

Rigger_MorTis' Shibari Daigaku Forward

This was my class handout for my "Shibari 101" and my "Shibari Daigaku" 2 day classes. It is not a hands-on how-to informational, but an education supplement ... and yes it 25 pages of useful information you should know before you tie someone up!

This handout has been also known as (AKA): "The Snowbound handout".
"The CRAM (site) compilation", "MorTis' Shibari 101 Handout", and "Rope Bondage made easy By MorTis".

NOTE: This handout has been updated and modified from the original (v1.02.1)

Anything you use from this PDF, you are using at you own risk!

Please use common sense; don't do something stupid and hurt someone! Rope bondage can be very dangerous, and knowing a little can get you in trouble... also experienced riggers make it look way easier and safer then it actually is! So please educate yourself, and take things slow. If you break you bottom, they will not want to play with you anymore!

Always seek advice of more experienced people when you have question and concerns, especially for safety and medical issues. And it always better to learn from experienced riggers hands-on when possible! Please educator yourself, someone life is in your hands!

Basically all this information came from the CRAM (Chicago Rope And Mummification) website I originally made from all the combined information and knowledge from everything I learned from all over the world for a decade; on-line, by e-mail, in person or at classes at general BDSM events. Unfortunately I can not take the credit for coming up always any of this information, I just gathered it, sorted it, organize it and simplified it to make it useful and easiest to use. So on that know, I have to thank people for sharing their knowledge with me over the years...

Some of these would be: Tammad the Savage (R.I.P. - for making the first American info website with actually information on it that sparked shibari for a lot of us!), Jimmy Tatu (for making the AdultRopeArts yahoo group), Numinous (coined the boola-boola and taught it), Jay Wisemen (educational and medical writer), Lynn Grant (my local reverse engineer), Randai Mai (Japanese how-to photo books), Lou Rewbens, DOV, Bill Andrews, Rope Angel (R.I.P.), Sir C, Viking, Brigitte (lee) Harrington, Lochai, Taipan, Araki, and literally 100's of other people from all over the world who helped educate us!

If it was not for all of these people, there would have been no "MorTis", or ability for me to travel and educate, thus no CRAM, and therefor no ShibariCon, and probably no real life Shibari community, or at least no where as we know them now. The American Shibari community was literally a community built by a community! ...they all just let me take a lot of credit for it! :)

Enjoy,
Rigger_MorTis.

Rigger_MorTis'

Shibari Daigaku

AKA: "The Snowbound handout". "MorTis' Shibari 101 weekend"
And "Rope Bondage made easy By MorTis"

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Shibari, is a modern version of the classic Japanese martial art. It is visually pleasing as well as extremely functional at the same time! It also has the general misconception of being complex, hard to do, time consuming, and too technical! But none of this is true! And this class will prove that too you!

Friday night

- 9-10pm Introductions and layout of weekend

Saturday

- 10:00-10:15: Introductions
 - 10:15-10:30: History of bondage
 - 10:30-11:00: Psychology of bondage
 - 11:00-11:30: Rope Safety and Medical Information
 - 11:30-11:45: Rope information and care
 - 11:45-12:00: Basic concepts of Japanese bondage
- Noon-1pm Lunch**
- 1:00-2:00: Basic knots
 - 2:00-5:00: Techniques of Ties - Static and semi-suspension
 - 5:00-6:00: Trouble shooting, Q&A session.

Sunday

- 11:00-12:00: Review and problem solving
- 12:00-1:00: Pre-suspension information
- 1:00-3:00: Full suspension
- 3:00-4:00: Tricks and fun stuff
Q&A time

Email: MorTis@RiggerMorTis.com

Websites: CRAM (Chicago Rope And Mummification) www.bdsm-chicago.com

ShibariCon: Education rope bondage conference info at www.Shibaricon.com

Photography site: www.RiggerMorTis.com

History of Japanese Bondage

I am by far not an expert on history, and there is very little documentation on this subject in any form or language. Even the documentation on the original form of this art, Hojojutsu is almost nonexistent. The modern hojojutsu masters in Japan, and US, as well as the national historians of Japan state they just do not exist. So if someone tells you they have a secret scrolls of the samurai, it just a plain old lie. Also modern Japanese is a totally different language, then historic samurai clan languages (which were local languages, and also encoded with special secret clan writing) so if they did, no one could even read them now. So you have to take that a lot of the speculated and unproven history of this topic with a grain of salt. There is not one right way to do anything, as long as everyone is safe and happy it is all-good!

Western vs. Eastern Bondage

There is generally two classifications of rope bondage; Western and Japanese styles. There are really a lot more classifications and individual style in each of these, because art and techniques used very greatly between individuals rope artist.

Each was originally created for different purposes, and both evolved from different uses. Western bondage was created as a form of torture and inhumane imprisonment in mid-evil Europe. Such as painful binding or torture devices like the rack etc.

Japanese style was a “more” humane form of imprisonment because they did not have physical prisons generally. Japan being an island, that was very resource poor, did not have much metal. So they would use rope for imprisonment. It could also be used for interrogation and punishment too. There are many styles of each of these bondage forms in the modern day.

The only technical different between the two is, western style *tends* to use a single strand of rope, where as the Japanese style *tends* to use rope doubled up. But there is always exceptions to this. Modern western bondage *tends* to be used mostly for restraint for other activities, where Japanese bondage *tends* to be used for sexual humiliation, as it's the main focus.

Bondage in Japan

Hojojutsu:

Originally kinbaku-bi started out as a form of incarceration in Japan in the 1400-1700's. At that time, the local police and samurai used it as a form of imprisonment. There were no (or few) jails and prisons in Japan, and very little metal resources. But they had lots of fibers to make rope with. So rope was what they had to use to keep prisoner immobile. This came out or created part of the martial art called hojojutsu and a couple

others martial arts. Even today, police in Japan still carry a bundle of rope in the trucks of police cars incase they need it. Some other countries like Singapore and china still actively use rope for incarceration and transport of prisoners, especially for public display and executions.

Fiction writers romanticized the laws of the Samurai, like Cheverly (*ok, that was kind of real, but only for nobles to other nobles*), way after the fact. Now in reality samurai did not follow these rules, samurai were actually what we would call mercenaries and usually worked for who would pay them the most. But there is what was fictionalized.

4 laws of Samurai Hojojutsu:

1. Do not let the prisoner escape his bonds
2. Do not cause any physical or mental damage to the prisoner.
3. Do not allow anyone outside the clan see your clan's techniques.
4. To be Artistic about the design, it was the trademark of the clan.

The most common practices for torture and interrogation were the follow, and were taught in this order, by level and educational difficulty...

1. Flogging
2. Weight endurance: Kneeling on angled ground and weighting down with stones.
3. Long term lotus position tie. (legs crossed, head to knees, arms behind back)
4. Semi- and full Suspension. Arm behind back tied up, or fully suspension with stone weights

Also there was a Japanese pony used. I am not sure if this was an official used, but semi-suspend on a wooden pony, which put full body weight on the genitals.

