

Bondage for  
**IMMOBILIZATION**



FULL CIRCLE **KINK**



# CONSENT



Good consent is the most important kink skill. Unfortunately, most of us have learned bad consent practices from mainstream culture. As you begin exploring kink, we encourage you to level up your consent game.

## Ask, don't guess

You know the best way to find out if your partner wants to do something? Ask. Guessing what your partner wants is a high-risk practice that often ends badly.

## Yes means yes

Obviously, **no means no**: if someone asks you not to do something, don't do it. But that isn't enough: the best way to ensure everyone has a good time is **yes means yes**. Only do things you and your partner have explicitly agreed you both want to do.

## Leave them wanting more

Not sure whether to add something ambitious to today's play? Ask yourself how you'd like your partner to feel about today's session:

- "That was great—can we do more next time?"
- "I wish you hadn't done that. Maybe there won't be a next time."

## Impaired consent doesn't count

Consent is only valid if it's freely given by someone in their right mind: you can't give valid consent under pressure, or when you're drunk. By the same token, you can't give valid consent when you're in subspace.

# SAFETY



Keep yourself and your partner safe with these simple safety rules. And remember: nothing is sexier than competence.

## **Rule 1: No solo bondage**

When people die during kink, it's almost always because they were tied up and alone. There is no safe way to tie someone up and leave them alone and there is no safe way to tie yourself up when you're alone.

We know people who died because they thought they had a foolproof plan for doing solo bondage. Please don't join them.

## **Rule 2: Be vigilant about nerve damage**

The most common serious bondage injury is nerve damage from rope pressure on the wrist or upper arm. We know more people than we can readily count who have lost the use of their hands for periods ranging from minutes to weeks because of bondage accidents.

Make smart decisions about your risk profile and make sure you have the necessary skills for whatever risks you choose to take.

## **Rule 3: Don't fall**

It's easier than you might think to fall and hurt yourself while you're tied up. If your legs are tied, you're likely to trip. If your hands are tied, you can't catch yourself.

## **Rule 4: Have a cutting tool**

The fastest way out of a bondage emergency is to cut rope. Always have an appropriate cutting tool within reach.

## **Rule 5: No suspension (yet)**

Suspension bondage involves supporting most or all of your partner's weight using rope. We love suspension, but it's an advanced technique that requires extensive training.

## **Rule 6: No neck rope (yet)**

Rope around the neck is dangerous in ways that aren't always obvious. When performed by a skilled rigger with a comprehensive understanding of the relevant anatomy and risks, neck rope is high risk. When performed by someone without those skills, it is reckless and irresponsible.



# MODULE 1

## Lashings



### **Square Knot**

[p. 5](#)

The right way to tie your shoelaces.



### **Square Lashing**

[p. 7](#)

The best way to bind two columns at a right angle to one another.



### **Parallel Lashing**

[p. 9](#)

Securely lock two parallel limbs together so they can't pivot.

# SQUARE KNOT



Pull the two ends snug around the pole and cross the blue rope over the green rope...

*"Right over left,"*



...then twist it once around the green rope.



Again cross the blue rope over the green one...

*"left over right"*



...and twist it once around the green rope.



Snug the knot. It should lie flat and symmetrical.



If you get step 3 wrong (going *right over left*, *right over left*), you'll end up with a granny knot (ABOK 1206).

The granny knot is bulkier and less stable than the square knot.



# SQUARE LASHING



STEP  
1

Cross your right ankle over your left leg.

Pass the bight clockwise around your left leg, just above where the legs cross. Go through the bight, making a [lark's head](#).



STEP  
2

Go over the right calf, under the left leg, and over the right ankle.

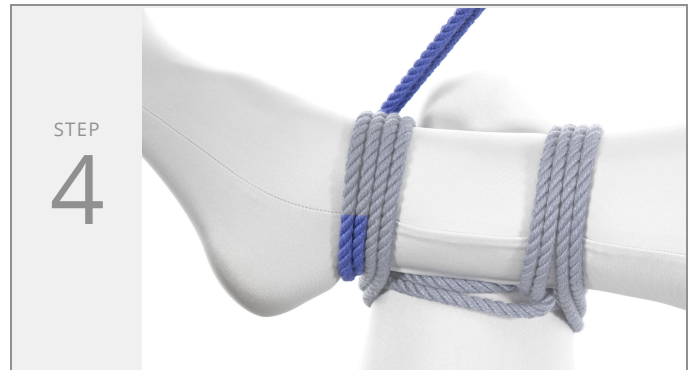
You're always passing over the right leg and under the left leg, so the rope pulls the legs together.



STEP  
3

Retrace your steps, always going over the right leg and under the left one. Lay the second pass neatly next to the first one.

Stop after the second pass over the right ankle.



STEP  
4

You're done lashing the legs together. Now it's time for some frapping turns to secure everything.

Go under your right ankle and bring the rope out over your left knee.



STEP  
5

Go over your left knee, under your right calf, and over your left thigh.

Notice that you're travelling in a square.



STEP  
6

Make a second square, retracing the path of the first one.



## CONTINUED



Separate the ends of the rope.

Run one underneath and around the right ankle and lay the other on top of the ankle.



Tie the ends of the ropes together with a [square knot](#).

**Pulling on the ends of the rope will cinch the frapping turns. Don't do that!**

# PARALLEL LASHING



STEP  
1

Pass the bight of a 30' rope clockwise around both legs and make a reverse tension.

Start wrapping in a clockwise spiral around both legs.



STEP  
2

After the last wrap, go down between your legs.



STEP  
3

Come up between your knees.



STEP  
4

Go down between your legs again.

Steps 2-4 created a **frapping turn** or **frap**, which tightens the lashing and makes it more secure.



STEP  
5

Split the ends of the rope.

Bring one end up between your knees and bring the other end up around your left leg.



STEP  
6

Tie the ends together with a [square knot](#).

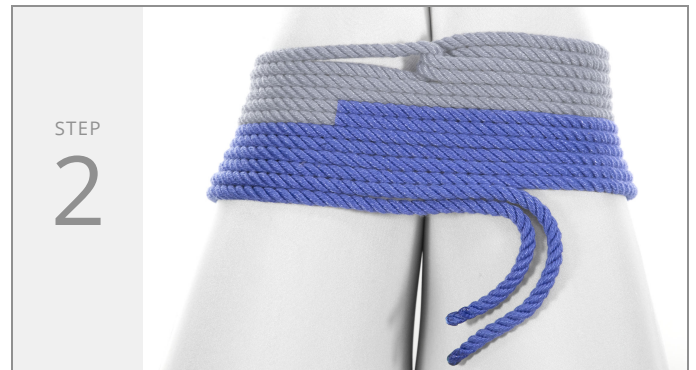
**Pulling on the ends of the rope will cinch the frapping turns. Don't do that!**

## UNFRAPPED VERSION



Pass the bight of a 30' rope clockwise around both legs and make a reverse tension.

