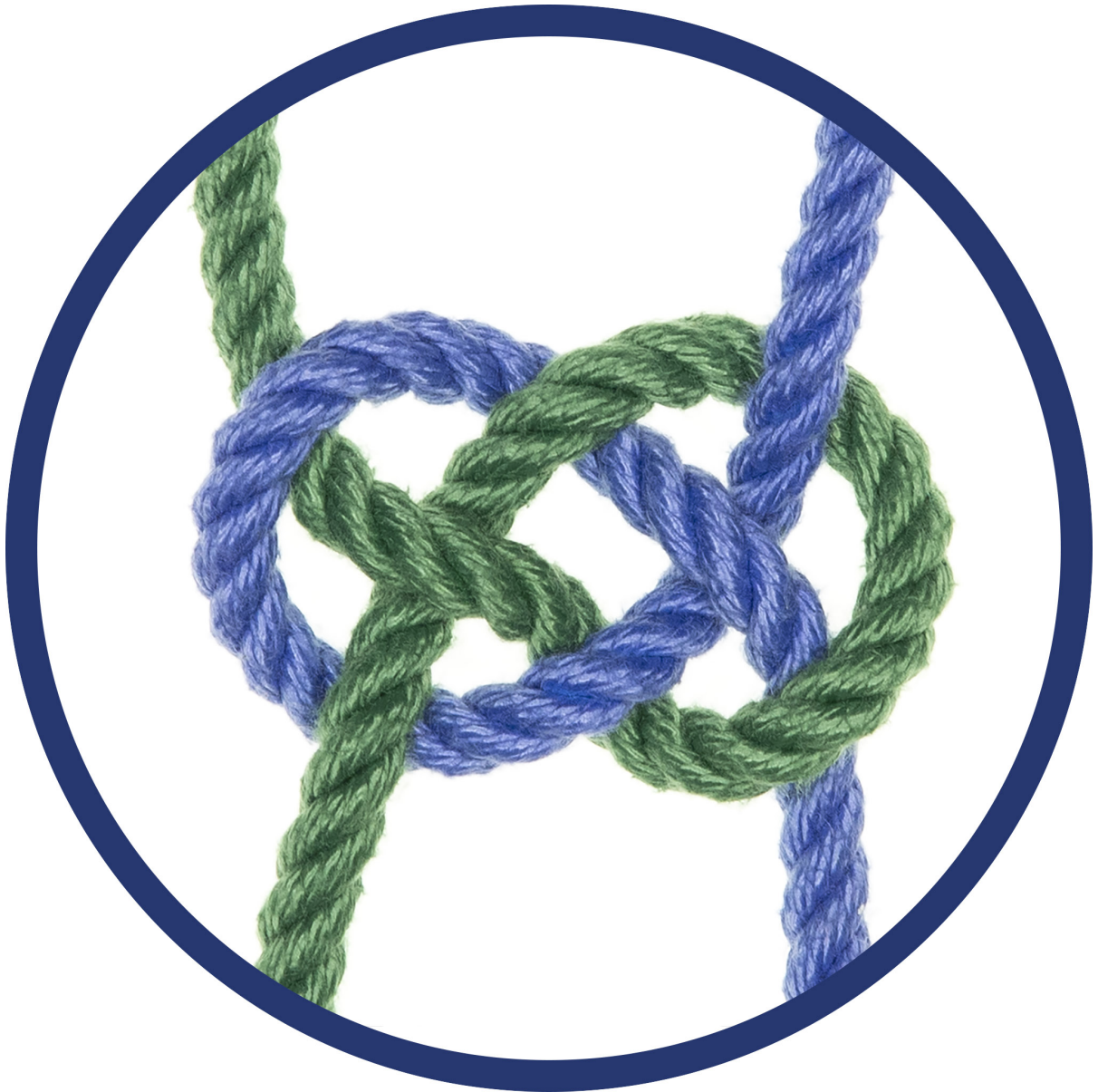


Bondage for
BEAUTY



FULL CIRCLE **KINK**

CONSENT

Good consent is the most important kink skill. Unfortunately, most of us have learned bad consent practices from mainstream culture. As you begin exploring kink, we encourage you to level up your consent game.

Ask, don't guess

You know the best way to find out if your partner wants to do something? Ask. Guessing what your partner wants is a high-risk practice that often ends badly.

Yes means yes

Obviously, **no means no**: if someone asks you not to do something, don't do it. But that isn't enough: the best way to ensure everyone has a good time is **yes means yes**. Only do things you and your partner have explicitly agreed you both want to do.

Leave them wanting more

Not sure whether to add something ambitious to today's play? Ask yourself how you'd like your partner to feel about today's session:

- "That was great—can we do more next time?"
- "I wish you hadn't done that. Maybe there won't be a next time."

Impaired consent doesn't count

Consent is only valid if it's freely given by someone in their right mind: you can't give valid consent under pressure, or when you're drunk. By the same token, you can't give valid consent when you're in subspace.

SAFETY

It's all fun and games until someone loses a nerve. Keep yourself and your partner safe with these simple safety rules. And remember: nothing is sexier than competence.

Rule 1: No solo bondage

When people die during kink, it's almost always because they were tied up and alone. There is no safe way to tie someone up and leave them alone and there is no safe way to tie yourself up when you're alone.

We know people who died because they thought they had a foolproof plan for doing solo bondage. Please don't join them.

Rule 2: Be vigilant about nerve damage

The most common serious bondage injury is nerve damage from rope pressure on the wrist or upper arm. We know more people than we can readily count who have lost the use of their hands for periods ranging from minutes to weeks because of bondage accidents.

Make smart decisions about your risk profile and make sure you have the necessary skills for whatever risks you choose to take.

Rule 3: Don't fall

It's easier than you might think to fall and hurt yourself while you're tied up. If your legs are tied, you're likely to trip. If your hands are tied, you can't catch yourself.

Rule 4: Have a cutting tool

The fastest way out of a bondage emergency is to cut rope. Always have an appropriate cutting tool within reach.

Rule 5: No suspension (yet)

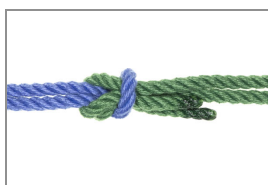
Suspension bondage involves supporting most or all of your partner's weight using rope. We love suspension, but it's an advanced technique that requires extensive training.

Rule 6: No neck rope (yet)

Rope around the neck is dangerous in ways that aren't always obvious. When performed by a skilled rigger with a comprehensive understanding of the relevant anatomy and risks, neck rope is high risk. When performed by someone without those skills, it is reckless and irresponsible.

MODULE 1

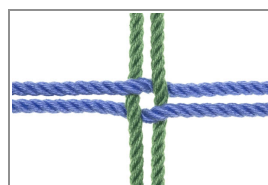
The Pentagram Harness



Square Knot Extension

[p. 5](#)

Out of rope? Just add a new rope and keep going.



Decorative Crossings

[p. 10](#)

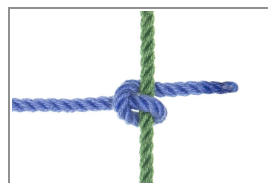
Crossing one line over another? Let's get fancy!



Pentagram Harness

[p. 6](#)

Attractive and easy to tie, this is one of our favorite decorative harnesses.

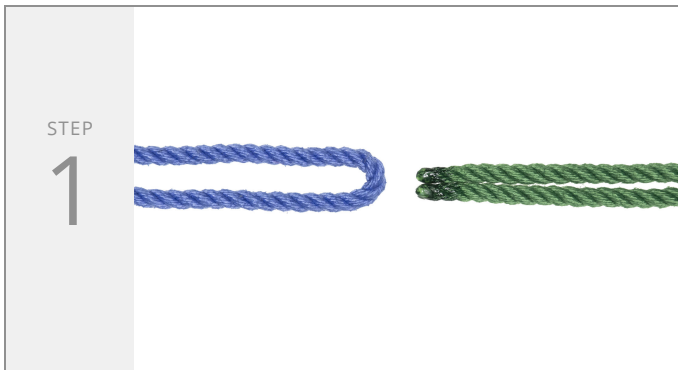


Munter Friction

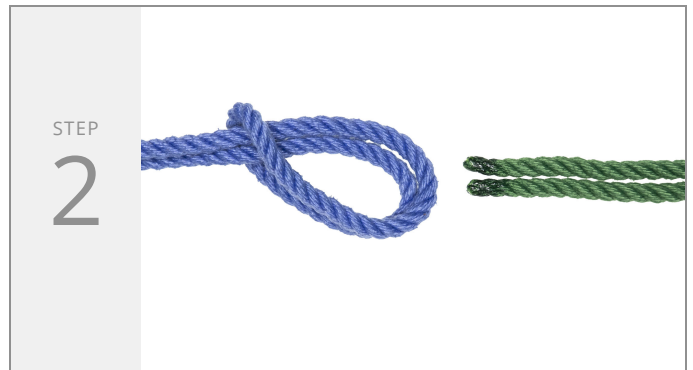
[p. 12](#)

By far the most useful friction, this is a fundamental building block.

