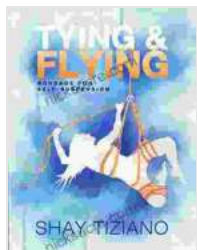


Tying and Flying: A Comprehensive Guide to Self-Suspension



Tying and Flying: Bondage for self-suspension

by Shay Tiziano

★★★★☆ 4.8 out of 5

Language : English

File size : 122097 KB

Print length : 270 pages

Screen Reader : Supported



Tying and flying is a form of self-suspension that involves using ropes and other materials to create a suspended aerial rig. This practice can be used for a variety of purposes, including aerial dance, circus arts, and erotic play. While tying and flying can be a safe and enjoyable activity, it is important to approach it with caution and to take the necessary safety precautions.

Safety Precautions

Before you begin tying and flying, it is important to take the following safety precautions:

- **Find a qualified instructor.** The best way to learn how to tie and fly safely is to take lessons from a qualified instructor. A good instructor will be able to teach you the proper techniques and how to avoid common mistakes.

- **Use the proper equipment.** Tying and flying requires the use of specialized equipment, such as ropes, harnesses, and pulleys. It is important to use equipment that is in good condition and that is appropriate for your weight and height.
- **Inspect your equipment before each use.** Before you begin tying and flying, you should always inspect your equipment for any signs of damage. If you find any damage, do not use the equipment until it has been repaired.
- **Tie a safety knot.** Before you begin suspending yourself, you should always tie a safety knot at the end of your rope. This knot will help to prevent you from falling if you lose your grip on the rope.
- **Have someone supervise you.** When you are first starting out, it is a good idea to have someone supervise you while you are tying and flying. This person can help to ensure your safety and can assist you if you need help.

Tying Techniques

There are a variety of different tying techniques that can be used for self-suspension. The most common technique is the clove hitch. The clove hitch is a simple and secure knot that can be tied quickly and easily. Other tying techniques that can be used for self-suspension include the bowline knot, the figure-eight knot, and the square knot.

Suspension Rigging

Once you have learned how to tie a safety knot, you can begin rigging your suspension system. The type of suspension system that you use will depend on your needs and the environment in which you will be flying. The

most common type of suspension system is the single-point suspension system. This system consists of a single rope that is suspended from a fixed point above the ground. Other types of suspension systems include the two-point suspension system and the multi-point suspension system.

Flying Techniques

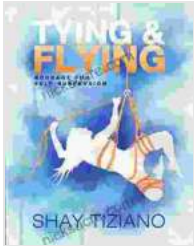
Once you have rigged your suspension system, you can begin flying. There are a variety of different flying techniques that you can learn, including the basic hang, the inversion, and the spin. The basic hang is the simplest flying technique and it involves simply hanging from the rope. The inversion is a more advanced flying technique that involves hanging upside down from the rope. The spin is a more advanced flying technique that involves spinning around the rope.

Tips and Techniques

Here are a few tips and techniques to help you enjoy a safe and enjoyable self-suspension experience:

- **Start slowly.** When you are first starting out, it is important to start slowly and gradually increase the amount of time that you spend suspended. This will help to prevent you from getting dizzy or injured.
- **Listen to your body.** If you start to feel dizzy or uncomfortable, stop flying and take a break. It is important to listen to your body and to avoid pushing yourself too hard.
- **Have fun!** Tying and flying is a great way to exercise, de-stress, and have fun. So relax and enjoy the experience!

Tying and flying is a safe and enjoyable activity that can be enjoyed by people of all ages and abilities. By following the safety precautions and tips outlined in this guide, you can create a safe and enjoyable self-suspension experience.



Tying and Flying: Bondage for self-suspension

by Shay Tiziano

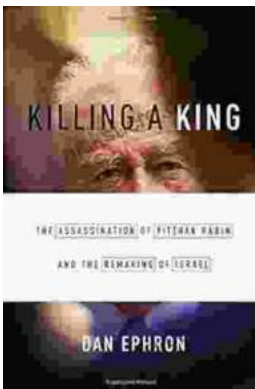
★★★★☆ 4.8 out of 5

Language : English

File size : 122097 KB

Print length : 270 pages

Screen Reader : Supported



Killing A King: The Assassination Of Yitzhak Rabin And The Remaking Of Israel

The Assassination Of Yitzhak Rabin And The Remaking Of Israel ## **
An Event That Reshaped a Nation's Destiny ** On an autumn evening in 1995, a single shot shattered...



Death in Benin: Where Science Meets Voodoo

In the West African nation of Benin, death is not simply the end of life. It is a complex and mysterious process that is believed to involve both the physical and spiritual...