Start wrapping in a clockwise spiral around both legs.



Keep going until you have enough wraps or are almost out of rope.



Go through the reverse tension you made in step 1.



Finish with one or two half hitches.



# MODULE 2

## The Somerville Bowline

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### **Somerville Bowline**

[p. 13](#)

Tricky to learn, this is the best and most versatile column tie.



### **Two Column Somerville**

[p. 15](#)

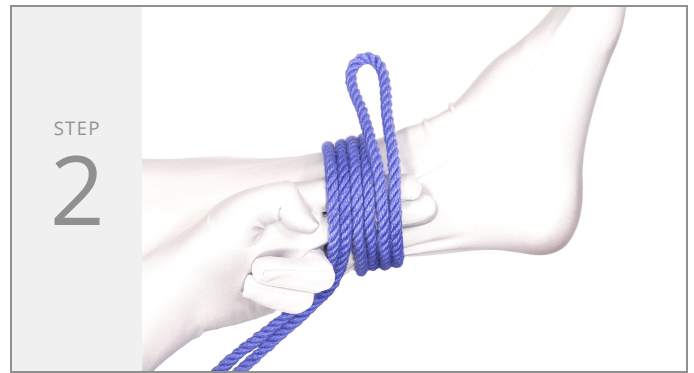
A two column version of the Somerville Bowline.

# SOMERVILLE BOWLINE

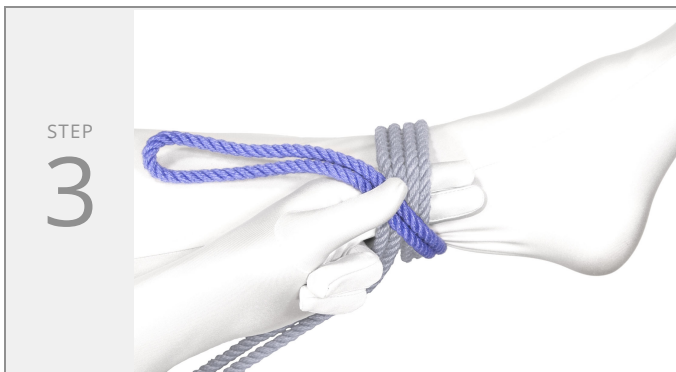


STEP 1  
Place your hand in Polite Mouse Fingers position, with the back of your hand touching the ankle and the index and middle fingers extended.

**Remember: always use polite mouse fingers**



STEP 2  
Wrap the bight twice around your ankle, going away from you over the shin bone and back toward you under the Achilles tendon. The second wrap should be closer to your foot than the first one.



STEP 3  
Cross the bight over the wraps and hold it in place with your thumb.



STEP 4  
Make a full circle around the bight with the standing part, passing under your fingertips.



STEP 5  
Note that the standing part makes an X where it crosses itself.



STEP 6  
Lay the bight over the X, making sure the bight is on top of the standing part.

**Remember: X marks the spot**

## CONTINUED

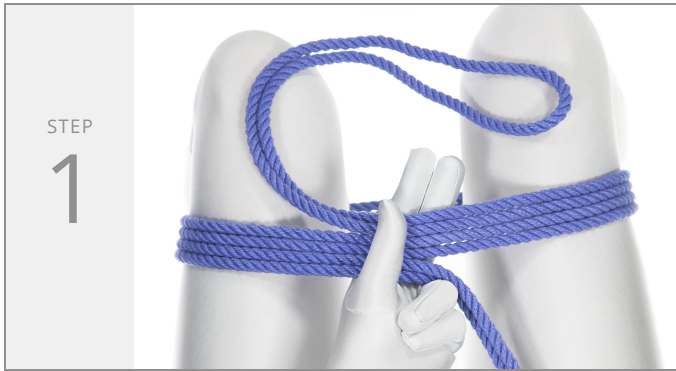


Pass the bight under the wraps and up through the circle made by the standing part.



Pull the bight and standing part simultaneously to snug the knot.

# TWO COLUMN SOMERVILLE



STEP  
1

Sit with your legs 8 inches apart and your left hand palm up in between them, with the middle and index fingers extended.

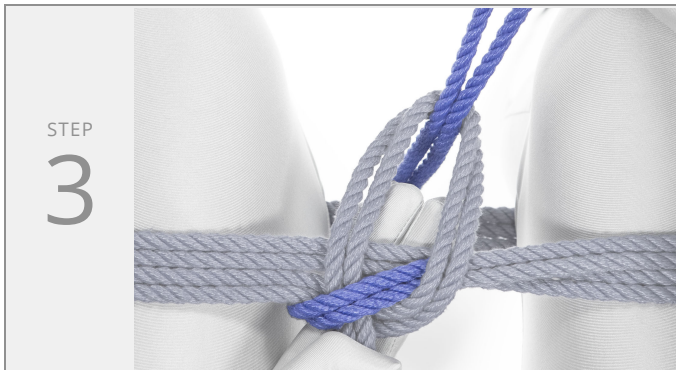
Make two counter-clockwise passes around your legs and over your hand, leaving a 12" bight.



STEP  
2

Make a counter-clockwise loop in the standing part, passing under your extended fingers, and behind the bight.

Notice that the rope makes an X shape where it crosses over itself.



STEP  
3

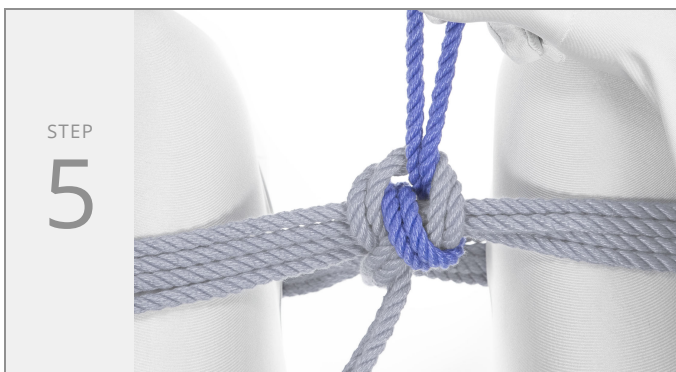
Pass the bight over the X shape, down between your legs, around the bottom wraps, and up through the loop.



STEP  
4

Pull gently on the bight to collapse the tie from an oval shape to a figure 8 shape.

