Shibari Fundamentals I
Basics
simple knots, basic 1 & 2 column ties and tie offs for BDSM 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
Shibari Fundamentals

• I. Basics
  Simple Knots, Basic 1 & 2 Column Ties, and Tie Offs for BDSM

• II. Intermediate
  Exploring Upper and Lower Body Harnesses

• III. Advanced
  Partial/Full Suspension Techniques
Foundations

• Introductory class simplifies rope bondage down to its most basic elements and shows the limitless possibilities in the creative use of few basic ties and knots.

• Intermediate class breaks down even the most complex of ties into a few key pieces like wrapping, frapping, cinching and folds so you can learn to improvise in ways that express your creativity and allow you to address the strengths/limitations of your partner.

• Advanced class builds upon the foundations taught in the previous two, fostering a basic understanding of safety considerations, foundational concepts, fundamental ties and how these elements are brought together to create suspension scenes.

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Our Approach – Improvisation

• Identify the Basic Fundamental Elements
• Add to Your Repertoire
• One-On-One Learning
• Practical Application and Practice
• Innovate and Make it Your Own
• Adapt to Overcome Obstacles
• Pass On the Passion

These classes teach a foundational philosophy of bondage that breaks away from rote ties and instead shows how you can unleash the full potential of Shibari as an expressive erotic art.
Topics for this Class

• Three Simple Knots
• Single Column Tie with Lever Tie Off
• Double Column Tie with Lever Tie Off
• Practical Application
• Other Examples
Three Simple Knots

- Overhand Knot
- Square Knot (aka Reef Knot)
- Half Hitch

Clipart courtesy FCIT. 
http://etc.usf.edu/clipart
Find the center bight of your rope …

… begin frapping around the column…

We’re using a 36-ft Length of 8-mm Hemp.

… until you have several fraps.
... Single Column Tie with Lever Tie Off (Cont’d)

Cross the bight over the frapping…

… then pass it under all the fraps.

Secure with a Square Knot.
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.
Find the center bight of your rope ...

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

We’re using a 36-ft Length of 8-mm Hemp.

... until you have several fraps.
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.
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.
1. Secure the Wrists w/ Two Column Tie

Find the center bight of your rope ...
...
And begin frapping the rope around the wrists until you have several wraps.

We’re using a 36-ft Length of 8-mm Hemp.

Cross the center bight and working end of the line.
... Secure the Wrists w/ Two Column Tie (Cont’d)

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

... between the two columns in opposite directions ...

... Secure with an Overhand Knot ...

... And finish with a Square Knot.
2. Create a Lever Line Tie Off

Pass the working end of the line through the suspension point then through the center bight.

Pass the working end back through the suspension point and secure with a Half Hitch.
Finish with a series of opposing Half Hitches.

Extra rope can be bundled into an additional Half Hitch.
3. Secure Legs w/ Two Column Ties

Find the center bight of your rope ...

... Pass the rope around the thigh and shin of one leg ...

We’re using a 36-ft Length of 8-mm Hemp.

... And begin frapping the rope until you have several wraps.
Cross the center bight and working end of the line ...

... Pass them around the center of the fraps between the columns ...

... And secure with an Over Hand Knot.
... Secure Legs w/ Two Column Ties (Cont’d)

Finish with a Square Knot.

Repeat the process on the opposite leg.

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Other Examples

Single Column Ties

Two Column Ties
Thank You!

• Special Thanks
  – JC (our sub)
  – Derek da Silva (our switch)
  – Tony Buff (Rigging & Photography)
  – The Jackhammer, Chicago (Photo Location)
  – Max (BondageLesions.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*