

Bondage and restraint is a common fantasy for many people. Some prefer the struggle and potential for escape, others enjoy the feeling of capturing and holding another person in captivity. Rope bondage can be used as a utilitarian restraint used for further play, or as an end unto itself with complex patterns and forms, designed to beautifully captivate a willing participant.

Rope Bondage

Knowing the Ropes
& What Knot to do!



Presenter: Sir Isaac Wesley
Ottawa Knights

Contents

Overview	3
Safety and Negotiation	3
Medical Issues	3
Circulation.....	3
Nerve Compression or Damage	3
Asphyxiation / Positional Asphyxiation.....	4
Asthma, Diabetes, Fibromyalgia, and Other Medical Conditions	4
Old Injuries & Surgeries	4
Your Partner.....	5
Monitoring and Checking In	5
Movement and Escape.....	5
Rope marks	5
1. Compression marks	5
2. Rope burn	5
3. Pinching marks	5
4. Bruising	5
The Equipment	6
Safety Shears / Safety Hook	6
Enhancing Safety	6
The Environment	6
Food, Drink, and Restroom Breaks	6
Environmental Concerns.....	6
Objects.....	7
The Tie.....	7
Tension	7
Pinching	7
Plan Quick Releases/Work In Stages	7
Know Your Rope	8
Anatomy.....	8
Material	8
Length	8
Diameter	8
Braided or Twisted	8
Stretch.....	9
Burn Rate	9
Checking rope before use.....	9
Cleaning / Washing Rope	9
Storing.....	9
Rope Ends.....	11
Knotting.....	11

Whipping.....	11
Taping	11
Melting.....	11
Untying and Aftercare	12
Tips & Tricks	12
Conclusion.....	13
Quick Review	14
From the Top point of view:	14
From the Bottom point of view:	14
General rope safety rules.....	15
Medical concerns	16
Negotiation	17
Your Toy Bag	17

Overview

Bondage and restraint is a common fantasy for many people. Some prefer the struggle and potential for escape, others enjoy feeling of capturing and holding another person in captivity. Rope bondage can be used as a utilitarian restraint used for further play, or as an end unto itself with complex patterns and forms, designed to beautifully captivate a willing participant. This workshop covers safety relating to rope bondage, rope materials & selection, basic knots, and simple restraint ties. The workshop winds down with some tips and tricks for improving your rope bondage skills and an overview. This guide is written as instruction to the person applying the bondage, the term partner is used to indicate the person on whom the bondage is being applied.

Safety and Negotiation

Under the “Risk Aware Consensual Kink (RACK)” framework, safety considerations are important to communicate during negotiations and therefore both are presented as a single topic. The basic safety rules of kink apply to rope bondage, there are, however, additional safety and negotiation considerations for rope bondage that one should be aware of. This list comes from personal experience and learning. As I continue to play, this list continues to grow. Consent – No, this isn’t rope specific. Yes, this is the most important element of any kink or sexual activity. Be aware of the legal definition of consent.

Medical Issues

Circulation – Cutting off the blood supply to a limb and its nerve endings causes numbness in that limb. In everyday life you may experience circulation loss as a limb going to sleep and is normally not an issue. Likely what has happened is the position you sat or slept in didn’t allow proper blood flow and now that you’re up and moving again, feeling will restore to normal. While it is important to restore circulation within a reasonable amount of time, there’s likely no need to worry if your partner still has control of their hands and feet. However, if the numbness is accompanied by pain or inability to move, this is a much more serious issue and must be addressed immediately.

Nerve Compression or Damage – Numbness caused by compressing or damaging nerves is a much greater concern than circulation issues. If your partner is experiencing numbness and is unable to move their extremities, remove them from the bondage immediately. Nerve paths are often exposed near joints where there is less muscle to protect them, for this reason, avoid tying or wrapping on joints, in the groin, on the outside of the upper arm. Damaging these nerve paths could result in permanent loss of feeling and movement in a limb.

