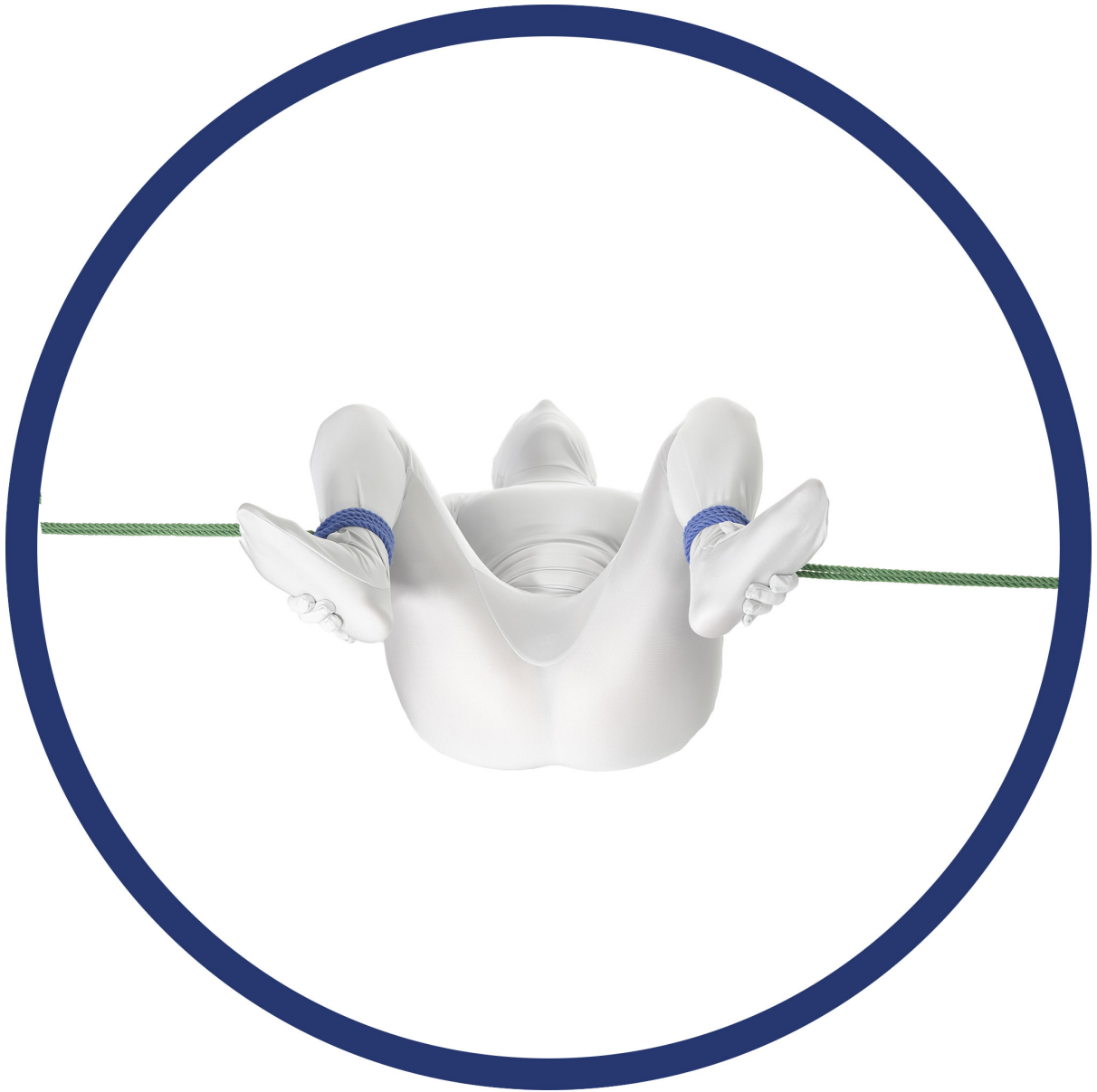


Bondage for
SEX



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)

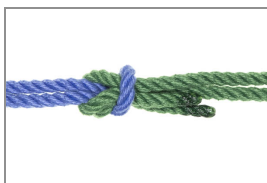
Suspension bondage involves supporting most or all of your partner's weight using rope. We love suspension, but it's an advanced technique that requires extensive training.

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

The Spiral Futomomo



Square Knot Extension

[p. 5](#)

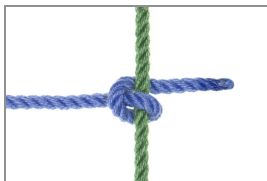
Out of rope? Just add a new rope and keep going.



Ladder Futomomo

[p. 11](#)

This futomomo binds the leg tightly together with ladder rungs.



Munter Friction

[p. 6](#)

By far the most useful friction, this is a fundamental bondage building block.



Rope Handling

[p. 13](#)

Good rope handling makes every scene better.

