



Consensual Spanking

How to spank ...

How to be spanked...

Spanking for pleasure

Spanking with love

Spanking for fun

An essential guide to
adult spanking games
and techniques.

Jules Markham

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Consensual Spanking

By

Jules Markham

Disclaimer

Consensual spanking involves physical contact, in particular slaps to the buttocks with the hand or a spanking implement. In this book safe, sane, and consensual (adult) spanking play is promoted but nothing can be one hundred percent safe. For the most part spanking is no more dangerous than other physical activities. Nevertheless, at various points in the text, safety tips and advice are given. The author is not medically qualified and you should seek proper medical advice as appropriate to supplement the reading here, especially if you have a pre-existing medical condition or any other concerns. Players play at their own risk.

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Chapter 1 *Introduction*

Congratulations, you did it, took that first important step. Whatever your reasons for reading, hopefully you will find this a useful book. Perhaps you are looking for new things to experience or feel that there is something missing in your relationship. Maybe a partner has suggested that you try spanking, but you are not quite sure and want to know more. Possibly, you are just curious or experimental. Spanking can be fulfilling, rewarding, and fun; but has rituals and aspects that are confusing to the beginner. After reading this text, you will have the basic knowledge to conduct or receive a spanking. You will appreciate the subtler aspects of the scene and have an informed view about your own limits. The objective is for you to develop sufficient confidence and familiarity with spanking to have an enjoyable spanking relationship with your partner or even a group of friends.

Spanking is still viewed by many as something slightly kinky, out on the edge, a bit daring. Despite the history of corporal punishment it has become a clandestine, close to the cusp, type of thing that we don't really talk about in polite company. The idea that consenting adults are willing to play spanking games seems, to some, quite shocking, an affront to their sense of propriety. Although, when the conversation turns to the risqué at parties, social events, or even in private it might crop up in the general banter. After all, everyone knows what spanking means, don't they? It's what happens when you've been a bit naughty, caught doing something you shouldn't, perhaps you even remember getting spanked at school or home for some indiscretion. Maybe you associate it with punishment, or discipline, or have heard that it is erotic. In this chapter we explore the background to spanking, try to dispel a few myths and explain why people find it so appealing.

Spanking reaches out to a very wide cross section of society [12]. Virtually every member of the population knows something about

what spanking involves. Spanking appears in mainstream television, films, artwork and romantic literature [3],[6],[8]. Traditional themes are, of course, the wayward woman that secretly yearns to be taken in hand by her man, the submissive wife, the feisty heroine brought to heel, or the naughty school girl. Alternatively the submissive male wanting to submit to the attentions of a strong woman, a mistress, governess, boss or even matron! The permutations are endless. Some people just like to be spanked, others just like to spank, and quite a few like both. The aim of this book is to introduce the basic techniques and rituals of spanking, so you can play safely, have a rewarding experience, and be sufficiently equipped to explore further.

Compared with other so-called 'bizarre' fetishes like Bondage, Domination, and Sadomasochism, spanking remains close to the mainstream. There are a large number of people out there doing it, from young to middle-aged couples, right through to the more mature. There are professional spankers and people willing to submit to a spanking. Even ordinary (vanilla) couples engage in playful or erotic spanking from time to time. Unlike many other pastimes, a spanking can be conducted with no special toys, implements, or outfits, and can be easily administered in the comfort of your own home, on holiday, in a hotel room. In fact, wherever legalities permit. Spanking can be given on impulse or be planned in great detail.

So, to get the ball rolling, let us start with a couple of obvious but important definitions.

Spanking: according to a dictionary[1], a spank is a slap on the buttocks with an open hand. The spank might be delivered with the subject placed over the knee or some other appropriate position to expose the bottom. A spanking is the act of conducting or administering a series of spanks, no more, no less - we all knew that didn't we! However, the spanking 'scene' is about much more than a few slaps on the bottom. The manner in which the spanking is performed, the whole ambience, the ritual behind administering the spanking is equally as important as the actual spanking. Many spankers will also extend the meaning of spanking to include use of implements such as paddles, straps, and canes.

Spankers and Spankees: clearly there has to be someone willing to administer the spanking, the spanker (or top), and somebody willing to receive it, the spankee (or bottom). If the idea of spanking or being

spanked appeals to you, if you just enjoy watching people being spanked, or enjoy the titillating literature, artwork and other media on spanking then you are called a spankophile.

Consensual Spanking: is agreed participation in spanking by adults. That means that the parties involved have consented, are of an age to be able to consent, and want to play the spanking game. The spanking techniques described in this book are not about disciplining children or any activity involving minors. There is absolutely no sense of compulsion, coercion, or force. Neither do we advocate extreme spanking (or corporal punishment) that may lead to lasting physical injury.

Anyone that has searched the Internet under “spanking” will have been inundated with references to literature, artwork, videos and chat rooms catering for different levels and interpretations of spanking. Some of the material is quite intimidating and off-putting, catering for the extreme end of spanking play. There are some genuine sites out there, but almost all of the material is exploitative and often far removed from most actual spanking relationships. Sometimes the content is pornographic and usually provides very little concrete information on how to spank or receive a spanking. What information is available is widely dispersed. A notable exception is [2] which, along with some pithy anecdotes, provides a concise and useful introduction to the basics of spanking. This book provides a more in depth look at spanking techniques and rituals. There are a variety of levels of play in spanking. In fact, finding your level and testing your limits is half the fun. You can push it as far as you want, go heavily into role-play, join spanking groups, or keep it very private between you and a partner.

Setting the boundaries is crucial to a successful spanking session or relationship. Both the spankee and spanker must trust each other. If this is not the case, think very very carefully about whether to engage in a spanking session at all. Although there is no concept of coercion, or being forced to submit, these themes may be very evident as part of an agreed role-play scenario. For example, if the spanker and spankee are playing parts, such as Employer/Employee, Teacher/Pupil, Doctor/Nurse, or Master/Slave. This can be confusing for beginners, who interpret the spankee role as being forced into punishment, or worse, abuse. If your objective is to abuse/assault someone then

consensual spanking is not for you. Likewise, if that is what your partner is seeking, take a long and hard look at your relationship, consider counselling, or simply walk away.

1.1 Why spanking

People engage in consensual spanking because they want to, *why* they want to is a complex and philosophical question that has been the subject of intense academic study. There is historical precedence for spanking, some organisations advocate that it is a necessary part of any relationship, and others that they are directed to discipline minors or a spouse as part of religious duty [26]. Fascinating as these debates are, this book is not about the social or religious issues relating to spanking. Spanking here is presented as an 'enjoyable' experience or disciplinary device between consenting adults. In this context, there are three main reasons why people engage in spanking: -

- they get a turn-on from the ritual of being spanked
- they have a sense of cleansing themselves for past sins or guilt
- they have a need to be submissive or to be dominant.

In the first case, the spankee enjoys the actual physical sensations of being spanked; the act of spanking sexually arouses them. It is impossible to deny that there are sexual or erotic undercurrents to spanking. Some estimates say that as many as 20% (1 in 5) of women think that spanking is erotic or have participated in a spanking session. Similarly, some people who find conventional sex unrewarding, or difficult, can find it easier to fantasise and orgasm after a spanking. Being bent over a partner's knee and writhing around in response to a spank stimulates the genitals and sexual organs. The spanking creates further physical reactions, releasing hormones into the body such as adrenalin and endorphins. The contradiction of pleasure and pain in the mind of the spankee can also act as a tremendous stimulant.

