

# Inception (A 'Rope Bondage 101' Class)

Links & References

© www.theduchy.com | Lazarus Redmayne

Everything we cover today can be found on [www.theduchy.com](http://www.theduchy.com)

**Safety, including medical concerns, negotiation and consideration for both tops and bottoms**

[www.theduchy.com/safety/](http://www.theduchy.com/safety/)

## Rope Concepts and How to Choose Rope

[www.theduchy.com/rope-length-thickness/](http://www.theduchy.com/rope-length-thickness/)

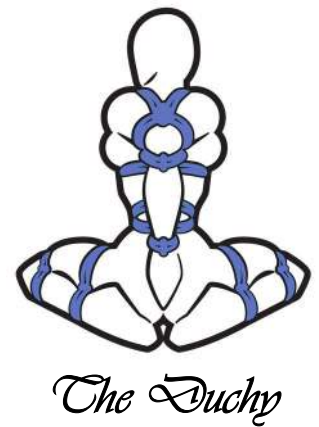
[www.theduchy.com/choosing-rope-rope-lengths/](http://www.theduchy.com/choosing-rope-rope-lengths/)

[www.theduchy.com/storing-rope/](http://www.theduchy.com/storing-rope/)

[www.theduchy.com/rope-ends/](http://www.theduchy.com/rope-ends/)

## The tutorials we covered in class:

- **The Wrap-and-Cinch double column**  
[www.theduchy.com/wrap-cinch-double-column/](http://www.theduchy.com/wrap-cinch-double-column/)
- **The Lark's Head double column knot**  
Good for tying two things together: wrists together, ankles together, ankle to thigh, person to person, any part of a person to any other thing...  
[www.theduchy.com/larks-head-double-column/](http://www.theduchy.com/larks-head-double-column/)
- **The Lark's Head single column knot**  
Good for tying around one thing: wrist, ankle, waist, thigh, bed post, etc.  
[www.theduchy.com/larks-head-single-column/](http://www.theduchy.com/larks-head-single-column/)
- **The Somerville Bowline single column**  
[www.theduchy.com/somerville-bowline/](http://www.theduchy.com/somerville-bowline/)
- **The Bikini Harness**  
[www.theduchy.com/bikini-harness/](http://www.theduchy.com/bikini-harness/)
- **Extending Rope**  
[www.theduchy.com/extending-rope/](http://www.theduchy.com/extending-rope/)
- Bonus: **Quick Cuffs**, a rapid handcuff knot  
[www.theduchy.com/quick-cuffs/](http://www.theduchy.com/quick-cuffs/)



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## Support TheDuchy when you buy rope

If you buy from Twisted Monk through this link, a small percentage of your purchase will go to TheDuchy!

<https://www.twistedmonk.com/?rfsn=253188.015a.15187>

## The National Coalition for Sexual Freedom's Kink Aware Professionals List:

[www.ncsfreedom.org/kap/index.htm](http://www.ncsfreedom.org/kap/index.htm)

# Inception Level II (A 'Rope Bondage 102' Class)

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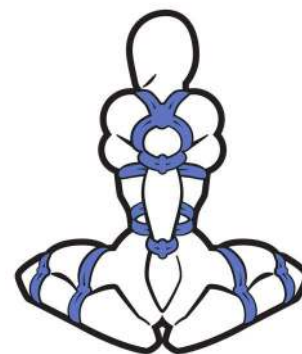
[www.theduchy.com/safety/](http://www.theduchy.com/safety/)

## Rope Concepts and How to Choose Rope

[www.theduchy.com/rope-length-thickness/](http://www.theduchy.com/rope-length-thickness/)  
[www.theduchy.com/choosing-rope-rope-lengths/](http://www.theduchy.com/choosing-rope-rope-lengths/)  
[www.theduchy.com/extending-rope/](http://www.theduchy.com/extending-rope/)  
[www.theduchy.com/rope-ends/](http://www.theduchy.com/rope-ends/)

## The tutorials we covered in class:

- **Extended Double Column**  
Good for tying elbows or for a hobble  
[www.theduchy.com/extended-double-column/](http://www.theduchy.com/extended-double-column/)
- **Unchastity Belt (Crotch Rope)**  
Tease your partner  
[www.theduchy.com/standard-crotch-rope/](http://www.theduchy.com/standard-crotch-rope/)  
...also the basis of a forced orgasm belt  
[www.theduchy.com/forced-orgasm-belt-prusik/](http://www.theduchy.com/forced-orgasm-belt-prusik/)  
...can also be used to tie on high heels 😊  
[www.theduchy.com/heels-stirrup/](http://www.theduchy.com/heels-stirrup/)
- **Quick Leash (Chain Stitch Single Column)**  
[www.theduchy.com/leash/](http://www.theduchy.com/leash/)
- **Karada**  
An attractive “rope dress” with diamond patterns  
[www.theduchy.com/karada/](http://www.theduchy.com/karada/)
- **Gote Shibari (aka Takate Kote or “TK”)**  
Nicely secure chest and arm harness  
[www.theduchy.com/gote-shibari/](http://www.theduchy.com/gote-shibari/)



*The Duchy*

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<https://www.twistedmonk.com/?rfsn=253188.015a.15187>

## The National Coalition for Sexual Freedom's Kink Aware Professionals List:

[www.ncsfreedom.org/kap/index.htm](http://www.ncsfreedom.org/kap/index.htm)