

BONDAGE FOR PAIN

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0.1 INTRODUCTION

12:00 - 12:10

1. Welcome to Bondage for Pain

Thank you for coming today

2. Introductions

MC introduces themselves, with pronouns

Instructors introduce themselves, with pronouns

3. Quick poll

How many of you have done some pain play before?

4. What are we doing today?

This is a class about combining bondage and pain

We'll show you lots of fun ways to hurt someone with rope

But more importantly, we'll help you understand pain better

Module 1: The Calf Binder

The calf binder is our favorite way to cause pain with rope

We'll learn how to use it and start building an understanding of pain

Learning what you like and how you like it

Module 2: Using Pain

Two new techniques: Waist To Thigh and Toe Crusher

We'll dig deeper into the mechanics of causing pain effectively

Also: processing pain and communicating during a scene

5. Module 3: Building a Scene

Put all of this together to build a good pain scene

Ebi position, which is great for longer scenes

Structure of a scene and negotiating for pain

0.1 INTRODUCTION *CONTINUED*

12:00 - 12:10

6. How does the class work?

This class is equally for bottoms and tops

Bottoms are full partners and have as much to learn as tops

The class is divided into 3 modules

Each module has a technical skill and application of that skill

Each module begins with lecture and demo

Learn core skills

Get an overview of technical skills

See how it all comes together in a scene

During lecture, focus on learning “why”

Each module ends with pod time

We'll break into small groups to practice

This is the time to ask questions, get help with accommodations

During this phase, focus on learning “how”

There are no formal breaks: do self care during pods

Pods are also a great time for adaptations for bodies & play styles

7. Before we jump in, some logistics

Point out bathrooms, water, exits

Wear what you like, but keep bottom bits covered

Covid: wear your masks, we tested this morning

8. Single students

If you didn't come together, don't tie together

We have appropriate content for singles in each pod

9. Consent!

It's the first thing in your handouts because it's the most important thing

We'll talk about it a lot, starting now:

- Ask before touching
- We'll ask before touching, it's OK to say no (we can still help)
- No photos, no phones: step outside if you have to use yours
- We'll model some negotiation, but prior negotiation has also occurred
- We're professionals: we won't hit on you, please don't hit on us

1.1 WHY DO WE LIKE PAIN?

12:10 - 12:15

1. Let's talk about pain

This whole section should be a conversation between top and bottom

Obviously, today we're gonna teach you how to cause and receive pain
But more importantly, we want to help you understand pain

- The different flavors of pain
- Safe versus dangerous pain
- Modulating the type and amount of pain

How to use pain precisely to create connection and have fun together
How to avoid causing unintended harm.

2. Why do we like pain?

First: why do we like pain play?

This varies a lot from person to person

Top & bottom discuss their personal reasons for liking pain

Talk about whatever you didn't already cover:

- Connection
- Reaction
- Catharsis / being broken
- Suffering to please a partner
- Endorphin rush
- Primal / visceral headspace

1.2 TYPES OF PAIN

12:15 - 12:20

1. Becoming a pain connoisseur

This whole section should be a conversation between top and bottom

If you're at a BBQ tasting, helpful to have a vocabulary for sauces:

- How how / sweet / vinegary?
- Is it mustard-based or tomato-based?

Similarly, you'll enjoy pain more if you understand it

Who's heard of sting versus thud?

They might hurt the same amount, but very different types of pain

- Sting is like a bee sting
- Thud is like getting punched in the chest

2. Understanding pain: location

One way to think about types of pain is tissue type

Muscle pain: grab your calf muscle and squeeze

- Even, steady pain, easy to modulate
- Fairly safe, injuries heal quickly
- Many people like it

Bone pain: dig your knuckles into the front of your shin bone

- Sharp, intense, hard to modulate
- Can cause long-lasting bruises
- Many people hate it

Skin pain: pinch the skin of your forearm

- Sharp, fairly easy to modulate
- Fairly safe, but watch out for marks
- Opinions are mixed

Nerve pain: when you hit your funny bone

- Electric zing, or sharp stabby pain
- Dangerous: most common type of bondage injury
- Don't do this intentionally

Joint pain: kneeling too long on a hard floor

- Aching, "wrong"
- Dangerous: don't do intentionally, avoid joints and tendons

Throughout class, pay attention to what you feel, what you like

1.3 INTRODUCING THE CALF BINDER

12:20 - 12:30

1. Why the calf binder?

Let's do some painful bondage!

