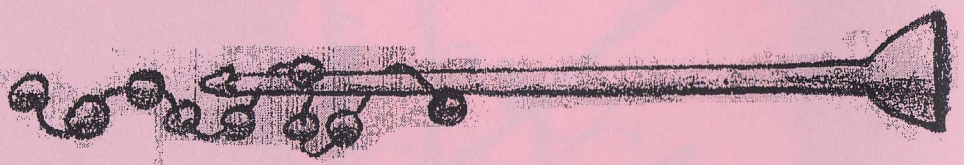

A MINI-ZINE
DEVOTED
TO D.I.Y.
SEX TOYS
AND GENDER-
BENDING
DEVICES.....
BY LADY.

Welcome to Go Fuck Yourself!! This is the revised edition/second issue and believe-you-me - it's better than ever.

This zine does not at all claim to be the complete or final word on any of it's contained projects (they might not work for you, at all). These are just some starters take them and run. Experiment. Go to the sex store and reverse engineer what you want using the skills you learn here (certain things like bondage collars and cock and ball restraints have been left out, it's your job to put them back in). GO CRAZY!!!!!! But you know that so get goin'.....



ANARCHY NOW!!, BUT SAFETY FIRST:

1. Do NOT stick sharp, pointy, easy to lose, porous, tiny, possibly toxic, or otherwise dirty objects of any sort inside of you. No orifice is built for that (but many are built for so much more....).
2. Always clean whatever has been inside you before you use it again. Kill dem germs (and boil your silicone!!).
3. If it hurts a lot, there's probably a reason. Take it slow. Know what you're doing. Stop if you need to. Set up a safe word.
4. Only do it to someone if they are clearly consensual about it. Stop if they say to. Set up a safe word.
5. Play at your own risk. The author of this fine publication takes no responsibility if you hurt yourself. Yeah. (you dig your own grave.....but maybe you like that sort of thing)

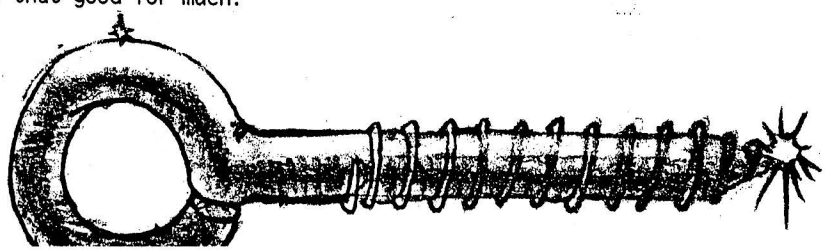


Rubber Gear: Many materials work for rubber gear, but inner tube rubber or scrap leather (if that's your thing) are really great. Other options are cotton or nylon webbing or heavy canvas or whatever else you want to try. Watch for sensitivities and things that might chafe. For brevity's sake, I'll stick to rubber. The designs work for anything, so don't worry too much.

The best (cheap/free, easy to find, and structurally & aesthetically functional) rubber comes from the inner tubes from busses, semi trucks, and the like. You can get it from most places that work on wheels and tires of the aforementioned vehicles. Ask for their dead tubes and explain that you don't need them to work and that you'll take any that they give you. Also explain that you're NOT going to pay them for this. Most places have to pay to get rid of their dead tubes, so you're doing them a service. If it doesn't get you anything at the first place, it probably will at the second.

The rubber from these tubes is about a quarter of an inch thick and takes well to rivets. Sometimes tubes have been on the road for a while and have lots of scratches and dirt and shit worked in to them. Too many scratches and the rubber will tear easily. Too much road grease, and you'll always have a black mark after wearing what you've made. Watch for this and **ALWAYS WASH YOUR RUBBER BEFORE USING IT.** Even in the face of relatively little road schmutz, the inside of every inner tube has a fine white powder to keep it from sticking to itself and to help identify blowouts. It takes a little work to wash off. A quick scrub-and-rinse then a soaking dish-soapy water or some other grease cutter and then another scrubbing usually does the job. Always watch to see if your skin reacts to the rubber or whatever's on it- some people are really sensitive to such things.

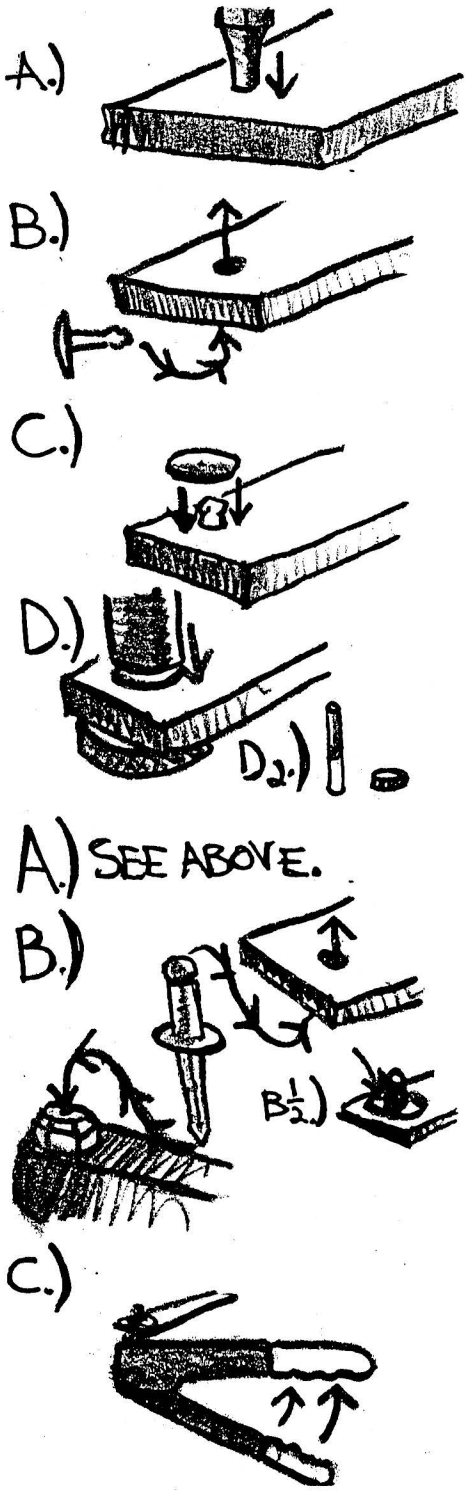
Bike inner tubes are even more accessible and can work, as well. Just make sure to double up the rubber because it's a lot thinner and thus more stretchy (and thus easier to cut off circulation with). Some people put that terrible "Slime" shit in their tubes. Avoid these at all costs (ALL costs) because they're just trouble and not that good for much.



used in the following instructions. It all comes from a leather goods store unless otherwise specified.

Rivets: there are two basic types of rivets. The first are leather-working rivets. Leather-working rivets are used for most things that are going to lie close to the body and which need to look classy, as they lie flat on both sides. There are many styles, but "double capped" are best because both sides are completely flat and solid. They come in two parts ("rivet" and "cap") and are used by: a.) punching a hole in your material; b.) pushing the "rivet" piece through the hole; c.) snapping "cap" piece on to "rivet"; d.) pounding the two together with a d2.) rivet setter and an anvil.

The second type of rivets are sheet metal rivets. Sheet metal rivets come from the hardware store. They are intended for use with sheet metal. (odd), but can also be used for rubber working. The problem with them is that they work based on the rivet pushing out on the hole, which can be dysfunctional when using something stretchy like rubber. One can remedy this with the use of a washer on the backside of the rivet. Sheet metal rivets also leave a sitckey-outey side (scientific term) that is hot to some and lame to others. Sheet metal rivets need the accompaniment of a riveter, which is far more expensive and big than the rivet setter used to pound leather rivets together. They work as follows: a.) Punch a hole in your material; b.) Push head of rivet through hole and nail of rivet into setter; b1/2.) Place washer over head of rivet once through hole; c.) Pump riveter until nail pulls in and breaks off.



All rivets come in different thickness', and it is important to get the proper thickness for what you're up to because each rivet will only get so short before stopping and if you have extra length, you'll have a loose attachment that might fall off. I find that wide or medium head, medium length double-cap rivets are good for most rubber stuff you do. If your rivet is too long, just add another layer of rubber in-between or on the back. If the rivets are too short, you're going to have to get longer ones.

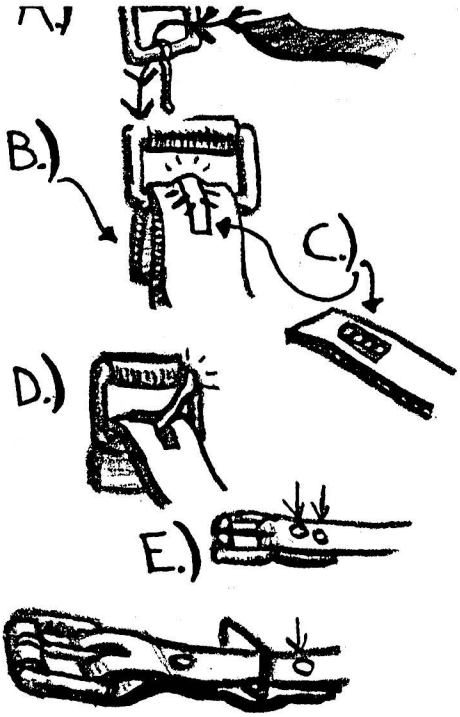
Sewing in leather and rubber: they sell a variety package of "heavy duty" sewing needles that includes a "leather needle" at most large chain pharmacies and big-box bargain stores–these suck. At most large chain and smaller fabric stores they sell a small package of three leather needles of varying sizes–these are what you want to sew through rubber and leather with. They have blade-like tips that slide through heavy materials with the greatest of ease. When sewing through rubber, remember to use nylon thread and watch how close your stitches are to each other, you don't want to perforate the rubber, lest it tear.

Punches: a punch is a tool used to make a hole in your material. Most punches make circular holes (which is necessary for rubber work because your rubber can tear out when there's a corner or an extra slice in a hole in it). There are two types of punches: the first type is a hammer punch. You use it by placing it over the spot on your rubber where you want a hole and pounding down with a hammer until the hole is punched through. Always punch on a piece of wood or cutting board so as not to dull your punch. These types of punch are good when you need to put a hole in a wide expanse of material or can't get a hold of a clamp punch. The second type of punch is a clamp punch. It looks like a pair of pliers with a pointy wheel attached to one side. You use it by placing your material into the punch and clamping it down until a hole is punched. These are nicer and easier for most things, but more expensive and harder to um.... borrow (not that I would).

Buckles: there are tons of different buckles. They come in a variety of sizes. I like nickel-plated roller buckles for most bondagey uses, because they lie flat, hold tight, and are easy to adjust. Roller buckles are named after the metal tube around the bar that the prong rests against which helps the strap of the belt roll in and out of the buckle.



To attach a buckle to a strip of rubber: a.) Cut strip to inner width of buckle and slide into buckle with prong swung down; b.) Fold the strip over to touch itself and feel around for the ridge created by the prong underneath; c.) Mark the ridge with a marker and cut a rectangle where your marks are (be sure to use a punch to create the hole so that it doesn't have corners it can tear from); d.) put the strip back through the buckle, pulling the prong through the hole as you go; e.) fold the strap over to touch itself and rivet through it to hold it all in place. If you want, this the time to attach a rectangular ring or something of the like to hold the extra strap if you want. Just leave some extra strap after your rivets and slide the ring in and then rivet just past it.



Quick Clips: these are the things that keep bike helmets on bike heads and prevent babies from flying out of shopping carts. You can purchase them in various sizes or acquire reasonable sizes from shopping carts that have no babies in them. They are useful for that early nineties "back to the future 2" look that's so hep with the kids, nowadays. They're also really good for things that don't need to be adjusted much and need to lie flat when clasped.

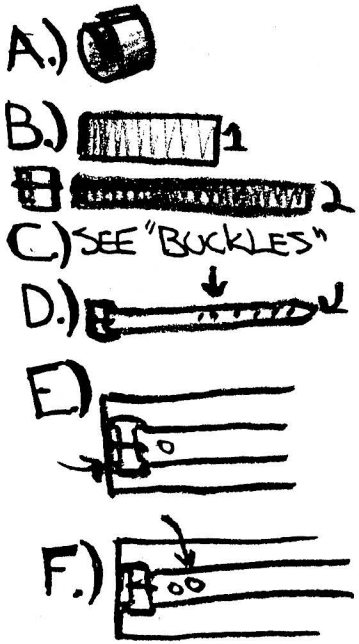
D-rings, O-rings, and your mom's rings: the latter is obvious, but the former two can have a few uses. D-rings and O-rings are metal rings in the shape of their respective letters. They come in a multitude of sizes and can both be used as stays attached to restraints so that one can tie rope or attach chain to them to restrain someone. D-rings are also good as a belt/restraint closure when you want a more variably and acutely adjustable device than a buckle will provide. To attach D-rings for such a purpose: a.) cut your strap to the inner width of the D-rings; b.) with D-rings next to each other, slide strap through both and fold it down to touch itself; c.) rivet right up next to the rings to keep them in place. To use, push the strap through both and then back between the two and pull tight.

