



CLASSLIST

ROPE BEYOND RESTRAINT: INTRODUCTION

This is the class for you who is interested in starting out with rope; a fun and practical way to start exploring.

Beginners class split into two sections: one talk on basic safety and communication and one section for hands on. The class will; (I) focus on understanding and turning the one column tie and a chest harness into solid ties, and (II) look at how to make these ties into something more than just restraint; how to communicate with ones partner and to put focus on the journey, rather than the destination. We will look at how the senses of our bodies are engaged with rope and how we can play with these in order to not only restrain but to move our partners and ourselves. This is both a switch and bottom friendly class with material for everyone.

The class consists of:

Basic safety and communication

One column tie- how to tie the column

An introduction to rope as a means of communication-not only restraint.

Simple chest harness- working with friction.

Suitable for anyone regardless of previous experience.

4 hours

ROPE BEYOND RESTRAINT: THE NEXT STEPS

A class for those who have started tying a bit but wish to dig a bit deeper.

A follow up on the introductory class, building upon but also developing those techniques as well as introducing a couple of other basic ties.

The class consists of:

Two column tie

Lacing; tying and keeping control of the rope

Friction techniques

Untying as fun as the tying.

Suitable for those familiar with the concepts in the introductory class as well as those who wish to continue to explore communicative aspects of rope.

4 hours

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ONE ROPE HOTNESS: ICHI NAWA

What can you do with one rope? Plenty, and more! This is a demo or hands on class that will give you plenty of inspiration and is for you who would like to explore floor-work based, connective rope that moves and challenge both rope top and rope bottom through exploring all the possibilities of one rope only. Focus here is not on specific ties, but rather how to use all the properties of the rope and the bodies and emotions involved to bring out something truly special.

Suitable for anyone regardless of previous experience.

Participants should be prepared to be physically and emotionally close to tying partners.

2 hours.

WHAT TO DO WITH ONE?

One column tie class, exploring the ways we work when we tie one column, depending on what that column is and how we want to use it. Through repetition and games we will feel more confident in using our one column ties after this class. This can be very good to combine with the ichi nawa class.

Suitable for anyone regardless of previous experience, although some experience with a one column tie is beneficial.

2-3 hours

HEAD-BONDAGE HEADFUCK

This is the micro-kosmos of tying a body. This is a class not focussed on patterns or harnesses but how we get closer to our partners. Real close.

Taking away the sense of sight, all of the other senses will be heightened and we will see how sound, smell, taste and touch act upon the rope bottom. Ready for a headfuck?

Suitable for anyone regardless of previous experience. Participants should be prepared to be physically and emotionally close to tying partners, as well as having their face covered.

1-1 1/2 hours

LACING AND LADDERS- ROPE CONTROL FOR EVERYONE

A class you want to take in order to avoid feeling like a cat with a ball of yarn. Through different hands on exercises to work on rope handling, control and efficiency. Focus is not on speed but on using various techniques that will finetune and train the muscle memory so you can focus on your partner.



Suitable for those experienced with a one and two column tie, as well as friction locks, since these will not be covered in the class.

2 hours

Intermediate

MANIPULATION STATION

Bondage starts in the body not in the rope. It starts with the bodies of everyone involved .

This is an introductory class for those interested in how to move your body, with your partners body and with the ropes. A hands on class that will show and guide you in ways that you can manipulate and move as well as being more present and focused, suitable for both those more experienced as well as beginners. Plenty of time will be given to exercises that will open up the ways in which we move together and feel our bodies. This class can be given both as a completely introductory as well as intermediate level.

2-4 hours depending on content.

TAKATE KOTE: BOOT CAMP

A close look at the components and structure of the foundational three rope takate kote with a specific focus on safety and security with regards to placement, tension and use. The class is hands on, going through each of the elements step by step but also looking at how to be more efficient in ropehandling. Material will also include the physical and mental aspects of experiencing these ties, with strategies to work through problems such as issues with shoulders and breathing techniques. Throughout the class we will look at how the takate kote can be used for floor work and thus pay extra close attention to create and distinguish nuances within this iconic tie. Suitable for those who has solidified their one and two column ties.

3-4 hours

YOU GIVE GREAT LEG

This is a workshop for those who are curious about pain, pain management, and ties which incorporate legs and toes into the realms of stronger sensory stimuli, where pain or the tortorous experience is the point itself. The principles this workshop is focussed upon are also applicable to other types of rope and pain.

When we start to explore pain in ropes legs are often a good starting point; they are strong, we can easily assess risk and the upper body is free to process the sensations through breathing. In this class we will explore ways to tie legs and toes and different ways to experiment with pressure and positioning of the body.

