



THE LITTLE GUIDE TO VIBRATING CROTCH HARNESSES

By Cosmic

With the support of Intrigued Frenchy

STEP 1

❖ Pass the working end of the ropes (1) through the Bight (loop in the middle of the ropes) (2)

❖ **TIPS:** If your bight is not defined by a knot please do proceed using the same technic.

(passing the ropes through the bight)



STEP 2

- ❖ Pull the full length of the ropes through the Bight.
- ❖ If you're beginning with ropes, holding the bight while pulling the ropes will help you.
- ❖ Use both hands if needed to pull the full length of ropes.



STEP 3

- ❖ Once through, apply some tension by pulling gently on the ropes.
- ❖ **TIPS:** Please note that this is the best moment to adjust the position of the ropes around the waist.



STEP 4

- ❖ Reverse tension and pass the ropes around the waist
- ❖ **TIPS:** You should have 4 ropes positioned around the waist.



STEP 5

❖ Wrap the ropes around the waist - please ensure tension is applied throughout.

❖ Pass the ropes through the 2 wraps and pull through



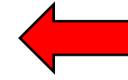
Wrap the ropes around the waist

Pull the rope through 



Step 7

- ❖ Pull the full length of the ropes through – keep the tension applied at all time.
- ❖ Pull the ropes down, keeping the tension.



Pull the rope through.

Pull the ropes down



STEP 8

- ❖ Please ensure the ropes are adjusted and centred.
- ❖ **TIPS:** Centre the ropes at the front otherwise the crotch harness will not be sustainable for your partner.



STEP 9

- ❖ Pass the ropes under the wrap – pull the full length of the ropes through.
- ❖ **TIPS:** Keep the tension right while allowing enough room as a significant amount of tension will be added throughout the creation of the harness.



STEP 10

- ❖ Pull the ropes down and back to front – position the ropes alongside the first wrap.
- ❖ **TIPS:** Apply enough tension and ensure the two wraps are centred and perfectly parallel.



STEP 11

- ❖ Pass the ropes under the wrap around the waist.
- ❖ **TIPS:** At this point the tension should remain equal throughout all wraps across the waist and crotch harness.



STEP 12

- ❖ Pull a portion of the ropes through and create a loop.
- ❖ TIPS: Your rigger finger should maintain the tension while creating the loop(1)



STEP 13

- ❖ Pass the working end of your ropes through the loop (1) creating a half Itch to lock the first part of your harness.
- ❖ TIPS: do not forget about tension here.



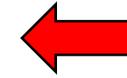
STEP 14

- ❖ Ask very kindly to your bunny to hold the piece of ropes.
- ❖ Add a new piece of ropes to your crotch harness line.
- ❖ **TIPS:** you will need a full length to go twice around the waist.



STEP 16

❖ Pass the working end of the ropes through the bight and tighten.



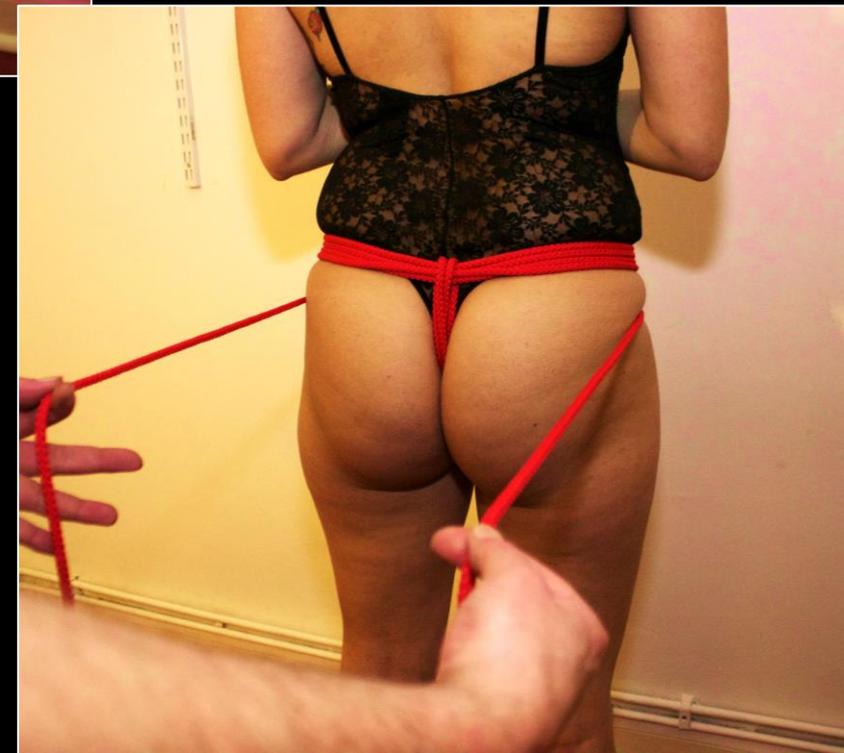
Pass the rope through the bight

Tighten the bight



STEP 17

❖ Pass the ropes around the waist.



