

1. By Subject

a. Part 1: Context & Safety

There's a lot more to learn about rope than just how to tie a few knots! In this section, we provide context, information about risks, and advice on successfully starting and continuing your rope journey.

i. Finding Your Rope

Rope is many things to many people. Our goal in this course is to give you an overview of the many different ways people enjoy rope, to help you start to identify what works best for you, and to help you find like-minded people to join you on the journey.

Start Here!

This is our best quick answer to “How do I get started with rope bondage?” It also serves as a brief introduction to the rest of the course.

Rope is for Everyone

Anyone can enjoy rope bondage, and they can do so for a wide range of reasons. This is a quick discussion of some of the variations, limitations, or modifications you may need or encounter in your pursuit of rope.

Both Sides of the Rope

When many people think about rope bondage, they think of “tying” and the skills and knowledge that go along with that. But the people getting tied also have skills to learn and knowledge to acquire. It's important to understand rope as a partnership.

The Rope You're Looking For

There are a wide range of reasons that people pursue rope bondage. As you move through this course, we encourage you to consider other people's reasons and reflect on the reasons that are most important to you. Your answers will help guide your learning later.

Practicing: Alone & Together

Becoming proficient with rope bondage requires some practice. Here, we offer some strategies for getting the most out of your practice, along with tips for practicing by yourself, advice for finding practice partners, and suggestions for practicing with others.

ii. Background Information

Where did rope bondage get its start? And how come some rope looks so different from other rope? A quick overview of the history and styles of rope bondage, along with some common terms to help you make sense of “rope speak.”

A Brief History of Rope Bondage

An overview of the origins of rope bondage, East and West.

A Brief Overview of Common Styles

A quick look at some major styles: Western, Japanese / shibari, and decorative.

Some Common Terminology

A glossary of some of the most common terms you’ll likely encounter in the rope world.

iii. Rope Selection & Care

Let’s talk about the rope itself: the different materials and how they perform, how to choose the rope that’s best for you, how to care for the rope you choose, and a visual glossary of the most common knots and frictions.

A Brief Overview of Types of Rope

A look at the most common types of rope, their pros and cons, and common uses.

Common Approaches to Care and Storage

Cleaning, finishing, inspecting, caring for, and storing different types of rope.

iv. Rope with Others

When you first get started with rope, there's a lot you can learn by practicing on yourself or inanimate objects, but for many people, the goal is to tie with others. Here are some tips for doing so successfully and navigating the larger rope scene.

Types of Rope Interactions

We've found it helpful to sort most rope interactions into three broad categories: practice, play, and performance.

Consent, Negotiation & Risk Profiles

The importance of consent in rope culture, tips for thinking about how you negotiate for rope, and an introduction to the concept of a risk profile.

Importance of Communication & Trust

How communication and trust work in rope and some tips for improving both.

Public Rope Etiquette & Norms

Advice for having successful rope scenes in public play spaces.

v. Preparing for Rope

Before you start any rope interaction, it's a good idea to make sure you've got all the materials you need, that your mind and body are ready for what you want to do, and that reviewed some basic tips for tops and bottoms.

Preparing Materials

Advice on materials you'll likely need for rope bondage.

Preparing Mind & Body

General guidelines for getting both your mind and your body ready for rope.

Basics for Tops

Some specific tips for tops to help them begin a successful rope journey.

Basics for Bottoms

Some specific tips for bottoms to help them begin a successful rope journey.

vi. Reducing Risk

Rope comes with risks. Some are small and short-term and not worth too much worry. Others can have long-term and life-altering consequences. In this section, we'll break down the differences and offer some advice to reduce the risks.

Risk vs. Safety

Why we talk more about reducing risk than about “safety” in rope.

Prevention & Treatment

An overview of the more common rope injuries with tips on how to prevent and treat them.

Nerves & Circulation

A closer look at the risks of circulation loss and nerve compression.

Responsible Progression

An overview of our philosophy on responsible progression in rope.

vii. Next Steps

If you're itching to learn more and do more with rope, here's some advice and resources that we hope will help you continue your journey.

On Studying Rope

Some advice on finding resources and people to learn from.

Rope in RVA

An overview of the current rope-related options in and around Richmond, VA.

Additional Resources

A collection of other resources that may be helpful in your rope journey.

b. Part 2: Starting to Tie

Time to actually do some tying! Here are some of the more common ties that people learn when they first start practicing rope bondage, along with some advice on which ties will probably serve you best depending on the type of rope that interests you.

i. Working with Rope

We'll start by learning to work with the rope itself.

Coiling Options

There's more than one way to coil your rope.

Extending Rope

Some options for what to do when you come to the end of your rope.

Common Knots & Frictions

An overview of some of the more common knots and frictions you'll likely need to know.

ii. Column Ties

Most ties start with a single or double-column tie of some sort, so let's learn a few variations for each.

Single-Column Ties

The foundation os so many ties. We'll look at some collapsible and non-collapsible options.

Double-Column Ties

A versatile tie in itself that can be used in so many ways. We'll take a look at two ways of creating them.

iii. Simple Restraints

There's a lot you can do with just a column tie and a few additional tricks.

Wrap & Hitch

The simplest and quickest way to restrain your partner.

Taut-Line Hitch

A very useful tool for tying your partner to something else.

iv. Tying the Body

Finally, we'll take a look at a few common ties to capture or restrain the body.

Folded Leg

Learn a common leg tie using double-column ties and x-frictions.

Chest Harness

Learn a common chest harness using reverse tensions and x-frictions.

Bunny Tie

Learn a semi-stressful bondage tie using double-column ties and x-frictions.

Ladder Tie

Learn a very useful pattern using reverse tensions, cinches, and x-frictions.

c. Part 3: Different Styles

Once you know some basic context and skills, there are different ways you may choose to extend your rope experience. Here, we look at four of the most common: rope for play and sex, decorative rope, Western-style rope, and Japanese-style rope.

i. Rope for Play & Sex

Apply what you've learned to use rope for various types of play and sexy fun.

ii. Intro to Decorative Rope

Extend what you've learned by examining some decorative ties and the principles behind them.

iii. Intro to Western Rope

Extend what you've learned by examining common, beginner-friendly Western-inspired rope bondage ties and principles.

iv. Intro to Shibari / Kinbaku

Extend what you've learned by examining common, beginner-friendly Japanese-inspired rope bondage ties and principles.