

UPLINES

Mastering the Fundamentals



FULL CIRCLE **KINK**



MODULE 1

Standard Uplines



Somerville Bowline

[p. 3](#)

Tricky to learn, this is the best and most versatile column tie.



Standard Tie Off

[p. 9](#)

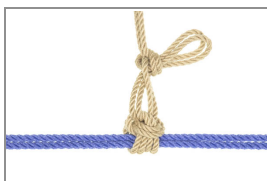
A robust tie off that works at the top or bottom of the line.



Y Hanger

[p. 5](#)

A Somerville that attaches to multiple places on a harness.



Double Bight

[p. 7](#)

Protect the bight of your rope by doubling it.

SOMERVILLE BOWLINE



STEP
1



Place your hand in Polite Mouse Fingers position, with the back of your hand touching the ankle and the index and middle fingers extended.

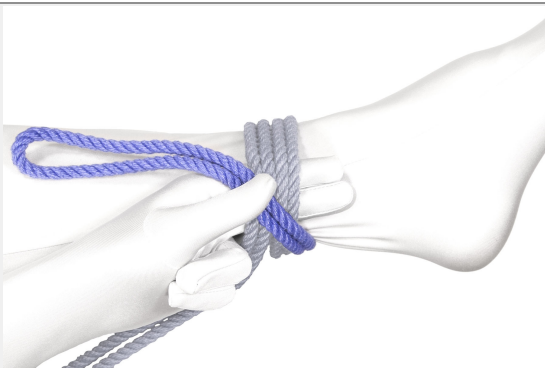
Remember: always use polite mouse fingers

STEP
2



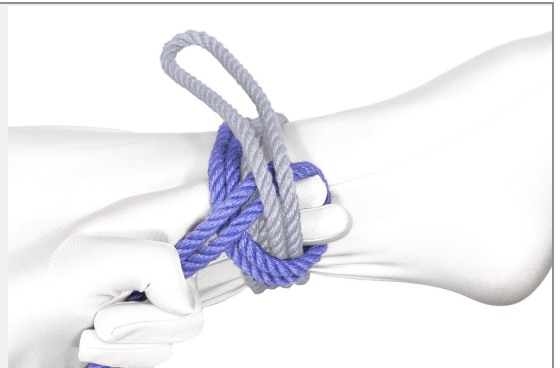
Wrap the bight twice around your ankle, going away from you over the shin bone and back toward you under the Achilles tendon. The second wrap should be closer to your foot than the first one.

STEP
3



Cross the bight over the wraps and hold it in place with your thumb.

STEP
4



Make a full circle around the bight with the standing part, passing under your fingertips.

STEP
5



Note that the standing part makes an X where it crosses itself.

STEP
6



Lay the bight over the X, making sure the bight is on top of the standing part.

Remember: X marks the spot

CONTINUED

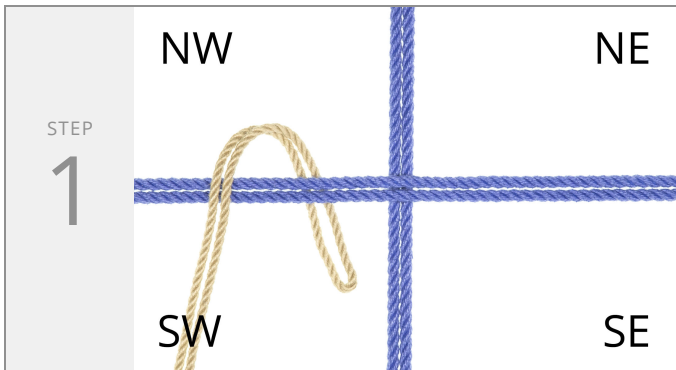


Pass the bight under the wraps and up through the circle made by the standing part.



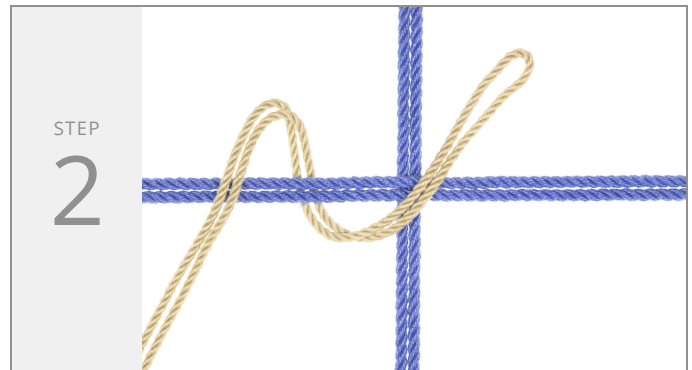
Pull the bight and standing part simultaneously to snug the knot.

