [the Obi](#), or [the Lark's Head](#).

**2** Ask your partner to lie in the center of the bed with her/his arms and legs fully extended (to the point that is comfortable for your partner).

**3** Draw the lines from each limb to the four bedposts and fasten them using [the Lark's Head Hitch](#) or [the Prussic Tie](#) if you want to attach the ropes to a horizontal bar on the headboard. Use [the Hitching Post](#) if you want to attach ropes to perpendicular bedposts.

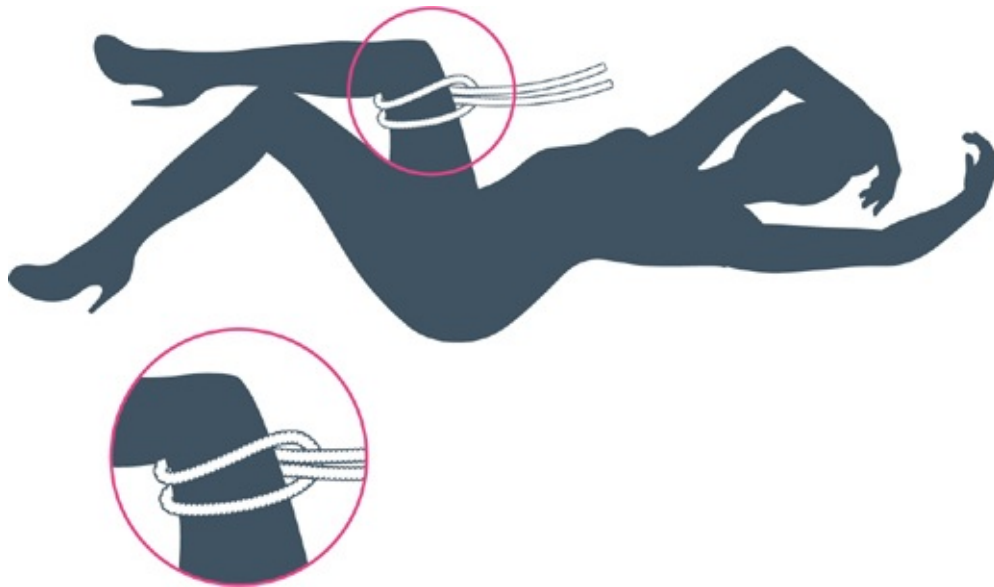
### NOTE

WHEN TYING DOWN THE ROPES, DECIDE WITH YOUR PARTNER HOW MUCH SLACK TO LEAVE. HE OR SHE MAY NEED SOME RANGE OF MOTION IN THE LEGS AND ARMS, ESPECIALLY IF YOU PLAN TO HAVE INTERCOURSE IN THIS POSITION.

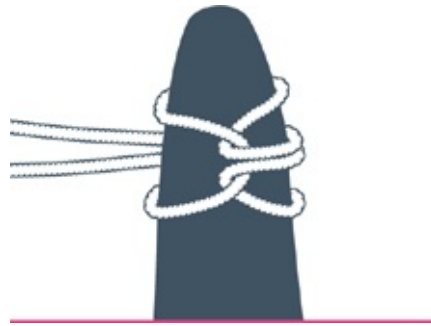


*Speaking of birds, this variation on* the Spread Eagle involves tying bondage cuffs around the knees—hence the name the Bee’s Knees. It is a distinctly vulnerable position, as it provides access to the underarms, chest, abdomen, and everything else *down there*. Prepare to buzz with delight.

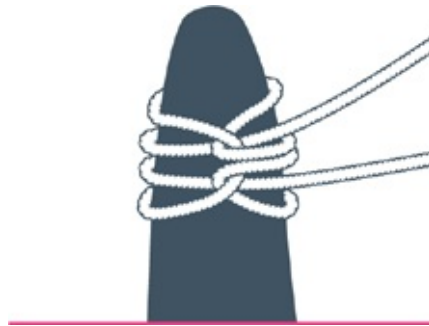
ROPE LENGTH: 4 LENGTHS OF ROPE (25–35 FEET EACH)  
ROPE DIAMETER:  $\frac{1}{4}$ – $\frac{3}{4}$  INCH



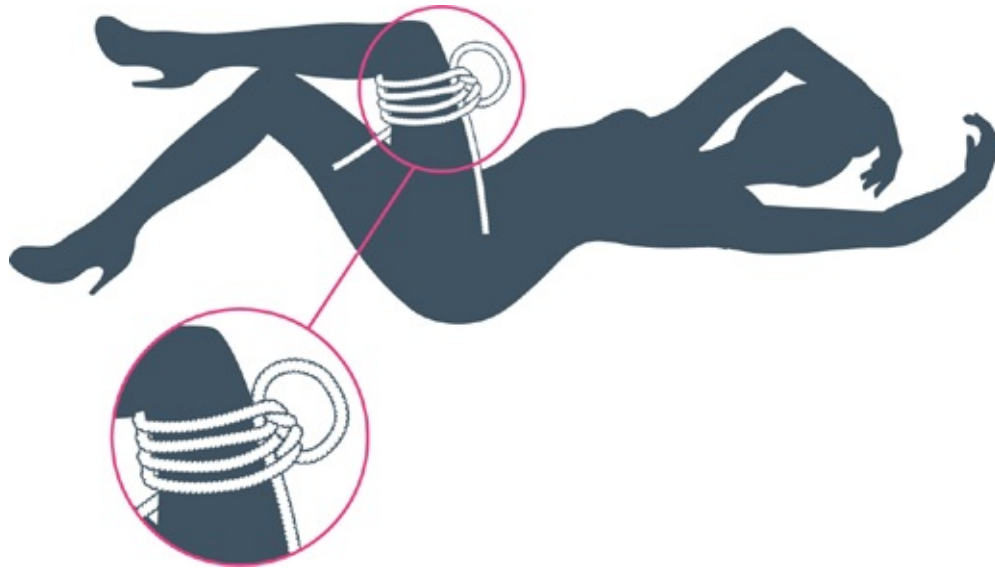
**1** Fold the rope in half and wrap it around your partner’s bent leg, then feed the ends through the bight to create a basic [Lark’s Head knot](#).



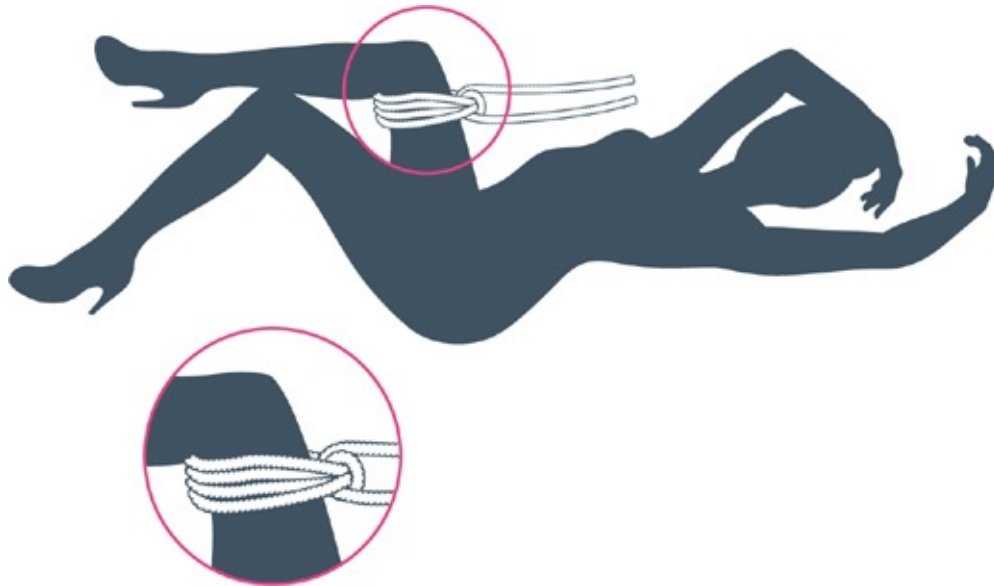
**2** Wrap the ropes back around the leg in the opposite direction, creating four bands around the back of the leg. The extra bands help distribute the rope tension over the back of the knee, preventing potential circulation issues.



**3** Draw the rope ends underneath the Lark's Head knots on top of the thigh. Do not cross the ropes behind the leg when you do this; keep all of the lines neatly parallel.



**4** Pick up the bottom rope and draw it up over the knots and pull it down behind all of the bands wrapped around the leg. Loosen the Lark's Head knots if the bands are too tight to allow for this.



**5** Repeat step 4 with the top rope: Draw it down over the knots and pull it up behind the bands around the leg. Then draw the two strands back together. Securing them once more with a Square knot is optional (not shown).





*A mundane kitchen chair can do* double-duty as a bondage throne as long as it has straight legs and a backrest (make it more comfortable by adding cushions). The Chair Leg Hitch provides a way to bind the legs slightly apart and tightly to the legs of the chair, using the rope to create an eye-catching barber-pole pattern.