SQUARE KNOT EXTENSION

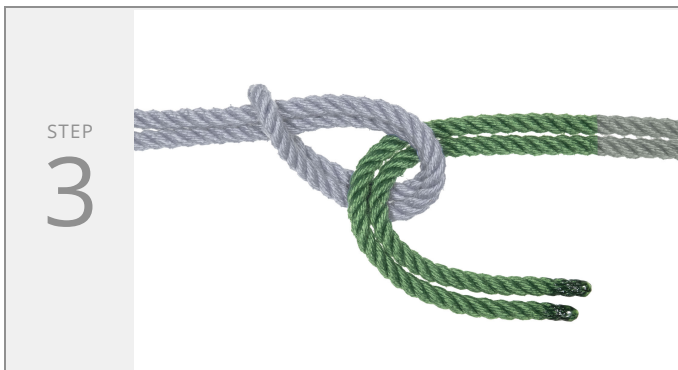


We're going to extend the green rope by adding the blue rope to it.

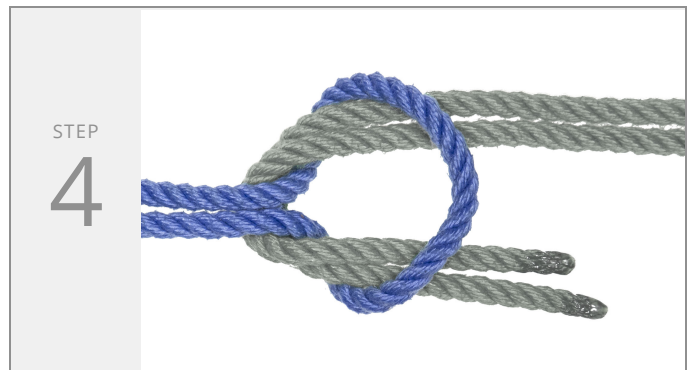


Make a [lark's head](#) in the blue rope.

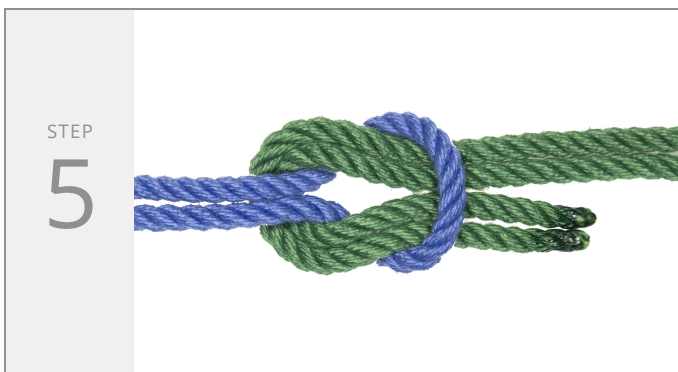
There's a clever way to do this one-handed by folding the bight over the standing part.



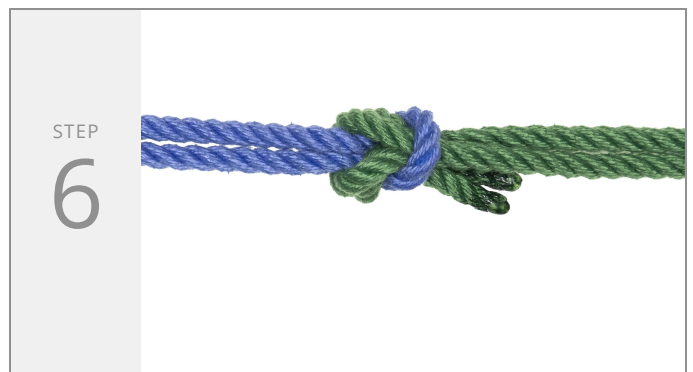
Pass the green rope through the lark's head and back in the direction it came from.



Flip the loop of the lark's head over so that it lies on top of both parts of the green rope.



Snug the knot into place by pulling simultaneously on the blue rope and both parts of the green rope.



The finished knot should be small, tight, and secure.

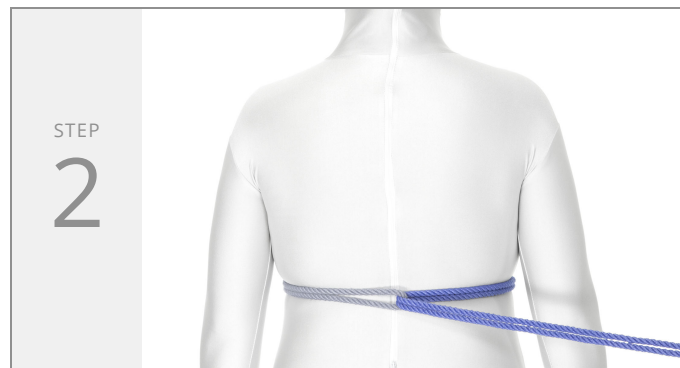
PENTAGRAM HARNESS



Lower chest wrap

Starting in the center of the back, pass the bight counter-clockwise around the chest.

If your partner has breasts or prominent pectorals, go directly under them.

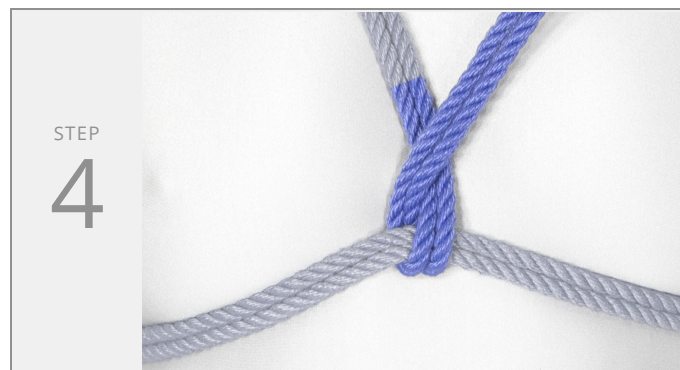


Bring the ends of the rope through the bight and reverse tension.



Right shoulder line

Go over the right shoulder and down the chest, crossing over the center of the lower chest wrap.



Make a **goldfish** by doubling back under the chest wrap and then crossing over the right shoulder line, making a twist shape.



Left shoulder line

Go over the left shoulder.



Make another reverse tension in back.

CONTINUED



Upper chest wrap

Make a second counter-clockwise wrap higher up on the chest. Pass under the right armpit, under the right shoulder line, over the left shoulder line, and under the left armpit.



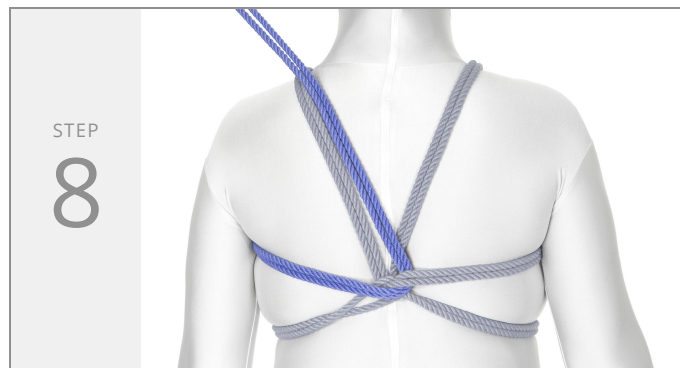
Right armpit line

Go over the left shoulder, just inside the left shoulder line. Cross over the right shoulder line and go under the right armpit, just above the upper chest wrap.



Left armpit line

Go over the right shoulder, just inside the right shoulder line. Go over the right armpit line, under the left shoulder line, and under the left armpit just above the upper chest wrap.



Make another reverse tension in back.



Make another reverse tension in back.



Make a final reverse tension in back and finish with a half hitch.

VARIATIONS

Hide the lower chest wrap

If you want to call attention to the pentagram, try using a different color of rope for the lower chest wrap. Tie it off with a half hitch in step 1b, then use a lark's head to add a new rope for step 2a.

If you're wearing black—and knowing you, you probably are—tying the lower wrap in black and the rest of the harness in a light color works really well.



Use two colors of rope

Instead of using a single doubled rope, use two different-colored ropes lying parallel to each other. Begin by tying an overhand knot in one end of the ropes (you'll use this as your bight).