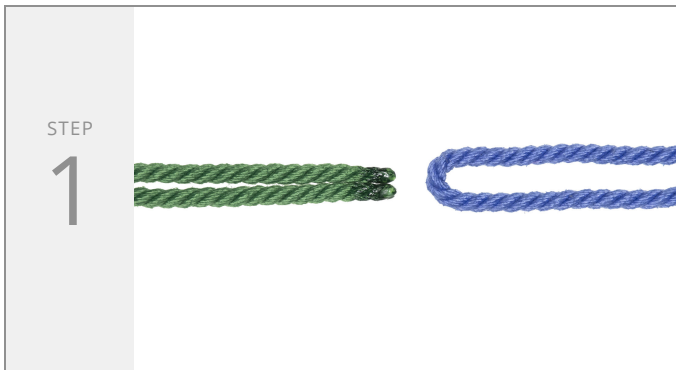


Spiral Futomomo

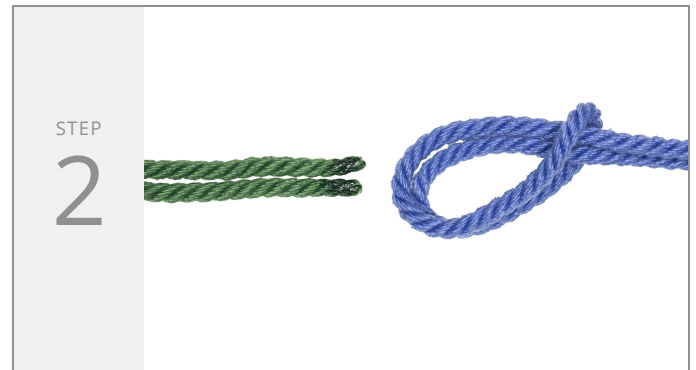
[p. 9](#)

This futomomo binds the leg together using spiral wraps and Munter frictions.

SQUARE KNOT EXTENSION



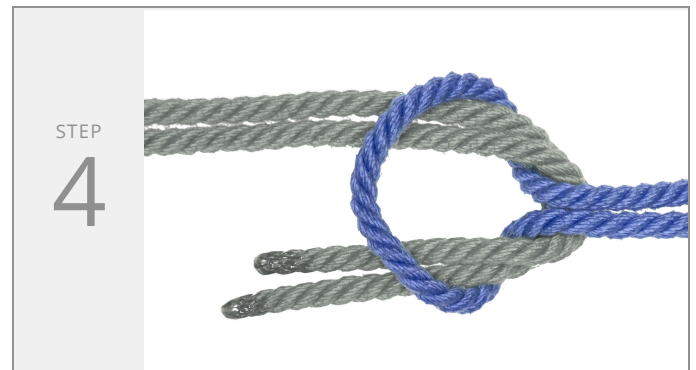
We're going to extend the green rope by adding the blue rope to it.



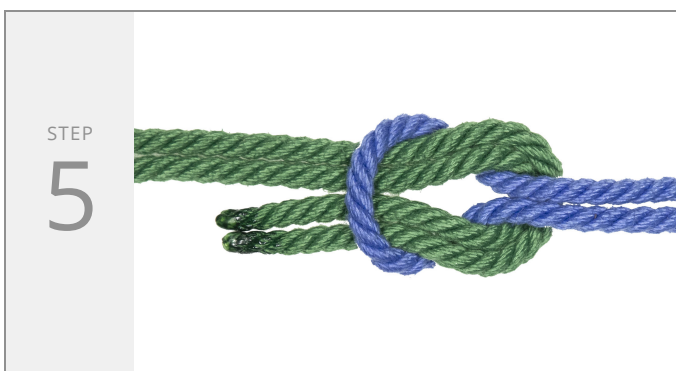
Make a [lark's head](#) in the blue rope.



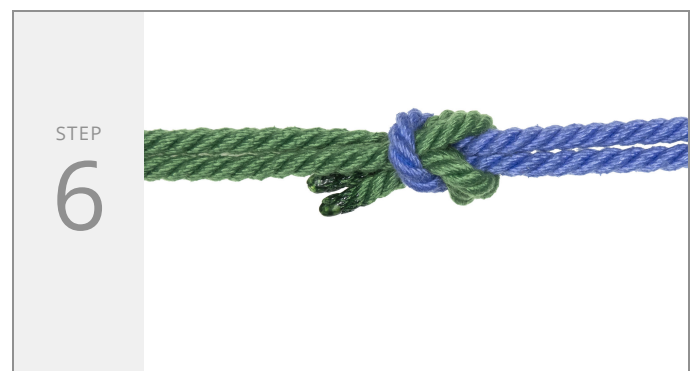
Pass the green rope through the lark's head and back in the direction it came from.



Flip the loop of the lark's head over so that it lies on top of both parts of the green rope.

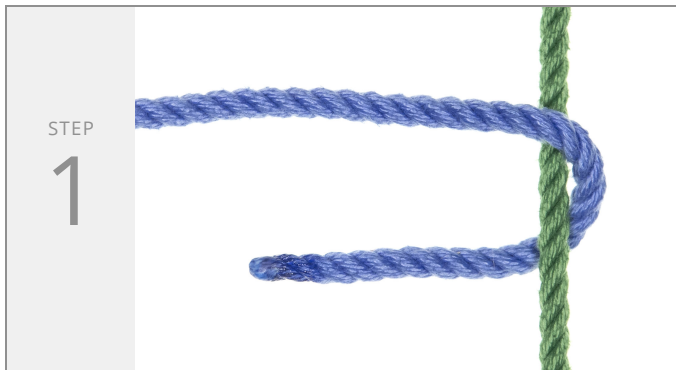


Snug the knot into place by pulling simultaneously on the blue rope and both parts of the green rope.

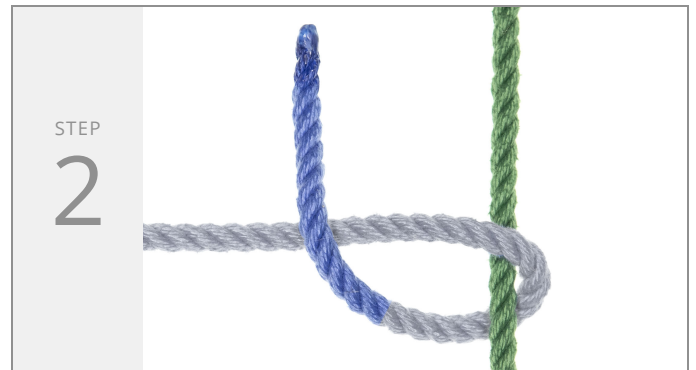


The finished knot should be small, tight, and secure.