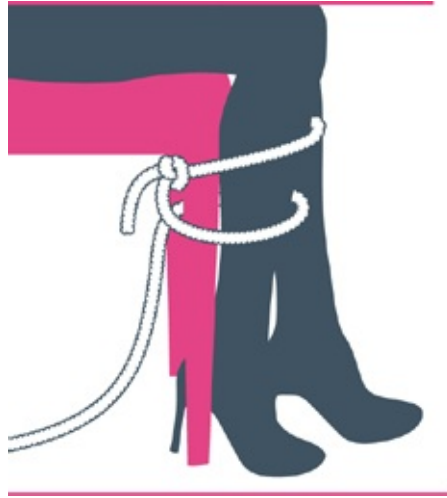
ROPE LENGTH: 2 LENGTHS OF ROPE (30 FEET EACH) ROPE DIAMETER:  $\frac{1}{4}$  INCH



**1** Fold one end of the rope to create a bight and hold it firm as you wrap the rope around your partner's leg and the chair leg. Feed the long end of the rope through the bight, and tuck the short end down under the band around the leg, as shown.



**2** Pick up the short end of the rope. Feed it through the bight from front to back and pull tight to create a knot. Tuck the short end of the rope out of the way.



**3** Wrap the long end of the rope around the front of the leg, leaving some of the rope slack behind the chair leg.



4 Loop the rope over this slack portion and tighten to create a hitch.



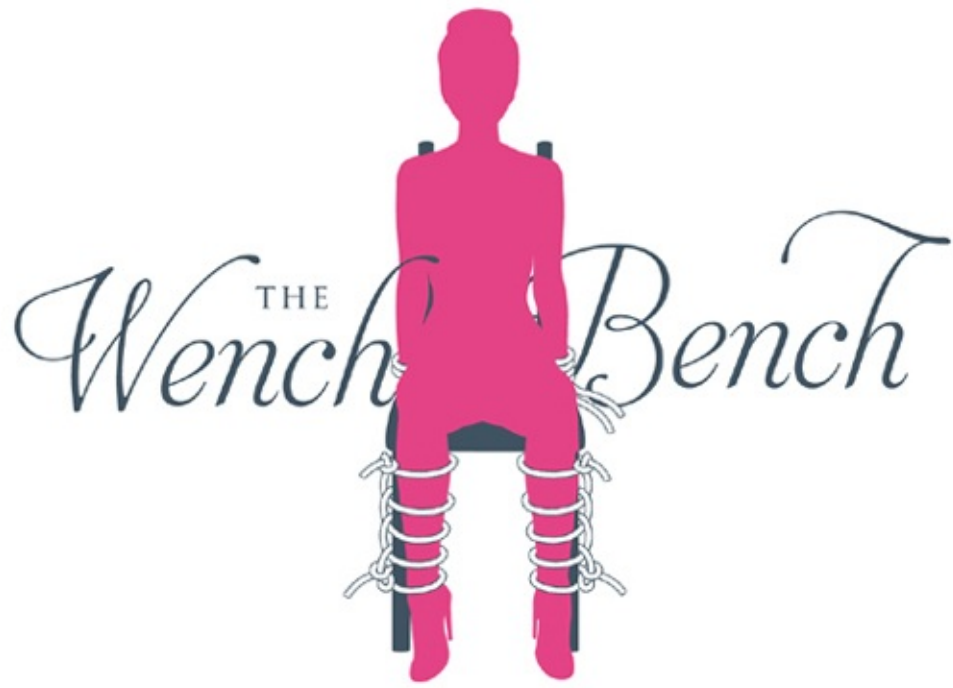
**5** Continue hitching the rope down the chair leg to your partner's ankle. Tighten the rope each time you wrap it around to prevent the loops from slipping.



6 To tie the rope off, pull it partway through the last hitch, creating a loop.



**7** Keep the loop open with one hand and draw the end of the rope around to the front of the loop. Feed it through from front to back and pull tight to secure it.

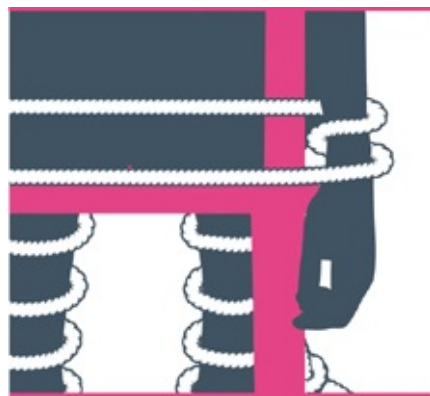




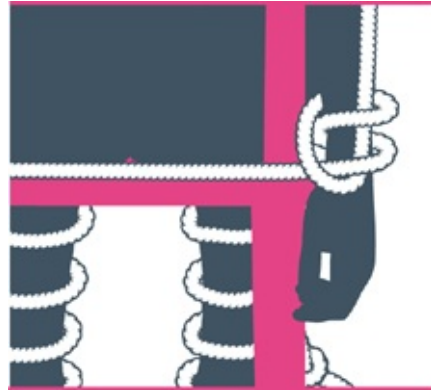
*An expansion on the Chair Leg* Hitch, the Wench Bench provides an efficient way to tie a fidgety maid (or manservant) firmly in place by fastening the wrists to the backrest with one rope. Let the merciless teasing begin!

ROPE LENGTH: 40-50 FEET

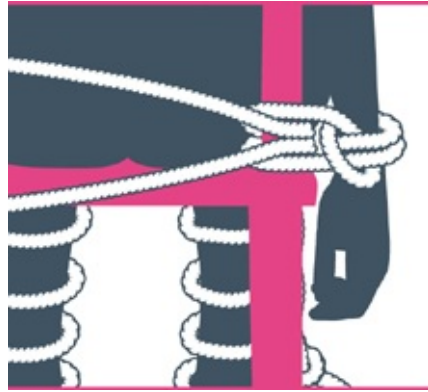
ROPE DIAMETER: ¼ INCH



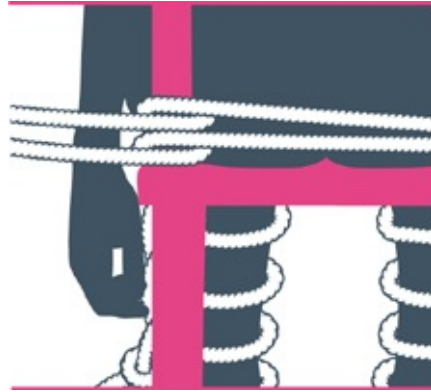
**1** Center the rope at the back of your partner's wrist and wrap both ends around once (essentially the first step of the Obi).



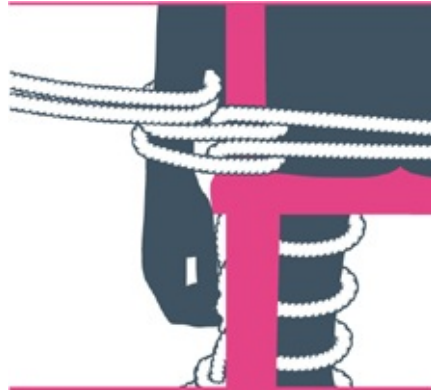
**2** Draw the top strand down and then under the two bands around the wrist.



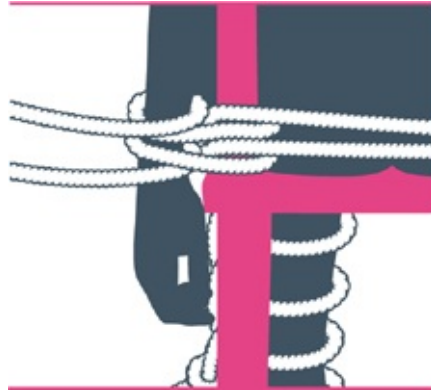
**3** Wrap both strands in the same direction (from back to front) around the backrest post. Draw the ropes together in the space between the wrist bond and the backrest post.



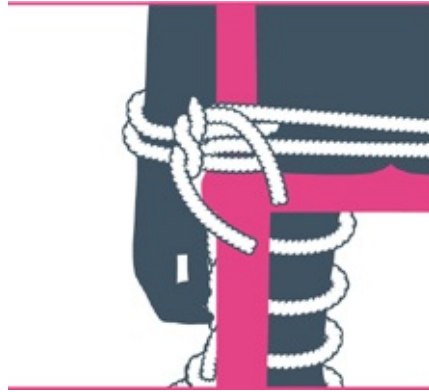
4 Then draw the ropes over to the other backrest post and wrap them around once from back to front. This time, keep one strand centered between the wraps, and the other below the wraps.



**5** Wrap the ropes around the outside of the wrist and bring them through the space between the arm and the backrest post.



6 Separate the strands and run the lower one underneath the wrapped bands.



7 Tie the two ropes together with a Granny or Square knot to secure the final wrist cuff.



8 The finished bond on this side of the chair should look like this.



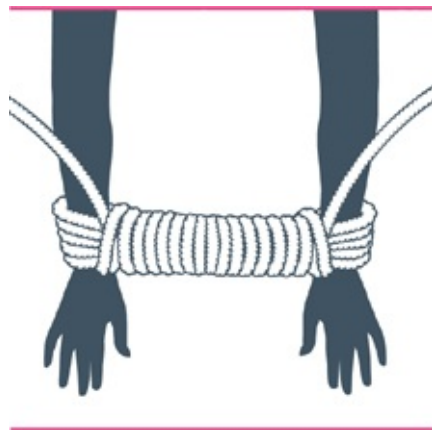


9 A view from the back of both wrists tied to the base of the backrest. Hitching the legs to the chair is optional, of course.

