







Cover

**The  
Wood  
Scouts  
Handbook  
of  
Knots  
&  
Lashing**

## Supplies

To perform the steps in this handbook, you will need the following items:

- Three sections of six-foot rope,  $\frac{3}{8}$  to  $\frac{5}{16}$  inches in diameter.  x 3
- Two sections of twelve-foot rope,  $\frac{3}{8}$  to  $\frac{5}{16}$  inches in diameter.  x 2
- One section of 25-foot rope,  $\frac{3}{8}$  to  $\frac{5}{16}$  inches in diameter.  x 1
- One chair, preferably cane-back or open slatted with wooded cross members for support  x 1
- Two cravats and/or bandannas  x 2
- One Den Mother or equivalent. **DO NOT** use another scout. See the appendix for details  x 1

## Before You Begin

This handbook uses the following knots from the *Wood Scouts Basic Knot Practice Handbook*. Be familiar with them prior to moving on with this handbook's instructions:

### Square Knot



### Cow Hitch/ Larks Head Knot

# 1: Bind and Cinch Tie

**Successful completion: +12 Baggage Points plus the *Bind & Cinch Merit Badge* (see Appendix)**

Locate and place the chair in a suitable position, free from any walls, tables, or sharp corners. The center of a living room or bedroom provide examples for a suitable location, but your environment and access may vary. **Remember – Safety First!**

Make contact with your Den Mother (or equivalent) to ensure she is ready for practice.

Gather your other supplies (see *Supplies, page 1*) and you are ready to begin.



x 1



x 3



x 1



Your Den Mother should seat herself comfortably in the chair. Ensure that the chair is on solid ground and sturdy.

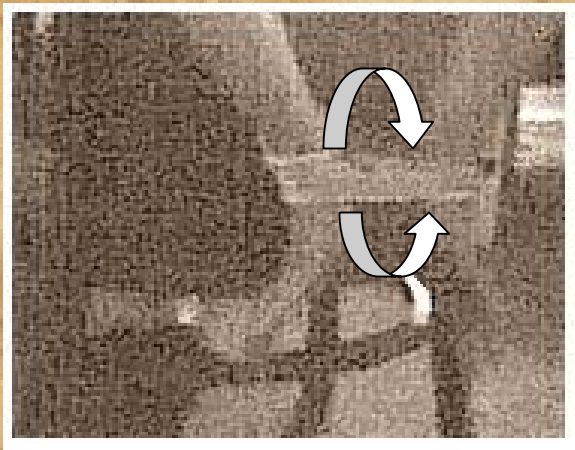
Once seated, have her place her hands behind the chair as depicted.

Using one section of six-foot rope, start wrapping it around the outside of her wrists. Be sure to leave space between her wrists, as in, do not forcibly tie them too tightly together. Keep the rope taut and aligned neatly – do not cross the lines.



When there is at least a foot and a half left in the rope, cross it with the other end and wrap the rope vertically between the wrists, around the outside of the rope wrapped around her wrists.

Keep the rope taught, but gauge just how tight by checking with your Den Mother. Wrapping the rope around – and between – the wrists will cinch it tight.



Once the cinching is complete, secure the wrists with a square knot. As you tie the first part of the knot, ask your Den Mother to tell you if it's too tight.

A good gauge to use is:

- *Momma Bear*: Too loose. Hands could easily slip out.
- *Papa Bear*: Too tight. Could cause pain and loss of circulation. Remember – **Safety First!**
- *Baby Bear*: Just Right! Not too tight or too loose, could stay tied comfortably until practice is over.

Remember to tie the knot away from prying fingers, between the body and top of the wrists.



***Bind & Cinch, Wrists: +4 Baggage Points***

Use the same “bind and cinch” procedure to tie your Den Mother’s ankles next.

Select a six-foot section of rope, then ask your Den Mother to place her ankles together. If you tied her wrists properly, she should still be seated comfortably in the chair.

Facing her, start wrapping the rope horizontally around her ankles, leaving a space between them for the cinch rope. Try to keep the rope taught, but remember not too tight, as the process of cinching will tightly pull her ankles together.

With about a foot of rope left, start wrapping the cinch between her ankles, around the outside of the rope. Remember to tie it off just behind the cinch area.

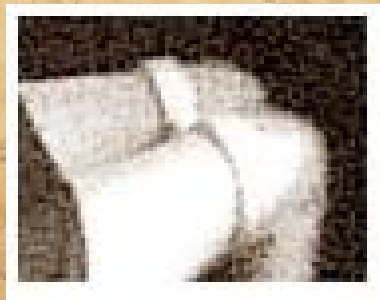


***Bind & Cinch, Ankles: +4 Baggage Points***



***Wrists/Ankles Complete: +8 Baggage Points***

Repeat the same process you used to tie her ankles on her thighs, just above the knees. Securing the thighs is important, since it reduces the amount that your Den Mother can struggle to free herself.