As you tie the pentagram, make sure one color is always on the inside and the other is always on the outside.



Decorate your line crossings

Instead of just passing over or under a line when you cross it, consider doing something more elaborate.

Check out the Decorative Crossings page for specific ideas.



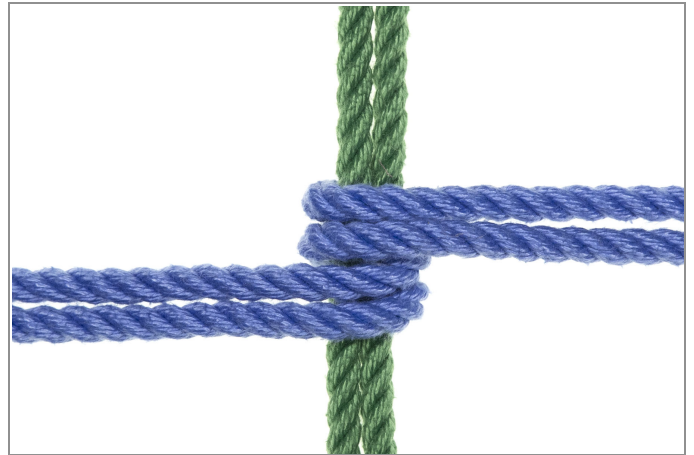
DECORATIVE CROSSINGS

Crossing one line over another? Consider adding some decorative elements.

Always keep symmetry in mind: in many cases you'll want to use the standard form of a crossing on the left side of a harness and the reverse form on the right side.

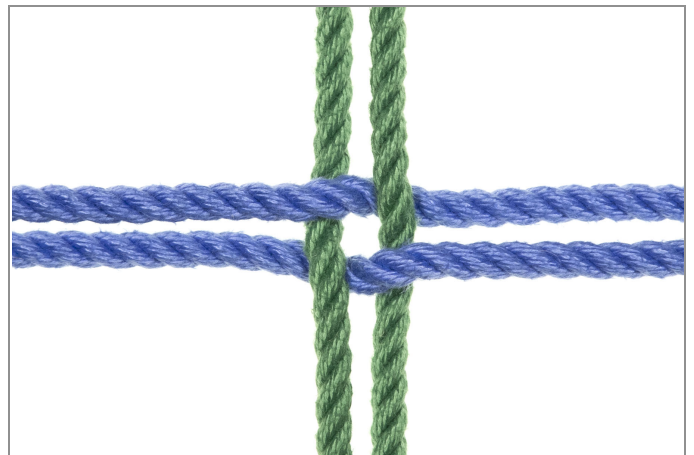
Make a simple wrap

Wrap the crossing line around the original line and keep going.



Weave the lines together

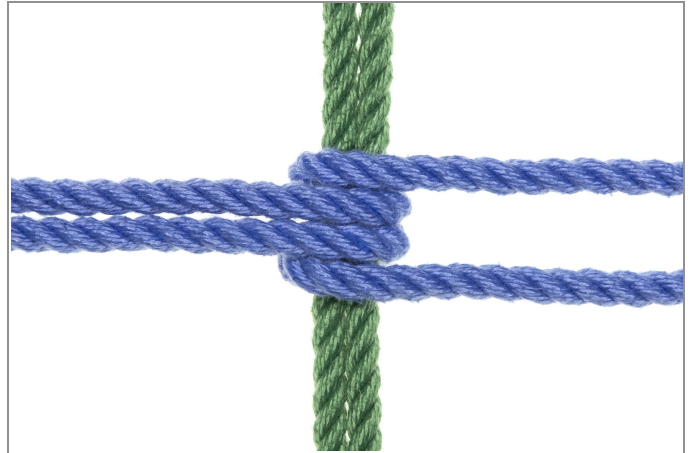
Weaving the lines together takes time but adds structural stability. We especially like the look of weaving two colors together.



CONTINUED

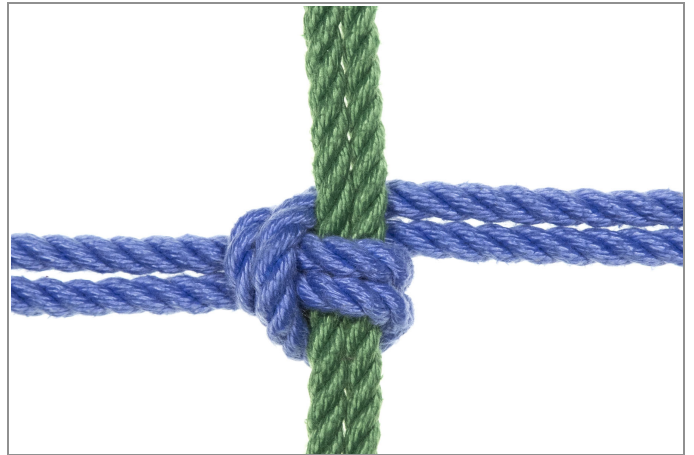
Make a vee wrap

If you're working with a doubled line, split the line as you wrap it around the original line.



Add a Munter

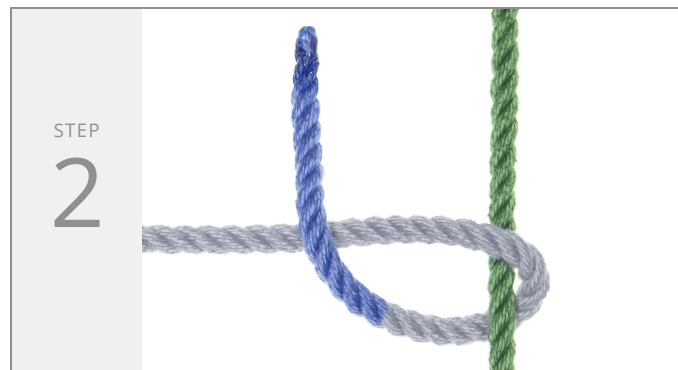
With a little practice, the Munter is a fast and sturdy way to add a little decoration.



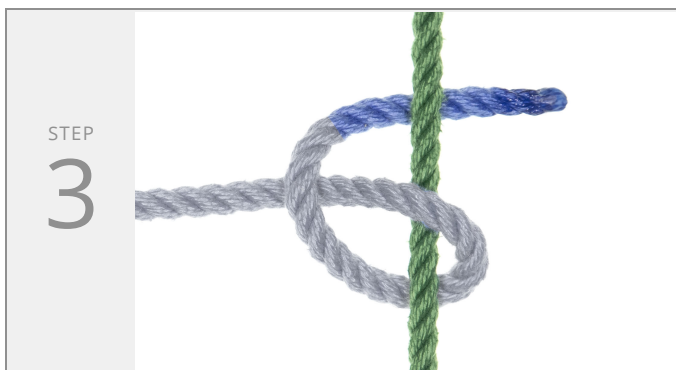
MUNTER FRICTION



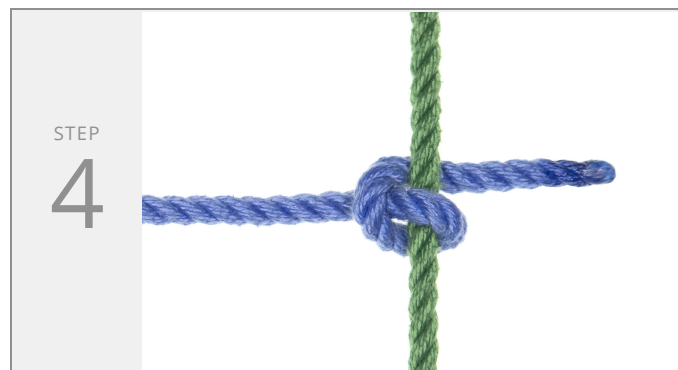
Go over the green rope and double back.



Cross over the standing part.



Go under the green rope.



Snug the knot.

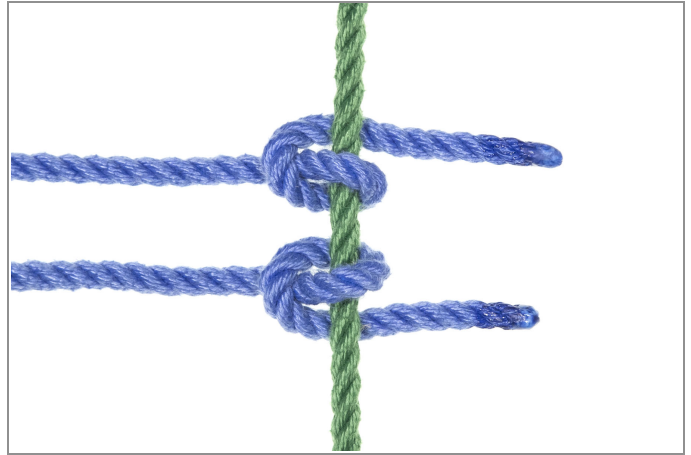
OPEN AND CLOSED MUNTERS

Left or right?

