

1. **Kink and rope safety tip #1** – you’re not tying rope, you’re tying with a person talk to your person Talking back is NOT topping from the bottom, it’s called communication and staying safe, know and acknowledge your limits so it’s fun.

2. **Safety 1<sup>st</sup>**, or 3<sup>rd</sup>, or in the top 3 anyways. It’s called Risk Aware Consensual Kink for a reason.

Basic nerves (see pictures).

Pre-checks are key, get a base line of body temperature and strength.

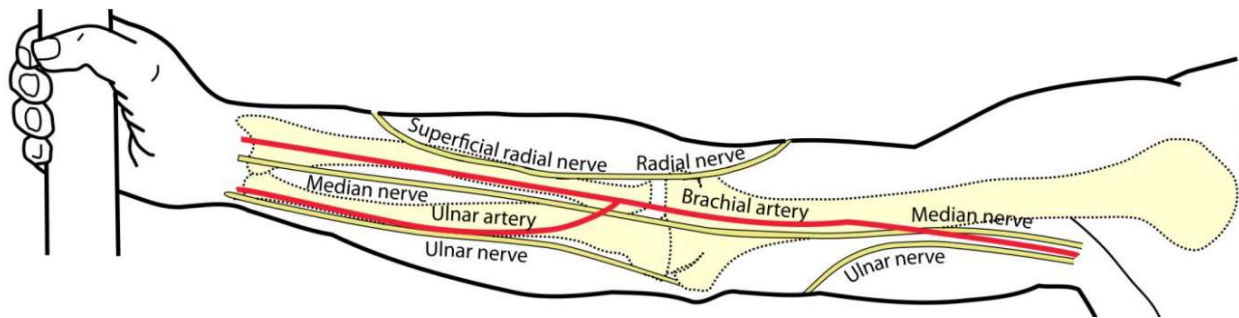
When limbs go dark or red, more blood is going in than out and will be warm to the touch and very sensitive. Do not ignore this but not urgent.



When limbs go light or white, more blood is going out than in and will be cold to the touch. This is very dangerous as the muscles are not getting oxygen and needs to be addressed immediately.

Touch is a great safety check that doesn’t interrupt your scene. Hold or kiss there bound limb.

3. **Other great resources**

Two Knotty Boys	Belle	Twisted Monk
knottyboys.com	bellecorde.com	www.twistedmonk.com



Back of hand	Palm of hand
 <p><b>RADIAL NERVE</b> Red</p> <p><b>ULNAR NERVE</b> Blue</p> <p><b>MEDIAN NERVE</b> Yellow</p>	 <p><b>RADIAL NERVE</b> Red</p> <p><b>ULNAR NERVE</b> Blue</p> <p><b>MEDIAN NERVE</b> Yellow</p> <p><b>Muscular</b> Green</p>





LARKS HEAD

A loop through the bite



BOOLA BOOLA

Single column tie – two wraps, pass bite under – tie a knot



MUNTER HITCH

Over-under-over-under – pulls lines together



HALF HITCH

Over, around and through – double up for lock offs



SOMMERVILLE BOWLINE

Single column tie – two wraps, loop running end over lines then under bite – tuck bite under lines and through loop and pull



LOCK OFF

A FULL wrap around then two half hitches