In either case, it is important to restore circulation and nerve function as soon as you know they’ve been degraded. Watch for extra

Placing bondage on the insides (left) or outsides (right) of joints could lead to circulation and nerve issues.



movement in your partner's hands or feet and when you check in, ask them to move their hands and feet and notify you of any numbness or lack of movement, another good test is to have your partner grab your hand. Numbness and restricted circulation on their own aren't too large of a concern, but when accompanied by pain, they are much more dangerous. A good quote to remember is – "Good Pain Good, Bad Pain Bad"

Asphyxiation / Positional Asphyxiation – Do not tie rope around the front of someone's neck. Ties that produce a similar effect as a halter top shirt may be okay, but never block an airway with rope. Aside from binding the neck, other asphyxiation danger occurs when someone is put in a position that makes it difficult to breathe over time. A difficult position may become fatal if unchanged for long enough. Also remember that gags combined with any play increase risks dramatically due to reduced communication and difficult breathing.

Asthma, Diabetes, Fibromyalgia, and Other Medical Conditions – Stress and excitement can trigger asthma attacks, diabetics tend to have worse peripheral circulation, people with fibromyalgia may not be able to physically bear a position that has been okay in other circumstances... we're not medical professionals and there's no way that we can be aware of everything that may be affecting a person's health. If someone with medical issues has concerns about their ability to play, it's time to consult a physician for their opinion.

Old Injuries & Surgeries – Everyone's joints have had different life experiences. When discussing a rope scene, ask your partner if they have any old injuries or if any positions are uncomfortable for them. Your partner may have slept strangely the night before or recently rolled an ankle that's now tender. Look for surgery scars on or near your partners' joints, because while sometimes they forget about a broken elbow from many years back, their body sure remembers it! Keep in mind that slight modifications to a position may be all that is necessary to continue with a great scene.

Your Partner

Monitoring and Checking In – Never leave a bound person alone. Checking in on the status of your partner regularly will keep your “tied to the cross” scene from turning into a suspension, or worse, asphyxiation, scene. Just like with any other play, someone who has drifted too far into subspace may be a very good reason for you to call your safeword. When exploring any new type of play, bondage or otherwise, set your threshold a bit lower just in case you haven’t properly estimated your limits or abilities.

Movement and Escape – Many people enjoy the challenge of escaping from their bondage. Shifting loads and wriggling captives may move some wraps to bad places. So while you’re taking notes on what to tie better next time, be aware of dangerous positions and be ready to put the ego aside and say “You win! You’re not out yet, but I’m sure you’d make it – I just don’t want you to risk your health trying.”

Rope marks – The four types of marks commonly associated with ropework are:

1. **Compression marks** -
 - Created by wraps around skin, Compression marks go away relatively quickly, these are the same as the pillow marks that show up on your face after a long hard sleep.
2. **Rope burn** –
 - Rope burn is caused by pulling rope too quickly across skin, Rope burn is the same as rug burn, avoid rope burn by using different rope material, slowing down your ties, or holding the rope away from the skin while pulling through loops.
3. **Pinching marks** -
 - Pinch marks are caused by broken capillaries in areas where wraps weren’t uniform, and Pinching can be avoided by tying more loosely, or by running a finger under the wraps to pull them next to each other
4. **Bruising** –
 - Bruising is caused from poorly placed knots. Planning your scene is the best way to avoid knot bruises –create your tie so that the rope ends aren’t under your partner if they lay down or are forced into a particular position.

As you become more familiar with identifying the various types of rope marks, they will become a great tool in evaluating the safety and effectiveness of your ties.

The Equipment

Inspection – safe equipment is required for safe play. Take time while uncoiling your rope or before adding another length to your bondage to visually inspect your rope. Pay special attention to the center of your rope if you double it up for ties. If one or two of the strands is wearing through, the tension in your wraps might be held only by the remaining strand, effectively reducing your rope's diameter and strength.