Snaps, Eyelets, Grommets, and the like: these all work in much the same way. Snaps consist of four different parts of dubious nomenclature. Basically there's the rod part of the snap and the hole/cap part of the snap and the backing pieces for either of them. You punch a hole and push the backing through, then slip the front on and pound into it using a setter and anvil (same anvil as the rivets, different setter). Eyelets and Grommets are nearly the same thing, but eyelets are a little less heavy-duty. Eyelets are pushed through a hole in your material and pounded out on the back with a setter. Grommets are like eyelets, but there's two parts that fit together through the hole and then get pounded together with (you guessed it!) a setter and anvil. The grommet setter is yet another type of setter.

Cutting your materials: many things work, and the sharper the better. Rubber tends to dull your cutting devices. I've found that really good rolling cutters (from fabric stores), leather shears, or kitchen scissors (by far the easiest to get, of the three) work pretty well and don't dull so fast. Rubber has a tendency to stretch and move while you cut it, so use a big ruler and press hard when using the rolling cutter or razor blade. Just watch the line you cut if you use scissors or shears. You can get fine sandpaper and sand the edges once cut in order to smooth out rough slices or just give the edges a nice rounded texture.

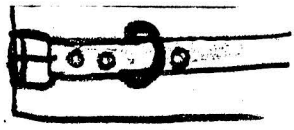
WRIST/ANKLE RESTRAINTS: Always make sure to build restraints that are a good inch and a half wide at the least. Any smaller and you can cut off circulation and that just leads to trouble.

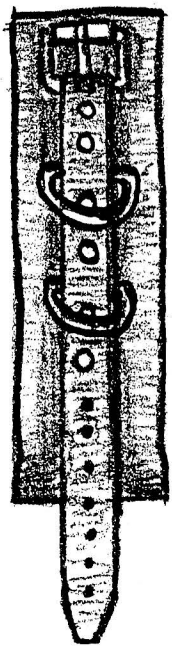
You will need: a couple of square feet of rubber, some medium length rivets, a 1 ¼ inch buckle or the same size D-rings. Here we go: a.) cut a strip of rubber that is long enough to go around the necessary body part with a little overlap and which is at least an inch and a half wide, but wider is better and just work with your own style;.....



three or four inches longer than the first and which is as wide as the inner width of your buckle or pair of D-rings; c.) Attach a buckle or D-rings to one end of this skinny strip; d.) Cut the other end to a quick point (and punch holes the width of your prong if you're using a buckle); e.) Line up the end of your buckle or D-rings with an end of the wide strip; f.) Rivet the wide strip and the skinny strip together, just behind the last rivet that is holding your buckle or D-rings on; g.) Slide a D-ring or O-ring up the skinny strip so it's sandwiched between your two strips and rivet on the other side of it to keep it in place. Repeat if you want more stays on your restraint, making sure to leave enough room for the skinny strip to float free and the wide strip to double over itself a little bit. You can line the inside of the restraint with fuzzy stuff or velvet or whatever you want. Sew with a sharp, thin leather needle and keep your stitches far enough apart that the rubber won't perforate and tear.

G.)



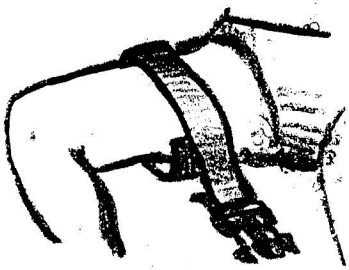


STRAP (it) ON:

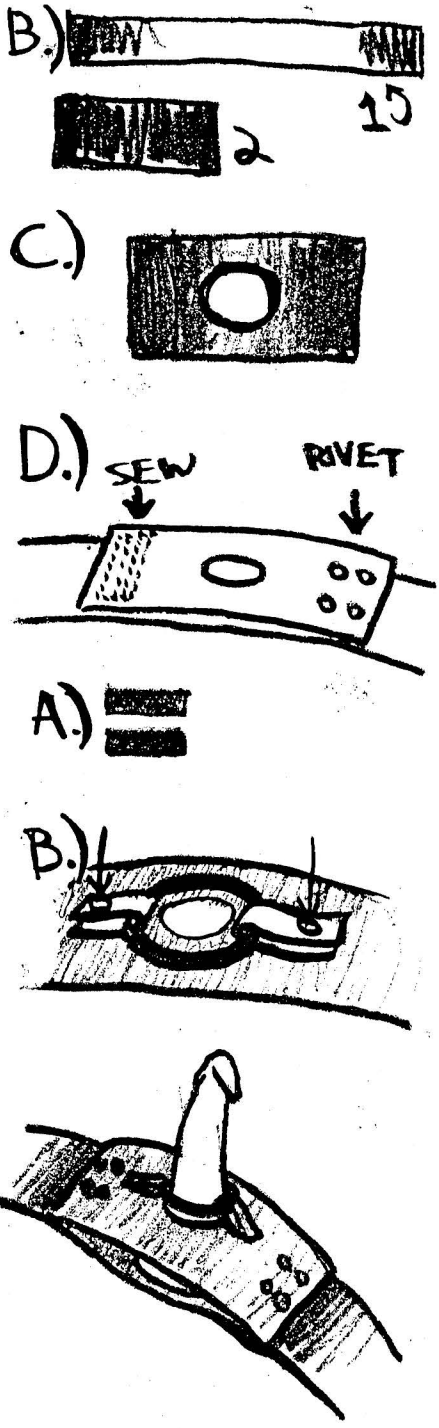
Dildo harnesses come in many a shape and size, but here's ideas for two basic ones. Once you've built or figured out how to build these (which use much of the basic leather working practices outlined above), you should be able to look at any harness you like the style of and figure out how it's made/how to make it yourself. If you're in a hurry, just cut a hole in the front of a jock strap (sans cup) and push your dildo through there (reinforcing the edges of the hole is recommended if you've got that much patience for this design).

Thigh Harness: Basically, this is a really big wrist restraint whose wide strap (see "wrist/ankle restraints") doesn't have to overlap when it wraps around. Also, these are often made of nylon webbing, because it is sturdier in long strips and

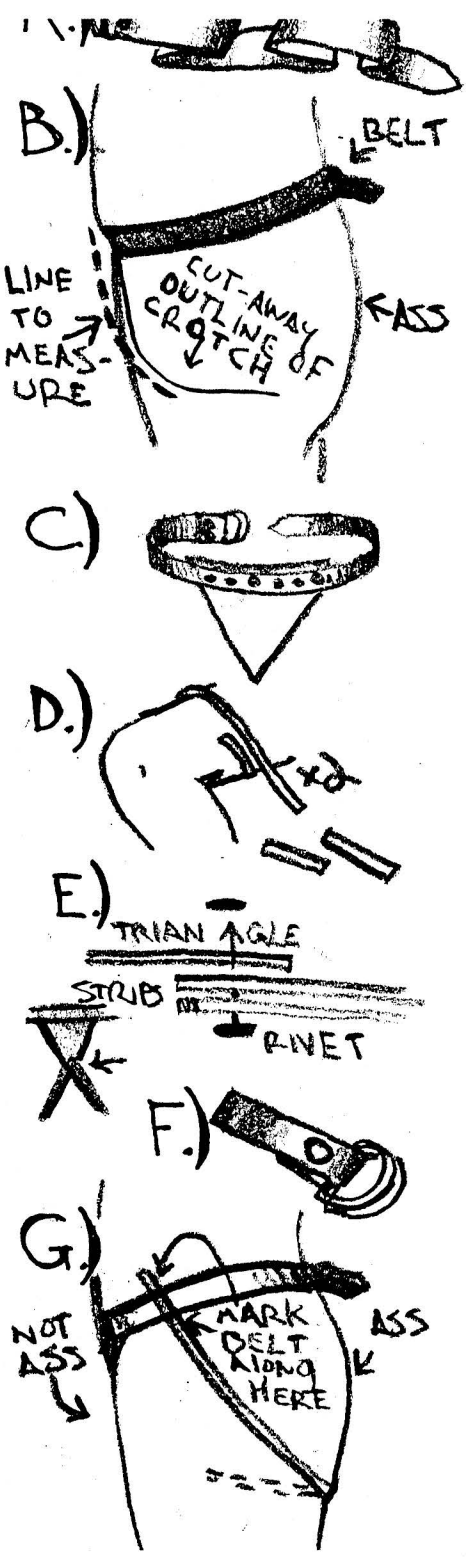
A.)



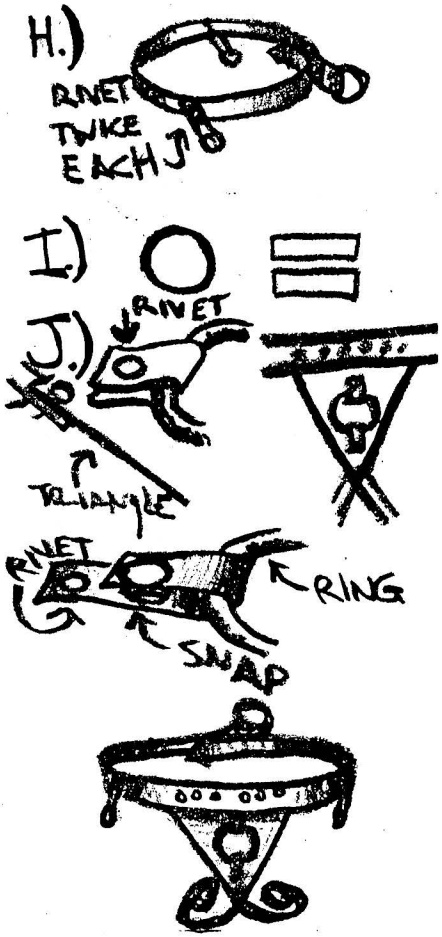
stronger with a hole cut in the center of it, and are made with large quick clips instead of buckles or D-rings. You can also use webbing for the strap and rubber for the short strip. You **will need:** a couple of square feet of rubber or a two-foot length of nylon webbing and a square foot or so of rubber, medium rivets or a leather needle and some thread, a 1 ½ inch buckle or D-rings or a large quick clip. To make: a.) Cut a length of material that is a good two inches wide and long enough to get around your target thigh plus about 8 inches or so and attach Quick Clips, buckle, or D-rings; b.) Cut another strip that is a little wider and about 8 inches long; c.) cut a hole about 1 ½ -2 inches in diameter dead center in the wider, shorter strip (hint: this is the hole for your dildo, so if you know that you'll be using a larger or smaller dildo in the harness on a regular basis, you might alter the size of the hole, accordingly), making sure to leave a good ¾ of an inch around the hole, especially when using rubber; d.) Attach the strips together at the long ends of the short strip, centering the short strip on the long one–sew nylon webbing together or rivet a square of four rivets if using rubber or leather. Optional: before attaching the short strip to the long strip, attach a cock ring (see section on "cock rings") over the hole and on the front (short strip) for extra support/to protect rubber from tearing: a.) Cut two strips of material that are 1 ½ inches long and ½ inch wide; b.) with each strip folded in half around cock ring, attach by sewing or riveting through the doubled up strips and into the short strip from earlier.



good and tight and is structured like a jock strap. First things first–you need to figure out where you want the thing to rest on your hips. Some like it hot, most like it a little lower than the waist, just about the pelvic region..... **You will need:** a belt length strip of rubber, a two foot strip the same width, a square foot of rubber, medium rivets, a cock ring (see "cock rings"), a buckle or D-rings to match your belt width..... a.) cut a strip of your material that is basically the size and shape of a belt that fits you well and attach a buckle or D-rings to it; b.) put the belt on and center the buckle/D-rings in back (above the crack), then measure from the TOP of the belt to that point on your crotch where it stops being in front of you and starts being under you/in-between your legs (this doesn't have to be too exact); c.) cut a triangle whose height is the measurement you just took and whose width is a little shorter than that and attach it (pointing down) to the inside of your belt, lining the two up at their respective topsides; d.) cut four thin (½ - ¾ inch wide) strips of material–two that are long enough to wrap around your thigh plus a couple of inches and two that are about 4 inches long; e.) sandwich the longer two strips at one end and attach them with a couple of rivets to the point of your triangle, in a direction that continues the lines of the triangle outward; f.) attach small buckles or D-rings (½ - ¾ inch, so that strip width matches) to the one end of each SHORT strip (and punch appropriately sized holes [spaced about ½ inch apart] in the ends of the LONG strips if you used buckles);.....



.....g.) put the belt on, with the triangle in front, and pull the long strips through your legs and up and around to your hips and mark where and at what angle they come across the belt; h.) take the belt off and attach the short strips at that angle to the belt)lining them up at the top of the belt so that they're well attached); i.) find an appropriately sized cock ring (see "cock rings") and cut two strips of material that are about ½ inch wide and about 3 ½ inches long; j.) fold the strips over and through the cock ring and attach to the triangle (dead center) by the way of rivets through both the doubled-over strips and the triangle (see orientation in image). Optional: when attaching cock ring, use rivets to attach one end of strips to the triangle and snaps to hold looped over end of strips in place, cutting the strips wider so that they'll hold the snaps well. This way you can change the size of the cock ring you use for larger or smaller dildoes.

