

-separate the ends and run them in opposite directions around the wrapping turns  
-finish with square or granny

## Sources

This pamphlet has borrowed liberally from Jay Wisemans fabulous Erotic Bondage Handbook. The pictures are taken from [www.seacadets.co.uk/resources](http://www.seacadets.co.uk/resources) and [www.troop7.org/Knots](http://www.troop7.org/Knots)

## Resources

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# Knotty Fun



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*books, sex, health...*

## Safety

A few reminders before we get to the fun stuff - ensure that knots don't end up on pulse points, that you're not using rope thinner than 1/4" in diameter and that someone is monitoring the circulation of the person being tied up. And most importantly, remember to talk about boundaries, come up with a safeword, and have a pair of crash scissors handy in case things go wrong. For more information, you may want to pick up our BDSM 101 pamphlet.

## Definitions

**bight:** a bend in the rope.

**working end:** the end of the rope that you move to make the knot.

**standing end:** the end of the rope that stays still while you move the working end around it.

**post:** for the purposes of this pamphlet, we're imagining that you're tying someone to some kind of post, be it bed post or support post. But really, you can tie anyone to whatever you want.

## Knots

### Reef (Square)

- left over right and under
- right over left and under



### Granny

- left over right and under
- left over right and under



Figure 8

- bight the rope, with at least 6" on working end
- take working end, pass it in front of standing end, then behind standing end, then through the loop

### Larks Head

- bight the rope at the midpoint
- hang the bight over your finger
- pull loose ends through loop



### Single Limb Bondage

#### Wrap, Tie & Tuck

- wrap the rope around the limb at least three times to distribute the pressure
- tie a square or granny knot
- to tuck: thread the ends in opposite directions under the wrapping turns on the limb

#### Tucked Larks Head

- drop a larks head over the limb to be bound
- tuck the ends as above
- finish with a square, granny or double figure 8

#### Split Larks Head

- drop a larks head around the limb to be bound
- separate the tails and wrap them in opposite directions around the limb
- finish with a granny knot
- tuck the ends

## Finishing Knots

### Finishing Larks Head

- loop both working ends over the post
- bring the working ends around the standing ends
- finish with square or granny knot

### Draw Hitch

- bight the ends of your rope
- draw the bight behind the post
- bight the working end
- draw the second bight through the first, pull standing end to tighten
- bight the working end
- draw the third bight through the second bight and pull on the standing end to tighten

### Double Limb Bondage

#### Wrap, Turn & Tie

- wrap rope around both limbs, starting with the midpoint over the space between the limbs
- bring the ends together between the limbs, twist them 90°
- run the ends in opposite directions around the wrapping turns
- finish with square or granny

#### Continuing Larks Head

- wrap larks head around limbs, with arch centred between limbs
- reverse direction of working ends and wrap them around the limbs until you have enough left for 1 more turn
- turn the working ends parallel to the limbs, and thread the ends through the loop made when you reversed the direction of the rope in step 2