

# CLASSLIST

*ALL CLASSES CAN BE ADJUSTED FOR NEEDS OR INTERESTS RELEVANT TO YOU OR YOUR GROUP/COMMUNITY. MASHUPS , COLLABORATIONS & GREAT IDEAS ARE ALWAYS WELCOME. PLEASE CONSULT 'PERFORMANCE/TEACHING' DOCUMENT FOR MORE INFORMATION. UNLESS OTHERWISE SPECIFIED, ALL CLASSES CONTAIN MATERIAL PERTINENT TO ROPE PARTNERING & ENCOURAGE SWITCHING. BEFORE YOU LIST A CLASS, PLEASE CONSULT HEDWIG ABOUT SPECIFICS.*

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## ROPE BEYOND RESTRAINT: INTRODUCTION

**This is the class for you who is interested in starting out with rope; a fun and practical way for introductory rope exploration**

This introduction will focus on two main themes: basics that are both covering safety ,communication as well as hands on elements that will make it possible for you to bring home some experience to start out experimenting with rope. The class will; (I) give you tools to explore what feels fun,safe, hot & interesting for you with ropes,(II) give you space and time to explore the one column tie & a chest harness, with special attention towards frictions acting on the body and rope, (II) and lastly, and introduction as to how these ties can be used to create an interaction between those involved.

Suitable for anyone regardless of previous experience.

## 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:

Basic rope control & using frictions for tying

Simple ways of interacting with one rope

Two column ties

Suitable for those who are comfortable with one column ties & basic rope safety.

## ONE ROPE HOTNESS: TO TIE WITH ONE ROPE

**What can you do with one rope? Plenty, and more!** This is a 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

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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.

### 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.

### HEAD-BONDAGE HEADFUCK

**This is the micro-kosmos of tying a body; 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. You will find that it is possible to enhance an experience, or even find that it becomes distorted. 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.

### 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 we get 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. The material of this class primarily focus on the person who is tying. Participants should also be familiar with recognising nerve impingement.

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## FREESTYLE FLOORWORK- FOCUS, FRICTION AND FEEDBACK

**A hands on class which seek to inspire the participants to fluidity in freestyle floorwork. By working through various exercises we will look at ways of breaking out of our habits, how we can give, receive & read feedback & how to incorporate freedom in restraint.** Freestyle flowing from a basic single column tie gives plenty of opportunity to work not through patterns but letting rope react to those involved; rope is about who you are in rope. Besides from a few simple principles of rope friction and basic ways of shaping movement & body you will be given plenty of time for experimentation and fun.

Suitable for those comfortable with a one column tie, participants should be prepared to be physically close to their partner.

## MANIPULATION STATION I & II

**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 move with ropes 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 will focus on all parties involved, as well as giving handy tips and tricks, while keeping a body positive context to work from. Physical strength is not required, just a willingness to move.

Suitable for those comfortable with a one column tie, participant should be prepared to be physically close to their partner. Parts of this class are floor based, but adaptations and variations will be demonstrated.

**Part 2 moves into specific ties and how to move with(or against) them, as well as how to work from the suspensionpoint. Part 1 is required**

## THE GOTE BOOT CAMP

**A close look at the components and structure of the foundational two 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 & time given for problemsolving & adaptations. We will also look at some of the safety considerations, covering positional & nerve issues that can arise. If time allows we will also look at how the got can be used for floor work and thus pay extra

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close attention to create and distinguish nuances within this iconic tie. Suitable for those who has solidified their one and two column ties, . Variations for different types of mobility will be shown.

Participants should be comfortable with creating stable, non collapsing one column tie.

### THE GOTE & THE THIRD ROPE

**This class will deepen the understanding of the function between variations of the third rope as well as the possibilities and limitations they might offer.**

Participants need to have a solid understanding & ability to tie a sound gote, rope partners should be able to differentiate between nerve & circulation impingement as well as being comfortable to be tied in a gote. This class can be independent of or given as a continuation of the Takate Kote/gote bootcamp.

### THESE HIPS DON'T LIE

**This class will cover various ways of supporting the hip & bum for partial & full suspensions.**

Various types of will be covered, from the more simple to the more complex. Suitable for those who are confident in their one and two column ties, a solid chest harnesses and are confident in attaching suspension lines. A variation of this class can also cover hip & bum ties for floor fun. Participants should be comfortable tying one and two column tie, a chest harness suitable for suspension. This class can be top-centric at times. Depending on content, they should also be proficient in suspensionline management, as well as being able to recognise nerve impingement.

### 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 torturous experience is the point itself.**

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 leaving the chest free for 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 as well as covering pain processing, negotiation, rope handling and body management 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.

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## GOING PARTIAL

**This is a different partial suspension workshop that will ask one simple question; what are you seeing and how are you being seen?**

We will approach this workshop through the sense of sight and touch and through approaching partials through movement and shapes connected to our mutual desires instead of set ties and shapes we can find new ways of connecting with rope. This workshop will push you towards expanding what is possible to see and feel.

Participants must be comfortable with one and two column ties, securing suspensionlines, as well as being able to recognise the difference between circulation & nerve impingement & communicate this

## TEMPUS FUCKIT

**Time is not just about how quickly you tie, but it is also how about you spent the time that you have with your partner in ropes.** This class will go through exercises that will highlight how time, pace and timing in rope bondage can be both your friend as well as your enemy as your rope experience unravel. It is about giving you not only space but also time to process, to enjoy, to stress and to explore.

Participants must be comfortable with one & two column ties, to recognise the difference between circulation & nerveimpingement, and be prepared to be close as well as to have some distance from your rope partner.

## 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 can look at various ways to use the tie, both for floor work, partials and if time allows, a few considerations regarding suspending & transitioning with this tie. 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 you need to be able to recognise the difference between circulation and nerve impingement & communicate this

## CO-LAB: TYING TOGETHER

**Do you tie yourself? Or perhaps tie with someone who ties themselves? In this co-operative class, we will explore selftying through movement, observation & play.** Various exercises will

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challenge everyone involved, regardless who is tying, to find new fun ways of incorporating tying and getting tied that lies beyond the dichotomy of rigger & ropepartner. Prepare to be surprised & challenged.

Participants should be able to tie solid one & two columns, chest harnesses & be able to tie off suspensionlines. They should also be able to recognise & communicate any nervecirculation & impingement and in addition, be prepared to switch.

## 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.

## THE HANDSHAKE: A WORKSHOP ON CONSENT AS PRACTICE

**This is a workshop in which we explore the multiple ways expectations on interactions can inform the way we communicate, listen and negotiate with each other.** This will be done through a set of hands on exercises that will highlight the various ways in which we can communicate, not just according to expectations but also according to the needs and wants of those we are interacting with. It will highlight different ways of thinking about consent in action, as well as giving you food for thoughts about how you can yourself speak about and

## SENSE 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. 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 ropebondage.

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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.

## ROPE AND GENDER-TEN THINGS YOU CAN DO TO IMPROVE GENDER REPRESENTATION IN ROPE

**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 to become more inclusive?**

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? How can we not only present but also represent more constellations other than the default heteronormative? How can we work to change a topfocussed ropeculture?

## 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.

## 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.