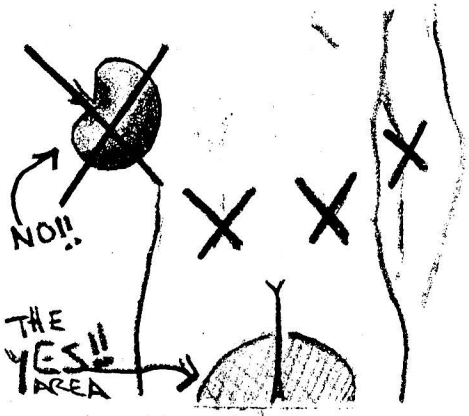


SLAPPIN' FUN: Here's some different ideas for slapping, thwacking, whipping, flogging, and stinging devices. Try different sizes/lengths, thickness', and materials for different types of pain and mis-comfort.

First off is a really basic safety lesson for slapping, thwacking, etc.

1. Always warm someone up, first. It's generally not good practice to start a full-fledged beating right off the bat (so to speak). It's much better to start with really light slapping interspersed with rubbing, and then ease your way into harder, more spaced out and deeper slapping/flogging/etc. This is for many reasons. One is that often times people need to get into the mindset for the pain to be appealing. Another is to get blood flowing in the area so that you don't bruise someone too easily or bust too many capillaries. Yet another is that when you start slow and work up, the sensations are more intense when you get there

2. Never hit anyone near their kidneys or lower back, pressure points on the thighs, neck, or in the bend of the knee or elbow. It's generally good to pick a meaty place that is mostly muscle and where you know there's no big nerve centers or arteries.



3. Use a safe word, asshole. Okay, so maybe you're not an asshole, but sit down with your beater/beatee before you start and agree upon a safe word that will mean " this means stop for real". Pick something like "orange" or "goathead" that will obviously be detached from the play when it is uttered, that way it's easily recognizable as the safe word. ALWAYS STOP when the safe word is said.

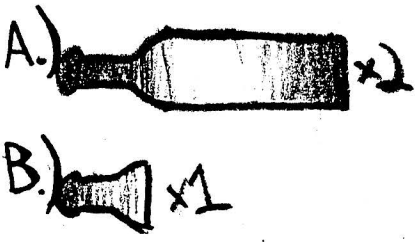
4. Don't break skin unless 1.) you know very clearly that the beatee is okay with it, and 2.) you're prepared to deal with fluids in a safe manner (know where you stand on diseases that could be transmitted and how well you do with seeing blood).

So, that's that. Get to thwackin'!! The sweet spots (parts that are best to hit with) are shaded the diagrams of each finished product. Some short instructions for use are included in the paragraph after the projects.

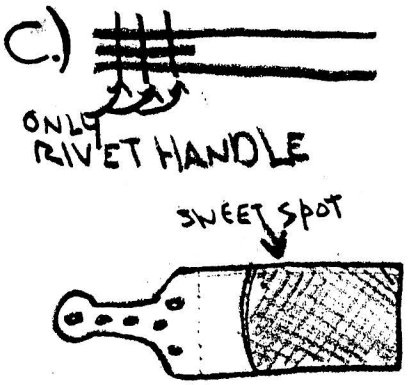
Hands: as with many parts of this glorious publication, hands can work wonders. They're almost always around and probably get slammed into things all the time anyway, on accident. Slapping, pinching, hitting, scratching, poking, tracing with the fingertip, and many other delectable and sensuous delights all come from these simple devices. You will need: hands.

These methods are easy enough to experiment with and self-explanatory enough that I have not bothered to add instructions here.

Basic Slapper: this one's nice and simple. Try to find some thicker rubber or leather for it. Also, experiment with different materials. I found some step side lining for a truck that had this really great molded metal texture on one side and

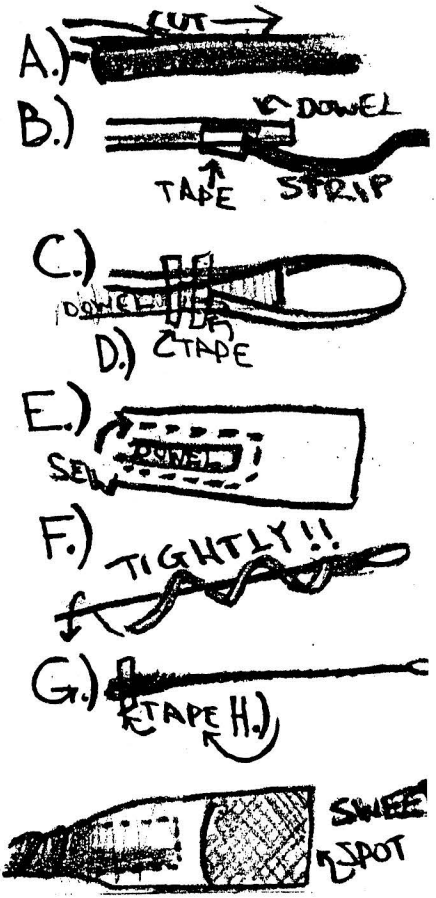


this cross-hatching thing on the other and it worked really well and made a really fine looking slapper. You will need: 1-3 square feet of thick rubber, medium or long rivets..... a.) cut two identical pieces of rubber that are 12 inches (for a shorter slapper) to 18 inches (for a long one) long and shaped kind of like a wine bottle; b.) cut another piece that matches the neck (to be the handle) of the two wine bottles; c.) sandwich the small piece between the two large ones and rivet or sew them all together.



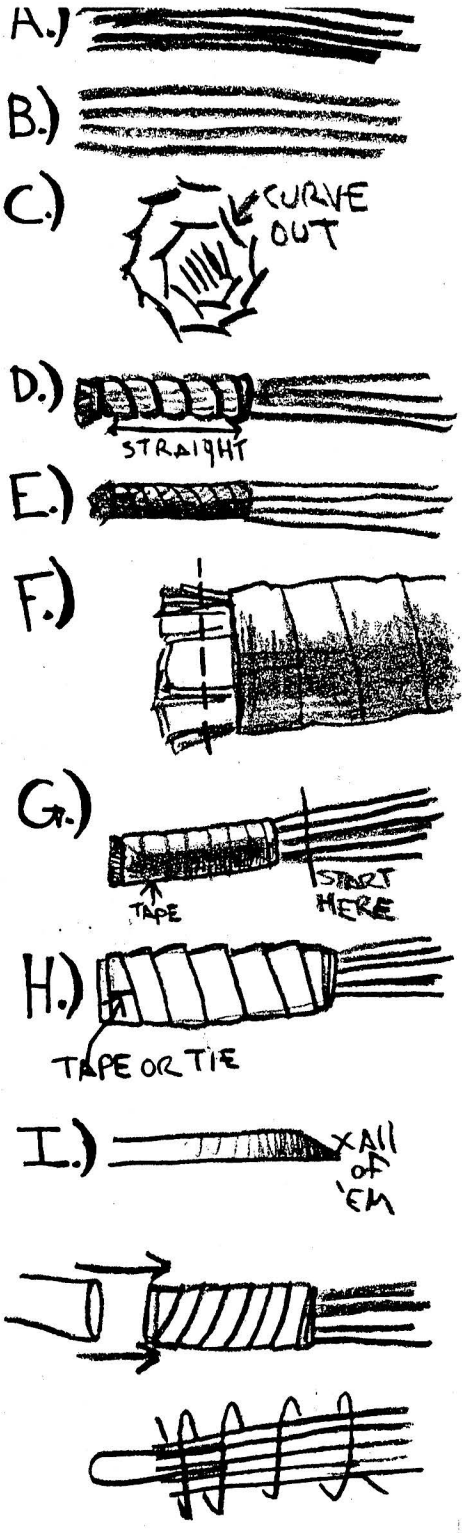
Try to get only the floppiest part to do the slapping and aim to get the flap that is closer to your target's skin to land flat against the skin. Try the difference between following through with your swing and stopping once you've hit.

Crop: the crop is another easy one. Useful as much for its menacing and stylistic appeal as for its actual uses, our friend the crop is a classic, indeed. You will need: a hardwood dowel the length of the crop you want and about 3/8 inch thick, some bike inner tubes, a small leather needle and thread, electrical tape..... a.) cut your bike tubes into 1 inch wide strips; b.) take one strip and tape it to your dowel about an inch from the end, c). fold the strip over the dowel leaving a flap about 1 ½ inches long; d.) tape around the dowel just below the first tape mark, holding the rubber in place; e.) sew a box around the edge of the dowel; f.) wrap the remains of the strip in a tight spiral around the dowel (start a new strap if the first one runs out); g.) wrap thicker at the base to make a handle; h.) hold the wrap with a few wraps of electrical tape or by tying the rubber off underneath itself.

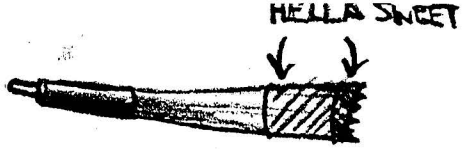


Use just the floppy part to strike with, trying not to stab or

around with the design of. I made one with some strips of 1/3 inch neoprene I found and it has this great heavy feel to it and gives a very unique thwack. **You will need:** a couple of bike inner tubes, some string or twine, electrical tape..... a.) cut all but one of your bike tubes into ½ inch wide strips that are the length you want in a flogger plus about 6 inches; b.) gather all the strips up with their individual ends lined up at one end of the mass; c.) arrange the strips so that they create kind of a spiral when viewed from the end-hold them like this.. note-bike tubes (being tubes) have a curve to them, even when cut into strips. Make sure that the curve faces outward from the spiral on all of your strips, or the blow you get from the flogger will be puny and soft and all around lame; d.) wrap the five inches nearest the lined-up end round and round with string or twine so that the strips will all stay in place (watch how the tightness of your string changes the shape of the stack, try to keep it straight because this is the handle) and tie off the string when you're done; e.) wrap with a spiral of electrical tape; f.) trim the end of the handle so all the strips are even; g.) cut some 1 inch strips of bike tube and wrap in a spiral around the handle (starting an inch or so above where the string ends and giving a few good wraps to start), adding layers to even the shape or just make it thicker; h.) tape or tie off the strips when finished; i.) cut the tips of the straps to points at approximately a 45 degree angle. Optional: slide a sheath of intact bike tube over the handle for a smooth look. .....



wrap a rectangle of thicker rubber around the handle for a fancy look, or add a loop to the back of the handle before tying twine so that you can hang the flogger on your dungeon wall.



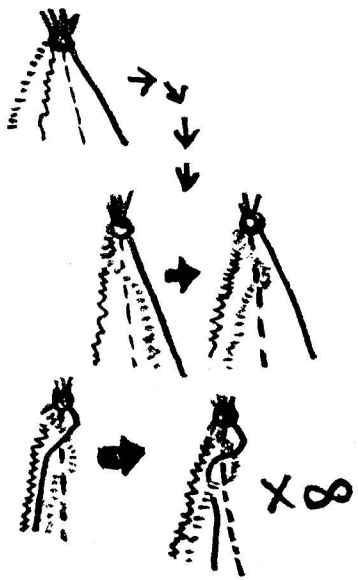
Swing in a circle, striking with the tips of the strips, or swing in an arc across and strike with the last five inches, depending on desired effect.

"Devil's hair" flogger: this is the same design as the flogger above, but you steal the stringy rubber innards from a bungee cord or two and use these instead of the ½ inch strips of rubber. Check to see if your bungee cord left a curve to its insides, if so, make sure it all curves outward.

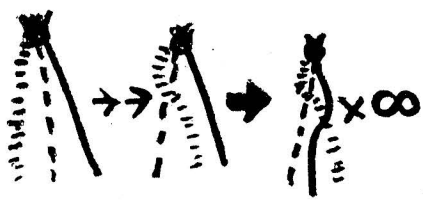
Swing in a circle, striking with the tips of the strands, or swing in an arc across and strike with the last few inches, depending on desired effect.

Cats o' Tails: these are sometimes a little less professional looking when finished, depending on your skill at braiding straight braids (especially with rubber). To braid:

Four strand braid: tie your four strands together and lay them out flat next to each other. Take the far left strand and bring it over the center two (so it's now next to the far right strand), then go under the strand directly to its left (so it's now one strand over from whence it originated). Take the far right strand and bring it over the center two (so it's one from the far left) and then under the strand immediately to its right (so it's one strand away from where it started). Repeat. With some trial and error, this braid will end up round and pretty.