The calf binder is one of the best ways to hurt someone

Many of us regularly build entire scenes using just the calf binder

Remember: we'll learn the details of how to tie it in pods

Right now, focus on the big picture

Think about the different kinds of pain we're producing

2. What is the calf binder?

Begin with a column tie around the ankle

And then wind up the leg

And wind back down and tie off

Gosh, it sure looks like that hurts!

Bottom talks about what they're experiencing

3. Different types of pain

Bottom: discuss each type of pain as we demo

Remember how we talked about different types of pain?

Let's see how the calf binder produces each type

Muscle pain: going tight over the calf muscle

Bone pain: going tight over the shin bone

Skin pain: from tight rope on skin, poking skin

- Generally avoid rope burn and skin shearing

Nerve pain: we don't want this

- Identify common peroneal nerve, how to avoid it

Joint pain: we don't want this either

- Stay off the knee and Achilles tendon!

4. What about thighs?

The exact same technique works on thighs

Start well above the knee and work upward

1.4 RISKS OF PAIN PLAY

12:30 - 12:40

1. Framing

This whole section should be a conversation between top and bottom

Kink always involves some risk

Important to understand and mitigate risk

Pain play presents some unique challenges for risk management

Pain exists to warn us of impending injury and cause us to avoid it

- When you do pain play, you're bypassing that safety system

Pain play is especially intense and endorphin-producing

- Which can impact your ability to notice danger
- And your judgment

For pain play (especially intense pain play), risk management is vital

2. Good pain versus bad pain

We sometimes talk about good pain (hurts but safe) vs bad pain (unsafe)

Learning to tell the difference is hard but important

- Pay attention to your body
- Talking to experienced bottoms can be really helpful

1.4 RISKS OF PAIN PLAY *CONTINUED*

12:30 - 12:40

3. Specific Types of Harm

Nerve damage

We already talked about nerve damage

Most common form of bondage-related injury

Typically caused by very tight rope over a nerve

We're gonna do a lot of tight rope, so avoiding vulnerable nerves is vital

Joint damage

We also talked about joint damage: avoid joints and tendons

Bruises and muscle soreness

Varies a lot from person to person

Can be minor and transitory, or last for a long time

Skin abrasion and marks

Quite common, people often don't take it seriously enough

For some people, even mild rope can leave impressive marks

More intense rope will tend to leave longer-lasting marks

What kind of marks are you OK with in what locations?

Be especially careful about rope burn

Can leave long-lasting or permanent scars

Other injuries

Cuts, broken bones, etc.

How long will it take to heal? Might you need medical attention?

4. Informed consent

Valid consent must be fully **informed**

You can only consent to something if you understand the risks

During negotiation, both people must understand and agree:

- What risks are being taken
- What to do if something goes wrong

1.5 ADDING INTENSITY

12:40 - 12:50

1. Let's escalate!

What if we want to increase the amount of pain?

Calf binders are great because they're easy to tie and easy to escalate

2. Start out right: leg position

Feel your calf muscle as you straighten leg, flex foot

Smallest with bent leg & pointed toe, largest with straight leg, flexed foot

Tie in the smallest position: will escalate if they move their leg

- Many people need to straighten their legs to orgasm

3. Additional techniques

Rigger punch (Aggressive pull when applying rope)

Be thoughtful about where you apply it (calf vs shin)

Squeeze / punch the bulges

Places where flesh bulges out are especially sensitive

Can also press or punch the rope itself

Positional stress

Have bottom kneel

Adds a lot of bone pain

Interesting d/s element

Use your body

Step or kneel on the rope (but don't fall!)

Fake kneeling technique: balance on your heels, press knee onto partner

Cross the rope

Crossing the rope creates pressure points

Especially over the shin

Use chopsticks to tighten the rope further

Make it hurt when removing rope as well as adding it

Use smaller / meaner rope

Combine with pressure point play

4. Other considerations

Be careful about pulling body hair

Be careful about pinching skin (especially with areas of loose skin)

1.6 POD

12:50 - 1:05

1. Calf binder

Start by palpating calf muscle

Small when foot pointed, leg bent

Big when foot flexed, leg straight

Procedure

1. Tie with the toes pointed
2. Column tie above ankle
3. Wind up around calf
4. Double back below knee

Careful about peroneal nerve right below knee on outside of leg

5. Tie off with a half hitch

Discuss challenges and solutions

Discuss maintaining tension, help students as needed

2. Escalation

Rigger punch

Squeeze / punch the bulges

Positional stress

Use your body weight

Cross the rope

Use chopsticks to tighten the rope further

Make it hurt when removing rope as well as adding it

Combine with pressure point play

2.1 HOJO CUFF

1:05 - 1:10

1. What is the hojo cuff?

Start with a column tie pre-tied on a limb

Let's take a look at the hojo cuff

Fast, easy way to add a new column tie to a rope under tension

How does it work?