The second case is the traditional role of spanking for disciplinary reasons, having to atone for one's misbehaviour. Spanking used in this way is intended to clear the air, own up to any guilty feelings, and set the record straight. This can be a very complex issue. For example, it might only be in the mind of the spankee that some predefined boundary has been transgressed, or they may have been subject to some form of abuse in the past. Sometimes the willingness to be spanked may be driven by an unconscious desire to bring these past

issues into focus and deal with them. In such cases, a spanking may release an outpouring of strange feelings and emotions. This book is not concerned with these deeper issues. If you submit to, or engage in, spanking to come to terms with these issues it is better to seek professional help.

Spanking can be used as a real corrective mechanism in a domestic discipline programme [24]-[29]. Society has changed significantly over the last century. The relationship between married couples has changed so much that some adults feel out of control, no longer accountable to anyone. Increasing numbers of couples live together and a growing number are same sex relationships. Who takes the lead in these situations? Who is dominant? Who sets the boundaries? If you like, who wears the trousers! For example, suppose one partner consistently overspends on the credit card, a wife fails to curb shopping sprees, or a husband spends one too many nights out with the boys. In some cases couples turn to a lifestyle choice that brings spanking into the relationship to restore some much needed harmony.

The third case deals with people that are naturally submissive or feel the need to be dominated. The modern world places less emphasis on the traditional marriage contract of "obeying" one's partner or being the submissive wife[24],[25]. The male and female roles have changed substantially in the last fifty years. Some women still want to be mastered and some men want strong (domineering) women to keep them in check[29]. The current consensus on equal opportunities presents little scope for such people to fulfil their needs; to be submissive, without attracting scorn or ridicule from friends and family. Spanking is something willing partners can do together to satisfy their needs for submission or domination.

We live in an age of political correctness where natural instincts must be carefully controlled in public and where disciplinary solutions are no longer appropriate. The world of work is also significantly more stressful than it has been in the past. People in highly responsible positions, under constant pressure to make decisions, are forced to take the dominant role. Some are looking for escape. To be allowed to take a submissive role, be someone else, even for a short period in a safe environment with a partner they can trust. Others need to act out a domination fantasy. Diffusing the pent-up stress and restoring emotional balance through spanking can be an important

escape mechanism, a safety valve. Better to have a spanking than a heart attack or a nervous breakdown, for example. However, if the problem of stress is very acute, a more permanent lifestyle change, or a different job, is probably a better long-term solution.

1.2 Frequently asked questions

Next, consider some of the usual concerns about spanking. Often these issues arise from confusion, misunderstanding, or just plain ignorance.

Is spanking about domination: well, yes, it is. At least there has to be a dominant-submissive relationship between the spanker and spankee for a session to work properly. However, in domination fetishes the master-slave, mistress-slave, relationship often goes well beyond the limits of the spanker-spankee relationship. It is rare for the spanker to demand compliance in any form other than submitting to the spank. Certainly many female spankers would not consider themselves sexually dominant, or a dominatrix, and be quite offended if you were to treat her as such. Likewise, male spankers would not be regarded as true masters and often do not engage in any other fetish activities (see below for erotic or sensual spanking). The spankee can decide to stop any session, or use a safe word to influence the play. The spanker and spankee are also much more likely to switch roles, even in the same session, something that does not happen often in a more traditional domination play. Consequently, before consenting to a spanking, make sure you understand exactly what your partner(s) have in mind.

Spanking and Corporal Punishment: a purist spanker may argue, that according to the strict definition, a spanking is only spanking if the hand is used. Most people extend the definition to include various implements such as paddles, hairbrushes, slippers, rulers, and canes. Corporal punishment (CP) means punishing the human body and has been associated with canes, the tawse, birch, whips and other implements used in disciplinary spanking [13]. However, there is a subtle distinction between spanking and corporal punishment. If you read this book completely you will see that spanking does not have to be, and quite often isn't, a means to administer punishment. On one level, you *are* punishing the body, because any impact or blow causes physical sensations that can be interpreted as pain. But, as we will see,

there is also a psychological side to spanking. Many devotees derive great pleasure from spanking without any sense of it being a punishment, others view it as a cathartic experience of cleansing, and many more just enjoy the physical sensations. Notice that the definition of spanking says nothing about punishment at all. Nevertheless, the historical roots of spanking are associated with CP. Many role-play scenarios use atonement as a basic premise to justify the spanking and borrow heavily from the history of chastisement. Spanking (or fustigation) as described in this book is a very limited version of corporal punishment.

Spanking and discipline: most people have heard of spanking through use in schools, the home, to rear children, and generally to instil discipline. The use of such methods is at best controversial. There are literally hundreds, if not thousands, of articles on the subject; academic papers exist, as do many working parties and committees on the merits, or not, of spanking [13]. Indeed, corporal punishment is banned in many countries. Certainly, we are not advocating ways to maintain family discipline amongst minors. Remember, we are advocating the use of spanking between consenting adults, mostly for fun. Nevertheless, what most people know about spanking will be derived from experiences of school/home discipline. The techniques and practices described in this book are not strictly disciplinary in context. At the end of the book, Domestic Discipline is considered, where spanking is used between spouses or partners for correction. They have agreed to enter into such an arrangement as part of a lifestyle commitment (see Chapter 9)[24]-[29].

Spanking and bondage: although a bondage session might well include spanking as part of the general session, it does not automatically work in reverse. A spankee agreeing to be spanked does not have to agree to be restrained, or be forced to submit to an unwanted spanking. This is different from heavier corporal punishment scenarios where flagellation, whipping, and flogging often require the subject to be tied. For most spanking scenarios the idea of restraining bodily freedom by ties, bonds, or enforced subjugation is not appropriate. The point is that the spankee is submitting voluntarily to the spanking. They trust the spanker, feel safe to explore limits by their hand and can withdraw at any time. The spanker must respect these wishes. However, restraints can be used for particularly

wayward spankees, sometimes for their own safety. Some spankees do enjoy being restrained and it can heighten their enjoyment.

Spanking and Sadomasochism: this is a tricky one to explain. Certainly some devotees derive significant pleasure from being spanked. There are physiological reasons why this is the case (see Chapter 2). Likewise a masochist can derive pleasure from the feelings associated with a spanking behind. There are also sadists that enjoy administering a spanking. Sadomasochist games tend only to excite the players when pain is given/received in the context of control or submission. Spanking is also about control and submission. Consequently, spanking can be played as part of an S&M session, but spanking itself is not S&M. Quite often the degree of pain inflicted in a spanking is very small compared with other sadomasochistic activities. The real point in spanking is not to inflict pain for the sake of pain. Most spankers care deeply about the spankee and are attempting to heighten their sensation, not hurt them. A sadist or masochist often finds that they can only become sexually aroused when pain is administered in a ritualistic way. Most spankers/spankees can find sexual arousal through other experiences and often do not engage in any other sadomasochistic activities. Anyone who sets about giving a spanking when, angry or frustrated, or for revenge, or just because they like hurting people, really is missing the point.

How painful should a spanking be: this is like asking how long is a piece of string. Pleasure and pain are relative concepts; it is useful to think of them at the opposite ends of a spectrum. Where pain stops being pain and becomes pleasure is hard to define. The boundary depends on the individual. A spanking involves slaps to the bottom, if performed for long enough it will leave marks. Indeed some spankees covet this evidence of their submission. Part of the fun in spanking is finding your limits and tolerance, fixing the cross over point on your own spectrum of physical/emotional tolerance. When implements are used, the tolerance of a spankee can be reduced considerably. An experienced spanker will be able to tell when a spankee has reached their limit and not go beyond. An inexperienced team continues a dialogue during the session and applies common sense. Generally, a spankee should identify their tolerances as light, medium, or heavy depending on what they expect to receive.