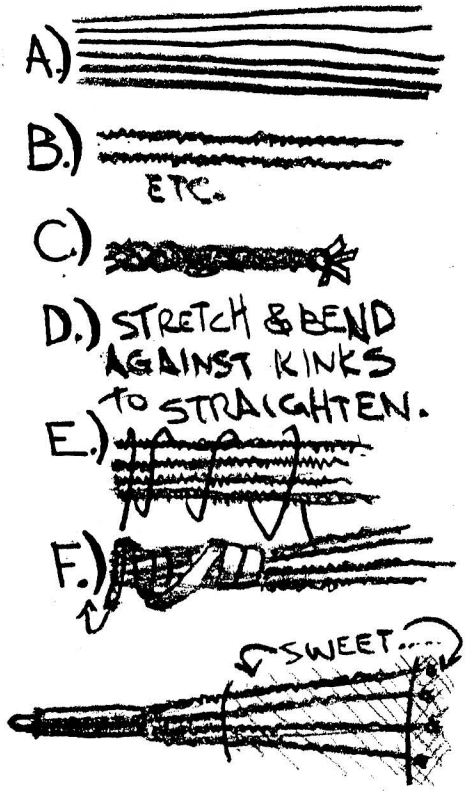


Three strand braid: tie your three strands together and lay them flat. Take the far left strand and bring it over and between the remaining two. Take the far right strand and bring it over and between the remaining two. Repeat. This is a flat braid



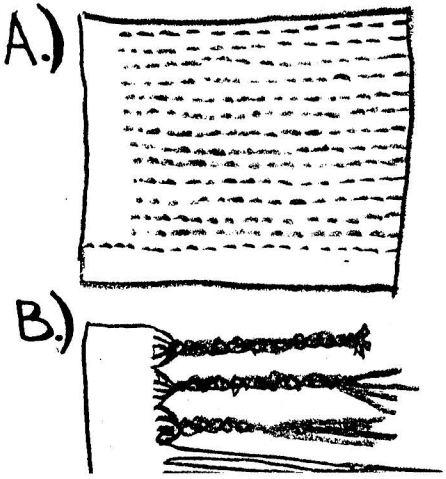
Tips for braiding: braiding with rubber is a tricky business. Too lose and the flatness of the straps shows through, too tight and an inhibiting curl will erupt in your finished braid. It takes a little re-working to figure it out, but keeping constant pressure and trying not to stretch it too much helps a lot.

You will need: a few bike inner tubes, braiding skills, some string or twine, electrical tape..... a.) cut your bike tubes into strips that are as long as you can get and about 3/8 - ½ inch wide; b.) braid the strips to your desired length (using a three or four strand braid) and into as many separate tails as you're going to want on your cat; c.) tie off the braids well and cut the extra rubber off close to the knot and into a point; d.) go through and straighten your braids the best you can; e.) line up the beginning ends of the braids with each other and wrap a tight spiral of string around the first five inches of them, tying the string off tightly; f.) cut a bike tube into 1 inch strips and wrap in a spiral around the first 6 inches of the braids, tying off or wrapping with tape when finished. Optional: see the options for the flogger.

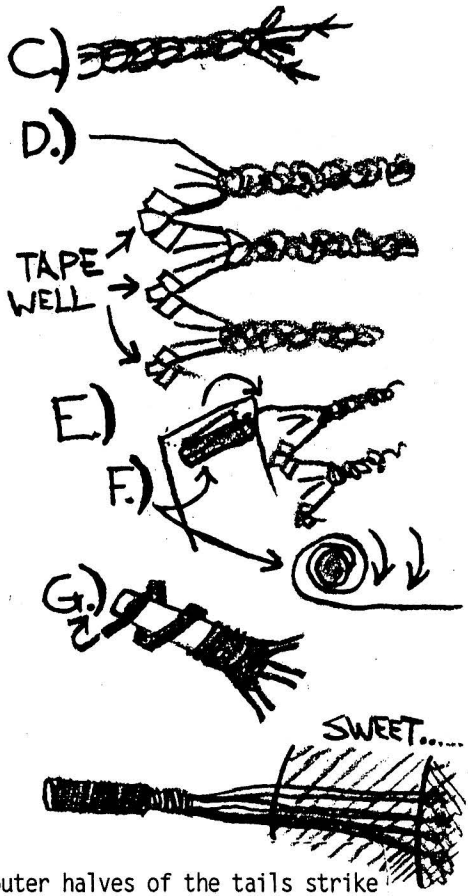


Strike in an arc, so that the outer halves of the tails strike the back like a series of soft canes or swing in an arc and strike with the tips.

Shower curtain Cat o' Tails: with the accessibility of bike inner tubes, this is as much as much a novelty as a necessary design, but it's neat, so it's here. It has an odd grip to it because of all the corners of vinyl in the braid. You need to find one of those shower curtains that is shiny vinyl and thicker.

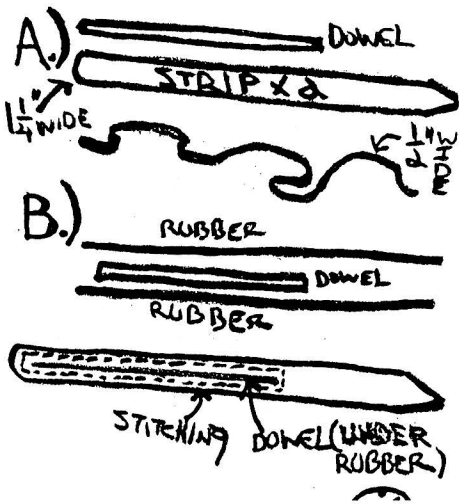


You will need: the shower curtain, some electrical tape, a 6 inch rod or dowel that is ¾ -1 inch thick..... a.) cut your shower curtain into one inch strips, LEAVING THE CURTAIN UNCUT ON ONE END (for about a foot, running the length of the curtain, perpendicular to the strips)- decide on a three or four strand braid and cut three or four strands (accordingly) for each tail you're going to want–cut off the extra curtain; b.) start at one end and braid the strips, starting at the uncut end and tying off at desired length; c.) cut the extra vinyl off and into a point; d.) tape into the corners where the strips hit the uncut part so that it won't tear; e.) fold the uncut part in half, so it's now 6 inches wide; f.) tape the dowel to one end and roll the curtain tightly around it, creating a handle; g.) wrap with electrical tape (getting up and between the tails to keep them in place and intact).



Strike in an arc, so that the outer halves of the tails strike the back like a series of soft canes or swing in an arc and strike with the tips. Sometimes the vinyl works better when it's warmed up because it's softer, so keep that in mind.

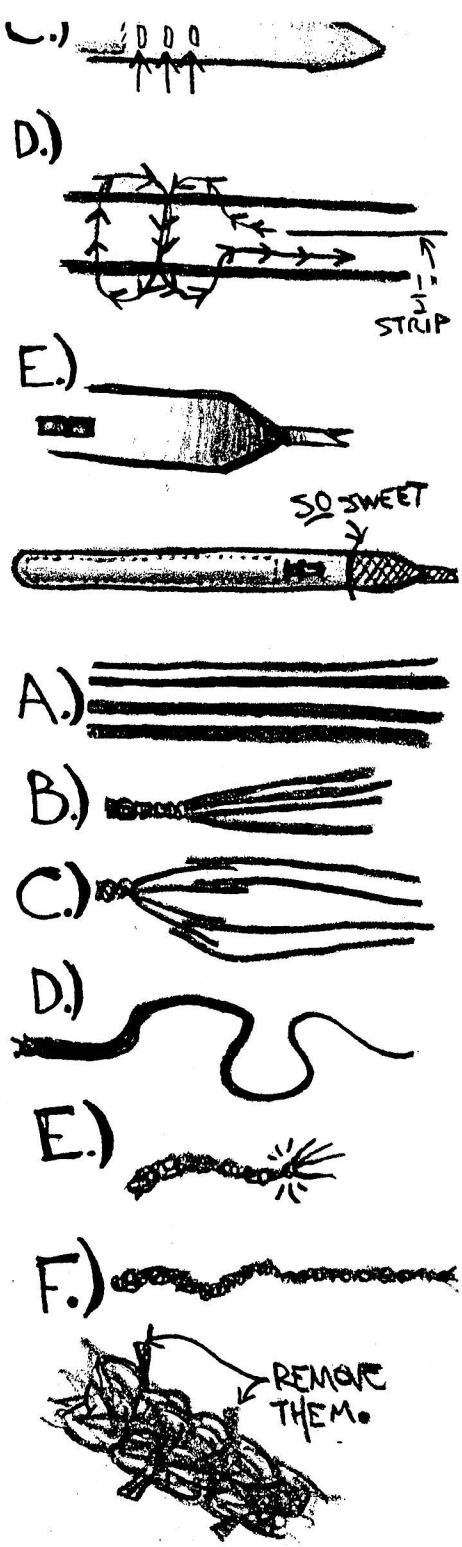
Switch: good for a little sting, great for lookin' smooth. This might be better with some leather from an upholstery or leatherwear dumpster, but we'll see what the rubber does for us. **You will need:** a 4 inch by 2 ½ foot expanse of thicker rubber (1/4 inch is good), a leather needle and some thread, a dowel or flat piece of metal about ½ inch across and 1 to 1 ½ feet long..... a.) cut your rubber into three pieces: two identical ones that are about 8-9 inches longer than your dowel (and the shape shown in the



and the length of the original rubber strip; b.) sandwich the dowel between the two wider strips of rubber and sew a perimeter around it; c.) punch three ¼ inch by ½ inch slots in identical places on each strip, as shown; d.) take your short strip and run it between the two strips, up through the top front hole, down through both middle holes, up through both back holes, down through both middle holes, and in through the bottom front hole and pull it all tight; e.) trim the skinny strip to points about an inch past the ends of the wider strips.

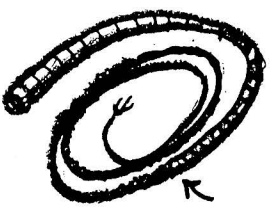
This one's a lot like the crop-strike with only the floppy part and try to follow through to get a good sting.

Whip: the whip is a formidable adversary, but one worthy of taking on, nonetheless. With the whip it is key to braid an even, straight braid or you will have trouble with accuracy, later. The um....special thing about a rubber whip is the extra stretch is has to it. This can either give you some extra force/sting, or just throw off your accuracy, depending. **You will need:** a whole bunch of bike inner tubes, electrical tape..... a.) cut your tubes into varying widths of strips (most about ½-3/4 of an inch, but a tube or two's worth at slightly thinner widths); b.) tie four strips together at one end and proceed to do a four strand braid; c.) when you run out of strips, braid new ones in by running them concurrently with the old ones for four or so inches; d.) when you get towards the end (6 feet later, at least), start using the thinner strips so that the end of your whip is very skinny;.....



.....e.) tie off into a good tight knot; f.) STRAIGHTEN YOUR BRAID AS BEST AS POSSIBLE and carefully trim any bits of tube sticking out of spots where you brought in a new strip; g.) wrap your handle (beginning end) with some 1 inch strips of bike tube or some electrical tape until it's a good thickness to hold on to. Options: wrap inner tube up the length a bit so that you have a better thickness. Also, try this with a shower curtain.

G.)



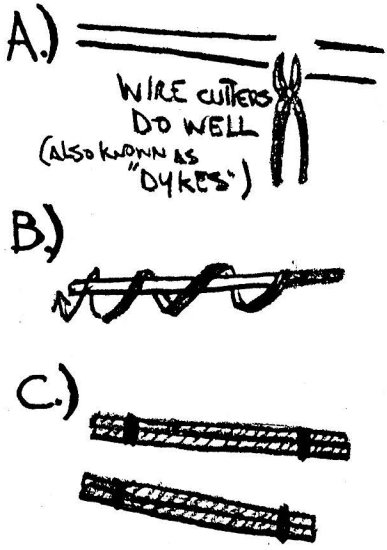
The art of controlling a whip takes time to master. The art of controlling a rubber whip either takes longer or much shorter, depending. The basics of whip usage, however, involve much the same sort of thinking as using a yo-yo. Start by holding on to the handle, coiling the whip (into about a 1 foot diameter coil), and holding the coil in the handle hand. The cracking of the whip can be thought of in two parts–easy to relate to the yo-ing of a yo-yo and also that of flinging eggs from the stove top (bear with me). First off-the yo-yo: the first part is the release and the second part is the pullback/jerky motion that counters the release. Now the eggs.....Think of yourself standing at a stove with your (whippin') side to it, facing someone about ten feet away from you. They have made you angry and you'have made them breakfast. You quickly decide to take your spatula (in hand, like the statue of liberty's torch), reach back to get some eggs on it, and then fling it forward to cover them in their breakfast. This is the SAME MOVEMENT as the release (remember the yo-yo) step of cracking a whip. Reach your arm directly back, bent a little (scoop the eggs). (with eggs on spatula) swing your arm straight ahead, releasing mid-swing and flinging your wrist upward shortly afterward (fling the eggs like you're playing jai-alai). Right before the coil has completely uncoiled, jerk your wrist down and swing your arm back a little bit (the same timing as jerking the yo-yo just before it reaches the end of it's string) to crack the whip. Strike with the tip of the whip as it cracks. Play around (being careful not to hit yourself, especially on the jerk-back), this is at best a cursory description.

PINCHING:.....the Michelangelo of the sexualized pain world. There are so many devices for pinching and grabbing that it's hard to even comprehend their sheer mass, let along their ever-so-variant uses. Often the point of pinching and pinching devices is not the direct pain they cause, but also the heightened sensations that are created with sustained pinching. Here's a few ideas....