In step 1, you can double back on the left or the right of the standing part. Which one is better?

If the rope exits the Munter at 90°, either direction is fine. These Munters doubled back on opposite sides and both work well.

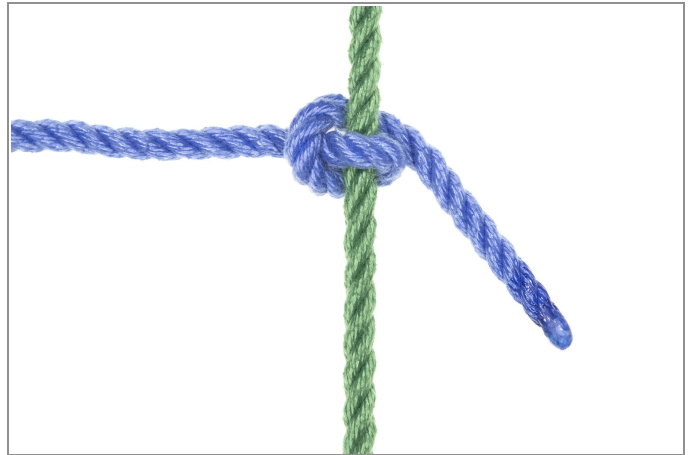
If the rope exits at an angle, you should double back on the side where the rope will exit.



Correct: closed Munter

Here the rope exits the Munter to the right, so we doubled back to the right.

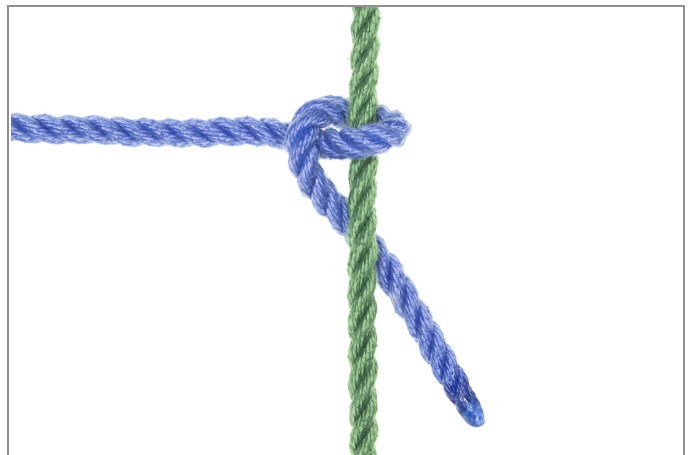
The angle of the rope pulls it into the Munter, keeping everything tight and secure. We call this a **closed Munter**.



Incorrect: open Munter

Here we incorrectly doubled back to the left.

The angle of the rope is pulling the Munter apart and making it less secure. We call this an **open Munter**.



MUNTER VARIATIONS

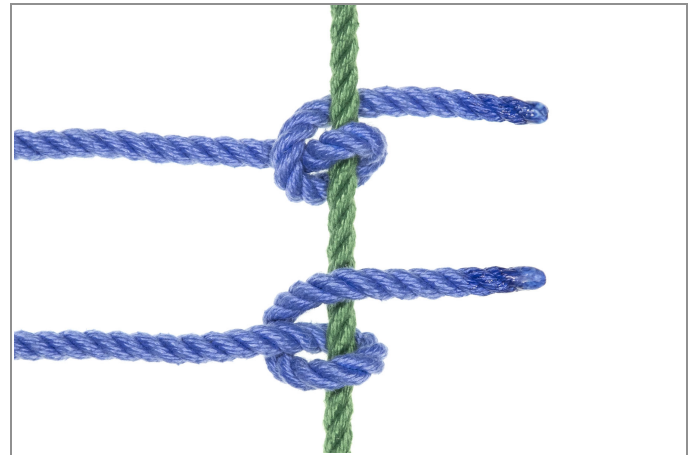
Inverted Munter

If you tie a Munter upside-down, you get an **inverted Munter**. Inverted Munters are commonly used to create intentional pressure points and to change the exit angle of the rope.

Some people refer to the inverted Munter as a **reverse Munter**, but we find that confusing.

Top: a standard Munter

Bottom: an inverted Munter



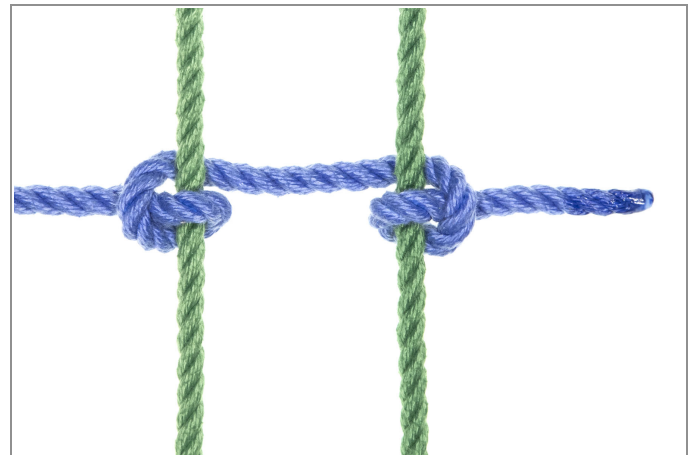
Mirror Munter

For symmetry, you may sometimes want to tie a Munter backwards. We refer to that as a **mirror Munter**.

The easiest way to tie a mirror munter is to push a bight under the green rope and then go over the green rope and through the bight.

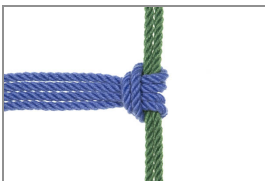
Left: a standard Munter

Right: a mirror Munter



MODULE 2

Hishi Karada



Decorative Reverses

[p. 17](#)

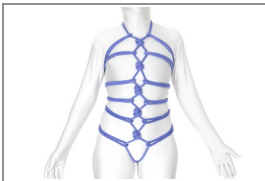
Add some decoration anywhere one line reverses around another.



Half Karada

[p. 25](#)

Less decorative, but much more convenient when you go to the bathroom.



Hishi Karada

[p. 19](#)

A foundational Japanese technique and a great whole body harness.



Karada Shorts

[p. 26](#)

Simple, attractive, and snug in all the right places.



Knotless Hishi Karada

[p. 24](#)

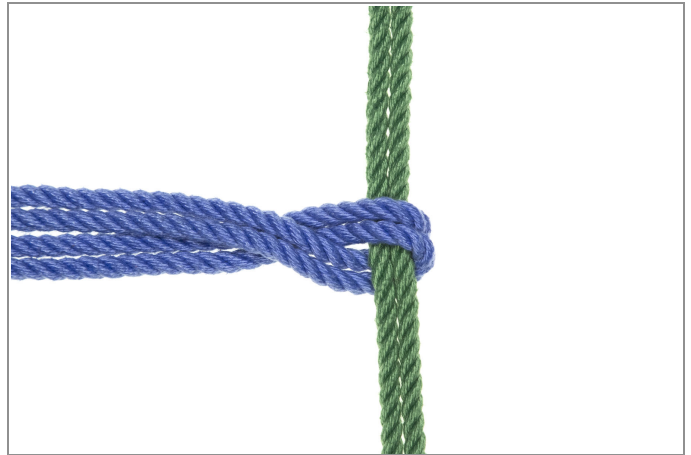
A much faster but less stable karada that uses only a single knot.

DECORATIVE REVERSES

Any time you're passing one rope around another and reversing direction, you have an opportunity for improvisation. Here are two of our favorites.

Simple and classic: twist

As you pass around the green line, cross the blue line over itself to make a simple twist.



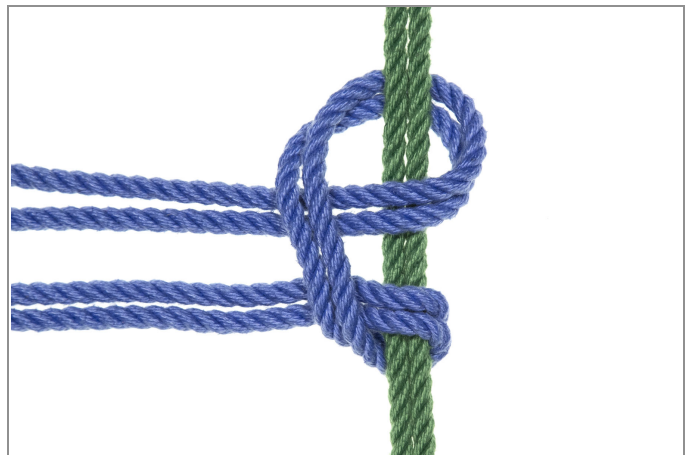
Worth the effort: lark's head

Bring the blue line over the green line and double back underneath it.

