

# *The art and history of erotic bondage*



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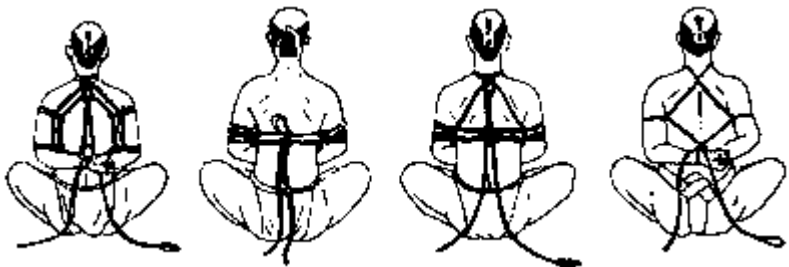
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## History

There are two paths of rope bondage, eastern and western, each has it's own unique history and style. They differ in the type of rope used, the techniques, the objective of the bondage itself, and even the type of person generally being tied up. In the east an S&M practitioner will begin with floggers and work his way up to bondage as the most advanced form of play. In the west it is reversed, bondage is the simplest form of play. In this the eastern practitioners have it right, bondage can take years of dedicated study to become a skilled practitioner.

The western bondage is generally focused on restraining someone to do something else to them, like a spanking. Thus the west developed hand cuffs, restraints, and only use rope as a fall back, usually using simple knots to restrain someone. Western bondage is generally done with thick cotton or synthetic rope. Western bondage will generally be done with a single length of rope. Many people associate western bondage with being overpowered or forced.

Eastern bondage by contrast is focused on being sensual art, both people involved in the bondage are partners in making the art come into being. Eastern bondage is generally done with shorter and thinner lengths of rope made of natural materials, such as hemp or jute. Eastern bondage is a journey for the participants, similar in nature to meditation.



(The above is an illustration of hojo-jutsu bondage, do **NOT** attempt this, as it is dangerous.)

Eastern rope bondage is actually a recent development, while based on far more ancient traditions, the actual sensual art form dates from the late 1800's to early 1900's. The ancient form has several names, most call it hojo-jutsu, but some also call it torinawa-jutsu, both are technically correct depending on the pronunciations used.

Hojo-jutsu is a part of Bugei Juhappan which is the 18 bushi (samurai) skills. Hojo-jutsu deals with capturing and restraining suspects and criminals. It has it's origins in ancient Japan in the Tokugawa Shogunate and later refined further during the Edo period.

Because bondage was considered a shameful practice, the legal captor used no knots thus out of respect allowed the person arrested no shame. There were four rules of hojo-jutsu:

1. To not allow the prisoner to slip his bonds.
2. To not cause any physical or mental injury.
3. To not allow others to see the techniques.
4. To make the result beautiful to look at.

Bondage was also used for torture during these periods, most often by tying the prisoner in the Ebizeme (prawn) position, and left for extended periods of time. If this failed, then the prisoner would have their hands bound behind their back and pulled up, and suspended this way, with weights added, this was called Tsurushi-zeme.

Modern eastern bondage (kinbaku) has it's known origin with Ito Seiu (1882-1961), who replicated many ancient forms bondage for photographs. Eastern bondage has evolved into a sensual art form best characterized by:

1. Rendering the captive powerless.
2. It's aesthetic appeal, it must be beautiful.
3. Stillness, both of the body and of the spirit, the captive in kinbaku is willing and often taking a spiritual journey.

## Bondage Safety

1. Be respectful that bondage has inherent risks.
2. Make sure your rope is in excellent condition.
3. Have a safeword and a safe gesture set up ahead of time.
4. Know your bottom's physical condition & health issues (Surgeries, bone issues, breathing and cardiac issues, etc).
5. Know that once the bottom is bound, safety is up to the top, this is a major exchange of power.
6. **Never** play when you are not at your best, be that from lack of sleep, drugs, alcohol, etc.
7. **Never** put rope around the front of the neck.
8. **Never** leave someone in bondage alone.
9. Tie the wrists and ankles last, these areas are most prone to having issues, prolonged compression can cause nerve damage or numbness.
10. Be constantly aware of the bottom's breathing.
11. Use shorter ropes, this allows more options in emergencies.
12. Plan, plan some more, and go over it again just for the fun of it before you begin.
13. Plan for the worst case.
14. Make sure to have something handy to cut the ropes, ropes are much easier to replace than your bottom is. EMT shears work well for this.
15. Leave your ego at the door, do not attempt anything you are not well trained in, leave advanced bondage and suspension for those who know what they are doing.

Aftercare is important, often when the ropes come off, the bottom will be cold, rope may not seem warm, but it is, so have a blanket ready. Often the bottom will be coming down from an altered mindset and will need care and attention, especially after prolonged bondage. Massaging the tied areas can also help restore circulation to the areas that were bound.