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This class will the following:

ties and techniques

motivation, preparation and negotiation in regards to stronger sensory stimuli

pain processing/management,

rope handling and body manipulation for pain.

Requirements for rope top: one and two column ties, friction locks.

Requirements for rope partner: Being comfortable with a lot of pressure/intense sensation and stimuli on feet and legs.

3-4 hours

LET'S TEPPOU

This is a hands on class in which you will explore a structured asymmetrical tie, where you can look at both the structure and aesthetic elements. We will look at various ways to use the tie, both for floor work, partials, full suspension the running man style with a possibility to explore transition work. The fascinating thing about working around a teppou is that we can explore more elements of asymmetry and ways of playing with balance.

This is a class suitable for those who are able to tie a standard 3 rope TK/gote and are confident in their suspension practices. As a rope partner it will be beneficial if you have had some experience with suspension work and is confident in communicating while in ropes.

2-4 hours depending on content.

FLYING LOW- RIDING HIGH

Gravity is the one master which we cannot escape, but still we play with it in most of our rope practices and nowhere it becomes more clear than when we attach suspension lines to our play. This is a class that aims to exploring the effects of playing closely to the ground, nearly touching or just hovering very closely to take off. We can start to get both the intensity of suspension as well as the intimacy of floorbased play but add tension towards the body as it struggles either against or with gravity. This class will give you tools but is also based upon a concept for you to explore rather than specific ties.

Requirements for rope top: solid chest harness/gote, able to build hip & leg support for suspension, experience with suspension

Requirements for rope partners: comfortable about being in a suspension, prepared to spend some time in potentially stressful ropes.

2 hours



SENSES AND SHIBARI: A SOCIOLOGICAL RE-EVALUATION OF THE KNOWLEDGE OF ROPE BONDAGE

How do those who are involved in rope speak of it, how do they feel it, what does it mean to them and how does rope feature in their lives? Sensing the rope-making sense of the rope is a presentation of academic research that explore how Shibari and Kinbaku practitioners make sense of their practice.

We will explore the possibilities of tactile experiences, how one can speak about power when it comes to rope-bondage, and how rope can affect both the person who ties and those who get tied.

A lot of focus will be on the element of how the physical body that ties or tie sense this, what kind of impact the small elements of a rope-scene can have on the larger experience and what it means to focus on the tactile, sensory encounter when doing kink research.

The intention is enable practitioners themselves a further representation within both academia and to refuse a reducing and/or stereotyping image, broadening the perspectives and continue a nuanced debate and exchange of what it is that is so interesting and perhaps challenging about Shibari and Kinbaku.

This is a class that fits anyone who ever thought about why they love what they are doing with rope and how come it can be what it is or can be, as well as for those who want to explore their relation to rope. It suits everyone, regardless of background and will be presented to reflect this.

1 hour

ROPE AND GENDER

In this talk we will take a look at ourselves and our communities and how we do, undo, play with, play against and subvert gender and normative assumptions about bodies? This talk stem come from starting a group for female riggers/rope tops in London in 2011. Why was there a need for setting this up?

Regardless of background, we are all affected by the expectations and presumptions surrounding gender in our society, but how do they manifest themselves in relation to what we do with rope? Should we speak about 'female riggers' and what are the benefits of creating separatist spaces and how could they work in practice? And how should we even relate to the binary gender hierarchy when our kink communities are far more fluid and queer when it



comes to gendered identities and sexed bodies? How can we not only present but also represent more constellations other than the default heteronormative?

This is a talk and discussion for anyone interested in developing strategies and ways in which to keep their community open and encouraging for everyone involved. What strategies can we work with, both in a personal capacity and on a community level in order to not exclude non-cismale riggers? This is not just a talk from a rigger/rope top perspective.

1 hour

SWITCHCRAFT

What are some of the opportunities and challenges that we meet as rope switches? A

discussion and hands on based session that will give switches the opportunities to explore both different approaches to switching together with others, but also find ways to have fun with rope beyond the rigid framework of top and bottom dichotomies.

CARE AND FEEDING OF ROPE

How to treat your natural fibre ropes, and how to take care of it. Rope maintenance is the key to healthy and lasting ropes and in this introductory class to rope care you will learn some of the best tricks for keeping your ropes happy.

BODY IMAGE AND KINK

How can we work with feeling good in our bodies when there are so many expectations how it should look like or work? Even in kink communities, what affects us negatively and how can we work to create body positive spaces both for ourselves and our fellow kinksters.