Safety Shears / Safety Hook – Cutting tools designed for EMT and other emergency response professionals are a must when practicing rope bondage. Play partners cost way more than rope, and if you need to get out in a hurry, only a reliable cutting tool will do the trick. EMT shears have a blunt end that can be used for getting between rope/clothing and skin without causing injury. A good way to test your shears is to use them when cutting new rope to length or refinishing your ends – a clean snip through the full diameter of your rope is a sign of good shears. Safety hooks are another option in this situation, they work on the same principle as shears; however they use a much sharper edge and don't rely on the scissors motion. A note on knives: Some people swear by knives, but without proper training or handling, knives might cause more harm than good. Use your judgment when choosing which tool is right for your play style.



Enhancing Safety – While there are many safety considerations surrounding rope, keep in mind that combining restraints with other types of play may improve the safety of those activities. For example, whipping requires accuracy within a very small variation of distance and a bound recipient won't be able to move nearly as far.

The Environment

Food, Drink, and Restroom Breaks – “Sure, hurry up, and don't pee on my rope!” A healthy equilibrium of hydration, food, and elimination is necessary for a good scene. While thoughtfully requiring your partner to drink a lot of water prior to the scene can make for some excellent humiliation, unplanned interruptions can be harder to accommodate when securely bound.

Environmental Concerns – Rope ends will be flying, heat will be rising, and before you know it, furry creatures are flailing about the play space. Watch out for things in your space that can be knocked over by stray rope such as drinks and candles. As you apply even a simple tie to your partner's body, they may get surprisingly warm, so remember, as you add rope, you may need to decrease the temperature.

Objects – Just about the first idea people get when considering bondage is tying someone to the corners of the bed. This is a very difficult position to escape from and may be too restrictive for someone new to bondage. Also, securing someone to a piece of dungeon furniture or eye bolt in the wall could be asking for trouble if the person is in danger of fainting. Be sure that the furniture isn't going to tip and that those eye bolts aren't loose enough to drop your partner if they put too much weight on them. Initial negotiations might require that shears are placed within your partner's reach or avoiding fixed points and furniture. Suspension bondage is beyond the scope of this workshop, but be aware that eye bolts typically aren't installed securely enough or designed to hold the weight required for this activity.

The Tie

Tension – distributing the tension of a tie over a larger surface area significantly reduces the risk of nerve damage and circulation issues. Non-tightening ties incorporating multiple wraps of rope are the easiest way to cover more surface area without increasing the diameter of your rope. Remember, though, that more wraps of smaller diameter rope do nothing to distribute weight or pressure if the tension on the wraps is different. Most rope expands when it's wet, turning a loose cuff into a vice grip with an extra-tight knot. If you're working with rope that will become wet (yes this includes sweat), leave additional slack and looser knots to head issues off early.

Pinching – while not a tremendous safety concern, pinching can be painful and a real turnoff during a rope scene and may leave more marks than desired. When performing bondage with multiple wraps, be sure not to twist the rope or leave spaces between the wraps.

Plan Quick Releases/Work In Stages – While it's good to have a cutting tool on hand, it's also important to know how to quickly release different parts of the bondage. Wrapping someone in 100' of rope and having to adjust the tension in a particular spot on a tie can become impossible if the bondage were performed with a single piece of rope. Work in stages and add ropes to existing portions of your bondage rather than extend a single piece of rope for an entire tie. This allows for specific sections to be modified without removing everything, and from a play perspective, it allows you to reuse portions of the bondage for additional positions.

Know Your Rope

Anatomy – Unless you're a magician, your rope has two ends and a middle. If you fold your rope over so that both ends are touching, the loop made at the middle of the rope is called the bight.

Material – Over time, rope has been made of many different materials including fibrous plants (hemp, jute, sisal, cotton), plastics (MFP - multifilament polypropylene, nylon).

Nylon rope from the hardware store is the cheapest and easiest rope to come by. Nylon is white and is usually sold in bulk lengths as well as in packages of 50' and 100'. While nylon can be dyed a variety of colors, MFP rope can be obtained in a wide variety of bright and deep colors and is great for the color enthusiast.