Now a major problem with this, is modern rope artist then to think these rules were real, which is a HUGE mistake! And it turns out Hojojutsu was actually designed to hurt and cause possible permanent nerve damage compression at pressure point if the captive tried to escape out of the rope. So using traditional style hojojutsu techniques can be very dangerous, and you have to be VERY careful with this. Why try to do work around to prevent this from happening.

Kinbaku-bi:

In the 1800's a new form of erotic Hojojutsu evolved. This was called Kinbaku-bi, which means "The Art of Erotic Bondage". I do not think there is any real documentation that states how this evolution happened. But it did. And I personally believe it's like how police tend to be kinky and use their handcuffs during sex, why wouldn't a cop back then do that same. ==B) I also have a personal belief that there has been some Hindu (Indian) yoga/karma sutra influenced that came over when the Hindi brought Buddhism into Japan through china and spawned Japanese Buddhism and Shintoism, but I have no proof of this! It could just be a coincidence. They both happened around the same time and have similar techniques, but it's a nice little theory of mine. ==B)

But there are scrolls dated back as far as the 1200's that depict hojojutsu being used for sexual and BDSM purposes by samurai and political rulers.

Photo books and magazines:

There have been photography books that showed and featured kinbaku-bi since the 1920's in Japan. Which I think is amazing because this was 50 years, a half of a century before bondage magazines and photography got popular in the west. I wish I could get my hands on some of them. This helped fuel the fire of kinbaku in Japan, where it is an expected part of life for many. In the 1970's there was a huge growth of these types of books in Japan, which is referred to as the "golden age" of rope bondage photography in Japan. I have heard this was influenced from the bondage magazines that come out in the 1970's in the US help created that golden age.

The Internet:

In the late 1980's and early '90s when the Internet became more public, it was easier to get images of Japanese rope bondage.

Eventually Web sites that popped up about the subject in the mid-late 90's, and unfortunately one had incorrect information on subject, and called Japanese rope bondage "Shibari", Shibari is the Japanese word for "tie" or "bind", but has nothing to do with rope bondage, per se. It mostly was a term used in engineering for binding metal or for weaving cloth. If you went up to someone on the street and said the word "tie" to someone, they would just be confused. Talking to a Japanese person and saying "Shibari" would be the same thing, unless they were into rope bondage, so it basically what I like to call an "industry term".

Shibari in America:

With the influences of the Internet, Shibari has spread like wildfire through the US in BDSM communities, at least the concept, if not the practice. With a new generation and style coming out of American Rope Artist, or "Riggers". Since the late 1990's BDSM and alternative sexuality events have had instructors teaching one-off Shibari classes. Local bondage groups started up in the late 90's and early 2000's have popped up to educate on the subject. Such as CRAM in Chicago www.bdsm-chicago.com, which eventually became ShibariCon. As of 2004 the first a national Japanese rope bondage educational conference was created, www.Shibaricon.com which is a great success and has helped create a stronger Shibari educational based community. Personally I consider Shibari in America to be the 3rd generation of Hojojutsu/Kinbaku-Bi art forms. It has evolved and changed into something more modern and new.

Modern Shibari in Japan:

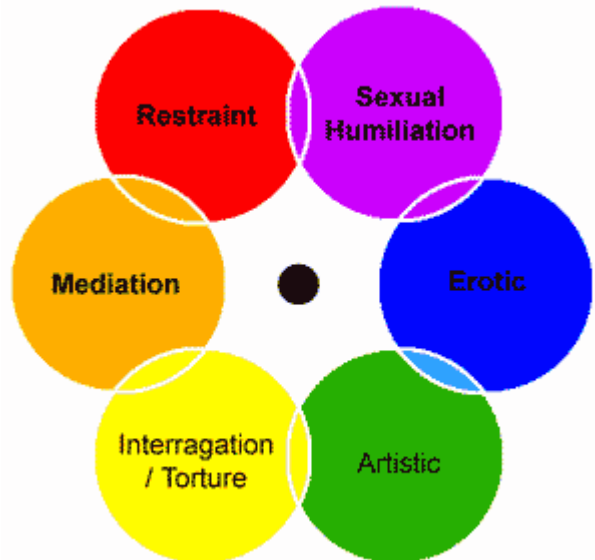
In Japan, the Japanese riggers usually call Japanese rope bondage just "bondage", it's amusing that Westerns tend to use ethnic words for Japanese rope bondage techniques when they do it themselves. Generally this is done to make it more mystical and ethnical, I prefer not to do that. In Japan they call "shinju's" (which means pearls) just a "chest harness" or "Rope Bra" and such etc. But lately I have heard rumors that the Japanese riggers are starting to use the Americanized "Japanese" terms for what they are doing now. So I think that is very interesting that it's doing a full 360 & feeding back into the original community that created it. *A lot of people in Japan are actually starting to call kinbaku-bi, Shibari there now!*

Schools of Bondage

Schools (or classifications) of Shibari

I have heard 100's of different activities people do with bondage, and I wanted to more clearly categorize them. I came up with 6 major schools that I could classify into these major schools. Now, an activity could be in more than one school at the same time, and you can use more than one school in the same session. There may be more, but these are what I have come up with.

1. Artistic (*for art, photography, etc*)
2. Torture/Interrogation (*hojostu*)
3. Erotic Bondage
(*Kinbaku-bi, this would include sex*)
4. Sexual humiliation (*kinbaku-bi, seen most in Japanese photography*)
5. Restraint (*hojostu, Most commonly seen in Western bondage photography*)
6. Mediation



Mythology, Spirituality, and Modern Feminism of Rope Bondage in Japan

In Japanese mythology, there is an ancient saying that “*binding the body, frees the sole.*”

This was taken from a publish article, and is from a Japanese point of view of BDSM in Japan. So please replace any female reference with any other appropriate sexual term....

“Unlike other cultures, Japanese women find it acceptable to be humiliated and bound for carnal pleasures. We can analyze this attitude from a mental and cultural point of view. Japanese women, just like the Nawashi, think binding a woman frees her soul. How is this possible? In Japan, it is said and believed that bondage, submission and humiliation frees a woman. To understand this contradiction, you must remember that the Japanese are a very hardworking people, life is short, and all Japanese live stressful lives. Shibari is used as a tool to break free from stress and the daily routine of a simple, normal woman. In addition to this, we can analyze the importance of Shibari in relation to the attitude of the modern woman in Japan. At present, there are no more Geishas left. Feminism and equality of the sexes in Japan is standard practice though it still lags the rest of the developed world. Many women know deep inside that it is not good to abandon traditional roles and that is why, when these women find a good Nawashi, they let themselves be punished by him. The Nawashi in Japan say that the best Dorei’s or M-jo are proud women with great self-esteem, because when they are bound and humiliated, they free their egotistical selves and are left with their biological truth.

At present, Shibari and Nawakesho (ropes as a cosmetic tool) exist. I believe that Shibari is one of the best erotic tools and an endless source of sexual pleasure for both men and women. The Nawashi finds bondage and humiliation empowering. The Dorei experiences an enjoyable torture, since the Nawashi can make her writhe with pleasure, bringing her to orgasm. I personally recommend the practice of this art form when used with knowledge, wisdom and respect.”

