

SHIBARI

from Basic to Suspension



A pocket guide by
PHILIPPE BOXIS
20 lessons !



Tabou

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PHILIPPE BOXIS

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*from Basic
to Suspension*

A pocket guide
20 lessons
step-by-step illustrations

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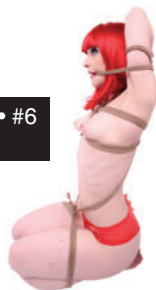
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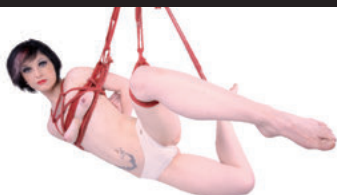
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Disclaimer



Disclaimer

Neither the author nor the publisher can accept any responsibility for any harm or damage whatsoever resulting from the application of the ideas or exercises described in this book. The reader must be fully aware that any inaccurate practice of the positions described below and of Shibari in general, including omissions or inconsistency, not in accordance with the instructions given in the present book, might cause injury. Likewise, the author and publisher cannot take any responsibility for traumas that might be caused by the use of ropes and Shibari equipment in general.

Shibari, sex and any BDSM-related practice are for consenting adults. The application of Shibari techniques and BDSM practices, as well as the use of sex toys, may be dangerous if the necessary precautions and care have not been strictly observed. Before you attempt any Shibari activity, read all of the instructions in this book and make sure you respect all the safety measures required for your activities to proceed in

safety. This must include the honest disclosure of any health issues or previous medical history that might keep you or your partners from practising Shibari in complete safety.

You should know, finally, that the use of drugs and alcohol can affect your judgment seriously and thus increase any risks.





The origins of shibari

Shibari is a Japanese erotic speciality that consists of binding the human form with art and refinement.

The practice of Shibari is ancient. It began many centuries ago as a warrior technique in which prisoners were bound and restrained in a ritual way.

Each crime had its own specific binding technique that also took the prisoner's social position into account.

During the Tokugawa period (15th and 16th centuries), the Penal Code provided for four kinds of punishment. Among them was rope suspension, which was considered the most serious punishment, because it could lead to death.

During the Edo period (1603-1869), *Hojōjutsu* – literally, “the art of rope binding” – was considered to be a martial art, whose rules were:

- Never enable the prisoner to wriggle out of his ties.
- Never cause physical or mental aftereffects.
- Never disclose the techniques in use.
- Make sure that the result is pleasant-looking.

It is the last rule that cultivated the emergence of what we know today as Shibari.

