



DEVIANCE  
& DESIRE

# Self Bondage Harness

## ROPE

The rope in these pictures is a 6mm wide, 9.7 meter long cotton rope from Japan.

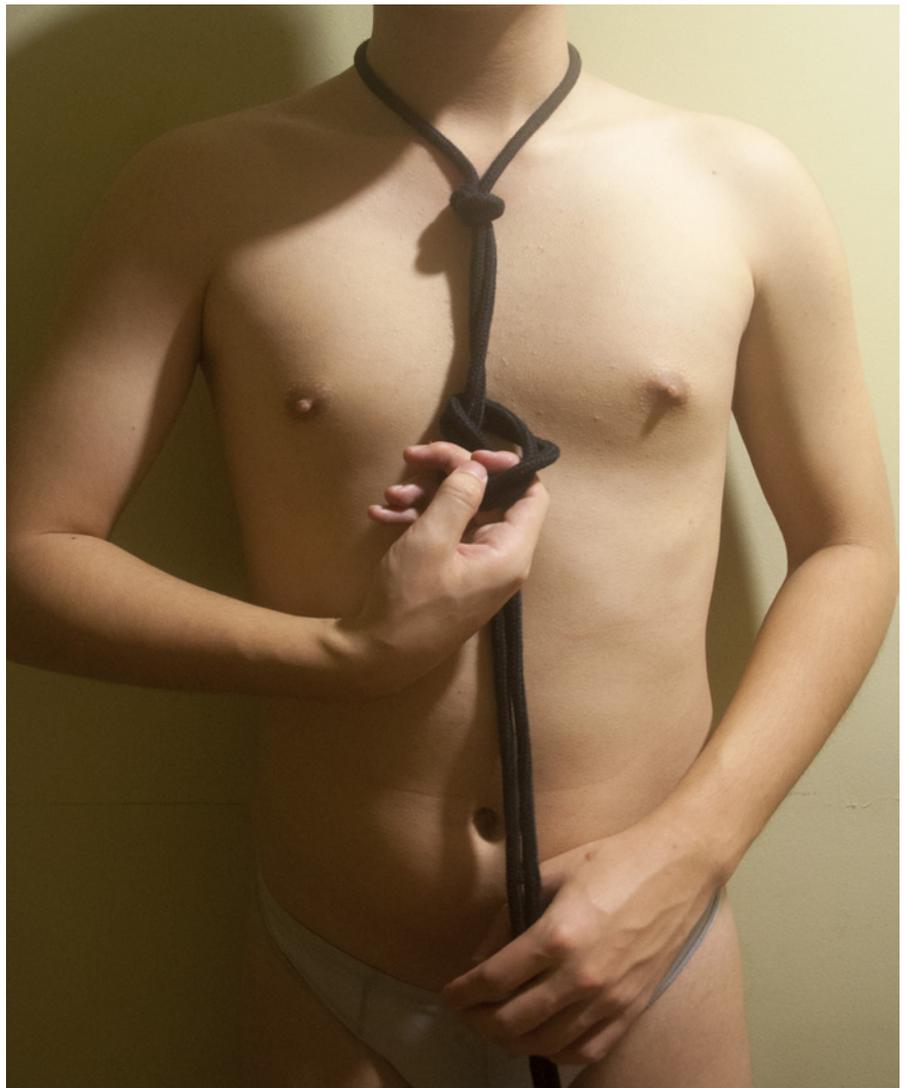
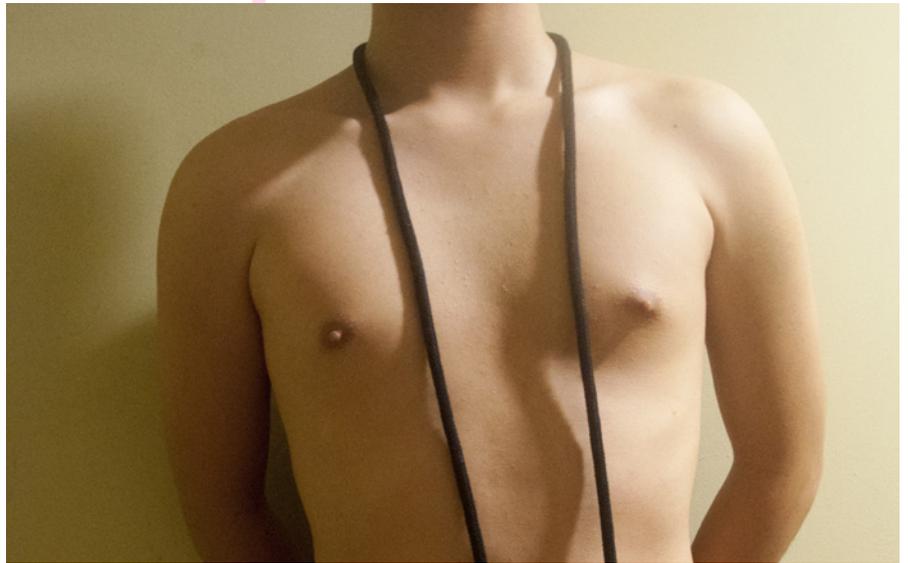
It was actually too long, and we needed to tuck the excess at the end, so if you're a similar body type, then 8 or 8.5 meters will be a good length, depending on how tight you tie. If you're a bigger or smaller build, estimate accordingly.