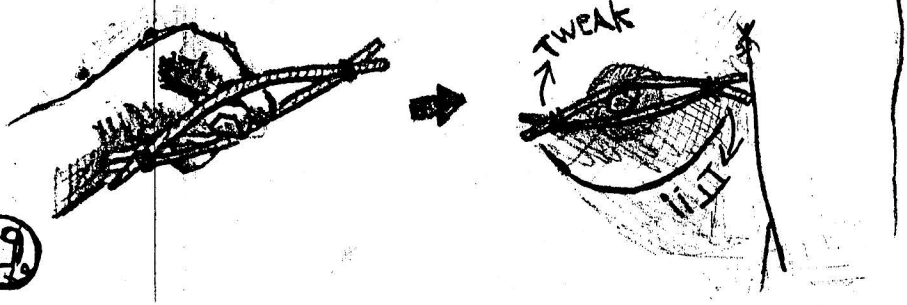
texture, and grip. They are good all over the body, not just the nipples. You can run them down backs or arms or necks or labia or scrota to create all sorts of sensations. Don't pinch veins or arteries.

Alligator Clips: I have found cheap or free (….) alligator clamps (with rubber coated tips and without) in hardware stores. Electronics stores, and photo-supply shops. They vary in strength and some even have a little threaded rod and nut so that you can vary their strength. No need to pay so much for such little and easy to find nipple torture devices. Attach your own chain or weights.

"Nipple Sticks": or at least that's what they're called in the store. These are good for tweaking and stimulating the nipples while they're clamped. You will need: four bamboo shish kebab skewers, some electrical tape (pick a color you like), and four little hair rubber bands/braces rubber bands……a.) cut the skewers to about 7 inches long, removing the tip; b.) wrap a thin layer of electrical tape around the skewers, so that no one gets a bamboo splinter through the nipple; c.) pair up the skewers and wrap two rubber bands around each pair a couple of times (one rubber band about an inch from each end).

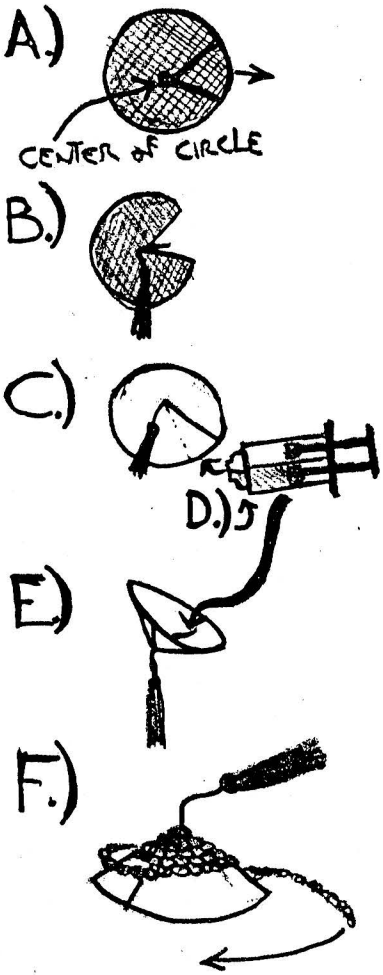


Spread skewers and push thumb and forefinger through, then grab nibble with these fingers and pull it through the skewers. Slide the rubber bands towards the nipple or tighten them to increase pressure.



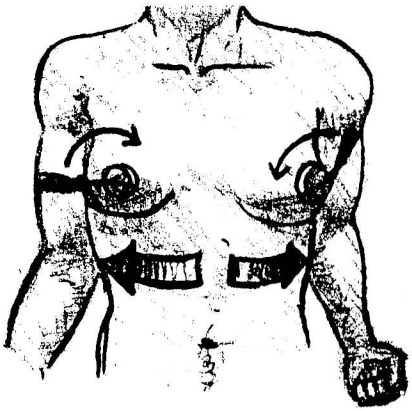
BODILY ADDITIONS: this section is all about making devices that can help you change your gender presentation (you know, that big one in front of the board in a couple of weeks) or otherwise enhance your body for fun and profit. They don't (necessarily) pertain solely to the act sex (in all it's forms), but in a culture where physical sex, social expectaions, the act of sex, gender identity, and gender presentation are so closely tied, they're very important for keeping it all revolutionary.

Pasties: easier to twirl than you think. **You will need:** a square foot of heavy mesh backing (found in a fabric/craft store), spirit gum and spirit gum remover (makeup/wig/costume/theatre arts/Halloween store) or tape, decorative items like sequins/shells/lace, epoxy or a hot glue gun, tassels (from a craft store or stolen from an old-timey lamp)..... a.) cut the backing into two circles (about 3 inch diameter) and then cut a triangle out of them, so they look like Pac-Man; b.) shove the end of your tassel into the point of the triangle/Pac-Man's throat; c.) fold the circle around a bit so that Pac-Man is biting his lip in anticipation; d.) glue Pac-Man's lips together (with a little overlap) so that you have a shallow cone; e.) glue the ends of your tassels to the inside of the cone so that they stay; f.) glue your decorations to the outside, making sure not to glue the tassel to the pastey.

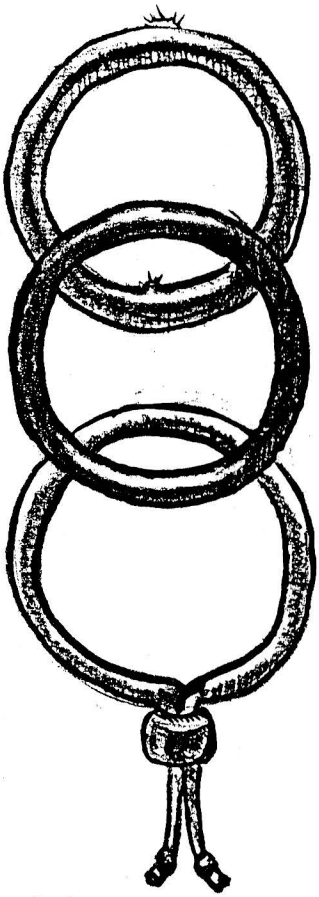


To attach to nipples, paint a ¾ inch thick ring of spirit gum around your nipple and a similar ring on the.....

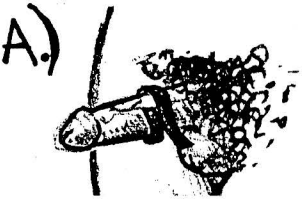
inside of the pastie. Let the spirit gum dry until it gets tacky and then squeeze your tit out a bit and press the pastie on to it. An easy way to twirl the tassels is to shimmy (shake your chest/ribcage back and forth without moving your shoulders or hips much). It takes a little practice, but MAN...is it worth it.



Cock Rings: if you've been reading from front to back, this is a much fabled section by now. Cock rings are rings (usually made of rubber or metal) used to hold blood into a flesh penis and thus maintain an erection longer. They are also used in harnesses to hold dildoes on. Metal cock rings can be found at hardware stores and leather working stores for less than a dollar. They come in a variety of sizes and materials and generally referred to as metal "O-rings". Rubber cock rings come from the hardware or plumbing store and are very cheap/pocket sized, just like the metal ones. They are in the plumbing goods section as "O-rings" or " Gaskets". You want one that is a good thickness (about ¼ inch thick), so it won't cut into you or tear, and which is round (in cross section, as opposed to rectangular/flat).

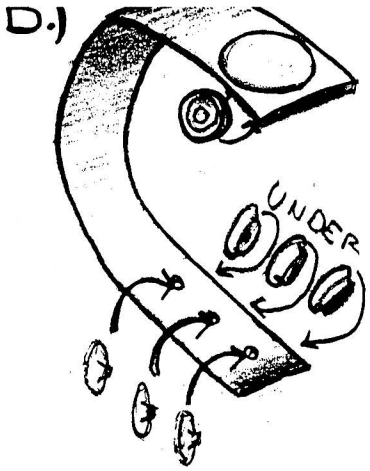


Adjustable leather/rubber cock ring: good for style and comfort in the leather fetish community. You will need: a ½-3/4 inch wide by five inch long strip of thick rubber, snaps..... a.) wrap the strip of rubber around the penis in question and measure an extra inch or two past the overlap, cutting off the extra rubber;.....

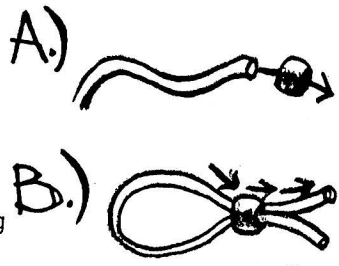


onto one end of the strip and a few of the rod parts on to the other end and side of the rubber strip (spaced about ½ inch apart), making sure that the parts will snap together when wrapped around a penis.

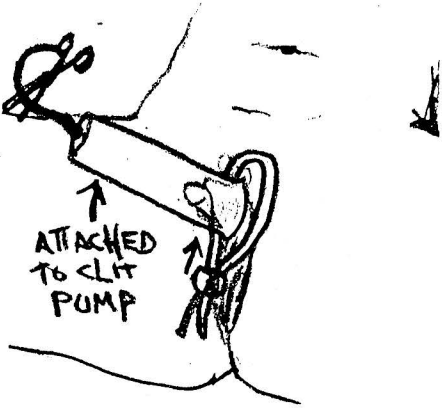
Remember that "too tight" really is too tight.



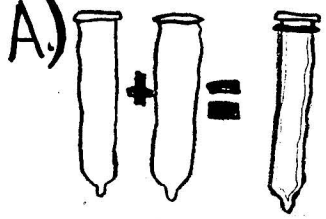
"Bolo" style cock ring: useful for when you want a more precisely sized cock ring–like when a flesh penis is in-between sizes of gasket or when you've pumped your clit up (see "tit/clit pump") and need an adjustable, kind of small one. **You will need:** a Croakee or similar style rubber-tube glasses holder (usually for attaching to the arms of your glasses so that they stay on your head), tubing from a tourniquet or hunting slingshot (available at the needle exchange and Wal-Mart [shudder, shudder], respectively), and a bead that fits snugly around the tube..... a.) push one end of tube through bead; b.) push the other end through and line it up with the first.



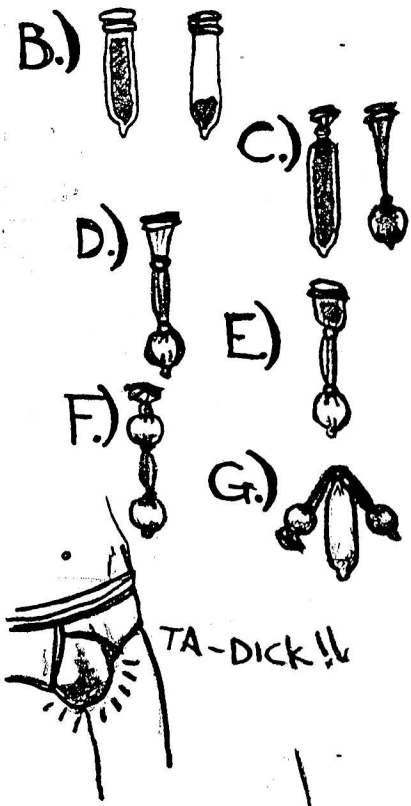
Slide the loop of it over the penis or clit in question. Firmly grasp the two ends of tubing and slide the bead up to the base of clit or penis. NEVER put it on too tight or **leave it on too long, because BLOODFLOW IS GENERALLY A VERY GOOD THING!!!!!!**



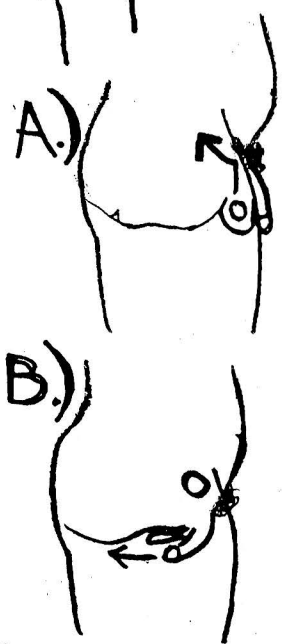
Dicks ("packing"): a good ol' way to make anyone's dick (flesh or non-flesh) look bigger to the passerby consistency, you will either want to wear a couple of pairs of undies or use pudding instead. **You will need:** 4 condoms (non-lubed is best), stiff hair gel, the ability to tie a knot..... a.) double up your condoms;

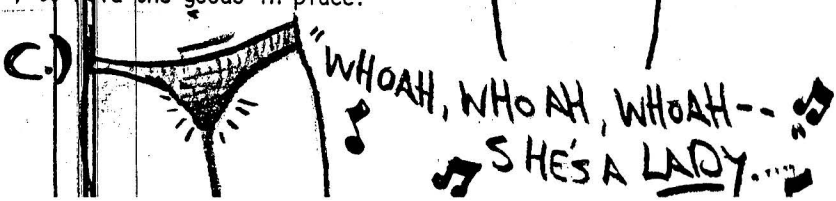


..... b.) fill one almost all the way with gel and one with only about an inch of gel; c.) tie both off just above the gel (kind of AT the gel, so it is squeezed in there good and tight); d.) set the full one aside and tie a second knot a few inches above the first on your barely-full condom; e.) squeeze another inch of gel into this condom so it rests above your second knot; f.) tie the condom off just above/at the gel level (make sure it's good and tight); g.) tie condom #2 dead center along its empty length (between the two gel balls) to condom #1. Now you've got a dick. Put it in your undies or the pouch of a jock strap (sans cup).. Remember that petroleum products degrade latex, so even though thick hair gel works best for