Length – Aside from diameter, length is the other top question for those new to rope bondage. Much effort has been put toward maintaining different lengths of rope such as color coded whipping or rope and special markings near each end. If you mainly use rope to restrain your partner's hands to the corners of your bed or onto a St. Andrew's cross you can use much shorter lengths than if you enjoy creating rope corsets without adding new lengths every couple wraps. Some will recommend using lengths based on the size of your partner's body, but if you play with many partners or you're not always tying the same part of your partner, you may not have a convenient length. Another rule of thumb is to base the length off of your arm span, thus dictating how many pulls you need to make to pull an entire rope through a loop or tie. (When folded in half, 30' is slightly longer than 2 arm spans of a 6' tall person)

Diameter – The diameter of your rope determines many of its properties, including strength, ability to hold knots, weight, and wrap width. Thinner cord makes for a much smaller rope bag and allows tying of more delicate areas, including genital and head bondage, while thicker rope is reminiscent of damsel in distress "tied to the railroad tracks" bondage. Thicker rope also provides more surface area when wrapping body parts and is less likely to cause nerve compression. Most bondage rope is between ¼ to ½ inch (or 6 to 8 mm) in diameter.

Braided or Twisted – Historically, rope was made with natural fibers twisted into cords, and those cords were twisted together in the opposite direction to make a rope. Most twisted rope uses three strands, and will contain 100% of their constituent material. Braided ropes, on the other hand, are much smoother and have a few different designs whose most notable difference is the presence of a core. Bear in mind that the core of a braided rope may be comprised of unknown materials (identified on the bag or spool as "100% mixed fibers") which can have a different elasticity of the sheath. This can be dangerous as the elasticity difference may affect the tension of your ties. Some people purchase cored rope and pull out the core once the rope has been cut to length, creating a much softer rope that lays flatter on one's skin. Solid braid rope has the same outward appearance as cored rope but is much denser and is made from 100% of their constituent material.

Stretch – Nylon and Polypropylene ropes have a high stretch amount, which means that the restrictive bondage might be slipping and sliding 20 minutes later. On the other hand, natural fiber rope has very little stretch and will maintain its tension for much longer. Climbing ropes vary based on their design and use. are rated for their stretch rate, with some being designed to absorb the shock of a fall (high static elongation) and other designed for lifting a static load (low static elongation).

Burn Rate – Pulling rope through wraps against the skin or around body parts can quickly turn from a sensual slither to a searing showstopper! Natural fibrous materials tend to chafe or abrade when pulled across skin; however, smooth synthetic materials will burn far more quickly and thus are said to have a high burn rate. Run your rope through your fingers when using unfamiliar or new rope – while you're evaluating the burn rate, your partner is squirming in their seat wondering what's going to come next. Still wondering what to use? Choose toys that you can connect with – Do you love the utility of the nylon you found in the garage? Are you a climber who likes the strength of climbing line? Do you love the earthy smell of natural fibers? Do you prefer rope marks caused by twisted rope? Do heavier density materials (like hemp) feel more powerful than synthetic materials?

Checking rope before use

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

Cleaning / Washing Rope

Rope will occasionally need to be cleaned, especially if it gets exposed to body fluids, all type of rope can be cleaned except jute, your best bet with jute is replacement if it is exposed to body fluids or picks up too much dirt from the floors or other places it ends up. Cleaning rope is easy, just chain coil the rope, place it in a pillow case (pick one you don't mind getting messed up), and wash. Drying is a bit more complicated, synthetics need to air dry for a couple of days, natural ropes handle the dryer fine, but hemp needs to be dried under weight. Natural ropes also need treated with oil (mink oil is common, but you can also use other oils).

