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HEARTBREAKER

# GUIDE TO ROPE BONDAGE



# GETTING STARTED



## Why Use Ropes?

Bondage rope is a great way for couples to explore dominant or submissive roles during intimacy. It is also a great tool for restraint play because rope can be used to tie wrists and ankles, as well as for more intricate fantasies, such as shibari, the artistic form of using ropes in ties and knots. People find they may like the way that the braided fibers of a rope feel against their skin while they are tied up. Additionally, rope offers better grip, which makes it effective and secure. There are various types of knots that can be done with a rope, contributing to its versatility.

## Types of rope

There are two main types of bondage ropes: natural and synthetic. They each have their unique qualities that may be appealing to you depending on your taste. They offer different strengths, grip, and looks that can come in handy depending on your chosen activity. Natural rope most often consists of three strands twisted together to offer the most strength and grip. Synthetic rope, such as the one that is in this set, is lighter and has tight webbing, which allows for easy and fast tying. Another benefit of synthetic rope is that it is water resistant. This rope set is specifically made of polypropylene, which is machine washable, making it hygienic and ideal for partner play. Synthetic rope is also credited as being durable and strong. It has a smooth finish that feels gentle against the skin.

Once you're finished using this rope, the best way to store it is to loop the strands and leave about a foot of the rope out. Bring the two sides of the rope together at the middle and wrap it around itself. Tuck the loose ends into the middle.

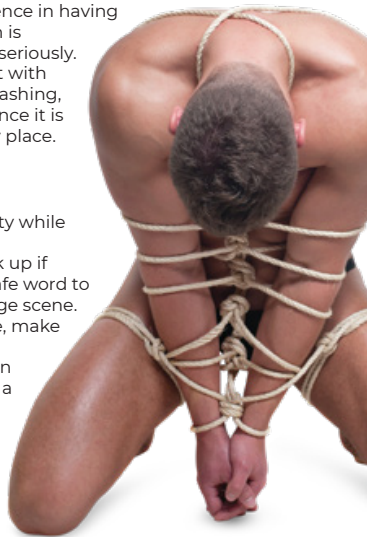
# ROPE CARE & SAFETY

## Rope Care

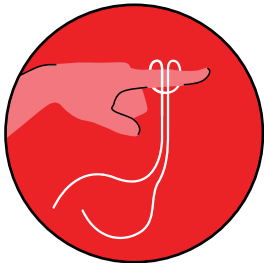
While most rope can withstand a fair amount of use before it must be washed, it is still important to properly maintain your rope. Doing so can make the difference in having a safe and pleasurable experience, which is something that bondage pros take very seriously. To best maintain your rope, hand-wash it with cold water and a mild detergent. After washing, hang your rope to dry for a day or two. Once it is dry, you can store your rope in a cool, dry place.

## Safety

One of the most important rules for safety while using bondage rope is to use plenty of communication. Don't be afraid to speak up if something feels uncomfortable. Use a safe word to make it easy to call for a stop to a bondage scene. To further ensure safety while using rope, make certain that the rope is not too tight by allowing for two fingers of space between the rope and the skin. You can also keep a pair of scissors close by in case quick removal of the rope is needed.



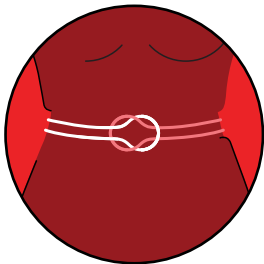
# FUNDAMENTAL KNOTS



## Lark's Head Knot

A Lark's Head is one of the most common knots used within shibari - it is a collapsing knot and should not be used independently, but rather combined with other knots.

1. Fold the rope in half.
2. Take the loose strands and thread them through the centre of the loop.
3. Pull the ends of the rope through.



