

## SELF BONDAGE BALL TIE



**This self bondage system is composed of 6 parts:**

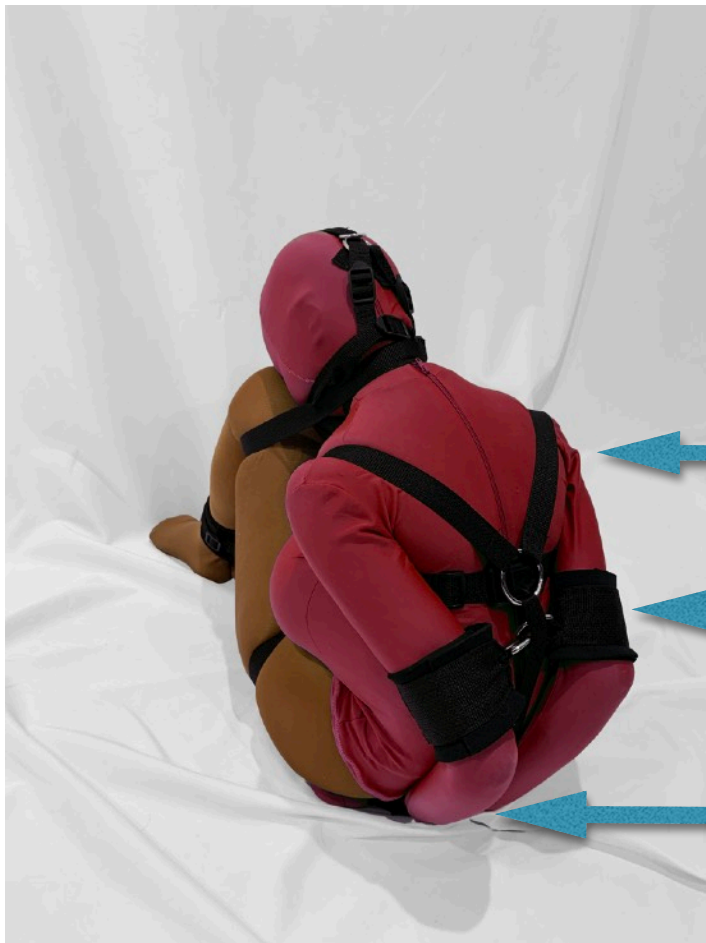
- Neck Strap
- Thigh Strap
- Ankle Strap
- Yoking Strap
- Elbow Cuffs
- Wrist Loop



**Neck Strap**

**Thigh Strap**

**Ankle Strap**



**Yoking Strap**

**Elbow Cuffs**

**Wrist Loop**

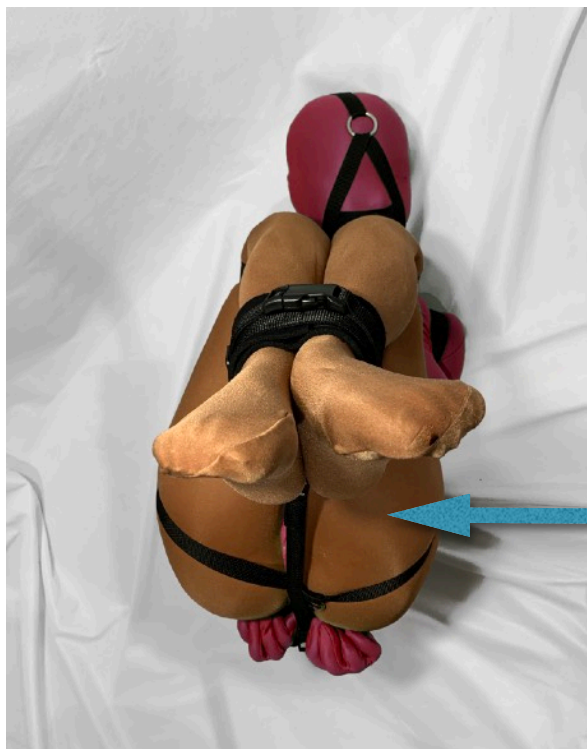
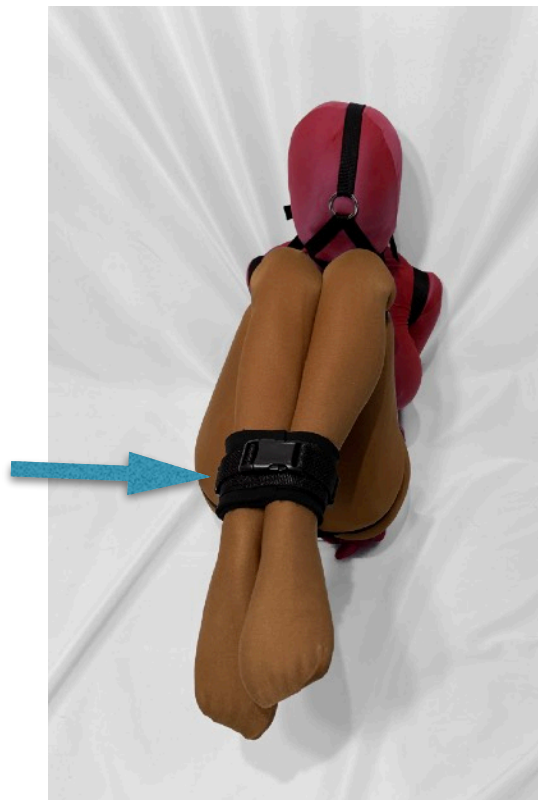
**Begin by putting the items on in this order:**