## Simple knots



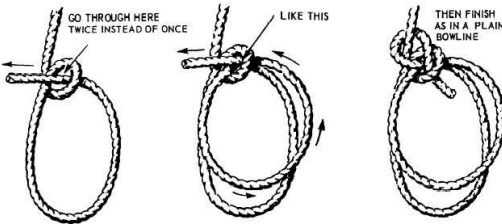
**Overhand knot:** This simple knot is done simply by making a loop and drawing the end through.



**Lark's head:** Make a bight in the rope, run the bight around whatever you are attaching to, and then run the running ends of the rope through the loop and pull tight.



**Square Knot (reef knot):** This is a simple knot that is used to tie two ropes or the ends of one rope together.



**Bowline:** This knot can have several loops made to spread the weight more, and is useful for single limb ties.



**Anchor Hitch:** This is a complex hitch, but is much stronger than the half hitch. It is also more complicated to untie. This knot can be used for suspension. This hitch will not deform under stress. It should **NOT** be used on wrists and ankles or for that matter around the body at all.

## Elementary Techniques

Ryo-tekubi – Wrists tied together in front of the bottom.

1. Place wrists parallel to each other with a separation of about 2 to 6 inches.
2. Find the mid point of your rope and form a bight, Place the bight on the inner side of one of the wrists, and wrap the rope around both wrists.
3. Run the ends through the bight and pull tight, forming a lark's head, then wrap the rope in the opposite direction until you get back to the lark's head.
4. Pull the ends through the second bight, and wrap the rope around the previous rope until tight.
5. Weave the ends through the ropes to tighten.



Image © 1999-2010, RopeMarks, <http://rare.ropemarks.com/>

[Kotobu Ryo-tekubi](#) – Wrists tied together behind the head.

1. Begin by tying a Ryo-tekubi.
2. Pull the hands above and behind the head.
3. Hold the rope to the middle of the back, running the ends around the front and back to the portion you are holding.
4. Form a lark's head with the ends.
5. Weave the rope to secure.

Ashikubi – Ankles are tied together.

Done exactly as Ryo-tekubi, but with the ankles.

Mune Nawa – Bondage around the chest and breasts.

1. Find the center of your rope and create a bight.
2. Place the bight near the center of the back, wrap the ends around and form a lark's head.
3. Pull the rope snug and run the ends around again above the previous rope lines.
4. Pull the ends through the second lark's head.
5. Pull the rope snug and wrap the body again, this time above the breasts.
6. Pull the ends snugly through the third lark's head and run the ends around the body again, this time below the top band.
7. Pull the end through the lowest lark's head and then over one of the shoulders.
8. Take the tails over the shoulder and then down between the breasts under the previous rope bands.
9. Bring the ends up over the lower band, and under the upper band and over the opposite shoulder.
10. Bring the ends down and through a lark's head.
11. Weave the ends to secure.



## Intermediate Techniques

Agura – Bound in a cross legged position.

Ebi - The "shrimp" or "prawn" tie. One of the oldest traditional [kinbaku](#) ties. It was used as a torture technique ([ebizeme](#)) for 100's of years. Ushiro takate kote tie, then legs tied, feet tied bottom to bottom, and rope run to bring the bottom into a forced bow.

Gyaku-ebi - A reverse [ebi](#), very similar to the western hog-tie.

Hishi – The diamond body harness.

1. Find the mid point of your rope, place it behind your bottom's neck with the ends draping down their front.
2. Loop the rope between their legs and run it through the rope behind their neck.
3. Pull ends to each side under the arms and around the front, loop these ends under the front rope from opposing sides making the rope cross.
4. Bring the ends to the back and repeat.
5. Bring the ends to the front again and cross above the belly button and repeat below the belly button.
6. Weave the remaining rope to secure.

Kikkou – The tortoise shell body harness. Done similarly to the hishi, except there are overhand twists above and below the breasts, and another one at the belly button. Each loop in the front will get a line near the top and bottom to make the hexagonal shapes.

Matanawa - describes a crotch rope tied around the waist and down between the legs and buttocks.

1. Find the center of your rope and create a bight, place the bight near the bottom's center, at the belly button.
2. Wrap the rope around the waist, looping it through the bight, pull snug and bring the rope between the bottom's legs.

3. Loop the rope under the rope in the back, Loop the rope around and between itself.
4. Bring the ends to each side and around to the front, place the ropes through the rope in front to create a diamond shape.
5. Bring the rope back around to the back and weave the rope to secure it.

Takate kote – The hands are tied in a "W" position on the back and an "X" shape is created between the breast. This is more suitable for larger bottoms or bottoms with less flexibility.