Spirituality: Shibari is and can be a very spiritual, intimate and erotic art form and can add to almost anyone’s lifestyle. You can add any rituals into it, or use it in any of your rituals you already have!

Sociology of Rope Bondage

(paraphrased from a Stanford study on bondage.

This is the only published psychological study on bondage know in the world

**at the time I wrote this*.)*

Study in the US to show how many people have tried bondage in their lives, and these were the percentages they got:

90% of Americans have fantasies of bondage.

50% of Americans tried bondage in their life.

25% of Americans do occasionally use bondage in their sex lives.

10% of Americans do bondage through their lives.

2% of Americans live in a BDSM lifestyle.

Now my guess is that the percentages are actually a lot higher then this, because most people would be afraid to admit or afraid to tell the whole truth when asked about this

topic. So why are so many people afraid to talk about bondage in general, and as a sexual release, when so many do it?

Watching almost any action movie, TV show, you will often see people tied up, restrained, tortured, or handcuffed. Usually not in a sexually scene, but occasionally. And unfortunately usually in a negative way.

But if so many people have tried bondage in their lives at least once, why are they so afraid to talk about it? My guess is because generally Caucasian/Westerners are so sexually repressed and so ashamed to talk about any kind of sexuality, talking about something that is considered "alternative sexually" is even harder to do! I relate this to talking about masturbation. Virtually everyone does it, but almost no one will talk about it or admit it! Which going by the conservative numbers above, I wouldn't consider bondage an "alternative sexuality", I would consider it normal and natural! Just like Masturbation or D&S.

Psychology of Rope Bondage

Now there are three questions I have come up with when dealing with psychology involved with doing bondage...

The first, **What does bottom/top receive from it?**
Secondly, **Why do they need/want that?** and
Third, **Where does it take them?**

Generally there are many different reasons for everyone to enjoy bondage, there is no right or wrong as long as all parties are happy and getting what they need from it and also what they want from it! But there are several reasons why people do enjoy bondage, from both points of view. Some of them include what is listed below, but I am sure there are more then what I could come up with...

Control: Probably the most important key of bondage. For most giving up/receiving, or losing/taking control is the main reason for loving / needing bondage! All the rest generally have something to do with this in some degree or form, but do not have to be the only reason.

Meditation: being bound for some can put the bottoming into sub space, or into a meditative state.

Stress Release: Giving up control can relieve a lot of normal daily stress.

Restraint: For use with other play.

Artistic: It just plain looks kool.

<???

Rope selections

Now when dealing with rope bondage, one of the most important things is to figure out what kind of rope you want to use! (duh!) Now almost any kind of rope can be used for static bondage. Nylon and cotton are the most commonly used in the US. Cotton, Hemp and Jute are the most common used in Japanese bondage photos. The only thing you want to stay away from is rope that is hard (like normal plastic), or rope that is cored (meaning it has one material on the outside, and is plastic center in it – Clothes Line).

General Rope Information and care.

Almost any kind of rope can be used for bondage. But you want to feel it first, and stay away from rope that is hard (like normal plastic), or rope that is cored (meaning it has one material on the outside, and is plastic center in it).

Rope Properties: Material, woven style (braided or twisted), strength, length, size (diameter), tooth, and finishing. For more info go to the CRAM site.

The qualities that make up the most important properties of selecting rope is...

Material: Rope can be made out of almost any kind of natural or synthetic fibers. Every fiber has its own characteristics.

Braiding: How is the rope braided, full braid, or twisted

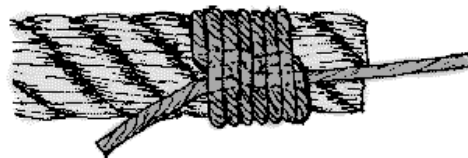
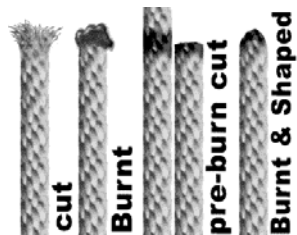
Length: How long is the rope you want to use? Can be anywhere from 3ft to 100ft or greater.

Size (diameter): How large / wide is the rope. (i.e. 1/4", 5/16", 3/8" or 4mm, 6mm, or 8mm etc.)

Strength: How much weight the rope can hold under a load. For static bondage, this is not a very important factor, but for suspension bondage this is a very important factor!

Tooth: How the surface of the rope feels, how well the surface helps the rope keep knots, fraction level.

Finishing the ends: When Cutting rope, you have to make sure the ropes end will not unravel.



Types of Rope

Cordage: rope, twine, or thread has always been an essential part of man's tool kit. These have been made of both animal and plant fibers, and now, synthetic fibers and wire are used as well. Examples of animal fiber cordage would include sinew for sewing, the Mexican braided rawhide reata, and the twisted horsehair hackamore. Probably every long-fiber plant known to man has been used at some time or other in history to make cordage. To judge the significance of rope, it should be noted that the maritime economies of Europe would never have come into existence without it and the New World would, in all likelihood, would never have been discovered and settled by Europeans. Without rope, the pyramids might never have been built, mountains may never have been climbed and there would be no shibari.

Different Ropes for Different Folks

Here, I will discuss the various types and give my opinions of them. Owing to human diversity, I don't expect everyone to agree with me or my reasoning. Hey, what makes the world go round anyway?

Rope for shibari can be classed as either natural fiber or synthetic fiber and is further divided as being made by twisting or by braiding. Braided rope is made by braiding fine yarns of fibers over a core. The core can be of the same material as the shell or can be completely different, for example, nylon is often braided over a cotton core. Twisted rope is made by spinning fibers into yarn, usually with a right-hand twist. Multiple yarns, usually three, are then twisted or set into strands using a left hand twist. Multiple strands, usually three again, are then twisted or laid into rope using a right hand twist again. The twists in opposing directions create torque which is what holds the rope together. To determine the handedness of the twist, hold the rope in a line away from your body. If the twists or spirals of the rope recede to the right, you are looking at a right-hand or Z twist, if they recede to the left, you are looking at a left-hand or S twist. The latter is less common, by far, than the former and to my eye, simply looks "wrong." Twisted rope is preferable for shibari in a couple of ways: most knots are designed so that the natural friction of the twists working against each other helps in their setting and stability. Twisted rope also leaves beautiful ligature marks on a subbie's skin after the bindings have been removed—a lovely reminder of a happy time.

Synthetic Fibers

The main synthetic fibers would be polypropylene, stuff that floats and is used for things like water-ski tow ropes: nylon; rayon; and the compounds used for climbing rope. Synthetic ropes have, as a class, certain advantages as well as disadvantages. On the positive side, they are very stable. They tend to be waterproof and will wash well. On the negative side, they can produce significant rope-burn very easily when moved quickly over the skin.