If your rope is 8mm diameter then you will need it to be slightly longer because knots and twists will use more rope.

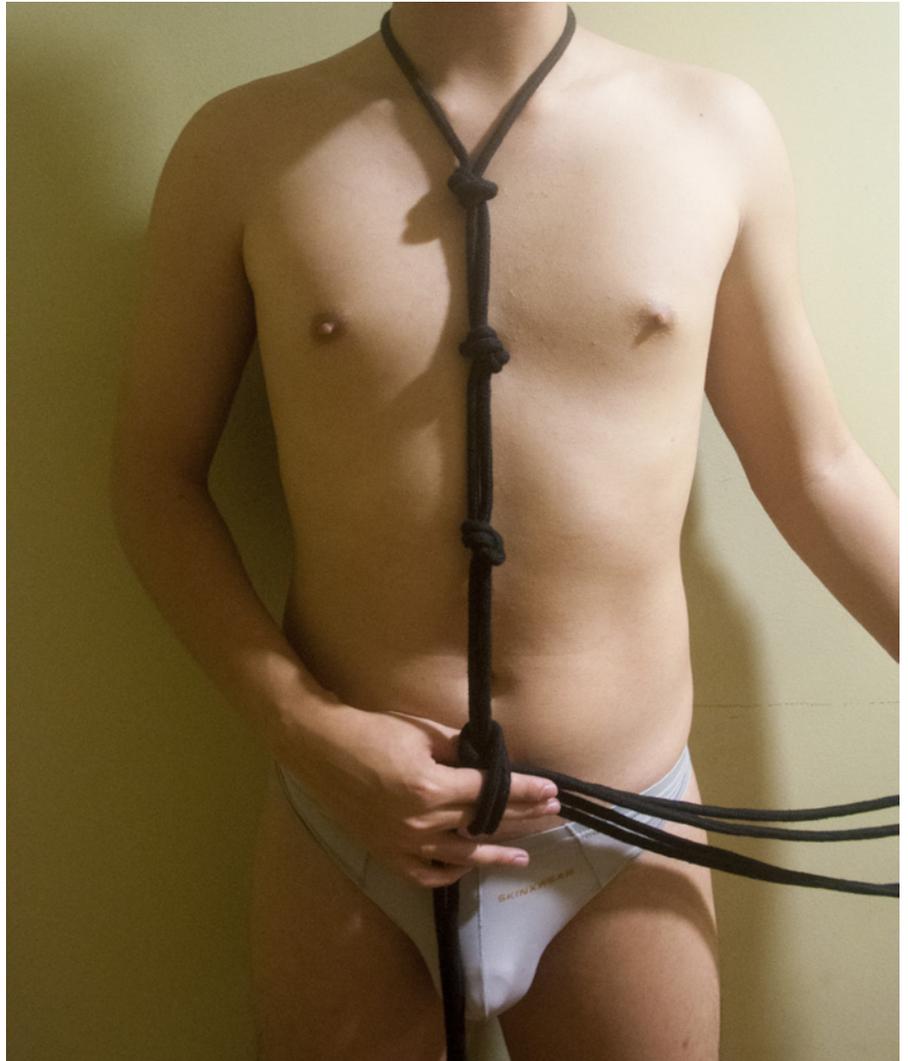
You want the rope to have "bite" at the knots and not slip around too much, so avoid the plastic type synthetic ropes in hardware stores (they'd feel horrible anyway).