***Bind & Cinch, Knees: +4 Baggage Points***

## Checkpoint

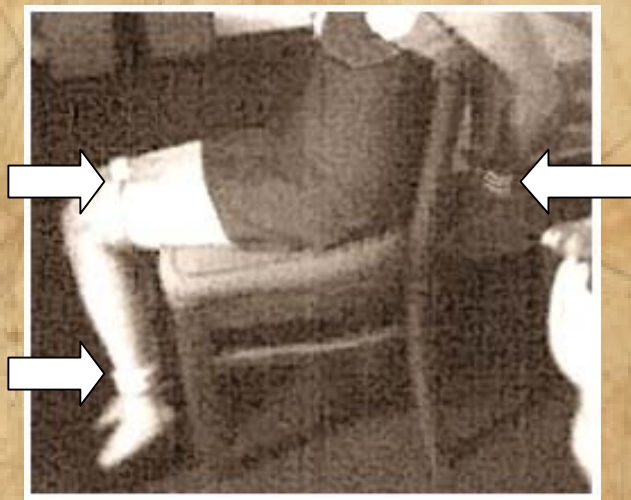
Now is a good time to check with your Den Mother.

Ask her how she is doing and if the ropes are too tight.

Offer her a drink or to scratch her nose if she needs.

**NOTE:** *Alcohol is not a good idea, even if your Den Mother requests it.*

Check your knots, and ask her if she can free herself.



**Bind & Cinch, Complete: +12 Baggage Points**



## Bind & Cinch: Test & Verify

After she tries to get free, take a look at her fingertips to make certain there is no changes in color and that her circulation is good.

Check her wrists, ankles, and knees to make certain the rope is not digging too tightly into her skin, or leaving obvious marks.

If everything looks acceptable, you are ready to continue to the next section, 2.

*Advanced Binding.*

If not, repeat section 1. *Bind and Cinch Tie*, in its entirety before continuing.



## 2. Advanced Binding

### Harnessing

**Successful Completion: +8 Baggage Points plus the *Master Knotsman Merit Badge*** (see *Appendix*)

In *1. Bind and Cinch Tie*, you learned how to perform a basic bind & cinch tie with a square knot and then tied your Den Mother's wrists, ankles, and knees safely and securely.

In this section, you will use a similar method employing the cow hitch and square knot (see *Before You Begin*) to practice advanced binding on your Den Mother. Before you begin, complete the steps in *1. Bind and Cinch*, on your Den Mother and make certain that she is comfortable.



*Bind & Cinch, Part 1: Complete*

At this point, she should be seated in a chair with her hands tied tightly behind her using the bind and cinch technique.

Her wrists should be bound behind the chair back, and not in between her and the chair.

Additionally, her knees and ankles should be thoroughly and securely bound in the same manner, and optionally tied to the chair itself.

To begin, you will need one section of 25-foot rope:



x 1

Prepare the rope by placing both ends together and stretching it out, so that it represents a double-rope from end to end; one end with a loop, and the other with two ends. This loop is called a Lark's Head.

You will use the Lark's Head to create simple lariat to bind your Den Mother's upper body.



Wrap the double-rope around your Den Mother's chest and thread the two loose ends through the Lark's Head between her shoulders.

Continue wrapping as depicted in the images, above and below. Keep the rope taught and aligned.

Take the free end and thread it between her arm and body, below the lowest coil of rope, then run it up her body, behind her neck, and down the other side, under the lowest coil of rope.

Tie the end off in the back with a square knot. This creates a "yoke harness".

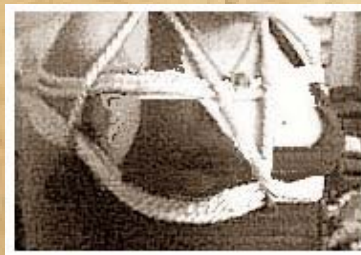
### Optional: Bikini Harness

With your Den Mother bound in a yoke harness, you may optionally use a small amount of extra rope to create the effect of a rope-style bikini.

To do this, run rope from the back of the yoke harness over her shoulder, thread it through the lowest rope (or ropes) beneath and between her breasts, then back up the other side, tying it off in the back with a square knot.

It is not necessary to first tie the yoke harness, and then tie the bikini harness. You may complete the bikini harness and tie it off with one square knot.

