



# **Wooden Bondage Pony**

## **Free Plans**

**Please send us a couple of pictures of your completed project to**

**[theinstitute@blueyonder.co.uk](mailto:theinstitute@blueyonder.co.uk)**

**<http://www.institute.blacksteel.com/>**

### **IMPORTANT NOTE**

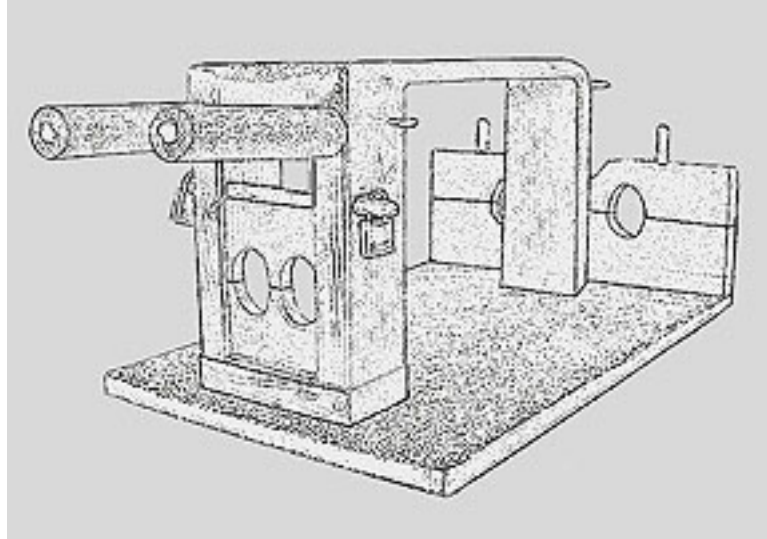
The sizes shown in this PDF will enable you to make a pony of the appropriate size for an average height, fairly slim woman, or thin guy.

For larger riders you will need to make size adjustments before construction. If you need to do this and have time to write down your resizing measurements please send them to us so we can include them for others.

Thank you and enjoy the project.

# Building the Wooden Bondage Pony

Please read completely *before* assembly



Thank you for your interest in my little bondage pony. I first envisioned the device during an especially colorful and satisfying dream, and later decided to actually build it, and make an erotic dream a reality. Since its construction, it has indeed proved to be a most useful and rewarding device.

Ok, now I need your full attention. The bondage pony is designed for display purposes only, and I accept no responsibility whatsoever for any injuries should you actually attempt to use it!

Further and *more* important, should you choose to actually use the bondage pony, realize that if built properly, it is completely escape proof! Although it is possible to successfully place yourself on the pony in a self-bondage scene, if you don't have another person to release you, you will not be able to escape!

The construction of the pony is fairly simple. However, it does require some special tools to do the job. Most of the tools you may already own, or can borrow from a friend. The one tool that most people don't have is a table saw, however this should not present too big a problem, as you can have your local lumber supplier do the needed cuts for you at a very small cost.

## Tools needed:

- A saber saw with assorted wood blades.
- An orbital sander with coarse and fine sanding disks.
- An electric drill and various wood drill bits.
- A 1" sanding drum with coarse and fine sanding disks.
- A 1 1/2" hole saw for drilling the stocks for your wrists and ankles.
- A 1 3/8" hole saw for drilling the cock support.
- An electric router with basic square bits.

Simple hand tools; pliers, screwdrivers wood clamps.  
Wood glue, wood putty, stain and urethane finish.

## Materials

Bench top 23" x 7 1/4" (Read below) Solid aspen or poplar  
Base 26" x 16" x 3/4", poplar, aspen or laminated wood.  
Ankle stock 6" x 16" x 2"  
Wrist stock 5' x 6" x 3/4", Aspen or poplar or quality laminated wood.  
Front support 6' length of straight quality 2" x 4" lumber.  
Rear support 4" x 4" x 11", poplar, aspen or pine.  
Cock support 4" x 4" x 3/8", poplar or aspen.  
Dowel rod 3' x 1/2" hardwood, 3' x 5/8" hardwood.  
An assortment of Phillips head screws; 1", 2" and 3" lengths.  
A 26" x 16" piece of quality deep pile carpet.  
Carpet tack strips 10 ft.

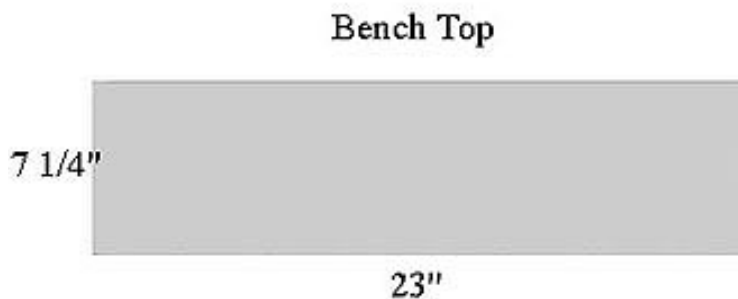
Please do not use particleboard for anything!

The entire pony is constructed of wood. For my pony, I used standard pine for the supports, and solid aspen for the bench top. The use of pine has proved to be a problem, as it swells with humidity, is very soft and is easily marred. I recommend that you use the best quality wood available. The use of a hardwood like oak is fine, but realize that it is very costly and very hard to saw and sand.

