

# **Flogging: A Master's Class on Fun and Safe Practices**

Presented by Sir Kel and Tyler - NOT ONLY HAVING FUN – **BUT BEING SAFE**

## **Topics Covered:**

- Pre-Scene Discussion
- Getting Started
- The First Strikes
- Types Of Strikes
- Observing your partner
- Immediate and Post Scene Aftercare

## **Pre-Scene Discussion:**

- Talk about limits (Ass/Paddling/Spanking?)
- Talk about Safe Word (or Safe Signal)
- Don't Assume you are on the "same page" / be sure to talk
- Use Common Sense
- Sensitive Ears (Might need ear plugs/ear protection)

## **Getting STARTED:**

- Hands are **EVEN** from floor (bad shoulder? Might make one lower?)
- Hankey or Rope in hand (if gagged)
- Velcro Ankle Exercise Cuffs (Amazon)
- Do a nice Back Rub
  - Check for moles , skin tags, open sores, new tattoos and bug bites

## **The First Strikes:**

- Start Slow – MINIMAL IMPACT (Build up adrenaline)
- Start with a lighter weight flogger
- NOT OVER SHOULDERS – picks up speed going over the top
- Can be LOUD on the EARS – Ear Protection?
- Not around sides (until you become an expert)

- Not on spine (my opinion, but definitely not FIRST strike on spine)
- Not on Kidneys or lower back
- I don't crisscross over spine (although many do)

## **WORK IN A CYCLE – BUILD UP – SLOW DOWN – REPEAT:**

- Listen to breathing
- Watch hands/fingers
- Safe Word means STOP – NO EXCEPTION
- After a suitable amount of adrenaline has been built up it is time to experiment with harder and heavier strikes. Continue to cycle up and down in waves of intensity

## **TYPES OF STRIKES:**

- STANDARD HIT – Start at shoulder, continue down
- FULL LENGTH – I squat a bit so I can continue to the floor (brush over ass)
- IMPACT HIT – Use the full length of the tails/fall
- KISS – Just the tops – can be very painful
- SNAP HIT – Like snapping a wet towel (ASS HIT ONLY)

## **OBSERVING YOUR PARTNER:**

- BODY LANGUAGE
- BREATHING
- SOUNDS
- HANDS/FISTS/FINGERS/TIP TOES

## **IMMEDIATE AFTERCARE:**

- INSPECT BACK
- CHECK NUMBNESS HANDS/ARMS
- COMFORT CARE
- NIPPLE PLAY
- EAR SCRATCHES
- LET HIM CATCH HIS BREATH

## **POST-SCENE AFTERCARE:**

- **BACK RUB / RUB SHOULDERS**
- **SCRATCH HEAD/EARS**
- **Disconnect from cross, SUBJECT MIGHT BE LIGHT HEADED be prepared to hold or catch them**
- **AFTER CARE – Have a conversation, were any limits crossed?**
- **Wipe down the Saint Andrew's Cross**

## **FLOGGERS – TAILS/FALLS**

- **SQUARE END – THUD**
- **ROUNDED END – GENTLE THUD**
- **45 DEGREE CUT – STING**
- **SNAKE TONGUE/FORKED TIP (Sharper sting)**

## **FLOGGERS – MATERIAL**

- **SUEDE – SOFTER**
- **LEATHER – HARDER**
- **PLASTIC OR PLEATHER – STINGER**
- **ROPE (WITH OR W/O KNOTS)**

## **LAYING DOWN IN BED HORIZONTAL**

- × **TOO DIFFICULT TO AVOID SPINE**
- × **NO TURING BACK ONCE SWING IS STARTED**
- × **DOWNWARD STRIKE IS VERY INTENSE (gravity!)**