Hardware stores often do have nice ropes that are soft on the outside and have a stiffer poly core. If you remove the core by working the rope down inch by inch over the core until it comes out, these are great. Removing the core is easier if there are 2 people. It's worth the effort, they'll last a long time.

Of course silk curtain cord, jute, hemp and 100% cotton ropes would be perfect. 8 meters (26.25') is a standard bondage length if you are buying good ropes online.



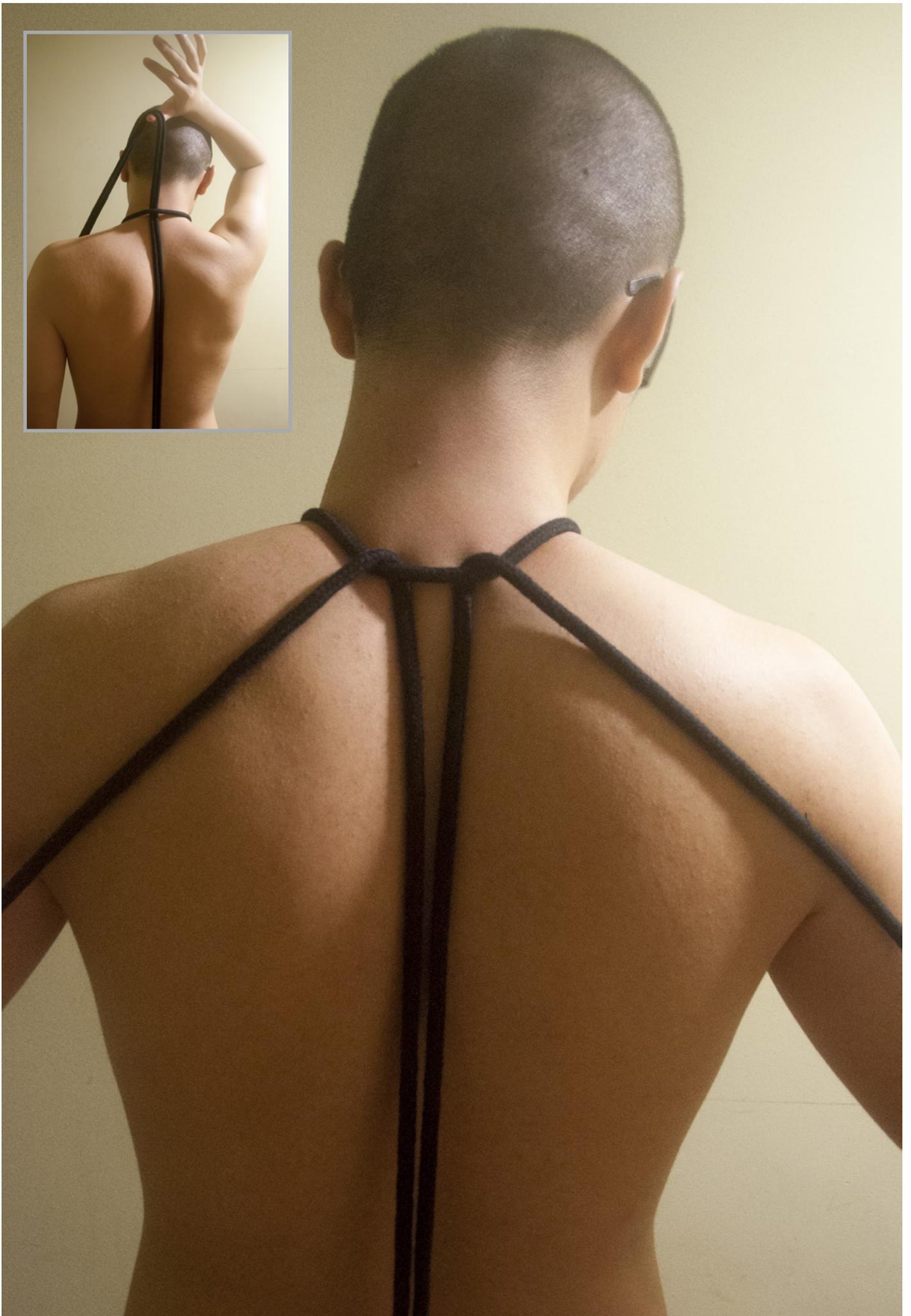
Place the second knot around the centre of the chest. This will help to get the ropes to sit correctly later.



