

Shibari Suspensions: A Step by Step Guide By Gestalta

The art of Japanese style rope bondage has become increasingly popular in recent years both for its beautiful visual aspect and for the intimacy it creates between tying partners. This detailed reference book of fundamental suspension techniques will help you understand both the ties and the body that is tied. Its easy-to-use structure encourages you to think creatively and adapt everything to your own needs. It emphasises learning for both riggers and models by explaining rope from both perspectives. Begin adding gravity to your rope play sessions with the range of simple partial suspensions whilst building up the tools to learn the more challenging full suspensions. The process of suspension is broken down into its core components such as Anatomy and body mechanics within ropes. An in-depth look at the takate kote. A variety of other suspension harnesses. Line management techniques. It also gives detailed background information on Communication and negotiation. Safety. Your equipment and how to maintain it. Assessing hardpoints. The art of Japanese-style rope bondage has become increasingly popular in recent years both for its beautiful visual aspect.

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O livro é maravilhoso! Riquíssimo em detalhes e as fotos artísticas são impecáveis! Valeu cada centavo! Gestalta Für mich das bisher beste Buch zum Thema Bondage. Die Autorin/Künstlerin geht nicht nur auf Variationen ein sondern begründet auch nachvollziehbar die Unterschiede! Es ist keine Anleitung mach es so wie ich es sage ohne zu hinterfragen sondern lädt dazu ein das bisherige zu hinterfragen überhaupt fragen zu stellen und Auszuprobieren. Einfach nur toll! Gestalta Es un libro sumamente ilustrativo arranca desde lo más básico y le da mucha importancia al takate kote pero siento que la explicación sobre suspensiones podría ser mayor o abordada desde antes. Gestalta The book was delivered with crumpled corners as shown on the photos (although the outer rigid packaging was in perfect conditions intact) The content of the book corresponding to our expectations covering basic principles and some advanced steps; good technical and anatomical explanations and rather explicit illustrations of ties. Vom Format und Umfang hat es durchaus Ähnlichkeiten mit Essence of Shibari von Shin Nawakari wirkt jedoch durch die Aufteilung bedeutend unruhiger und durch die kleineren Bilder etwas schwerfälliger: This detailed reference book of fundamental suspension techniques will help you understand both the ties and the body that is tied. Its easy-to-use structure encourages you to think creatively and adapt everything to your own needs. It emphasises learning for both riggers and models by explaining rope from both perspectives: Begin adding gravity to your rope play sessions with the range of simple partial suspensions - whilst building up the tools to learn the more challenging full suspensions: The process of suspension is broken down into its core components.

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Such as: - Anatomy and body mechanics within ropes, It also gives detailed background information on: - Communication and negotiation, The art of Japanese-style rope bondage has become increasingly popular in recent years both for its beautiful visual aspect such as: - Anatomy and body mechanics within ropes, It also gives detailed background information on: - Communication and negotiation, Die Fotos sind Klasse und trotz das man von ihr nicht viel sieht kommt im Text und auf den Fotos das Gefühl rüber, Tiene muchas fotografías que ayudan a entender de mejor manera los ejemplos: Mit ihren Bühnenshows begeistert sie schon seit einiger Zeit die fesselbegeisterten Zuschauer rund um den Globus, Es war nur eine Frage wann sie ihr Wissen mit anderen teilt: Nun ist es endlich so weit und das heiß ersehnte Buch ist heute angekommen. Mir gefällt es trotzdem und besonders für den Bereich Suspension wartet es mit einigen nützlichen Tipps auf: Gestalta Very informative book one of the best I have seen highly recommend this to both beginners and experienced riggers Gestalta.

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