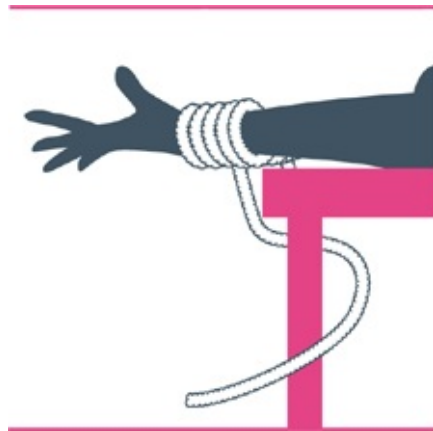


*Turn the tables on your lover by* converting a coffee table into a platform for pleasure. Consider incorporating food into the scene by drizzling the delicacy of your choice (honey, olive oil, chocolate sauce) over your tied-down partner. You might try balancing a glass of water or wine on your partner's stomach and challenging her/him not to risk spilling it by moving (or else...).

ROPE LENGTH: 4 LENGTHS OF ROPE (TWO 15-FOOT PIECES, AND TWO 30-40-FOOT PIECES) ROPE DIAMETER:  $\frac{3}{8}$  INCH



**1** Follow the instructions for [the Baton](#) to tie your partner's hands apart with one of the 30-to 40-foot pieces of rope.



**2** Have your partner lie on the table with her/his arms back and elbows bent so that the bound wrists rest on the table edge. Draw the rope lines under the table and around the table legs.



**3** Draw the rope over the strands leading from the wrists to create a loop around the table leg. Do this on both sides of the table.



4 Bring the rope ends to the center underneath the table and tie them together with a Square knot.



**5** Cuff the ankle with one of the 15-foot pieces of rope, using [the Lark's Head knot](#).



6 Keeping both strands together, wrap them around the table leg and secure them with a [Figure Eight knot](#) or the [Hitching Post](#).





**7** The complete ankle bond should look like this. Repeat steps 5 and 6 on the other ankle.



8 For additional security, wrap another 30-to 40-foot length of rope around the tabletop and the waist four times and tie the ends in a Square knot on top.



VI



*Knotty  
Adornment*



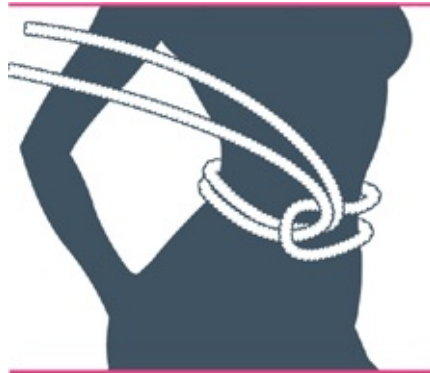
EVERYTHING  
*Goes with Ropes*

*If you'd prefer not to be tied down,* you can still tie yourself up with rope and enjoy the connotations of bondage. The beauty of these knotty accessories is that they can be worn against the skin or over lingerie. Either way, the rope formations provide the perfect framework for emphasizing the waist, neck, thighs, chest, or bottom. Black leather and latex are conventional choices for bondage, but since the rope itself suggests an element of danger, why not contrast it with elegant lingerie, plain boy shorts and a tank, or something sweet and lacy?

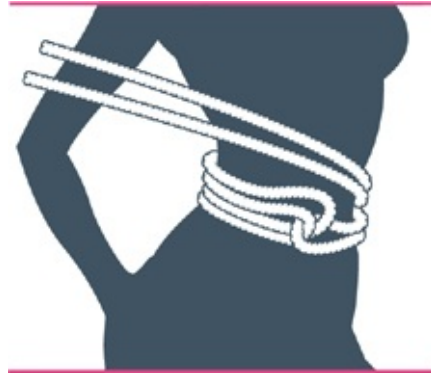


*Like the irresistible siren's call, a* rope corset will broadcast that dangerous curves are ahead! This simple corsetry technique is easy enough to tie yourself. The ropes form a seductive S shape as they are looped around your waist, creating an entrancing accent piece to wear with lingerie or against bare skin.

ROPE LENGTH: 40–45 FEET (DEPENDING ON WAISTLINE) ROPE  
DIAMETER:  $\frac{3}{8}$  INCH



**1** Fold the rope in half, wrap it around the waist, and feed the ends through the loop in front. Center the loop about three inches below the belly button and tighten as desired.

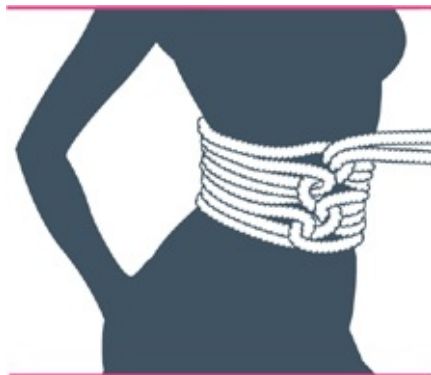


**2** Wrap the rope around the waist again, in the opposite direction.

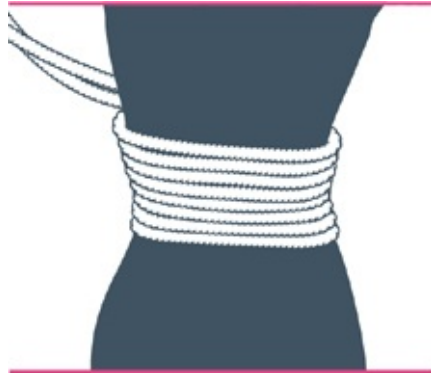




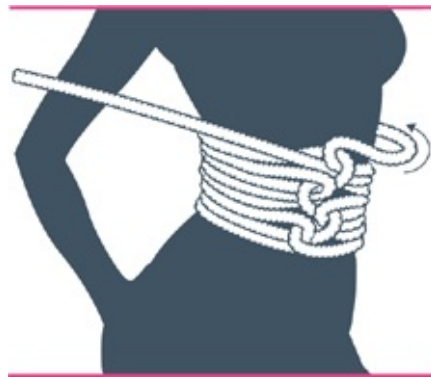
**3** Feed the ends of the rope back through the new loop and tighten as desired. Wrap the ropes around the waist again, in the opposite direction.



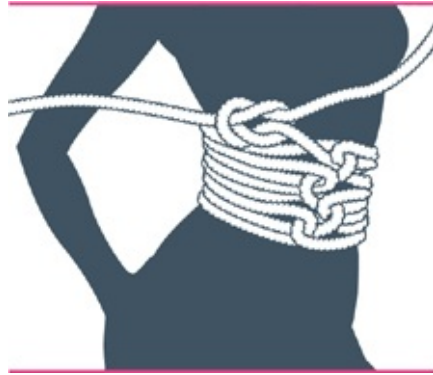
**4** Repeat step 3 four or five more times. The ropes should form an S design up the front of the corset.



**5** Make sure the ropes lay flat against the back. Each wrap should be flush with the previous one. Keep the tension consistent and avoid twisting the ropes.



6 Wrap the top rope once more around the waist in the opposite direction.



7 Tie a Square knot in front to complete the corset.



8 Trim the ends evenly to finish. If the remaining rope ends are long enough, they can be tied to a bedpost or banister or used for playful twirling and spanking.



*Got gorgeous hands and arms?* The Opera Gloves feature heart-shaped designs on the backs of the hands and elegant corsetry up the forearms (you can lace them to your elbows). The rope weaves around the fingers and across the palms, creating a textured surface for massaging your partner.

ROPE LENGTH: 30 FEET

ROPE DIAMETER: ¼ INCH

**NOTE:** TIE THE GLOVES LOOSELY IF YOU HAVE POOR CIRCULATION IN YOUR HANDS.



**1** Find the center of your rope and wrap it around the back of your index finger.





**2** Bring the two strands together and draw them around the back of your wrist to the front of your hand. Feed the ends over and then under the lines across the top of your hand.



**3** Pull the ropes up, crossing them over the diagonal lines across the hand to create a loop. Divide the lines and run them on either side of your ring finger.



**4** Turn your hand over and tie the two strands together in a single knot. Position the knot in the crook of your thumb and run the lines down both sides of the thumb.



**5** Pull the ropes around to the back of your hand and tuck them under the first double band.



6 Bring the strands back together and curve them over the top of the double band. Then tuck the strands behind the two bands running from behind the thumb.



**7** Draw the strands across the back of the hand and then tuck them both under the second set of double bands (this should complete the heart-shaped design on the back of the hand).



8 Bend the ropes back toward the thumb and wrap them all the way around the wrist. Then draw the rope ends underneath the wrist wrap and pull through to secure.