Cross the blue line over itself.

Pass the blue line under and around the green line, then back under itself to make a lark's head.

This step is easier if you hold a little slack in the blue line as you go around the green one.



HISHI KARADA



Tie an overhand knot in the bight of the rope. You should end up with a 4" long loop.

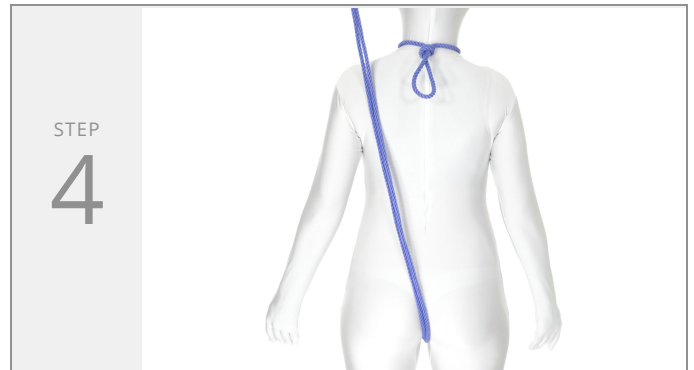


Hang the rope over the back of the neck with the loop at about armpit height.



Tie five evenly spaced overhand knots down the front of the body.

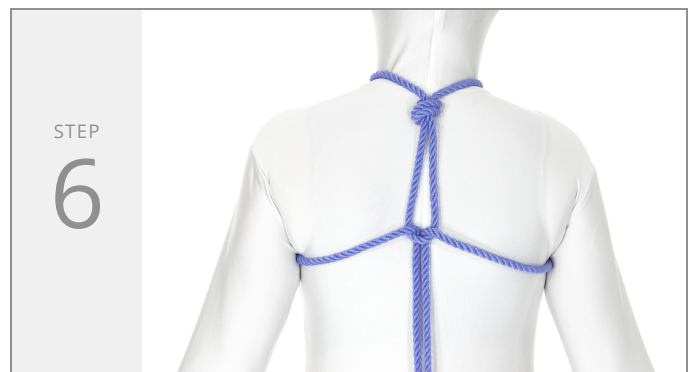
The first should be just below the top of the breastbone and the last should be a few inches below the navel.



Go between the legs and up the back. This part of the harness is called the **stem**.



Go through the loop you made in step 1.



Split the ends of the rope and pass one under each armpit.

CONTINUED



Bring each end under and around the neck rope, pulling gently on the ends to pull the neck rope away from the neck.

Pass the ends back under the armpits.



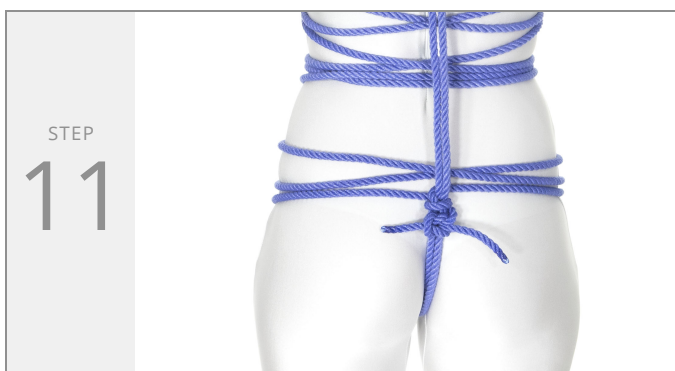
Go back around the body and cross the ends under the stem.



Bring the ends back to the front of the body. Bring each one through the space between the first and second knots and pull gently on it, pulling the front rope into a diamond (**hishi**) shape.



Repeat steps 8 and 9 four more times, making diamond shapes all the way down the front of the body.



To finish the karada, wrap the ends around the stem and tie a square knot.

ADDING STRUCTURE

Tying the karada is always a compromise between stability and speed. Here are some options for using extra time and rope to get a more stable harness.

Tie off at the neck loop

We usually just split the ends when we go through the loop at the back of the neck in step 5. But if you want something more stable, you can split the ends and tie an overhand knot here.



Tie off each crossing in back

Instead of just crossing the lines under the stem, you can tie overhand knots around the stem.



ADDING STRUCTURE

Put diamonds in the back

There's no reason you can't have diamonds in the back of your karada as well as in front.

Tie a series of knots up the back, then zig-zag back and forth between the front and the back as you make your diamonds.



Build a structured stem

You can build a full TK-style stem in back. Instead of splitting the lines, use a doubled line to pull each diamond—first on one side and then on the other.

Secure each part of the structure with your favorite friction. Adding spiral wraps around the stem in between frictions will help keep everything in place.



DECORATION

Decorate the reverses

When you make a diamond shape, each end of the rope wraps around the front line and reverses direction.

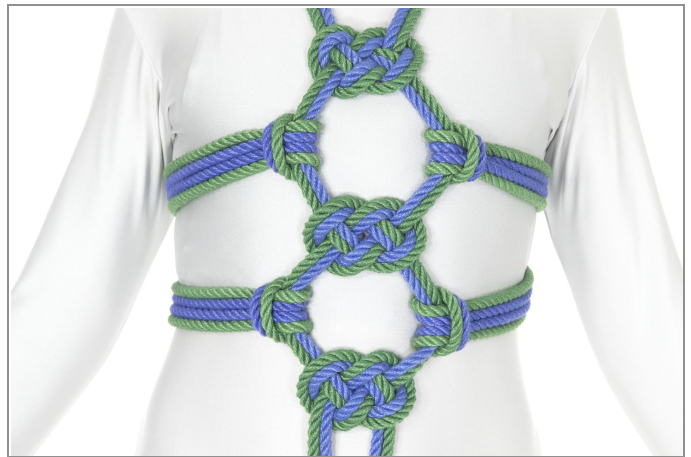
Take a look at the Decorative Reverses page for ideas on adding ornamentation here.



Add decorative knots

If you know any decorative knots, you can use them instead of overhand knots in the front of the karada.

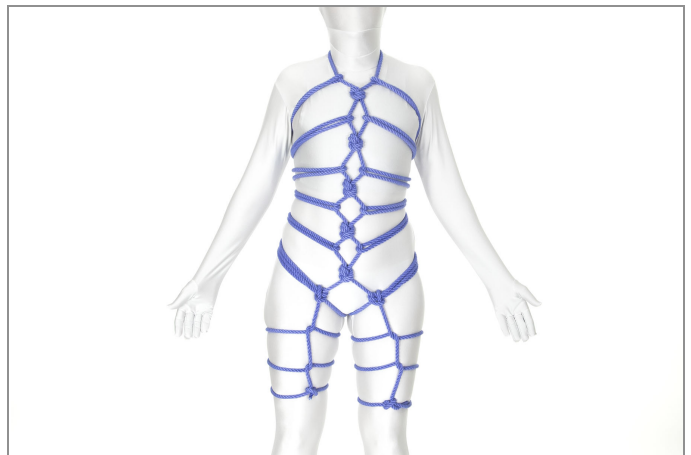
If you don't know any decorative knots, you might take a peek at Module 4.



Add decorative leg ladders

You will likely end up with a lot of extra rope at the end of the harness.

A good way to use it up is to add one or more ladder rungs down the legs.



KNOTLESS HISHI KARADA

STEP

1



Hang the bight over the neck and go straight down the front of the body, without any knots.

STEP

2



Pass between the legs, up the back, and through the bight.

Pull the bight down so it hangs at about armpit height.

STEP

3



Split the ends and bring them around to the front of the body.

STEP

4



Bring the right armpit line across the chest and double it back around the *left* half of the vertical line. Do the same with the left armpit line.

Pull gently on the armpit lines, pulling the front lines into an X shape.

STEP

5



Pass the ends all the way around the body. Bring each end across the front of the body and reverse direction around the front line on the far side.

Pull gently on the lines, creating the first diamond shape.

STEP

6



Repeat step 5 all the way down the body. Finish with a square knot in back.

HALF KARADA

STEP

1



Tie a small overhand knot in the bight of the rope and lay it over the neck.

STEP

2



Tie three evenly spaced overhand knots in the rope: one at the top of the sternum, one right below the ribs, and one in the middle.

Separate the ends of the rope and pass them around the body, right under the ribcage.

STEP

3



Tie the ends together with a square knot in the middle of the back.

