

Flogging for Beginners class:

Disclaimer: This class is a sharing of my experience with flogging and some of the lessons I have learned. There is always room for more learning but here are some basics that might help you get victims, er, I mean play partners to plead with you to hit them. There is no one right way to flog, but there are a lot of wrong ways. By wrong, I mean ways in which your desired headspace is not going to be achieved.

This class is for beginners. If you are experienced, you are welcome to stay and help by adding information that fits in the organizational plan below, and by helping to coach when we get to the practice stage. Hopefully you have brought your floggers. Also, I'd love to hear about your experiences but please keep personal anecdotes until after we have dealt with positions and restraints just before the practice section below.

At the end of the session or if you have to leave early, please complete an evaluation form as I'd appreciate your comments about the group presentation.

Please feel free to ask questions as we go.

Here is the Plan:

- 1) Flogger description

- 2) Methods of hitting
- 3) Headspaces
- 4) Areas to hit
- 5) Body signals
- 6) Practice

1) DESCRIPTION:

Floggers are a type of whip that has many tails or falls and can be made of many types of materials:

Deer (soft)

Elk (Buttery)

Suede (stingy)

Buffalo (Weighty)

Pigskin (Supersoft)

Latigo (Hard)

Rope (Stingy)

Nylon (Stingy)

Sharkskin (Harsh/cutting)

Conductivity infused for connection to a violet wand.

Different types such as Mops and Cat o'nine tails. There are as many types as the mind can conceive. Roses, barbs, rubber centers, bunny skin

The ends matter:

Rounded are kinder than straight or slanted/cut. Knots can leave bruises

METHODS:

Hitting with the Tips or falls?

Rolling

Figure eight

(Florentine - not taught in this session)

Snapping

Swiping

‘One for me, one for you’.

Using the hand/fingers alternatively

Compare fencing

HEADSPACES:

Some ideas to choose from, some advanced including,

Punishment as play (Brig, judicial, etc)

Pain-play in a long drawn out “interrogation trip”, maybe a “hero’s journey?”

Bonding and trust building between two people

Catharsis (Crying, laughing)

Flying/floating on endorphins and enkephalins

Brat

Sensual/tactile (using fingernails, ice, beards, fur etc)

Out of body experience (Spiritual?)

Resistance (you will not break me) Stoic (Give me what you’ve got, Mister)

Breaking a boy down and building him up (please break me)

See below for a more detailed introduction to Headspaces

that I wrote for Recon a while back.

NB Pain-play used well makes people feel good about themselves. When misused, by intent or ignorance, pain leaves people feeling worse about themselves.

AREAS TO HIT:

Back or butt? Where on each? Some like it different but most like it within certain parameters

Stomach swiping

Chest, tits

cock, balls

BODY SIGNALS:

Fingers splayed

On tip toes

Shoulder blades pinching toward the middle.

Stepping forward

Giving the right encouraging signals:

Start with lots of touching and gentle words perhaps affirming the reason to be flogged.

Drag the flogger across the back to give the skin some forewarning.

Touch the area of error instead of apologizing.

“Ready to take more?” instead of “Are you OK?”

A word about the law. Domestic abuse laws.

PRACTISE AND AFTERCARE:

Magic number: 30 times before your work begins seems to be the minimum warning to the skin to minimize damage. after this, depending on the reason to hit, there is an opportunity to build trust. Eg. Increase the intensity until the sub responds and then back off, do it again. If you do this without the sub's having to speak, then the sub 'knows' you know what they are feeling and will respect you more. Also, they can now relax and let you drive.

Somehow the mind knows and consents to someone flogging them but the unconscious may not be onboard. It doesn't think, it feels s the warm up and encouragement is important as is aftercare, a cutting session and calm period between participants where gratitude and support are given.

POSITION:

Cross

Bench

Restraints?

Pair up and negotiate type of headspace if applicable.

Floggers: basic overview <https://youtu.be/SUeDO0efLnA>

LEARNING FLOGGING PART 3: BASIC TECHNIQUE

[https://youtu.be/VU7F__i8l5U?](https://youtu.be/VU7F__i8l5U?list=PLNbZ6YqHB71lJ24U_kybjGj8R8wuCRFSs)

[list=PLNbZ6YqHB71lJ24U_kybjGj8R8wuCRFSs](https://youtu.be/VU7F__i8l5U?list=PLNbZ6YqHB71lJ24U_kybjGj8R8wuCRFSs)

LEARNING FLOGGING PART 5: RANGING [https://](https://youtu.be/bPT1SfTZdF8?list=PLNbZ6YqHB71lJ24U_kybjGj8R8wuCRFSs)

[youtu.be/bPT1SfTZdF8?](https://youtu.be/bPT1SfTZdF8?list=PLNbZ6YqHB71lJ24U_kybjGj8R8wuCRFSs)

[list=PLNbZ6YqHB71lJ24U_kybjGj8R8wuCRFSs](https://youtu.be/bPT1SfTZdF8?list=PLNbZ6YqHB71lJ24U_kybjGj8R8wuCRFSs)

Florentine Flogging [https://www.youtube.com/watch?](https://www.youtube.com/watch?v=CGCQGsxbswtw)

[v=CGCQGsxbswtw](https://www.youtube.com/watch?v=CGCQGsxbswtw)

Flogging Headspace:

When you think of flogging, as with any kind of whipping, a pain scene pain often comes to mind, and indeed it can be all about the pain, but there are many nuanced headspaces that don't involve the heavy pain that flogging can offer. I gave a presentation at CLAW 2019 in which the focus was more on what kind of connection you are trying to achieve, instead of the usual how to hit, where not to hit, which is usually the curriculum in the beginning classes.