STEP 18

- ❖ Pass the ropes through the main line, as shown in picture 1.
- ❖ Pull the full length of the ropes through.
- ❖ Apply some tension.



← 1 - Pass the rope through the main line

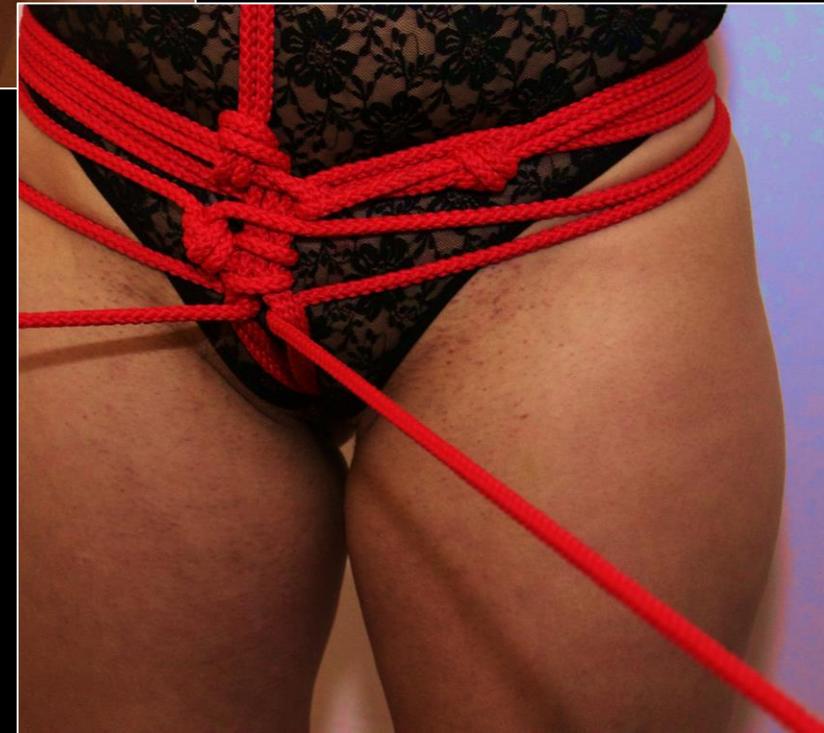


3 - Apply tension



STEP 19

- ❖ Pull the ropes through the crotch harness - as seen in picture one.
- ❖ Pull the full length of the rope through and apply some tension.
- ❖ **TIPS:** We are creating the same pattern twice to stabilise the harness – apply tension and move the ropes to the back.



STEP 20

- ❖ Repeat the same process.
- ❖ Apply some tension
- ❖ Pass the ropes through the main line and pull the full length of the rope.



STEP 21

- ❖ Join both ropes together at the front.
- ❖ Pull both ropes under the top wrap (1)
- ❖ Create a loop by pulling only a portion of the ropes through (2)



STEP 22

- ❖ Pass the working end of the ropes through the bight.
- ❖ Pull the full length of the ropes through and tighten your bight.
- ❖ **TIPS:** You want to create a half hitch to secure and lock your harness – with this friction, you will lock your harness and prevent any loss of tension.



STEP 23

- ❖ Use the working end and pass it in-between the legs.
- ❖ You want to create a crotch rope and apply enough tension for the vibrations to be transmitted.
- ❖ **TIPS:** Ensure the ropes are centered, let your bunny adjust it for themselves if needed.
- ❖ Apply enough tension for the crotch rope not to slide.



STEP 22

- ❖ Pass the ropes through to the back and under the main waist line.



STEP 23

- ❖ Pull the ropes down and back to the front
- ❖ **TIPS:** At this stage you want to apply only a small amount of tension in order to not change the position of the crotch rope.



STEP 24

- ❖ Once the ropes are positioned at the front, you can start sending some vibrations.
- ❖ Use your fingernails to hold the ropes from the base and slide to the end of the rope.
- ❖ **TIPS:** Vibrations will be transferred through the rope and crotch line.



STEP 25

- ❖ Pull the ropes through the harness (from under the set of ropes)
- ❖ Create a loop and put the working end through.
- ❖ **TIPS:** If at this stage you're running out of ropes, please do add a small extra piece.



STEP 26

- ❖ Pull the full length of the ropes through the loop.
- ❖ Tighten your bight.



STEP 26

- ❖ Pull the full length of the ropes through the loop.
- ❖ Tighten your bight.



STEP 27

- ❖ Use both pieces of ropes to send vibration through the harness.
- ❖ You can use vibrators by applying them onto the ropes.



Thank you