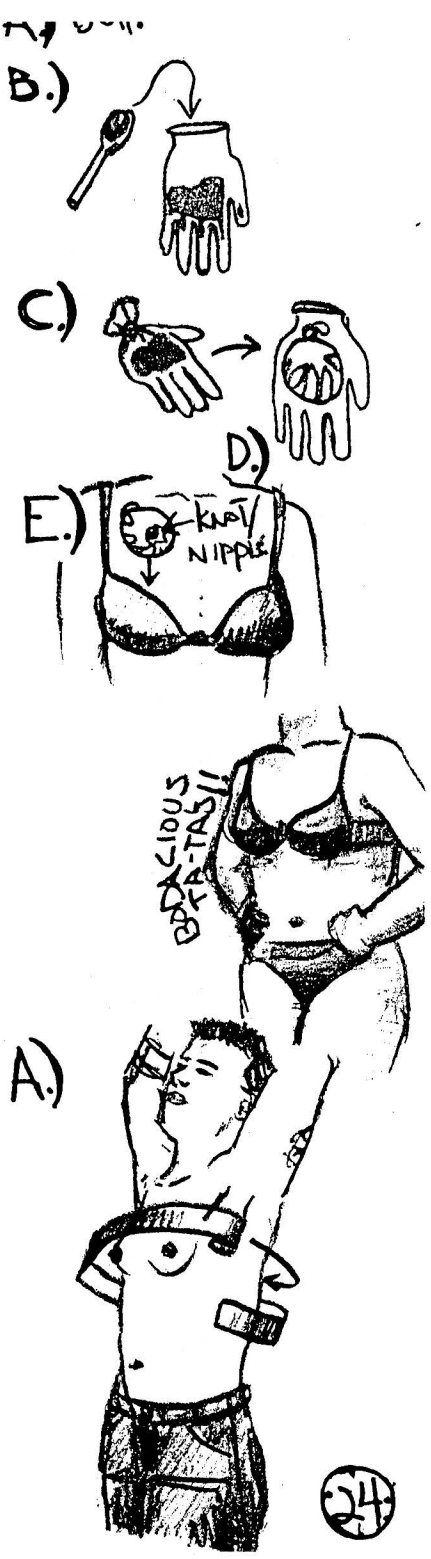
No dicks ("tucking"): need to temporarily rid yourself of an unsightly bulge caused by a flesh penis?? Look no further, this works for just about everyone's body....You will need: a couple of pairs of kind of tight girls' undies (preferably made of a stiffer cotton), a flesh penis, gonads.... a.) most anyone with descended gonads (testes, ovotestes, etc.) has a space in their abdomen from whence they descended.....shove them back to momma (this is usually up and in); b.) pull your scrotal material back between your legs, as well as your penis/big clit; c.) pull the undies on, one pair at a time, nice and snug , to hold the goods in place.





Chocolate pie. **You will need:** 4 latex gloves (nitrile can work, too, but doesn't have the bounce), a box or two of instant pudding (chocolate is best, with butterscotch running a close second. No one likes banana.), a bra..... a.) mix up your pudding; b.) spoon enough pudding (here's where a partner can help) into the glove to make the appropriately sized breast, remembering that it gets rounder and firmer once tied off and that you don't need to fill the fingers unless you want some bigger titties; c.) tie off at or slightly above the level of the pudding, depending on how firm they need to be; d.) put each tit into another glove and tie off, again, for safety (making a bigger knot depending on what size nipple you want); e.) fold the fingers under, point the knot/nipple out, and position in bra (while you're wearing it). The pudding heats up to body temperature after a while, so these can be pretty realistic. They're good for making mountains out of your molehills or creating breasts from mere pec's.

No breasts ("binding"): a difficult task for some, a heavy sweatshirt for others, binding is an art form as much as it is an often painful way to get rid of visible tits. **You will need:** a binder (for small-medium tits a wide [6 inch] Ace bandage will work, for bigger breasts a neoprene back brace or plastic wrap might be better. People also use duct tape, baggy clothing, and surgery to get rid of boobs), tits..... a.) wrap your binder around your chest, aiming to bind up and in (and sometimes towards the armpit) as you go. Try to start at the bottom and go up. Sometimes it's useful to have a partner help. Sometimes it helps to lie down as you bind.

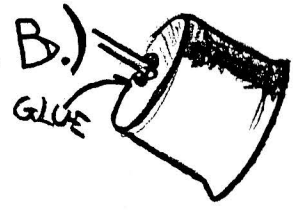


Wear other peoples' clothes!! (with their permission, of course)

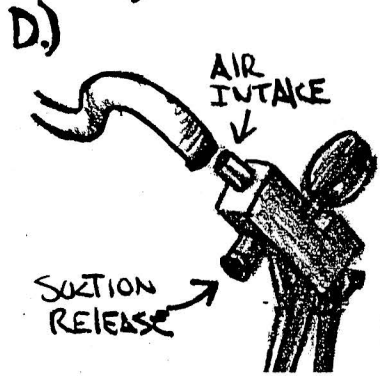
Tit/Clit Pump: I you never knew your body could change shape so quickly, now did you? No ne, one of the most impressive things about skin is how much it can stretch. Another is how quickly it can regain its form once it has been stretched. Herein lies the magic in our friend the tit-pump (also known in many circles as the clit-pump). Sadly it is probably the most expensive project in here, if you pay. But considering that is will cost you about $45 when one in the store (let alone a good one) might cost you three times that, it's not as bad. You will **need:** a brake bleeding kit from your local (or terrible national chain) auto parts store (about $43 where I've seen it, free if you're slick-it's about the size of a twelve pack in it's package), a hot glue gun (preferably high-melt), for the tit-pump-- two 1quart round hard plastic beakers (without pour spouts) or Cambros (from a food service store like Smart & Final), for the clit-pump-- a hard plastic beaker (without pour spout) about an inch diameter and at least 4 or 5 inches tall, 2 pairs of medium sized forceps (these are those things doctors have that look like scissors, but have little teeth instead of blades and locking notches on the handles. You can get them at the doctor's office while you wait or a medical supply store), a nail, a lighter or stove top, some sandpaper.....
a.) using the head of a hot nail, melt a hole the width of your tubing (tubing that came in the brake bleeding kit) in the center of the bottom of your container (beaker, cambro, beaker)



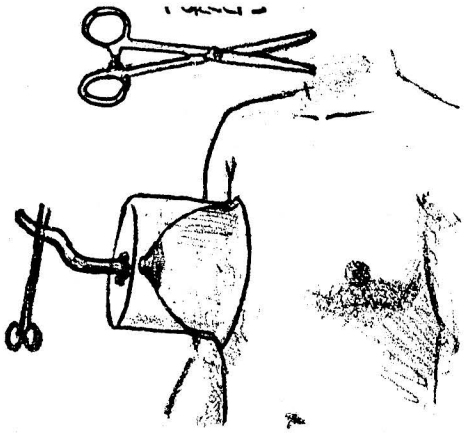








b.) push tubing through hole, so that it extends about ½ inch into the container and glue all around the base of it and on the inside of the container, if possible (remember: the goal is airtight, so glue well and make sure not to put holes in the tubing or block it with glue); c.) sand the lip of the beaker to make it as smooth as possible; d) push the non-beaker end of the tubing on to the air intake nozzle on the pump that came in your brake bleeding kit.



So here's the deal–use lotion and pump slowly. Especially with the brake bleeding pump, which pulls air out a lot more quickly than a store-bought tit/clit pump. shave any hair on or around the area that will be in the pump–it breaks the seal. Apply a good, soothing, not-too-chemically moisturizing lotion to the entire area to be pumped before and after pumping. Put the pump over whatever you're going to pump , press it down, and start pumping. When done with enough pacing, you can stretch your skin (especially erectile skin like nipples, clits, labia, penises, and scrota) a WHOLE FUCKING LOT. Pump until it just starts to tingle/hurt, then stop and let your skin stretch/adjust. When you're used to it, repeat the process. Keep going until you've got some size. The first few times you might not get so far, but keep at it and pretty soon you'll get some meat going on. When pumping your clit, you actually end up pumping your clit and it's hood and maybe some labia, too. Use forceps to clamp the tubing shut if you want to leave things in there for a while but not pump, or if you want to move to the other tit. **IF IT HURTS A LOT, STOP. IF YOU GO TOO FAST YOU CAN TEAR OR DAMAGE TISSUES AND NERVE ENDINGS.** Anything you pump will go back to "normal" within an hour to a day, but regular pumping can produce actual growth. Oh, yeah--pump too fast and you'll get a huge hickey. But maybe you wanted that. For more information refer to the book "Fairy Butch's Guide To Strap-on Sex".

PENETRATIVE DEVICES: there are enough choices here to keep you busy for a while, so let's just get going with a little reminder: read the safety instructions at the beginning of the zine. Yeah.

Fingers: they go everywhere, do mostly what you want, and fit easily into your wallet or pocketbook. You know what to do..... (that's right, trim your nails!!)

Fruits and Veggies: quick, easy, affordable, and ready in minutes–your favorite meals come full circle! Zucchinis seem to be a popular choice, as do carrots, daikons, cucumbers, and eggplants. The zealous and stretchy can even work on up to the fabled butternut squash!! Some things to remember:



1. Wash it well and use a condom, especially when using dumpstered goods (you don't know where it's been, just where it's going). Make sure to use a soap that you're okay having inside of you and rinse thoroughly.

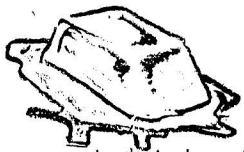
2. Though nubs, ribs, bumps, and ridges are often there for her pleasure, anything large, poky, pointy, rough, or sharp can tear you or your condom and hide germs and pesticides that are hard to wash off.

3. WHEN PLAYING ANALLY: watch out!! Anything without a wide base (referred to as a "flange") can easily "go too far" and get lost or be hard /damaging to get out. Use something with a much wider base than head or hold on really tight. Some veggies, depending on freshness and species, are more prone to breaking off inside of you. A condom can stop this from being trouble, or at least making sure that you're going in and out and not round and round.



4. If attempting to cook with your toys afterwards (YOUR OWN RISK), make sure to wash, peel, and cook them. This is especially important after anal play (lemme hear ya say "A-moebas, A-MOEBAS!!").

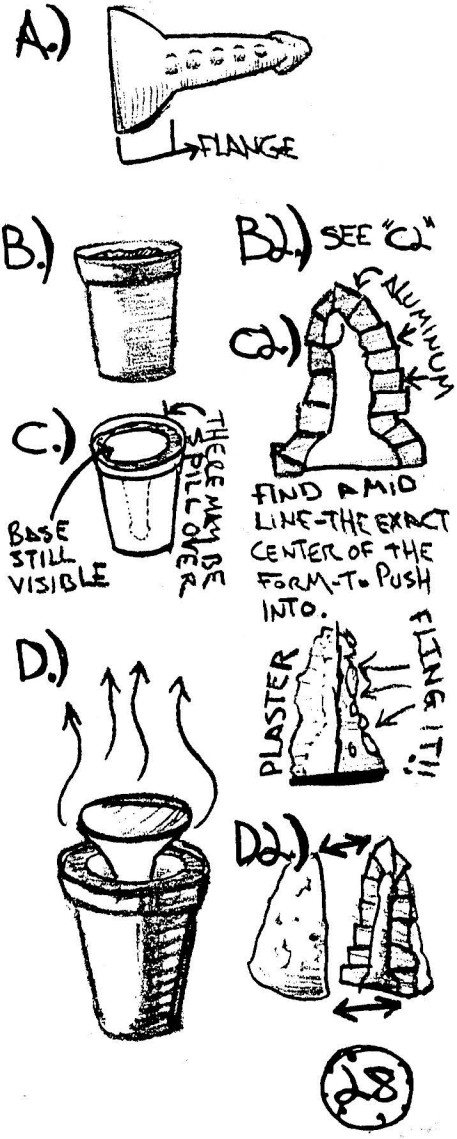
Shove ice cubes up your ass!!



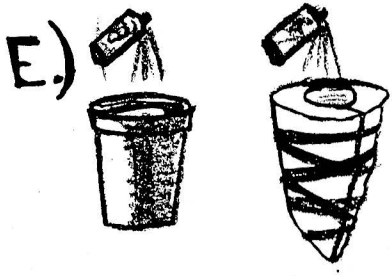
Silicone Dildoes: more trouble than a carrot, but damn is it cool!! Silicone is great for things like this because you can get it in a myriad of grades of softness and you can boil it after use to get rid of germs. You can get it at casting supply stores (a good one is Douglas & Sturgess at 730 Bryant, S.F. CA 94103 and they have a mail order catalog. They are at (415) 896-6283), where you can also get the pigments for it. It's about $20 dollars for a large dildo's worth and a couple of bucks for pigment. The silicone comes in jars about the size of a large peanut butter jar and the catalyst (necessary to make the silicone set) comes in a little bottle separately. Make sure the number on your catalyst bottle matches the number on your silicone bottle. Plaster of Paris comes from art

hardware stores. **Before you go and pay for it, try this:** Find the sculpture department of your local art school. Act like an art student. Insist that you belong there at all costs and verbally nudge your way to finding out where they keep the plaster. Take a lot of plaster. This can also work for alginate and ceramic clay. Alginate is a sticky blue powder made from algae. It comes from your orthodontist/dentist friend (ask. Call it an art project. It works), casting supply stores, and arts and crafts stores. I know it all sounds expensive and troublesome, but with some finagling you can get most or all of it for free or cheap and it might just be worth it to get the exact dildo you want.