Demo the hojo cuff, leaving it tied

Super useful! What's not to like?

Demo how it cinches when the standing end is pulled

This is a drawback of almost all ties like this

You can't avoid the problem, but you can mitigate

The answer is to put more load on the working end

Used correctly the hojo cuff is fast, useful, and more or less stable

Used incorrectly, it's a train wreck

2. The captured overhand cuff

We said earlier that *almost* all ties like this have the same problem

There's one notable exception: the captured overhand cuff

It's fiddly to tie, and we don't use it often

But it's cool and it's in the handout

2.2 UNDERSTANDING PAIN: PRECISION

1:10 - 1:15

1. People are different

Each person likes different types & amounts of pain

Success comes from understanding what works for your partner

Goal is to achieve the right effect, however much pain that takes:

- Some intense masochists only want a little pain
- Some more casual masochists want a lot

2. Why is precision important?

Key skill as a top: having precise control of type & amount of pain

Goals are highly individual:

- Different people like different types of pain
- Different people like different amounts

The key point is to know what effect you want, and be able to achieve it

If you want calf pain that's 4/10, be able to get that every time

- Don't get 8/10 bone pain by mistake

3. How do you get precise control?

Some acts are more precise than others (rigger punch vs rope burn)

Larger areas have more leeway than tiny targets

Labbing

Practice time with lots of talking and experimentation

Best way to dial in how your partner experiences pain

2.3 WAIST TO THIGH

1:15 - 1:25

1. Waist to thigh position

Great technique that gives you lots of control, very connective

Adaptable to many bodies and pain preferences

One of our favorite pain techniques

Start with a lark's head around the waist

- This can tighten (desirable in this context)
- Check in with bottom about placement and tightness
- Typically should be right above hip bone

Be careful about the floating ribs when using waist rope

- This technique pulls down, which protects them

Add a hojo cuff around the thigh

- Describe the process of tying the hojo cuff
- Describe how you're finishing and stabilizing it

2. Techniques for adding intensity

Ways to dial it up:

- Shorten connecting line
 - Carefully move bottom into a sitting position
 - Pull knee away from body
- Can fine tune this for just the desired effect

Adding rhythm

Cycle rhythmically between intensity and relaxation

This technique feels especially connective

3. Bottom's experience

Discuss your experience of the tie

Breathing

- How does waist rope affect breathing?
- Breathing from different parts of your body
- Managing your breathing is really important

Waist compression: think about what you eat beforehand

2.4 PROCESSING PAIN

1:25 - 1:35

1. Processing pain is a skill

Takes practice and effort to develop

Varies from person to person, here are some of our favorite techniques

Breathing

Maybe you've seen Lamaze breathing during childbirth in movies

Popular because it works really well

- Deep, slow breathing
- Short breaths, but not hyperventilating
- Don't hold your breath (that makes you tense up)
- Experiment with consciously using different breathing patterns

Top adds: can increase challenge by disrupting breathing techniques

Shift the place

If you're getting close to limit, switching to a different area may help

Especially useful if you want a long scene

Vocalizing

Vocalizing can help your ability to take pain

And can be fun for both people

Yelling, swearing, moaning, squeaking

Visualization

If familiar, try meditation / internal focus / visualization techniques

Visualize integrating pain rather than trying to force it out

Distraction

Can be very helpful for some people

Fingers and toes

- Wiggling
- Tensing and releasing

Sexy times

- Sexual arousal or stimulation can increase pain tolerance
- But beware: tolerance may drop abruptly after orgasm

2.4 PROCESSING PAIN *CONTINUED*

1:25 - 1:35

Reduce stimulus

Reducing stimulus overload can help

Close eyes to reduce visual stimulus

Focus on things that feel good (sexual arousal?)

Don't tense the part they're hurting

Try not to tense the part that's being hurt

Can be helpful to tense another part instead

Just accept it

Sometimes you might want to not process pain at all

Suffering and enduring might be the point

Or just being completely overwhelmed by the pain

2.5 TOE CRUSHER

1:35 - 1:40

1. The toe crusher

Fun, easy technique that produces a lot of pain

Safety warning

Be careful: toes are delicate and easily damaged

Go slowly and carefully, checking in the whole time

A little goes a long way!