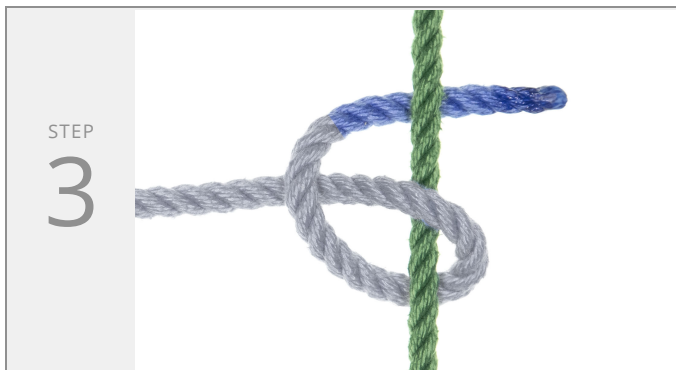
MUNTER FRICTION



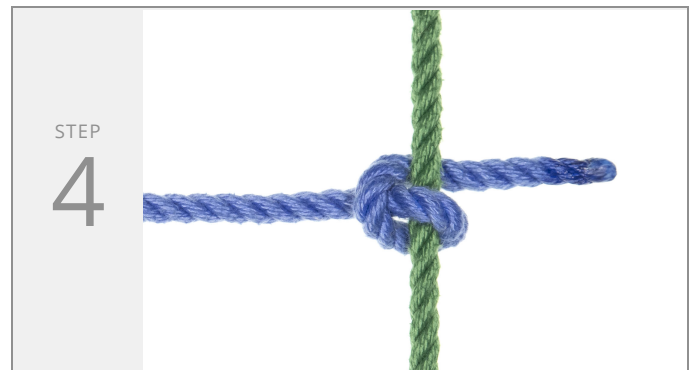
Go over the green rope and double back.



Cross over the standing part.



Go under the green rope.



Snug the knot.

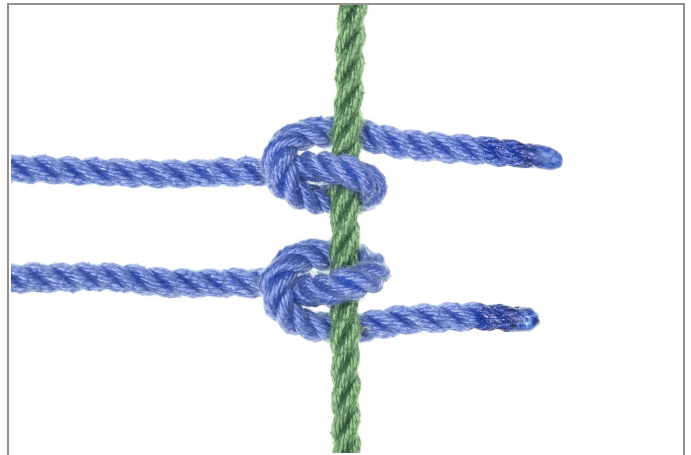
OPEN AND CLOSED MUNTERS

Up or down?

In step 1, you can double back above or below the standing part. Which way is better?

If the rope exits the Munter at 90°, either direction is fine. These Munter's doubled back on opposite sides and both work well.

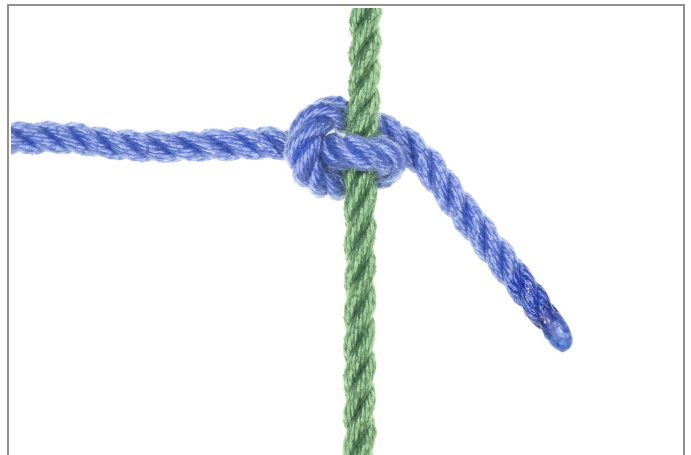
If the rope exits at an angle, you should double back on the side where the rope will exit.



Correct: closed Munter

Here the rope exits the Munter in a downward direction, so we doubled back below the standing part.

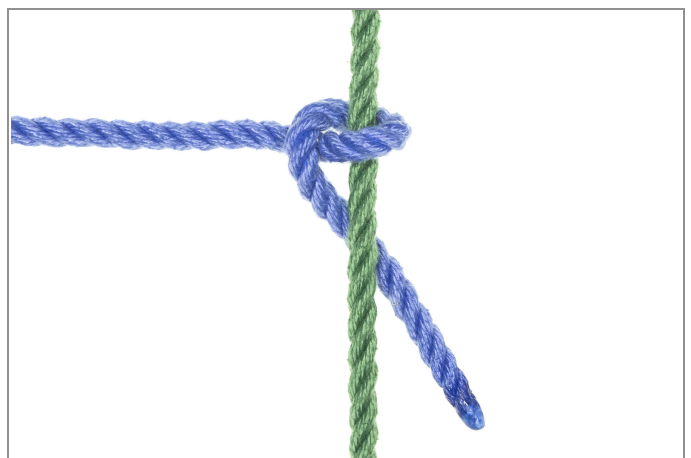
The angle of the rope pulls it into the Munter, keeping everything tight and secure. We call this a **closed Munter**.



Incorrect: open Munter

Here we incorrectly doubled back above the standing part.

The angle of the rope is pulling the Munter apart and making it less secure. We call this an **open Munter**.