MFP (Muti - Filament Polypropylene), don't confuse this with other type of rope that are not suitable for shibari use! I personally use this type of rope for most to of my shibari work. Its easy to keep clean, and comes in dozen of colors if you order from rainbowrope.com

Climbing rope, always braided, can be made out of several different materials, including kevlar.

Rayon can be twisted or braided and is usually used for sailing as halyards and sheets. It is very stable, has a nice texture and is very expensive.

Nylon can be twisted or braided and is very stretchy. The most commonly available types, what you would find packaged in the hardware store, are not nearly as strong as one might expect. Nylon is very slippery and doesn't always hold knots well. In humid weather, it seems to have a moist feel to it, making it rather distasteful to me. Braided line uses a core which is not always of the same material as the surface braid. When the materials are incomparable, washing or exposure to water or humidity can and will substantially alter the characteristics of the rope.

Natural Fibers

Some of them are truly nasty and are totally inappropriate for bondage. Stability varies greatly between the fibers and, of those suitable for bondage, their resistance to moisture is such that I regard them as un-washable

A word here on washability: I don't advocate washing rope and feel that caution and personal hygiene are the answers to the problem. *According to Jay Wiseman (Jay Wiseman's Erotic Bondage Handbook, Greenery Press, Emeryville, CA; 2000, p 116) there are no known cases of anything being transmitted to anyone through rope. Even in light of the "harshness" of the rope I use, I've never had an instance where I've caused skin to break even slightly, so for me, it's never really been an issue.*

Manila

Manila is made from the leaf stems of the abaca plant, a member of the banana family. The fibers vary in length from 4 to 15 feet and are classified as hard. This is very stable and strong rope. $S=2D^2/300$ tonnes for new, top quality rope. Typically, manilla is treated with petrochemicals to inhibit mildew and has a smell like diesel fuel. This rope is totally unsuitable for bondage, the chief disadvantage is the possibility of infection from fiber splinters that break off and become embedded in the skin.

Sisal

Sisal is made from either of two fibers from tropical plants, cesarean and henequen. These fibers are shorter than manila but have the same drawbacks and are classified as hard. If the breaking strain of Manila is given as 100, sisalana=80 and henequen=65. Again, unsuitable for bondage.

Coir

Mentioned for curiosity value, coir is made from the fiber of coconut husks, is very light and floats. The rope is very rough and stretchy with a breaking strain of about 25% of manila.

Cotton

In Japan, cotton is used for static bondage (no suspension). It comes as twist or braid and is often dyed red, or, occasionally, other colors. Cotton has a very low strength index and is best used for decorative work. I've seen some lovely twist in hardware and tack stores but it's usually too large for bondage.

Hemp

Hemp is a soft fiber that grows in many parts of the world, It is very absorbent and was usually tarred for use as standing rigging in old, square-rigged ships. The strength index of hemp is 100, identical with that of manila. This is a common rope for shibari in Japan. There is little or no danger of fibers breaking off in the skin and the feel is not uncomfortable at all. Hemp will stand up to repeated wettings but it shrinks at least 10% when wet and may not expand fully unless stretched.

Jute

Another soft fiber. It is nowhere near as abrasive or uncomfortable as it looks. The fiber is from the east Indian linden plant and has a pleasant licorice smell. It is processed with small amounts of creosote which some people may find unpleasant or irritating though, in my experience irritation is exceedingly rare. I know some subbies who, after being tied a few times who can go into headspace just smelling the rope. Jute is definitely not water-friendly since wetting expands the fibers and weakens the line. I have no idea what the strength index is though it is the most commonly (as I have recently been told) used rope for bondage and suspension in Japan. The trick is to inspect the rope and make sure it's not fraying and to replace it before that starts to happen. Old rope can be used for static bondage, of course, where strength is not critical. Knots set well in jute but remain easy to untie.

Selecting Your Rope: Size

As any woman will tell you, size does not matter. *grin* The general rule with rope is that the larger the contact area is, the more comfortable the bondage will be for the captive. Whether you desire comfort or discomfort will depend on the goals of your particular scene.

For all practical purposes, there are only three sizes of rope that work well for binding people. String, twine and most clothesline are too small to be used safely. They are so narrow that they can dig deeply into the flesh, easily pinching off circulation, and in cases of strenuous struggling, can even break or cut the skin.

1/4 inch (6mm) is the most "authentic" size. This is the size rope that you'll see in most Japanese Rope Bondage photos, where it's usually doubled for extra strain relief. It bites a bit more than the larger sizes, and provides that wonderful sensation of being tightly held, but isn't small enough to damage. For captives with petite builds, the narrow rope nicely compliments their natural shape.

5/16-3/8 inch (8mm) is a good size for general rope bondage and larger builds, and is sometimes seen in Japanese Rope Bondage photographs. While just as secure as 1/4 inch, it is more comfortable for the captive, and tends to be easier for the Top to work with. This size rope is my recommendation when one or both partners are just starting to experiment with rope bondage. This size is also available in the greatest variety of colors and weaves.

1/2 inch (12mm) rope is very comfortable and very bold looking. This is big rope. It looks especially good when used to bind big strong men, and is also good when binding a woman with very delicate skin. The main disadvantage of using rope this thick is that the knots are more difficult to tie, and even simple knots like a square knot are very bulky -- often as large as your fist. This makes it rather uncomfortable to lie down on the knots. You do not see this sized used often.

ROPE CARE

CLEANING / WASHING ROPE

Now when working with rope, rope can get dirty really fast, rope is like a little kid, it will piece up anything it can touch!. So it best to make sure the area your doing your bondage is clean, and make sure the rope is clean at all times. Because whatever get embedded into the rope, will be embedded into your victim when you tie them up. Rope loves to snag on things, especially glass fragments, paper clips, jewelry, shoes and boots, etc.

Checking rope before use

The easiest way to do this, which also works with Shibari well, is doubling up the rope. Take the 2 ends of the rope (the Tails) in one hand. Take your main hand, spilt the 2 tails between 3 of your fingers of your off hand (Finger / rope / finger / rope / finger). Then pull the rope threw till you get to the middle (the bite). Now what does is make sure you can feel all the rope before you use it, it will make sure it is nice and clean, there are no imperfections in the rope, and it is ready to be used on your rope bottom.

Washing rope

MFP, Cotton, Nylon etc. The easiest way to clean these types is to do a chain stitch to it, throw it into a pillow case and tie a knot to keep the pillow case closed. By doing this, you can then put the pillowcase with up to 200 to 250 ft of rope into the washer. Set it on cold to warm (remember MFP doesn't like heat), and use crystal bleach to clean it. (Do not use liquid bleach or detergent, it leaves a weird coating on the rope), and wash it like you do your clothes. Then hang it to air dry, which should only take 8 to 48 hours

depending on the rope. This work with most common American rope, such as cotton and nylon also.

Hemp / jute / sisal etc which are plant fiber based type of rope, putting them in a washing machine is generally not a very good idea. The best way to clean those types of rope is to boil them in a pot of hot water, air dry under pressure and then oiling them with mink oil or Vaseline once done. You should not boil plant fiber rope more then a couple times a year. You can use lemon juice as a disinfectant, but never use chemicals.

