
Full Suspension for Display and Play

Dynamic Suspension with Tony Buff and Derek da Silva



Safety First!

Do not try this at home without the guidance of an experienced practitioner. Not only will it provide an opportunity for interactive understanding of risk mitigation and guided practical application but will help build strong community relationships and serve to sustain the tradition of mentoring within our community.

- Risk
 - Rope Burns
 - Loss of Circulation
 - Nerve Damage
 - Constriction
 - Dehydration
 - Falling Injuries
 - Medical Emergencies
 - Environmental Emergencies
 - Equipment Failure
 - Emotional/Psychological Issues



Risk Assessment & Risk Mitigation

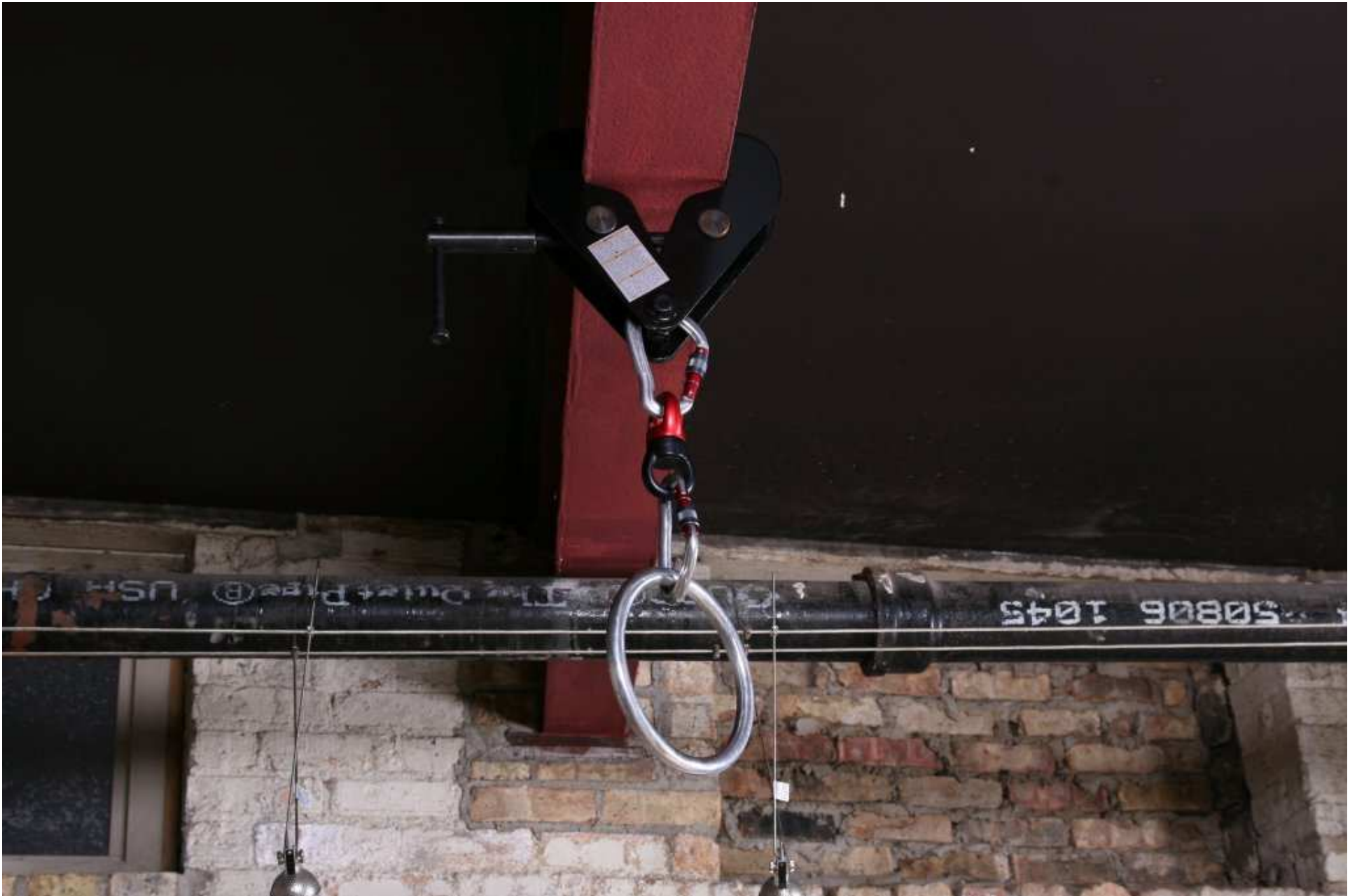
- Considerations

- Psychological State
- Health History
- Recent Injury | Illness
- Rest & Nutritional Intake
- Equipment Serviceability
- Emergency Preparedness
- Environmental Awareness
- Experience

- Mitigations

- Communication
- PAR-Q
- Ability to Adjust Activity
- Food, Water & Rest
- Maintenance
- CPR / First Aid
- EMT Sheers / Marlinspike
- Practice

1. Examine the Suspension Point



2. Secure the Wrists



Find the center bight of a 50 foot length of 8 mm hemp ...