1. Tie one wrist with a bowline, bring the line over the opposite shoulder and between the breasts.
2. pass the rope under the tied arm and then loop around the rope going over the shoulder, the take the end and tie the other wrist and take the rope over the shoulder.
3. Bring the rope under the second tied arm, and loop it around the line going up from that arm.
4. Wrap the rope around the arms above the breasts, form a lark's head and wrap around the arms under the breasts in the opposite direction.
5. Pass the rope between the arm and body on one side and cinch for more than one loop, then run the rope to the other side and repeat.
6. Weave the rope to secure.

Ushiro takate kote – The box arm tie, main building block.

1. Overlap bottoms arms behind their back, form a lark's head loop around them, loop a few times.
2. Hold the rope to the middle of the back, while you loop around the body above the breasts, form a lark's head with the rope and wrap the other direction.
3. Repeat the process for wraps below the breast.
4. Weave the ropes at the back to secure.

Ushirote munenawa - Arm and Chest bondage. This is a combination of the ushiro takate kote and the mune nawa.

## **Advanced Techniques**

The advanced techniques are suspension (tsuri) techniques, be they face up (aomuki), face down (katori), one leg suspended (kata-ashi), Hung upside down (sakasa), as if they are sitting (santen), face down by wrists and ankles only (tanuki), or even sideways (yoko). The word zuri is often added after another tie to reference being done while suspended, such as “gyaku-ebi zuri” which is a reversed prawn suspended .

No suspension should be attempted without proper training and safety procedures and equipment, normal bondage can hurt someone, suspension can kill.

Very few people will detail suspension techniques in writing for fear that the untrained may attempt what they have written about.

## **Predicament Bondage**

Predicament bondage is a situation bondage, where the bottom is placed in bondage and has options on movement, but the outcome of the options is generally bad or painful either way they choose. Great fun can be had doing predicament bondage, and entire sessions can be based around it.

An example of predicament bondage is the bottom is bent over a table and tied in a bent over position, with their ankles tied to the table legs, tacks are spread with the points up under their chest, forcing them to choose to continue to hold themselves bent over or to lower themselves to the tacks.

Another example of predicament bondage is “riding the horse”, where the bottom straddles a wooden object standing on their tip toes and the object is just below their clit, their hands are tied up above their head. This forces the bottom to either remain on their toes, which will become painful, or lower themselves, which will be painful in a different way.

## Glossary

Asanawa - hemp rope used in traditional Japanese Bondage.

(asa = hemp, nawa = rope)

Bakushi - Rope Master

Bight – Any section of rope that doubles back on itself without crossing over itself.

Cored – This type of rope is generally unsuitable for bondage.

Dorei – Slave

JuJun - Submissive

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

Kinbaku - The ancient Japanese Art of biding tightly with rope.

It denotes a harsher form of restraint leading up the erotic forms, which would become known as "kinbaku-bi".

Kinbaku-bi - This word is from the late 19th century and describes the beauty and erotic aspects of rope bondage born from the ancient hojojutsu techniques of prisoner restraint. -bi means beautiful.

Nawashi – Rope Master

M-jo (m-o in case of a male sub) - This is the most widely accepted term in Japan today for the one captured in rope. Some just refer to themselves as a "model" - Most Japanese female rope captives think of themselves simply as "models".... or m-jo.

Seiza - correct sitting position. Kneeling, eyes closed, reflective of the lesson about to begin, or of the lesson just received.

Shibari - a modern term applied to the art of kinbaku. First usage has been traced to about the 1950's by some of the Japanese bondage magazines. Not generally used in Japan.

Shibaritai – A bondage top indicating desire for bondage.

Shibararetai – A bondage bottom indicating desire for bondage.

Tsurinawa - suspension with rope

## Resources

Carolina Kink – Group devoted to expanding the fetish community and providing educational efforts and outreach to new community members. <http://www.carolinakink.com/>

Rainbow Rope – Great source of different types of rope and other bondage accessories. <http://www.rainbowrope.com/>

Twisted Monk – Source of bondage accessories and rope, slow on delivery, but good product. Also hosts several free howto videos. <http://twistedmonk.com/>

Boss Bondage – Another great source of rope and bondage accessories. <http://bossbondage.com/>

D/s Arts – Site is up and down a lot, but a great source of information on authentic kinbaku as well as other D/s topics with an Asian flavor. <http://www.ds-arts.com/>

RopeMarks Artistic Rope Exchange (R.A.R.E.) - A lot of good information on bondage and techniques. <http://rare.ropemarks.com/>

Jay Wiseman's Erotic Bondage Handbook - this book goes over the basics of safety, rope selection, and basic ties. (ISBN: 1890159131)

The Seductive Art of Japanese Bondage - Midori's book illustrates step-by-step methods for creating some very complex-looking ties. It's a great confidence builder and will help get ideas flowing for additional ties! (ISBN: 1890159387)

Shibari You Can Use - Japanese Rope Bondage and Erotic Macramé, by Lee "Bridgett" Harrington (ISBN 978-0-6151-4490-0)

The Ashley Book of Knots, by Clifford W. Ashley (ISBN 0-385-04025-3)