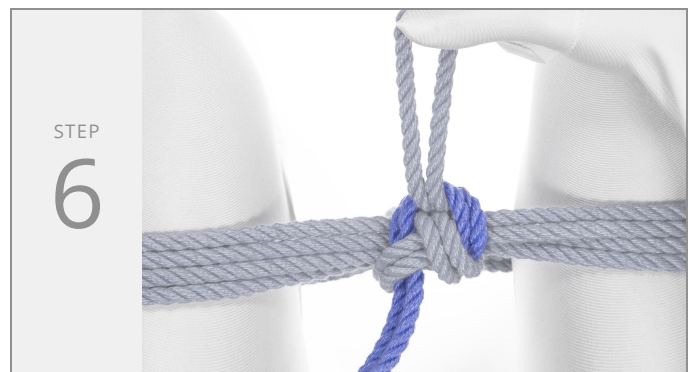
You can pull on the tail of the rope to shrink the loop a bit if it's getting in the way, but leave some room for step 5.



STEP  
5

This is the clever part: pay attention.

Pass the bight around the upper wrap and back through the loop again.



STEP  
6

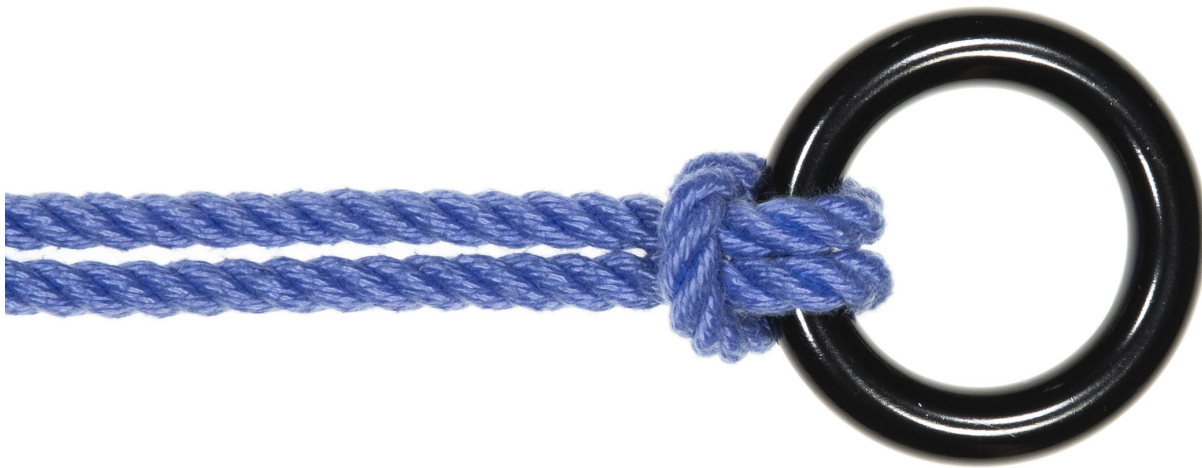
Pull on the standing end and the bight to snug the knot.



# MODULE 3

## Tying to Furniture

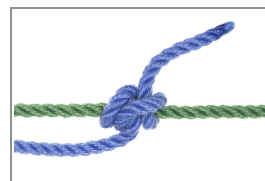
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### Larks Head on a Ring

[p. 17](#)

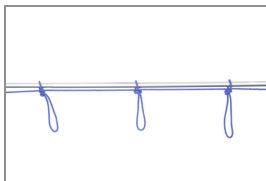
Impress your friends with this clever way to tie a lark's head.



### Midshipman's Hitch

[p. 22](#)

Like the adjustable grip hitch, but better for synthetic rope.



### Rigging Your Bed

[p. 18](#)

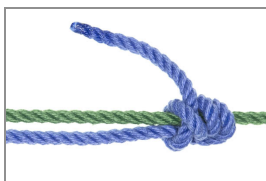
We hear you like bedroom bondage. You should start by upgrading your bed.



### Slipped Knots

[p. 23](#)

Slipped knots hold securely but are easier to untie.



### Adjustable Grip Hitch

[p. 21](#)

Holds securely but can be adjusted while under tension.



### Munter Hitch

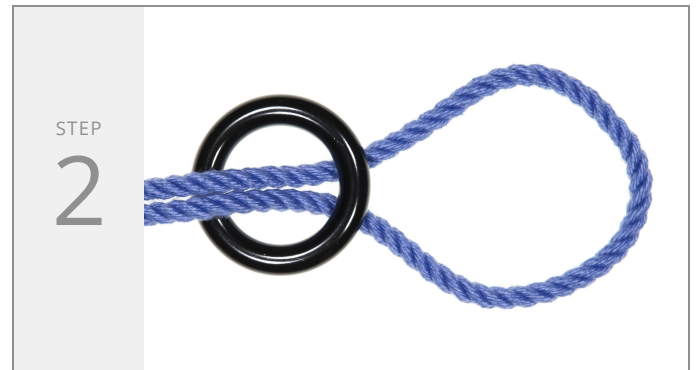
[p. 24](#)

The Munter hitch is fast to tie, secure, and almost completely jam-proof.

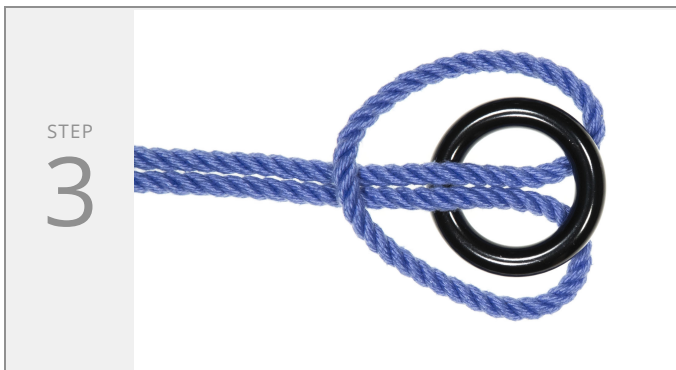
# LARKS HEAD ON A RING



Pass the bight through the ring, going over the left side of the ring and under the right side.



Expand the bight to be a little bigger than the ring.



Flip the bight over the ring.



Pull the lark's head snug.

# RIGGING YOUR BED



## Simplest option

The simplest option is to add rope loops to your bed. You'll want about two feet of rope for each loop. Double the rope and tie the ends to a secure point on your bed using two half hitches.

To keep the rope from sliding around, consider tying to the legs of the bed.



## Upgrade: rappel rings

Rappel rings provide a wide, smooth surface that's easy to tie to and won't damage your rope.

Begin by tying a short piece of rope to your bed using two half hitches. Tie the other end of the rope to the rappel ring, again using two half hitches.



## What type of rope?

You can use almost any kind of rope for this. If you want to be fancy, we recommend something like 3mm utility line. It's strong, easy to work with, and available in black (which is less conspicuous).

## ROPE RAILS



We like having plenty of attachment points on our bed. With many beds, the easiest way to do this is to build a “rope rail” along the side of the bed.



**STEP 1**  
Tie the end of an undoubled rope to a secure anchor at one end of your bed (the foot of the bed often works well for this).