MUNTER VARIATIONS

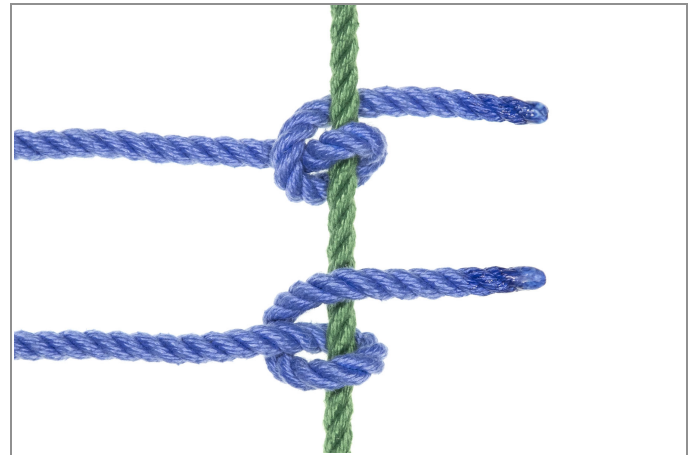
Inverted Munter

If you tie a Munter upside-down, you get an **inverted Munter**. Inverted Munters are often used to create pressure points.

Some people refer to the inverted Munter as a reverse Munter, but we find that confusing.

Top: a standard Munter

Bottom: an inverted Munter



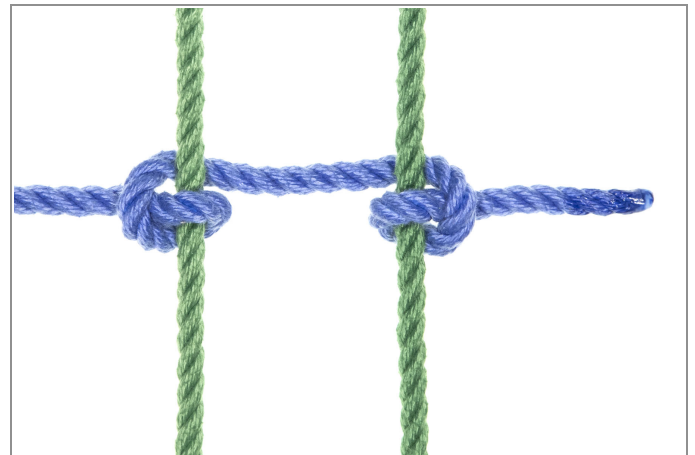
Mirror Munter

For symmetry, you can tie a Munter backward. We refer to that as a **mirror Munter**.

The easiest way to tie a mirror Munter is to push a bight under the green rope and then go over the green rope and through the bight.

Left: a standard Munter

Right: a mirror Munter



SPIRAL FUTOMOMO



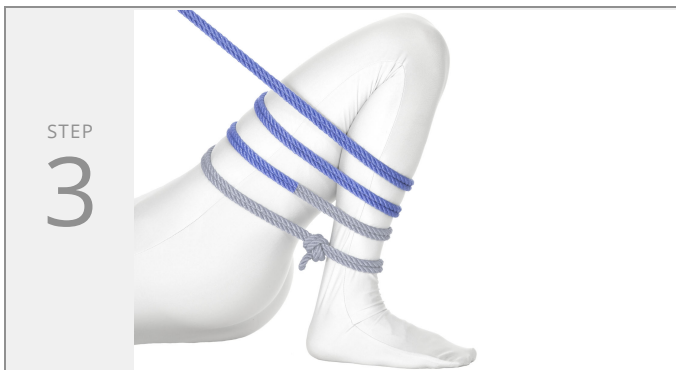
STEP
1

Tie a column tie around the ankle.
We prefer a single wrap for this column tie.



STEP
2

Make a spiral wrap around the thigh and calf.



STEP
3

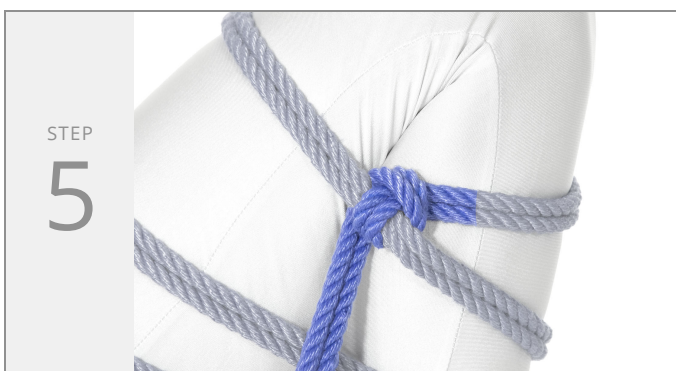
Make two more spiral wraps, ending up two thirds of the way up the leg.

Going closer to the knee makes the futomomo more effective but harder to tie.



STEP
4

Make a final horizontal wrap around the leg, crossing itself at the crease between the thigh and calf.



STEP
5

Make a [Munter friction](#) where the lines cross.

We're headed straight down, so it doesn't matter if you begin the Munter on the left or the right.



STEP
6

Go straight down the leg, making two more Munters where you cross the spiral wraps.

It's more comfortable and attractive to stay right over the crease between the thigh and calf.

CONTINUED



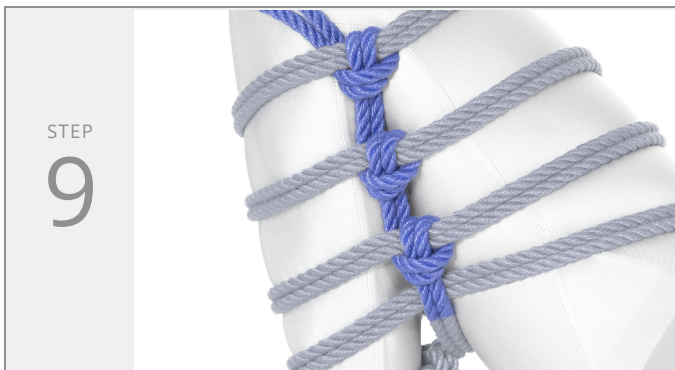
STEP
7

Make a 90° bend at the the bottom line and go between the thigh and calf to the inside of the leg. Be sure not to leave any slack in the rope.