Is spanking safe: since spanking involves blows to the body there is always potential for injury. The buttocks are quite a sensitive area but are remarkably resilient. If a spanking is confined to the hand, the spanker will have to put in quite a lot of effort to cause lasting physical damage. Spanking with instruments should always be administered carefully, since the spankee's tolerances are lower – especially for beginners. Some areas should not be spanked (see Chapter 2) and, like everything in life, taking a common sense approach is always advisable. Performed correctly and with due care, a spanking is no more dangerous than other physical activities. We advocate safe consensual spanking in this book. The spankee should be able to call a halt when they have had enough. Similarly spanking should not be done in anger, under the influence of alcohol, or other substances.

What about Spanking and Sex: playful spanking is often viewed as foreplay and many identify this as one of the main attractions. When combined with role-play it can be interpreted as kinky and strange. However, there is no need for spanking to be linked to sexual activity. Many players have completely platonic spanking relationships. Some spankees find inappropriate touching, or wandering hands, unnecessary and offensive. The object for them is to submit to a spanking and nothing more. Similarly, a spanker may derive pleasure from spanking but not want anything further. There is no hard and fast rule that says that sex and spanking have to go together. As with most things in this book, the relationship and trust between spanker and spankee is fundamental to the kind of spanking scenario they are prepared to accept. Where spanking is used as a lifestyle disciplinary tool, there is no sexual interaction during the spanking.

How can spanking be erotic: some people do find the whole ritual of spanking a great turn-on and can become very aroused. Indeed, some spankees claim to be able to orgasm during a spanking session alone without further stimulation. Such people are relatively rare and it appears female spankees have the advantage in this respect. A more playful and prolonged spanking can be a significant aid to enhancing the final sexual act, especially when combined with stroking, sensual massage, and/or adult toys (see Chapter 7 and Chapter 8).

What is role-play: spanking is very ritualistic. Certain behaviours are expected from the spanker and the spankee for a session to be successful (see Chapter 6). At the very basic level, there is always a dominant-submissive scenario in play. The spankee must submit to being spanked and the spanker must control the spankee. As a spanking relationship develops, the players may want to embellish this basic situation, move into the use of implements and enhance the dominant-submissive roles by playing characters. The role-play most people are familiar with is the Schoolgirl/Teacher scenario but there are lots of others (see 6.4). Many devotees derive significant pleasure from, and can be very good at, playing the role assigned. During a session, both players stay in character, like a performance at an amateur dramatics production. In elaborate role-play scenarios the participants dress appropriately and use authentic props. It is a chance to let your hair down and be somebody else, a different persona for a while, which in itself can be quite therapeutic. Another advantage of role-play is that it extends a spanking session significantly, providing moments of rest and recovery for the spankee (and the spanker!).

What if I don't like role-play: although it can be enormous fun, role-play is not to everyone's tastes. Costumes and roles can add to the atmosphere and fulfil individual fantasies but are not essential. Perhaps you are embarrassed about playing a part, feel funny about wearing a costume, or are too nervous and self-conscious. Relax, it is not compulsory and you can enjoy spanking without any form of role-play whatsoever. In the end, all spankees want the same thing, to be taken over the knee and spanked.

Is spanking deviant: there is no short right or wrong answer to this one, as you can imagine it is extremely controversial. Technically consensual spanking can be termed a paraphilia[15]; which means that a person derives sexual arousal from sexual objects or situations that are not part of societies normal arousal/activity patterns, and that may interfere with the capacity for reciprocal affection and reciprocal sexual activity. More simply, spanking might be considered a perversion or psychosexual disorder—which defines a sexual desire or activity well out-side the society norm.

The difficulty with this classification is that consensual spanking may not be sexual at all. Often spankings are given or received with significant caring and affection between players. So really, all we are

left with is that spanking is outside the society mainstream, giving spanking negative connotations (perversion) and often overlooking the positive/restorative effects. Activities out on the edge of society norms are often regarded as taboo and can be criminalized in some societies. For example, non-consensual corporal punishment is banned in many western countries. Some sadomasochistic activities are also illegal even with the consent of the players.

Since the definition of a paraphilia is based on what society regards as a norm, the list is constantly changing and varies from one society to the next, or within sub-groups of a society. The most obvious example is the change of views regarding homosexuality, where once it was criminal, it is now not considered a disorder at all and accepted within the mainstream of western cultures. So, in some areas spanking may be regarded as perfectly normal, in others as an eccentricity, and in others completely taboo. Some religions (or people within them) regard the practice valuable others regard it as a sin.

Many psychologists argue that, apart from paraphilias with a criminal element (abuse or assault), there is nothing inherently pathological about such activities and that people engaging in them are unnecessarily stigmatised. Perhaps an exception is behavioural imprinting, which suggests that normal biological processes (such as sexual attraction and desire) can manifest themselves in idiosyncratic ways, such as spanking, because of unusual and extremely traumatic events associated with early sexual experiences. If your spanking partner is in this situation, they will need your help and understanding, as well as professional advice. Most people reading this book will engage in spanking because they find it enjoyable. Is there anything wrong with that? You decide. Knowing your spanker/spankee is crucial. Remember and employ the catch phrase: safe, sane, and consensual play at all times.

1.3 A Short History

No book on spanking would be complete without a brief acknowledgement to the historical basis for spanking. Man has engaged in corporal punishment all through recorded history and most likely even before then. The number of ingenious techniques to deliver CP is quite unbelievable, as is the capacity of human society to revel in the spectacle of a person subjected to such an ordeal

[7],[9],[10]. Modern spanking retains the essence of corporal punishment but in a much milder form than practised in the past. The ritual of spanking retains many of the characteristics or flavours of CP described below through role-play scenarios. However, lessons have been learnt on the dangers of administering CP, so that modern day spanking is a lot safer than in the past. Remember, we are advocating consensual spanking, where the players have agreed to play, in the past neither the spankee nor often the spanker had the luxury of choice.

In understanding the history of CP, the reader needs to be clear on certain terms. Flagellation refers to whipping of the body, while fustigation refers to the application of rods, canes, or other devices that we would now associate with spanking. Corporal punishment allows blows to be landed all over the body. A superior whipping is confined to the upper back, while an inferior whipping is applied to the buttocks. Observe that straps, belts, and so on can be applied to whip either in the superior or inferior position. So whipping is also spanking when confined to the bottom. The inferior position is now the preferred choice for spanking. In the past this was not the case and many serious, often fatal, injuries were inflicted on the unfortunate victim as a result. Another observation gleaned from the many incidents of extreme CP is that the ability of the victim to survive a punishment depends not only on their constitution, but also on the physique and enthusiasm of the 'responsible' person enacting the punishment.

Scott [5] identifies three categories under which CP is administered for different reasons: Curative and Medicinal, Penal flagellation, and Religious flagellation. The primitive races and savages used the idea of CP to control prisoners, slaves, and enemies by a mixture of deterrent, degradation, and humiliation. So-called civilized societies extend this idea to the control of their own people through a code of punishment; dealing with crimes and other public order offences using the idea of justice (for the victims or for society in general). Religion incorporates the idea of CP into pagan rituals of sacrifice or more generally to the idea of divine justice and expiation for sins. Certainly, the Christian era over the last two thousand years, and particularly the medieval times, has a long and sordid involvement with CP.