Storing

Storing rope is very important, because 98% of the time most likely you wont be using your rope. So you want to make sure it is stored properly so when you want to use it, it has not been damaged. You always want to keep rope in a dry area, so that it won't mold, and out of direct sunlight so it won't warp, and don't place other equipment on top of your rope so it wont get compressed or damaged. I normally store my **MFP, Nylon and Cotton** based rope chain stitched in a bag, or hanging from a rack. **Plant fiber based rope** which are twisted rope, you want to do a over-arm coil with a twist or figure 8 coil with a twist, to keep the rope tight and from untwisting.

Rope Safety and Medical Information

MorTis' 6 rules of bondage safety

(but there can be a lot more)

1. Communication: The most important rule of all. Always keep communication open! Make sure you always know what is going on with your Victim. If you do not communicate you will for sure have problems. Every tie is different and works different on every victim so communication is key to learn and progress with your bondage play!

2. ALWAYS have a pair [as in 2 (two)] of EMT shears with you at all times. They only cost between \$3-\$7 and easy to find, I get mine from www.rainbowrope.com. You can get EMT shears from medical stores or pharmacies, Rope or SHARP shears from mountain climbing supply or hardware stores. Also



Hook knives are great for cutting rope and slicing off mummification materials. Never do any kind of bondage without having safety equipment on you. It can save a life! **And NEVER use a normal knife.** You can accidentally stab someone with a knife, which I

3. NEVER put Rope going across the front of the neck. And personally I never put it going across the back of the neck either. Also always make sure the rope is not able to slide up from the chest or back because it will end up on the neck. If rope ends up putting pressure against the neck, it can cause serious problems. The arteries can be constricted and cut off oxygen to the brain. The larynx can be crushed causing serious breathing problems. And rope on the back of the neck can put unwanted pressure on the vertebrae in the spine.

4. Never cover both the mouth and nose at the same time (mainly for mummification or head bondage).

5. NEVER leave someone who is in bondage alone.

(STATs: Jay Wiseman has collected stories for years and analyzes them. For example, he has investigated bondage-related fatalities (not just someone coincidentally having a heart attack while tied up, but deaths resulting from the bondage) and discovered that in 99.9% of the cases, the tied person was alone when they died. Either because they were doing self-bondage, or because the top left the room. So one of the first rules is: Never leave your partner unattended! Many other serious injuries result from falls, either because suspension equipment failed, or the tied person was standing or walking and lost their balance)

6. Patience. Remember to keep your cool. Either if it is learning what works with tying up your victim or figuring out what works best. It is possible that rearranging the rope as little as a ¼' can turn hell into heaven with a tie. Or if there is an emergency, always keep your head and assess the situation. If there is a problem, can you just untie them? Or should you cut them out?

PHYSICAL ROPE SAFETY:

Now this is some common problems (but not all the possible problems) that come along with rope bondage or bondage in general. I am not a doctor, or health expert, so if you need more insight or info, please consult a health/medical professional.

PHYSIOLOGY CHANGE

It is very common to have someone's body go through changes while in bondage. The mind works differently, thus the body starts working different also. Both the top and bottom have to expect this.

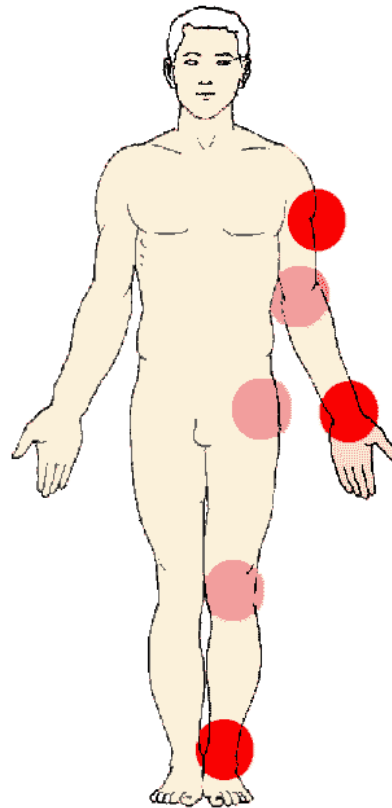
CIRCULATION CUT OFF (Numbness)

The most common problems with rope bondage is blood circulation being cut off. This most likely happens with the wrists, upper arms (you can feel a divot in the muscles on the outer upper arm) and ankles. Rope can easily cut off the blood supply to the limbs, hands and feet by pinching the veins / arteries. At first, this will make the finger or toes start to tingle and feel like tons of little needle pricks. This tells the person that blood is being cut off to the area. If not relieved, the area will go numb. Now damage is not actually being done at this point, **it is NOT an emergency**. It will take at least several hours for damage to actually happen even as much as 8 or more, so do not freak out when this happens. As long as a person can move their fingers and toes freely they should be fine.

If there is a circulation problem - just fix what is causing it, rearrange the rope or change the position of the limb. Some rope bottoms even like having numb limbs while bound so for them it is not a problem at all. Mostly what happens when blood circulation is cut off, is less oxygen is being given to the cells, and less waste (nitrogen) is being removed from the cells. But when circulation is regained, things will turn back to normal shortly. *Note: In hospitals, the common practice is to flip patients over every 4 hours, to make sure if they do not have damage numb limbs or get bed sores.*

NERVE COMPRESSION (limpness)

Now nerve compression is a way more serious issue than blood circulation problems. **Nerve compression can happen faster than circulation problems, even instantly! It can leave temporary, semi-permanently or even permanent damage!** This is



Most Common places for circulation and compression problems

caused by the rope crushing the nerves that are between a bone and close to the surface of the skin. This happens most commonly in the upper arms just below the shoulders in the divot, wrists and ankles just like Circulation cut off ... but can happen anywhere and is totally different with every individual!

The feeling from nerve compression will vary from it feeling similar to going numb from circulation problems **BUT will NOT be able to move their fingers or toes**, too a serious drilling pain (and not a good pain)! Your victim will know if they are feeling a nerve crushing pain, but if they are going numb, the best thing to do is make sure they can move the hands and feet on their own frequently. **If they can not do that, there is a problem and remove them from the rope immediately!**