STEP

4



Bring the ends around to the front of the body and create the first diamond.

STEP

5



Go all the way around the body and back to the front, then make the second diamond.

STEP

6



Untie the overhand knot behind the neck, creating a large loop behind the neck.

Finish the harness by tying each end to the loop with a half hitch.

KARADA SHORTS



STEP

1

Tie a fairly snug waist line, finishing it with a half hitch.



STEP

2

Tie two evenly spaced overhand knots in the rope.



STEP

3

Go between the legs.

Split the ends of the rope and pass them around the legs right under the butt.



STEP

4

Bring the ends through the space between the first and second knots and pull them apart, pulling the rope into a diamond shape.



STEP

5

Pass the ends in opposite directions around the body, returning to the front.

Make another diamond between the waist rope and the first knot.



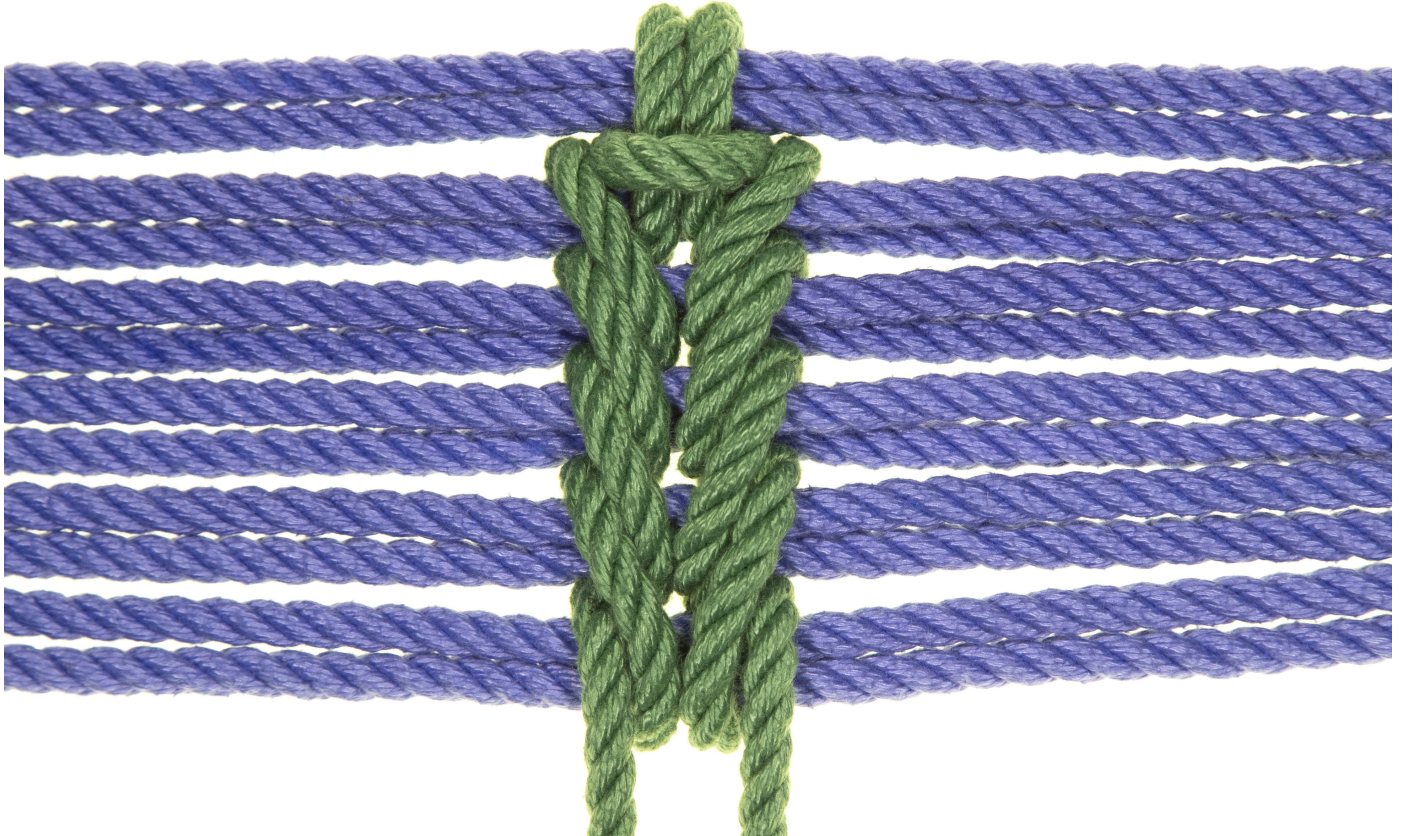
STEP

6

Finish with a square knot in back.

MODULE 3

Corsets



Reverse Tension Corset

[p. 29](#)

Similar to the basic column tie, this is a great basic corset.



Spiral Corset

[p. 31](#)

This pretty and unusual corset looks great on arms and legs.



Exploding Corset

[p. 30](#)

A quick-release corset that happens to look lovely.

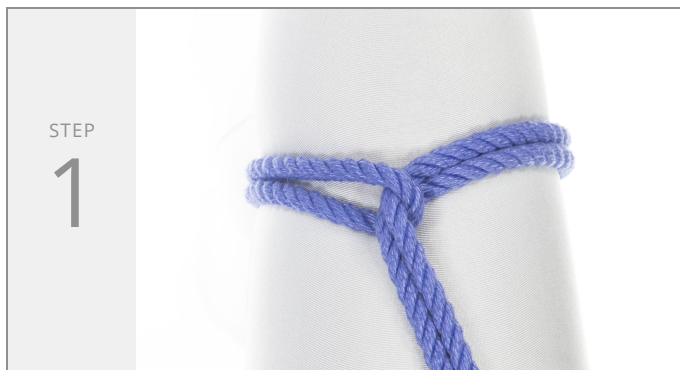


Decorating Corsets

[p. 33](#)

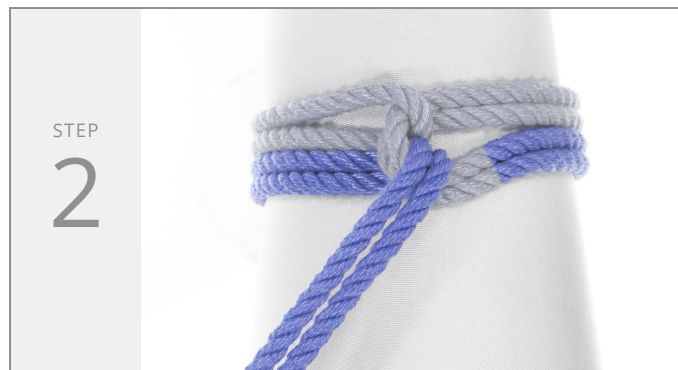
Decorative weaves reinforce the corset while making it pretty.

REVERSE TENSION CORSET



Wrap the bight clockwise around your leg. Go through the bight and **reverse tension**: reverse direction and adjust tension so the tie is snug but comfortable.

Notice you've created a **U turn** in the rope.



Wrap clockwise around your leg, go through the U turn you made in step 1, and reverse tension.

Make sure all the wraps are snug and even.



Continue to add additional wraps. Each time, go around the leg, through the U turn you made in the previous step, and reverse tension.

Maintain even tension and keep all the wraps tidy and flat.



If you run out of rope, extend your rope and keep going.

When you're done, tie a half hitch to finish the corset.



Snug the half hitch into place.

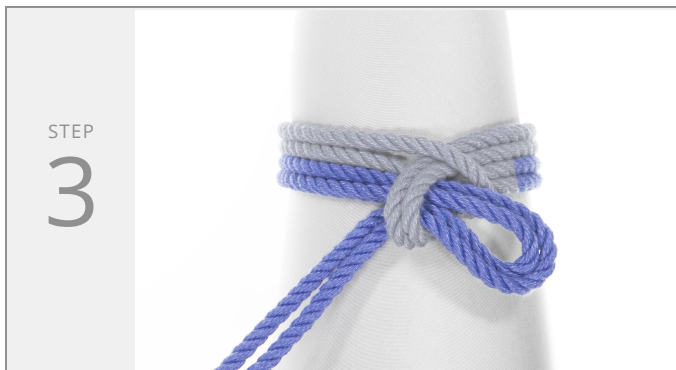
EXPLODING CORSET



Wrap the bight clockwise around your leg.



Instead of passing the entire rope through the bight, bend it to make a double bight and pass just the double bight through the original bight.



Holding onto the double bight with one hand, wrap the rope around your leg.

Make another double bight and pass it through the double bight from the previous step.