My pony works wonderfully the way it is, but I have included a few minor design changes in these construction plans, which should ease assembly, and make you pony more fun.

While building your pony, if you have an idea that makes construction easier for you, go for it! But be aware that if you change a dimension, it may impact other dimensions as well.

## The Bench Top

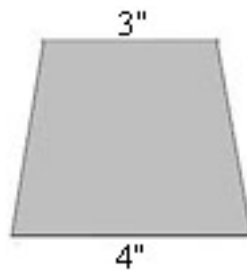


The bench top is the first thing to build. The dimensions are somewhat arbitrary, and should be tailored to the person who will use the pony the most. It should be between 18" and 24" in length.

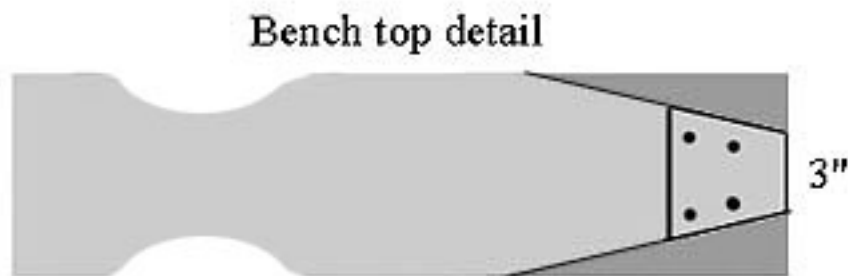
Measure from your abdomen, from your penis to the "hole" between your collarbones. If you are tall, but a shorter person will also frequently use the pony, error on the side of a shorter length. If a shorter person is restrained on a pony with a longer top, his/her throat could rest on the front edge and cause serious harm. My pony measures 23" in length, and seems to be a good compromise.

The width of the pony's bench top is 7 1/4", and is 3/4" thick. Use your table saw, or have your local lumberyard cut the basic shape.

### The Rear Support



The rear support is made from the 4"x 4" x 11". The figure above shows the rear support from the top. Although it is possible to sand the piece of wood to this shape, it is far easier to have your lumberyard cut it for you. (If they ask, tell them it's a lamp base).



Place the rear support on the bench top as shown above. Make certain that the support is dead center on the bench top, and flush to the edge.

Use a ruler and with a pencil to draw straight lines as shown along the gray areas above. Set the rear support aside, and use a saber saw to carefully cut along the penciled lines.

Drill four starter holes as shown in the bench top, being careful not to drill too close to the edge. Offset them to the left as shown. (For comfort issues the end of the bench top will need to be sanded into a curve later, and if the screws are too close to the edge, the sander will hit them).

Use some Elmer's wood glue to join the pieces together, then use four 3" Phillips head wood screws to permanently join the bench top and rear support together. (Use pilot holes first!).

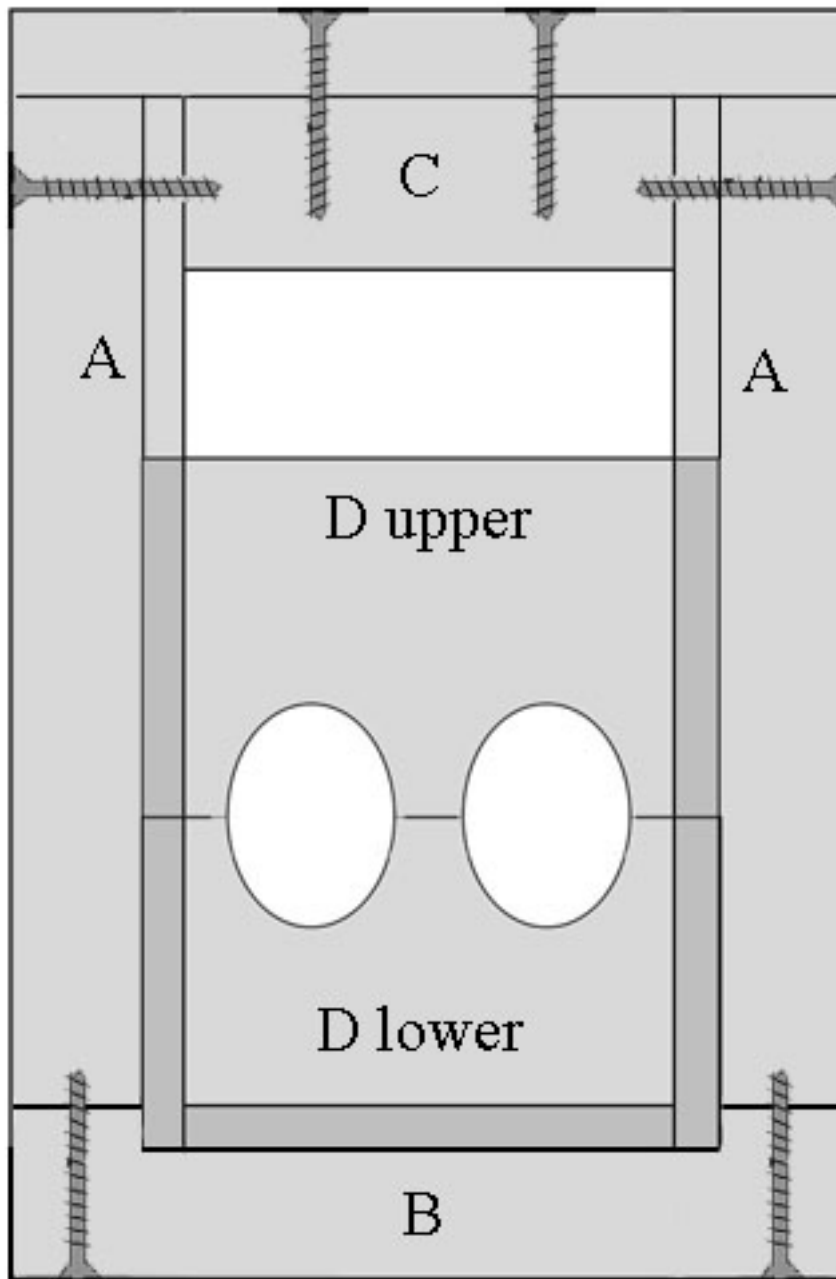
Slightly countersink the screws, as you will want fill the holes with wood putty later. Set the assembly aside until dry.