9 Bend the rope back and wrap it around the wrist again, this time away from the thumb. Slide the rope ends up through the newly created bight. Then bend the rope and wrap it back around the wrist again, this time *toward* the thumb, and slide the ends up through the bight created by this wrap.





10 Repeat this wrapping technique up the forearm. To tie it off, slide the rope ends under the last wrap to create a loop.



**11** Draw the rope ends back under the loop and pull tight to secure.



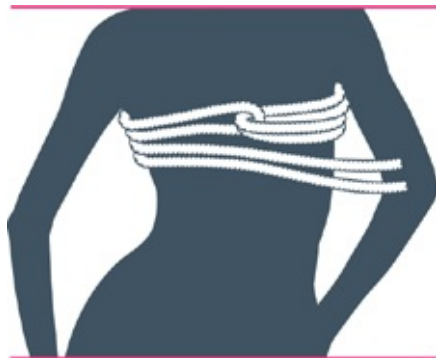
*This bustier is inspired by traditional* Japanese bondage (Shibari), a practice that is based on wrapping rope around the body, rather than on knottyng. Designed to compress and stimulate the breasts, this arousing garment requires a pair of eager and helpful hands to help wrap it on correctly.

ROPE LENGTH: 30–45 FEET

ROPE DIAMETER:  $\frac{3}{8}$  INCH



**1** Fold the rope in half and wrap it around the chest, above the breasts. Feed the ends through the bight to create a basic Lark's Head knot, and center it on the back. Bend the ropes so that they can be wrapped back around the chest again.



**2** Once the ropes are wrapped twice around the chest above the breasts, continue wrapping the rope below the breasts.



**3** After the rope is wrapped around the chest once below the breasts, draw both strands up between the breasts.



**4** Tuck the rope ends under the four bands above the breasts and pull them down—but not too tightly. Keep some slack in the lines running up the chest from the waist.



**5** Tuck the ends under the two bands below the breasts and pull them through—but again, not too tightly! The ropes running up between the breasts should have some slack.





6 Pull the slack ropes over to the center of the body. Thread the ends of the rope over the bend in the slack ropes to secure them in the middle of the chest. Then continue wrapping the ropes around the chest to the back.



7 Holding the ropes securely at the base of the wrap, draw both strands up to the top and tuck them down through the first bend at the Lark's Head.



8 Feed the rope ends under the four wrapped bands and pull the strands out at the bend in the rope at the base of the wrap.



9 Tuck the ropes back under the wrapped bands and pull them out again between the second and third wraps from the top.



**10** To secure the ends, run them through the loop created by retucking the ropes in step 9. Pull the rope through and down tightly to secure all of the wraps together.

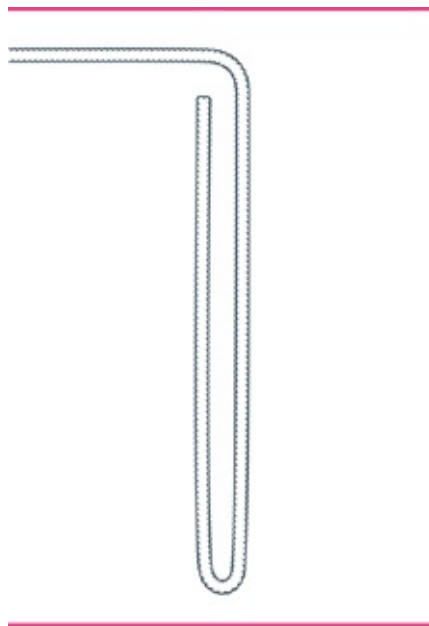


THE  
*Collar* AND *Garter*

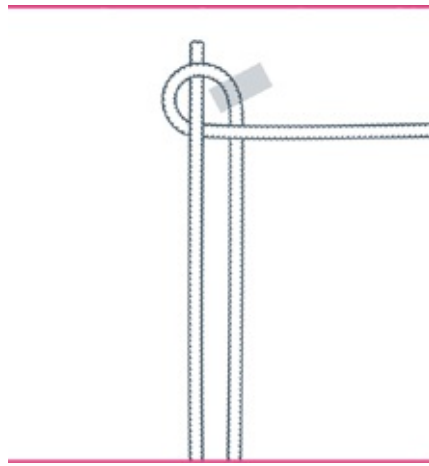
*A simple woven rope band worn* around a delicate neck has a submissive quality all its own. The same band tied around a powerful thigh sends out another message altogether. In either case, this rope accessory can be worn when you are fully dressed, giving your partner just a hint of what's to come when you get back to the bedroom.

ROPE LENGTH: 10 FEET

ROPE DIAMETER: ¼ INCH

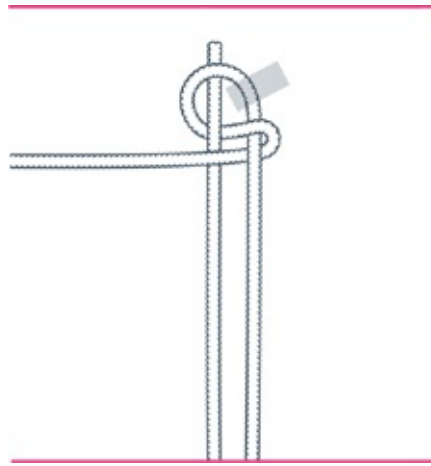


**1** Bend a length of rope so that the doubled area is an inch longer than the circumference of your neck or thigh. Tape down the bent end.

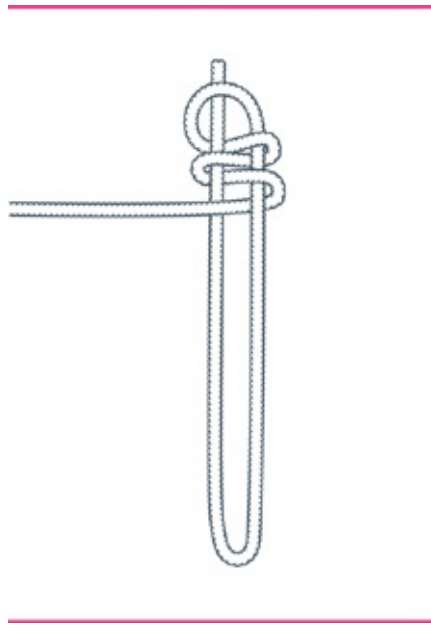


**2** Loop the long end of the rope over and under the shorter end. Tape down the loop and the short end of the rope.

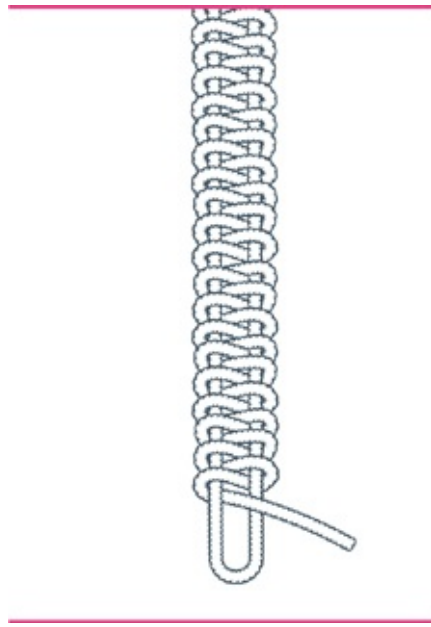




**3** Wrap the rope over the right strand, tuck it under, and draw it back toward the left strand.



**4** Wrap the rope over the left strand, tuck it under, and draw it back toward the right.



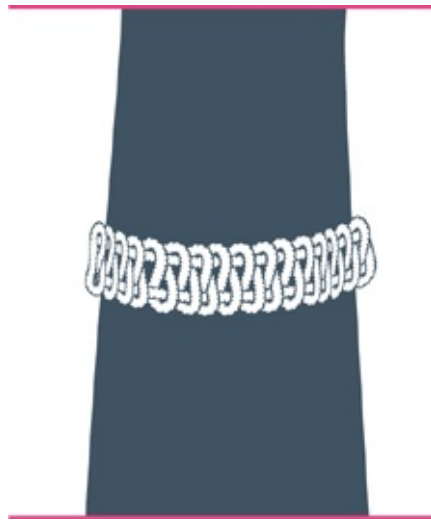
**5** Repeat these steps, weaving the rope back and forth between the right and left strands until you are about a half inch away from weaving the entire loop.



**6** Untape the ends and bend the loops toward each other. Feed the woven strand through the opposite loop.



**7** Tie the two rope ends together with a Square knot.



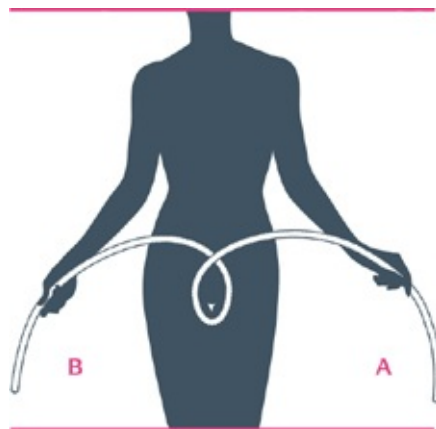
8 The finished band can be tied around the neck to create a collar, around the thigh to serve as a garter, or even around the wrist as a bracelet. This collar is for decorative purposes only. Using the neck for tension or suspension bondage is not recommended.