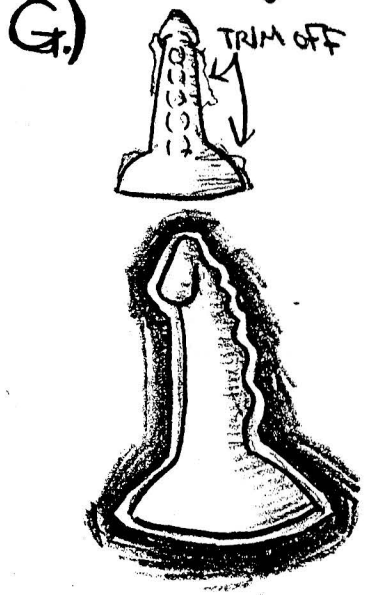
You will need: plaster or alginate, some ceramic clay, a place to get messy, a mixing bowl and spatula that you can devote to the project, silicone and accompanying catalyst, silicone pigment, spray cooking oil, some aluminum cans, tin-snips..... a.) make your dick-model an ideal dildo out of the clay and let it dry a little bit (not so it's cracked or ready to fire, just so it's a little more solid), then spray it with the spray oil (remember that you have to be able to pull a cast off of it, so keep your angles and curves simple so that they don't get stuck on the way out of the mold. Also remember to put a good wide base [called a "flange"] on the dildo so it can stay in a harnesses and not get lost in asses); b.) if you got a hold of alginate and only want to make one dildo from the mould, mix up the alginate into a liquidey paste and put it in a container that is a good inch longer and wider than your clay dildo and fill to about an inch below the top- b2.) if you have plaster or want to get a bunch of dildoes out of the same mould, move on to "c2"; c.) press your clay dildo straight into the alginate until it is submerged to the bottom edge of the base (but you can still see the base)-c2.) cut some aluminum cans into two inch by one inch



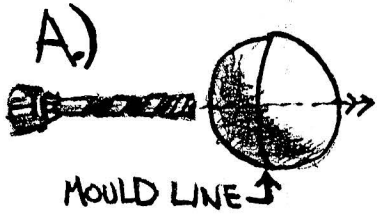
rectangles and push them into the clay dildo, bisecting it. Slake your plaster and fling it, small handful by small handful, at the clay dildo until it's covered with a good layer of plaster. Let it dry and then slake some more plaster to coat the whole thing with, again. Make sure to leave a little bit of the aluminum rectangles sticking out. Let it dry; d.) when the alginate has set, carefully pull your clay dildo out of the mold, making sure not to tear the alginate. If you have trouble, let the alginate sit a while longer and try again. Use a popsicle stick wedged in there to get some air inside so the suction isn't so great–d2.) when the plaster is dry, carefully pull the plaster apart along the alluminum line and gingerly remove the clay penis and the aluminum strips; e.) now you have a cast, no matter which method you used. Spray the inside of the cast with your cooking spray until it's good and greasy (if using plaster, push the two halves of the cast together and wrap them tight with rubber bands or twine. ALSO: plaster is thirsty for your oil, make sure to spray it again if it soaks it all up, right away); f.) mix up your silicone and catalyst and add pigment, then pour it all into the mold and let it set over night; g.) when the silicone is good and set, remove it from the cast, trim the excess, and wash it well. Let it air out for a few days and you're good to go.





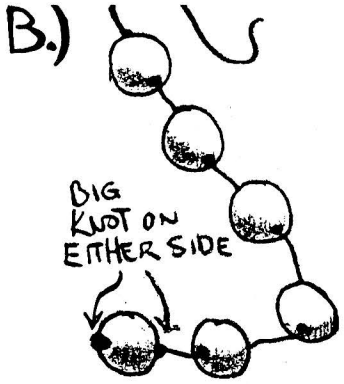


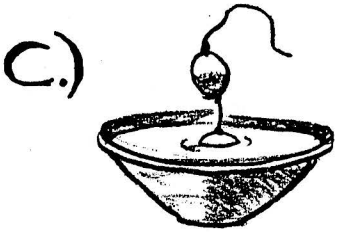
Anal beads: these might also be more trouble than they're worth, depending. You will need: a drill with a 3/16 inch bit, 5 or 6 super

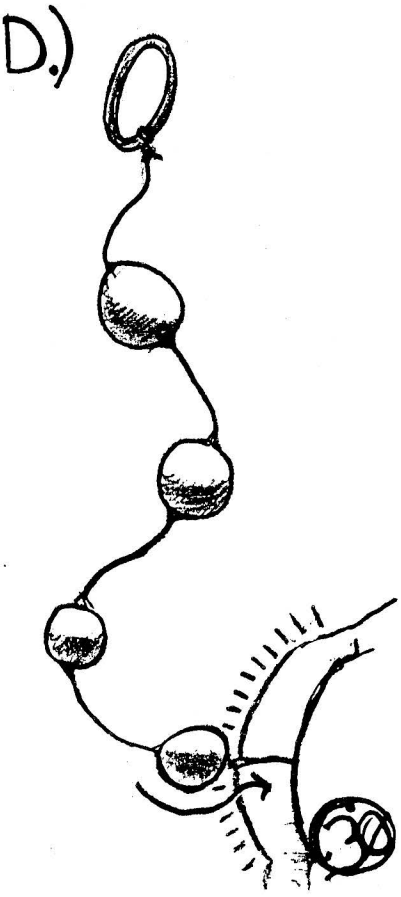


bounce balls (either all one size, or ascending in size, depending on your needs), either: a small amount of silicone and matching catalyst or some of that rubberizing dip (that they sell in craft stores and miscellany catalogs to be used for adding grip to things like pliers), a 2 foot length of thin nylon cord, a ring to tie to the end..... a.) drill holes straight through all of the super bounce balls, perpendicular to the mould line (every super bounce ball ever is cast just like the dildo described above [the plaster method], and thusly has a line that bisects it where the mould fit together–the mould line). If the rubber is cracking as you drill, try starting the hole by setting the drill to reverse and using it that way, first; b.) run the nylon cord through all of the balls, tying a good, thick knot (larger than the hole in the ball) on either side of each ball, spacing the balls about two inches apart and cutting off the extra cord only on the end that is to be ball #1 going into an asshole; c.) dip the whole apparatus in either the silicone or the rubberizing dip and hang from a nail to let set; d.) trim the extra string on the back end to about 6 inches long and tie it tightly to a ring (like a 1 ½ inch metal O-ring). Wash before using.

Push the balls up your ass, one by one, tugging the string to give a delightful back pressure or to remove the balls when finished. Always use lube and remember to re-dip when the coating starts to tear or wear off.

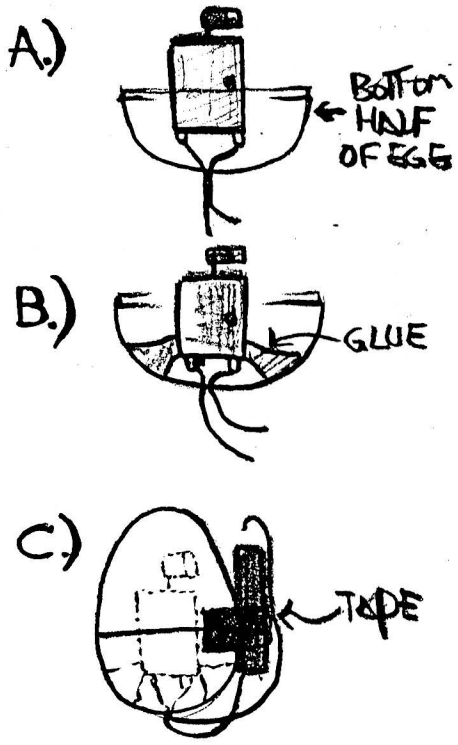






Vibrators: wow. Making your own vibrator. If you're a geek and go to Radio Shack all the time, anyway for robot parts or pirate radio equipment, this should be expressly simple. A vibrator is basically an electric motor with an off-center or off balance weight. When the motor spins the lopsided nature of the weight going round and round makes the whole apparatus shake. BANG!! Vibration. The whole thing is also sold at many toy stores under the clever pseudonym of "The Wiggle Writer"–it has a pen attached so that you can jack of and write a novel at the same time (providing a certain amount of pelvic agility).

You will need: a small electric motor, an off-balance weight for the motor, a power source for the motor (batteries), some thin rubber coated copper wire, electrical tape, a plastic easter egg, some epoxy or a hot glue gun, a nail, a lighter or stove top..... a.) attach the weight and the copper wires to the motor and run the copper wires out through the bottom of the easter egg (using the nail and the lighter to melt a hole first); b.) epoxy or hot glue the motor to the inside of the egg, making sure not to obscure the electrical contacts of the functioning of the motor; c.) tape the wires to the battery(ies) and the battery(ies) to the side of the closed egg, leaving part of the circuit undone so that you can attach and unattach it at your leisure.



To run the motor, touch the final part of the circuit together. Tape it closed and rock steady. Different motors have different strengths and sizes so shop around.

.....now....., go fuck yourself..

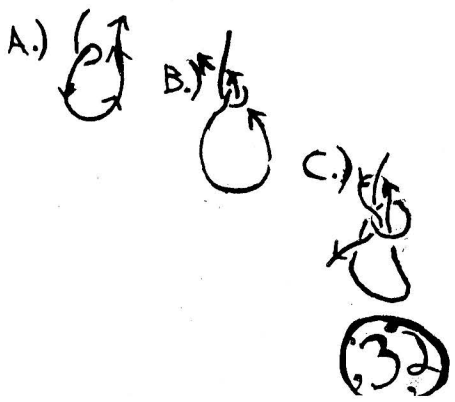
Appendix 1: sexy knots for sex (and other useful things)

What, you beseech, are things so pure and often non-bondage focused as basic knots doing in a publication of such loose morals?? Well, my gentle-friend, my response to you is simple: "GODDAMN, KNOTS ARE FUCKING SEXXY!!" I believe the scientific term for the situation is "attractively well organized." Knots are useful everywhere and have the most exquisite symmetry once tied (not to mention all the visual innuendo of things going in and out of holes and masses sliding all over each other), and I bet most of you don't know anyway (and if you can't figure out how to use some of them in the sack, you either don't need them there or just aren't trying hard enough.....). Now my question to you is this: "Are you READY for a KNOTTACULAR ADVENTURE??!!??!!" Hold on to your garments.....

SAFETY: always make sure to use rope that can take the weight you put on it, that won't burn the skin unless you choose to (the silkiness of the rope increasing comfort but decreasing a knot's ability to stay tied), and that is thick enough to be safe in regards to cutting off circulation/cutting into skin. Never tie too tight and don't tie around things like necks. Make sure you know how to untie any knot that you tie.

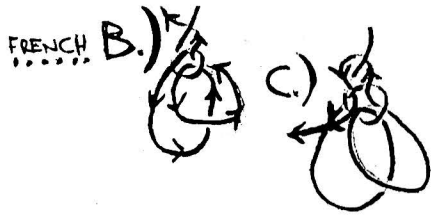
Rope: rope comes from sporting goods stores, some bondage stores, big shitty places like Wal-Mart [shudder, shudder], and the hardware store. It comes in all shapes and sizes, strand counts and test strengths. Rope is made of synthetic or natural fibres and, though natural fibre rope is often cheaper, size for size, all natural fibre ropes have a lower breaking strain than synthetic ropes and are more easily damaged. Synthetic is often softer on the skin for it's price (think about silk rope??) and comes in many a lovely and vibrant color.

Bowline/French bowline: the bowline is good for putting a loop that will not slip or tighten into a length of rope. It can take some tension and is good as a loop for sitting in. Better for sitting in is the **French Bowline** (see....sexy.), which has an extra loop. The loops can adjust between

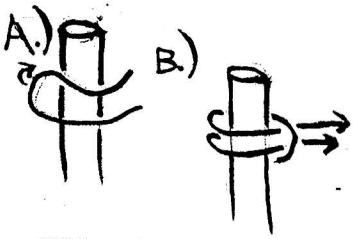


A good knot-tying website (with animations!!) can be found at:
http://www.mistral.co.uk/42brghtn/knots/42ktmenu.html

each other, but not out of the knot, so you can put one around your back and another around your butt. IF SUSPENDING A PERSON IN THIS, TIE A FIGURE EIGHT OR OVERHAND KNOT TO MAKE SURE LOOPS DO NOT SLIP.