Note: The picture above shows two round cutouts designed to accommodate a woman's breasts more comfortably. If you plan on accommodating a lady on your pony, (and she'll love it!) consider modifying the bench top accordingly. The cutouts can be done after final assembly, and measured with the lady on the pony for accuracy.

The Front Support

7 1/4" wide x 11" high + 3/4" for the bench top.

The front support not only forms the front part of the bench, but contains the wrist stock as well.



Please study the drawing above.

Parts labeled A B and C are cut from the same 2" x 4" piece of lumber.  
(Remember: milled 2"x 4"s actually measure 1 1/2" x 3 1/2")

1. Cut part B to a 7 1/4" length.
2. Next cut both parts A to 9 1/2" length.
3. Cut part C to 4 1/4".

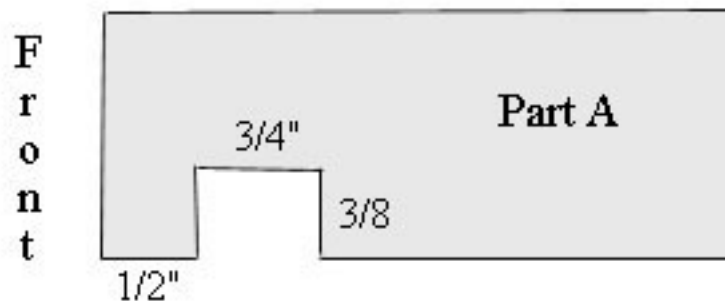
Now for the tricky part.

What you are attempting to build is a sliding wrist stock, where the top half of piece D can slide smoothly up and down without binding. (The bottom half will be glued in place) To accomplish this, you need to route out channels in both parts A.

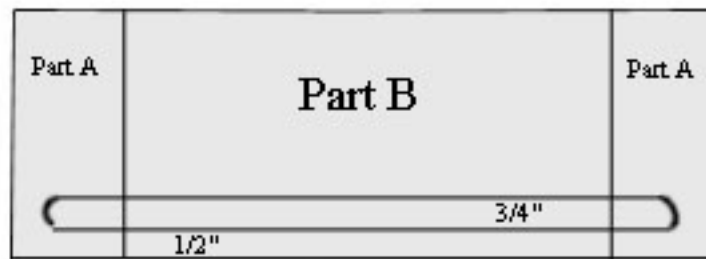
As part D is 3/4" thick, your routed channel will have to be the same width + a hair more. Use a 3/4" bit, or make multiple passes with a smaller bit until part D will slide into the groove smoothly. Route the channel the entire length on both parts A.

Start by routing to a depth of about 3/8<sup>th</sup> of an inch on both parts A, 1/2" from the front. Place part D between them, (The 6" span) and measure across to achieve the 7 1/4" total width.

Deepen the channels if needed, but don't take off an excessive amount, you really want the sliding stock to be snug. Take your time and work in small increments, fine tune with sandpaper if necessary. Attention to detail here will pay big rewards later!



Next, route out part B to within an inch or so of each end, so that when assembled, the lower 5" part of D will drop into it for gluing, making the assembly much more secure.



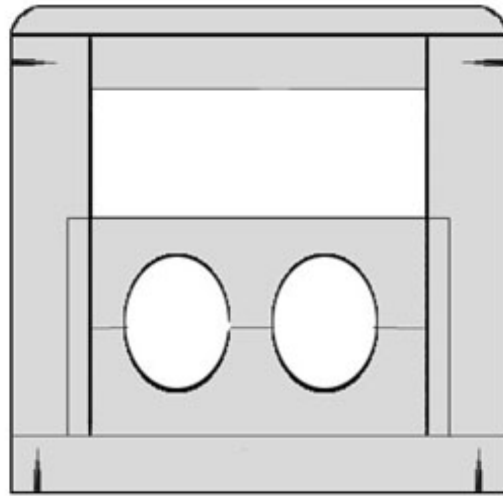
Part D - the wrist stock 5" x 6" x 3/4"

At this point you should create your wrist stock. Note that the wrist holes are cut out first, then the part D is cut in half with a table or saber saw. Refer to the drawing of the front support and notice that the holes are *elliptical* and not perfectly round!