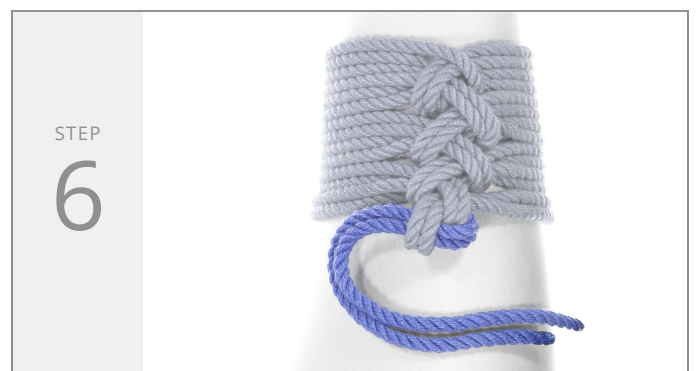


Repeat step 3 until you run out of rope.

At each step, carefully work any slack out of the corset. Maintaining tension is tricky at first but gets easier with practice.



Finish the corset by passing the ends of the rope through the final double bight.



Snug the knot into place.

SPIRAL CORSET

STEP

1

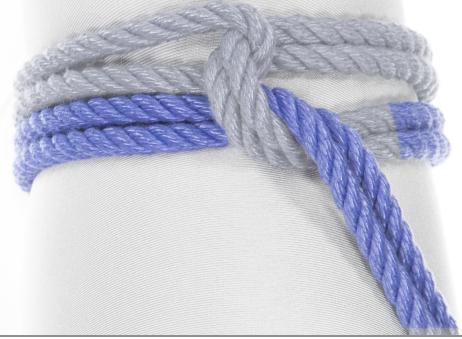


Wrap the bight clockwise around your leg. Go through the bight and reverse tension.

Notice that you've created a **U turn** in the rope.

STEP

2



Go clockwise around your leg and through the U turn.

Instead of reversing direction, cross the rope over itself and keep going.

STEP

3



Repeat step 2 until you run out of rope.

OPTION

3a



If you like, you can reverse direction at any time by doubling back and going counter-clockwise instead of passing straight through and going clockwise.

OPTION

3b



After reversing, continue to build the corset in the opposite direction.

STEP

5



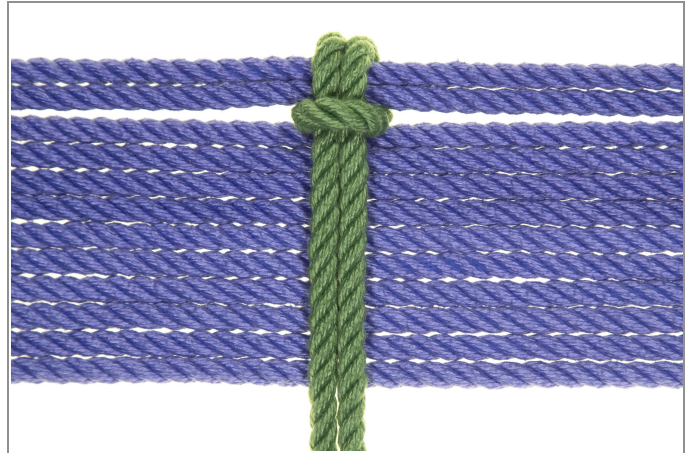
Finish by doubling back and making a half hitch.

DECORATING CORSETS

Adding a new rope

To begin decorating a corset, add a new rope using a lark's head.

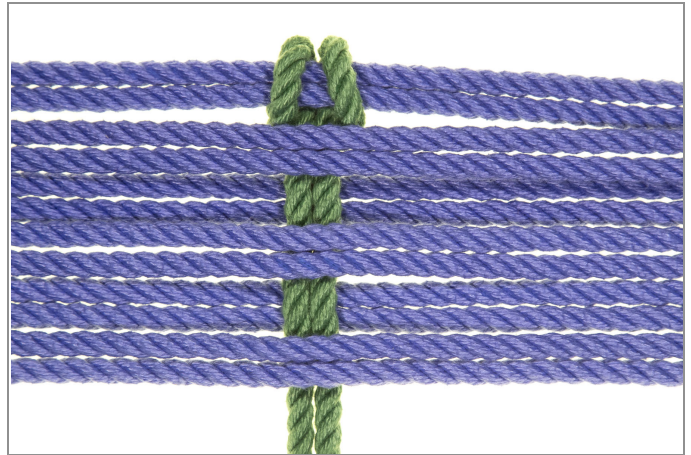
For extra credit, use a contrasting color of rope.



Weaving

Make a simple weave by passing the new rope over one double wrap and under the next one.

As well as being pretty, weaving adds structural support to the corset and helps keep the wraps from slipping out of place.



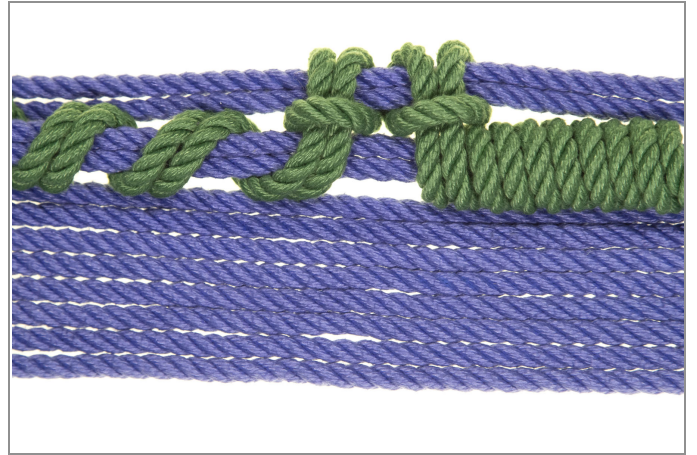
Diagonal weaving

Pass the new rope over two double wraps and loop back underneath one double wrap.



Spiral wraps

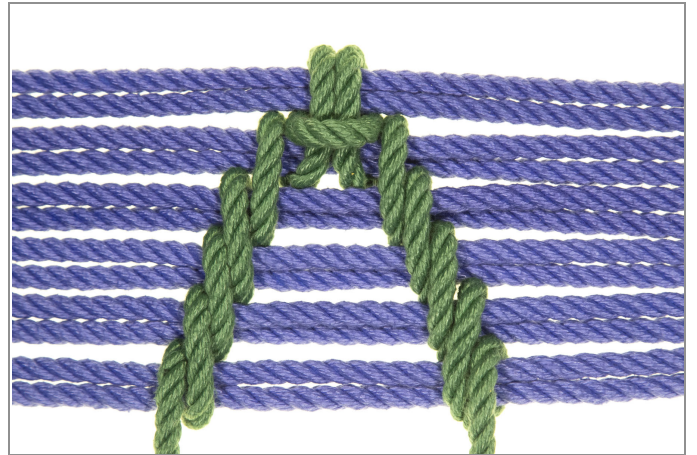
Wrap the new rope in a spiral around a double wrap. Depending on your preference, you can do a tight spiral or a loose one.



Loose herringbone

The loose herringbone pattern is just two diagonal weaves, each using a single line and moving in opposite directions.

Pass the right rope end over two double wraps and loop back under one double wrap, ending up on the right hand side. Do the same with the left end, moving to the left.



Tight herringbone

Make a loose herringbone, but push the two ropes together after each pass.



MODULE 4

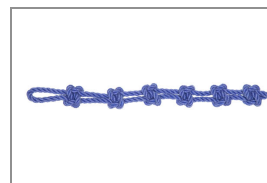
Decorative Knots



Double Coin Knot

[p. 37](#)

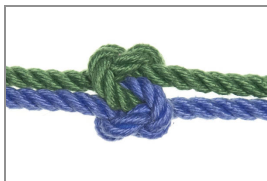
Quick and easy to tie with a little practice. Best for doubled ropes.



Lovers Knot Collar

[p. 39](#)

Great for everyday wear or special events.



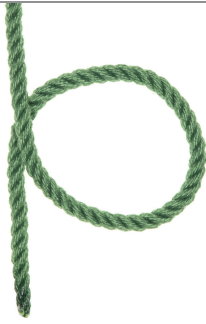
True Lovers Knot

[p. 38](#)

One of the simplest and prettiest decorative knots. Best for undoubled ropes.

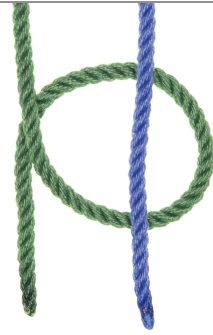
DOUBLE COIN KNOT

STEP
1



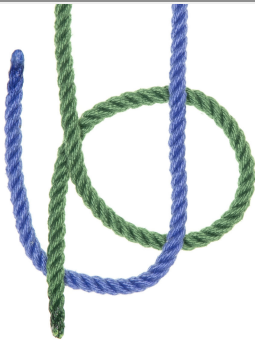
Make a twist in the green rope with the working end on the bottom.