The curative form of CP stems from ancient observations that pain can act as a stimulant and restorative. In primitive societies, a stick (or cane) is often imbued with magic powers, and the phallus is an object to be worshipped. In ancient times, diseases were thought to be caused by evil spirits that could be driven out of the body by beating the flesh. From this notion came the general idea that CP could be used to cure all manner of ailments, from insanity to small pox, bowel problems to infertility, and even impotence. In Ancient Greece, a woman who had not conceived in the first few years of marriage would visit the temple of Juno, in Athens, to be cured. This consisted of her stripping naked, lying prostrate face down, to be flagellated on the buttocks by a priest (see[5], pg34). Similarly, the Romans thought that whipping a woman on the bottom would help her conceive, and since this was their primary function, most brides-to-be welcomed the idea. At the festival of Lupercalia naked men danced through the streets beating any woman encountered with leather straps. A spanking on the bottom was also thought to help a woman with the delivery of a child. Men were also whipped to cure sexual impotency. Girls would beat naked men with twigs to open up pores and evacuate the bowels at the communal baths (which were often also brothels!). It seems clear that our forbears fully understood that spanking could have therapeutic as well as painful effects. Indeed, the advantages of such 'medicinal' techniques continued to be reported as late as 1839.

Scott also identifies four types of penal flagellation: whipping of criminals, whipping of slaves and servants, flogging in the military, and flogging of children. Obviously, in this context, CP is used as a deterrent. To be successful CP has to be feared, which it certainly was, but also seen to be proportionate, which it wasn't. The rather simplistic notion was that the receiver would think twice about re-offending. Virtually every offence at one time or another could result in a whipping [10]. For example, infidelity, vagrancy, prostitution, being drunk, making libel or slanderous remarks, theft, insubordination, mutiny, refusing to work, not working hard enough, working on the Sabbath day and so on – the list is endless. A characteristic of this type of discipline was that usually the punishment was far in excess of the crime, the length of punishment or severity left up to the person overseeing the punishment. Civil punishments were barbaric with an emphasis on bloodletting. Military

punishments were even more brutal, with hundreds of lashes ordered, resulting in permanent injury and quite often death. Punishment was often given in public with the subject stripped and tied to a tripod, whipping post, or similar device, which were features of virtually every town, village, barracks or prison. Both men and women were punished with equal severity.

Reports of penal punishment stretch from the Hebrews, Egyptians, and Romans right up to modern times. Russia and China were known particularly for the severity of the knout and the split bamboo cane, while in Britain, the cat-o-nine-tails and the birch were to be feared [10]. England, France, Germany, former penal colonies (such as Australia) and other countries continued what would now be considered barbaric practices until the 1800s. No one was immune from punishment, from the peasant to the aristocracy (many tales abound of pretty ladies of the court, Countesses and such, being punished for theft, infidelity, aiding and abetting criminals and so on). Public punishments were also great spectacles; many people would attend, the rich rubbing shoulders with the poor. Special parties for women to attend floggings at penal institutions, as spectators, were not uncommon. Such was the thrill of seeing a punishment meted out, or the voyeurism of seeing a person stripped and bound. Not until the late 1700's did the public whipping of women come to an end, the last recorded private whipping in Great Britain was as recent as 1817. In 1820 all flogging of women was abolished and flagellation as a judicial punishment ended in 1948 (Criminal Justice Act). Up to 1948, young offenders (8-16 years) could be stripped, tied to a tripod or bent over a table/bench, to receive six strokes from a birch rod on the bare buttocks. All forms of corporal punishment were not banned in English prisons until 1967.

Slaves expected to be punished being considered property and no better than livestock. The Romans were adept at CP, inventing several instruments and developing a system of punishment levels. Roman women seem to have been particularly severe at meting out punishment to their female slaves often on very flimsy grounds (such as the failure of the husband to perform the night before, or an imagined slight, or personal disappointment). The Council of Elvira issued an ordinance to punish the mistress by excommunication if a female slave died (before the third day!), because of a lashing given

from fit of anger or madness [5](pg62). Lady Frances Pennoyer (1759) also notes in her diary the use of the rod on a new servant-girl for not being “nearly respectful enough in her demeanour.” But, for sheer brutality and excess, the Southern state plantations of America lives in infamy. Slaves were often whipped close to death (and many did die) before the American Civil war curbed such practices. Ironically, a control on the severity of whipping came not because of any change in the owners view of cruelty, but because of legislation by the minority and the loss of perceived market value: a slave whipped so hard that they could not work, or where the evidence showed them to be unruly, was difficult to sell. Consequently, the use of paddles, rods, and canes confined to the bottom, where marks faded quickly, became popular.

The marriage contract in western culture, where the wife ‘obeyed’ the husband and was given to them in marriage, has now changed. But for many centuries wives were treated no better than property and were subject to discipline at the hands of their husbands. Up until the middle of the 1800’s a husband was regarded as legally entitled to discipline his wife with corporal punishment; provided the rod was not too thick (a man’s thumb width). The Koran also advocates the chastisement of disobedient wives. In America, in 1936, Mrs Dorothy Spencer published her famous Spencer Spanking Plan [23], meant to result in marital bliss. Spankings were never to be given in anger but rather in love. Women were to be spanked and never whipped. The plan also clearly defined when a man could spank his wife, and when a woman could whip her husband, a daring proposal at the time. One leather goods store reputedly sold 297 whips in one day just after the plan was published. The plan was so successful that clubs were formed to promote it and adverts for paddles and whips could be found in the yellow pages until the 1950’s [4].

The prevalent use of CP on adults throughout history leads naturally to its acceptance as a disciplinary tool for children. In Ancient Greece, at the time of Soloman, and right up to the Victorian times children were flogged. The old refrain of “spare the rod and spoil the child”, a typical statement of adult wisdom on the issue. Children were disciplined at home by their parents, by employers, by the governess or tutor, and at school. Virtually any transgression of rules was grounds for discipline. Failing at studies, not singing

correctly, incorrect deportment, or not being able to quote a verse by rote, appearing tired and so on could all incur punishment. Whippings and floggings occurred in ancient times but later juvenile fustigation focused on the use of the rod, cane, or birch [7],[9]. Although still severe, this type of punishment was not as likely to end in fatality (although some deaths did occur). Boys were more likely to receive the birch, but girls were punished as well. Hand spanking was used as a milder form of punishment. Discipline with the cane and rod continued well into the twentieth century in Britain, a country notorious as an advocate of CP for minors, particularly in public schools [13]. The degradation of birching disappeared with the Victorians (who considered the naked buttock to be offensive to their sense of decency – particularly for girls – not the actual efficacy of administering punishment). In 1940, Dr Kitching denounced the caning of teenage girls, causing a major storm [4]. Questions were asked in parliament and the teaching profession defended the practice even for girls up to the age of eighteen.

The use of CP in religion appears in the form of justice and penance for sins. Virtually every organised religion has used flagellation as a penitent tool. CP was used in monasteries and convents to enforce the rules of the order, by self-flagellation (or mortification) to exhibit devotion to one's god, administered to the general public for confession of sins, and by the religious authorities to control the populace at large (the infamous inquisition). Some argue that the quick spread of Catholicism is largely due its intolerance of any heresy or questioning of its teachings – backed up of course by the fear of brutal CP, imprisonment, confiscating of land and estates, and often death. Many saints compiled lists of punishments and the number of lashes for different offences. The church also defined the superior and inferior positions noting that the latter, with the focus on the fleshy parts of the posterior, was inherently safer.