*Maintain an air of mystery by tying* on these triangle-shaped rope panties. Although these instructions are written with partner participation in mind, you can construct the triangular knot by yourself by laying the ropes flat on the bed.

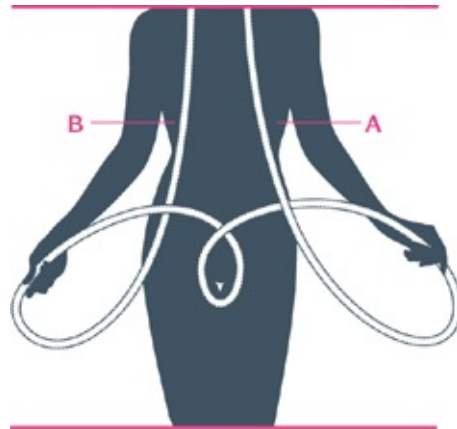
ROPE LENGTH: 40 FEET

ROPE DIAMETER:  $\frac{3}{8}$  INCH

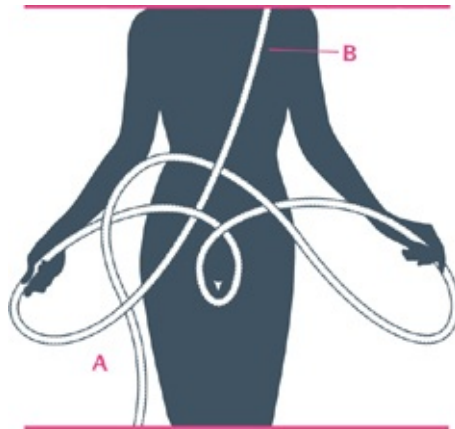


**1** Form a loop with the center of the rope positioned over the pelvis. Strand (A) should be crossed on top of strand (B).

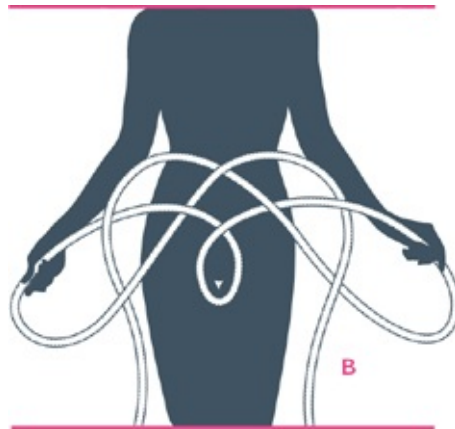




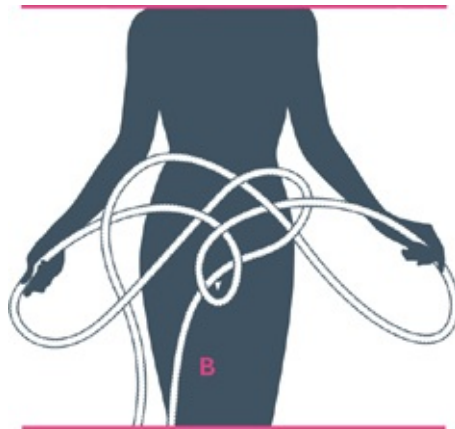
**2** Create loops at each hip and hold them open with your hands. The running end of strand (A) should rest on top of the loop. The running end of strand (B) should rest under the loop.



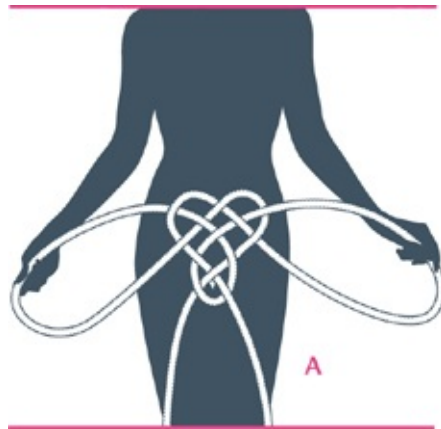
3 Cross strand (B) over strand (A) at the navel. Then weave strand (A) through the loop at the left hip (going over one side of the loop and under the other).



**4** Weave strand (B) through the loop at the right hip (going under one side of the loop and over the other).



5 Position strand (B) behind the center loop at the base of the crotch.



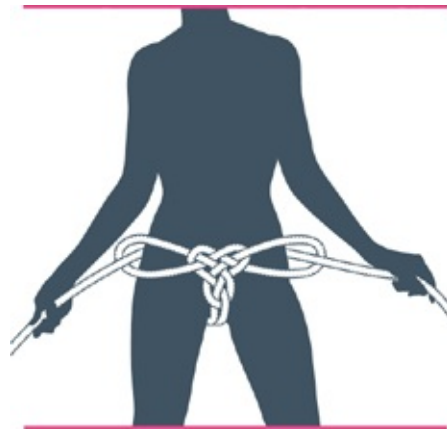
6 Bring strand (A) over the center loop and weave it under strand (B).



**7** Pull both strands to tighten the triangular knot, leaving the weave somewhat open. Hold the loops open firmly at the hips to create the tension needed to form the triangular knot.

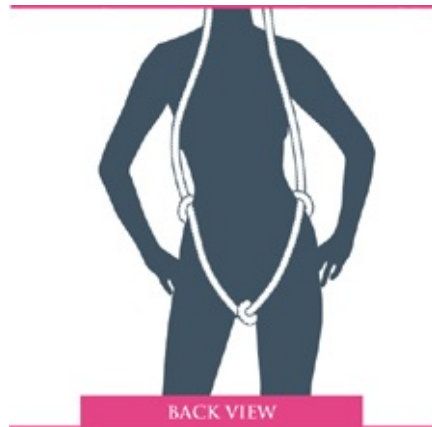


8 Run the strands from the point of the triangle through the legs and up over the bottom. Tie a single knot at the tailbone.

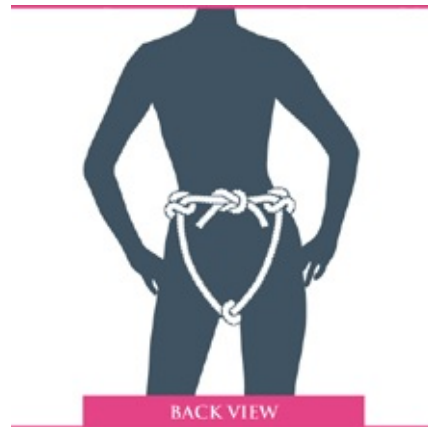


9 Wrap the strands around the hips and draw them through the loops, from back to front.





**10** Draw both strands back around the waist, pulling the loops at the hips back as well. The ropes should form a V over the bottom, from the crotch to the hips.



- 11 Tie the rope ends together at the small of the back with a Granny or Square knot.



12 The finished panties will look like this from the front.

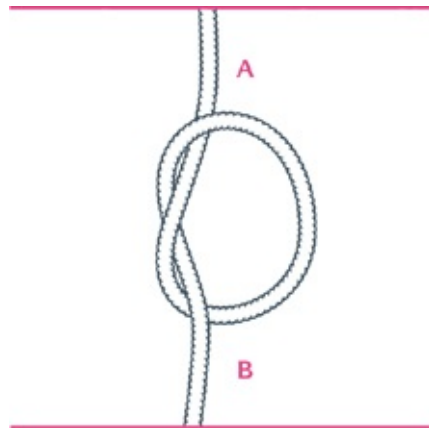
THE  
*Lover's  
Knot  
Harness*



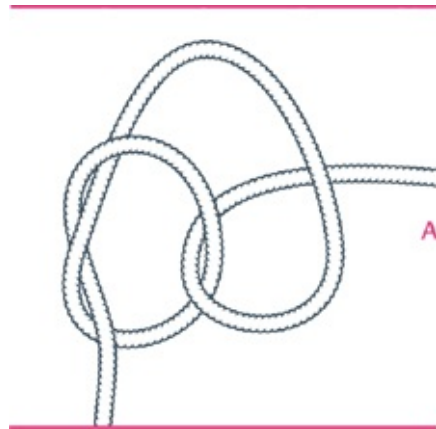
*The Lover's Knot Harness* is formed—as the name would indicate—with a lover's knot positioned at the center of the chest, in close proximity to the heart. Don't let these tender details fool you; the finished harness has a warrior-like quality and looks particularly fierce when worn over a black corset or bustier.

