MissBonnie &

MissBitch Binds

simple rope ties

Tying the arms at the front

The usual way for tying the arms at the front is with the wrists crossed. For this you can use the Crossed bind located on **page 5**

Typically used for binding your subs hands at the back, but it can be used with the hands at the front, and for tying the ankles, for keeping the legs opened, knees apart.

This binding takes about 8 feet (2.44 m), with a 5/16 (8mm) rope

(it will take a little less with a smaller diameter rope)

But you could also tie them with the hands palm to palm. It is safer because the rope's pressure is on the back of the wrists. For this way of tying you can use parallel bind located on **page 10** This binding is used for tying your subs ankles, or for tying the wrists with the hands with the palms or tops touching each other

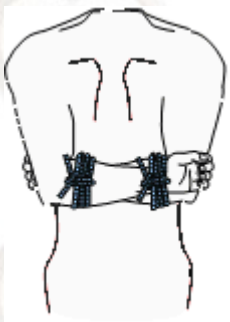
It could be used also when binding a limb to a post or the like, even if not perfectly parallel. Depending on the angle, you'll have to choice between this and the one for the yoke. The cross coiling will separate the limb front the object, making it softer on the skin.

This bind takes about 6ft 8" (2,10 m), with a 5/16 (8mm) rope (it would take a little less with a smaller diameter rope)

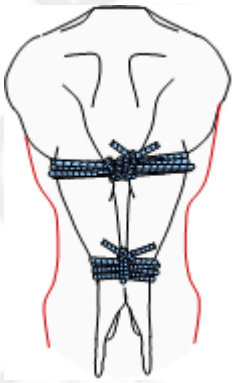
Tying arms at the back

The normal way of tying the arms back is putting one hand over the other, and using a a parallel bind located on **page 10**

Or the other way of tying the arms back is putting one hand over the other to form a crossat the wrists, and using a Crossed bind located on **page 5**

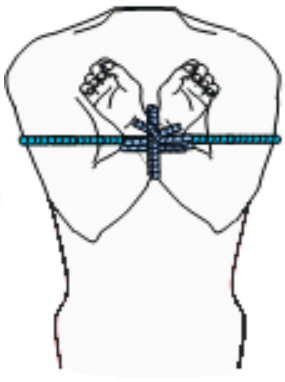


It is also possible tying the arms back, each wrist to its opposite elbow. Using two parallel bindings located on **page 10**, one on each of the wrists. Please note this bind is uncomfortable if sustained.



You can also tie the arms back elbow to elbow. It is safer if the palms are touching each other, so the rope's pressure is on the back of the wrists.

Use a parallel binding on the wrists located on **page 10**, and you will probably need a hobble bind located on **page 7** on the elbows because most people can't take the shoulders back enough for the elbows touching. **Don't force the position as it uncomfortable and painful, and can only be used for short periods of time.**



You could also tie the wrists crossed up using a parallel bind. This is terribly uncomfortable, because of the pressure of the shoulders being forced back. The hands, left by themselves, will tend to fall to the back and down, so you should hold them with a rope around the body.

Hobbling

The hobble, when used for limiting the sub's mobility, is tied mostly on the ankles...

... but, with a thinner cord, it can be used on the toes.

Walking with the hobble on the toes is uncomfortable and tiring (which is good) but is also unstable (which is bad). Be careful and alert, because your sub could fall. And, just in case, never tie his or her hands when hobbled.

A hobble bind located on page **7**(or video located paragraph 10 in your program) is used when you want to restrict the movements without immobilizing, or when you have to leave some space between the bound objects. Is good for tying the elbows at the back, because most people cannot move the shoulders back enough for the elbows to touch, the hobble allowing the required separation.

When using on the ankles for limiting the length of the steps, do not tie your sub's hands at the back (or in any way). Walking with a hobble is difficult and unstable, and your sub could fall and get hurt.

A hobble providing about three inches separation and coiled three times around the limbs takes about 13 ft (4m) , with a 5/16 (8mm) rope.

Crossed Bind

With the limbs crossed, begin by resting the center of the rope against your sub's limbs .

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And coil the rope around the limbs three or four times (more for a thin rope, less for a thick one).

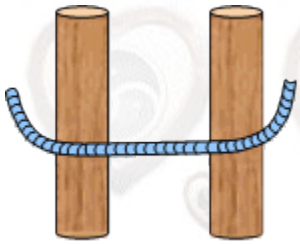
Several coils help spread the rope’s pressure on more surface of the skin, lessening the possible damage. The coil doesn’t need to be too tight.

After you coiled it enough times, cross the ends of the ropes. The one that will go down passes over the one that will go up.

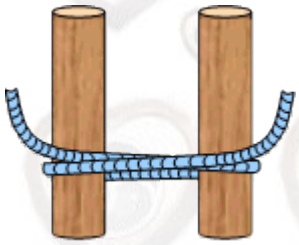
This step is needed for changing the direction on the rope without pinching or putting undue pressure on the limbs.