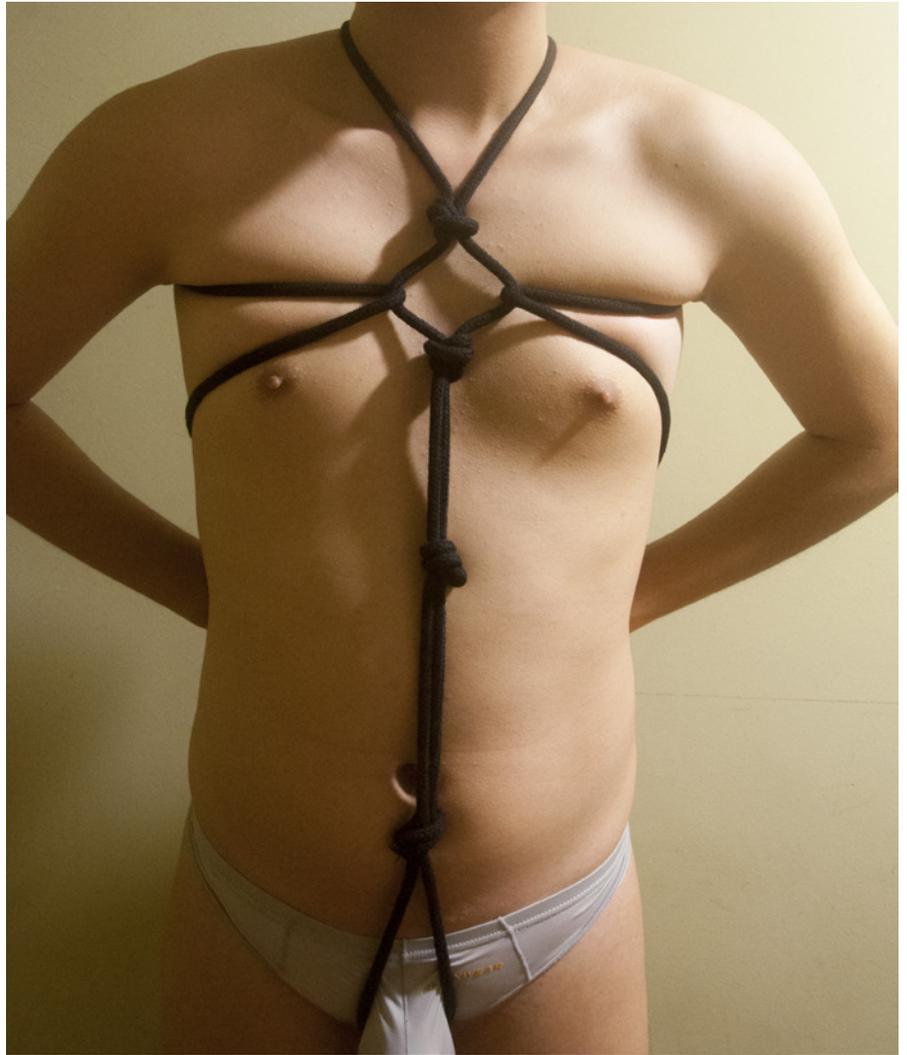
Sit the last knot nice and low, just because it looks hot.