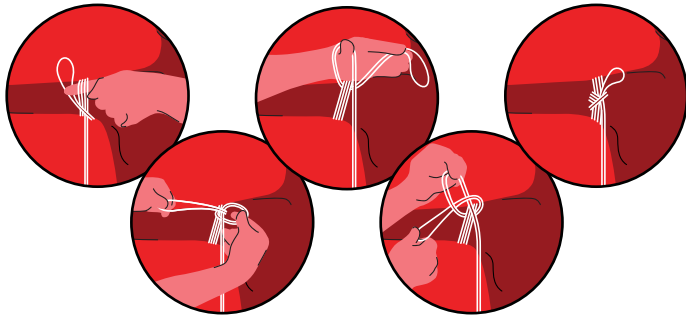
## Surgeon's Knot

This is a common knot used for securing two ropes or objects, and is key in many shibari combinations. It is not only fast, but simple, and extra loops prevent it from slipping.

1. Cross two strands right over left twice and make a loop.
2. Repeat the above step, but with the left strand over the right.
3. Tighten to complete knot. Pull the sides to loosen.

# BURLINGTON BOWLINE

The Burlington Bowline is one of the fastest and most stable knots. This kind of knot uses reverse tension to create a neat triangular pattern for a firm hold.

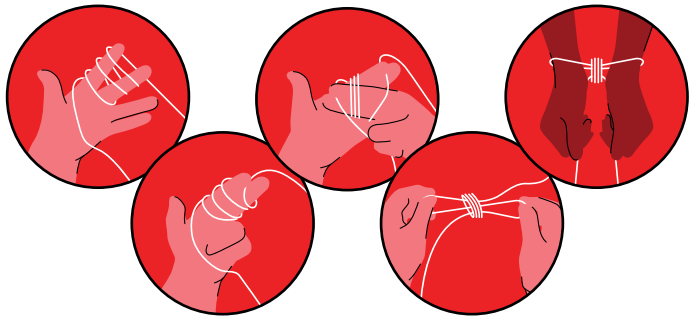


1. Start by folding a rope in half, then wrap it around your partner twice, leaving about a hand's width of rope on the outside of the loop.
2. Lay the loop over the top strands, and hook it under the bottom strands.

3. Make a loose loop with the tail of the rope, and hook it back through the previous loop
4. Flip the loop to the other side, and run your fingers underneath the strands of the cuff.
5. Hook the bight (the centre of the rope) and pull it under and through all the other strands.

# MULTI-LOOP CUFFS

The Multi-Loop Cuff restraint is easy to learn, with a quick release for safety. It makes for a great first bondage restraint for those who might be nervous about tying their partner up.

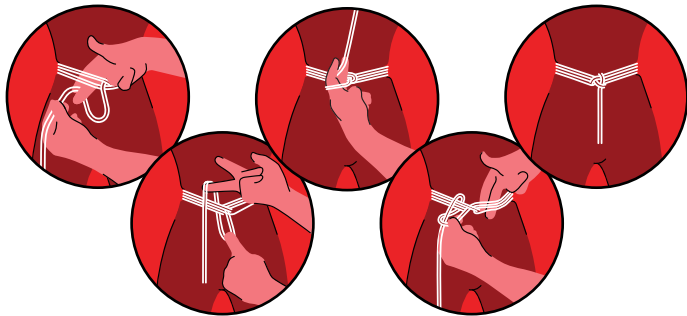


1. Wrap the middle of the rope around two of your fingers three or four times.
2. Gently reach through and pull on one of the tail ends with two fingers.
3. With your other hand, do the same for the other tail end.

4. Pull the ends of the string through slowly, and the middle will begin to tighten.
5. Adjust the rope to give your partner an even amount of tension and place it around your partner's wrists.
6. Tie a standard knot to tighten. Pull the tail ends in opposite directions to loosen and release.

# HALF-HITCH

A Half-Hitch Knot is used to make a single wrap of rope around an object or your partner's body. It creates an attractive triangular pattern and can be used to either lock off a part of your tie or end it.