ROPE LENGTH: 40–50 FEET

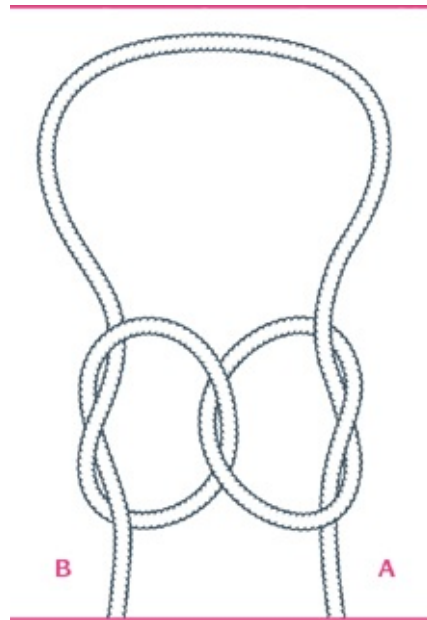
ROPE DIAMETER:  $\frac{3}{8}$  INCH



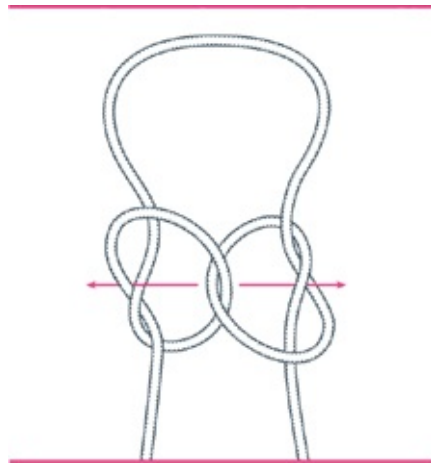
**1** Start with a simple loop. Strand (A) should run under the loop and strand (B) should run over it.



**2** Grasp the loop in one hand. Pull strand (A) through the front of the loop and out the back.

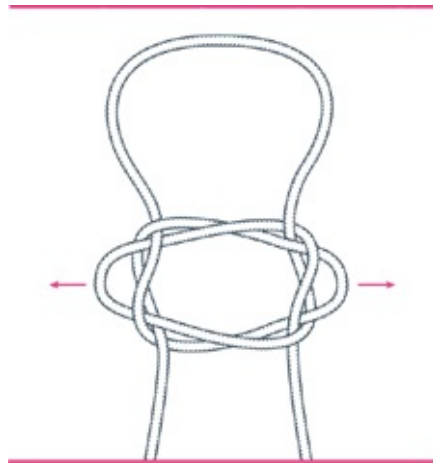


**3** Complete a second loop (interlocking with the first one, as shown) by tying strand (A) in a simple knot. The two loops should look like kissing lovers. Note the running ends at the bottom of the interlocked loops: Strand (B) runs over the bottom of the left loop and strand (A) runs underneath the bottom of the right loop.



4 While you hold the interlocked loops open at the top, your partner simultaneously pulls open both side knots, exactly as shown.





**5** As your partner gently opens the side knots, he/she grasps the interwoven center loops and pulls them apart *and* through the side knots.



6 A successfully completed step 5 will look like this.



**7** Pull the loops to tighten the knot, evening out the tension so that all three loops are equal in size and look like a three-leaf clover.



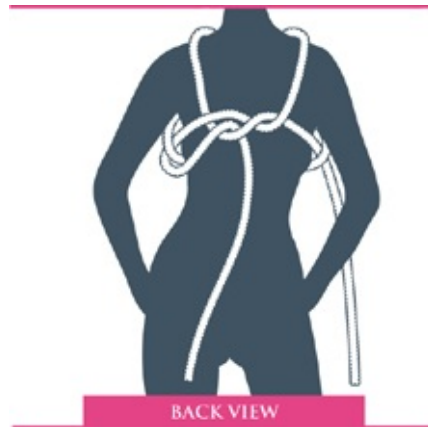
8 Turn the clover upside down. Position the side loops around the breasts. Separate the running ends of the rope and draw them over the shoulders.



9 Tie the strands in a single knot in the back, between the shoulder blades.



10 Run the strands under the arms to the front of the chest and draw them through the loops.



- 11 Open the knot on the left side of the back and pull the left-side running end *down* through the loop.

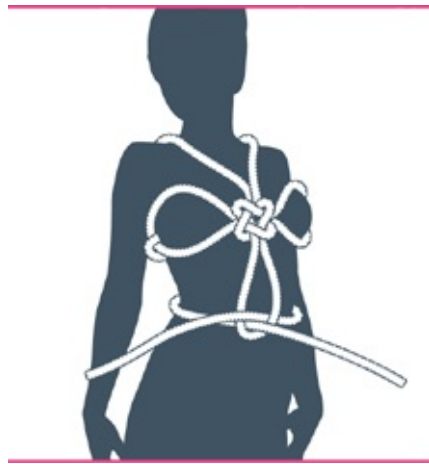


**12** Open the knot on the right side of the back and pull the right-side running end *up* through the loop.





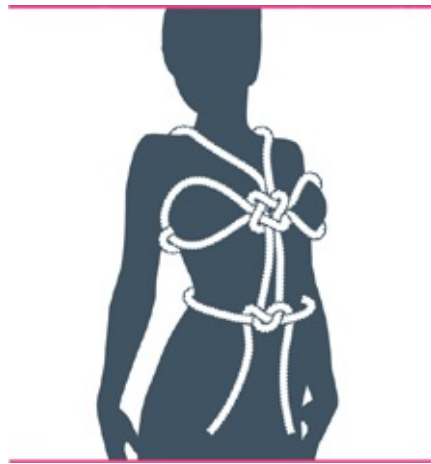
13 Cross the left running end over the right and pull both strands around the waist to the front of the body.



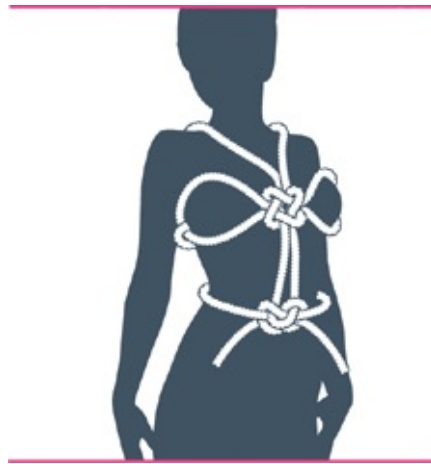
14 Run both strands through the loop at the waist and cross them in the middle.



**15** Tuck each strand down under the waistband.



16 Pull the strands down, tightening the waistband and anchoring the bottom of the loop to the waist.



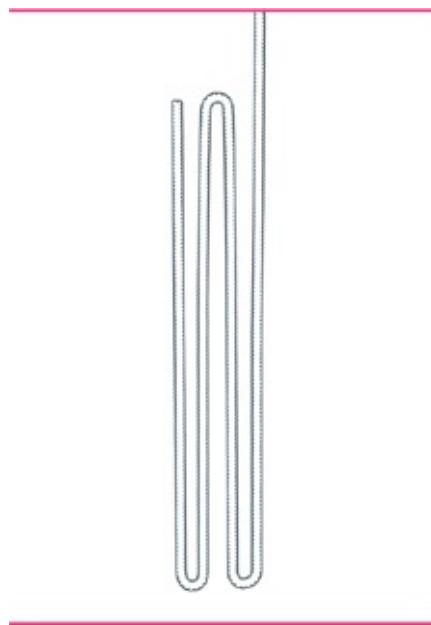
**17** Complete the harness by tying the two strands together so that they lie flush with the waistband. Trim the excess rope.



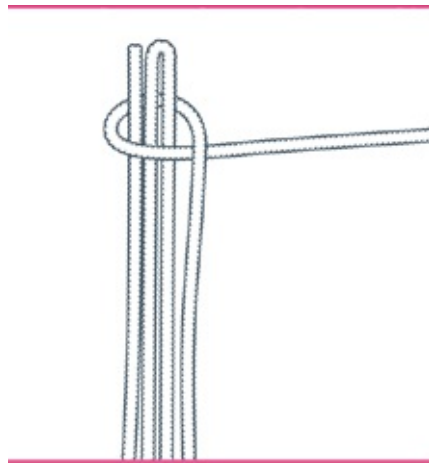
*Do you want it hard or soft?* This crop is at the ready for the former but easily transforms into a tickler for the latter. Made of stiffly wrapped rope (following a technique similar to the one outlined in [the Baton](#)), the crop has two looped ends that can be used for swatting and spanking. The tickler is essentially a crop with softly frayed ends.

ROPE LENGTH: 25 FEET

ROPE DIAMETER:  $\frac{1}{4}$ – $\frac{3}{8}$  INCH

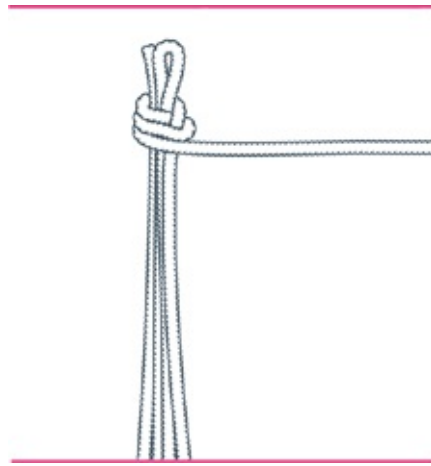


**1** Fold the rope into four equal lengths, about twenty inches long.

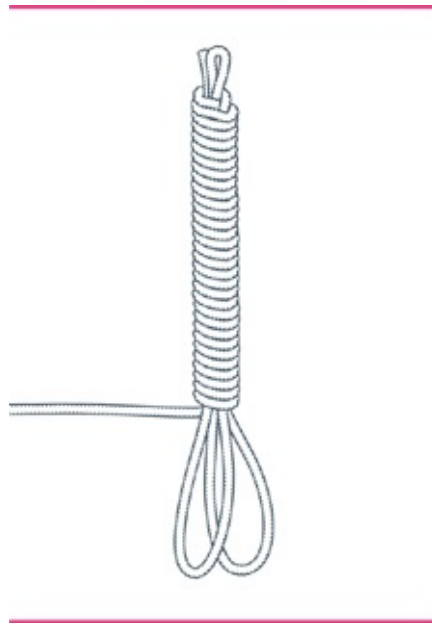


**2** Wrap the long end of the rope around the base of the ropes, weaving it under the outside length and securing the short end in the process.