Don't do this on anyone with arthritis or other joint issues in toes

2. Demo

Lark's head & reverse tension around big toe

Spiral wrap around toes

Gently squeeze to cause pain

Optional: demo the calf variant

Column tie around calf

Go over connecting line with each wrap

Finish with half hitch to connecting line

Makes walking / standing challenging

- Discuss safety risks

2.6 COMMUNICATING DURING A SCENE

1:40 - 1:45

1. Pain-specific communication issues

Communicating during a scene is really important, kind of challenging

2. Actively checking in about intensity

How is intensity from 1 - 10?

And how far do you want to go today?

Make it hot (pull their hair, hold their chin, intense eye contact)

But also give them space to be honest.

How much time do you have left?

- Allow time to untie
- Challenges with using timers

Hand squeezes (make sure everyone agrees about details)

3. Passively monitoring intensity

Watch their breathing, watch their eyes

Body language

Get to know your partner

"Is that a good noise or a bad noise?"

4. Managing intensity / endurance

Which part is the worst?

Adjust the "bad pain" so you can do more of the "good pain"

Give praise / reassurance

5. Crying can be a desired outcome or a sign of disaster

Negotiate what it means and what to do about it

6. Brat brat red

Good sadist / bad sadist

7. Pushing

A fun dynamic that many people enjoy is pushing toward limits

Tools for pushing: praise, challenge, "Can you take X more for me?"

Consent is key here!

If you're going to push toward limits, negotiate that beforehand

Never push past limits / boundaries / red

Don't add new consent during a scene

2.7 POD

1:45 - 2:00

1. Toe crusher

1. Lark's head around big toe, exiting to inside of foot
2. Reverse tension
3. Between 2nd & 3rd toes
4. Over foot, between 3rd & 4th toes
5. Keep going until all toes are wrapped
6. Gently squeeze

Key points

Go slowly and carefully!

Warmup: start gently

Super simple variant

Just thread rope between toes

Calf variant

Start with a column tie below knee

Go over the connecting line with each wrap

Finish with a half hitch to connecting line

2. Hojo cuff

Brief practice, focusing on what happens with the working end

3. Waist cuff to thigh cuff

1. Lark's head around waist
2. Hojo cuff to thigh

Work on modulation and pacing with students

4. Extra credit: captured overhand cuff

Be ready to teach this if students ask for it

1. Make an overhand knot where the rope meets column 2
2. 1 wrap
3. Go over the overhand knot
4. Notice: pulling on standing part pulls on whole cuff
5. 2nd wrap, not over the overhand knot
6. Go under all wraps
7. Half hitch around standing part

3.1 NEGOTIATING PAIN

2:00 - 2:05

1. How do you negotiate a pain scene?

We aren't going to teach a full negotiation class
But here are some pain-specific considerations

2. Informed consent!

Consent is only valid if it's fully informed

3. What type of pain / how much pain?

Remember our discussion about types of pain
How much intensity? How will you calibrate during play?
What's the end-point?

4. What are your desired outcomes / what to avoid

Fundamental kink principle: worry less about *what*, more about *why*
What do you want out of this / what does success look like?

Emotional goals: I want to feel catharsis

Relational goals: I want to suffer for you

Tangible goals: I want rope marks all over my legs

Learning goals: I want to see if I like the hogtie

5. What if something goes wrong?

Injury

Trigger / intense emotion

6. How much d/s?

For a lot of people, pain can lead in a d/s direction

Which is fine, but make sure it's intentional

Negotiate what you do and don't want with d/s

7. Aftercare

We'll talk about this at the end of class

Aftercare needs can be more acute with intense pain play

3.2 EBI

2:05 - 2:15

1. What is the ebi?

Classic position

“Forward fold” if you prefer English names

2. Procedure

Sit cross legged and experiment with a forward bend

For some people, this is plenty challenging on its own

For others, this is easy and we’ll need to add challenge later

Start with single column around chest

Below armpits, above floating ribs

Make sure it’s gonna stay in place when pulled down (shoulder lines?)