1. Measure your wrist accurately for the size and shape of hole you will want to achieve.
2. Pre-assemble both parts A and part D as you did above.
3. With a pencil draw two ellipses on part D to your wrist measurements. Make sure that there is about 1/2" between them in the center, and that they don't extend into the routed area. (The outside edge of the holes will end up very close to the A parts).
4. Start by cutting out two round holes with the 1 1/2" hole saw.
5. Now saw part D in half across at the centerline of the holes. (See drawing)
6. Clamp the two pieces back together securely, and guided by your pencil marks, use your 1" drum sander and coarse sandpaper to remove the rest of the wood.
7. When you are close to the lines, repeatedly place your wrist in each side as you work to check the fit. It should fit snugly around your wrist just below the thumb. When your pony is assembled the holes prove to be too tight, you can enlarge them.



When sanding the holes, be sure to bevel the edges as shown in the side view above to prevent pinching. When the size feels right, finish with fine sandpaper.



Assemble the front support as shown using Elmer's glue and eight 3" countersunk screws. Drill pilot holes before starting the screws. (Place two screws at each location shown 1 1/2" apart).

Start by gluing, and then securing the A parts to B, with screws up from the bottom. Then slide the lower part of D down the routed channels and glue it to both A parts and B.

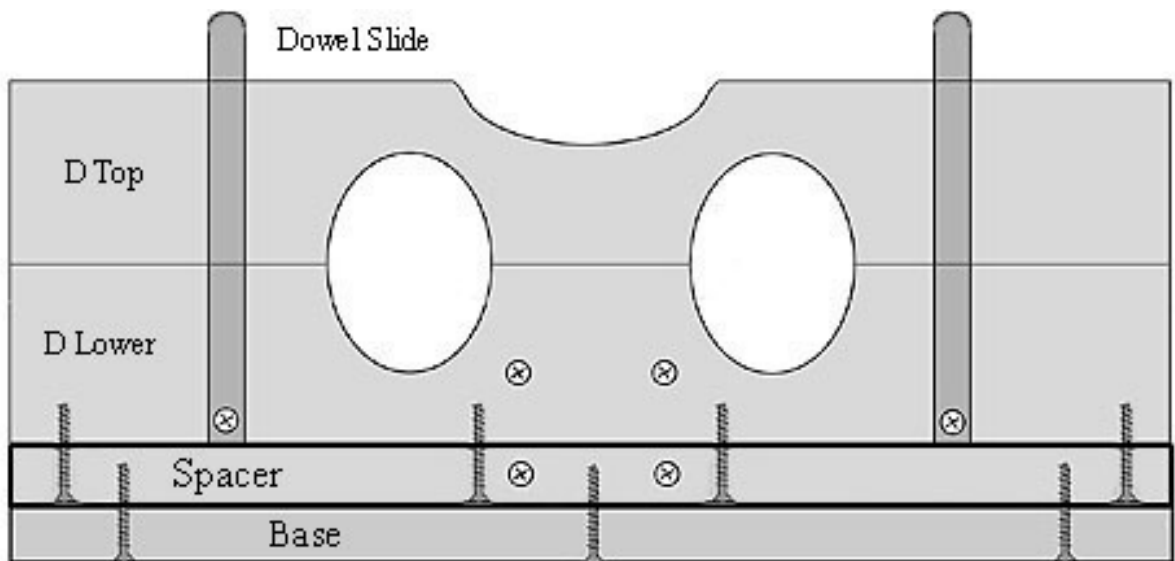
Clean the routed channels from any glue leakage, and slide the upper half of the D part into the channels. It should fit snugly, but move easily.

Lastly, glue and screw part C. Recheck the sliding part D.

#### Assemble the bench top

Stand the front support upright and place on top of it the bench top and rear support, which you had assembled previously. Glue the entire top of the A and C parts. Pilot drill and screw four 3" screws into the A parts. Pilot and screw two 2" screws to connect the bench top to part C (equally spaced). (Do not place screws too close to the edge, as you will need to bevel sand it).

#### The ankle stock Part E



The ankle stock consists of a 16" x 6" x 2" piece of lumber. (Actual size 16" x 5 1/2" x 1 1/2") As in the case of the wrist stock, the holes should be drilled first, then the piece cut in half. Again start by measuring your ankles size and make a pencil drawing on part E.

The center of the holes should be placed 5 1/2" in from the outside edges. Use the hole saw to start the holes, and finish with the drum sander with coarse sandpaper.

Use a 1/2" drill bit to make the Dowel holes. Drill all the way through the piece of wood starting 3 1/2" in from each side. Make the hole as perfectly straight as you can!

You can now cut the ankle stock in half. Use a table saw if possible, or saw it carefully with a saber saw.

A 1" x 1" spacer is added as shown above, and is needed to allow the pony's rider some ankle movement. Use 2" screws.

Notice in the round cutout in the top part of the drawing above. This is necessary for the top part to clear the cock and ball bracket that will be added later. It also allows room for a man's penis to hang straight down without touching the stock. It should be cut out with a saber saw to 4 1/2" wide by 1 1/2" deep. Use the drum sander to smooth it out and contour away the sharp edges. If the pony is to be used only by women, you can probably skip this step, but do it anyway girls, because you might invite me over to play, and besides, *I said so!*

### The Base and carpet

The base is the simple part. Choose a piece of high quality, plush carpet to cover the base. Please don't chintz-out! One's knees will spend a lot of hours on one small part of the carpet, and long term comfort is important. Pick your favorite color; black is good. (My pony has rose).