Storing

Once you're done with your rope for a while, it's very useful to spend a little time keeping it organized for the next time you want to pull it out. Not only does this make life easier for the next play session, but handling your rope can help you build familiarity with how it feels and moves in your hands. Every profession that uses rope or cabling of any sort seems to have its own method for rope storage with strengths that benefit its users – rope bondage is no different. Many people double up their rope and use a chain stitch, this method is outlined on many websites, so I'll skip it here. Two other useful storage methods are:

Tie a slip knot at the bight of your rope and then fold the rope in half until there's just enough length to easily tie another slip knot using the entirety of the rope. This method can be theatrically untied with two snapping motions; however, it's not stable enough to travel well in a toybag without falling apart.



Starting with the ends, wrap the rope in a figure 8 between your thumbs, leaving enough remaining rope to circle your bundle a few times. Tuck the bight under the final wrap to create a quick way to unwrap your rope and get to business! These bundles are useful for storage and general use since they don't easily fall apart



Rope Ends

While the bight is pretty straight-forward, people's rope ends are as varied as the people using them. One problem with cutting a rope is that the ends tend to fray if not properly finished and many ways to finish rope have been used over time. Often it is easier to finish your ends prior to cutting your rope, this way the material doesn't fray after cutting.

Knotting – by far the quickest way to finish a rope is putting a tight overhand knot in the end and trimming the excess. This creates small knots on the end of your rope which become very useful in extending your rope.

Whipping – Whipping rope involves wrapping the rope in some type of thread, often embroidery floss to keep the end from fraying. There exist many methods of whipping rope, from very simple wrapping and tucking to “bombproof” methods used by sailors of old.

Taping – Wrapping your ends with electrical tape is another quick and simple method to reduce fraying and produces very clean ends, and since multiple colors of electrical tape now exist, you can coordinate various lengths or match your favorite toys. Prior to cutting a new length of rope, wrap about 1” of electrical tape around your rope and cut in the center of the tape – this will result in neatly taped ends with very little waste.

Melting – Melting the ends of synthetic rope creates a solid mass of plastic at the end of your rope which cannot unravel. Often when purchasing bulk rope, an electric “knife” is used to melt through the rope, but you can achieve the same effect by briefly passing your ends over a flame until they start to melt together.

Material and Finishing Examples



Whipped 6mm Twisted Hemp



Knotted 6mm Twisted Jute



Braided 1/4" Cotton With Core



Taped 1/4" Solid Braid MFP



Melted 4mm Braided Nylon w/Core

Untying and Aftercare

Untying gets its own section since many people enjoy being untied just as much if not more than being tied in the first place! Depending on the material of your rope, the mood of the scene, and tastes of those involved, coming out of the bondage can take many forms. It could be a lingering sensual process, a rough burning one, a methodical examination, an excruciating challenge (have your partner hold the position they were bound in), a rediscovery of one's freedom, an escape artist's trial, or a transition to yet another bound position. Keep burn rate and pinching in mind when untying too, that can definitely diminish the erotic suspense! Limbs and joints that have been involved in bondage can take a minute to recover from positions. Either help your partner slowly return their limbs to a normal position, or let them move at their own pace. This is also an excellent time to massage any stressed muscles or joints as part of aftercare. When coming out of bondage, be prepared for your partner to cool down significantly. It may not seem like clothing, but removing the ropes almost invariably lowers their body temperature.