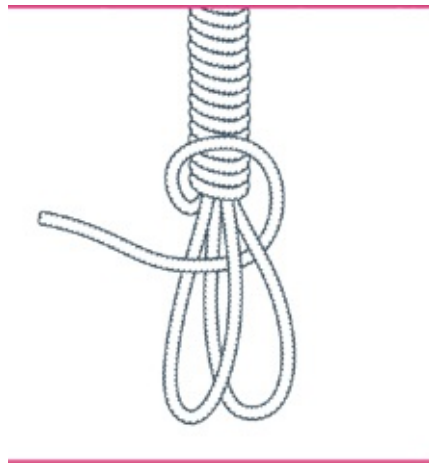




**3** Continue wrapping the long strand around the ropes, pressing the coils close together as you go.



4 Wrap the baton until the top loops are the desired length. Long loops will spank more softly than short loops.



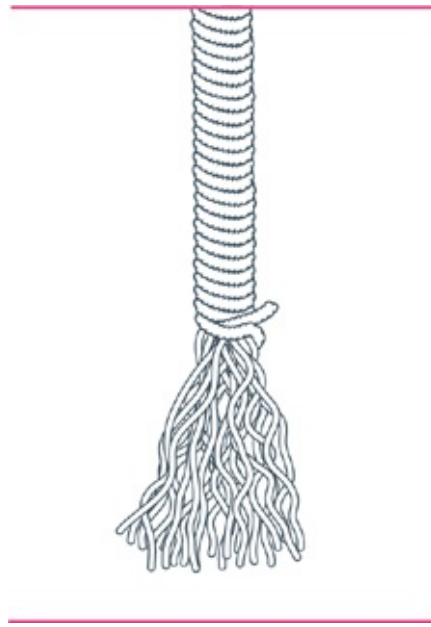
5 Feed the rope through the two top loops.



6 Curl the rope end back underneath itself and pull it tight.



7 Trim the excess rope. The finished crop will look like this.



8 To create a tickler, simply cut open the loops at the end of the crop and unravel each rope end until it resembles a paintbrush.



VII



*Knotty  
Tease*



*Tied Up*  
WITH 'TUDE



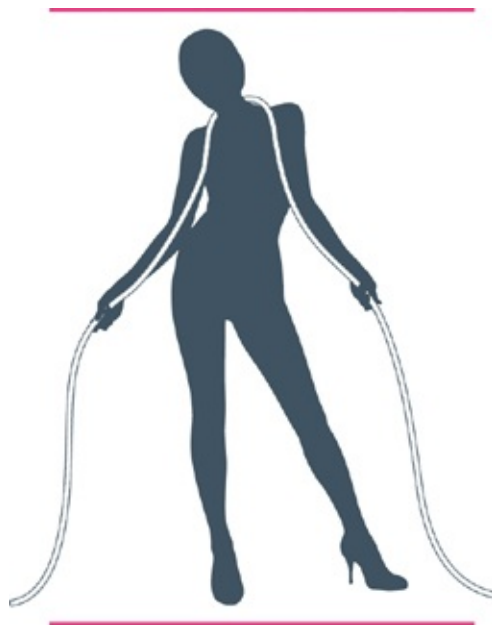
*This section combines the* craft of bondage with the art of the striptease—only in this case, you are dressing yourself *up* with rope, rather than taking your clothes off. When you perform these simple rope maneuvers, choose music that inspires you and bring your sexiest moves to each transition. If you lose one of your ropes, seductively bend over to pick it up as if you meant to drop it, and incorporate the mistake into your tease. Attitude is everything.



*The Treasure Chest is a self-wrapping* rope routine that results in the formation of two diamonds on the front of the torso: One diamond frames the pelvis, and the other frames the breasts. Eye-catching treasures indeed! The steps are easy and don't involve any knot-tying, so feel free to improvise and inject lots of sass into each move.

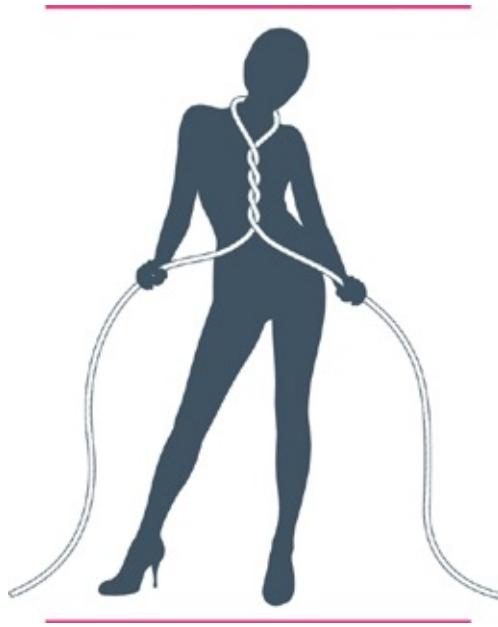
ROPE LENGTH: 40 FEET

ROPE DIAMETER:  $\frac{1}{4}$ – $\frac{3}{8}$  INCH



**1** Begin by looping the center of the rope over the back of your neck, letting the ends run over your shoulders. Shimmy for a few beats here, or

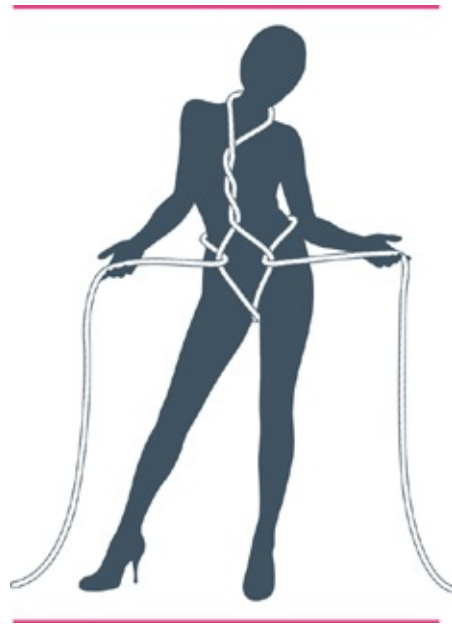
grasp the ropes in your hands and snap them out like whips.



**2** When you're ready, twist two ropes together four times. Twitch your hips back and forth with each twist, perhaps timing the movement with the beat of your music.



**3** Hold the twists so that they stay in front of your body. Draw the rope ends between your legs and pull them up over your hips. Draw out this naughty part by bending forward seductively or dropping into a squat as you bring the ropes between your legs.



**4** Feed the two rope ends under each side of the first twist and pull the strands back toward the hips to open the twist. Shimmy your hips as you work each rope through, and do one quick pelvic thrust as you pull the diamond open.



**5** Spin around, crossing the rope ends behind your back. Grasp the ropes in your hands and twirl the ends while you shake your bottom, which is nicely framed in a rope V.

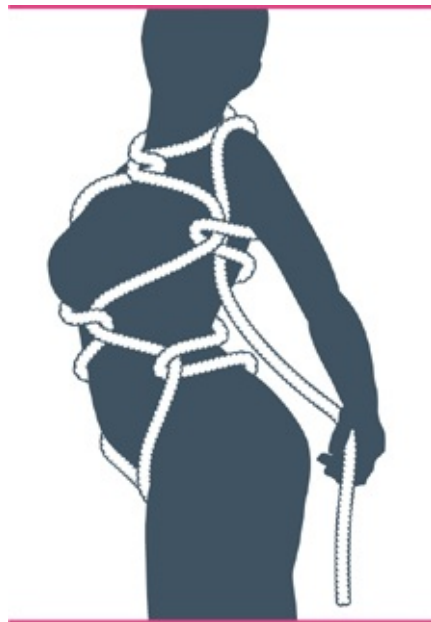




6 Spin around once more, shaking your shoulders and chest as you slip the rope ends under both sides of the third twist. Pull the strands out to create the second diamond shape around your breasts. There should be a single twist below this diamond (separating it from the one on your pelvis) and a single twist at the top, near your collarbone.



**7** Spin around a final time, this time crossing the ropes between your shoulder blades and drawing them over your shoulders. Take this opportunity to shake your backside some more.



8 To secure the ropes, draw each one under the X on either side of your chest. At this stage the ropes should be short enough to twirl easily with your hands. You can also dance around hands free, as the rope ends should be caught snugly in the harness. Loop them through the Xs once more if your wild moves actually shake them loose!