STEP
8

Make another 90° bend at the bottom line and start going up the inside of the leg.



STEP
9

Continue up the inside of the leg, tying a Munter at each subsequent wrap.



STEP
10

Secure the final Munter with a [half hitch](#).

LADDER FUTOMOMO



Tie a column tie around the ankle.

You can use single or double wraps throughout the futomomo, depending on your preference and how much rope you have.



Bend the leg and wrap the rope around it, going across the thigh, through the crease of the hip, and around the lower leg just above the column tie.



Make a reverse tension at the column tie.



Wrap around the leg in the opposite direction and make another reverse tension.

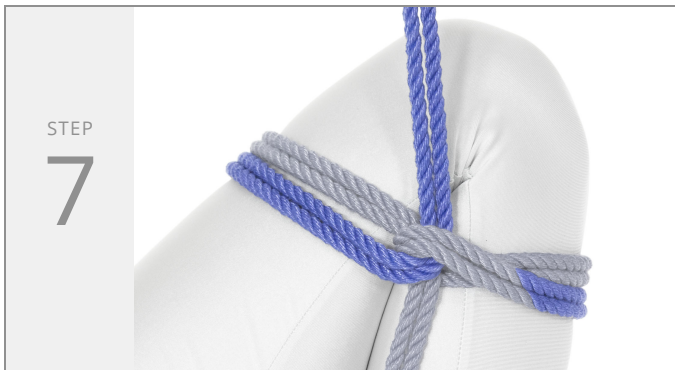


Tie a half hitch to secure the lower wraps.



Bring the rope up the leg and make a [ladder rung](#) a few inches below the knee.

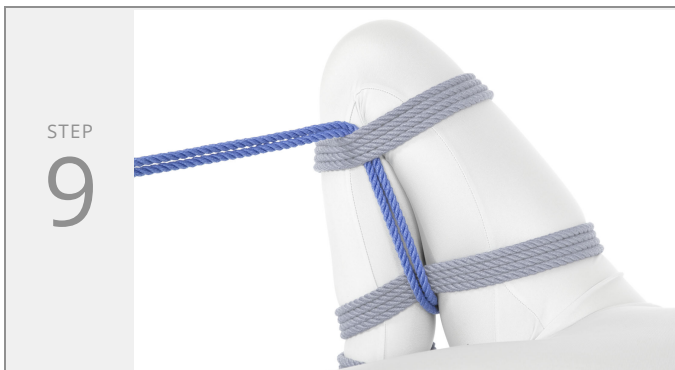
CONTINUED



Make a second wrap around the leg and reverse tension.



Secure the top wraps with a half hitch.



Bring the rope down the outside of the leg, between the calf and thigh, and up the inside of the leg. Pass under the upper wraps.



Finish the futomomo by tying off to the upper wraps with one or two half hitches.

ROPE HANDLING



Painting rope

You'll have better connection with your partner and better rope placement if you paint the rope onto their body.

Pinching the rope between your thumb and forefinger, slide your hand along the body, laying rope exactly where you want it.

Finger hooking

Pulling rope works better than pushing it. When making knots or frictions against your partner's body, use the finger hooking technique:

1. Slide your finger under the rope
2. Place the rope under your finger
3. Rotate your finger and snag the rope
4. Pull the rope through

Use your full wingspan

Making a few large pulls is faster and more graceful than making lots of small pulls.

Use your full wingspan when pulling rope, and step back if you need a little extra pull.

Milk the rope

Instead of fiddling with the rope to figure out which strands to pull, you can "milk" the rope by pulling on all four strands at the same time. If your grip is right, the correct strands will move as you pull.

Clear the rope

To avoid tangling rope on your partner's body, clear it by throwing it in the direction you're going to move before you start laying it on their body.

MODULE 2

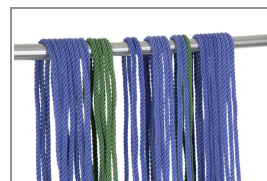
Sexy Times



Crotch Rope

[p. 15](#)

Let's put some rope on your naughty bits, shall we?



Washing Rope

[p. 18](#)

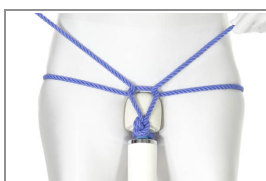
Nobody wants to be tied with grimy rope.



Dildo Harness

[p. 16](#)

No matter how many cocks you have, you can always use one more.

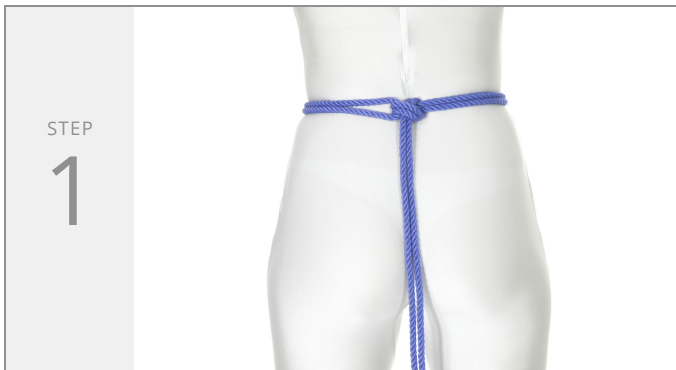


Vibrator Harness

[p. 17](#)

If you love your vibrator, you'll want to wear it everywhere.