The following images depict the bikini harness applied to your Den Mother:



**Advanced Binding, Bikini Harness:**  
**+12 Baggage Points**





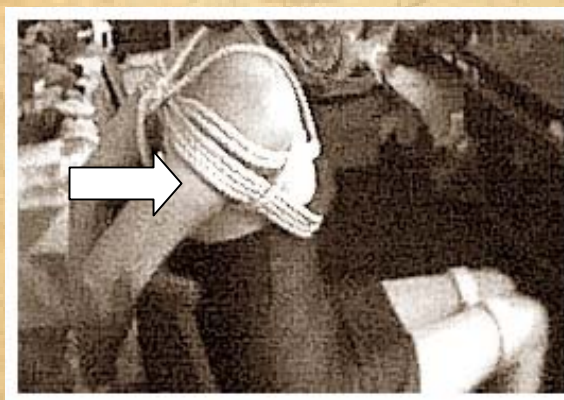
**Advanced Binding, Yoke Harness:  
+8 Baggage Points**



**Advanced Binding, Bikini Harness:  
+12 Baggage Points**

## Checkpoint

Now is a good time to check with your Den Mother. Ask if she is okay and if the ropes are too tight. Check your knots, and ask her if she can free herself.



## • Check Your Den Mother's Bindings

Run your finger between the harness ropes and her upper arms. It should be snug, but provide enough room for your fingers.

If everything looks acceptable, you are ready to continue to the next section, 3.

*Using Cravats.*

If not, repeat sections 1. *Bind and Cinch Tie*, and this section, before continuing.

## Floor Technique

### Successful Completion: +4 Baggage Points

All previous knots and lashing practice detailed in this guide was performed with your Den Mother seated and bound safely to a kitchen chair.

This section provides alternate practice instructions for when a chair is not available nor practical to use.

Begin by having your Den Mother sit on a firm surface, such as a bed, sofa, or the floor. The surface must be firm enough to easily hold your Den Mother's weight, and large enough to provide room for her to move.

Perform the instructions in *1. Bind and Cinch Tie*, and *2. Advanced Binding*, on your Den Mother.

Once complete, your Den Mother should have her hands bound tightly behind her back, with her knees and ankles also securely tied.

A yoke (or optional bikini) harness should tightly bind her upper body together. She should be comfortable and on a safe, solid surface.

## Procedure

With your fully bound Den Mother lying on the floor, tie a six-foot piece of rope around the center cinch line binding her ankles together, Draw the line up to her wrists, and thie the end off in the same manner. Pull the line tight enough to immobilize your Den Mother without making her too uncomfortable.



**Advanced Binding, Floor Technique:**  
**+4 Baggage Points**

### 3. Using Cravats

#### Successful Completion: +4 Baggage Points

In 2. *Advanced Binding*, you learned how to perform a harness tie with a cow's hitch and a square knot and then tied your Den Mother's upper body, after binding her wrists, ankles, and knees safely and securely.

In this section, you will work with cravats. A cravat is a square section of cloth used for various first aid techniques and other purposes.



A cravat is part of your Wood Scout uniform, mandatory for all scout functions. It is acceptable to remove your own cravat to practice the instructions in this section.

To complete all the instructions, you will need two cravats.

Prepare the cravat as you would to wear it as part of your uniform. See the *Wood Scouts Handbook* for details.

Tie a single knot in the center.



Approach your Den Mother from behind and place the center knot between her teeth. Tie a square knot behind her head.

The knot should be tight enough to keep the cravat firmly in place, parting her lips slightly in the process.



**Using Cravats: +2 Baggage Points**



Take another cravat and prepare it, but do not tie a knot in the center.

Place it over your Den Mother's eyes and tie a knot in the center behind her head, securing the cravat in place.



### Using Cravats: +2 Baggage Points

#### Summary

Take another cravat and prepare it, but do not tie a knot in the center.

Place it over your Den Mother's eyes and tie a knot in the center behind her head, securing the cravat in place.



### Basic Cinch & Tie, Advanced Binding & Using Cravats Complete

# Appendix

## Scouts and Binding Practice

Due to a recent court ruling, you must not practice knots and binding on another scout. It is acceptable to continue to practice on your Den Mother or a female equivalent.

Binding other males is deemed a homosexual activity and is not supported by the Wood Scouts.

## Wrapping Up

Once your Den Mother is securely bound, gagged and blindfolded, it is acceptable to leave her in this manner for no more than one hour.

You must not:

- Leave your Den Mother unattended or tied for extended periods of time.
- Trust another individual to watch her.
- Touch her in an inappropriate manner, including removal of her clothes while she is bound.
- Disgrace the Wood Scouts in any manner.

## Bind & Cinch Merit Badge



*Successfully Completed!*

---

Den Mother's Signature

## Master Knotsman Merit Badge



*Successfully Completed!*

---

Den Mother's Signature