A large part of CP in religion is the covert erotic or sexual side of spanking. Christianity in medieval times sought to suppress the natural sexual libido of the population; fornication and sexual thoughts were a sin. Yet it seems that while accepting punishment for breeches of discipline on the one hand, punishment was also welcomed, and many people revelled in their submission – paying for sins in the eyes of god, and of course as an outlet for sexual frustration. Nuns whipped

the buttocks of monks and monks did likewise to the nuns. Priests extended CP to penance for confessions and could easily abuse their position; such was the fear of the church that nobody would dare refuse. For example, penitents would be stripped and submit themselves to the rod in the priest's private chambers, or sometimes the priest would visit the home to instruct (often young) ladies in 'holy obedience' a euphemism for CP (see [4] and [5] pg124-128 for some eye-opening anecdotes). Recognising the dangers the Pope issued edicts to restrict or curb such practises.

Corporal punishment has always had an erotic element. Causation of pain, humiliation, and suffering stirs something deep in the psyche of the human mind. The excitement and thrill of a public chastisement or the charged atmosphere of a private fustigation stirs up the emotions. Although the church tried to suppress and deny these natural libidinous urges, it is clear that with CP a consistent part of life throughout all recorded history, people would inevitably engage in spanking activities to satisfy personal needs. Even in Roman times, there were people prepared to allow themselves to be whipped for money. The aristocracy across Europe were also disposed to CP as a recreational pastime. Catherine de Medici, for example, was notorious for her penchant for spanking female bottoms. At a banquet in 1577, she made the most beautiful and noble ladies of the court serve half naked, and *personally* spanked them on the buttocks with the palm of her hand [4]. Throughout the nineteenth century, flagellation houses (or brothels) were popular in London and across Europe. Whippings, canings, and hand spankings were used to 'warm-up' or sexually arouse a subject.

Where does all this leave us in relation to modern spanking, or even the idea of consensual spanking in this book? Clearly as civilization has developed the use of CP has reduced, replaced by more covert psychological forms of control. Extreme corporal punishment fell out of favour for a number of well-founded humanitarian reasons: the clear barbarity of unrestrained discipline, the increasing prudery with respect to public nudity, and the recognition of human rights. The effectiveness of CP as a deterrent is also questionable. Severe and degrading beatings for trivial offences are more likely to disenfranchise and awaken amoral activity in the subject, rather than encourage the societal values it is trying to reinforce. Added dangers

also apply to juvenile discipline in connection with the erotic element of CP. On the one hand, it is likely to draw the sadist to jobs and authority over minors and on the other, can awaken sexual feelings and/or perversion in the child leading to behavioural imprinting.

The type of modern spanking advocated in this book is a very mild form of CP that focuses on the curative/restorative elements related to sexual and psychological fulfilment. People are more willing than ever to explore their sexuality and inner self. There is a bit of the sadist and masochist in all of us, usually it remains well balanced. We are all willing to submit to 'painful' psychological episodes for altruistic reasons – bending career to fit family, enduring sadistic bosses to keep our jobs, or paying taxes. Likewise, we also revel in sadistic moments such as revenge for a perceived wrong or crushing an opponent in a sports match. It is interesting to note how many of the historical roots of CP recur covertly or directly in mainstream romantic literature and other media.

Consensual spanking recognises and allows people to safely explore these aspects of character without becoming too extreme. Learning the lessons of history, we adopt a consensual approach so that like-minded people can play together and explore their psyche free from coercion. The spanking concentrates on areas of the body that are unlikely to cause serious injury and is constrained, being essentially juvenile/mild in severity. A lighter spanking is known to be more likely to induce therapeutic effects than a harsh beating. Play is restricted to adults who are sexually developed and mature enough of thought to cope with any awakenings of erotic feelings.

Control and submission is one of the main attractions of spanking. In the past, CP was used to publicly humiliate the subject in order to create remorse and reparation, acting as a deterrent. Consensual spanking uses a ritual to enact these parts and draws on historical references to create scenarios and role-plays. Humiliation in this context has bounds, it is more about embarrassment, the objective is not to demean or subjugate, but to satisfy the needs for submission within an individual. Quite often, the spanking is conducted in private, although group play amongst trusted players is also possible. Putting all these factors together in an effective spanking session takes time and practice.

1.4 How to use the book

The chapters in this book are written so that they can be read independently and are arranged with the beginner in mind. Chapter 2 is about the anatomy of spanking, which bits can be spanked and which bits to avoid. The mechanics of spanking are explained, introducing techniques that are beneficial for both the spanker and the spankee. The sweet-spot, a place every spanker should know about is also identified. Chapter 3 discusses the basic organisation of a spanking session, looking at the role of the spanker and the spankee. Chapter 4 introduces various positions for spanking, listing the advantages and disadvantages of each one. Chapter 5 describes the use of implements: paddles, straps, and canes. Chapter 6 considers basic role-play scenarios, the objectives, the characters, and props. Chapter 7 looks at sensual spanking while Chapter 8 deals with erotic spanking. Chapter 9 introduces spanking as a disciplinary tool, or lifestyle choice, for consenting adults. Chapter 10 provides some information on taking the next steps once you have mastered the basic techniques, where to find spanking toys, literature, or even partners.

The bibliography lists some common references and websites, the list is not exhaustive (an impossible task), but provides a springboard into the scene. Some of the sites have adult ratings; so make sure the content is legal in your area of residence. Similarly, the web is a volatile medium. Links change, disappear, or are taken over by different users with different content and agendas. At the time of writing, the links given here are valid and relevant to spanking, but no guarantee can be given in the future.

Chapter 2 *Anatomy of Spanking*

To deliver spansks with the proper authority and extract the best from each one requires familiarity with the posterior. Getting to the bottom of things, so to speak. In this chapter, the safety aspects of spanking are considered. A spank is a slap with the open hand or an implement on the buttocks. Consequently, it is impossible to guarantee that it is completely hazard free. Some areas of the body are more sensitive than others and some places are off-limits. Done properly however a spanking is no more dangerous than other physical activities.

A spankee often knows when they are in the hands of a competent spanker, someone who will not over step the mark or do any lasting harm. The result is that the spankee will be more trusting, feel more at ease, and be willing to be pushed to the edge of their limits. Remember, we are aiming for a fulfilling experience and the spanker-spankee relationship is an intimate one. A spanking is rarely given just for the satisfaction of only one participant. Understanding the anatomy of the butt will make you a better spanker, able to extract the maximum pleasure for your spankee and hence for yourself.

When spanking is confined to the hand, it is usually pretty difficult to do any lasting damage. However, some people can be quite heavy spankers, while some spankees mark easily or have quite low tolerances. A spankee should have some idea about what they can take and make this clear to the spanker at the outset, especially if there are any medical circumstances that need to be taken into account. Nevertheless, the onus is on the spanker (as the dominant or top) to gauge the spankee's state during the spanking and ensure that they are not pushed further than is sensible. The next chapter discusses how to warm up the spankee and how to find the spankee's edge. This is especially important for beginners or relatively new partners. Sometimes a spankee may get carried away with the moment and be

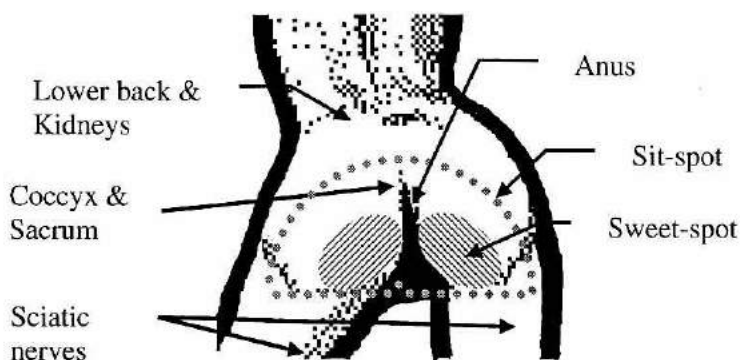
incapable of stopping the session even though they have gone past their limit. The spanker is in charge and responsible. So let us take a brief look at the mechanics of spanking.