So why do we flog and what are some of the connections

we can create?

If you want to use a flogging session to establish trust and a bond, then after some encouraging words, perhaps laying the top's hand on the back of the sub's neck or across the shoulders, a gentle stroking will work. The flogger can be rotated like a windmill, the edge gently brushing all over the back without a power stroke. The scene can start with the falls, coming down on the sub's back from gravity alone. Every flogger seems to have it's preferred speed for this technique so if this is your goal, check that the flogger can be applied from a close distance, while you are in contact with your arm, and make sure it is not too stingy. It's necessary after a while to progress. Most backs need 30-40 strokes to acclimatize the skin to being hit. Remember the sub has consciously agreed to being hit but somehow the unconscious got left out of the decision and needs to be wooed into agreement. The part of the mind operates on a "Show me, don't just tell me" principle. Perhaps you might move on to figure eight strokes that get slowly seductively harder, but as soon as the top sees the sub respond negatively, he should back off the pressure immediately. Incidentally, most subs' bodies will indicate their pain level before their words do: Maybe fingers flay, maybe the shoulder blades move to the center of his back, or the sub moves forward or twists to the side. This is a good thing. If you

immediately backtrack to a more gentle level, you have created a non-verbal level of communication which is reassuring to both part of the sub's mind. You can work up again to medium pressure a second or third time, backing off as appropriate, so the sub knows it's not coincidence that you are responding to his body signals. try not to use words. Grunts, mmms, and aahs are preferable. If the sub HAS to say something, then the top might not have been sensitive or responsive enough. The nonverbal communication is important because, among other things, it's immediate. In this way, the trust is built up and the sub can just relax and let the top drive him. I've found that many tops have trust issues themselves and it is a pleasure and an honor to give them this experience.

Flying or floating (due to work of the sub's endorphins and enkephalins) is another scene that can be achieved with evenly spaced hits, about three per second, with an almost constant pressure, for at least 15 minutes. The body tends to ignore constant stimuli, and a euphoric feeling can result if the top increases pressure, almost without the sub noticing, backing off before the sub feels the strokes as pain. You will be surprised at how hard the subs back can be hit with this technique as you surreptitiously ramp up the pressure while keeping the speed constant. Some subs report an 'out of

body' (spiritual?) experience when they are high on the body's natural response to 'pain'. Some may achieve catharsis, laugh, or cry when the top produces intense 'hormonal' releases within them.

Sensual/tactile scenes can offer a top the opportunity to show off his various floggers and the variety of ways each can be used as the sub enjoys the complementing and contrasting tactile buffet. The sensations can be progressively smooth or suddenly prickly from time to time. Tops can occasionally take a break from the hits so that fingernails, fingertips, ice, beards, and fur etc. can be interspersed with the hits as the back becomes more sensitive. This is an enjoyable way to build intimacy with your partner.

But if pain is your (and your sub's) thing, then there are still a few different ways to produce some different headspaces:

There is, of course, punishment (normally as play, and in a M/s relationship, but that is beyond the scope of this article). The scene may conjure up a brig, naval whipping with the sub tied to the mast, judicial punishment, etc. where there is a telling seriousness to both players in their rôles. Punishment often consists of a set number of agreed or legislated strokes are delivered one after the other, each

at full force, sometimes counted out forward or backward by the sub.

Another use of carefully administered pain is in a long, drawn-out “interrogation trip”, or maybe it’s more of a “hero’s journey”. The strokes will not be predictable and are designed to keep the sub on his toes in the “here and now”. Remember there are at least two or three big waves of hormonal dumping (eg. adrenaline, endorphin and enkephalin), with usually the third wave using up all the substances the body can produce for the time being. If the top times this well, then the subsequent strokes will just plain hurt. This technique can be used to break a boy down. Just be sure to build him up again before he goes home. Remember, anyone can hit but this is an art and the sub needs to feel great when the scene is over or something didn’t go well. Even in punishment, the result is that reparations for the infraction are paid in full.

Bratty play can be fun too as the top is challenged to use his skills in managing pain to make the scene last while ensuring he ‘wins’ over the brat in the end. The top can have fun faking hits and making the penultimate stroke the hardest so that the brat expects the last stroke to cross his limits, but ultimately, is relieved to receive a slight tap instead. That’ll show him who’s the Boss!

Resistance play can be a very intense scene in which the top doesn't win a game, but facilitates taking a man to the edge of his personal cliff. (This is where the sub goes in with an attitude like, "You will not break me" or, "Give me what you've got, Mister"). I am often asked for that type of scene by marines and guys who want to prove their resilience, or who want to show you (and themselves) what they are made of. This is often achieved by a gradual increase in pain until you find the end of that (at least) third endorphin wave. You hold the pain steady at that point. You might be thinking, "There it is, mate", while, they know if you increase the pain a fraction, they will break. The top must control his power to 'win', and should not break them (Where would the honor be in that?) because that's not usually what they came for. They wanted their manhood affirmed not minimized.

Of course, all this is just my opinion and your mileage may vary, but I hope I have given you some food for thought before you begin your next flogging. Open some time negotiating what kind of a scene you are after. When there is a match, the results are truly amazing. Even if a top doesn't get to hit as hard as he would have liked, given how worked up he might be, (he must always hold back and control himself), there is honor in accepting the gift of submission from a sub who trusts a top, and there is respect for those tops who don't violate a sub's

boundaries. Finally, remember the beauty of aftercare, and the healing and bonding that can take place during this final, intimate, phase of the session.

Thanks for reading guys. Edits/suggestions happily accepted.