**STEP 2**  
To add an attachment point, make a loop in the rope by making a bight in the rope and tying an [overhand loop](#).



**STEP 3**  
Wrap the end of the rope around the bed frame and over itself before continuing along the bed frame.

Repeat steps 2 and 3 to add as many attachment points as you like.

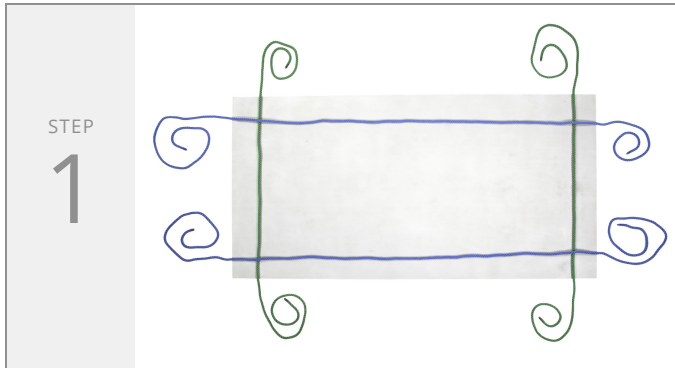


**STEP 4**  
Finish by pulling the rope taut and tying it to the end of the bed with [two half hitches](#).

If you like, you can add rappel rings to your attachment points using a [lark's head on a ring](#).

## RIGGING UNDER THE MATTRESS

You can always rig your bed, even if it's just a mattress sitting on the floor.

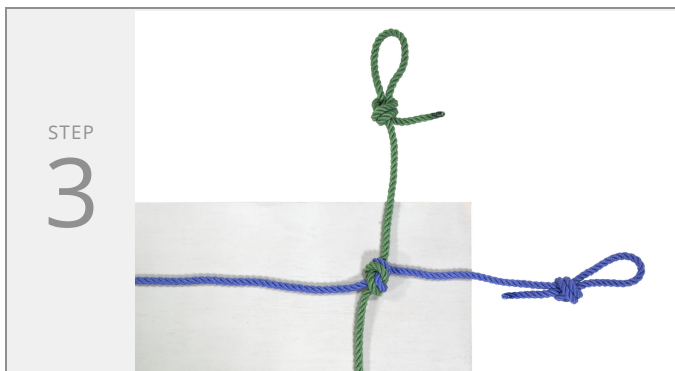


Lay four pieces of rope on top of your mattress in a cross configuration. You can position them however you like, but a good starting point is to place each rope about one foot from the edge of the mattress.

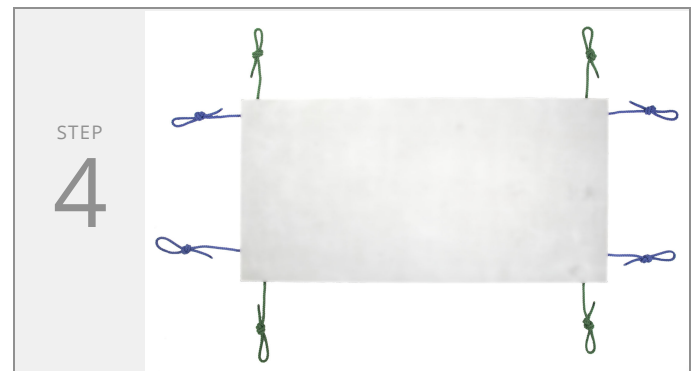


Add attachment points to each rope end by doubling it and tying an [overhand loop](#) in it.

If you like, you can add rappel rings.

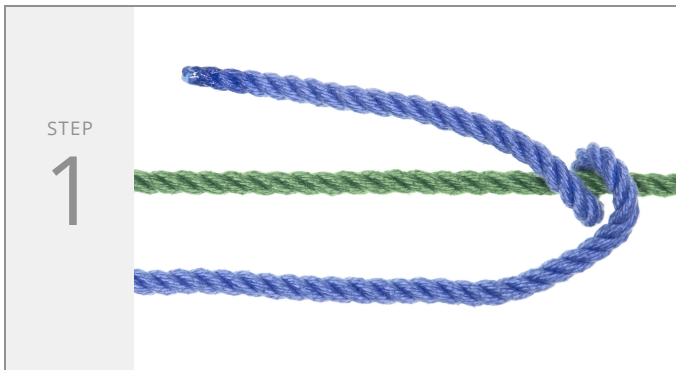


At each of the four corners, bring the two ropes together and tie an [overhand knot](#) in them to secure them together.

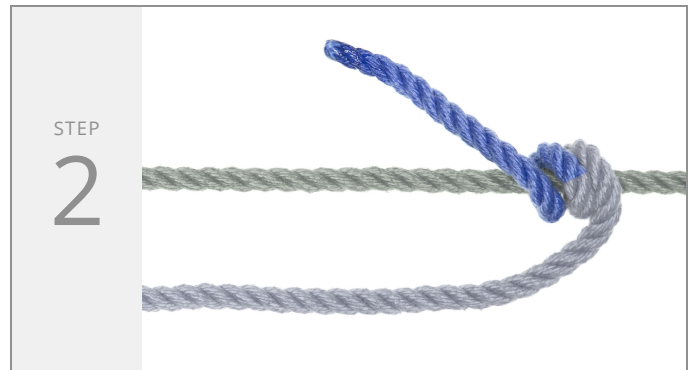


Move the ropes underneath your mattress.

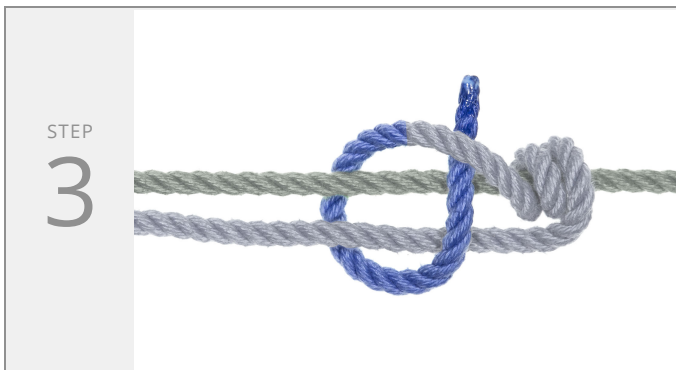
# ADJUSTABLE GRIP HITCH



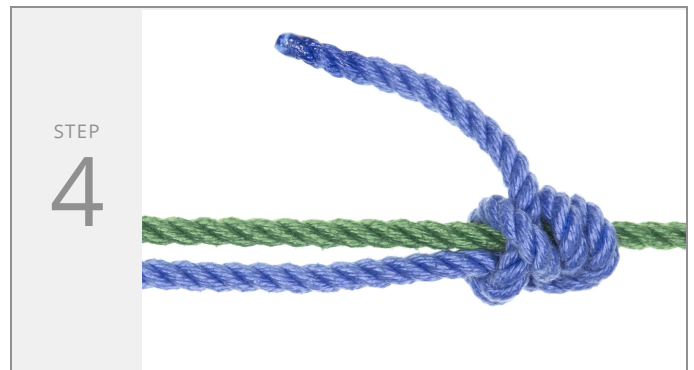
STEP  
1  
Double back and go over and around the green rope, inside the standing part.



