



The Bow Tie

The Bow Tie is a comfortable, but hard-to-escape tie that your partner can stay in for a long time. My Mistress calls it the Bow Tie because when she is tied this way on her back, she feels like a tightly-strung bow.

To do this tie, you will need about 30 feet of rope for the arms, and about 12 feet for the legs. We are using is 5/16-inch MFP rope from Rainbow Rope, at <http://www.RainbowRope.com>

Have your partner sit cross-legged, with her arms extended in front, and her palms together.

Take your 30-foot rope and double it. Wrap the loop around her wrists, then run the ends of the rope through the loop.



Wrap the rope in the opposite direction (so it pulls against the loop). Wrap three times around the wrists.



Pull the ends through the loop that was formed when you reversed the direction of the rope. (See the picture at the top of the previous column.)



Wrap the rope between the wrists three times, forming cinch loops. The rope should be snug, but not too tight. You don't want to make your partner's hands fall asleep, or cause nerve damage, so be careful.



Run the ends through the original loop, but don't pull it tight yet; leave a small loop.



Run the ends through that loop, forming a knot, and pull it snug. This will keep the wrists from tightening up.



Now run the end up the arms. Just below the elbows, wrap the ropes once around the forearms, run the rope under itself, and start wrapping in the other direction.



Do two or three wraps. The wraps should be just below the elbows. You should not wrap across the elbow joint itself, because there are a lot of nerves and blood vessels there.



Run the rope ends through the loop that was formed when you reversed directions, then wrap crosswise, forming cinch loops. Again, you want the rope to be snug, not tight.



After you do three crosswise wraps, run the ends through the loop formed when you reversed direction.



Run the ends under the wrist to elbow rope but don't pull them tight yet; leave a small loop. Run the ends through that loop, forming a knot to keep the elbow ropes from tightening up.



Take the ends, and run them up either side of the neck. Tie them together behind the neck. Make the knot a little off center, so it is not resting against the spine.



The completed arm bondage looks like this:



To do the ankle tie, take your 12-foot rope and double it.

Wrap the loop around the ankles, then run the ends through the loop, just like you did for the wrists.



Reverse direction, so the rope is pulling against the loop, and do two or three more wraps around the ankles, then pull the ends through the loop that was formed when you reversed directions.



We will not be using cinch loops for the ankles, as they tend to tighten up and get uncomfortable very rapidly.

Take the ends of the rope, run them under the wraps. Don't pull them tight yet, but leave a little loop. Run the ends through the loop, forming a knot that will keep the ankle wraps from tightening up.



You should have a couple of feet of rope left.

Take the remaining rope from the ankle tie, and run it between the forearms, then over the wrist wraps.



Run the down to the ankle wraps, then run them under the ankle wraps, capturing the wrists in place.



Bring the rope back up between the wrists, and cross the ends behind the wrist-to-elbow rope.



Tie a square knot to finish off the tie.



The completed tie looks like this:



If you want to have more access, just roll her on her back, like this:



Or like this:



I hope you enjoy this tie as much as we do.

Have fun, and play safe!

Disclaimer: The techniques I describe here are as safe as I know how to make them, and I believe in them enough to trust the life of my beloved Mistress to them. However, you are ultimately responsible for the safety of anyone you tie up. Know your captive's limitations, and any medical conditions they may have. Don't mix bondage with drugs or alcohol. And don't even think of trying suspension until you are really experienced with ropework.