1. Ankle Strap
2. Thigh Strap (this strap has a d-ring and a tension lock buckle at the center)
3. Yoking Strap (this strap has an o-ring at the center of it)
4. Padded Elbow Cuffs

### **1. Ankle Strap**

Face the buckle towards the front of the ankles as shown here.

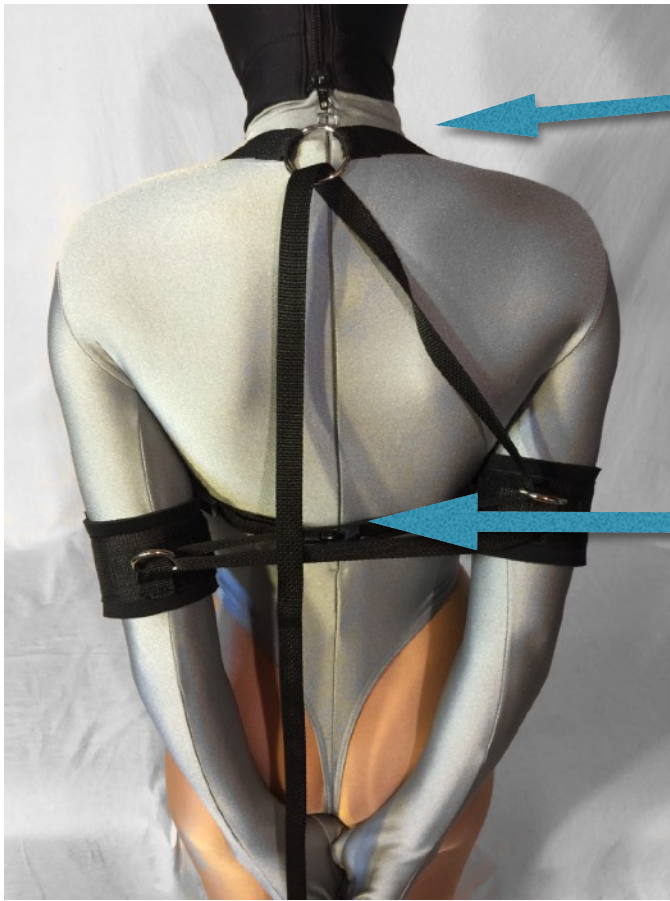
\*Thread the cinching strap of the wrist loop through this in advance, so it will be ready for you later.



### **2. Thigh Strap**

Buckle the strap on with the tension lock buckle where the arrow is. You can move this strap higher or lower on the thighs based on preference.

The long strap hanging off one of the elbow cuffs will eventually be threaded through this tension lock buckle.