*(STATs: Jay Wiseman says he could find almost no examples of permanent injury resulting from circulation restriction. The rules about testing hands for color or temperature are worthless. He says the only real sign of rope being too tight is pain. You can have numb hands for a long time with no problems resulting. Most people don't like the feeling of numb hands and it can bring a bottom out of headspace. So it's good to be able to spot them. I also find that if the bottom is playing with their fingers, that's typically a signal that they're going numb. There are two ways to get a numb limb: compress a nerve or compress an artery. It appears that cutting off the blood supply to a *nerve* isn't harmful unless it is done repeatedly. A very interesting article I stumbled upon (<http://www.madsci.org/posts/archives/dec96/850996021.Ns.r.html>) states that about 15 minutes after a nerve is compressed, the skin begins to feel numb. Fifteen minutes later, temporary paralysis can set in which will abate after about a minute once the blood supply is restored to the nerve. It's only 40 minutes or more after the nerve has been compressed (25 minutes or more after the skin feels numb) that recovery time can extend into hours, days, and weeks. These are, apparently, called "Palsies." These, too, recover, but only after extended healing times. I have suffered from "Handlebar Palsy" which occurred after too many hours on a bike (I could no longer do the Vulcan "Live long and prosper" sign) and it took about a week to heal after I stopped riding. So there's PLENTY of time to react to a numb limb if the cause is a compressed nerve. And the consequences of dawdling simply extend the healing time from a few minutes to a number of days (not a good way to keep a sub around, by the way). If the cause is a compressed *artery*, then things get a little more serious if only because it takes more pressure to overcome the 100 mm-Hg (100 Torr or 2 psi) blood pressure than it does to compress the capillaries surrounding a nerve. I don't know what damage ischemia (loss of blood supply) can do to muscles and tissue over the period of 30 minutes, so I'll refrain from commenting further. I am reminded by an MD friend of mine that the damage cannot be TOO great: People have sewn limbs back on and had them work.... I guess the upshot of this long-winded (and very geeky) reply is that most of us do not like numb limbs and they feel bad; but they're not quite as dangerous as they seem. This doesn't obviate the need for a good bondage top to recognize and correct the problem, however.)*

Other Instances to look out for while standing in bondage...

Knee locking: Do not let the victim knock their knees. This greatly changes the flow of blood, and blood pressure, and can cause them to pass out!

Pressure on sternum: Watch out for putting excessive pressure on the sternum, this can also make someone pass out

Weight Bearing Points

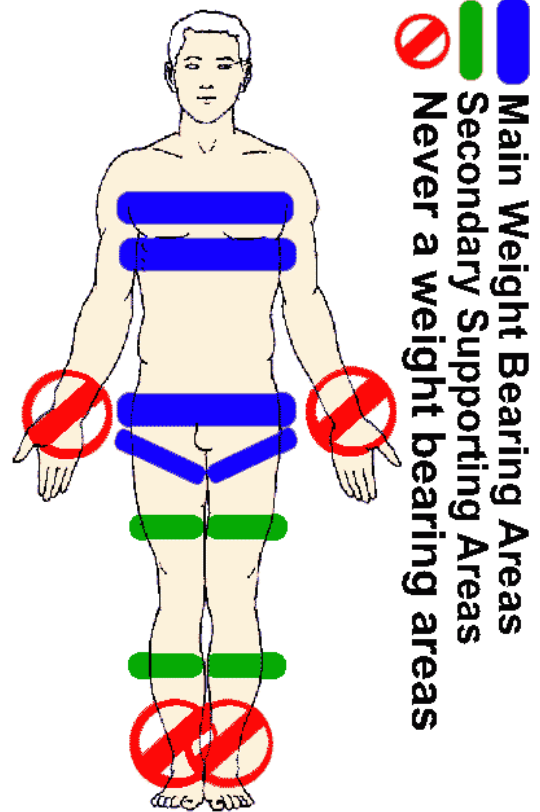
Main weight Support Area

For any kind of bondage where the rope will be supporting body weight for static, semi-suspension, or full suspension, there is only 3 areas of the body that can support weight!

1. **The Chest / Upper back:** Below and above the chest for face down angled or horizontal semi/suspension and armpit areas upper back for face up semi/suspension.
2. **The Waist** for face up or down semi/suspension.
3. **Upper Thighs:** For mountain climbing harness type support in the crotch area.

Secondary weight support Area

Some areas can be used for secondary, if a majority (90% or greater) of the body weight is supports in the Main areas. These secondary areas are the lower thighs and calves. Sometime the upper and lower arms can also be used, but generally the best areas to do so.



Never use the wrist or ankles as load bearing points! These body parts have no ability to support body weight, and serious injuries can be causes!

MEDICAL HISTORY and INJURIES:

You want to know about your bottom's medical history and injuries. It is common for people to have injuries, and have medication needs. For example if someone is diabetic, you want to keep their insulin and / or juice around to help control their sugar level. It also common for people to have shoulder and knee injuries, so you have to plan to keep pressure off those joints or any other injuries the bottom may have. Also keep any medicine that may be needed in hand, such as breathalyzers, and medications.

Psychological / Mental Health Safety

Now I am not a psychologist either, and everyone is different, this is what I have learned from my experiences, so please talk to a mental health specialist if you need advice! Now this should fall under a medical section. But I wanted to give psychological health its own section because it extremely important, harder to tell, and the most important thing about bondage.

General Psychology

First off, **bondage is mainly about control (or there lack of), and trust**, which are 2 most important concepts. **When people are in bondage, they think, feel and (re)act differently they would normally.** For most, this can be a very minor effect, for some is can also be very extreme! Psychological reactions are the hardest to figure out before hand, because unlike an injury it is not something you can physically see (usually). A lot of times a person being tied up for the first time may not know how they are going to psychological react till it happens. And they can react different to different situations.

Clinical Studies

Now I have tried find studies done on why people like/do bondage, but as far as I can tell, there has never been a clinical study done on bondage topics besides what percentage of the American population does it in there life. I asked some friends about that, and they all replied the same, which was, no institution will support this topic because it too taboo to study and publish.

Comfort / Sleepiness

Now depending on the type of bondage your doing, and how the victim takes to the tie, will greatly affect how the victim feels and reacts. If a tie is very comfortable, and they are enjoying being immobile, it is common for the victim to get sleepy. I like to describe it as putting a sheet over a bird cage, the bird thinks its time to sleep, so it does. Humans do the same thing, if you bind them and they know they can not get out, the brain shuts down and will put them in a minor comma like state. They feel sleepy and go to sleep, unless you keep them awake. Doing a Japanese hog tie, it's very common for a victim to be able to stay in it for 1-4 hours on the first try, and even sleep for 8 hours when use to it. At some point they will wake up when they are ready to get out.

Emotions

Bondage can bring out new, or hidden emotions in the victim. These can be both good and bad things depending on the situation and person. It is not too uncommon for a person to have emotional feelings from getting bound. An overall feeling of happiness, sadness, or even crying while bound can be common occurrence.

Panic attacks

Now depending on the actions taken during a bondage scene, it is possible for a victim to have a panic attack. Now bondage is all about trust, so if the victim loses sight on this issue, or something happens that they did not expect, either action wise, or mental based, its possible for them to have a panic attack. The best thing to do in this situation

is to talk to them and calm them as much as possible. Start removing them from the bondage gently. Cut them out if that is not possible and they will possibly hurt themselves.

Skeletons in the closet / Fear

Some time people will have skeletons in their closet. Some times they know it, and some times they do not. Some times they consciously seek bondage for these reasons, something sub-consciously seek bondage for these reasons. It is possible for some to have fears they want to conquer, sometimes they strive for it because something that was dark and bad happen to them in their past. So doing bondage sometimes helps them, or sometimes makes things worst. You have to keep this in the back of you mind, and ready for it if it happens.