And then coil a couple of times up and down, passing the rope between the limbs, vertically.

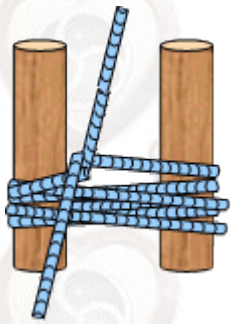
The hobble



Begin as in the preceding ones, but with the limbs separated…

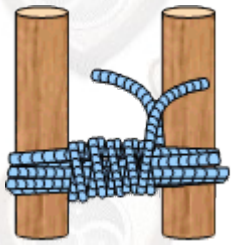


…coil around both limbs several times…

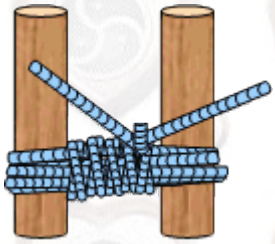


…cross the ropes (the one going downwards over the one going upwards) close to one of the limbs…

… begin coiling tightly the rope around the horizontal coils...



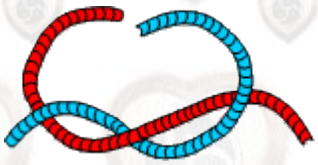
…until coiling all along them…



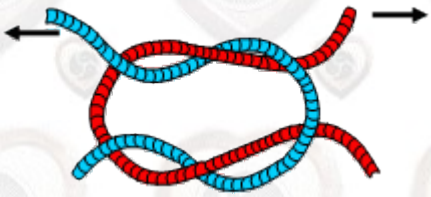
…finally securing all with a square knot located on **page 9**)

THE SQUARE KNOT

This is the most commonly used knot, useful for tying packages, the shoelaces, and your sub. We will not use this knot for tying somebody directly, but it will be used for fastening other bindings. Even if everybody knows it, as many people do it wrong, we will explain it again.



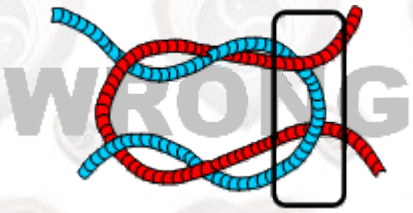
Twist one rope over the other (or one end of a rope over the other end of the same rope)



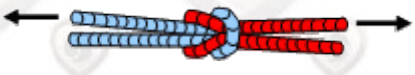
And then twist back, forming two interlaced loops.

This, as most knots, works because the rope passes twice by the same loop in opposite directions, and both segments are pressed one against the other when the loop tightens.

So, note the rope that leaves the lower twist on the upper side enters the upper twist also over (and not under) the other rope. (Follow the blue rope).



Be careful, because if you get that step wrong, you will finish just with two twisted ropes, not a knot. This one is called sometimes “granny’s knot” and it is no knot at all. It will slide untying itself.



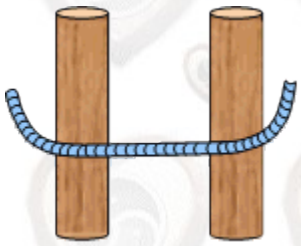
Tighten by pulling by the loose ends (and note how the loops tighten over two segments which run in opposite directions)

Binding the limbs, parallel

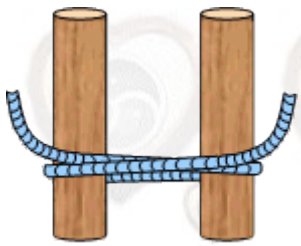
This binding is used for tying your subs ankles, or for tying the wrists with the hands with the palms or tops touching each other

It could be used also when binding a limb to a post or the like, even if not perfectly parallel. Depending on the angle. The cross coiling will separate the limb front the object, making it softer on the skin.

This bind takes about 6ft 8” (2,10 m), with a 5/16 (8mm) rope (it would take a little less with a smaller diameter rope)

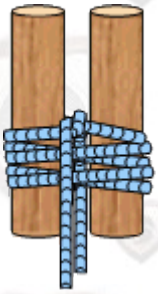


As in the previous ties, begin laying the middle of the rope against your sub’s limbs

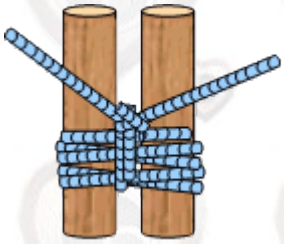


And then coil it three or four times around both limbs, depending on the rope thickness, for reducing the pressure of the binding on each point of the skin. The coils don’t need to be too tight.

When the coils are finished, cross the ropes, one going down over the one going up...



... secure the horizontal coils with a couple of vertical ones. It is this crossed coiling which will tighten and secure the binding...



…and finish with a square knot. Check again that you can pass at least a finger between the ropes and the skin.

It will work even if the objects are not perfectly parallel, as for tying a limb to an object. Depending on the angle finish off with square know located on **page 9**