CROTCH ROPE



STEP
1

Tie a column tie around the waist, with the knot in back.



STEP
2

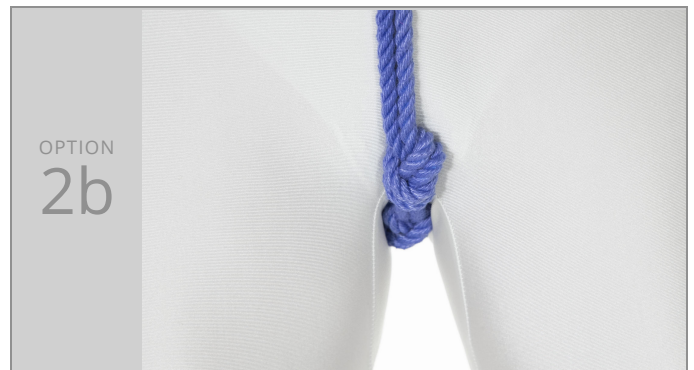
Go through the crotch to the front of the body and pass under the waist rope.



OPTION
2a

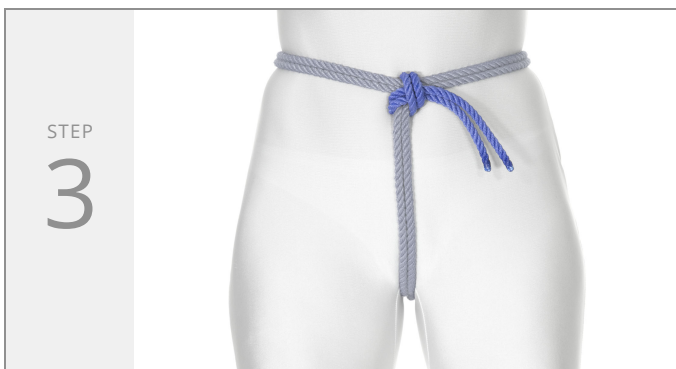
Some people like the rope right over their genitals and others prefer to split it so one line passes on either side of the genitals.

Experiment and see what you prefer.



OPTION
2b

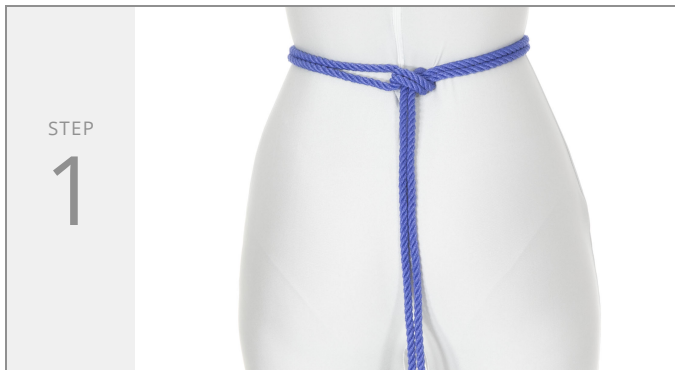
You can add knots to increase the sensation.



STEP
3

Tie off with a half hitch around the waist line.

DILDO HARNESS



STEP
1

Tie a column tie around the waist (not the hips), with the knot in back.

This tie relies on tension, so keep everything as snug as possible.



STEP
2

Go between the legs, adjusting for comfort as necessary. Pass under the front of the waist line.



STEP
3

Wrap the rope in a spiral around the crotch line until you reach the right height for the dildo.

Insert the dildo between the halves of the crotch line and wedge it snugly up against the spiral.



STEP
4

Split the ends of the rope and bring one end down on each side of the dildo.

Tie a [square knot](#) underneath the dildo. Make everything as snug as possible.



STEP
5

Pass one end of the rope around the right hip and around one half of the crotch rope. Pull the line snug, making a triangle shape in the crotch rope.

Tie off with one or two half hitches.



STEP
6

Do the same thing with the other end of the rope on the left side.

VIBRATOR HARNESS



STEP
1

Tie an [overhand loop](#) in the rope.
The knot and loop should be about as long as the neck and head of the vibrator.



STEP
2

Slip the rope over the vibrator, with the knot wedged against the neck and the loop lying on the head.
Tie a [square knot](#) behind the neck of the vibrator to hold it securely in place.



STEP
3

Place the vibrator where you like it. Run each rope end back between the legs and around one leg, returning to the front.
Pass the ends through the loop and reverse tension to snug the vibrator into place.



STEP
4

Pass the right end around the hip, behind the back, and around to the front.
Repeat the process with the left end and adjust tension.



STEP
5

Cross the ends over each other in front.
Pass each line under itself near where it exits the loop and make a reverse tension.



STEP
6

Finish the harness with a square knot.
For extra stability and better vibration, you can tie the body of the vibrator to a leg.