2.1 Areas not to spank

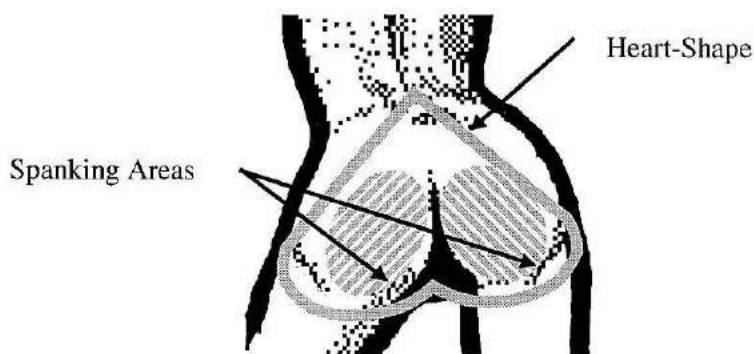
The church, when it still advocated corporal punishment to expiate sins defined different types of whipping. *Superior* was whipping on the back, while *inferior* referred to the naked buttocks. Eventually the latter was recommended because it was less likely to result in permanent injury. Hence the bottom, or buttocks, is the most obvious centre of our attention. The best areas to spank are where there is sufficient fatty tissue or muscle (the *gluteus maximus*) to form a protective cushion between bones, nerves and internal organs. Some people extend the spanking to the upper legs, and the upturned hand, or even the soles of the feet – which are sometimes caned, a practise called *bastinado*. Areas where the bones are close to the surface, or there is little fat, should be avoided.

Another consideration is whether any marks will be visible after the spanking. For example, if you attend a gym regularly, go swimming, or have an appointment to visit the doctor. You will need to communicate these facts to the spanker; who can adjust the level of spanking so that evidence fades quickly. Alternatively, arrange sessions when these events are not likely. Confining attention to the bottom and buttocks means that most clothing will cover up any marks, even if you wear shorts, or short skirts. Skimpy bikinis, thongs and other similar attire may present some difficulties, but normally a fuller pant will cover up most visible signs.

There are four main areas to take into account when performing a spanking: the lower back, tailbone, sciatic nerves, and the genitals (see Figure 2-1). The first is the location of the kidneys just above the cheeks; any damage here can lead to serious health problems. Second, the coccyx (or tailbone) and sacrum, usually found where the cheeks of the bottom separate just above the anus. These bones are very close to the skin and make up the base of the spine. Consequently if damaged they can be quite painful and result in long term back problems. Next are the sciatic nerves, which control the feet and legs, and run down the femur on the outside of the buttock. The nerves are susceptible to pressure and once damaged can cause lasting problems.



a) Sit-Spot, Sweet-spot, and Areas to avoid



b) Heart-shape and spanking areas

Figure 2-1 Anatomy of spanking

Men who keep their wallets in their back pocket, and hence sit on them regularly, can suffer with sciatica resulting from pressure or inflammation on the nerve (fat wallet syndrome).

Reasonably padded by other tissue, the sciatic nerves are quite well protected, but if you are using implements, the impact penetrates into deeper tissues and it is advisable to be cautious. The fourth area to consider is the front of the pelvis or genital area, obviously not a good place to land any blows. Hitting a man's testicles is not only

extremely painful but can cause lasting damage and possibly infertility. Depending on the position used for spanking, the genitals can be pushed up against the pubic bone or against hard objects such as desks and chairs. This can sometimes be pleasurable for the spankee, but also painful if the subject is heavy, or positioned awkwardly.

2.2 The sweet spot

Fortunately, there is a simple way to find the right areas to spank. You can even incorporate it easily into any spanking session. The spankee should wear full pants, what you might call sensible, or regulation knickers, so the waistband covers the midriff around the level of the belly button and the material covers the entire bottom. With the spankee bent over, pull the leg elastic and gusset up between the cheeks of the bottom. Alternatively, make the spankee do it as part of the preparation for spanking. With the pants in the suggested position, virtually all the dangers areas will be under material and the places to spank exposed. Another visual clue is to look down over the bottom, the spankable area will form a kind of heart shape (rather appropriate since it is the subject of our affection) see Figure 2-1.

The waistband of the pants will be roughly covering the kidney area, while the material emerging from the cleft of the bottom cheeks will cover the coccyx and sacrum. The sciatic nerves are still exposed but they run down the legs, are well padded, and easy to avoid. The genitals are also covered, with material stretched over them, which can be quite an erotic sight for the spanker while preserving some dignity for the spankee. Depending on the positioning (which we consider later) you might find that the vulva, or scrotum/testicles are pulled back between the legs. The amount of panty material you can see is a good guide as to whether to adjust position, if it is level with the cheeks or sticks out, take care not to catch it as you land the spank. This can be very painful, especially for male spankees.

The objective in any spanking session is to cover the exposed cheek area evenly with spansks to produce a nice red-glow. In particular, a spanker should aim for an area called the sit-spot (or sweet-spot). So-called because if you sit down, the part we are talking about is where your bottom touches the chair. If this area is properly and thoroughly spanked, the spankee will probably need a cushion to sit down

comfortably afterwards! With the spankee standing and bent over, the sit-spot is roughly a semi-circle with the flat edge in line with where the buttocks meet the thigh and the half circle rising up over the cheeks. A smaller semicircle confined to the lower portion of the cheeks is the area called the sweet-spot, this is where you get most reaction from a spank. The area is packed full of nerve endings (dermatones) and connections to the Kegel muscles of the groin area, which share the same neurological circuits as the genitals. Hence spanking here can actually produce quite pleasurable sensations. The red hue or 'moonglow' on the curve of the bottom in erotic poses, cartoons, or artwork is just where the sweet-spot is supposed to be located.

2.3 Science of spanking

Bet you never thought you'd be doing science in a book on spanking! Bear with it; it helps a lot – honest. First, to every action, there is an opposite and equal reaction – or put another way, if you hit someone's bottom with the flat of your hand there is going to be a reaction. The action of moving your arm and applying your muscles to the swing creates energy. When your hand reaches the bottom all the energy is transferred through your hand into the spankee's up-turned cheek. At least, it should be, if you do it right. Some of the energy will escape as sound, some will rebound back into your hand, some will turn into heat, and the rest will be transferred into the bottom flesh.

In the first case, each spank is accompanied by a loud slapping noise, the harder the spank the greater the sound. Additionally, the spankee will react, gasp, grunt, yelp, shriek, and perhaps squirm and wriggle a bit, a good indication that it landed right. If the spankee is tight-lipped and unresponsive, ask them to count strokes. The effect they are having is difficult to disguise in the voice. Unless you get a buzz from being overheard, think carefully about where you are doing your spanking. Hotel rooms with thin walls, or next to grandma's annexe are probably not a good idea! Otherwise, you will unconsciously try to mediate the impact of your spank. Likewise, the spankee will clench up, clam up, and make the whole experience less relaxed and enjoyable.

