

Speed Bondage!

Quick Ties and Refining Rope Application

Presented by Lee Harrington - © PassionAndSoul.com



Who says rope bondage takes ages to tie? In this intermediate level class, we plunge into a variety of techniques, from quick hair bondage to Texas handcuff harnesses, speed wrist cuffs to hojojutsu ties. We will also look at how to make our movements more efficient for speed and beauty of movement. Students need to come with a working knowledge of how to tie a square knot (reef knot) and have an understanding of how rope feels in their hands, plus show up in comfortable clothing that is easy to move in. Two lengths of rope, 15ft (5+ meters) and 30ft (10+ meters) in length is sufficient to do all of the work in this class, though some rope will be available on hand for folks without any of their own.

- Tools of the trade
 - Types of rope, lengths and widths
 - Rope storage/prep for play (chain, quick snap-out fold, cross coiling)
 - Knives vs. marlin spikes vs. safety shears
- Purpose, Passion and Pain
 - How long do you really need someone tied?
 - The myths and truths of inescapable bondage
 - Flexibility, judging body abilities, hurting vs. harm
 - Communication, psychology, verbal and mental play
 - Body signs- nerves, physiology, check for circulation
 - Warm up, stretching, and tools for Bottoms and Tops
 - Moving Bottom's body and awareness of body capacity for all partners
- Cat's Paw
 - One finger, two, or back of hand for movement
 - Tying single rope or folded rope
- One Column Tie
 - Spare loop as a pulley system in classic ties
 - Attaching to equipment/beds/other body parts

- Looking at our motions, blindfold and eye lock techniques
- Pre-prepped slip-knot on single line
 - Managing your running end: Daisy chain, coiled, or loose
- Texas Handcuffs / Butterfly Knot Variation
 - Prepping in advance
 - Upper arms to grab their wrists and slide on
 - Pull ropes apart to form tension
 - Tie off or not; Tie around back of neck or front of neck
- Handcuff Body Harness
 - Overhead loosen slightly as wrists spread
 - Through crotch with smooth motion
 - Split leg ropes around butt cheeks
 - Wrap around, tie off
 - Half-knot tie
- Arms-Free Ball Tie
 - Texas Handcuff both ankles
 - Tie off
 - Bring to back of neck; tie off
- Neck Restraint 1
 - Texas Handcuff or Cat's Paw in back, cross to opposite side neck
 - Around neck, tie to open hand
 - Optional, tie hands together
 - Chain extra rope off in chain sinnet / daisy chain
 - Variation in front (aka Cross My Heart and Suck my Cock Tie):
 - Wrist to opposite side as far as arm will go
 - Pull opposite arm up, go twice around wrist
 - Pull under both wrist lines catching line between wrists
 - Line to first cuff, under original cuff, tie off and daisy chain
 - Optional down between legs to crotch rope
- Neck Restraint 2
 - Front of neck, cross behind neck
 - Around outside of upper arm, pull to inside of upper arm
 - Wrists Bound) Overhand, wrap around both wrists, tie off
 - Wrists Free) Square knot, up to cross behind neck, tie off
- Slip-Knot Rifle Pose
 - Slip-knot around folded neck/wrist, slip at front crook/armpit
 - Don't pull through all the way
 - Use the new loop to grab the other wrist with twist in loop
 - Pull the loose end down towards the lower wrist to tighten everything
 - Tie off with overhand around ropes, or tuck then finish with tight daisy chain

- Ushiro Tasuki Shibari
 - One column, pre-prepped slip knot, or Cat's paw one wrist (least flexible arm)
 - Shoulder, chest, around back, chest, shoulder
 - Under second hand, lock or tie off
 - Upper arm catch, tie off (at least once)
 - Neck option; Finger bind option

- Speed Hair tie
 - Overhand to larks head
 - Larks head to fold over
 - Repeat larks head
 - Same technique as splicing on extra rope

- Other speed bondage ideas:
 - Speed gags and blindfolds
 - Hand or foot immobilization
 - Crotch Ropes

- Tips and Tricks:
 - Aim for the big hole
 - Take off your shoes
 - Wide and smooth motions, flow and confidence
 - Moving the Bottom vs. the Top moving
 - Expanding the body, tricks for getting tighter

- Where from here? (websites and books to spend days being inspired)

www.beknotty.com	www.knottyboys.com	www.bastardropes.com
www.fetishjapan.com	www.twistedmonk.com	ds-arts.com
www.ropemarks.com	www.ropefashions.com	www.kinkacademy.com

Shibari You Can Use; More Shibari You Can Use – Lee Harrington
 Essence of Shibari – Shin Nawakiri
 The Little Guide to Getting Tied Up – Evie Vane
 Showing You the Ropes; Back on the Ropes – Two Knotty Boys
 Rope for Sex Volume 1 – Chanta Rose
 The Seductive Art of Japanese Bondage – Midori
 The Erotic Bondage Handbook – Jay Wiseman

Practice, Practice, Practice... and Play!