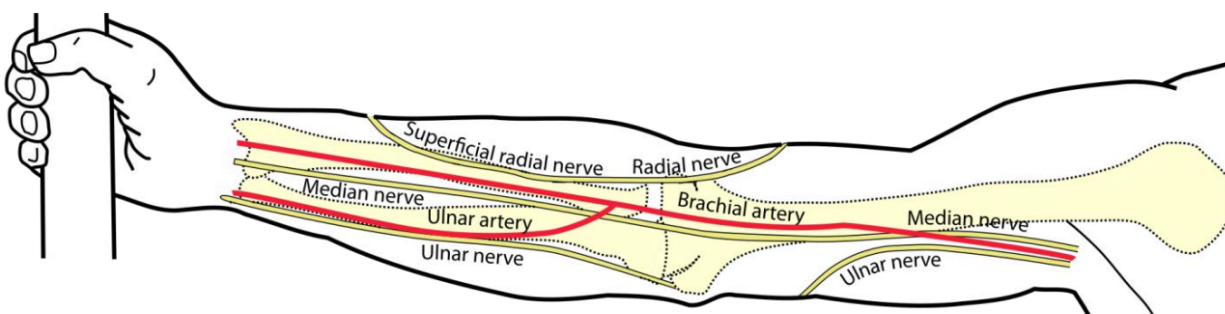


1. **Kink and rope safety tip #1** – you're not tying rope, you're tying with a person, so talk with your person. Talking back is NOT topping from the bottom, it's called communication and staying safe, know and acknowledge your limits so it's fun. Discuss past injuries, triggers, relevant health issues, personal limits but also discuss what you want (positive negotiation) from the scene.
2. **Safety.** It's called Risk Aware Consensual Kink for a reason. Basic nerves (see pictures, check out Youtube Julie Fennell Anatomy for Rope Bondage). Have safety tools (ex. rope cutter, safety shears, marlin spike) within reach (ideally on person). Use safe words (colors) or safe signs (ex. thumbs up) if gagged or in a loud space.
3. **Tips for tops** - Listen to your bottom. Check in frequently. Put your ego aside. *Learn about bottoming.* Pre-checks are key, get a baseline of body temperature, strength and flexibility. When limbs go dark or red, more blood is going in than out and will be warm to the touch and very sensitive. Do not ignore this but it is not urgent. When limbs go light or white, more blood is going out than in and will be cold to the touch. This is very dangerous as the muscles are not getting oxygen and needs to be addressed immediately. Touch is a great safety check that doesn't interrupt your scene. Hold or kiss their bound limb.
4. **Tips for bottoms** - Learn your own body. Communicate. Ask questions. *Learn about ties so you know when something doesn't look right.*



Back of left hand	Legend	Palm of left hand
	RADIAL NERVE Red ULNAR NERVE Blue MEDIAN NERVE Yellow/Green MUSCULAR Turquoise/Light Blue	



Hand out download available at MI Ropes - www.miropes.com/handout
or at SMIRC (the Summer MI Rope Conference) – www.smirc.net



LARKS HEAD

A loop through the bite



BOOLA BOOLA

Single column tie – two wraps, pass bite under – tie a knot



MUNTER HITCH

Over-under-over-under – pulls lines together



HALF HITCH

Over, around and through – double up for lock offs

5. Other tips and resources

Have realistic expectations. Suspension is not the goal of rope. If you do want to suspend, don't rush into it and start with a group or class designed just for that. Read up on the risks so you engage in risk aware consensual kink. Most rope scenes will not look like what you see in most rope photos.

TKs (Takate Kote, aka box-tie) are by far the most common tie leading to nerve injuries. Consider tying hands-free or hands-front chest harnesses instead until you have more experience both as a rigger and with your bottom. As a bottom, you have the right to decide that TKs are outside your risk profile.

Websites: [rope365.com\(/safety\)](http://rope365.com(/safety)), [crash-restraint.com\(/ties/1\)](http://crash-restraint.com(/ties/1)), [theduchy.com\(/safety\)](http://theduchy.com(/safety)), knottyboys.com, remedialropes.com, [ropestudy.com\(/courses/101/lessons/reducing-risk\)](http://ropestudy.com(/courses/101/lessons/reducing-risk)), twistedmonk.com, bellecorder.com, shibaristudy.com

Books: Evie Vane "Better bondage for every body", Shin Nawakari "Essence of Shibari", Lee Harrington "Shibari you can use", Shay Tiziano "Tying and flying"

Bottoming guides: heartlandkinbaku.com/ropebottomptguide, theropebottomguide.com, Evie Vane "The little guide to getting tied up" (book)

Video tutorials: ShibariStudy - General rope safety (free), Hand checks (free); Youtube - Somerville Bowline by Moco Jute, Rory's Brainworks Single column guide



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