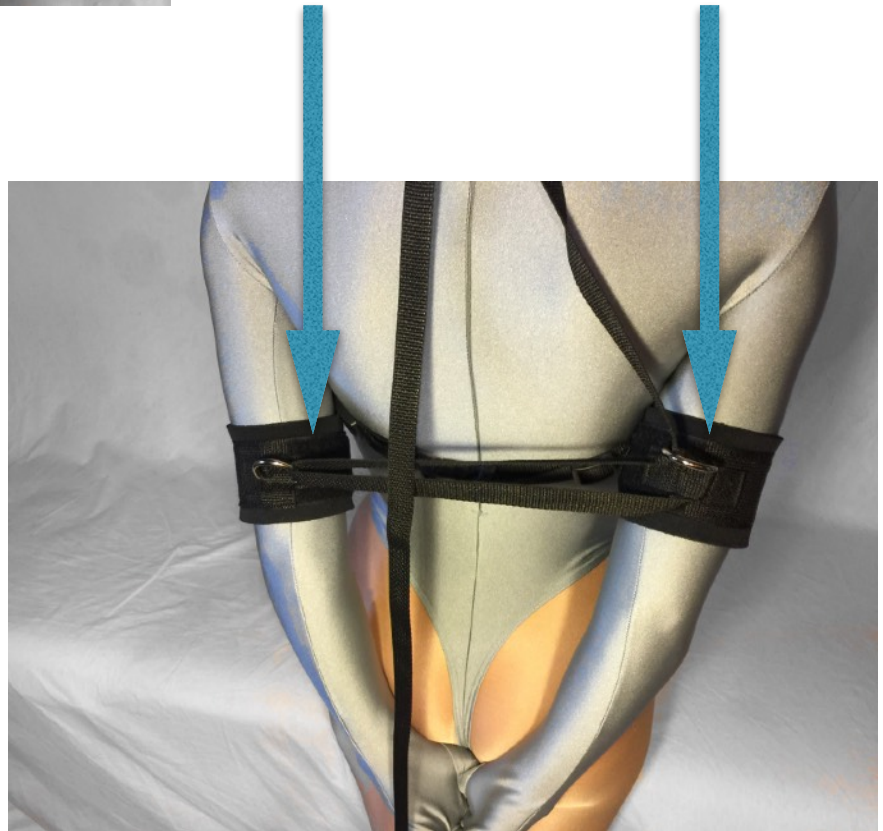
### 3. Yoking Strap

Start by buckling on the yoking strap. The yoking strap is a long strap with a ring at the center of it. The ring will be placed at the base of the neck, and the straps go around the shoulders and buckle at the rear.

**Wrap around shoulders and buckle here.**

### 4. Elbow Cuffs

You will also need to strap on the elbow cuffs.



One of the elbow cuffs will have a long strap coming off of it. This strap will need to be passed through the rings in the manner shown here.





Now, when the hanging strap is pulled, the elbows will be drawn together. This hanging strap is one of the straps that will create the hogtie.