Y HANGER

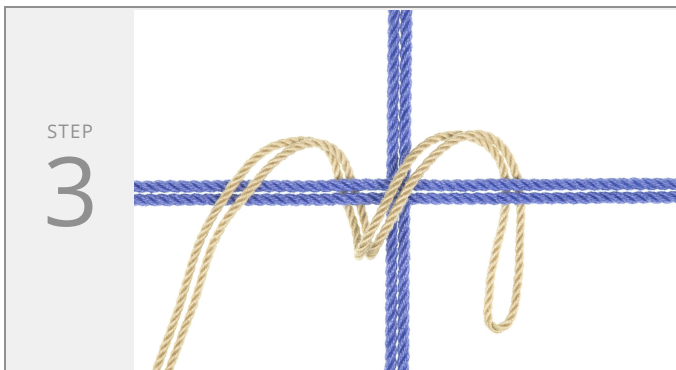


Pass the bight over the horizontal band, into the NW quadrant.

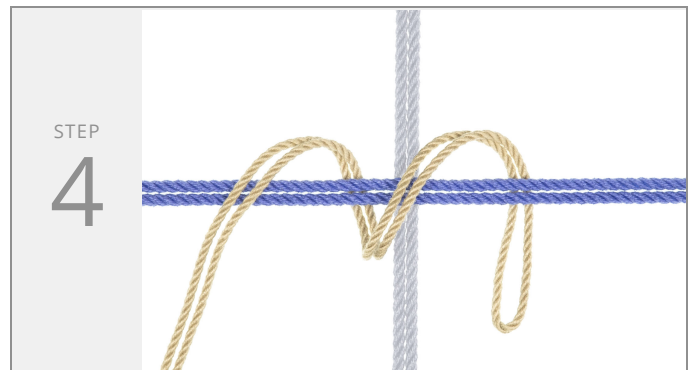
Go under the horizontal band, into the SW quadrant.



Go diagonally over the stem, into the NE quadrant.



Go under the horizontal band, into the SE quadrant.



Check that the line passes through all four quadrants and makes a smooth spiral around the horizontal band.



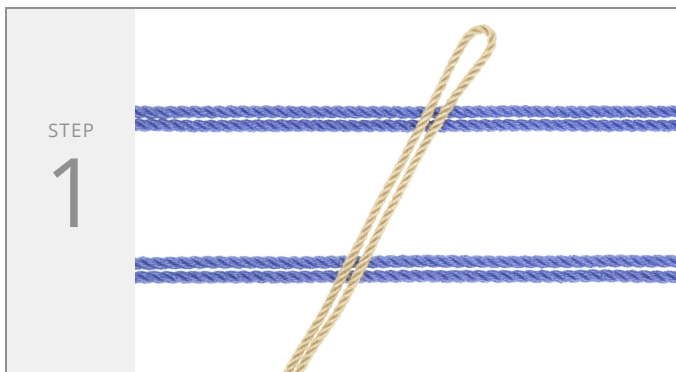
With your hand in Polite Mouse Fingers position, slide your fingers under the wraps and lay the bight over your fingers.

Notice that this configuration is identical to step 2 of the [Somerville Bowline](#).

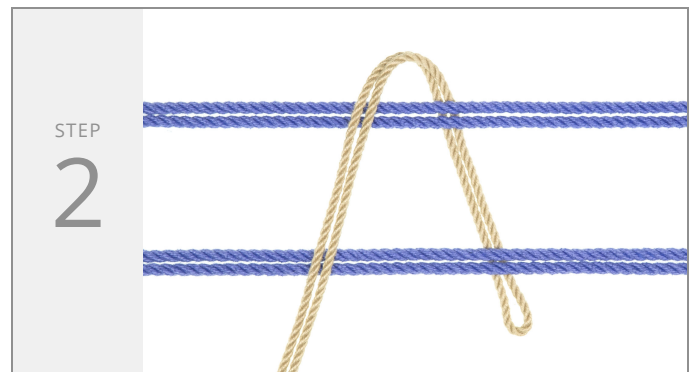


Finish the Y hanger the same way you would tie a [Somerville Bowline](#).

PARALLEL BANDS VERSION



Pass the bight over both bands.