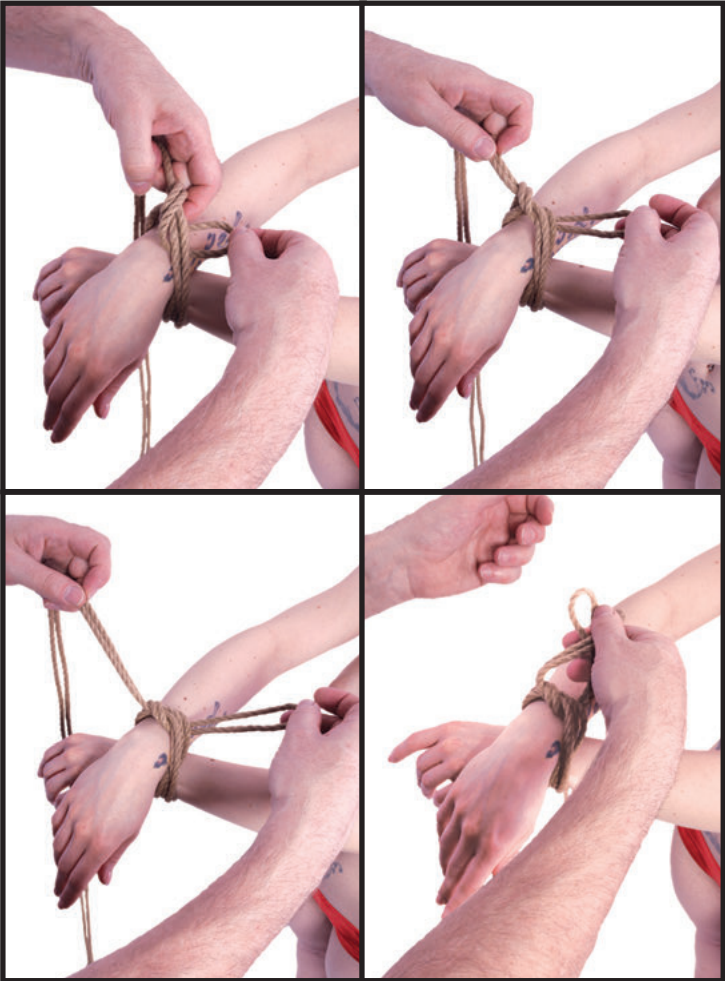


Basic ties: Hands

The basic tie is what you'll use for tying the model's hands without cutting off the blood circulation, and you'll also use this method on different parts of the body.



Start by wrapping the rope twice around the wrists while keeping the two winding coils parallel to one another. Make sure you keep a two-finger space between the model's wrists, and the ropes.



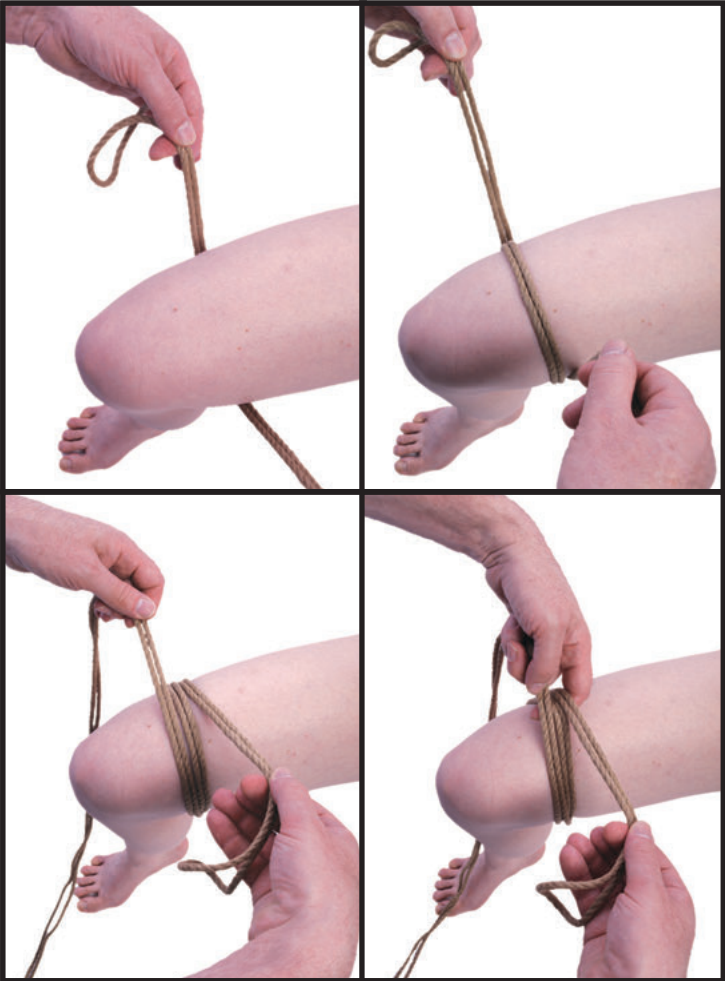
Tuck the bight underneath so you can take the whole wrap. Tighten it lightly, then start tying a square knot, while making sure there is a free space left.

The remaining bight is the one you'll use later, either taking it to impose a particular restraint in a certain position, or you can use it to secure a suspension.