If you're going to wear clothes over the harness then it will be more comfortable if the last knot sits above or below the waistband.





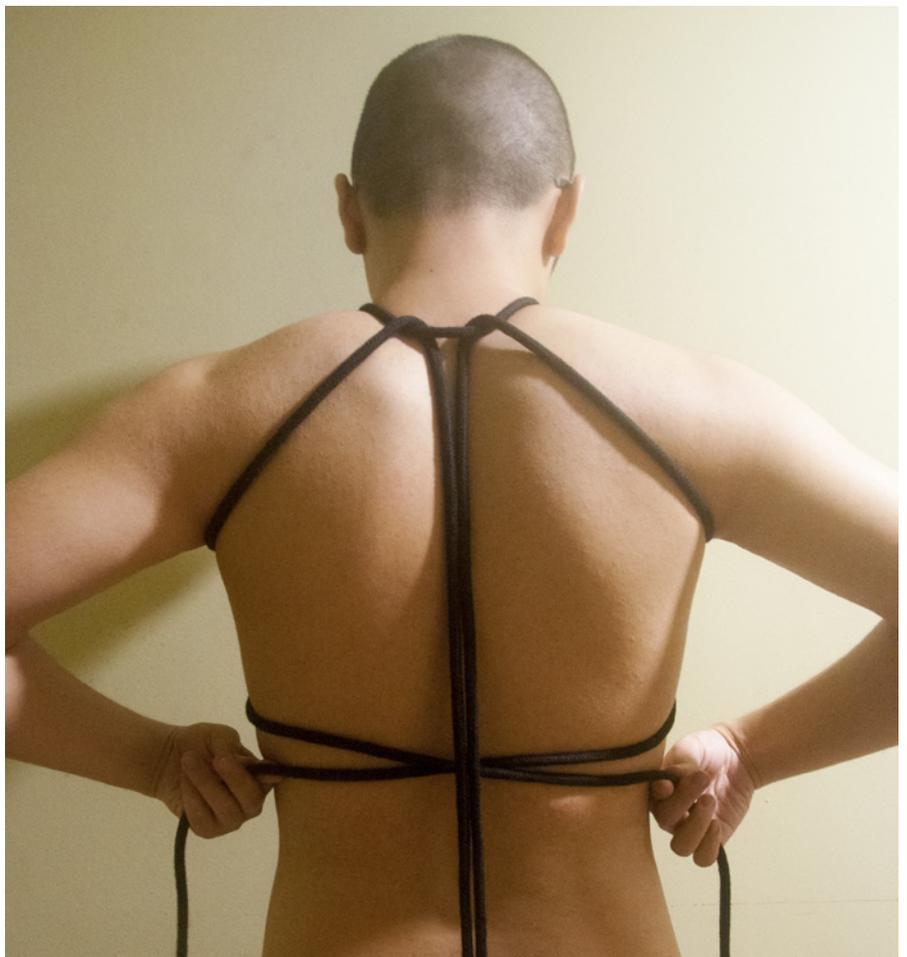