Go back under both bands.



With your hand in Polite Mouse Fingers position, slide your fingers under both parts of the upline.

Pull both lines a few inches away from the body, making a vee shape.



Lay the bight on top of your fingers, next to the other two lines.

Notice that this configuration is identical to step 2 of the [Somerville Bowline](#).

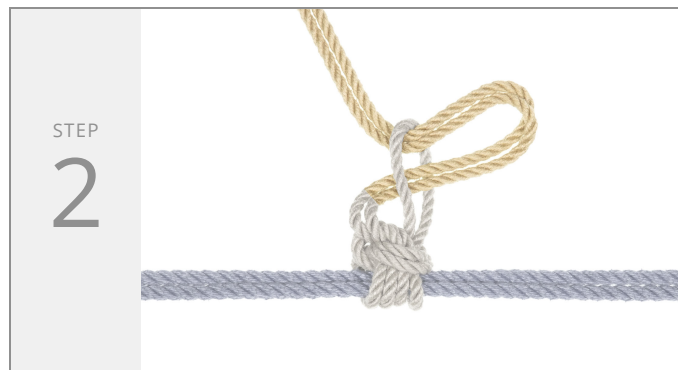


Finish the Y hanger the same way you would tie a Somerville.

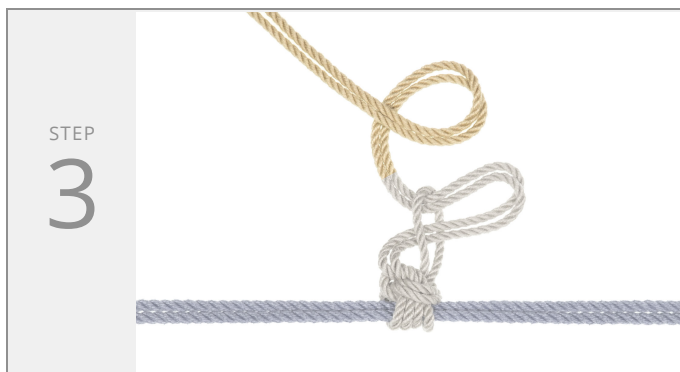
DOUBLE BIGHT



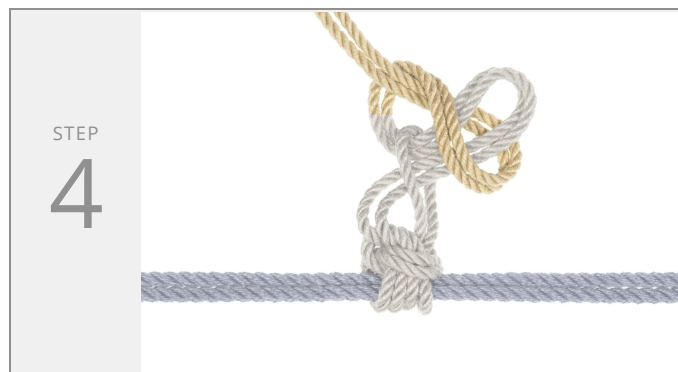
Begin with any single column or Y hanger that has a usable bight.



Pass a bight of the upline through the original bight.

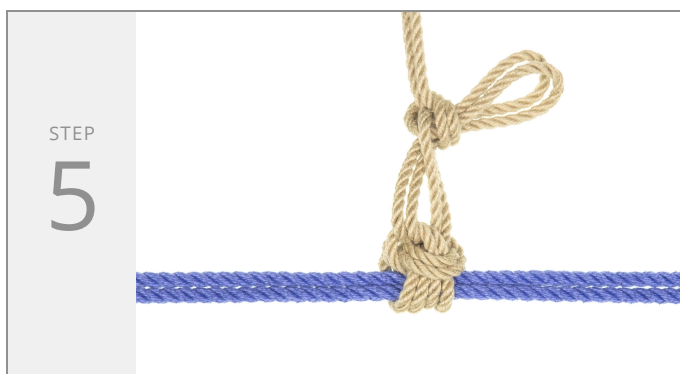


Begin a yuki knot by making a twist in the upline.