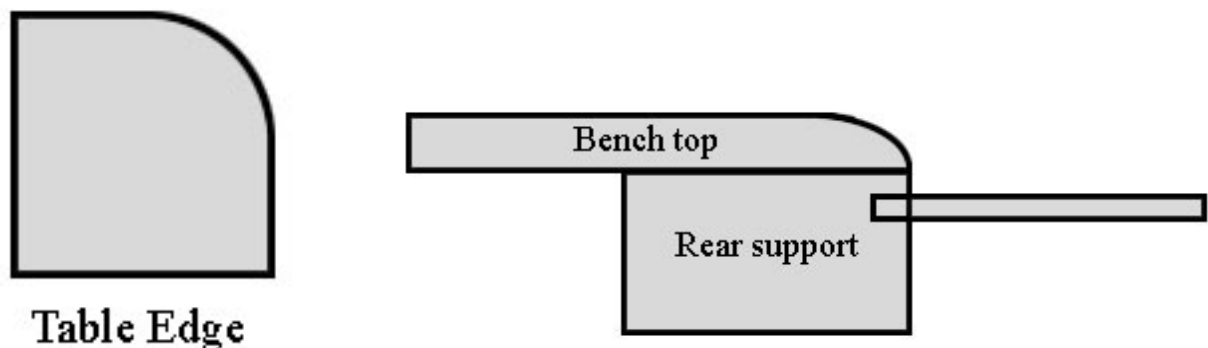
Glue the carpet to the top of the base with contact cement following the instructions on the can. Set the carpeted base aside to dry.

### Pre Assembly

Now it's time to start making it come together! Attach the 1" x 1" spacer to the lower ankle stock with four 2" screws as shown. Set the bench, which you have already constructed, on a level hard floor and attach the lower ankle support lower and spacer to the rear support with four 3" screws as shown above. Don't forget the glue!

Allow some time to dry, then set the assembly on the base and line it up squarely. Use a box knife to carefully cut away the part of any carpet from beneath the supports and lower ankle stock.

Hold up a bit before attaching the bench to the base. Now is the time to do some important sanding, and it will be easier with the two separated.

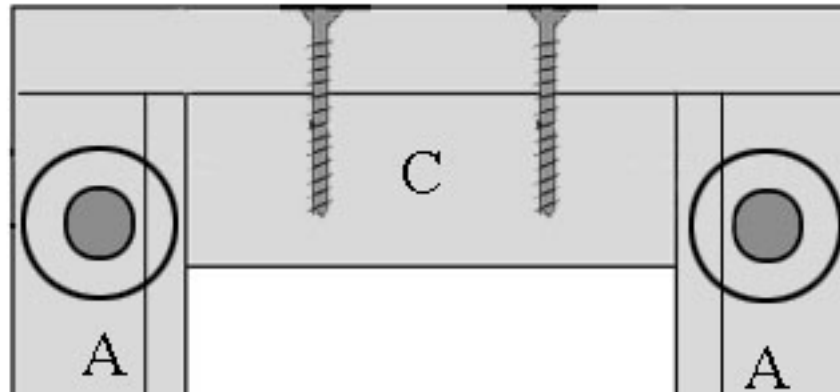


Sand the entire bench top edge as in the left drawing above. Sharp edges are a no-no! In the drawing to the right, sand even more, so that the slope is more gradual. This will greatly increase comfort and allow for longer playtime.

### The head support

The head support consists of two 5/8" hardwood dowels. Please refer to the drawing below. Temporally remove any screws connecting parts A to part C. After gluing the dowels, you can reinstall them. When drilling the holes for the head support, take great care to insure that they are straight and even. On my pony, I slid on some 5/8" I.D. foam plumbing pipe insulation as cushions, over the dowels, then wrapped them with black duct tape to keep them on snug. They work pretty well, but this design could be improved upon.

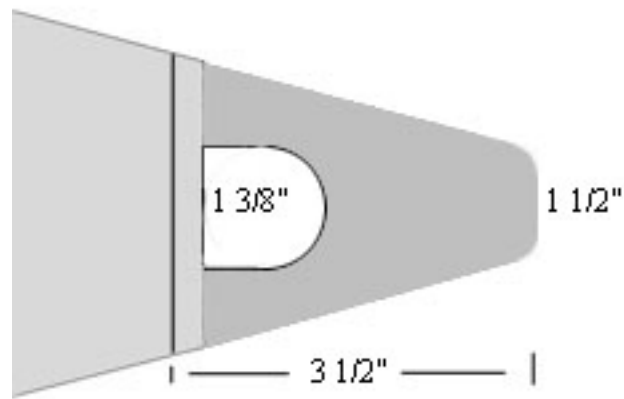
If you are handy with leatherwork, I suggest covering the foam with sewn leather sleeves. These would prove to be more durable, comfortable and attractive.



Refer to the drawing above. Drill the 5/8" holes from the front 2" down from the top and centered in part A. Drill in 2" to 2 1/2". Cut the dowel so that 8" will protrude when fully seated and glued. Reinstall the screws into part A. (you might have to re-pilot the holes if the screws hit the dowel rods, but this will only as their strength).

Ad two more 3 1/2" screws down from the front corners of the bench top into parts A. Offset them to miss hitting the screws that enter from the side.

