

I am your rope...

This is who I am...

Ropes are always a popular choice when you want your bondage fix. Ropes are a traditional bondage tool to use when the dominant partner wants to control the submissive partner and it's the fantasy and thrill of being bound and tied up by ropes during intercourse that can be so sexually intoxicating.

The appeal of ropes is actually also visual so when choosing which one you may want to try, consider the colours, textures and thickness of different ropes and how they will compliment the submissive's skin.

Choose a rope that is soft rather than scratchy, so it doesn't mark or scratch the skin. Braided rope is also easier on the skin than twisted rope, and is less likely to cause rope burn.

Types of Rope to use:

Acrylic (nylon) is a good rope to use for bondage. It is strong, unties easily and is generally comfortable. The ends unravel very easy if not heat sealed with a flame. Braided nylon is smoother and causes less irritation to the skin than the twisted strand rope.

Cotton rope is soft and is considered to be a good rope for bondage. Most cotton rope has a rolled centred core which makes it solid and strong, but one can also purchase cotton rope without a centre core, so the rope lies flat against the skin. The draw back with cotton rope is that knots are hard to untie and it does not wear well.

Silk rope to the touch feels a lot like acrylic rope and in practice acts a lot like hemp rope. It is stiff, scratchy and has very little "give" to it. It also unravels very easily, so the ends need to be treated to avoid the braiding unraveling. It has the potential to cut into the skin, leaving rope marks and burns if tied too tightly. The alternate option is to purchase a silk imitation rope that has a flat core. It has the necessary flexibility within the fibres for restrictive bondage, without causing too much damage to the skin.

Hemp or Jute rope is a traditional rope used in bondage. It is stiff and rough when new. It is scratchy with an uncomfortable feel and is also harder to untie. It will become softer after being washed several times. This rope also tightens when wet and is not good for suspension because it will rot.

Climbing rope is expensive and too thick for practical uses except for the support of a suspension device. It also cuts into a person's skin, as it has no "give". This should never be used on the body!



Your ropes can be of different colours or have the ends dyed different colors to show lengths. It is also helpful to have the center marked for quick and even folding.

This is how you use me...

Bondage is about taking control if you are a dominant and losing control or letting go of control if you are a submissive (slave). Bondage can render a feeling of helplessness to the tied participant.

For many this feeling of helplessness and knowing the other party can do as they will to their body is a huge turn on. For some it is an emotional release that is very calming and restful while some struggle against the binding to feel the loss of control.

Bondage is a very useful tool that a dominant should learn. It is not necessary to learn the complicated and time consuming Japanese rope bondage techniques to do a competent job of restricting your submissive. Japanese rope bondage often takes hours because it is a process of building on layer after layer of ropes. Good results can often be achieved with a basic knowledge of ropes, a few knots, safety precautions and a good imagination.

Also good general bondage can be done with the use of leather wrist and ankle cuffs. It's much quicker and can be just as secure as ropes. It also takes less skill and is safer for beginners.

Bondage can be used for erotic stimulation, punishment, discipline training, or humiliation. It provides a real life example to the submissive of his/ her dominant's ownership of his/her body, time and space. The submissive is completely at the mercy of the dominant while bound and remains so until the bondage is released.

Don't use ropes that are too long in length. It is hard as the dominant having to thread 30m of rope in bondage play and it becomes boring for the submissive waiting for the scene of being bound to start. The dominant also looks clumsy and inexperienced and brings to mind the image of a kitten playing with a big ball of string!

Rather cut your rope into workable lengths that are easy to thread and use. Popular lengths are 10m, 7,5m, 5m and 3m. The longer of these lengths can be used as anchor ropes on the body or karados, while the shorter lengths can be used to secure limbs together or to the body.

Bondage for restraint:

- **Bondage for pleasure and discipline training** - Generally, this type of bondage should be very restrictive in nature. The less movement available to the slave, the better.

- **Bondage for punishment** - This type of bondage should be less restrictive. The submissive should be placed in a position that, over time, becomes increasingly more uncomfortable. Also, boredom is a useful element to incorporate into this type of bondage. For example, tying an un-blindfolded submissive to a pole or beam while standing and leaving the legs untied provides a very limited means of movement, but will get very uncomfortable over time. Not having a blindfold will also make it harder for the submissive to drift off into their thoughts and ignore the punishment. Time is an important element of this punishment. Being bound, bored, alone and uncomfortable is a good teaching tool.
- **Restrictive bondage** is done in one of two ways:
 - **Symmetrical bondage** - A simple example of symmetric bondage is tying the submissive's hands together and the feet together. This is symmetric in that both sides of the body and the limbs are tied in the same way. Symmetric bondage is the best way to allow a submissive to be calm and at peace while drifting into subspace. If meditation is your goal, then use symmetric bondage.
 - **Asymmetrical bondage** is usually more difficult for the submissive. It is less peaceful and harder to adjust to. It is also a good punishment tool. An example of asymmetrical bondage is tying one arm behind the back, one arm above the head, one leg straight and one leg bent.

Often blindfolds, gags, butt plugs and other toys are used in combination with bondage. Before using intense bondage with an inexperienced submissive, it is often necessary to do some training bondage first. This can include light bondage and bondage for short periods of time.



Different ways to bind a submissive:

- limit movement but don't completely immobilize i.e. use handcuffs, ankle cuffs.
- binding body limbs to each other or to the torso i.e. tie legs together or arms to body.
- spreading parts of the body apart using a device i.e. tie legs apart to a bed post or spreader bar. A submissive can be standing or lying down with this type of bondage.
- using special bondage furniture or other regular furniture to tie the body to i.e. using chairs or a St. Andrew's cross.

- suspension bondage - suspending the body in the air by attaching the ropes to eyehooks in the ceiling or a bondage frame.
- wrapping the body with saran wrap or cling film. This is often called mummification or cocooning.
- vacuum pumps that remove air from a container and restricts the submissive's movement.
- verbal/ mental bondage - the submissive is told to not move and can't until the order is rescinded.

This is how you clean me...

There is always the possibility that bodily fluids will be transferred onto your ropes. Your ropes should therefore be thoroughly disinfected after each and every "play" session to avoid the transfer of AIDS and Hepatitis. You should also try and avoid using your rope on more than one person at a time.

The best way to clean your rope is to place them in a pillow slip, tie an elastic band around the entrance of the pillow slip so that your rope can't fall out. Place this pillow slip in your washing machine (along with the necessary washing detergent), and machine wash at 30 degrees. To make your ropes softer for the skin, add a little fabric softener to the wash load.

Once the wash cycle is complete, hang your rope in direct sunlight to air dry.

Have fun! Play safe!



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