Cow Hitch: quick to tie around a pole, bedpost, or another rope. Good if you use both strands that come out of it, slippery/light duty if you only use one (for the same function but more strength, see "Rolling Hitch"):



Cuffs/"It's a Samurai thing": umm. I don't know the official name of this one, but it's good for tying hands and feet together, so there's the first name. The second is referent to the fact that this knot (and a couple of other knots here) comes from (or is based on, as it came to me from someone who learned it from someone else who knows it all) traditional methods for binding Samurai. A long time ago when people caught a Samurai they were not allowed to tie a full-on knot to keep them captive, because the Samurai were sacred. Many a creative rope technique came from this code of ethics and they're all pretty amazing:

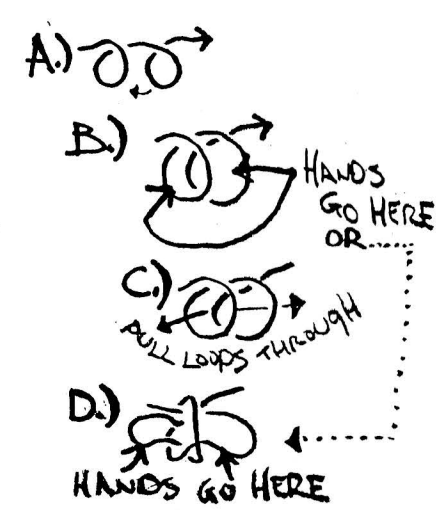
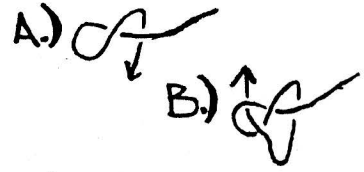
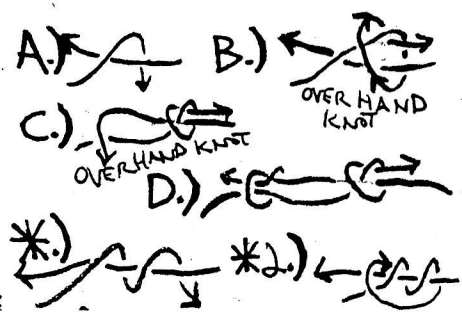


Figure 8: good to put a knot in a length of rope for use as a stop (see "bowline") for another knot or for creating a few little somethings to climb on:

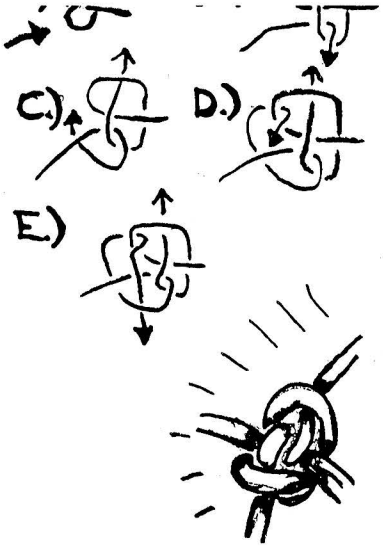


Fisherman's Knot: good for joining two lengths of same-sized rope together or two ends of the same rope in an adjustable loop. Extra loops mean extra strength (and a better name–double fisherman's, triple fisherman's, etc.):

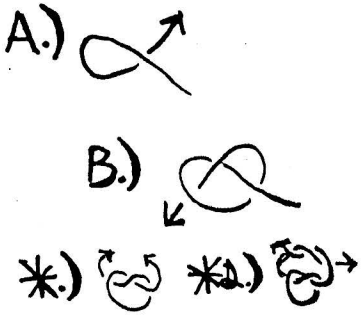


A DOUBLE FISHERMAN: SPIRAL AROUND 1 EXTRA TIME BEFORE

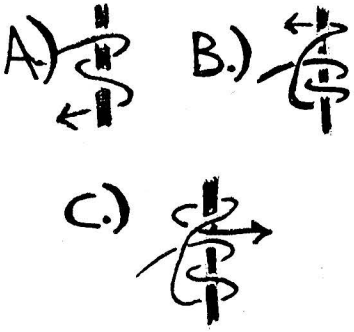
Hunter's Bend: a really fucking beautiful knot, says I. Actually, I think it might be my favorite. Said to be one of only three knots invented in the twentieth century, it used to be known as the Rigger's Knot. When it appeared on the front page of the The London Times in 1978 it was credited to Dr Edward Hunter, and thus the name. Good for tying two pieces of rope together or one piece into a strong, non-adjustable loop, known for it's strength and functionality even with really slippery synthetic ropes:



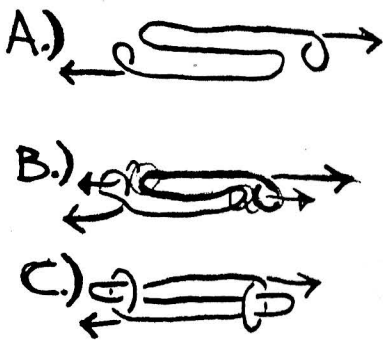
Overhand/Double Overhand: the knot everyone loves to know (in fact, you probably already do). Good as a stop for low to medium stress situations, or as a simple way to tie things to other things (though not always the strongest choice). The **Double Overhand** is just one Overhand on top of another and it's good for tying a rope around something when you want it to stay (I'm sure you'll recognize it):



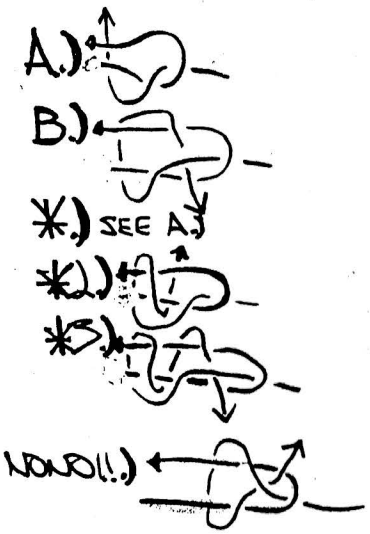
Rolling Hitch: good for tying one rope to another in a manner that the knot can be adjusted, but will not slip from its position on the base rope when the whole thing is under tension. Also good for tying to a bedpost or pole, when you could use something like that. It is strong when under tension. weak when slack:



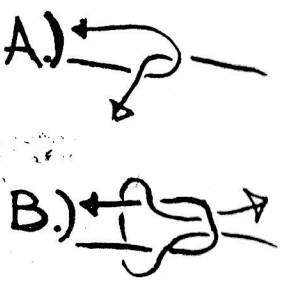
Sheepshank: frankly, I can't see what's NOT sexy about this knot. It is used to shorten a length of rope without cutting it; all the while keeping it's structural integrity. It only works when under tension, so don't expect it to do anything but hurt if whatever you're doing is going to give it anything but constant tension:



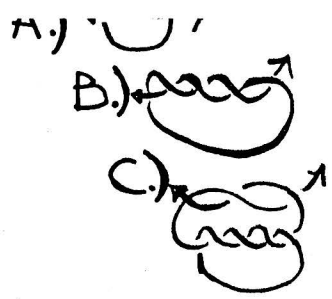
Sheet Bend/Double Sheet Bend: the Sheet Bend is a badass knot for slippery or silky sorts of ropes and for tying the ends of two differently sized ropes together. The double is a Sheet with another wrap at the neck of the bight (loop for a knot), making sure the strand goes under itself after the second wrapping. A **Left Handed Sheet Bend** is s Sheet Bend tied improperly, so that the strand you've been tying with comes out the wrong side. Though left hands rock, The Left Handed Sheet Bend sucks it because it severely decreases the strength of a knot used for its strength.



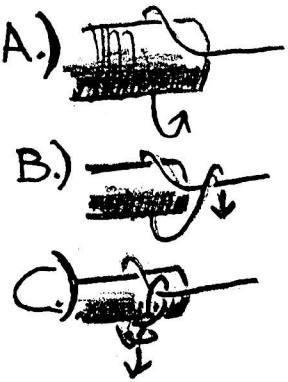
Square Knot: like the Hunter's Bend, but not as sexy, complicated, or strong, the Square Knot is good for tying two lengths of rope together, and is quicker to tie than it's slightly sexier cohort. It is good for low to medium tension:



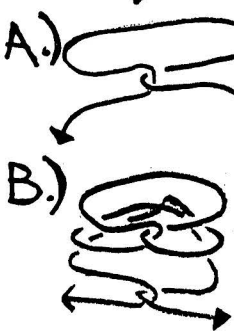
Surgeon's Knot: ~~actually used by~~ surgeons. It's like a Double Overhand Knot, but with an extra twist in the first knot. Once tightened, this extra twist keeps the lower know from slipping while you tie the second (for instance, while tying a bunch of things that are trying to fall apart or when tying using something stiff or slippery-like sutures). Surgeons went to school for this, you read a sex zine!!:



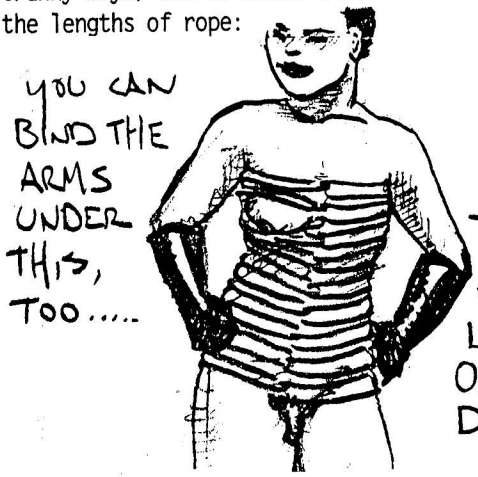
Timber Hitch: for manly men's men who are into men who like their "manhood" dragged around on a rope by another manly man. Man. This knot is/was actually used to drag timber. It's an interesting one because it's strong enough to, say, drag timber when it's taught, but when slack it falls right off:



Rope Dress/Sheath: another Samurai thing. Really good as an intro into the logic behind no-knot knots, also great for experimenting with. You can the tits of someone who likes them (many tranny girls) so that they squish out between the ropes, and those of someone who might not (many tranny boys) can be bound underneath the lengths of rope:

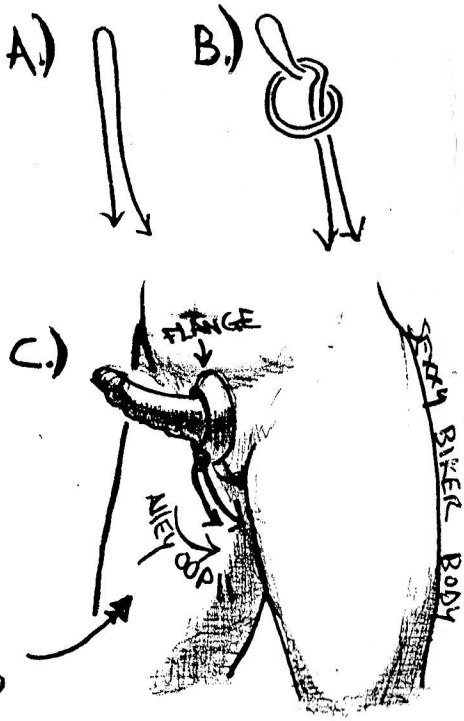


THE GENERAL CONCEPT: TWIST THE ROPE ENDS AND KEEP TENSION AS YOU SPIRAL AROUND THE BODY.....

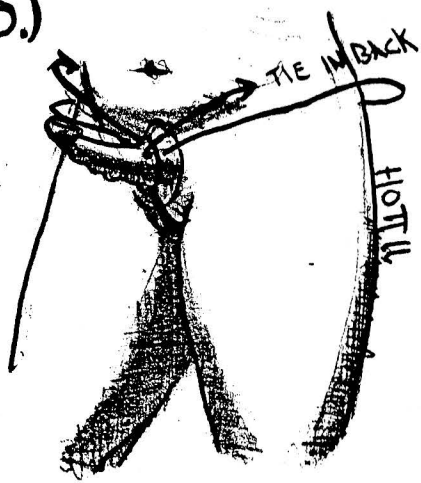


TRY DIFFERENT WAYS OF LOOPING IN ORDER TO GET DIFFERENT DESIGNS

Rope Harness: DEAR LORD!! You say--a harness made of rope? But how could it be??!!??!! Not only is it economical and travel-ready, it is ready in mere seconds and is infinitely adjustable (so long as your rope is long enough)!! Make a loop with your rope that's a good size to fit around the base of your target dildo but is small enough that the flange won't slip through and slide this loop around the dildo. Bring the strands of rope under your crotch and around your hips. Slide the strands through the original loop and head back around your hips, tying off at your butt. Bingo!!:



TRY USING THE ROPE THROUGH THE CROTCH TO SPREAD PUSSY LIPS/ BALL SACKS/ MAN-CUNT CURTAINS/ LADY SCROTUM FOR AN EXTRA GOOD TIME!!



Notes:

NOTES:

SEX AND SEXUAL EXPRESSION HAVE LONG BEEN CRIMINALIZED IN OUR CULTURE. BY GOING AND FUCKING YOURSELF, TEACHING OTHERS, TALKING OPENLY ABOUT IT, EXPERIMENTING, AND DOING IT FOR CHEAP OR FREE YOU ARE NOT ONLY HAVING FUN, RELEASING STRESS, BEING HEALTHY, AND LEARNING, YOU ARE FIGHTING THIS LONG STANDING CRIMINALIZATION OF THE BODY, OUR DESIRES, AND SEX IN GENERAL (SO COMB THAT PALM HAIR AND BE PROUD OF WHO YOU ARE.). AND, AS ALWAYS, PLAY SAFELY. YOU COULD PUT AN EYE OUT WITH THAT THING.....

FOR MORE INFO OR TO SEND ME CANDY:
Annie Danger
379 40th St.
Oakland, CA 94609
touchtwice@yahoo.com