### The Cock Support



Refer to the drawing above. (Part F) The cock support is made by cutting a 3/8" piece of poplar or other quality wood to a 3" x 3 1/2" rectangle.

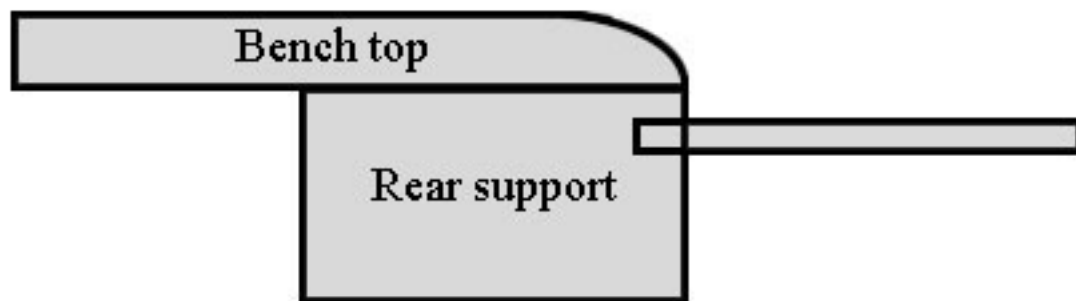
Next, route a 3/8" slot from the rear of the rear support, 1 1/2" down from the top. Wedge a 3" side of part F into the slot, center it and tap it all the way in. (Refer to the drawing below).

With a pencil, draw a 1 3/8" circle as shown above. One edge of the circle should just touch the end of the rear support.

Lay a rule along the side of the rear support and run pencil marks down each side of part F to transfer the side angle of the rear support.

Mark the end of part F about 3"-3 1/2" for the rear support.

Remove part F and saw the pencil lines, then cut out the hole. Sand or file away the front part of the hole as shown above. Sand part F completely, especially the top, and the top and bottom of the hole. Glue and reinsert part F, screws are not needed.



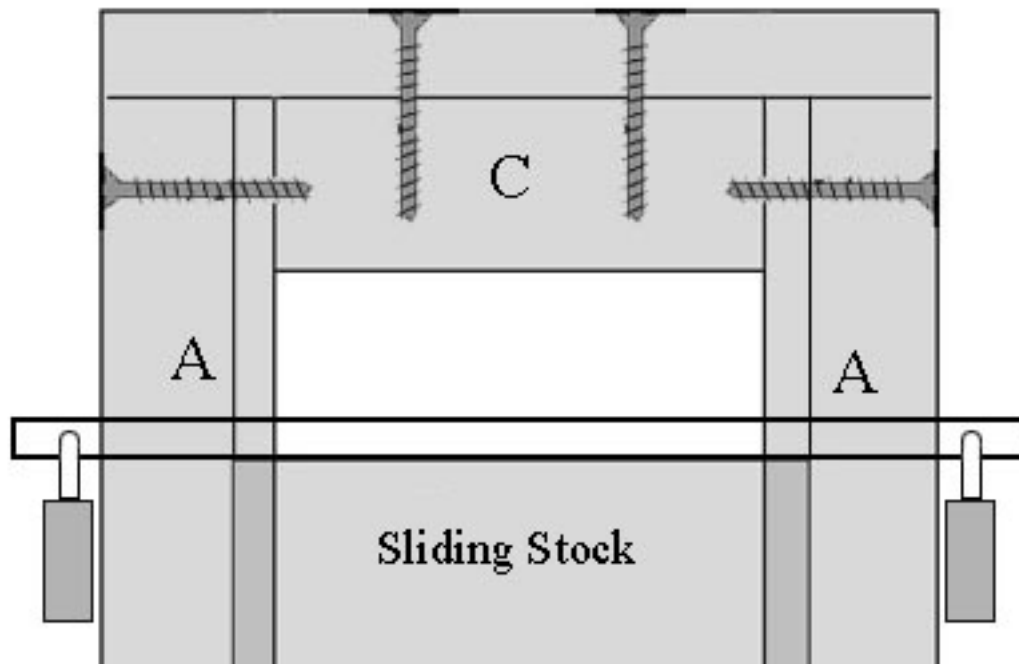
### Locking devices

There are many different ways to make the sure that a pony rider stays put. The method described here is simple yet effective.

The ankle stock is the easiest. Simply drill two holes in the dowel slides a fraction larger than the diameter as you locks. Drill as close as possible to top of the stock, so that the locks hold it securely. In practice you can use washers to tighten the gap if needed. Loose stocks are a turn off!

The front stock is a little harder. On my pony, the sliding stock is firmly held down by a 1/2" hardwood dowel that slides in above it. To use this method, you need to drill a 1/2" hole into the side of both Parts A, *exactly* above the top of the sliding stock. If the holes are too high, the stock will be loose and could pinch. If they are too low, you won't be able to get the dowel in. Measure carefully!

Once the dowel is in place, cut it to nine inches in length, and drill two holes for your locks to pass through.



### Final Suggestions

Because of the relatively comfortable position of the pony rider, fairly long-term use is possible. Some knee pain may occur after the second hour of confinement. I have found that the human body resists any type of enforced position, however, even after three to four hours of immobilizing pony riding, the resulting pains quickly dissipate, usually within minutes.