The first set sits above the chest

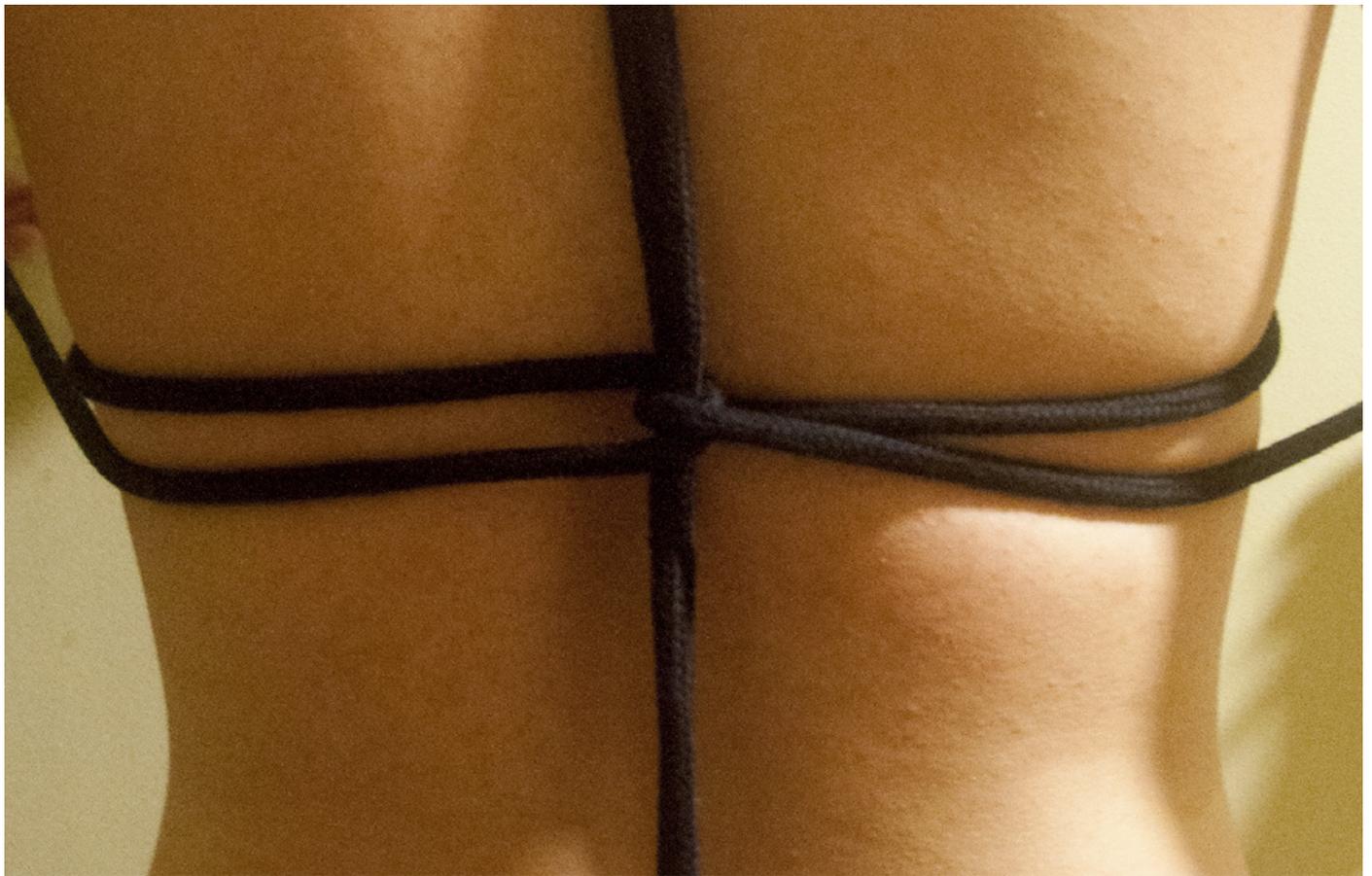


Bring the two ropes from the front around and thread them under the centre back rope.

