

1.0 FOUR MAIN TYPES OF HANGING

Neck Doesn't break

- Short drop hanging where the prisoner drops just a few inches, and their suspended body weight and physical struggling causes the noose to tighten, normally resulting in death by strangulation or carotid or Vagal reflex. Pole hanging is a variation on this method.
- Suspension hanging where the executee is lifted into the air using a crane or other mechanism. Death is caused in the same way as with short drop hanging.

Neck Breaks

- Standard drop hanging where the prisoner drops a predetermined amount, typically 4-6 feet, which may or may not break their neck. This was the normal method adopted in America in the later 19th and early 20th centuries.
- Finally, measured or “long drop” hanging which became universal in Britain from 1874, where the distance the person falls when the trapdoors open is calculated according to their weight, height and physique and is designed to break the neck. This method was adopted in British Colonies and by some other countries who wished to make executions more humane.

Personally, Short Drop and Suspension are the same but techniques vary, because in both the most important agent with this kind of death is compression of the larger vessels. I will refer to the following as Full Suspension.

1.0.1 Images

b. Hanging

Strangulation or cervical dislocation?

If you're going to step off a chair and strangle yourself to death (sort of quick):

The knot goes behind your neck and should pull tighter as more pressure is applied. Loop one end and tie a simple knot with main and looped section of rope to make an eye, thread rope through eye, secure to something solid. Test the rope. Your unconscious body will thrash about as it dies. You may want to put something around the rope where it comes into contact with your neck to keep it from cutting. Pull rope tight around your neck and step off.

If you're going to try to break your neck (quicker-looking, but arguable whether it's a faster death):

The knot should not pull tight, and be placed behind the ear. It needs to go at the side, and you'll need to fall 5-8 feet before it goes tight (according to your weight). Someone posted tables here based on weight.

After only a few minutes' worth of web searching (search query was "hangman knot"), I found a site that details how to make a noose, at [Hangman's Noose Knot-Board](#).

1.0.2 Further Reading

<http://www.capitalpunishmentuk.org/hanging2.html>

2.0 INSTRUCTIONS FULL SUSPENSION

2.1 HOW DEATH OCCURS

Hanging with little or no drop typically causes death by a combination of the tightening noose occluding the carotid arteries and jugular veins causing cerebral hypoxia (ischemia), i.e. a severely reduced flow of oxygenated blood to and from the brain and asphyxia due to the weight of the person's body forcing the base of the tongue upwards against the back of the mouth, blocking the airway and thus preventing breathing.

2.1.2 Further Reading

<http://www.capitalpunishmentuk.org/hanging2.html>

<https://sanctioned-suicide.net/threads/the-mechanics-of-hanging-by-james-barr-m-d.23369/>

2.2 FIND ANCHOR POINT

Height of the anchor point

- Enough that you don't touch the ground
- But you can try being 30 cm/11 inches of the ground

Tree Options

- Here's a guide:
<https://sanctioned-suicide.net/threads/trees-to-use-for-hanging-from-a-tree-expert.76256/>

2.2.1. Further Reading

N/A

2.3 LIGATURE TYPE

Depends on what you got on hand

But this is a general idea

N/B Focus on finding what's right for you aka do more research

- Doesn't stretch
- Support about 3 times your weight - due to thrashing
- Triple your height
- Cut the excess or Wrap it around the anchor....
- Ideally want 10mm for better comfort or at least 8mm there's suggestion of 6-10mm in capital hangings
- Grease the noose and your neck with petroleum jelly (preferably) or soap, to help reduce any friction and make both as tight as possible.

- Test your rope please!

2.3.1 Further Reading

Please Note - Ligature requirements differ for full and partial hence choose the strongest options

<https://sanctioned-suicide.net/threads/i-have-completed-a-booklet-of-instructions-for-partial-hanging-and-would-like-to-share-it-with-this-community.100336/>

<https://sanctioned-suicide.net/threads/new-full-suspension-megathread.105295/>

2.3.2 Questions

How to grease and pad at the same time?!