Not every spank will land perfectly. It takes time and practice to hit the sweet-spot just right every time. Consequently, some of the impact

will rebound back into your hand. A spanker, spanking incorrectly, can end up with a very sore hand. The objective is for the Spankee to have a sore bottom. The idea is to keep the hand in contact with the bottom only briefly allowing the energy built up in the swing to transfer into the cheek. Raising your hand above the shoulder and striking down towards the cheek is not usually effective (despite what you see in pictures and videos). There is a danger that you can hit the tailbone and it is not easy to move your hand away from the bottom quickly, once the spank has landed. Reversing direction takes energy and prolonged contact or compression of the hand flesh on the cheek retains some of the impact.

A better action is to stretch out the arm level with or just above the cheek, pull it out to one side keeping it below the shoulder and swing back to catch a glancing blow on the bottom. The arm has a natural swing, like a golfer or tennis player, you can use the power of your shoulder to get momentum, and the hand stays in contact with the bottom for only a short time. Accelerating the hand at the end of the swing adds significantly to the force of impact, and most of the energy is then transferred into the butt (ouch!). You can add further effect by flipping the wrist at the last moment so that the flat of the hand strikes evenly across the cheek right onto the sweet spot. Alternatively, cupping the hand slightly will generate a quite satisfying thudding noise, while also trapping some air to give the spank an impact more like a light paddle. To increase the sting spread your fingers slightly apart; this reduces air resistance and focuses the impact into narrow strips (see Chapter 5 for why this is effective).

Next, consider what happens to the Spankee's bottom. As the spank lands the hand compresses the bottom flesh and the impact stimulates nerve endings in the skin. The body reacts to the compression by releasing chemicals while the nerves transmit signals to the brain. The result is a stinging sensation and the registering of stimulation by the spankee. Some of the energy generates heat as well as the smacking noise. Each spank repeats the process so that a steady rhythm of nerve impulses and compressions works through the spankee's body. Time your spanks correctly and not all the effects of the last spank will have completely dissipated by the time the next one lands. Consequently, the bottom gets hotter and the skin reacts to turn reddish, or purple, as the spanking proceeds. Don't be alarmed at this, it is natural, and can

be used to judge when to stop. Watch the colour, slowdown, use less force, or stop if you think it looks too angry. A pause will allow things to subside.

Spanking as hard as you can, for as long as you possibly can, is a mistake. You are cheating yourself and the spankee of a longer, more sustained, and enjoyable spanking experience. Nerves that are activated too often in a short space of time become saturated and stop reacting. To demonstrate, look out of a window into a bright sky for a few minutes and then close your eyes, sometimes it is possible see the residual image of the window frame behind your eyelids. The nerves in your eye have become saturated with the image of the window and need time to recover – what is known as persistence of vision. Similarly, if you spank too hard, too quickly, or concentrate only on one spot, the nerves in the bottom will get tired and the cheeks go numb. As a result, your spanking will not be as effective; your subject will stop reacting. The more effort you put in, the less reaction you will get. This is the principle of diminishing returns. Probably time to stop and take a break. Inspecting your handiwork every now and then, admiring the red-hue, stroking or rubbing the cheeks to alleviate the sting, will help to take out some of the heat and reduce numbness. A rate of about one spank a second or slightly less should get things warming up nicely. Leave longer gaps between spanks to let the bottom recover more.

Alternate between spanking one cheek and the other, giving each one roughly the same amount of attention. Peppering the area around the sweet-spot will extend the length of time before the bottom goes numb and so extend the enjoyable period of spanking. Longer lighter strokes (or slaps) tend to produce more redness, while rapid quick-fire bursts can sensitise an area very quickly. Also, watch-out for your subject tuning in to the rhythm, if this happens they can try to minimise the impact by tensing, or clenching the bottom cheeks, in preparation. A hard clenched cheek makes more energy rebound back into your hand than a loose fleshy one. Wait for the subject to relax and then spank immediately. Not only will you land a good spank but also add to spankee's surprise and teach them a lesson about clenching. Pause, stroke, and alter the speed of your spanks to reinforce that you, not them, are in control.

2.4 Pleasure or Pain

Does a spankee feel pleasure or pain? The answer depends on perception and on the individual. Some people argue that pleasure and pain are the two extremes of a continuous range of sensation, where any individual slides from one to the other is extremely difficult to judge. The body certainly reacts, but what is going on inside the subject's head? The first thing that happens when the brain registers something the body regards as unpleasant, is to confront what is happening or get away – the so-called fight-or-flight instinct. In a spanking scenario, the spankee has agreed to be spanked; so running away is not an option. The spankee's conscious mind overrides the base instinct in a rational submission. Spankee's often wriggle and writhe, trying to move the bottom out of the line of fire, this is because their brain (the unconscious part) is telling the rational (conscious) part to move, or run away. Just like we jerk our hand away from something hot – it is instinctive. In preparation for escape, the body releases adrenalin. Adrenalin makes the heart beat faster, makes you feel wide-awake and alert – ready for action, and gives a sense of well-being (or euphoria). The feeling is that buzz you get from a closely contested sports match, or a thrill. In spanking the effect is similar to playing a fast paced computer game, or on a ride at the fair ground, or watching a scary film, you are not physically 'running away', but still getting the adrenalin effects.

Having reduced the capacity for 'flight' the only option left is to 'fight', so the second thing the body does is create endorphins, these are the bodies natural pain killers. Back in prehistoric times, in order to survive, we needed to be able to take more levels of pain in a fight than at normal times. Endorphins suppress pain (or what the body regards as pain). Today we are prepared to ignore pain to be triumphant in a sports match, and even 'enjoy' the aches and pains from a fitness session because it makes us feel good. These feelings are all to do with endorphins. Drugs such as morphine and opiates try to mimic the effect of endorphins, so the high associated with pain-killers and other drugs is recreated naturally, by the body, using endorphins. Endorphins can be just as addictive as man-made drugs. So-called thrill seekers are addicted to the endorphin-adrenalin 'rush' and seek out more and more ways to get naturally higher. The more involved BDSM scenes cater for these types of people.

Next, consider another part of the spanking process. The bottom is physically close to the genital area and the sex organs, which are very sensitive to stimulation. Section 2.2 identified the sweet-spot and the fact that the flesh and muscles of the bottom are part of the same nerve groups as the genitals. Consequently, the impact of a spank can generate pleasurable stimulation and other side effects. For example, when the spankee is taken over the knee, the compression of the cheeks in a spank pushes the pelvic region forward rubbing the clitoris or the penis against the spanker. Wriggling and Writhing stimulates the genitals. A spank is also percussive, it is like hitting a drum, the skin of the drum vibrates to make the noise. Similarly, the impact of the spanks makes the bottom cheeks distort and transmits the impact through the bottom to the genital region. These vibrations alone can be extremely pleasurable and stimulate other aspects of arousal. Putting all these factors together, you can see why some people can orgasm purely from a spanking and no other sexual stimulation.