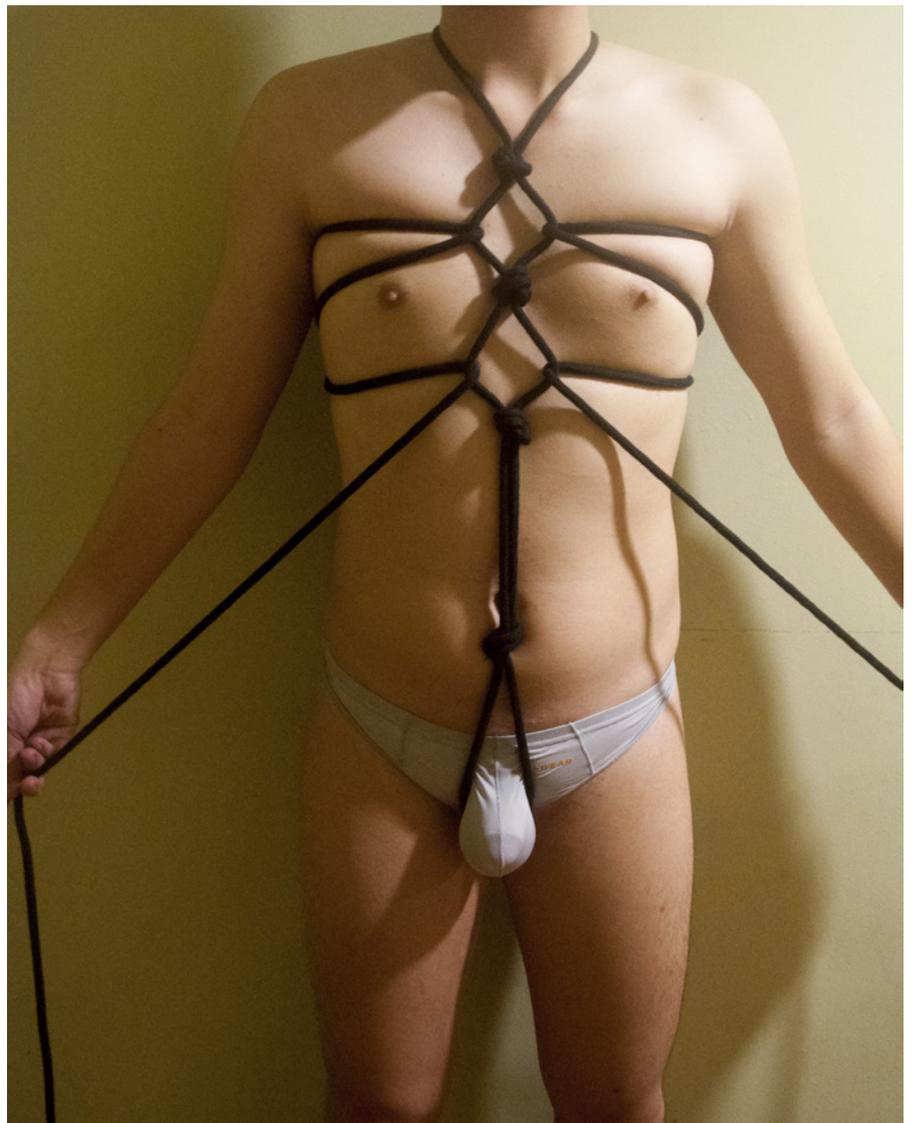
When you do this, cross them over so they make an X and then take them back over the center rope so they swap sides and finish on the side they originally came from.

There's a close-up view of the finished twist on the next page.





The second set then sits under the chest.



Repeat the twist at the back.



The third set binds the stomach.



Repeat the twist at the back for the final time.



Now bring the ends to the front and make a final knot to finish the harness.

If you have excess rope then curl it around the final tie to make the harness neat.

