



## Ball Tie

The ball tie is a compact tie that will make your partner feel all compressed and safe, yet unable to escape. It is a comfortable tie, and she should be able to stay in it for quite a while.

We will start by braiding two ropes into the hair. This is optional. It is described in the separate "Hair Bondage" tutorial.



Next we apply a breast harness. Double a 25 to 30-foot rope, and wrap the loop around her torso, just under her breasts. Run the ends of the rope through the loop, and pull the rope in the other direction, so it pulls against the loop.



Wrap the rope around her torso again in the opposite direction, then run the ends through the loop that was formed when you reversed direction.



Now reverse direction again, but this time wrap just above the breasts.



Run the ends under themselves, and reverse direction again.



Take another wrap above the breasts.



Run the ends under the previous wrap and pull snug.



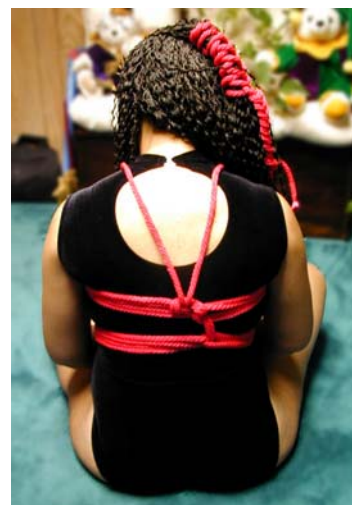
Run the ends up under the previous wrap.



Now run the ends through the loop you just made, forming a knot that will keep the breast harness from tightening. Pull the knot tight.



Run the two rope ends up over her shoulders to the front.



Bring the rope ends under the upper chest ropes.



Take the ends back up, and run them under the upper chest ropes again, forming a loop around the upper chest ropes.



Pull the ends tight, snugging the loops around the upper chest ropes.



Stick your finger in the loops you just made, and pull out some slack. This will pull the upper and lower chest ropes together. Now pull on the ends of the rope to take the slack back out.



Run the rope ends up and under the upper chest ropes again. Pull on them and work some more slack out, bringing the chest ropes closer together. This will make it easier to anchor the knees to the chest harness, but more importantly, it will provide pleasant pressure on the breasts, making them more sensitive.



Take the remaining ends, and wrap them around the ropes between the upper and lower chest ropes. This will tighten up the ropes, and also make them look more tidy.



When you get to the bottom, run one end under the lower chest ropes, then tie a square knot in the ends.



Now we've completed the breast harness.

Have your partner put her hands behind her, with her palms together.

Take a 12-foot rope and double it. Wrap the loop around her wrists, and run the ends through the loop.



Reverse the direction of the rope, so it pulls against the loop, and wrap it around the wrists a couple more times.



Take the ends, and run them through the loop that was formed when you changed directions.



Now wrap the rope crosswise, forming cinch loops. Don't cinch the ropes too tight; you don't want to put too much pressure on the wrists and cause nerve damage.



After you do three wraps, take one of the rope ends and run it under the wrist wraps.



Take the two ends, and tie them in a square knot.



Now that her hands are secure, we can tie her knees. Take a 25 to 30-foot rope and double it. Wrap the loop around her legs, just above the knees, and run the ends through the loop.



Reverse the direction, and take a couple more wraps around the legs.



Take the ends of the rope, and run them through the loop that was formed when you changed directions.



Now take three crosswise wraps, making cinch loops. Note that we are not cinching the knees very tight. When the legs are bent, they will expand, tightening up the ropes. If we cinch them too tight now, they will be much too tight when the legs are bent.



Take one of the ends, and run it underneath the knee wraps, then tie the ends together with a square knot.



Now is a good time to gently lay her on her side. It will be much harder to move her once the tie is completed.

Take a 25-foot length of rope and double it. Wrap the loop around her ankles, and run the ends through the loop.



Reverse the direction, so the rope pulls against the loop, and make three or four more wraps around the ankles.



After you have made the wraps, run the rope ends through the loop that was formed when you changed directions.



Now take a few crosswise wraps, to form cinch loops. The ropes should be snug, but not too tight; you don't want to make her feet fall asleep.



After you've done the cinch loops, run the ends underneath the ankle wraps. (Between the two sides of the wraps, not cinching them.) Don't pull it tight yet; leave a little loop.



Now run the ends through the loop you just made, forming a knot. This will keep the ankle wraps from tightening up. Pull the ends of the rope tight. You should have several feet of rope left over.



Now we've come to the fun part, the final assembly.

Take the excess rope from the foot tie, and run it between her wrists, so it crosses the wrist bonds, then run it up underneath the lower and upper chest ropes. Gently press her legs against her thighs, and pull the rope taut.



Run it back down, crossing her wrists again, down to her feet.



Run one end underneath the ankle wraps, then tie a square knot in the ends.



Take a 12-foot length of rope and double it. Run the loop under the upper chest ropes, then run the ends of the rope through the loop. This anchors the rope to the upper chest ropes.



Run the rope ends under the knee wraps, then back up and under the upper chest ropes.



Gently fold her legs so that they are close to her chest, and pull the slack out of the rope.



Now tie a knot around the rope to hold it in place, as we have been doing.



Now all we have to do is to tie the hair braid we did at the beginning to the knee ropes, and we are all finished. She is a nice compact ball.



I hope you have as much fun with this tie as we do.

Have fun, and play safe!

**Disclaimer:** The techniques I describe here are as safe as I know how to make them, and I believe in them enough to trust the life of my beloved Mistress to them. However, you are ultimately responsible for the safety of anyone you tie up. Know your captive's limitations, and any medical conditions they may have. Don't mix bondage with drugs or alcohol. And don't even think of trying suspension until you are really experienced with ropework.