Dress the rope for comfort

Pull down toward ankles

Hojo cuff around ankles (over the top, back underneath the ankles)

Hojo shouldn’t be too tight

Finish with a half hitch

Working end back to chest wrap, half hitch

3. Escalation

Pull chest down toward ankles

Tie hands behind back or head

Push down on back

Put a dowel in waist crease (pull all the way back)

- Or add a tight waist rope

Different kind of stress: make the line extra long

- Make connecting line longer than they need
- Tell them to keep it under tension
- Good way to escalate with flexible people

Wrap remaining rope around back, over the connecting line

- Cinch connecting line into body

3.3 WARM UPS AND PACING

2:15 - 2:20

1. Let's talk about pacing

Key part of making a scene work well

2. Warm ups

Going too fast too soon will end the scene prematurely
Start out gently, give them time to adjust
Build endorphins, warm up the body, shift headspace

As the body warms up and headspace shifts, add intensity

Emotional aspect of warmup

Building a scene container

3. Ramping up

Ramp up intensity to maximum, then back down
Can ramp up slowly or quickly, depending on intent

Watch how they're doing

When they relax into what you're doing, that's your cue to escalate

Move the pain around the body

You can burn out one area and end the scene too soon

Getting to a point where they're suffering for you takes time
Just hurting one place usually won't get there

When you get to the apex, start to go hard

That's when you start to fuck with their pain processing

Restrict breathing, focus on one place

What the apex looks like will vary from person to person

Don't go above 80% with a new person

4. Ramping down

Manage the ramp down as well

Bring them back down gently

Use squeezing, pressure, etc.

3.4 POD

2:20 - 2:35

1. Communication and negotiation

As students move through the exercise:

- Discuss / negotiate what they want out of it
- Practice communicating about how it's going

2. Ebi

Begin by assessing your flexibility

Will it be just right? Or need to make it easier or harder?

- Show people how to use dowels as necessary

Begin with a single column tie around the chest

Ensure it won't slide down (students may need help)

Hojo cuff around the ankles (easiest to go over before under)

Add a half hitch for stability

Back to chest

3. Escalation

Pull chest down toward ankles

Tie hands behind back or head

Push down on back

Put a dowel in waist crease (pull all the way back)

- Or add a tight waist rope

Different kind of stress: make the line extra long

- Make connecting line longer than they need
- Tell them to keep it under tension
- Good way to escalate with flexible people

Wrap remaining rope around back, over the connecting line

- Cinch connecting line into body

4.1 AFTER A SCENE

2:35 - 2:45

1. Let's talk about aftercare

Pain play creates intensity

Intensity increases the importance of aftercare

Different people have very different aftercare needs

Ultimate goal is to ensure a soft transition back to the "real world"

Pay attention to what you need, dial in your aftercare profile over time

2. Basic physiological needs

Start with the most basic needs:

- Sugar
- Water
- Warmth

3. Emotional & physical connection

Cuddling and physical contact?

Sex?

Space and time to process alone?

Surrogate caretaker?

4. Emotional care

This type of play bring up feelings of guilt and shame

- Especially for some tops

Can be very helpful to get affirmations

- "That was good: I liked that"
- You're a good person

5. Drop

Very common, especially with intense play

Can be surprising if you're not expecting it

Similar to an endorphin crash

- Feeling mopey for no good reason
- Often starts the next day

What to do about drop

First: it's normal, and it's OK

Doesn't necessarily mean anything's wrong

Delayed checkins can be really helpful

4.1 AFTER A SCENE *CONTINUED*

2:35 - 2:45

6. Delayed checkins

Many people need a checkin the next day
How are you feeling now you've slept on it?
Reassurance that what happened was OK

7. Debriefing

Discussion of what went well, what needs adjustment
And any necessary repair work
Sometimes fun, sometimes challenging
Important for growing as a kinkster, maintaining your relationship

Plan your next scene?

4.2 CONCLUSION

2:45 - 2:50

1. Thank you for coming

We had a great time—we hope you did also.

What next?

2. About Full Circle Kink

We're a professional, values-driven kink organization

We think kink should be super fun, and also super ethical

That goes double for kink instruction

We have tons of great stuff on our website

- Upcoming classes
- Free handouts
- Detailed tutorials for this class and lots more

3. RopeInSeattle.com

Great place to find classes, parties, events

4. Our next class

What / when / where?

What's it about?

What makes it cool?

5. Class rope

Monkey pox: please put it in the dirty rope bin

6. Wrapping up

Individual instructors pimp their events & classes

Thank our hosts

Invite hosts to talk about themselves / their events

Go out in the world and have fun!