

Prep Before Play

Before you play with rope, here are a few things to be done to make the experience better.

- **STRETCH:** Yoga is a great option for limbering up your muscles for you to achieve different positions and stay in rope bondage longer
- **HYDRATE:** The better hydrated your body is, the happier your skin is. Rope will feel more comfortable and glide smoother.
- **EAT:** Like any BDSM play, making sure there is something in your stomach allows sub drop to be easier. It also helps prevent fainting in rope.
- **DRESS:** If you are not in bondage naked, comfortable clothes will prevent unwanted burn or stress points. For those who wear Bras, underwire is not your friend

8 Great Stretches

Neck:

- Sit with legs long in front of you. Bend right knee and place right foot outside of left knee, pull toward chest. Wrap left arm around right leg and place right hand on the ground behind you.
- While kneeling, reach your right arm to the ceiling; bend your right elbow, and allow your right hand to fall between your shoulder blades. Take your left hand to your right elbow and allow the weight of the hand to deepen the shoulder opening.

Shoulders:

- Stand, clasp hands behind back. Soften knees and fold forward, letting head fall toward the ground, arms stretched up, let neck hang loose.
- Sit comfortably, have arms down either side of body and, bending elbows, reach arms behind back. Press palms together in a prayer position on spine and reach hands as high up spine as feels good.

Back:

- Lying on your back, bend your knees into your chest and bring your arms out to a T. Lower your knees to the ground on the right. Keep both shoulders pressed down firmly.
- On all-fours position, sink your hips back toward your heels and reach your arms out along the floor in front of you. Lower your hips only as far as your body will comfortably allow. Reach with your arms, and extend into your shoulders, bring your forehead to the floor between your hands.

Hips:

- Lie on your back, pull your knees to your chest. Place hands on outsides of feet, opening your knees wider than your torso. Press your feet into hands while pulling down on feet, creating resistance.
- From standing, feet wide apart, point toes out so that hips are open. Start to soften and bend knees, release hips toward the ground, hovering above at whatever height feels good for you. Take elbows inside of thighs, lightly pressing them out, and take hands together like a prayer at the center of chest.

Rope Bottom 101

A quick guide to being the best bunny you can be by Veronica-Lodge





Not all spots of the body are created equally! Be aware of rope being placed:

- **Upper Arms**
- **Back of Knees**
- **Neck**
- **Inside Elbows**

Do your homework about nerve bundles in the body.

Rope Bottom

A rope bottom is the receiver in a rope bondage scene. The art of rope bondage is vast, the different styles range from the traditional Japanese style, to a westernized style, to rope clothing. For a rope bottom, or bunny, it is less important to understand the various styles (although exploration in them will allow you to find what you like) and more important to understand your own body.

Responsibility

As a rope bottom, your key responsibility is to be aware of your body's limits. Trusting a Rope top to handle your body doesn't mean that you lose all of your responsibility. Unlike other forms of BDSM play, rope play requires constant communication and feedback, especially with a new play partner. If, while a rope bottom is in bondage they feel a tingling sensation for example, that needs to be communicated immediately to remain safe and risk aware.

You are responsible to informing your partners of any medical conditions that could impact play or your mobility. A Rigger can't adjust for what they don't know.

Questions To Ask a Top

- How Much Experience with Rope do You Have?
- Do you have safety scissors? Can I see them?
- Do You Have References?
- Do You Know the Common Vulnerable Areas and Stress Sites on the Body? Can You Show Me?
- What type of Rope Play do you do/Want to do with me?

The Dangers of Rope

One of the key dangers in rope play is circulation and nerve issues. Any tingling or prickling sensation happening on your body is a warning sign. Those signs need to be addressed immediately. The most common causes of tingling, prickling, or numbness are loss of circulation or nerve injury.

Another danger is fainting while in rope. If you are being suspended, or any part of you is in bondage, it is important to remain aware of any dizziness you may be feeling. Let your Rope Top know how you are feeling so adjustments can be made. You may need water, you may need to sit, or rope may need to come off.

Fainting Prevention

- If you are being tied while standing up or playing while in a standing position. Don't let your knees lock up. Locked knees for an extended period of time can cause fainting. Keep knees loose. IF you are worried about locking your knees, periodically bend your knees one at a time.
- Remember if you are inverted, periodic breaks to keep the blood from pooling in a specific spot is important.

Nerve Damage Prevention

- You can check your mobility and sensitivity by pressing each pad of your finger to your thumb and then repeat by pressing your nail bed.
- Squeeze and move your hands back and press against the rope or wall if possible.
- Your Top can ask you to squeeze their hand to test for strength

Circulation Problems Prevention

- Your Top can run their fingers underneath the wraps of the rope to adjust
- Flex your muscles to circulate the blood; clenching and unclenching your hands to relieve tingling.
- Symptoms should clear immediately once untied.