2.4 LIGATURE PLACEMENT

The ligature always slips between the voice box/larynx (cartilage that covers the front of your larynx is your Adams Apple) and chin which pushes the tongue upwards.

The most important agent in this kind of death is compression of the larger vessels - carotid and jugular

Actionable

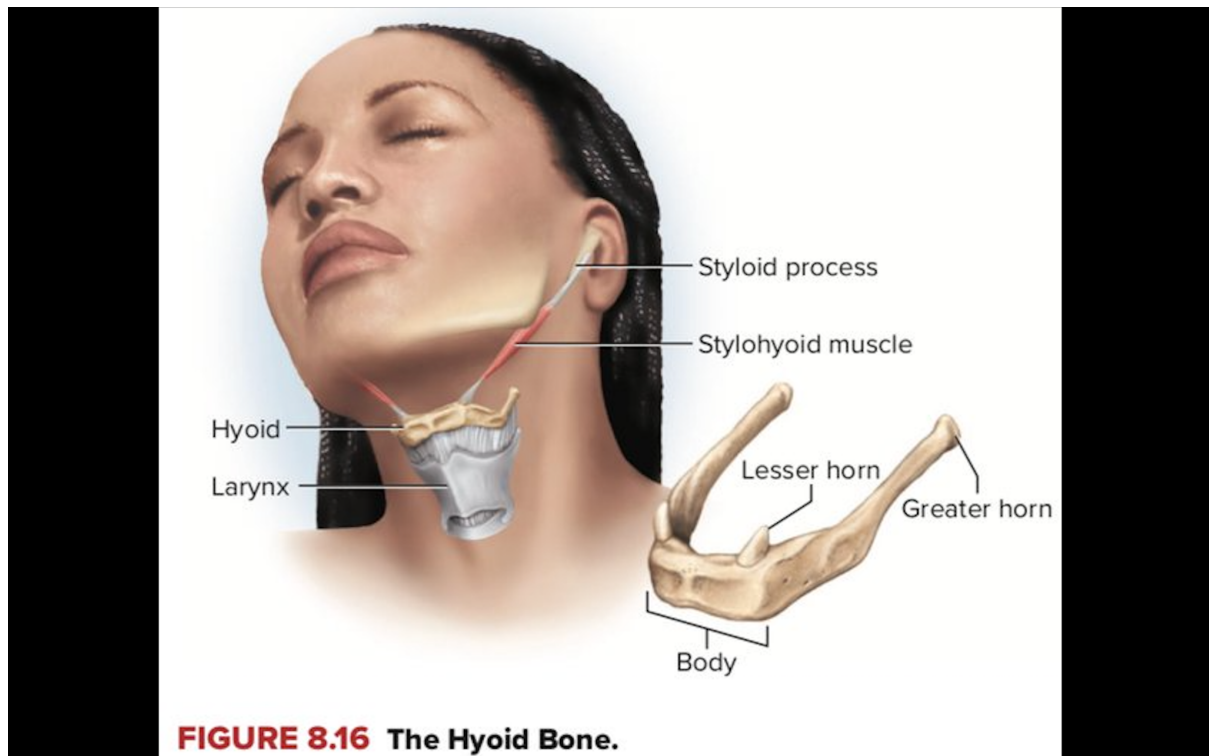
- The ligature should be placed 2 finger widths above your Adam's Apple - ideally above the hyoid bone to prevent putting pressure on the trachea
- Practise finding your sweet spot - you should feel like you are about to pass out