Tips & Tricks

Pulling rope is much easier than pushing it! Instead of fishing the rope through a wrap, put a finger through and hook it onto the rope and then pull it through. Use the big hole – if there's a hole to use, then use it instead of pushing a rope through a cramped space. Surface tension is awesome, try pouring liquid down a rope. Create a nice knot by only pulling a small amount of rope through a wrap, then twist the newly created small bight and feed the rest of the rope through it. Think before adding on – when adding a rope, ask yourself if you'll save a complete pull through if you add after the next wrap, or pass the bight of the new rope through the opposite direction. If the ends of your rope don't land in a convenient space to add another piece (such as the armpit area), add an additional wrap or two to get your ends to move. Don't always add to the end of your rope, instead hook into pre-existing bondage by knotting on a small loop and fill empty canvas. When crossing over another rope, add a twist or knot instead of letting the opportunity to embellish and stabilize go by. "Make a stick" – when pulling rope through a joint or other sensitive area, pull the rope taught between your hands to help it pass more easily. Portions of the bondage don't have to stand alone, create a body harness and attach an ankle to it with a single column tie, use your imagination to reuse existing pieces. Start with ideas of where you'd like to take the bondage, rather than feeling like you have to ad-lib each time. Go Go Go! Yes you want your ties to look good, but spending 50 years wondering what to do next won't help you improve. Try things! It's okay if it fails, you're learning! Hands are the first thing to go when in bondage, be prepared to perform a temporary tie or find some other way to occupy your partner's hands and tie them last! Apply constant tension to the rope when tying so that the bondage doesn't fall apart on you. Remove your shoes so you can feel your ropes under you. There's no "one true way" for rope bondage. Be safe and responsible, and have fun doing your own thing. Don't limit yourself to someone else's ideas of style or quality.

Conclusion

If you've made it this far, you're well on your way to a lot more fun in the world of rope. Use the resources above to find more information, attend an event, or get some inspiration. The most important thing to remember is that reading is no substitute for doing, so get out there and start tying! Practice makes perfect! Thanks for reading and have fun!

PS: As I attend events, I often point people toward this guide. If you found this information useful or would like to provide input, please send me an email, I'd love to hear from you!

Quick Review

From the Top point of view:

- You are the Top – once your partner is bound, safety is *your* responsibility. Period. This is a major exchange of power.
- Never play when you are not at your best, whether from lack of sleep, drugs, alcohol, etc.
- Leave your ego at the door, and do not attempt anything complex you are not well-trained in.
- You have no power until the Bottom grants it to you.
- You can go from 0 to intermediate in *knowledge* in one weekend, but you still need *practice* to become competent.
- Master the basics and then get personal training from an experienced person before you try advanced bondage techniques and suspensions, etc.
- Respect and care for your Bottom.
- Make sure you know your Bottom's limits, and respect them *scrupulously*. Nothing will damage you so much in our world as being known as someone who violates trust.
- Never leave someone in bondage alone.
- The scene is not over until the Bottom is completely untied – help them out of the rope slowly, carefully stretching the muscles that have been under tension.
- Aftercare – Provide it. It is a time of reconnection and a time to bring your Bottom back to themselves.
- This can be critical to a person's mental well-being. Some people really sink into a different place when in bondage and they need to be reclaimed.

From the Bottom point of view:

- Make sure you have a connection with your Top and feel you can trust them; by giving them this control, you are trusting them with a lot.
- To maximize your safety and comfort, work on strength and flexibility training.
- Warm up before a scene – stretch.
- Be aware of less experienced Tops who do not control trailing rope ends – guard your face!
- You are a person with your own mind and body, your own physical, emotional, and mental needs and limitations. It is crucial that you learn yourself and be able to talk about these things, to give appropriate input to your Top. Be very honest about everything:
 - What you want to do
 - What you are willing to do
 - What you prefer not to do (but might be willing to try)
 - What you do not want to do under any circumstances
 - Your physical capabilities and or limitations
 - Any medical issues that may impact what you want to do
 - Communication is absolutely key.

- If you do not communicate the relevant details about your medical, physical, emotional and mental state before you begin, your Top will be unable to properly plan for your safety.
- If you do not communicate issues that are occurring while in scene, your Top will be unable to react and fix those issues. You need to tell your Top if things are feeling numb/tingling/cold.
- Don't be afraid to speak up when you think something "off" is happening. Warning your Top before something becomes a real problem will allow him or her to react smoothly to fix the issue before it becomes so intolerable that the scene must be stopped.
- Aftercare – Accept it, but be respectful of your Top as well, and let them know when you are back to being yourself.

