
Quick Arm Binder

Fast Rope Work with
Tony Buff & 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

Creating a Slip Coil for Speed



Starting with a 30 foot length of 4.5 mm hemp linen ...

Run the line through your hands ...



... to find the center bight.



Creating a Slip Coil for Speed (Cont'd)



Place the center bight over the lead thumb (remember where the bight is).

Begin figure eight coiling over index fingers ...



... the center bight should be the shorter loop ...

... as you continue until the ends are at the deck.



Creating a Slip Coil for Speed (Cont'd)



Grasp the center of the coil.

Working from the end of the coil ...



... Begin frapping turns around the coil.



Creating a Slip Coil for Speed (Cont'd)



Continue, switching hands when necessary until reaching the end.

Secure the line by tucking a bight under the last turn..



Note the center bight is the shorter loop.



Quick Arm Binder



Grab the center bight of the Slip Coil.

Pull out about an arm's length ...



... and place the bight over your wrist.



1. Create a Single Hand Slip Knot



Cross the far end of the line over the near end using third finger ...

... grasp the near end with the third and fourth fingers ...



... and let the bight drop over the line from the wrist.



2. Secure the Right Wrist



Place the slip knot over the sub's wrist.

Twist the secured wrist to the small of the back ...



... and cross the working end over the free upper arm.



3. Secure Left Upper Arm



Grasp the Slip Coil from under the arm and standing line.

Pull the Slip Coil up and over the standing line ...



... and bring the line over the opposite shoulder.



4. Bring Around the Neck



Crossing at the base of the throat ...

... guide the working end of the line ...



... around and across the opposite arm.



5. Secure Right Arm



Reach over the standing end of the line under the arm ...

... to grab the line and pull it through.



Reach under the secured arm and standing line to grab the working end.



6. Turn at the Standing Line



Form a bight that turns under the standing line.

Bring the unsecured wrist to the small of the back ...



... and use your index finger to hook the loose line of the bight.



7. Bind the Wrists Together



Bring the bight around both wrists.

Form a second bight from the loose line ...



... and pass it through the first.



8. Secure the Left Wrist



Create a half twist on the second bight ...

... and pass it over the wrist.



Pull the working end to cinch.



9. Secure the Wrist Binding



Use the working end of the line ...

... to run a frapping between the wrists and secure with a half hitch ...



... around the lines that form the bottom of the diamond.



10. Finish the Tie



Finish with a second half hitch.

The binder is both simple ...



... and effective.



Notes

Thank You!

- Special Thanks
 - Derek da Silva (our sub)
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 - Doug Zero (Photography)
 - The Jackhammer, Chicago (Photo Location)
 - 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.