... pass it between the arm and the torso ...



and begin frapping around the wrists.



... Secure the Wrists (Cont'd)



After the third wrap around the wrists ...

... cross the bight over the frapping then tuck back under the wraps ...



... and secure with two opposing half hitches.



3. Frapping the Torso (First Line)



Run the working end over the arms ...

... and around the torso below the areolae ...



... under the standing part of the line.



4. Frapping the Torso (Second Line)



Create a turn at the thoracic spine ...

... and run the working end over the arms and chest ...



... to the bend at the center of the back.



5. Frapping the Torso (Third Line)



Create a second bend through the first ...

... and run the line around the arms and torso ...



... above the lower frapping.



6. Frapping the Torso (Fourth Line)



Create a turn and run the line back around ...

... below the upper frapping ...



... and create another turn at the thoracic spine.



7. Secure the Frapping Lines



Run the working end over and behind the frapping lines ...

... and secure with an opposing half hitch.



Then separate the two lengths of working line.



8. Cinch the Frapping Lines (Right)



Form a bight with the first length and thread it ...

... between the arm and torso over the lower frapping.



Pass the bight back under the lower frapping and cinch tight.



... Cinch the Frapping Lines (Right Cont'd)



Wrap the remainder of the working end up and over the frapping lines.

Secure by passing the working end under one frapping line ...



... and tucking it through the last wrap.



9. Cinch the Frapping Lines (Left)



Form a bight with the second length and thread it around ...

... the lower frapping and cinch tight.



Come up and over all torso lines ...



... Cinch the Frapping Lines (Left Cont'd)



Wrapping the remainder of the working end.

Secure by passing the working end under one frapping line ...



... and tucking it through the last wrap.



10. Attach a Suspension Line



Using an 18 foot length of 8 mm hemp ...

... pass the ends under the frapping lines ...



... on either side of the standing line at the wrists.



... Attach a Suspension Line (Cont'd)



Form a series of three opposing half hitches ...

... with the center bight of the rope ...



... to secure the line to the upper body harness.



11. Create Suspension Line Lever



Run the working end through the suspension ring ...

... then the center bight of the standing part ...



... and back through the ring to form the lever.

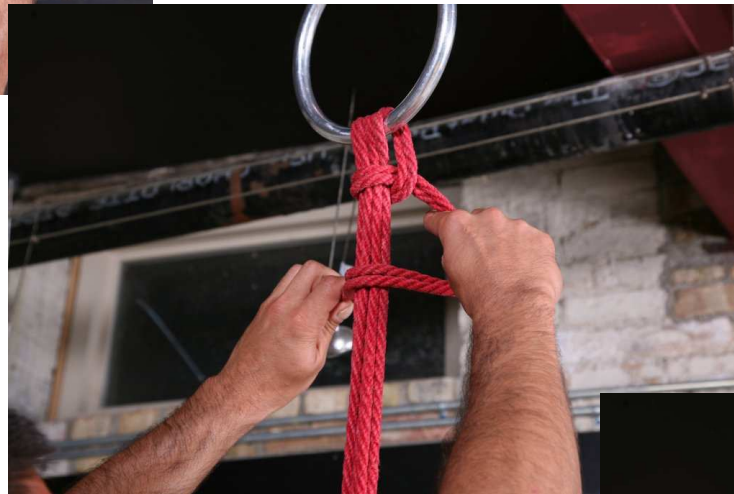


12. Secure the Suspension Line



Pull on the working end to tighten ...

... and secure with a series of ...



...three opposing half hitches.



13. Stirrup Harness (Right)



Using a 36 foot length of 8 mm hemp,
find the center bight ...

... make two wraps around the arch
of the foot ...



... and pass the bight over the
wrapping.



... Stirrup Harness (Right Cont'd)



Create a full turn around the wrappings ...