ROPE REMOVAL (End of the scene):

Rope Burn:

When removing rope (and putting on rope), you have to watch out for rope burn. Rope burn is caused by friction of the surface of the rope against the skin. The faster you pull rope, the more chance rope burn will occur. This is not necessarily a bad thing though; some rope victims love rope burn! But if you don't want to cause rope burn, you just have to pull the rope through slower. Also the different rope materials cause rope burn faster than others. Remember taking rope off can be as sensual as putting it on!

Joint Hardening:

If they are in a position for a long period of time, which usually starts after 15 mins, the joints will stiffen. This is because joints are meant to being free and moving, when they don't move they freeze up. You will have to ease them out of the position let them move slowly into a neutral position. If they move the joints too fast, which they will try to do, it will hurt a lot! You will have to help support their legs/arms and then lower them slowly at their pace once they realize what is going on.

Balance:

When taken you victim out of ropes, most likely they will not be able to keep balance, especially if they were in sub space, or exhausted and weak from the bondage.

Rope Marks:

When you remove rope from the skin, you will see rope marks. Personally I consider this one of the more lovely and artistic elements of rope bondage! There are 2 things you can do: Just leave them alone, and let the blood naturally flow back to the surface of the skin, Or you can do a light massage on those areas to get the blood flowing back to the surface and most likely the rope victim will consider it the best massage they ever got! But both are fine, depending on your scene and preference of your play partner.

Temperature,

Your victim will most likely get cold, from coming out of subspace, and crashing from subspace or several other reasons. So keep a blanket around to put on them to warm them up.

Water and food:

People lose a lot of liquids while in bondage, so it good to keep water around for them to drink during and after the scene. They will need it! Most likely your victim will also need sugar or food to replenish their system once out!

Other Aftercare

Depending on your scene and victim, aftercare varies from victim to victim. So communicate with your partners to see what they need. It can be anything from totally leaving them alone, to cuddling.

(see shevah's hand-out)

Emergency Removal:

Remember that rope is cheap, and easily replaceable, a good Victim is not! So if there is a problem, and you don't think you can safely remove the victim in time, DO NOT hesitate to cut the rope off with EMT shears! You have to recycle your victims, so you can use them over, and over and over! ==B)

1. **First, you have to keep your cool!** A top that loses control and be more deadly then any situation!
2. **Secondly, assess the situation.** Sometimes cutting a person out right away can put them in more danger then leaving them in and taking them out slowly.
3. **If others are going to help you remove, keep control, and tell them what to do!** Someone else doesn't know your rope work, and can put your victim in danger by cutting or removing the wrong rope at the wrong time! Having a spotter is a good idea, but either way, keep control of the scene!
4. **Do not hesitate to call 9-1-1,** its better to be safe then sorry.

Scene Check Lists

Pre - scene check list

1. **Communication:** talk about what you plan on doing, any kind of medical or psychological problems that may come out in the scene your going to do.
 - What do you plan to do?
 - Safe words?
 - Does the victim have any injuries to look our for, or to work around?
 - Is the victim diabetic, or epileptic? Or have any other medical problems? Have any medical needs around
 - After care needs?
2. **Make sure all your emergency equipment is where its suppose to be.**
 - EMT shears where you can reach it fast! (like on your belt, or in your boot).
 - Keep water handy
 - Have orange juice or something that a diabetic or people with sugar imbalance problems ready.
 - Have any medication handy if needed.
 - Make sure your emergency equipment is handy and working.
 - Keep a blanket and towel around, it possible for body temp to drop during and after a scene.
 - Know where there is a first aid kit, and flash light are.
3. **Check and clean all your equipment.**
 - Prepare all your rope. Make sure its clean, and no frays or tears in the rope.
 - Check your ropes, remember this is the only thing that keeps you victim secure!
 - Always check the equipment first, and test it on yourself. You don't want to find the equipment is faulty on someone who is immobile, this is extremely dangerous to their safety

Scene check list

Communication: check on your victim during the bondage, make sure everything is OK. Check to make sure there are no blood flow or nerve pressure problems happening.

- If there are **blood flow issues**, that not an emergency! So do not freak out!. Just adjust the rope and position to help with that. Some victims do no mind numb body parts. Usually a limb can stay numb for 1-2 hours before any damage start to set it. Consult a doctor more about these issues.
- Nerve (compression) damage** - this is a serious issue and should be taken care of ASAP! A victim will know the difference between numbness and nerve damage, that is a bad bad bad pain (meaning not a good pain) and can cause semi-long term or ever possible permanent damage. Also some times nerve damage will not hurt, and just feel numb, and how you tell this is if they can **NOT move the fingers or toes at all**. Were with nubs a person can still move there fingers and toes even though they are numb.
- If need water or orange juice for sugar levels, do so! If bond with a long period of time, they will need to replace water.
- Adjust rope is you need too! Everyone physiology is different, on one person a tie my be perfect, but may not work on someone else. Sometime just moving the rope 1/4" of a inch can turn hell into heaven, or heaven into hell for the person. So if it not work, experiment a little. Remember nerves are microscopic in size!

Post-Scene checklist

Some of these can be started during or at the end of the scene.

Communication: check on your victims needs and see how they feel.

- Start after care!
- When taken your victim out of ropes, most likely they will not be able to keep balance, especially if they were in sub space, or exhausted or weak from the scene.
- When taking rope off, there will be rope marks. You can either leave them, and let the blood fill naturally. Or you can give them a message to help the blood came back. Either is acceptable, but usually the victim like the message more.
- You victim will be cold, and/or wet. So keep a blanket around to put on them to warm them up. And a towel to dry them off.
- Most likely you victim will need water, sugar or possibly food to replenish!
- Clean and organize your equipment and rope.
- Access the scene when possible.

Techniques

- **Basic Laws of Shibari:**
 - Folding - take the 2 tails (ends) and trace them to the middle to fold
 - Banding - wrapping rope around the body, to make the rope act like a band
 - Layering - taken lots of simple modules into a more "complex" piece
- **2 and a half knots:** That's All you need to know:
 - Square Knot (Remember "right over left, left over right, makes a square knot nice and tight!)
 - Half-Hitch and Hitch and a Half (3 half hitches)
 - Larks Head (not really a knot, but its fun to use!)

Techniques:

- Wrist / Ankle Restraints / Rope Handcuffs / 2 Column ties / Banded Cinches
 - Reverse Parallel / Rope Friction
 - Larks head / Bar wrap
- Single column tie / Rope suspension cuff
 - Bola-Bola knot (Turn band with an under and over square knot)
- Chest Harness (shin-ju)
- Crotch Harness (sakuranbo)
- Arm / upper body harnesses (Box tie – Takate-kote, Yoke. Hojojustu techniques)
- Japanese hog tie (Gyakyu-ebi)
- Body Harness, 2 styles: with and without knots
- Banded Cinches
 - Furniture ties
 - Frog tie, Crab tie (sexual position), Chicken wing.
 - Bamboo / pole / post ties
- Girdle / Corset, Arm / Leg Bracers
- Mummification: 2 styles, corset and body harness styles
- Piety Positions: inverse prey, lotus style positions
- Chain stitch
- Basic Semi-suspension techniques
- Basic Full suspension techniques

English Terms

Rope = The most versatile, most easily obtainable and cheapest toy and can be used by anyone once a few simple knots are mastered.

