



Hosted by

SirKnottyDan & ReneeHayBailey

## Rope Practice and Instruction

# SAFETY AND INTRO CLASS

## Learn The Secrets Of Why Rope Is Amazing!

### Class Agenda

1. What is Shibari/Kinbaku?
2. General BDSM Overview/Stages of a Tie
  - a. Negotiation
  - b. Tying
  - c. Aftercare
3. What to Bring
4. Etiquette
5. Types of Rope
6. Anatomy/Safety
7. Basic Ties

### Where Does It Come From?

In the Japanese culture, rope and tying are used for significant daily and religious activities that go far beyond bondage. **Shibari/Kinbaku** comes from these deep historical, religious, and cultural roots — not just as a means for restraint — which means it must be looked at differently than Western forms of bondage.

In the late 1800's to mid-1900's a new form of Hojojutsu evolved called, **Kinbaku**. The term Kinbaku or **Kinbaku-bi** means “tight binding” or “beautifully bind.”

The word **Shibari** used as a verb means “to weave” or “to tie.” In Japan, this word is associated with weaving fabric or tying a knot.

The word **Shibari** used as a noun is now used to describe erotic Japanese rope bondage in the Western Hemisphere.

Sources: *The Beauty of Kinbaku* by Master “K”;  
Japaneseropeart.com; Hikarikesho.com

**What is Shibari/Kinbaku?** It is an art form using learned skills to perform sensual, dramatic, and erotic rope bondage.

### Stages of a Tie

- a. **Negotiation** - consent and agreement
- b. **The Tie** - the time spent with rope
- c. **Aftercare** - after the tie. This is often necessary for both the Top and bottom. It should be negotiated *before the tie*. There is no one right way to do it and everyone should clearly communicate their needs and limits.



*Mae te nawa shibari*

## The MOST IMPORTANT THING YOU NEED TO KNOW ABOUT ROPE PLAY IS . . .

### HOW TO NEGOTIATE!

Everyone must know how to negotiate – this is not optional. Many potential issues with consent violations can be avoided by learning to negotiate thoroughly, clearly, and properly.

Consent violations usually happen because of poor negotiations and improper assumptions. BE VERY CLEAR!

- **Subspace** – How does the bottom react to rope?
- **Preparation** – Are you hydrated? Have you stretched?
- **Vetting** - How well do you know the other person?
- **Safety Protocol** – What is the plan if something goes wrong?
- **The Rope** – Is the rope clean & neat?
- **Communication** – Are you prepared to speak up if something feels off? You must be able and willing to be clear, direct, and honest. Be specific about touch.

- **Expectations** - What part of bondage interests you?
- **Limits** - Any physical limitations, previous injuries, surgeries, medical conditions or allergies? Any limitations with being bound, constricted, confined, contorted, or feeling like you are being enclosed?
- **Aftercare & Check-ins** - Do you desire it? What is expected?
- **Touch** - Which parts of your body are permissible to touch or not touch? Be very clear about what “touch” means. There is a difference between a brush with the hand vs. petting vs. groping vs. insertion. Ask directly.
- **Safewords** - What are your safe words? (e.g., green, yellow, and red)
- **Headspace** - How is your headspace? Are you alert, fit, or are you stressed, anxious, or ill?
- **Other questions or concerns...** this is not an exhaustive list. If you have a question or concern, you are responsible to ask it.

Had fun? Learned something new? Want to share your experience with others?