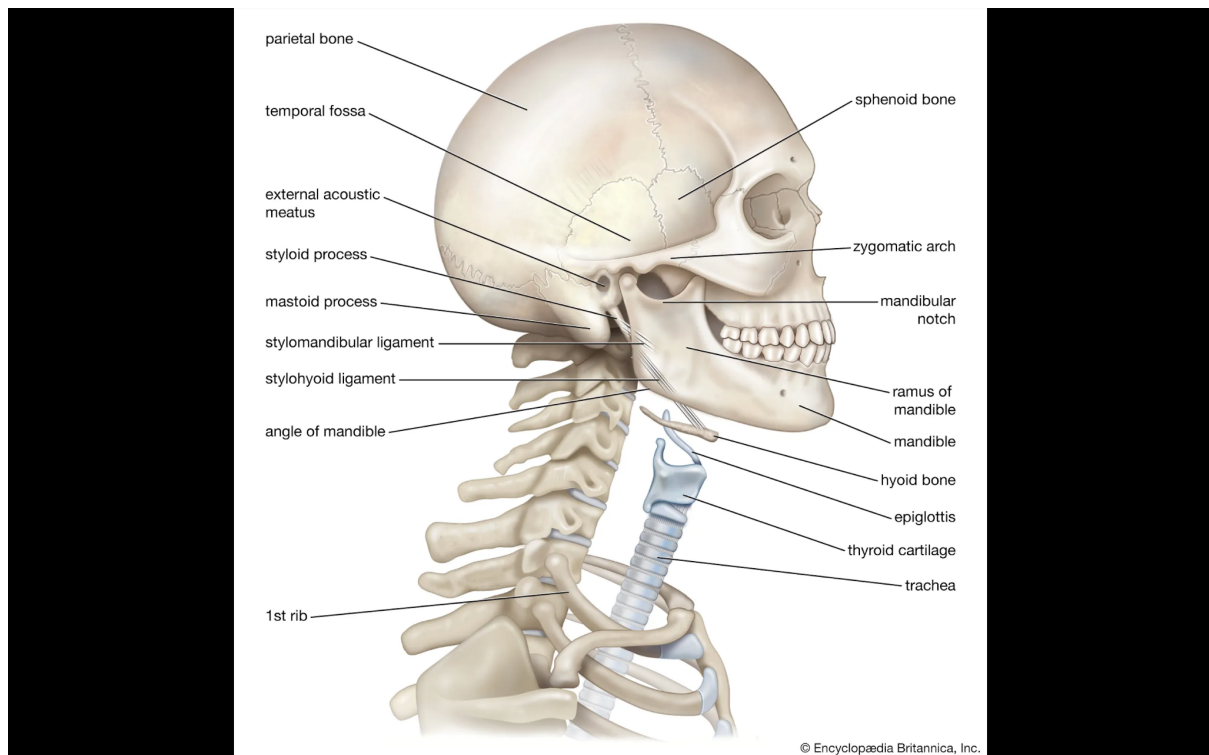
Consider the following:

ACTION	RECOURSE
Prevent any clawing at the neck and	Gloves

further increase the futility of escape	
Reduce the chances of biting your tongue	Mouthguard/ Piece of Cloth
Remain Presentable x reduce the fear induced by the changes with the eye brightness	Hood/ Mask + Blindfold
Neck Padding - Help with the rope cutting into your neck	Socks/Handkerchief etc

IMAGES





2.4.1 Further Reading

<https://sanctioned-suicide.net/threads/the-mechanics-of-hanging-by-james-barr-m-d.23369/>

Hanged by the neck until dead. The process of judicial hanging

<http://www.capitalpunishmentuk.org/hanging2.html>

The Post-mortem report.

DEEP IMPRESSIONS AROUND NECK from noose with a suspension point about 1 inch in front of the angle of the L. lower jaw.

2.5 KNOTS

Test your knots please

Neck

Placed behind your neck

Noose Knot

<https://www.animatedknots.com/noose-knot>

Anchor point

Water Bowline

<https://www.animatedknots.com/water-bowline-knot>

If your rope is too long you can tie the knots twice

2.5.1 Further Reading

<https://sanctioned-suicide.net/threads/knots-megathread-a-guide.138619>

<https://sanctioned-suicide.net/threads/full-suspension-hanging-specifics.14509/>

<http://www.capitalpunishmentuk.org/hanging2.html>

2.6 LAST STEP

SI

Do not be sober.... Or practise?!