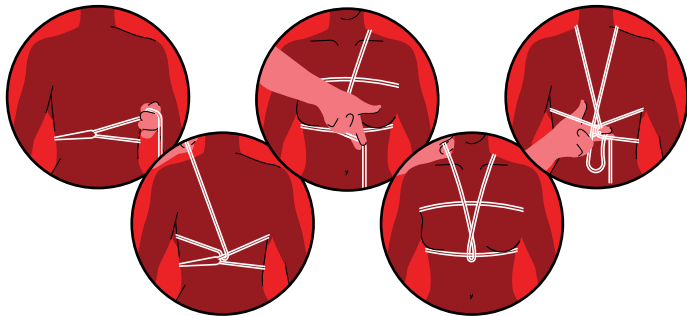


1. Make a Lark's Head knot around your partner or object.
2. Pull the tail through most of the strap, but leave a small loop untucked.
3. Reach through the loop and pull the end of the tail through it.

4. Ensure that all four strands are even and tight.
5. Loosen the top loop, then tighten the other sections underneath.
6. Tighten the knot by pulling the tail.

# MUNENAWA

Munenawa is a basic chest harness, and once you learn to tie it, you can vary it in many different ways depending on your needs and those of your partner.



**1.** Wrap a half-folded rope around your partner's chest with a simple Lark's Head knot.

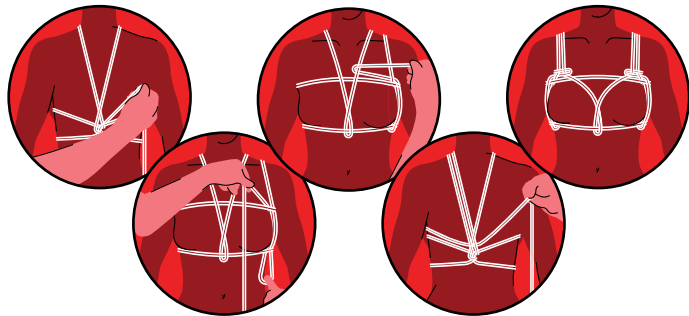
**2.** Reverse the rope and run it underneath their arm, across the upper chest, and back under the opposite arm to the centre of the back.

**3.** Hook the tail beneath the top strand on the right.

**4.** Bring the rope over the shoulder, then cross it over the chest and run it under and then over the two strands in the middle.

**5.** Hook your fingers under the bottom strand of the rope and pull it through, then pull the rope back over the opposite shoulder.

**6.** Run the rope under the top left strand.



**7.** With the cross-section of the ropes and the tail in your hand, loop the tail through once, leaving a small loop at the top of the knot untucked.

**8.** Bring the tail back through the loop, and pull it tight.

**9.** Run one end of the rope over the shoulder and underneath both strands.

**10.** Pull the tail back under the line you just laid.

**11.** Wrap it around the central strand.

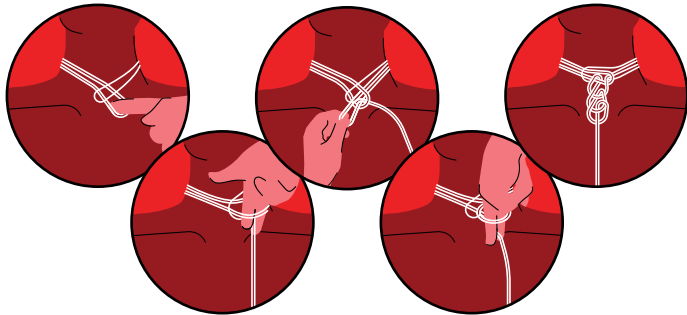
**12.** Wrap the tail around the back, underneath the cross section.

**13.** Repeat on the other side

**14.** Tie a Half-Hitch to finish the knot.

# LEASH KNOT

This knot can be used to lead your partner around on a leash. It is extremely important to understand the steps before attempting this on your partner as it can be dangerous if done incorrectly.



1. Take a half-folded rope and wrap it carefully around your partner's neck.
2. With the remaining loop, grab the tail and pull a small loop through.
3. Turn the tail around and run it in the opposite direction.
4. Pull a small loop through the previous loop again.

5. Reach through that opening, and pull another small loop.
6. Repeat steps 4 & 5 above twice more.
7. When you finish the last loop, pull the tail all the way through.
8. Take your time to arrange and tighten the loops to comfortable pressure.



## Warning:

Please ensure to properly research and prepare before attempting any rope bondage. Both partners should be in full consensual agreement. Ensure all safety measures are taken to prevent injuries from improper rope use.

