



DEVIANCE  
& DESIRE

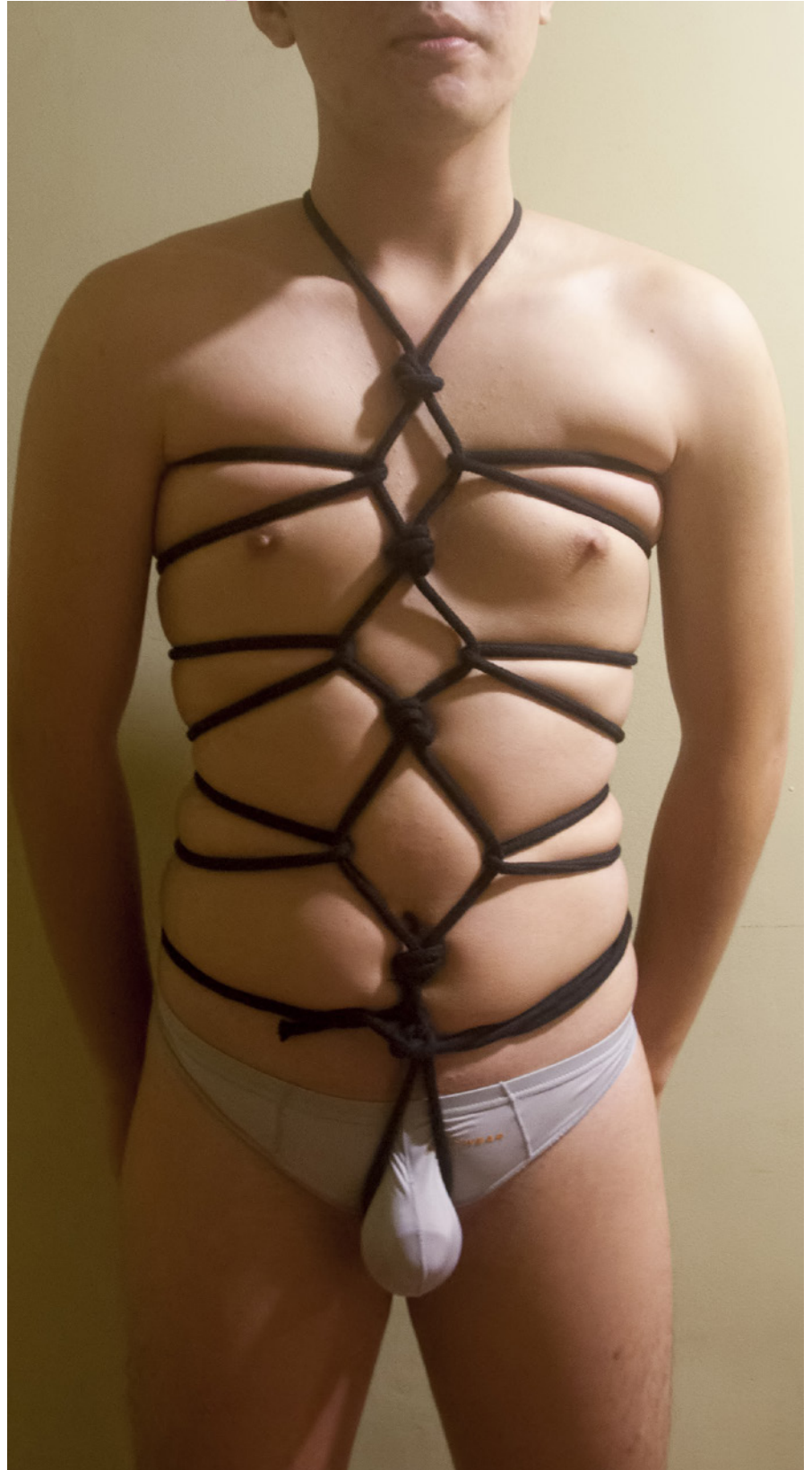
# Self Bondage Quick Hand Bind For Harness

This is a finishing touch for our self bondage harness. The harness is shown on the right, and you can [download the step-by-step guide here](#).

This wrist tie isn't particularly secure, but it's very quick and easy.

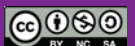
## ROPE

We're using a 2 meter length of 6mm nylon rope for this, but pretty much anything will do.



DEVIANCE  
& DESIRE

This work is licensed under a [Creative Commons Attribution-NonCommercial 4.0 International License](http://creativecommons.org/licenses/by-nc-sa/4.0/).  
The latest version is available for free download at <http://www.devianceanddesire.com>







Once your wrists are in, just start looping them upwards. The further up your back you go, the more secure the tie is.

That's it. Simple, but it will hold your hands nicely in place.