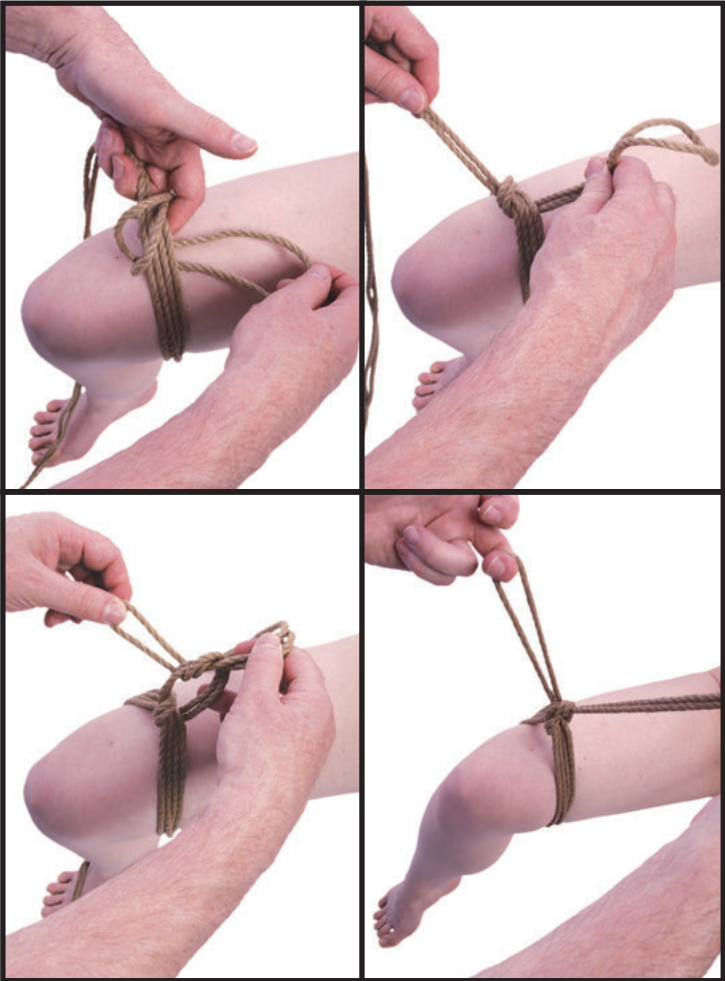


Finish the square knot and check that you have left a two-finger space between the ropes and the wrists.

Basic ties: Legs



Apply the same method above the knee. The bight will come in handy afterwards.



Check to make sure you have a two-finger space between the ropes and the leg.

This tie will be useful for suspensions.



Chest harness



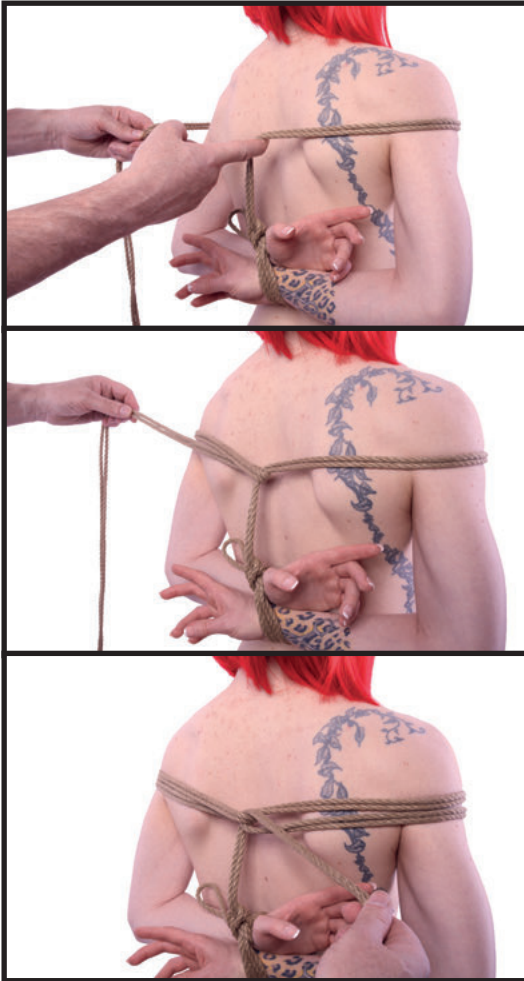


Now we'll apply what we just learned, but this time with the wrists behind the back.