... and pass behind the ankle.



Cross the bight over the bend ...



... Stirrup Harness (Right Cont'd)



... and under the wraps at the arch.

Secure with a half hitch over the working end ...



... and finish with an opposing half hitch.



14. Stirrup Harness (Left)



Using a 36 foot length of 8 mm hemp, find the center bight ...

... make two wraps around the arch of the foot ...



... and pass the bight over the wrapping.



... Stirrup Harness (Left Cont'd)



Create a full turn around the wrappings and pass behind the ankle.

Cross the bight over the bend and under the wraps at the arch.



Secure with two opposing half hitches.



15. Create Stirrup Harness Lever (Left)



Attach a carabineer to the suspension ring.

Run the working end of the stirrup harness through the carabineer ...



... then the center bight of the standing part ...

... and back through the ring to form the lever.



16. Secure Stirrup Harness Rigging (Left)

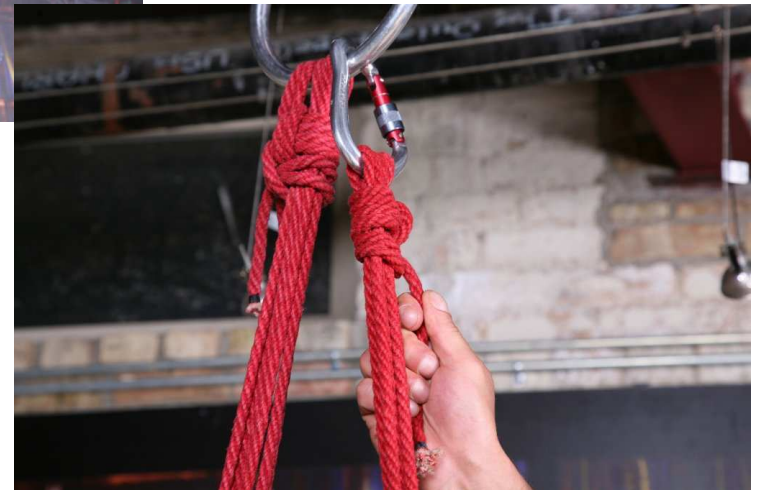


Pull on the working end to tighten ...

... and secure with a series of ...



...three opposing half hitches.

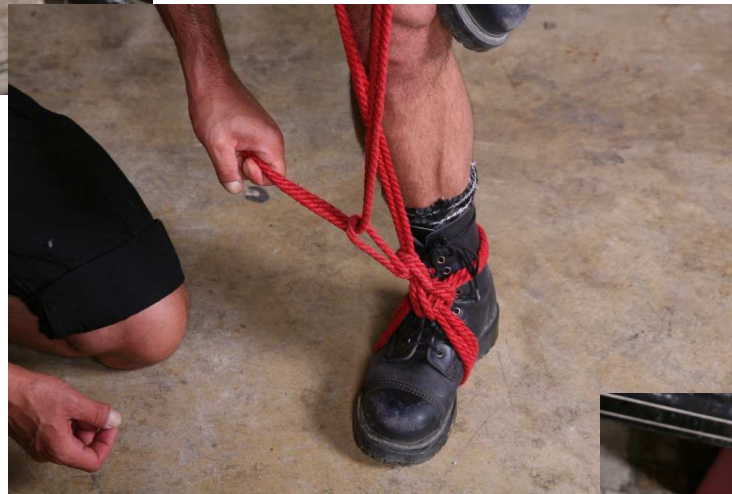


17. Create Stirrup Harness Lever (Right)



Attach a carabiner to the suspension ring.

Run the working end of the stirrup harness through the carabiner ...



... then the center bight of the standing part ...

... and back through the ring to form the lever.



18. Secure Stirrup Harness Rigging (Right)



Pull on the working end to tighten ...

... and secure with a series of ...



...three opposing half hitches.



19. Continually Monitor the Rigging



...

...



...



... as Your sub Manipulates the Rigging



...

...



...



20. Take Care When Releasing the Rigging.



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...



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Thank You!

- Special Thanks

- Derek da Silva (our sub)
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- Max (BondageLesions.com)
- Monk (TwistedMunk.com)
- Midori
- David Yu

- Recommended Reading

- *Erotic Bondage Handbook*
Jay Wiseman, Greenery Press
- *The Seductive Art of Japanese Bondage*
Midori, Greenery Press
- *Handbook of Knots*
Des Pawson, DK Publishing

Don't forget to check out tonyBuff.com.