
One Rope, Two Knots & Three Ties

The Basic Elements of
Rope Bondage 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

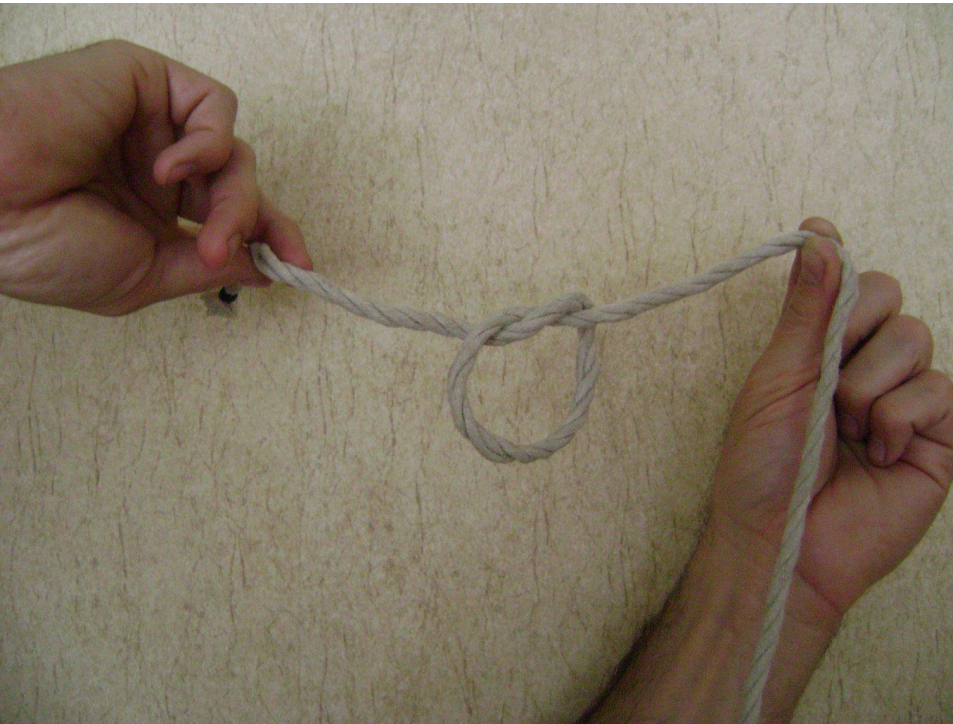
- Rope Burns
- Loss of Circulation
- Nerve Damage
- Constriction
- Dehydration
- Falling Injuries
- Medical Emergencies
- Environmental Emergencies
- Equipment Failure
- Emotional/Psychological Issues



Risk Assessment & Risk Mitigation

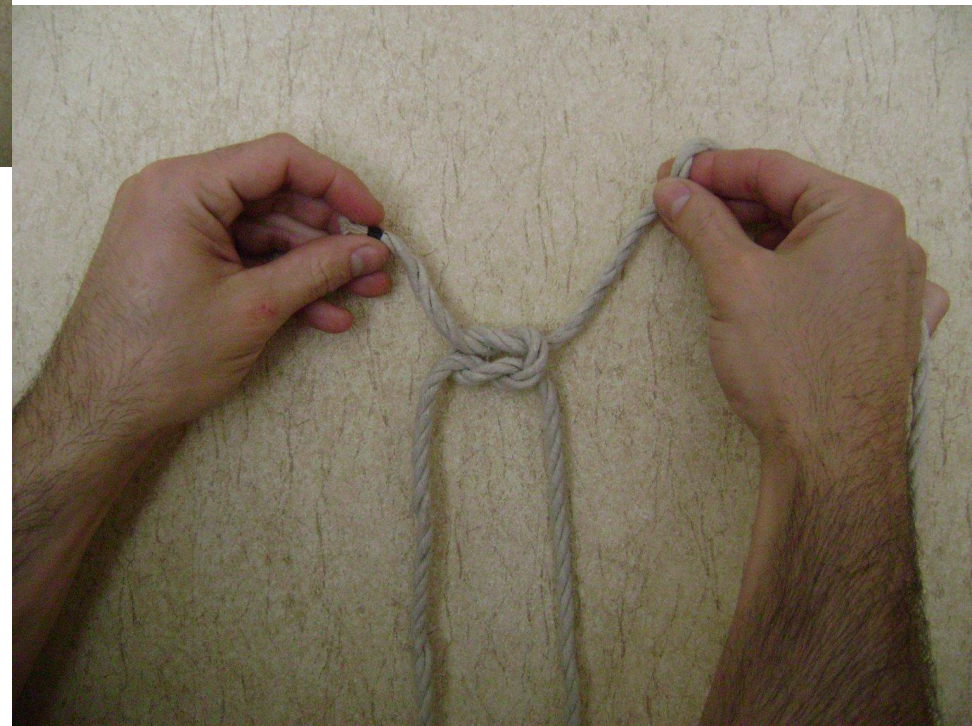
- Considerations
 - Psychological State
 - Health History
 - Recent Injury | Illness
 - Rest & Nutritional Intake
 - Equipment Serviceability
 - Emergency Preparedness
 - Environmental Awareness
 - Experience
- Mitigations
 - Communication
 - PAR-Q
 - Ability to Adjust Activity
 - Food, Water & Rest
 - Maintenance
 - CPR / First Aid
 - EMT Sheers / Marlinspike
 - Practice

Two Knots



Over Hand Knot

Square Knot



1. Limb Cuff



From one end of the rope, find a point at approximately one arm's length ...

... and create a loose Over Hand Knot.



Place the knot over the limb.



... Limb Cuff (Cont'd)



Continue frapping through the knot and around the limb ...

... until you have three or four fraps.



Finish with a Square Knot.



2. Single Column Tie



Find the center bight of your rope ...

... begin frapping around the column...



... until you have several fraps.



... Single Column Tie (Cont'd)



Cross the bight over the frapping...

... then pass it under all the fraps.



Secure with a Square Knot.



... Single Column Tie (Cont'd)



Pass the working end of the line around another object ...

... through the center bight and cinch down.



Secure with a series of opposing Half Hitches around the standing part of the line.



3. Double Column Tie



Find the center bight of your rope ...

... And begin frapping the rope around two columns ...



... until you have several fraps.



... Double Column Tie (Cont'd)



Cross the center bight and working end of the line ...

... pass the center bight and working end around the center of the fraps ...



... between the two columns in opposite directions.



... Double Column Tie (Cont'd)



Secure with a Square Knot.

Pass the line around an object and cinch through the center bight.



Secure with a series of opposing Half Hitches around the standing part of the line.



Examples



Single Column Ties



Two Column Ties



Notes

Notes

Thank You!

- Special Thanks

- JC (our sub)
- Derek da Silva (our switch)
- Tony Buff
(Rigging & Photography)
- DougerZ place in Chicago
(Photo Location)
- Max (BondageLessons.com)
- Monk (TwistedMonk.com)
- Midori

- 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
Tony Buff and Derek da Silva online at
tonyBuff.com & derekdasilva.com*