

# Rope Basics – Bedroom & Beyond

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**Creating a Lark's Head** – This is a knot that starts many ties, including the normal chest harness.

- Start with the bight (middle) of the rope over the column you're planning to tie to.
- Reach through the loop and pull the twin ropes through as a unit.
- This completes the lark's head and will be used to start the next tie.



**Creating a Single Column Tie** – This is a very good tie since it introduces techniques also used in harnesses.

- Start with a Lark's Head.
- After you pull the rope through the Lark's Head, loop it back around the column (pics 1 & 2)
- Guide the rope through the new loop just created (pic 3)



## Single Column Tie Cont'd

- After you pull the rope through the new loop (pic 1), check to make sure the tie is not too tight. One or two fingers should fit under the rope (pic 2)
- Now loop the rope back across all the ropes and go to the next page.



## Single Column Tie Cont'd

- Tuck the rope under all 4 ropes and up through the loop created in the previous step.
- Pull the rope through and snug up the tie, making sure you can still fit a finger under the tie.
- The single column tie is now complete! Now it's time to learn what to do with the other ends of the ropes.



## Tying 2 Half Hitches

- Loop the end of a rope around a post and over itself (pic 1)
- Tuck the end of the rope through the loop created (pic 2).
- Now take the end of the rope over itself, under the main line and through the loop created by tucking the rope under the main line (pic 3).
- Your rope is now secure. The knot is complete.



## Tying a Taut Line Hitch

- Loop the end of a rope around a post and under itself (pic 1)
- Tuck the end of the rope through the loop created (pic 2).
- Tuck the end of the rope through the same loop again (pic 3)



## Tying a Taut Line Hitch Cont'd

- Loop the end of the rope around the main line (pic 1).
- Tuck the end of the around the main line and up through the loop (pic 2).
- You now have an adjustable knot that will keep your partner secure.
- And you have a knot to tighten your tent stakes with too!





## Tying a Double Column Tie

- Start with the columns about a fist width apart (pic 1)
- Loop the end of the rope a few times toward the end of the limbs (pic 2).
- Cross the ropes near one of the limbs (pic 3).



## Tying a Double Column Tie Cont'd

- Loop one of the pairs of ropes down around all the ropes (pic 1)
- Tie a square knot (pics 2 & 3).
- For additional security the end of the rope can be passed through the small loop created by the square knot. This makes it impossible for the tie to come untied without access to the end of the rope.



## Using a Cat's Paw to keep legs spread

- Start with the middle of the rope (pic 1)
- Go out from the middle of the rope to form an M (pic 2).
- Grasp the tops of the M and twist them 3 or 4 complete revolutions in opposite directions.
- Match up the loops you've created and pass them over the foot around an ankle (pic 3)



## Using a Cat's Paw to Spread Legs Cont'd

- Push the loops down so they rest in a neat bundle (like a rattlesnake rattle) on the inside of the ankle (pic 4)
- Take the ends of the rope and go around the bottom of the foot and under the same rope (pic 5).
- Repeat the previous step, but after you pull the rope through, reverse direction (pic 6).
- Tie the ends off to a bedpost. Repeat.



## Other Resources for Learning Rope

- Fetlife (Facebook for kinky people) join at <https://www.fetlife.com>  
--- there are a couple rope groups in the metro Detroit area and many discussion groups on Fetlife
- Any books or videos by the Knotty Boys
- Lee Harrington's book on Shibari you can use --- The Art of Erotic Macrame
- Fine synthetic rope is available at <http://garrs-ropes.com/> (MFP rope ~ \$0.40/ft)
- <http://www.ajarope.com> (hemp rope, more expensive ~\$1/ft)