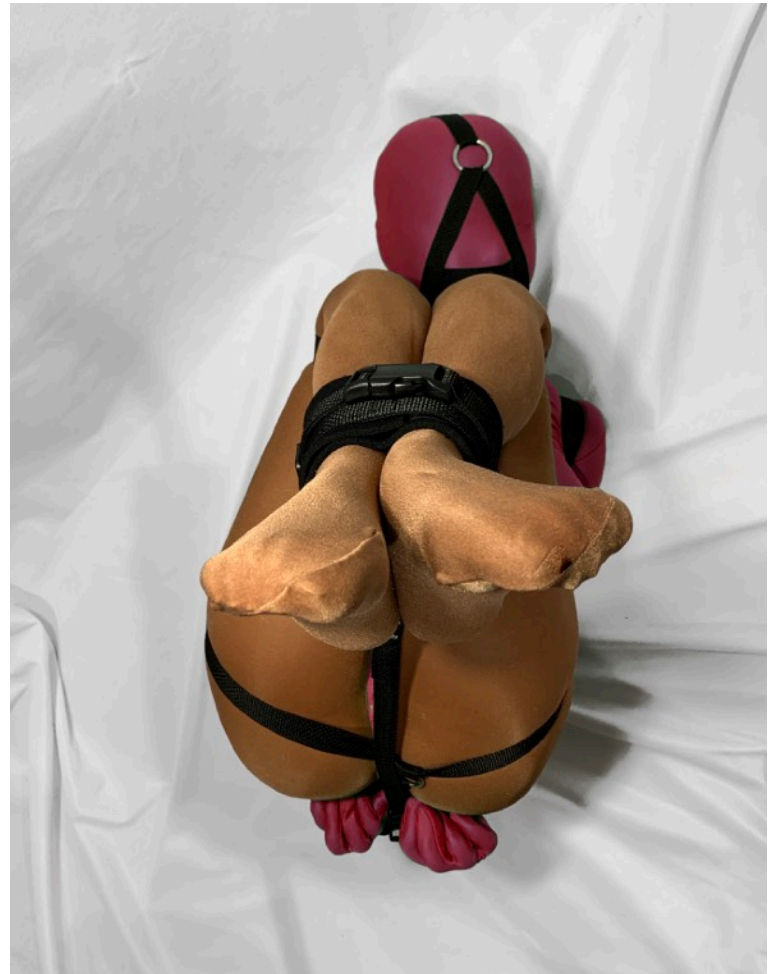
## 5. Neck Strap

Put the middle of the neck strap at the base of your neck and then buckle it beneath your knees. It is best to have had it already sized in advance, that way you won't have to tighten it while in that position. You will want to pull your head as close to your knees as is comfortable.

\*Make sure that your wrist loop is sitting close by. The cinching strap of it should already be threaded through the ankle strap.

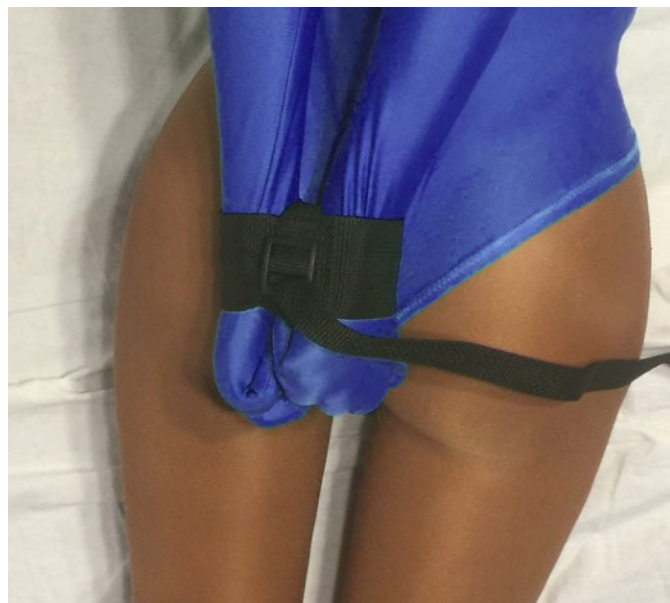
## 6. Tighten the elbow cuffs

Take the long strap that you have threaded through the elbow cuffs and pull it through the tension lock buckle at the thigh strap. As you take out all the slack, this will force the elbows to pull together.



## 7. Wrist Loop

Slip your hands through the wrist loop, as is shown here. Pulling on the long end of the strap coming off of the ankles will tighten the cinching strap, and will both tightly bind the hands, as well as pull the ankles closer to the wrists.



**You should now find yourself tightly ball tied!**

**HAVE FUN STRUGGLING!**

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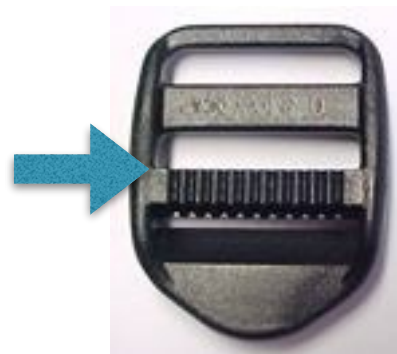
## TO ESCAPE

To escape you will need to reverse the direction of the webbing for the tension locks so that the restraints can get looser. To do so you will need to flip “up” the lip of the tension lock buckles while simultaneously pulling on the strap. This is how you will loosen the wrist loop as well as the hogtie strap.

I recommend practicing with the tension lock buckles to understand how they work, and also to try out the wrist loop with the hands in front to start off.

\*This system is equipped with the easy reach wrist loop, so the wrists can be freed easily by flipping up the tension lock buckle right by the wrists.

LIP



\*\*It is always recommended that self bondage be engaged in with others present