A great guide: http://rope-topia.com/downloads/tutorials/rope_bottom_guide.pdf

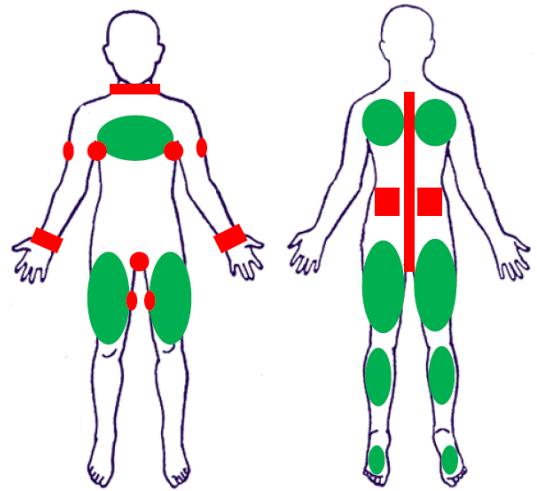
General rope safety rules

- Before you start:
- Check the condition of your rope before you use it. Look for frays, dirt, etc.
- Body fluids can accumulate on rope, so wash your rope and/or have a set of rope dedicated for use on a given regular partner.
- Food and water – Physical resources enable you to play, so don't skimp on them.
- Never use slip knots or knots that can lock down on themselves.
- Remember that changing the Bottom's position after the tie can change muscle tightness.
- Don't put a big knot in middle of their spine if you're going to lay them on their back.
- Emergencies – plan for the worst case.
- Make sure to have something immediately within reach that will allow you to cut the ropes. EMT shears, hook blade, etc., work for this, but unless they are unusually sharp, this can take time.
- In an emergency, don't hesitate – your Bottom's safety is more important than your rope.
- Using shorter ropes gives you more options in emergencies.

Medical concerns

Certain nerves and blood vessels need special consideration in bondage:

- Radial nerve – on the outside of the arm in the valley between the triceps and the deltoid .
 - No rope in or just below this valley.
- Brachial plexus – in the armpit
 - No knots, bulges or joins in the armpit.
 - This area can be impacted by rope OR mere positioning (holding the arm back awkwardly can pinch it over time).
- Wrists
 - To avoid neuropathy, don't pinch the nerves in the wrist.
- Femoral artery – about 4 inches below the groin
 - Do not restrict the flow of blood to the legs.
- All nerves and veins in the neck
 - Never put rope across the front of the neck.



Regularly test for restricted blood flow or nerve pinches:

- Check the Bottom's skin temperature before and during the scene.
- Have the bottom squeeze two of your fingers together and monitor the strength of their grip periodically.

If you tie the wrists and ankles last, you can adjust more easily. These areas are most prone to having issues, and prolonged compression can cause nerve damage or numbness.

As with any scene, be aware of STDs and use barrier methods.

- Have a variety for different kinds of contact.
- You can make a dental dam out of a condom.

When doing impact play:

- Only strike big muscles and big muscle groups.
- Never strike the kidneys.
 - Strong blows to the kidney will be painful and may result in serious injury.

Negotiation

Items to discuss:

- What medical issues might be relevant to the scene? Flexibility?
- What level of sexual activity are you each looking for?
- How does the Bottom feel about rope marks, and their location (do they need to be able to cover them for work?)
- Are you looking for a very personal interaction, or a distant one?
- Does the Bottom enjoy objectification? Humiliation?
- Does the Bottom enjoy multiple orgasms? What should happen after orgasm?
- How does the Bottom prefer to be untied – emphasize sensuality or speed?
- What level of aftercare is sought? For how long?

Your Toy Bag

- Your collection should include:
- Rope
- Safety gear – shears, cutting hook, phone, inhaler, small first aid kit
- Safer sex gear – barriers, hand sanitizer
- Non-rope accessories – Carabineers, two-ring device, figure nine
- ring, panic snaps
- Comfort gear – Towels, blankets
- The world can be your toy bag...
- Suggestions for rope storage:
- Rope-wrapping (mark the middle clearly)
- Chain stitch
- Roll them up in fabric