STEP
2



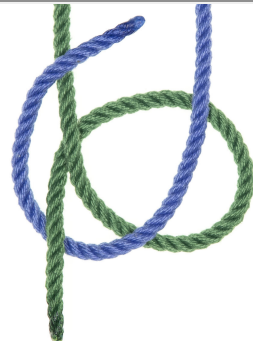
Lay the blue rope on top of the twist.

STEP
3



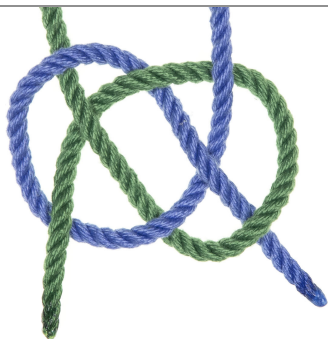
Pass the blue rope **under** the working end of the green rope.

STEP
4



Pass the blue rope **over** the standing end of the green rope.

STEP
5



Pass the blue rope **under** the green rope, **over** itself, and **under** the green rope.

STEP
6

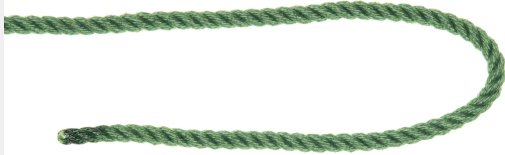


Dress the knot.

TRUE LOVERS KNOT

STEP

1



The lover's knot is simple but requires precision: it's important that you follow the steps exactly.

Make a U turn in the green rope and lie it down in front of you with the U on the right and the end of the rope closer to you and facing left.

STEP

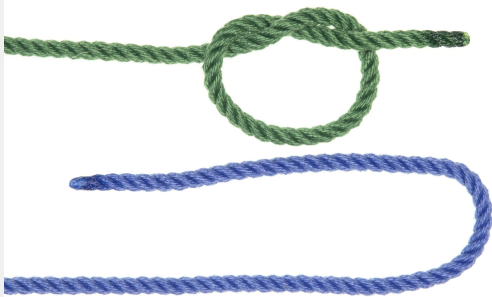
2



Tie an overhand knot in the green rope by crossing it **over** itself, then **under**, then **over** again.

STEP

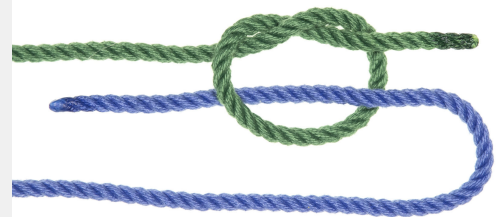
3



Make a U turn in the blue rope and lie it down in front of you, closer to you than the green rope. The U should be on your right and the end of the rope should be closer to the green rope.

STEP

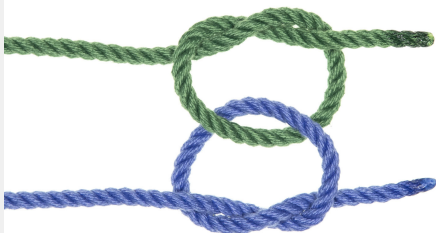
4



Pass the blue rope through the loop of the green rope, going from right to left. It should pass **over** the green rope and then **under** it.

STEP

5



Tie an overhand knot in the blue rope by passing it **under** itself, then **over**, then **under** again.

STEP

6



Snug the knot tight. It should be flat, square, and symmetrical.

LOVERS KNOT COLLAR

STEP

1

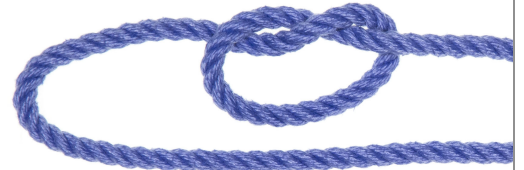


Depending on your neck size, you will want about 8 feet of rope. We recommend cutting the rope to size once you have everything just right.

Double the rope and lie it down in front of you, with the bight on the left.

STEP

2



Tie an overhand knot in the top rope by crossing **over**, **under**, and **over** itself.

See the lover's knot page for detailed instructions.

STEP

3



Pass the lower rope through the loop in the top rope, going **over** then **under**.

Make an overhand knot by passing the bottom rope **under**, **over**, **under** itself.

STEP

4



Snug the knot, making a lover's knot. There should be about 1.5" of bight to the left of it.

STEP

5

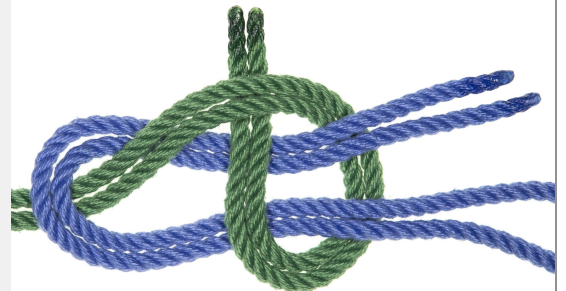


Repeat steps 2, 3, and 4 to make more lover's knots, leaving about 1.5" between them.

When the collar is the right size, pass the ends of the rope through the bight, double back and finish with a square knot.

STEP

6



If you are a fancy person, you can tie this collar with two ropes of contrasting colors.

If you do this, we recommend finishing with a sheet bend.

RESOURCES

Pentagram harness

fullcirclekink.com/xe3 Watts the Safeword: Pentagram Harness
High production value, nice decorative elements at the end.

fullcirclekink.com/xe4 mr420pocketz: Pentagram Harness
Very nice use of line crossings.

Hishi karada

fullcirclekink.com/xe5 Topologist: Knotless hishi karada
Our favorite presentation of this tie.

fullcirclekink.com/xe6 Topologist: Under-ribs kikkou karada
A great tie that shows off the kikkou (hexagon) variation.

fullcirclekink.com/xe10 Epic Rope: Highly structured karada
Good presentation of a karada that goes all-in on adding structure.

Books

fullcirclekink.com/xe11 Two Knotty Boys: Showing You the Ropes
fullcirclekink.com/xe12 Two Knotty Boys: Back on the Ropes
JD and Danarama wrote some of the first good books on decorative bondage and they're still among our favorites.

fullcirclekink.com/xe13 Lee Harrington: Shibari You Can Use
fullcirclekink.com/xe14 Lee Harrington: More Shibari You Can Use
Lee does an especially good job with decorative corsets. And someday, we hope to be half as good as he is at including a wide range of bodies in our work.

fullcirclekink.com/xe17 Windy Chien: The Year of Knots
Modern and inspiring, our favorite decorative knots book.

Rope

fullcirclekink.com/xe15 Dye Addict Rope
Because we're idiots, we custom-dye the rope in our handouts. But for everyday use, our favorite decorative rope is the nylon rope from Dye Addict Rope.

fullcirclekink.com/xe16 Twisted Monk
If you prefer hemp rope, we've been getting ours from Twisted Monk since before you were old enough to look at naughty pictures.

WHAT NEXT?

If you'd like to do more bondage, check out our guide to next steps at fullcirclekink.com/next. You'll find our upcoming classes, other great local instructors, online resources, local events, and much more.

All the content from this class is available free on our website: check how to tie something from your phone, or share the class with your friends.

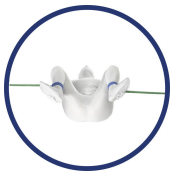
Core Bondage Series

This class is part of our core bondage series. We recommend you start with Bondage for Beginners, but the subsequent four classes can be take in any order.



BONDAGE FOR BEGINNERS

Interested in bondage, but not sure where to start? Our introductory class will teach you basic kink principles and techniques as well as a set of versatile skills that will let you get up to all kinds of mischief.



BONDAGE FOR SEX

Combining sex with bondage is one of our favorite things. This class will teach you bondage that immobilizes your partner while leaving them exposed and accessible.



BONDAGE FOR IMMOBILIZATION

As well as being a great addition to other kinds of play, bondage is a lot of fun in its own right. This class focuses on techniques for strict, immobilizing bondage.



BONDAGE FOR PAIN

Rope doesn't have to be comfortable! This class covers safe and versatile techniques that can deliver anything from mild discomfort to intense pain, as well as predicament and stress positions.



BONDAGE FOR BEAUTY

Learn to tie beautiful wearable bondage suitable for any kinky occasion! This class covers corsets, gauntlets, full body harnesses, decorative knots, and much more.

FULL CIRCLE

KINK