Every care should be taken when constructing the pony to ensure the safety and comfort of its rider. I suggest not staining or painting your pony until it has been used a few times. Use will point out any problem areas, such as poorly sanded edges, or stocks that are too tight.

Trust me on this; a pony rider will have a much better bondage experience if he or she is free to concentrate on the confinement, and not be unfocused by unnecessary pain! When your pony proves to be completely free of minor problems, only then should you put on the final touches.

When placing the victim on the pony, have him sit on top and place his ankles in the ankle stocks, then lock them. Lower the stock carefully so as not to pinch skin! Then lay the victim on his stomach, and have him insert his penis (assuming the victim is a man) into the hole in the cock and ball support. Be sure to have him pull his penis all the way through, then lift and place his balls, so as to center them on the support for comfort. Next have the victim pull his elbows in under the table, and place his wrists in the wrist stock. Lock the stock, he or she is now helpless!

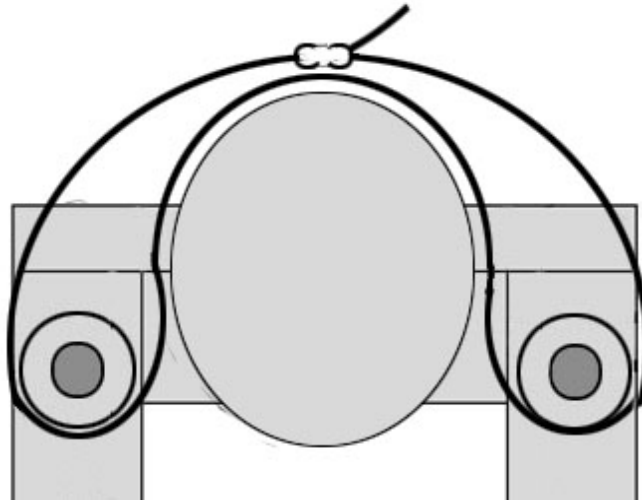
It is a good idea for riders to have a leather belt (1"-1 1/2") placed around their waist. It doesn't need to be cinched too tightly, just tight enough to prevent them from being able to raise their

abdomen. With their abdomen thus confined, any movement of the penis in the cock and ball support is impossible.

Additional belts can be placed around the chest and/or neck if desired. Again, do not over tighten the belts just snug them down to prevent wiggling.

If you choose to place a neck belt on your victim, please use the method below, it will insure their safety form accidental choking.

The use of head gear such as hoods and gags if fine, but remember to only use ones that are rear locking. The victim can reach the front of his neck with his fingers to undo a buckle, but he or she cannot reach the back of the neck!

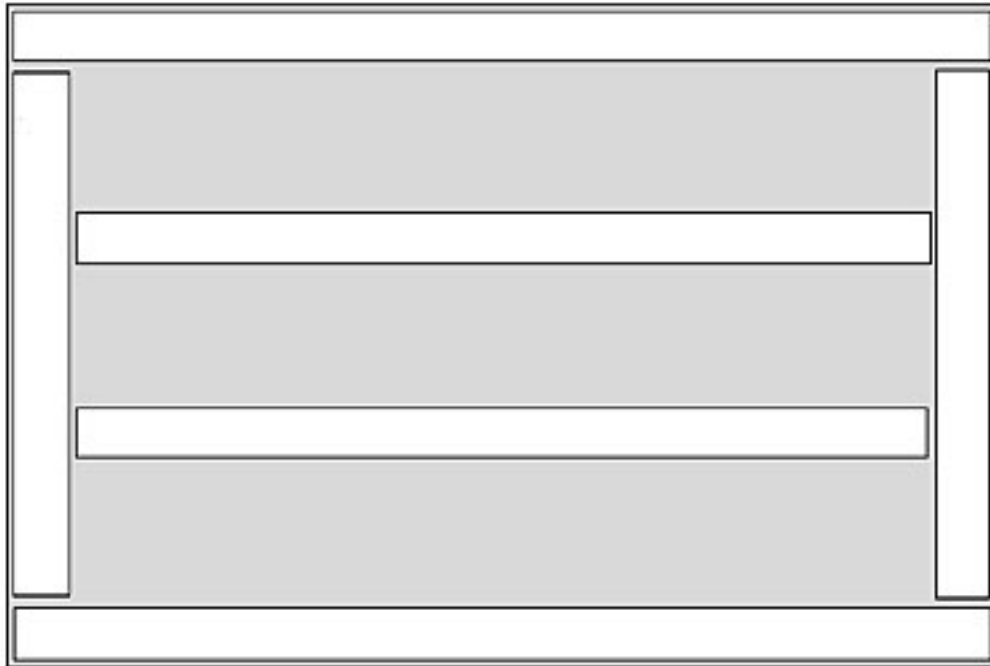


### The Carpet tacks strips

Tack strips are used by carpet installers to stretch new carpet and keep it in place. You can buy them at most good lumberyards or carpet stores.

When attached to the base of the pony, they will bite into the floor and effectively prevent the victim from moving the pony. Use them on carpet only as they will scratch hardwood floors!

Use  $\frac{3}{4}$ " screw to attach them to the bottom of the base. Almost any pattern will work, but I suggest that you start by placing them completely around the edge, and two more strips down the center as shown below.