Wrap the rope around the wrists twice.

Use the whole wrap to tie a square knot.

Leave the bight long: this will allow you to adjust the space between the rope and the wrists when you tighten. You'll be able

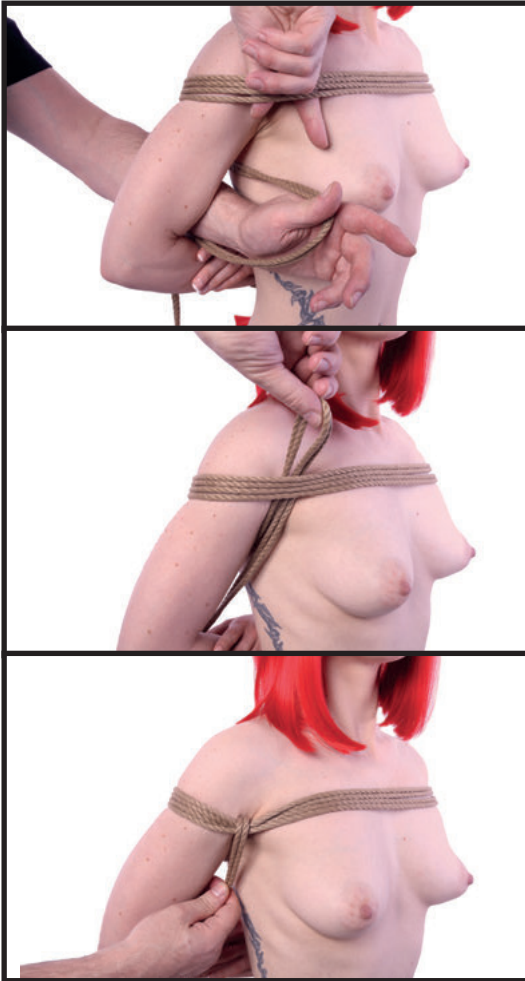


Pull the rope up to the model's mid-back area, and hold it here while you wrap it above the breasts a first time. Create a counter-tension in the mid-back where you're holding the rope. Wrap the rope the other way around a second time, above the breasts, and then adjust the counter-tension.

Holding the rope in the middle will allow you to work in symmetry. This tension and counter-tension system is the very principle of Shibari, and it's very important to apply it naturally. It will allow you, during your improvisational work, to tighten ropes that would have been left "slack" or "hanging loose".

3

Chest harness with arms bound



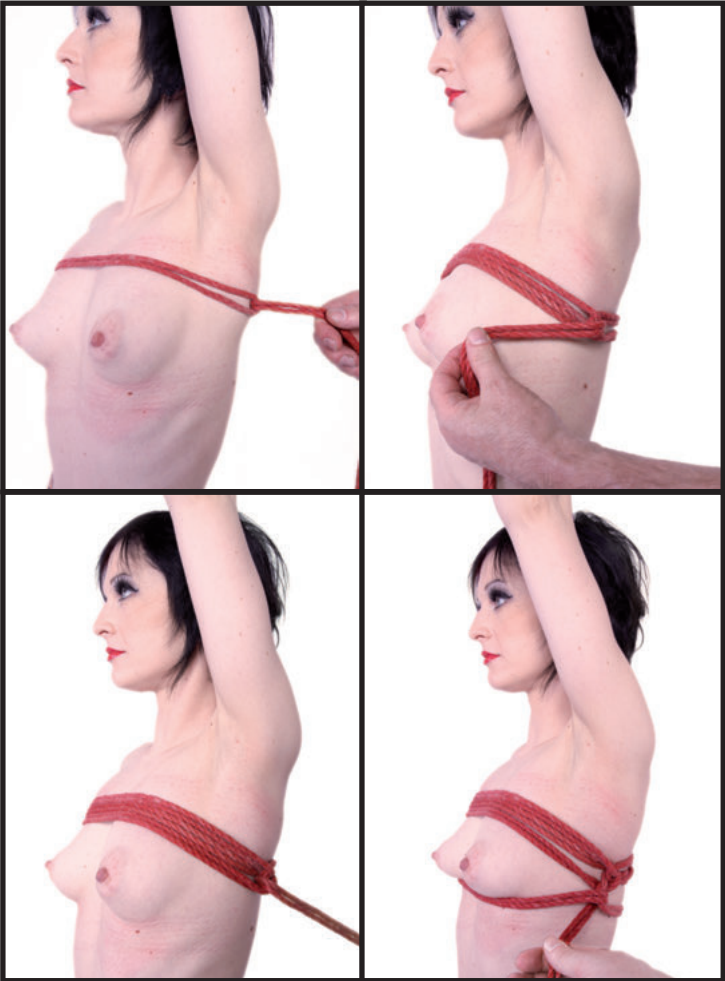
Always make sure your winds are flat and parallel to each other. Next, we'll secure the ropes so they can't slide up.