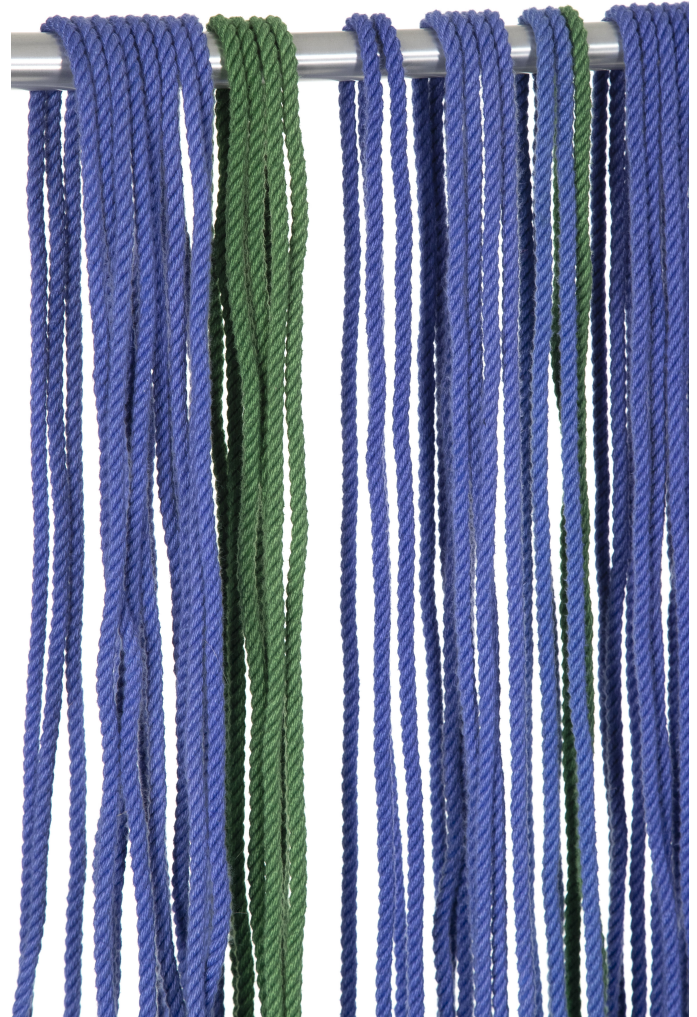
WASHING ROPE



How often you wash your rope depends on your personal preference, your risk profile, and how often you play with different partners. If you have multiple partners, giving each partner their own dedicated crotch rope is a good idea, regardless of how often you wash your rope.

It's easiest to wash your rope in the washing machine. Put it in a lingerie bag or pillowcase to keep it from getting tangled.

Hang your rope to dry: the clothes dryer may damage it and fibers coming off the rope can create a fire hazard.



Synthetic rope is usually color-fast and is ready to use as soon as it's dry. It's our favorite for crotch ropes and gags.

Hemp rope washes well, although colored hemp will fade with each wash. It can rot if stored damp, so make sure to dry it completely. Once it's dry it will feel rough and scratchy: you can restore it to its original supple condition by rubbing a tiny amount of mineral oil into it

Jute rope doesn't wash well and we recommend you not wash it.

MODULE 3

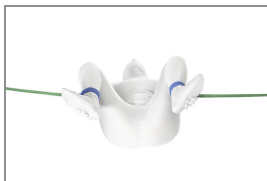
Putting it all Together



The Piledriver

[p. 21](#)

Too deep? That depends who you ask.



Crab Position

[p. 25](#)

Hands down, this is our favorite position for fucking.

CORE SKILLS

One Rope Exercise

[p. 30](#)

A great way to practice fundamental tying and bottoming skills.

THE PILEDRIVER



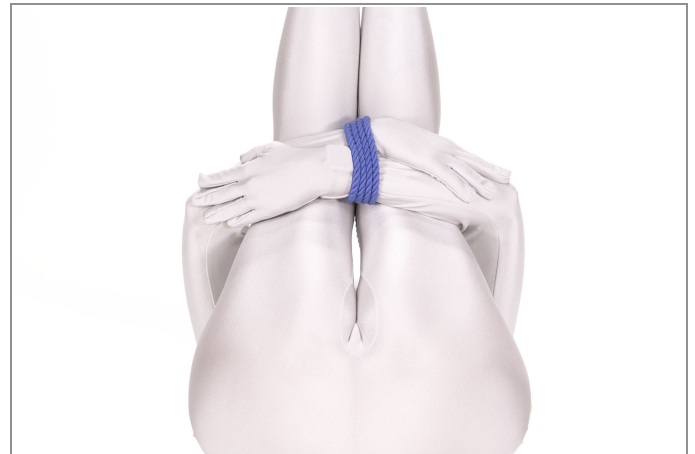
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The piledriver is as simple as a bondage position can be. Tie your partner's ankles together, raise them up in the air, and you're done. It's great for exposure as well as for penetrative sex (though some people may find it leads to uncomfortably deep penetration). We also like it for pain play.

It's also a versatile starting point for all kinds of additional techniques—we've shown a few of our favorites, but we are confident that you'll find new variations of your own.

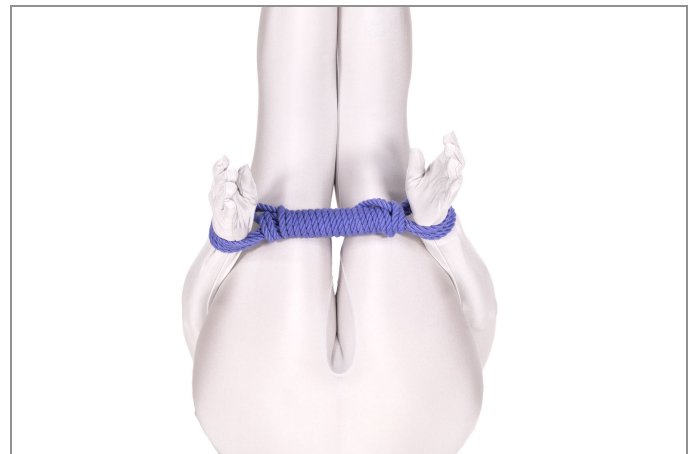
Hands behind knees

The piledriver is much more restrictive if you tie the forearms behind the knees with a [single column tie](#).



Bar tie

Alternatively, you can achieve the same effect with a [bar tie](#). This may be more comfortable for less flexible people.

