

# SELF BONDAGE HOGTIE MEASURE SHEET

## 1. Vertical Measurement A-C

"A" is approximately the height of the armpit  
"C" is the center of the genitalia

2. Genital Ring Size (may not be applicable). Not needed for female style or crisscross style.

## 3. Wrist Loop Size (See Table).

Wrist Circumference	Wrist Loop Size
5-6 inches	Small (12.5")
6-7 inches	Medium (15")
7-8 inches	Large (17.5")
8-9 inches	X-Large (20")

## 4. Ankles Together Circumference



# Crotch Bondage Guide

**Midori**



## **Crotch Bondage Guide:**

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