Submit a review on our website: [www.AllTiedUpSanDiego.com/reviews/](http://www.AllTiedUpSanDiego.com/reviews/)

*\*This is a general guide. It is your responsibility to take time to study and understand all of the risks. This document is only for informational purposes. Use rope at your own risk. / © 2018 - All Tied up San Diego / Contact: [www.AllTiedUpSanDiego.com](http://www.AllTiedUpSanDiego.com)*

## Tops & bottoms

### What to Bring!

- **Rope**
- **Safety Scissors/Cutters**
- Floor mats/Yoga mat
- Blanket/Towel
- Camera
- Hair ties/Blindfold/Earplugs
- Hand sanitizer/Anti-bacterial
- Breath mint/gum
- Sugary food
- Water/Juice
- Aftercare Kit

### Rules of Proper Behavior: What You Learned in Kindergarten

- Take off your shoes
- Don't walk on someone else's mat
- Don't touch what isn't yours
- Don't interrupt
- Use inside voices
- Keep conversation on topic
- Don't be afraid to ask
- Don't be hurt if the answer is no
- Photos - Should be taken with care! Consent Matters!

The Instructors and Teachers of All Tied Up love rope and want to help you safely enter and enjoy this amazing art form and experience!

We do not pretend to be experts or masters of this art.

We are all students, constantly learning, growing and enriching our art and skills, but mostly just having FUN with those who choose to take this journey with us!

Thank you for coming!

SirKnottyDan &  
ReneeHayBailey

## What You Need To Know About Choosing Rope!

Here are a few of the most popular ropes. Things to consider: stretch, weight, color, tooth, burn rate, ease of cleaning, and cost.

**Nylon or Cotton** rope is economical, easy to find, durable, machine washed and dried. Can be stretchy and slippery. It has less "tooth" and has a medium burn rate on the skin. \$

**Jute** rope is light weight and has significant "tooth," making it relatively easy and fast to use. It cannot (easily) be cleaned and should not get wet. It has a low burn rate. \$\$\$

**Hemp** rope is similar to jute, but heavier in weight and more durable. It can be washed but must be dried under tension. It has a low burn rate. \$\$\$

## Where To Get Good Rope & How Much You Need

Most beginning riggers start with nylon rope because it is the most affordable. This can be purchased at Home Depot or Lowe's. **Make sure it does NOT have a solid core.**

**Recommended Starter Rope Kit:** (3) 30' lengths and (1) 10' length of 1/4" braided nylon.

**For Jute or Hemp rope please go to this link on our website:**

**[www.alltiedupsandiego.com/need-rope/](http://www.alltiedupsandiego.com/need-rope/)**

**You can find starter kits for all your needs!**

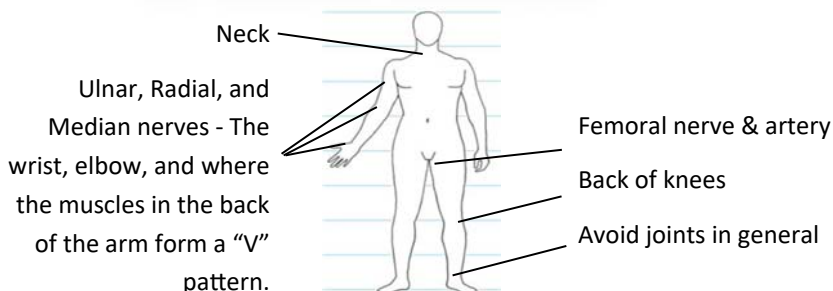
### How to Create Beautiful Artwork . . .

When working with rope it is important to understand the canvas you are going to be creating on . . . in this case, the human body. Understanding human **anatomy** and **safety** are two prerequisites for all rope Tops.

There are four bodily systems that are most

directly affected by the application of rope:

1. **Respiratory System (breathing)**
2. **Circulatory System (blood)**
3. **Nervous System (nerves)**
4. **Integumentary System (skin)**



### Mind Reading 101 - You Can't!

When Topping (tying) or bottoming (being tied) it is critical that good clear communication is used all the time. If you are hurting, have numbness, or something just doesn't feel right or, as the Top, check in regularly. **You have to communicate. It is your responsibility to communicate. No one can read minds, thankfully!**

*You can learn the basics in a day, but spend the rest of your life mastering the art of rope. Rope, like life, isn't a destination . . . It is a journey.*



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