

## Binding the Jewels - Cock & Ball Bondage by Suzanne SxySadist

---

### What do you need?

Rope or twine (duh), EMT Shears (just in case) & a set of genitalia to work on (double duh) ☺

### What kind of rope?

Depends on how sadistic you are & how masochistic he is. The thinner it is the more it will “bite” Hemps and other coarser type ropes will “grab” the skin more when doing things like “whirly birds”. And of course the scratchier the texture it has the more sensation it will cause in general.

Some of my personal favorites:

- Thin (1/4 inch) or so nylon, cotton or hemp.
- Parachute cord
- Long shoe laces
- Twine like they use to tie stuff to your car at Home Depot.

### How much rope?

How much rope you need will depend on what type of tie you are doing & the “length & girth” of your subject. Generally 10 – 15 feet is sufficient for many types of ties, more for full crotch / hip riggings.

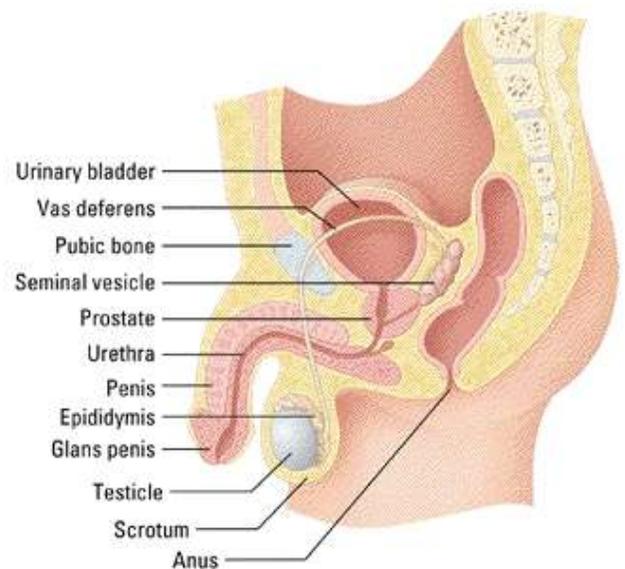
### Brief Anatomy Lesson

The cock itself consists of the root which is the fixed portion which attaches the penis to the body. The shaft which varies in length & girth and consists internally of a great deal of spongy erectile tissue separated into two cylinders called the corpus cavernosa as well as the urethra and lots of lovely blood vessels and nerves and stuff.

The glans or head of the penis tends to be the most sensitive area, even more so when tied tightly and blood is forced into it and held there. <grin>. Some men will still have the foreskin but this is far less common in this country. Note the underside of the glans has a point known as the frenum which is often extremely sensitive.

The scrotum or “ball sac” is a fairly loose, flexible bag of skin that contains the testicles (aka 'balls'). There are lots of pressure-sensitive nerves in the testicles which account for their extreme sensitivity to blows or squeezing. A ridge on the outside of each testicle, known as the epidymis, extends up to form a lump on top and contains tubules that sperm travels through. Attached to the top, next to the epidymis, is the spermatic cord, an elastic tissue that connects the testicles to the rest of the body and contains the vas deferens, the duct between the epidymis and the penis. Since sperm production requires a lower temperature than the normal body temperature, the testicles usually hang outside the body, but the spermatic cord can draw them up into the body when cold (unless of course they are tied up). <grin>

### Male Reproductive System



## **Basic Bondage Safety**

The key thing to remember is that levels of tolerance vary enormously from person to person and even from day to day. When you're playing with someone new, always start out lightly with any kind of stimulation to the balls and increase the intensity slowly. With someone you know well you can proceed more quickly as you get to know their tolerance and their signals.

The biggest danger with bondage in general is reduced circulation & nerve damage which can be caused by pinching, crushing or compression of the rope on the body or by holding an appendage in an unnatural position. I have never had any "nerve issues" while doing CBB but that doesn't mean it isn't possible. Avoid heavy or extreme compression on the spermatic cords.

Signs of circulation trouble include: cold, color change & numbness. These symptoms generally occur very slowly. Circulation can be decreased but not totally cut off for a long time before tissue damage begins, but if you or your partner is new to bondage then act sooner rather than later. Avoid tight bondage on diabetics or people with circulatory issues. Do not leave the any genital bindings on too long and certainly not overnight. A good rule of thumb is to remove any sort of tight (circulation reducing) bondage every 20 or 30 minutes and allow the circulation to return to normal for a while.

## **A Few Safety Tips**

- Reminder - A general rule of thumb is to remove or loosen the bondage after 20 – 30 minutes, especially if there is coldness or serious color change.
- Scrotal stretching isn't hazardous within reasonable limits, but be sure to watch your victim's reactions and communicate with them
- Do NOT tie off genital bondage to something if there is a chance the person could trip or fall unless you are prepared for a castration scene. ☺
- Avoid sharp or sudden yanks to the testicles and this can cause injury to the spermatic cord and other structures within.
- Be aware of the rope's "burn speed" This area is especially sensitive & delicate.
- Check in often & communicate. Don't gag unless you have another way to communicate!

## **Let's Play!! - Examples & Demos**

- "My classic" and variations:
  - w/ & without parachute
  - w/hip support (baby bear – mama bear)
- Twist back & forth no knots
- Whipping (half hitching around the shaft)
- Diamond harness (cock karada)
- Balls tied and pulled separately w/balls on top
- Whirly bird
- Predicaments (time permitting)
  - standing squat
  - frog leg - tie toes to balls
  - hog tie - ankles to balls

"Binding the Jewels" Hand Out by Mistress Suzanne SxySadist [www.sxysadist.com](http://www.sxysadist.com)  
<copyright SMAntics 2004, All rights reserved. This hand out took me a fair bit of time to prepare.  
Please do not duplicate, copy or otherwise "rip it off" without permission!>