From top to bottom, reach two of your fingers under the wrap to grab the rope; tuck the bight slowly up and under the wrap, while being careful not to pinch the model's skin.





Side suspension

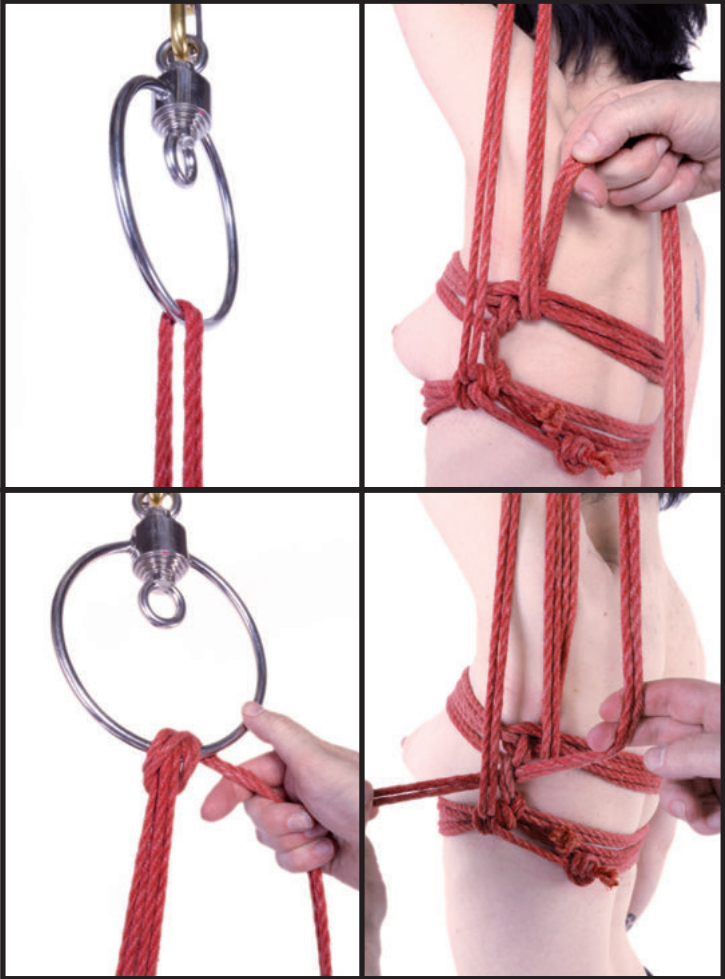


Wrap the rope once above the model's breasts with a lark's head on the side.

Wrap the rope two more times while adjusting the tension at every wind. Continue below the breasts.