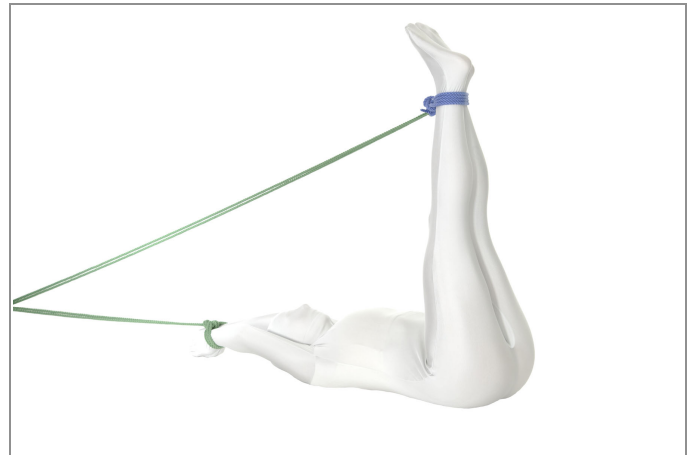


CONTINUED

Tie off the arms and legs

We like to tie the ankles to the headboard of the bed for extra access and exposure.

You'll probably also want to tie off the arms, either to the headboard or to the sides of the bed.



Add a vertical line

If you have a hardpoint and know how to use it safely, you can tie the ankles to it.



Add a chest harness

You can make the piledriver more restrictive by tying the thighs to the chest.

Begin with a chest harness, with the bight in front so your partner isn't lying on the knot. Add a column tie around the legs just above the knees and tie it off to the chest harness.



CONTINUED

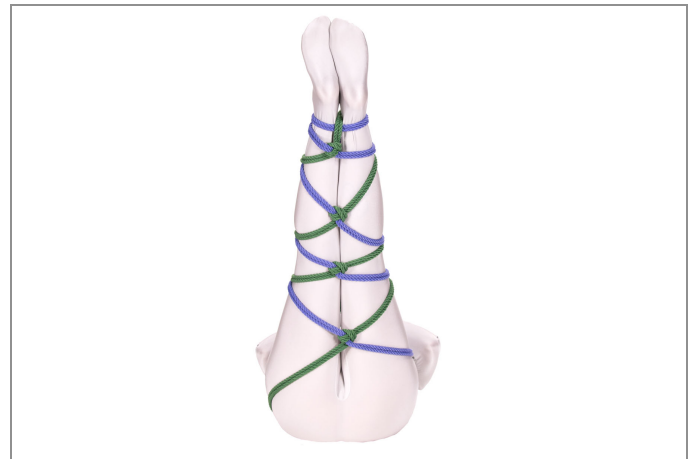
Leg ladders

A good way to make the piledriver more confining is to tie a single column tie around the waist and then tie a ladder all the way up the legs to the ankles.



Spiral wrap

Alternatively, you can bind the legs together using the spiral wrap plus [Munter](#) technique used in the [spiral futomomo](#).



CRAB POSITION



HOW TO TIE IT

We love the crab position for its versatility and because it's a great position for almost any kind of sex. Spread eagle may be classic, but crab is better.



Start by getting into position.

Face up crab is comfortable and exposed but leaves a lot of wiggle room unless you tie off to a bed.



Face down crab gives great access to the ass and is much more immobilizing.

Some people may find this position uncomfortable. It can also be hard to breathe if you're on a soft surface.



Tie the forearms to the lower legs. Crab is usually more comfortable if you tie a little bit above the wrists and ankles. There are lots of options for how to do this: take a look at the next page for some ideas.

HAND POSITIONS

Hands on the inside



This option is exposed and secure without being too strenuous.

As with most of these positions, this is often most comfortable if the hand is able to grasp the foot. Try to place the column tie well above both the ankle and the wrist.

Hands on the outside



Putting the hands on the outside of the ankles makes the position a bit more comfortable and sustainable, at the cost of making it less exposed. This is often a better choice for a face-down crab.

Locking the arm under the knee



Pass the forearm under the calf, so the hand is grasping the outside of the foot and ankle.

This position is typically much more secure. It is quite comfortable for some people and almost impossible to get into for others. It generally only works with face-up crab.

Forearm to thigh



For something less demanding, try attaching the forearm to the thigh with a [square lashing](#).

You can use this technique with the arm on the inside of the thigh, or lash the forearm to the calf.

IDEAS AND VARIATIONS

Tie it off!

Face up crab is fun on its own, but we urge you to tie your partner's ankles to the bedframe.



Use a ladder rung

Depending on your partner's geometry, tying the forearm to the calf with a [ladder rung](#) can make the crab much stricter.



HAPPY BABY VARIANT



We like this crab variant, which is inspired by the happy baby pose in yoga. It uses a simple rope behind the back to pull the thighs apart. It's up to you whether to tie the forearms to the calves or not.



STEP

1

With your partner sitting up, tie a column tie around the right thigh, a few inches above the knee. With a second rope, tie another column tie around the left thigh.

You should have a couple of feet of rope left over.



STEP

2

Pass the tail of the left rope behind your partner's back and through the column tie on their right leg.

Gently pull on the rope to pull the thighs as far back as is comfortable before tying off with a [round turn and two half hitches](#).

ONE ROPE EXERCISE



Exercises for tops

Work on your fundamentals:

- Rope handling
- Tension control
- Pacing
- Building intimacy

Can you tie while blindfolded?

Does a blindfold improve your tying?

Exercises for bottoms

Practice active bottoming:

- Actively co-create intimacy
- Respond to your partner's actions
- Solicit the things you like
- Give feedback (When? How?)

How does a blindfold change the sensation of being tied?

Variations

This is an infinitely adaptable exercise:

- Try standing vs sitting
- Put a single column on the wrists
- Extend your rope and keep going
- Use the spiral wrapping technique
- Roll your partner around
- Unwrap partway and then re-wrap

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.



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.



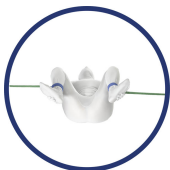
Core Bondage Series

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.