### Painting and finishing

How you decide to finish your pony is up to you. You may sand and paint it, or select a stain to show off the woods grain. Or you may elect to keep the natural beauty of the wood. However you decide your pony should look, be sure to put on at least two coats of a urethane topcoat. The urethane will not only protect the pony from moisture, but aids in cleaning too. Just wipe her down before you put her in the barn.

Thanks again for you interest in the pony. Should you encounter any problems during its construction, please feel free to drop me an email, and I'll try to help. I would love to see any photos you take of your finished pony, or the pony in use!

luckycat@neobright.net

### Special thoughts

Here are some ideas to make your pony play more fun.

One of the best uses for the pony is for sexual denial. It takes some experimenting with your victim to know when he or she will have an orgasm. When you successfully learn to read your victim's body language, you can keep them an inch away from an orgasm, and in constant torment by giving, and them withholding stimulation. Getting to know those "special spots" and just how to work them, are part of the enjoyment for both submissive and master.

The use of a vibrator can be very rewarding with the total exposure provided be the pony.

Make the rider understand in the strongest possible manner that if he or she has an orgasm without your permission, that they will not be released. Set a time period for this and stick to it!

Most good Dominants try their equipment themselves to learn just how the submissive will feel, and how long any punishment should endure. (Usually done with the help of another dominant).

The bondage pony, unlike many other forms of restraint, has the special ability to keep its male prisoners highly aroused, even when left alone! The constant pressure around the base of the penis is exciting. As your victim becomes erect, the top of his penis presses against the rear support, increasing his arousal, but allows insufficient pressure to permit an orgasm. This can last from minutes to hours!

The total immobility supplied by the pony is wonderful for tickling scenes! If the victim's feet are especially sensitive, try this: Sit on the floor behind the pony and slide your leg beneath the top of your victim's feet. Thus with his or her feet now totally immobilized and unable to wiggle even slightly, begin the torture!

One of my favorite scenes is that of bladder torment. Place your victim on the pony when he or she has a strong need to urinate. (Especially in the morning before they have the opportunity to relieve themselves) After they spend some uncomfortable time on the pony, slide your fingers around their lower abdomen and use massage to torment them even further. Explain to them how severe the consequences of urinating will be! Play a recording of water sounds during play!

For smokers, early morning pony rides can be especially cruel, and incredibly arousing. We all know of the effect that nicotine can have on sexual desire, if nicotine is denied, heightened sexual arousal will result.

Install a small hook on one side of the front to hang the keys on. Choose a place where the victim can see them, but will be out of reach.

If the victim is to be left alone, place a ticking clock on floor in front of him to make the passing time seem even slower.

Enjoy! Be Safe!

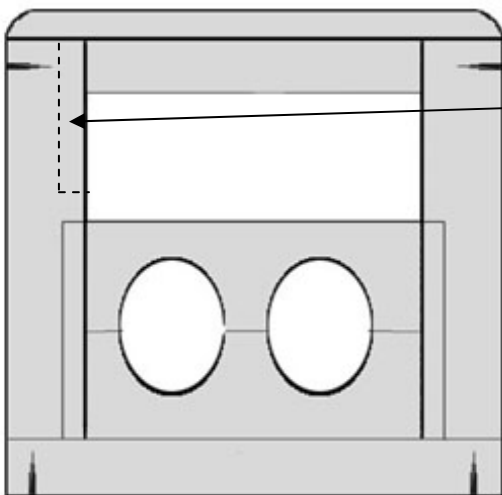
## Additional Builders Notes

There are a few modifications we have had from others that you may consider before you start your build.

Sizing is always an issue especially if the Pony is used in a party or professional way. A few people have made the Pony with two or three versions of the top half of the stocks with different size holes to accommodate various limb sizes. Only small changes are needed to the hole sizes but it does make a difference between the sub being able to be restrained err comfortably? Very useful if you have female and male riders of widely different body sizes using the pony. The hinge we used on the foot stocks is like the one to the left with a removable pin. The wrist stocks can be exchanged easily if a small section of timber is removed as shown in the lower diagram. The top half of the stock is then hooked into the uncut side and lowered to trap the riders wrists and locked in the same way.



The company we used for these has outlets in many areas of the world. Have a look at Australia <http://www.rosco.com/australia/hardware/hinges.asp> UK <http://www.rosco.com/uk/hardware/hinges.asp> if you are interested.



Remove this area to facilitate the exchange of the wrist stocks

Adding of two rails as indicated on the attached picture. These further restrict the rider by stopping outward movement of the legs and thus arms as they are positioned normally are held firmly inside the legs. The side rails can be made removable if you find them too restrictive for all riders. If you are into CP and like a stationary target I can recommend them!

Adding electrical contacts can be stimulating. Flat copper plates under the knees, lining the lower half of foot stocks and strips along the cock board have all been added. Mono and dual electrode play is then possible and if you also use insertables .....



If you have a couple of widely differing sizes of riders and you do not want to make exchangeable stocks, make the stocks large enough to accommodate the largest rider and use steel cuffs to stop

even the smallest of riders from withdrawing their limbs. Come to think of it, even if your rider cannot withdraw its limbs it is nice to add steel cuffs as a further mind fuck.

If you have any additional ideas please send them into [theinstitute@blueyonder.co.uk](mailto:theinstitute@blueyonder.co.uk) and we will be pleased to add them to this list and give you credit for them as required.