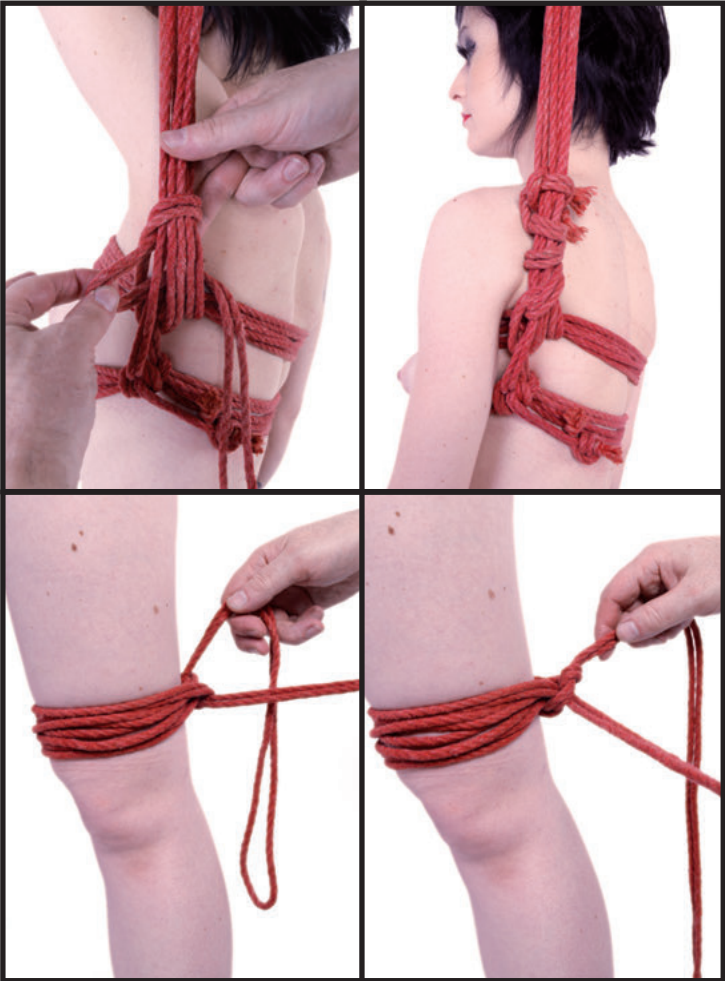
Wrap the rope three times, then take the whole lower wrap and cinch.



Run the rope through the ring.

Run it back under the whole upper wrap.

Bring the rope back up to the ring, then back down again and through the ropes between the upper and lower wraps.



Finally, tie a series of overhand knots or wind the remaining length upward.

Wrap a new rope above the knee and proceed with the same technique as you did for the back suspension.



Double the knot.

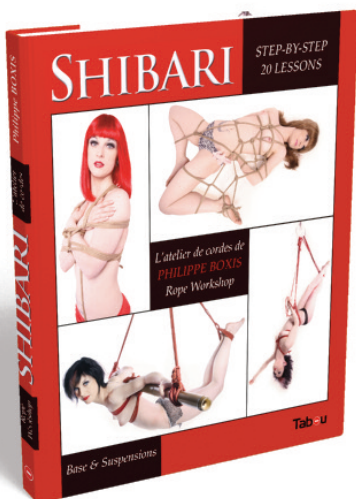
Bring the rope up to the ring.

By the same author

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all the technique of Philippe Boxis
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performances.**

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Suspension bambou dos 19 Bamboo back suspension



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Thanks to the models who have, during these last ten years, shared this passion with me amongst closeness and happiness.

Thanks to Miia for her presence, her support and her help.

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When Philippe BOXIS uncoils the first of his ropes, the model has already begun to surrender to his creativity, with her senses awakening. The smell, the sound of the rope as it slips around her body, the feeling of rope over her skin, these sensations thrill her to the utmost. His fingers flutter around, the gestures soft – but the intention is firm. There seems to be nothing else around the couple; everyone in the audience holds his breath... Nothing but this nude, gorgeous woman – and this man who transforms her into a goddess.

This easily carry-on manual gives you constant access to the sensual rope games techniques of Philippe Boxis – one of the best rigger of the World – covering from the basics to the delicate art of the suspensions.

- Fundamental knowledge
- Choice of tools
- How to secure links
- Tips from a pro
- Basic links and knots
- Karada (rope corset)
- 10 ground techniques
- 10 suspended techniques