STEP  
2  
Make a second full wrap around the green rope, inside the standing part.

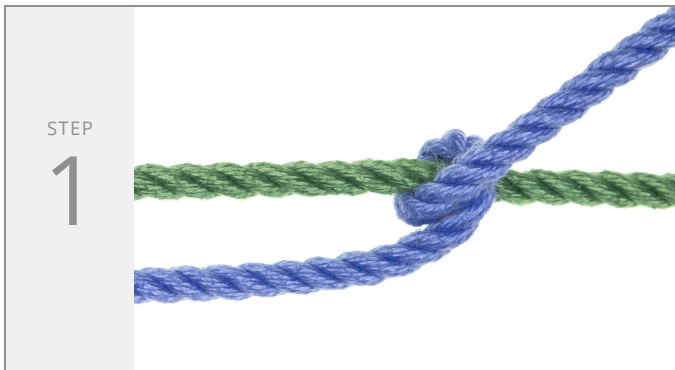


STEP  
3  
Make a third full wrap, this time around both the green rope and the standing part.  
Pass the rope under itself to make a half hitch.



STEP  
4  
Snug the knot into position. Take your time and make sure that the whole knot is tidy and snug.

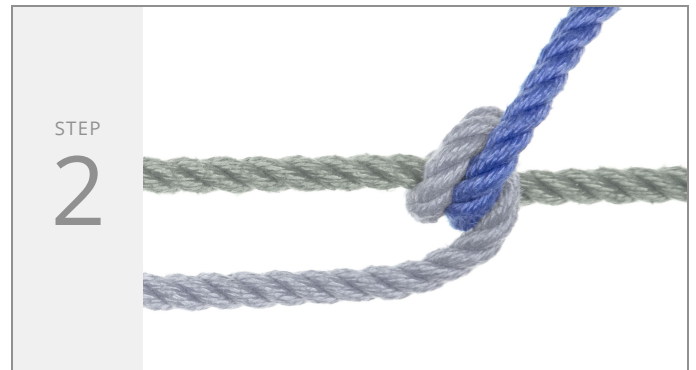
# MIDSHIPMAN'S HITCH



STEP  
1

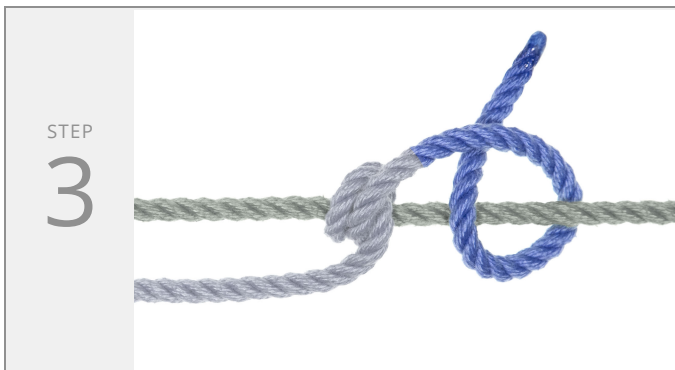
Double back and go over and around the green rope, inside the standing part.

Pull the working end hard to the right, jamming the wrap tight against itself.



STEP  
2

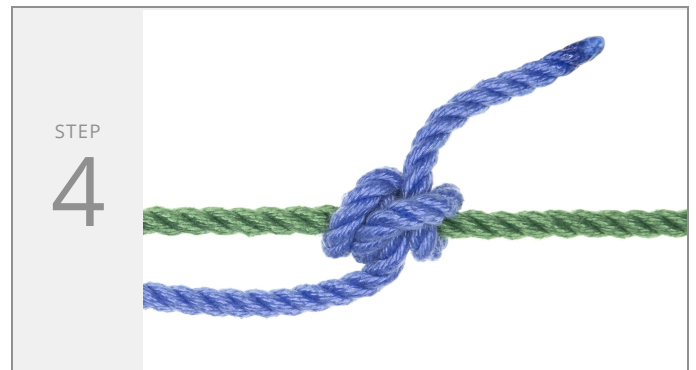
Make a second full wrap around the green rope. This wrap should be jammed between the first wrap and the standing part.



STEP  
3

Make a third wrap around the green rope, this time to the right of the previous two wraps.

Pass under the blue rope to make a half hitch.



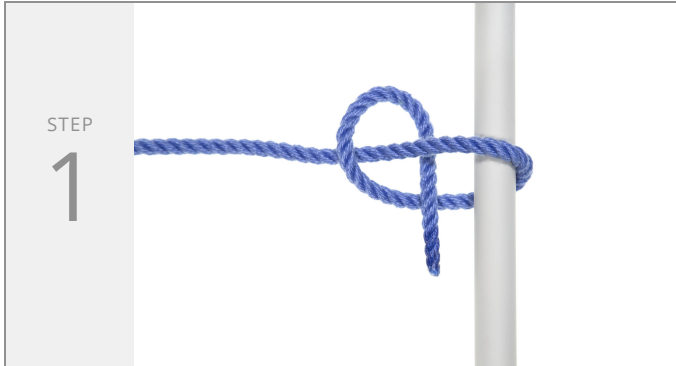
STEP  
4

Snug the knot into position. Take your time and make sure that the whole knot is tidy and snug.

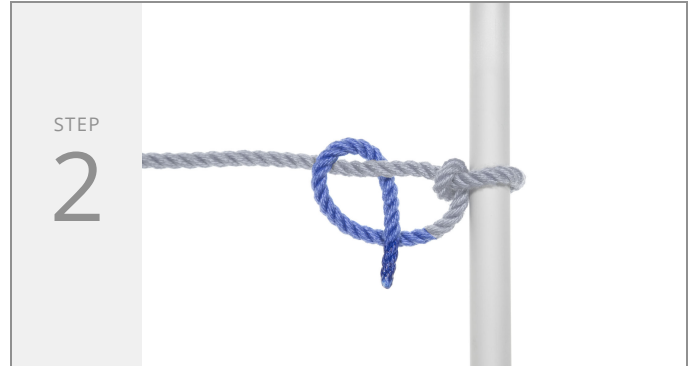
# SLIPPED KNOTS



## Standard two half hitches



Make a 180° turn around the pole.  
Tie a half hitch around the standing part.