Solid Braid = Rope that is made with a solid braid (tons of strains woven together), This is general best for rope bondage.

Cored = Mean the rope has a hard core inside it. These tend to be very bad for erotic bondage because it hard to tie knots and but more pressure on the skin surface. Some ropes can be de-corded and become hollow cores and came be used for bondage.

Hollow = means the rope has no center, so it O shaped, like a garden hose.

MFP = Multi Filament Polypropylene (basically plastic that feels like silk)

Manila / Sisal / Hemp / Jute / Coir = Natural fibers used in traditional Japanese rope bondage. Unfinished they can be ruff, and if finished get a smooth and golden brown surface.

Cotton = Most commonly used natural rope type used for bondage in the US.

Nylon = Most common synthetic rope used for bondage in the US.

Bight = A section of rope between two ends that forms a U shaped bend. In typical rope bondage, a bight is formed by taking up the length of rope by the mid point, and doubling it over, forming a loop, or bight at one end and tails at the other.

Tail = A rope ends or the ends that stick out of a knot.

Standing part = The part of a rope that is not actively in use in making a knot or tying

Slippery knot = a knot that is easily exploded, or released. It is set by pulling a bight through the final turn of the knot, rather than the entire tail, thus a tug of the tails releases the knot.

Japanese Terms

Shibari =

(Industry) Japanese term used mostly by westerns (and now some Japanese) to refer to Japanese style rope bondage.

(Literal) a mostly engineering term that means "tie" or "bind"

Shibaritai = a top indicating his/her desire for bondage action

Shibararetai = a sub indicating his/her desire for bondage action

Hojojutsu = Traditional style of military incarceration and torture used in feudal Japan by samurai and police.

Samurai = "The one who serves", traditional warriors in Japan.

Kinbaku-bi = the art of erotic/sensual Japanese rope bondage (formed early 20th century)

Nawa = rope

Asa or Asanawa = traditional Japanese bondage and torture rope made of hemp

Musubime = knot

Musunde = tying a knot

Nawashi =

(general) Rope bondage artist.

(purist)Rope bondage artist who only uses natural [traditional] forms of bondage, wood beams and hemp rope etc, no metal.

Sensei = Literally, 'One who has gone before'. (Teacher/Master)

Nawa Sensei = Rope Bondage Master/teacher.

Dojo = Literally, 'Place of the Way', or place of learning. (a school)

Gakko = School

Gei = artistic skill

Unsui = Literally, 'cloud and water'. In Japanese it means seeker of truth. (a student)

Tori = One who demonstrates an action or technique.

Uke = passive partner in the demonstration of technique. (the bottom)

JuJun = Submissive

Dorei = Slave (Japanese do not like this word)

Shinju / Mune Nawa= breast bondage (the pearls)

Karada = means "body", refers to torso/body bondage

Kikkou = Tortoise shell body harness

Mata Nawa or Sakuranbo = crotch bondage (the cherry)

Kotori = suspension bondage

Tsuri = "to hang", partial rope suspension

Kaikyaku Kani = Crab Leg

Gyakuebi = Japanese Hog Tie

Agura = crossed leg position (like a lotus position)

Ushirote Munenawa = Arm and Chest bondage

AFTERCARE:

Never underestimate the importance of negotiating this closing ritual.

A

Attentiveness – This includes intimacy: cuddling, caressing, hugging, kissing, massaging, and whispers. Free the bottom from bondage. Have a change of clothing packed. Control body temperature. Get warmth by: blankets, clothing, socks, slippers. Cool down by: drinking water, slowing your pace, move to cooler location. Relax your muscles & mind. If bottom is flying, cover eyes from bright lights. Negotiate beforehand what you will need.

F

Fortify – Your body’s needs: hydrate by drinking water or juice, eating food, sugar, medications, and nicotine. Clean up: use the rest room, wash your hands & face, administer first aid to wounds and collect your thoughts. Rest: a large amount of energy was exerted & endorphins raging through the body. Prepare beforehand how to give aftercare & clean up the scene. 3rd party aftercare? Know any medical conditions for both Top and bottom.

T

Transition – A huge Power Exchange took place. Develop a way to Empower yourself. Reclaim the power dynamics within your relationship. Refocus your temperament. Find the balance in your roles. Acquire your natural disposition of mind, body & spirit. Allow different gear speeds to drive you so that you can operate smoothly. Feeling safe and secure requires reestablishing your former protective walls and defenses.

E

Express – Giving & showing gratitude to your partner(s) is paramount in emphasizing the scene had meaning. Recognize your appreciation for the hard work just displayed. A heart felt “Thank You” goes a long way. Acknowledge the importance of your connection, which you just shared. Affirm your care and concern, be supportive and listen. Consider what you can do for/to one another to ‘ritualize’ the ending of the scene.

R

Recovery – It takes time to: sober up, decompress, collect one’s thoughts, and recuperate in order to be independent again. Cognitive thinking, emotional stability, and full motor functionality are all regained with time. The feeling of abandonment is common if this necessary recovery period is insufficient. When problems occur and things go wrong; react quickly, decisively, and assertively. Prepare your options for scene breakers/stoppers.

C

Communicate – Be supportive and listen to each other. Did you exchange contact information? Call, talk, email, visit, & journal: within hours, days, weeks, and months. 1-800-Flowers.com. Determining how much follow up is needed depends upon the depth of your scene & the areas of the mind that was delved into. Exchange recognition of your needs for both partners. Tops are “psycho” not “physic” – share your feelings and give them feedback.

A

Analyze – Understand your feelings: hurts, pains, euphoria, disappointments, regrets, and pleasures. Assess your immediate & long term needs. Did you have an emotional release? What did your tears or laughter mean? Are you experiencing delayed “crashing” – Top/sub drop? Tops & bottoms can experience regrets and remorse for what just happened. Do you need reassurance & validation for your actions? Endorphin levels take time to stabilize

R

Reflect – A critical reflection upon the scene is a natural process and should be explored by both players. Were the expectations, goals, and/or limits reached? Were they realistic? Was the scene effective? What elements could be changed? What “mental” barriers or wounds were opened and now need attention to heal? Was the equipment used adequate? If there was an audience, were they affected? What precautions should you take next time?

E

Explore – Future possibilities to play again with this person. Find ideas to be researched. Determine which skills to improve. Redefine your don’t list and questions to ask. Locate areas of uncomfortably to avoid. What is on your wish list? Don’t have the mindset of “got to play-it-is”. What changes do you need to make with your negotiations? Where are you now? What have you learned? Realize there is no ‘one’ standard for aftercare. Make it what you need and what works for you and your partner(s).