

Bondage Training Guides

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Getty Images 5. Learn the ropes. Restraint is the crux of many BDSM scene. After you and your partner discuss what activities are on the table when one of you is tied up (perhaps that's spanking ...

8 Bondage Sex Tips and Moves for BDSM Beginners | Allure

Bondage is the activity of tying or restraining people using equipment such as chains, cuffs, or collars for mutual erotic pleasure. According to the Kinsey Institute, 12% of females and 22% of males respond erotically to BDSM.. A number of bondage positions and methods are used in rope bondage and other BDSM activities. Ropes are a common element of these positions, although straps, webbing ...

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