Snug the first half hitch tight against the pole.  
Tie a second half hitch around the standing part.

## Slipped two half hitches



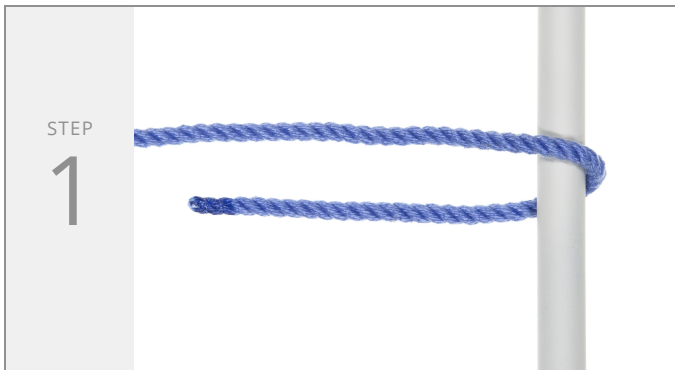
Make a 180° turn around the pole.  
Make a long bight in the working end and tie it in a half hitch around the standing part.



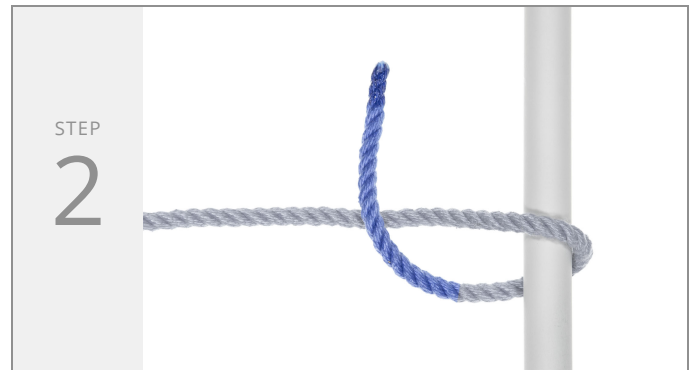
Snug the first half hitch tight against the pole.  
Tie the bight in another half hitch around the standing part.



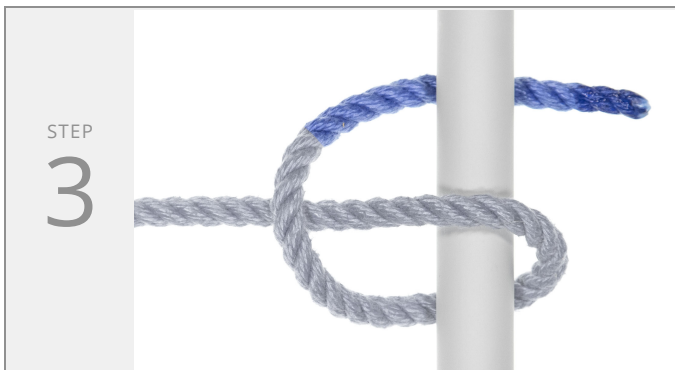
# MUNTER HITCH



Go over and around the pole.



Cross over the standing part.



Go under the pole.

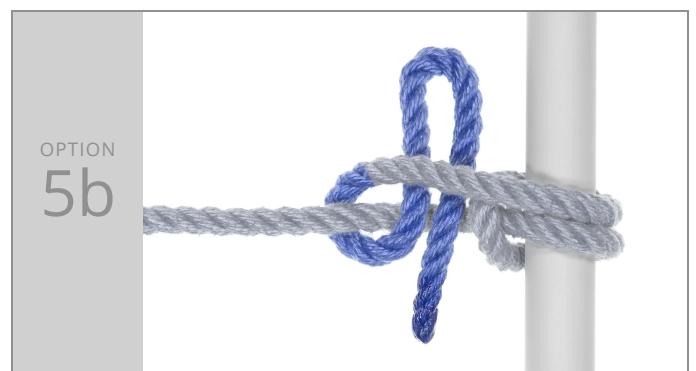


Go back around the pole.



The easiest way to finish a Munter hitch is to tie a half hitch around the standing part.

On its own, this isn't secure enough to tie off a critical vertical line.



If you like, you can tie a [slipped half hitch](#) instead.

This obviously also isn't enough to tie off a critical vertical line on its own.



# MODULE 4

## The Hogtie

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### Chest Harness

[p. 27](#)

Because people don't come from the factory with handles.



### Hair Tie

[p. 37](#)

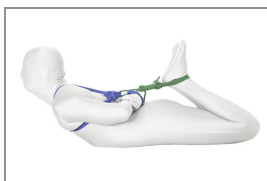
If your partner has more than a few inches of hair, you can tie to it.



### Figure 8 Harness

[p. 31](#)

A bit fiddly, but provides a good leverage point for a hogtie.



### The Hogtie

[p. 33](#)

A classic bondage position: secure, immobilizing, and versatile.

# CHEST HARNESS



STEP  
1

When you raise and lower your arms, the size of your chest changes slightly.

To avoid tightening or loosening later on, hold your upper arms horizontal to the ground when tying a chest harness.



STEP  
2

Pass the bight counter-clockwise around the chest, an inch or two below the armpits.

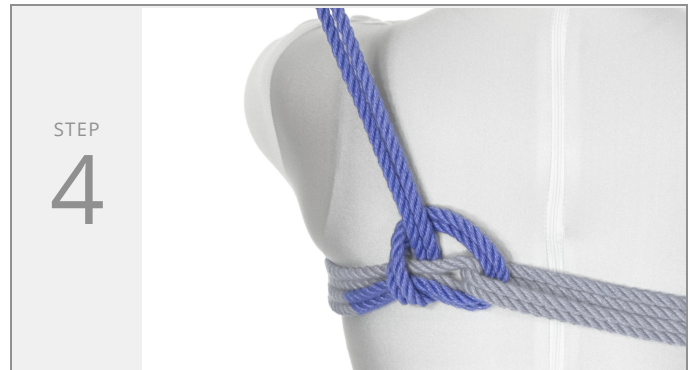
Reverse tension and adjust the bight so it sits a few inches to the left of the spine.



STEP  
3

Go counter-clockwise around the chest again, just below the previous line.

Reverse tension again.



STEP  
4

Secure the chest wrap with a half hitch.

Note that you've just tied a single column tie around the chest.



STEP  
5

Go over the left shoulder and under the chest wraps.



STEP  
6

Double back over the left shoulder, just inside the first line.

