

Bondage is an area of sexual play that covers a wide range of activities. Most couples have experimented with some aspect of it, whether it is trying a pair of play handcuffs, or simply holding their partner's hands in place above their head. The key to all forms of bondage is that, by restraining your partner's movements in some way, you give them permission to explore sexual scenes that are more adventurous than the norm. It can be very exciting to be restrained – unable to move and at the mercy of another person's sexual desires.

Of the various forms of bondage, rope bondage is particularly interesting because it involves both restraint and decoration. In the US, rope bondage has focused mainly on restraint, so they have developed all manner of ways of tying someone up so they can't move. In the Far East, particularly Japan, the rope-work also focuses on being decorative with a lot of emphasis on the different types of knot used, and the patterns the rope makes on the skin.

Learning the ropes

If you want to try rope bondage, then you will need to do some homework on the web, or a spot of reading. There are a lot of good books around, such as *The Erotic Bondage Handbook*, which describes restraint-type bondage, and *The Seductive Art of Japanese Bondage*, which gives the Eastern view. (Amazon is a good place to look – they have quite a range of these books!) Of course, you will also need a willing partner to practise on! You also need to find some good rope – and quite a lot of it. Typically you are looking for a nice soft rope, at least five metres long. Fortunately plenty of online adult shopping sites offer very nice rope.

A few words of caution at this point. If you practise any form of rope bondage, you need to make sure you can easily release your partner from it. With a lot of rope bondage, it can take some time to complete the tying up, and the same to release it, so in an emergency you need scissors or a knife to allow you to cut the rope free. Furthermore, if you have tied someone up, you should never leave them on their own, just in case they have an accident, they start to panic or something else goes wrong. And, just common sense – don't tie yourself up, as you may not be able to get free! You also need to check that you haven't tied your partner up too tightly. For my

slave, if her hands are tied above her head for more than a few minutes, they go cold and blue! So you need to check regularly that things are OK. Remember, too, if you are pulling rope against the skin – for example threading it under another piece of rope – you need to pull it slowly. If you pull it too quickly you can burn the skin. Finally, it may seem an obvious point, but don't let someone tie you up if you don't know them. It always surprises me the number of girls at clubs who are quite happy for me to tie them to a piece of furniture or chair, with no obvious way for them to release themselves!

Maximum exposure

OK, so now where does the fun come in? As I mentioned before, you can go in two directions. One simple form of play would be to tie your partner so they can't move but are very exposed. Maybe you tie their hands to the bedpost, and tie their ankles so they can't close their legs. Then you are free to explore their body in any way you wish. If you blindfold them as well, the situation can be immensely erotic. Another scenario would

be to tie them to a chair, with their legs open, and their hands behind their back. In a lot of BDSM clubs there is specially-designed furniture which enables you to tie people so that they are very exposed sexually. And of course you can tie someone to a piece of furniture so you can do other things – perhaps spank them. On the swinging scene, tying someone up so that they are exposed and blindfolded, then having a number of people tease them at the same time can be a lot of fun. For a girl, being tied up and blindfolded, then stimulated with a vibrator can produce a very rapid climax! And of course there are endless opportunities to play with ice... feathers... cold drinks!

Use your imagination

Being tied up allows people to explore their fantasies. Once they are restrained, they have the sense that they are no longer responsible for their actions, so can explore fantasies they wouldn't normally contemplate. For instance, perhaps a girl is bi-curious but has never felt comfortable trying it out. If she's tied up, she can relax as

she has no choice, and then is free to enjoy the sensations. The same applies to guys. A man tied up no longer has to stay completely in control, and can relax more – again this allows him to try things that are a little more extreme, or varied. Often, the guy in a relationship can feel a lot of responsibility for making sex work, but if he is tied up and restrained, he can let go. Rather than being in charge of providing the pleasure, he can relax and become the focus of that pleasure.

Decorative rope-work

If you want to create a decorative look, you can use rope to produce patterns on the skin. Arranging the rope to criss-cross so that it makes diamond patterns on the skin can look very attractive. You can also combine the decorative with the erotic. Careful positioning of knots can provide stimulation as your partner moves around, or wriggles. One of the simplest ways to do this is to put a knot in the rope that sits just on top of the clitoris. As your partner walks around the room, the gentle rubbing can be very stimulating. Alternatively, you can use the rope to hold a vibrator in place. Something else to try, although a little more advanced, is to tie the rope around the base of each breast. Obviously this needs to be done very carefully, but if tied just tightly enough, it restricts the flow of blood out of the breast, in the same way a cock ring does, and makes the breasts and nipples especially sensitive.

It's easy to become hooked! Some people go to great lengths to produce ever more elaborate designs with the rope – I've been to clubs where I have tied my slave into an outfit constructed entirely with rope. For other people, the excitement lies in being able to immobilise someone. It's the same for the person being tied up. Some like the idea of going to a club or a party wearing rope 'clothes', while a lot of people enjoy the sensation of being unable to move.

More bondage ideas

You can even get elaborate rope bondage configurations which allow someone to be tied up and then suspended in a rope harness, which gives them the feeling of floating in the air. Of course, you can go for something very basic. Simply using a small piece of rope to tie two girls together by the hands can produce amazingly erotic effects! Do it so that there is enough rope between them so that they can move easily, but make sure they can't remove it from their wrists. You will be surprised what sort of things girls will do when they are that close together!

So go on, find a piece of lovely soft rope and start experimenting with it. I think you'll find it will open up a whole new area of fun and exciting erotic opportunities!

Want to share your bondage experiences with SHM readers? You can send them to us at:

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