



Step 1: isolate the test person's foot. It's easiest to do if they're flat on their back.

Step 2: fold your rope evenly in two, keeping the light between your thumb and forefinger

Step 3: wrap several times around the foot.

Step 4: tie an over-hand knot through all coils, as shown



Step 5: lift up —

— and double knot

Step 6: pull the foot all the way back, to the test person's butt

Like so



Step 7: wrap the rope over the thigh & calf, passing it under the original rope on the outside

Step 8: hook the rope down, returning to loop around thigh & calf in the opposite direction

Step 9: now pass that rope under the second loop (at the shin) that you've created

Step 10: reverse again, this time going over the thigh



Step 13: continue until you reach just below the knee

Step 14: Tie off with an over-hand knot

Extra rope can be tucked in, or used for decoration

Opposite view

Japanese Bondage Instructions Guide Ropes

Chao Zhang



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