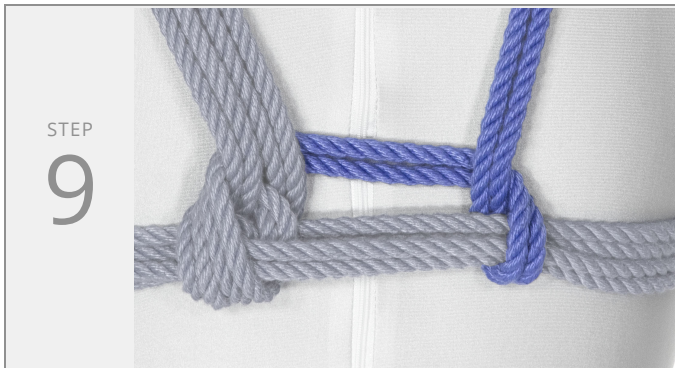
## CONTINUED



Pass under the chest wraps in back.



Go over the chest wraps to the left of the shoulder lines and then under the shoulder lines, locking the rope in place. The shoulder lines should be quite snug, but not uncomfortably tight.



Cross over to the right side of the back. Pass the rope over the chest wraps, then underneath them and over itself, locking it in place.

Remove any slack from the rope.



Go over the right shoulder and over the chest wraps in front.



Double back under the chest wraps and over the right shoulder, just outside the previous line.



Pass under the chest wraps in back and finish with one or two half hitches.

## ADDING LOWER WRAPS

### Adding lower wraps

You can add a second wrap around the lower chest for additional comfort and security.

Begin with a column tie around the upper chest as usual. After tying it off, go a few inches down the back and make a ladder rung.

Make a second wrap around the chest and tie off with a half hitch.



### Shoulder lines, option 1

This option is preferred by many people without breasts.

On the bottom's right side, we've doubled back around the upper wraps.

On their left side, we've doubled back around the lower wraps. We've also added some twists between the upper and lower wraps to keep them separated.



### Shoulder lines, option 2

Many people with breasts prefer this version, although it can put more pressure on the neck and collarbones.

Place the bight in the center of the back. Go over the left shoulder, then diagonally down the front of the chest. Double back around the lower wraps, adding a twist or two between the upper and lower wraps. Go over the right shoulder and tie off at the bight.



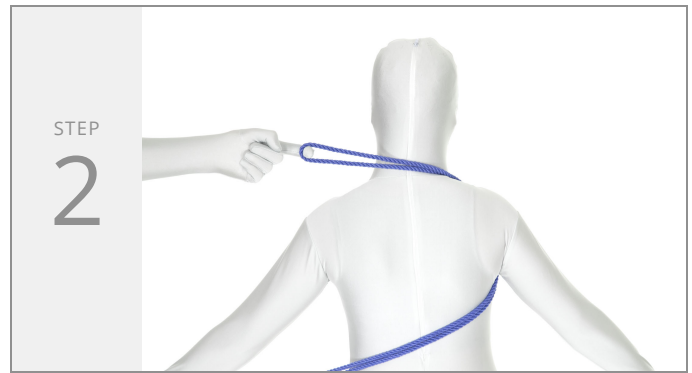


# FIGURE 8 HARNESS



**STEP 1**

Pass the rope under your partner's right armpit. It is important that your lines are smooth, flat, and even throughout this tie.



**STEP 2**

Go behind the neck.



**STEP 3**

Go under the left armpit.



**STEP 4**

Pass the long end through the bight and over then under the line behind the neck.



**STEP 5**

Adjust the harness so that all the lines come together in an X shape in the middle of the back.

Finish with a half hitch by going over then under the right armpit line, exiting in the middle of the X.



**STEP 6**

Snug the knot.



## REINFORCEMENT



If you want to add reinforcement to the figure 8 harness, begin by passing the rope just under the left armpit and across the upper chest.

Make sure to find the shortest path so there is no slack in the rope.



Pass the rope under the right shoulder line and double back toward the left shoulder.

To avoid creating a pressure point, don't use a half hitch or Munter here.



Pass the rope under the left shoulder line and double back to the right armpit.



Pass the rope under the right armpit and tie off with a half hitch in the center of the back.

The harness should be snug and symmetrical in front.



If your partner has breasts, you can use them to anchor the lower part of the harness. In step 1, pass the rope underneath the left breast rather than directly under the armpit.

# THE HOGTIE



## HOW TO TIE IT

There's a good reason the hogtie is a bondage classic. It's a highly adaptable tie that can be strict and demanding if you want it to be, but can be adapted to be comfortable enough for almost anyone.

Bottoms: arch your back into the bend rather than lying passively and letting the rope pull you into position.



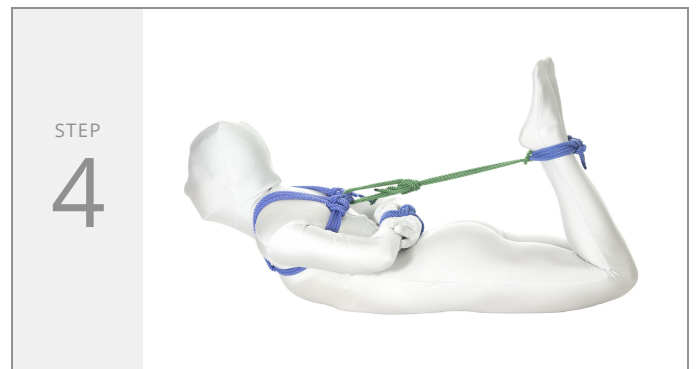
Begin with a chest harness or a figure 8 shoulder harness. The chest harness is more comfortable, but the figure 8 will give you better leverage for pulling into a back bend.



Have your partner lie face down and tie their hands together using your favorite column tie.



Tie the ankles together.



Run a rope from the ankles to the chest harness and carefully pull into a back bend. Tie off with a jam-resistant knot. The [adjustable grip hitch](#) will let you adjust the position as your partner settles into the tie.

## OPTIONS FOR ARMS

### Separate arms



You can separate the arms rather than tying the wrists together.

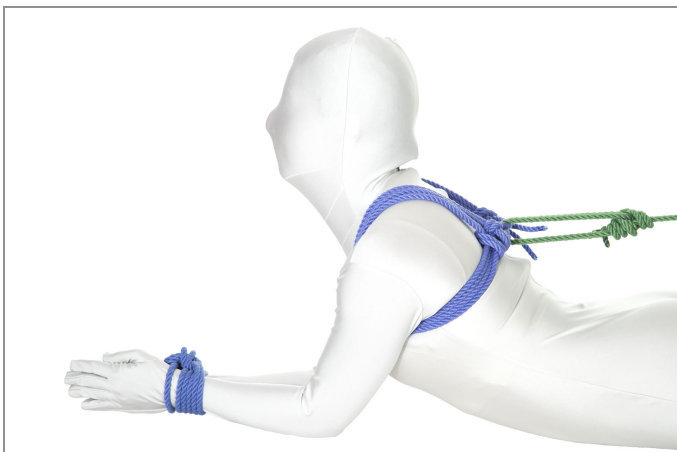
Using a [bar tie](#) will make the hogtie more sustainable, while attaching the wrists directly to the ankles can make it more strenuous.

