



# Single-Wrap Rope Bit Gag

The "Rope Bit Gag" handout in this packet describes how to make a double-layer rope bit gag. A lot of women have small mouths, and find that they can wear a single-layer gag much longer, and with less jaw strain.

The gag begins with a length of 5/16-inch rope. We use a 12-foot piece, because that's one of our standard lengths, but anything over 6 feet in length will probably do.

Take your length of rope, and put a loop in one end, about 18 inches from the end of the rope.



About one hand-width from the  
***The rope used here is available from Rainbow Rope, <http://www.rainbowrope.com>***

end of the loop, start wrapping the long end of the rope around both strands of the loop, heading back towards the loop.



Continue wrapping.



When you have wrapped almost all the way to the end of the loop, so that the loop is just big enough to stick a strand of rope through, stick the long end of the rope through the loop.



Pull it tight.



Gently tug alternately on the two ends until the bit snugs up and is solid.

The completed gag:



To hold the gag in place, tie the ends behind the neck in a bow, just like you'd use to tie your shoes. That way, you can get the gag off quickly in an emergency.

Since this gag can be tied very quickly, it can be fun to use if your submissive is talking too much. You can just pick up a short piece of rope, and begin winding it into a bit gag. If she doesn't get the message by the time you are through winding, then you have the gag in your hand, ready to use.

**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.