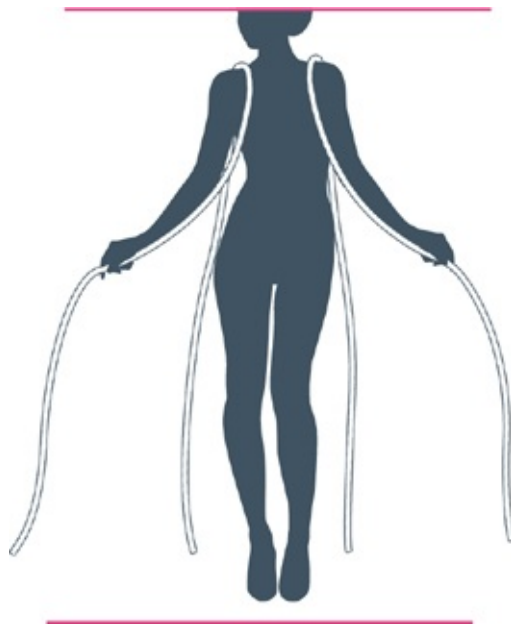


THE  
*Catch*

BURLESQUE ROPE ROUTINE

*The Catch is a slightly more* advanced routine, as it involves tying two ropes in a series of Square knots with some precision. It's a slower tease that concludes when the body is ensnared in a netlike formation. You'll be quite a catch in this ensemble, which highlights the breasts and thighs with interconnected rope Xs.

ROPE LENGTH: 2 LENGTHS OF ROPE (40 FEET EACH) ROPE DIAMETER:  $\frac{3}{8}$  INCH



**1** Begin by positioning the center of each rope over each shoulder. If you do a little shimmying before beginning the rope tease, grasp a rope firmly in each hand to prevent them from slipping off your shoulders or getting

tangled.



**2** When you're ready, bring the front strands together and tie them in a Square knot between your breasts. Caress yourself after completing the knot.

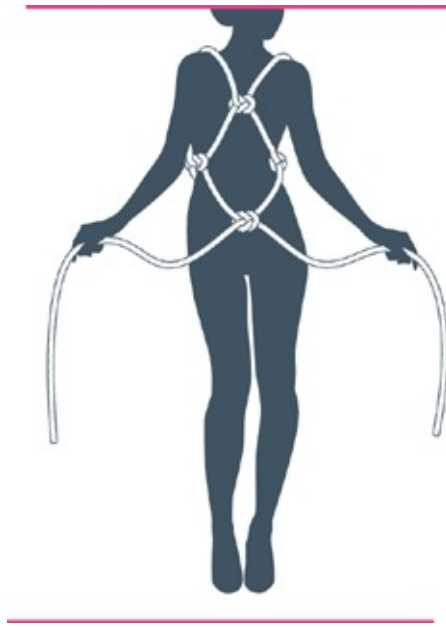


**3** Take the ropes off and drape them over your shoulders again so the knot is now positioned between your shoulder blades. Tie a new Square knot between your breasts. You now have the beginning of a shoulder harness.

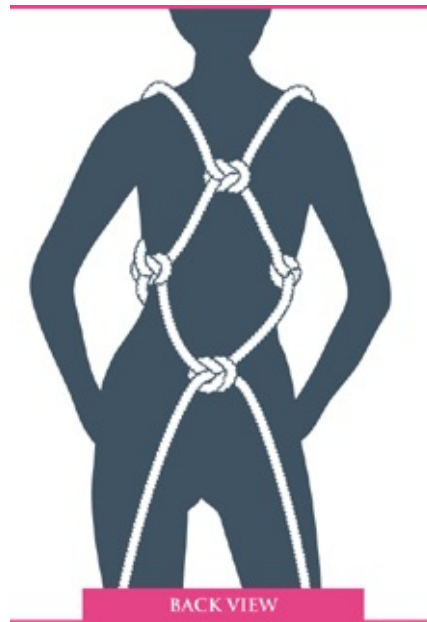




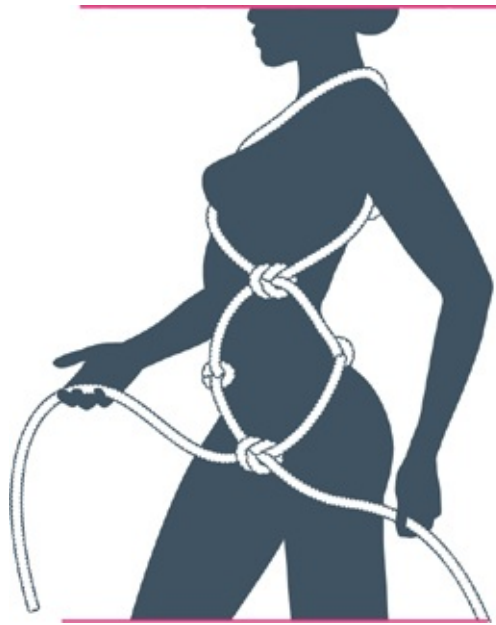
**4** This next part of the tease is easier with a little audience participation. Side up to your partner and ask her/him to hold the knot firmly in the middle of your chest. (No touching anywhere else, though!) While your partner centers the front knot, tie the ropes together with a Square knot at the base of your rib cage. Repeat this step with the ropes on the other side.



**5** Step back from your partner and twirl the ropes at your sides. Then grasp the front strands from the knots at your rib cage and tie them together right above your belly button with a Square knot.



6 Spin around and beckon your partner again. It may be tricky to tie a Square knot behind your back, so ask your partner to do it for you. (No worries if your partner does a Granny knot instead!) Once this knot is tied, shimmy away from your partner; you aren't ready to be "caught" yet!



**7** Play around with the four ropes, using them to slap your bottom and thighs. Then turn to the side, displaying your knotwork to your partner. Draw the front and back ropes together, tying them with a Square knot on your upper thigh. Pivot and do the same with the ropes on the other side of your body.



8 Finally, wrap the ropes around your leg, crossing them at the inner thigh and bringing them around to your outer thigh. Square knot the two lines together again. Repeat these steps with the ropes on your other leg. You might consider sitting in a chair for this step and seductively parting your legs as you tie the final knots. Finally, invite your partner to tie the remaining rope to the chair, if it is long enough.



VIII



*Wrapping  
It Up*  
(RESOURCES)

## SUPPLIES & TOYS

—  
*If you're a little afraid of what might pop up if you type "bondage" into your search engine, go directly to these online retailers to find products that suit your tastes.*

### Babeland

[www.babeland.com](http://www.babeland.com)

---

Established to encourage women to explore and learn about their sexuality, Babeland's website provides a curated selection of toys and videos. Customers leave helpful reviews and the knowledgeable staff will answer questions by e-mail. Fun bondage accessories include a lollipop crop, the pinwheel (aka Wartenberg wheel), ostrich ticklers, suede whips, and Spank Me Baby powder.

### The Stock Room

[www.stockroom.com](http://www.stockroom.com)

---

Welcoming to the curious novice and experienced BDSM practitioner alike, the Stock Room offers its own line of products, many of which are designed and handcrafted in the United States. Beginners may start with the simple restraints and toys from the KinkLab line; the truly dedicated can purchase steel bondage bed frames and premium leather accessories.

### Pink Cherry

[www.pinkcherry.com](http://www.pinkcherry.com)

---

This online superstore carries just about every category of sensual paraphernalia, guaranteed to ship immediately at discounted prices. The bondage section boasts at least eighty different types of wrist restraints alone, silk bondage rope in a variety of colors, and an assortment of

bondage kits (including doorjamb slings and temporary attachments for the bed).

## LINGERIE

—  
*Trying out bondage-themed apparel is perhaps the easiest way to explore this fetish.*

### Dirty Devil Lingerie

[www.dirtydevillingerie.com](http://www.dirtydevillingerie.com)

---

Dirty Devil specializes in playful bondage costumes cut from shiny black and red pleather. The cleverly designed “spanking skirts,” harnesses, and corsets—worn by tattooed models—are far more “indie girl” than “gimp.” They also carry pieces for men (gladiator kilts and chaps) and various types of restraints.

### Agent Provocateur

[www.agentprovocateur.com](http://www.agentprovocateur.com)

---

A luxurious take on bondage-inspired pieces, this line includes a stretch lace brief with an open “derriere detail,” a peek-a-boo bra made of satin ribbon and leather-embossed lace, and thigh-high stockings with French seams that spell “Whip Me” up the back of the leg. If money is no object, consider adding a crystal-handled whip to your shopping bag.

### Body Body

[www.bodybody.com](http://www.bodybody.com)

---

Among a wide range of lingerie styles, Body Body provides high-quality leather pieces—collars, long gloves, and lace-up leggings—that can add a fetishistic edge to any ensemble. They also sell bondage rope, cuffs, and toys.



Glamorose

[www.glamorose.com](http://www.glamorose.com)

---

A destination for over-the-top costumes and burlesque ensembles, this has a substantial selection of plus-size lingerie and boasts a huge assortment of pasties.