### Strappado



A very strenuous option is to tie the arms together in a strappado position.

### Arms in front

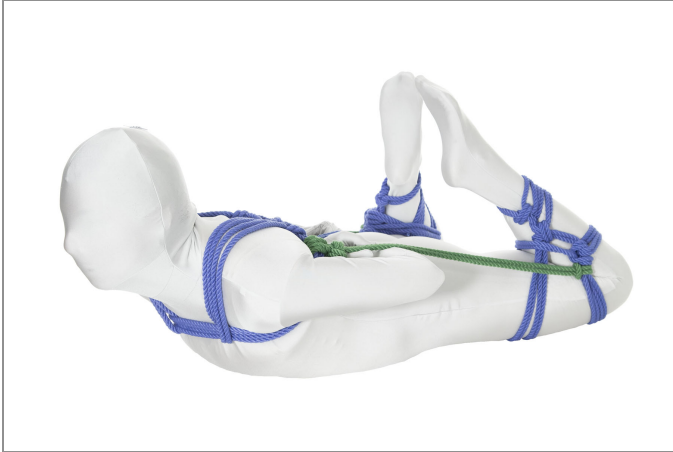


People with back or shoulder issues may find the hogtie much more comfortable if their arms are in front of them. Here are a few ideas to get you started:

- Use a [column tie](#) around the wrists
- Use a [parallel lashing](#) to hold the forearms parallel to each other
- Use a [square lashing](#) to cross the arms

## OTHER OPTIONS

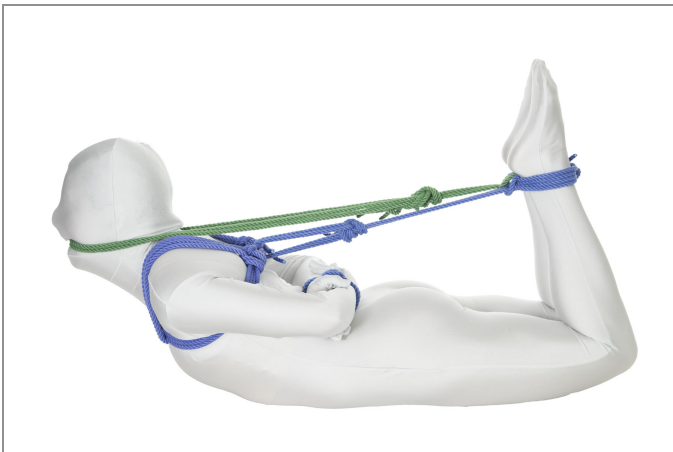
### Separate the legs



There are lots of fun options for separating the legs:

- Connect the ankles with a [bar tie](#) for increased comfort
- Tie each ankle to the chest harness separately for better crotch access
- Put [futomomos](#) on the legs for extra immobilization

### Add a head tie



You can get a deeper back bend and relieve some pressure on the chest by attaching a second ankle line to the head.

Good attachment points include:

- A [hair tie](#)
- A scarf wrapped around the head
- Rope carefully tied around the head

Necks are delicate: work with your partner to find a position that's safe and comfortable.

# HAIR TIE



STEP  
1

Build a [lark's head](#) and slip it over your right hand. With your left hand, gather your partner's hair together.



STEP  
2

Transfer the hair to your right hand and slip the lark's head off your hand and onto the hair. Slide it all the way up to the scalp and tighten it.



STEP  
3

While tightening the lark's head with your left hand, use your right hand to separate the two halves of the lark's head.



STEP  
4

Continue to tighten the lark's head and separate the two halves until the lark's head collapses, bending the hair into a U turn. Snug the tie into place.



STEP  
5

Make a twist in the rope and place it over the tie to make a half hitch. Snug the half hitch into place between the previous tie and the scalp.



STEP  
6

Add another half hitch if there is still room between the tie and the scalp. Snug it tightly into place.

# GEAR



You don't need to spend a lot of money to get started with bondage. Fancy rope is expensive, but \$30 can buy a basic rope kit and a pair of safety shears.

## Rope

For basic bondage, don't worry about how strong your rope is. Choose rope that feels good against your skin, is supple, and holds knots well. Most people find that 1/4" thick rope (6mm) is the most comfortable and easy to work with.

You'll want a few short ropes (10' - 15') and a few long ones (20' - 30').

Fancy bondage rope comes in many colors. Have fun, but remember that dark rope is hard to find and work with in the dark.

## Hardware store rope

The cheapest place to buy bondage rope is a hardware store. You can get a 100' bundle of 1/4" nylon rope for less than \$20 and cut it yourself (duct tape the spot where you're going to cut to keep the rope from unraveling.)

Some hardware store rope feels great and some is awful: try to handle the rope before buying it.

## Hemp rope

Our favorite rope is hemp rope. It's expensive (\$1 a foot or more) but it feels great, smells wonderful, and holds knots securely. You can buy raw hemp rope, but pre-conditioned bondage hemp feels better against skin.

There are many good sources of hemp rope, but our favorite is [Twisted Monk](#).

## Synthetic rope

There are many kinds of synthetic rope available, some of which work better for bondage than others. Rope that's sold for bondage is typically more expensive but higher quality.

We particularly like [Dye Addict Rope](#), but there are many good vendors.

## Safety shears

You should have safety shears on hand any time you do bondage. You want EMT shears (also called bandage shears), which are designed to cut through thick material without cutting skin.

We like Clauss Titanium Bonded Bent Snips (about \$10).

# WHAT NEXT?

If you'd like to do more bondage, check out our guide to next steps at [fullcirclekink.com/next](https://fullcirclekink.com/next).



[ropeinseattle.com](https://ropeinseattle.com) is a great guide to Seattle-area rope classes and events.



This class is free on our website: check how to tie something from your phone, or share the class with a friend.



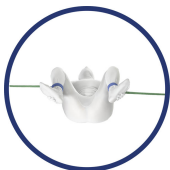
## Core Bondage Series

This class is part of our core bondage series:



### BONDAGE FOR BEGINNERS

Interested in bondage, but not sure where to start? Our introductory class will teach you basic kink principles and techniques as well as a set of versatile skills that will let you get up to all kinds of mischief.



### BONDAGE FOR SEX

Combining sex with bondage is one of our favorite things. This class will teach you bondage that immobilizes your partner while leaving them exposed and accessible.



### BONDAGE FOR IMMOBILIZATION

As well as being a great addition to other kinds of play, bondage is a lot of fun in its own right. This class focuses on techniques for strict, immobilizing bondage.



### BONDAGE FOR PAIN

Rope doesn't have to be comfortable! This class covers safe and versatile techniques that can deliver anything from mild discomfort to intense pain, as well as predicament and stress positions.