Go into the noose hard and fast to constrict the carotids as quick as possible.
This cuts off the carotids quickly, speeding up unconsciousness and leaving a much more placid pale appearance post-mortem.
If not the process/pain is prolonged

Try stepping of the chair rather than kicking sit away just in case

Viable human - 6 minutes

Dead beyond resuscitation - 20 to 30 mins

2.6.1 Further Reading

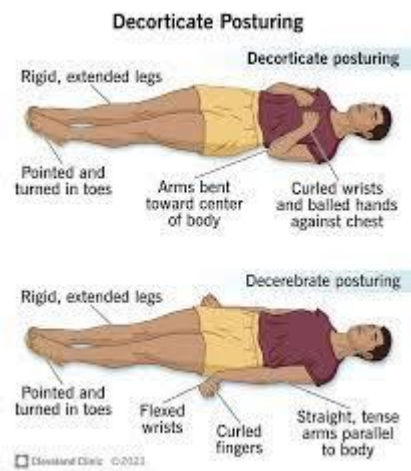
N/A

2.7 AFTER

Sequence of agonal responses was observed:

RESPONSES	TIME IN SECONDS
Rapid loss of consciousness	10 ± 3
Mild generalised convulsion	14 ± 3 seconds
Decerebrate rigidity	19 ± 5 seconds
Beginning of deep rhythmic abdominal respiratory movements	19 ± 5 seconds
Decorticate rigidity	38 ± 15 seconds
Loss of muscle tone	1 minute 17 seconds \pm 25 seconds,
End of deep abdominal respiratory movements	1 minute 51 seconds \pm 30 seconds,
Last muscle movement	4 minutes 12 seconds \pm 2 minutes 29 seconds.

2.7.1 Manifestations of brain injury



2.7.2 Further Reading

Agonal Sequences in Eight Filmed Hangings: Analysis of Respiratory and Movement Responses to Asphyxia by Hanging*

<https://sanctioned-suicide.net/threads/how-to-hang-yourself.1183/page-121#post-1702459>

<https://www.semanticscholar.org/paper/Agonal-Sequences-in-14-Filmed-Hangings-With-on-the-Sauvageau-Laharpe/5a7d3c38c86a8789279806f19955d9cfcffd5fe4?p2df>

2.7.3 Question

Can use of Valium- used in treatment of seizures- help reduce convulsions ??

2.8 HANGING VIDEOS

Prepare yourself here

For visual learners I would recommend watching some videos to understand the information

2.8.1 Further Reading

Visit gore sites like goredb.com etc

<https://sanctioned-suicide.net/threads/have-you-watched-gore-sites-to-educate-yourself-about-your-method.136596/#post-2195790>

2.9 DELAYED MESSAGES

Instead of a goodbye thread, you can send a delayed message on SaSu

2.9.1 Further Reading

<https://sanctioned-suicide.net/threads/suggestions-for-a-delayed-email-service.36620/#post-679192>

3.0 TLDR

Capital Punishment

- <http://www.capitalpunishmentuk.org/hanging2.html>

The Mechanics of Hanging

- <https://sanctioned-suicide.net/threads/the-mechanics-of-hanging-by-james-barr-m-d.23369/>

Tree Anchor

- <https://sanctioned-suicide.net/threads/trees-to-use-for-hanging-from-a-tree-expert.76256/>

Ligature requirements - Mixed with partial options

- <https://sanctioned-suicide.net/threads/i-have-completed-a-booklet-of-instructions-for-partial-hanging-and-would-like-to-share-it-with-this-community.100336/>

Knots

- <https://sanctioned-suicide.net/threads/knots-megathread-a-guide.138619>

Mixed With Partial

- <https://sanctioned-suicide.net/threads/hanging-method-from-suicide-wiki.114532/>

Real Quick Read

- https://i.sanctioned-suicide.net/images/2021/08/132028_A_Practical_Guide_to_Suicide.pdf

FULL SUSPENSION THREADS

- <https://sanctioned-suicide.net/threads/full-suspension-hanging-specifics.145093>
- <https://sanctioned-suicide.net/threads/new-full-suspension-megathread.105295/>

Hanging Not For You

- <https://sanctioned-suicide.net/threads/suicide-resource-compilation.3/>