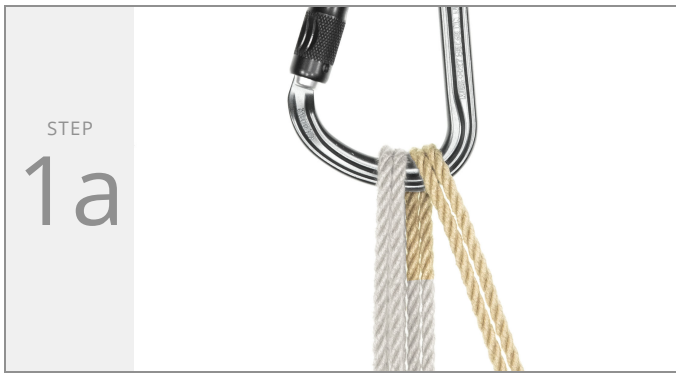
Slide the twist over the double bight.

Make sure the running end is trapped between the twist and the bight.



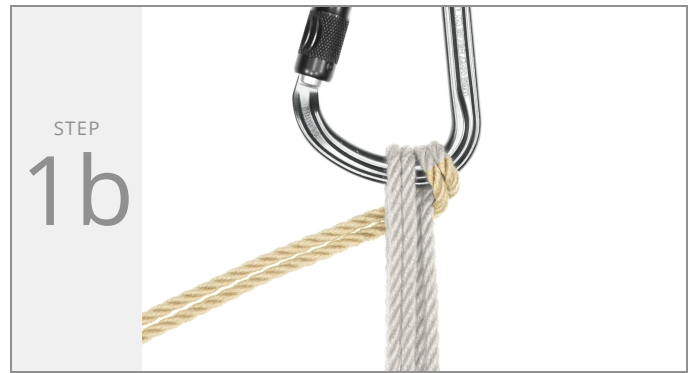
Finish the yuki knot by snugging the twist against the original bight.

STANDARD TIE OFF

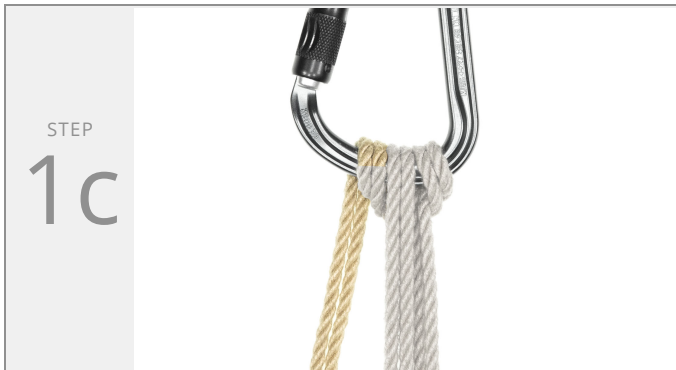


1: Munter hitch

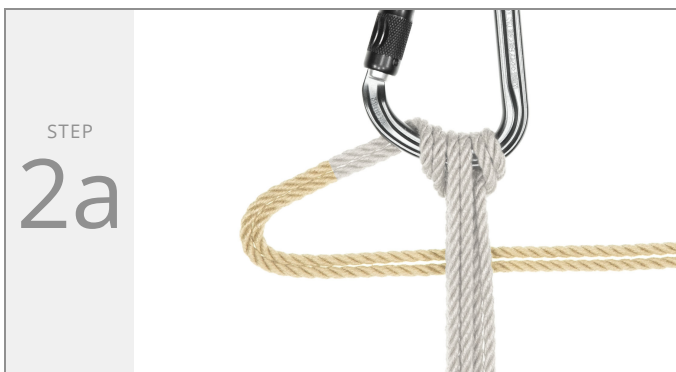
Go over the carabiner, from back to front. The line should not cross over itself.



Go behind all the lines, making a 180° turn.



Go over the carabiner, from front to back.



2: Slipped half hitch

Pull the line into a triangle shape, with the running end crossing behind the uplines.



Pass a small bight through the triangle.

CONTINUED



Snug the half hitch into place.



3: Yuki knot

Make a twist in the running end.



Slide the twist over the bight of the slipped half hitch.

Make sure the running end is trapped between the running end and the bight.



Pull the yuki knot snug.

WHAT NEXT?

If you'd like to do more bondage, check out our guide to next steps at fullcirclekink.com/next.



ropeinseattle.com is a great guide to Seattle-area rope classes and events.



This class is free on our website: check how to tie something from your phone, or share the class with a friend.



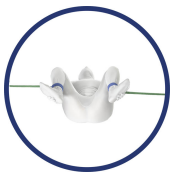
Core Bondage Series

This class is part of our core bondage series:



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.



FULL CIRCLE

KINK