The objective in a spanking session is for the spanker to help the spankee find the knife-edge between 'fight' and 'flight'. Finding the edge, or limit, is trying to balance the feelings of pleasure and pain, and if possible slowly raise the level of spanking to generate a greater chemical high for the spankee. For people that do find this mental space the effects can be dramatic. The sense of well-being may end up in a cathartic release. The spankee may well cry, need to be cuddled, left alone, or let the emotions out in other ways. We are tapping deeply into the psyche here, which can be a bit scary for the novice spanker. In particular, if you do not know the spankee very well, there could be psychological issues from the past that well up and come out. Consequently, one should adopt a commonsense approach, get to know your spankee before hand, understand what you are both trying to achieve with a spanking session, and communicate throughout the session so you know where the spankee is in that private head-space. Do not go to this level unless you are both well prepared. You can still have lots of fun without it, not everyone can do it, and even if you don't find it, or don't want to find it, the effects of adrenalin, endorphins, and sexual chemistry can still be very pleasurable.

2.5 Bottom marks

Spanking hard enough for long enough will leave some marks. As explained above, the bottom will go numb and that means the spankee will not feel much soreness until after the spanking has finished. How long the after effect lasts depends on the length of the session, the severity of the blows, and the resilience of the spankee. Above a certain level, bruises and marks are inevitable. For many spankee's the marks left by a spanking are their medals of honour, often to be coveted. Placing their hands on their bottom to feel the heat, or examining marks ruefully afterwards, or between periods of spanking in longer sessions is all part of their enjoyment.

Some spankee's play outside their normal relationship, or have jobs that expose the buttocks (e.g. dancers, models, sportspeople). Consequently, once the level is agreed, or even if the spankee marks more easily than expected, the spanker must act responsibly and warn the spankee that marking is likely, tone down, or stop the session as appropriate. Clearly, they can only do this if the spankee is completely open and honest about what they want from the session. Even allowing for all that, the odd mark might still appear – it is the nature of spanking.

To create a 'moonglow' effect of broad patches of red the spanking should be lighter and for a longer period, spreading around the spankable area and using short breaks to prevent numbing. After that, heavier blows will create a deeper colour and eventually you might get purple or blue areas. Each time a spank lands it compresses the flesh of the bottom and creates some damage, usually not very severe. If the spanking is prolonged or heavy, eventually the skin itself or the tissues underneath will be damaged and bruises can form. Technically, a bruise is what happens when small capillaries burst and blood seeps into the tissue underneath the skin. As the blood spreads out it creates a discolouration so often bruises appear worse than they actually are. Most bruises are harmless and fade quite quickly. One or two types can create health problems. For example a small bruise on the surface might be the tip of a deep bruise, or blood might pool between the tissues, rather than spread out, to form a hard lump (hematoma). Due to the risk of clotting, you should seek professional advice as quickly as possible in these cases.

Coping with and avoiding serious bruises is quite straightforward, but you will not be able to avoid them forever, especially as your play intensifies. Commonsense dictates that you should not engage in a spanking session until all your bruises have healed properly. Left to their own devices bruises go through various stages of healing, from blue/purple to grey, then to lighter yellow, before they disappear. The body reabsorbs the blood trapped in the tissues and you can hurry this along by drinking lots of water. Some immediate aftercare can also help to diminish the effects. Old and traditional cures are to apply a cold compress switching to warm compresses after twenty-four hours, use arnica to draw-out the bruise, or vitamin K creams which also seem to help. Tapping the affected and surrounding area, as well as using ice packs or soaking in lukewarm water, can reduce swelling. During spanking, the spanker should not land too many spanks in the same spot one after another. Also, avoid any area that looks white compared to the surrounding tissue (a good sign that a bruise is about to form), and if a bruise does appear, stop and wind down the session.

Some people are more susceptible to bruising than others especially if they have health problems. For example, people on blood-thinning agents (warfarin, aspirin, ibuprofen) could have a risk of severe bruising. Similarly, small blood vessel damage in diabetics mean that injuries tend to take longer to heal. Caucasians with blonde or red hair also seem to be susceptible, probably because of their lighter skin tone. Some spanking positions can also restrict the blood flow and bunch muscles together. Think about what you are hitting and aim for the fatty parts of the buttocks.

Hand spanking is generally safer than other forms of spanking because the spanker's arm will probably get tired long before the butt gives out. Additionally the spanker can feel the effect of the spank directly, if it stings the hand it is doing the same to the spankee's bottom. Implements will have more impact than a hand and it is not as easy to judge the power exerted by the swat of an instrument. Hitting any bones with an implement, especially close to the surface of the skin, is not a good idea. Experimenting on yourself, seeing what a light tap feels like on your own butt, will change your perspective as a spanker, or give you an idea of what to expect as spankee. If you have any doubts, avoid it, or don't do it. A spankee is more likely to call a halt if the spanker spans too hard too quickly. In this case, the body

overrides the conscious submission of the spankee and the spanker loses control of the session – an unforgivable situation. Some spankers advocate a start up period, before the real spanking begins, where the swats get progressively heavier to allow the spankee to measure their limits (see [2]). A good idea if you are a beginner, or changing partners, but unnecessary if you are established players.

Implements produce more marks than hand spanking. They are harder and less forgiving on the skin, they transmit more of the spank into the deeper tissues where unseen damage such as deep bruising might occur. In addition to bruising, skin breaks and abrasions are also possible. The general rule is to use wider, flatter instruments, to limit marks. A wider implement spreads the impact over a greater area doing less damage. Conversely, smaller thinner instruments (e.g. canes) concentrate the energy of a swat into a small area. Consequently, welts and ridges are more likely. Oddly enough, the characteristic stripe marks on a caned bottom are one of the things spankees seem to covet most of all. It shows what they have endured, and they can feel them for quite a considerable time after the session. Hitting the same spot repeatedly can be very painful. Marks that run across each other also risk breaking the skin or forming a blister at the intersection point. Welts in particular might heal on the surface but come back when circulation in the bottom increases, for example, when the bottom gets hot, or you engage in physical activity.

2.6 Types of spanking

When submitting to a spanking, the spankee must communicate all the relevant information to the spanker, including anything medical, and how heavy a session they can take. A light spanking would be expected to increase the blood circulation, give a warm glow, and a rosy colour to the bottom, but fade within a couple of hours. A medium level spanking may result in some limited bruising, light welts, and take several days to disappear. Discomfiture in sitting might also be apparent. In a heavier session, expect to have raised welts, red or pink in colour, abrasions, and of course bruising. The recovery time for a heavy session could be several weeks. A severe/military style spanking would be very painful. The theme of this book is on enjoyable spanking and favours light to medium levels. Heavier forms are more like old-style corporal punishment and can

run considerable health risks. Consequently, they are not considered further.

A spanker will need to discuss the type of spanking scenario with the spankee. The expected behaviour will be different for each one and they will need to plan accordingly. Heavy in this context means psychological or emotionally intense mind games. These range from flirty or playful teasing, stricter disciplinary (school) style, to interrogation type scenarios. A *playful* spanking is what most people probably think about when spanking is first mentioned. Mainly a light spanking, it is often the one used in spanking parties, or in spanking games with some light banter and teasing between spankees, spankers, and other participants. Behind closed doors, the session can be heavier and extended into role-play, baby/pillow talk and so on. Light instruments may be used as well as the hand. Vanilla couples, engaging mostly in mainstream sex, might indulge in this type of spanking before intercourse.

A *sensual* spanking (see Chapter 7) is one where the spanker's objective is to give the spankee a high with a combination of spans, caresses, and (non-sexual) touching. The focus is on the Spankee's enjoyment and so tends to be light to medium, interspersed with other activities such as massage and oils. An *erotic* spanking (see Chapter 8) is an extended version of sensual spanking where intimate touching is encouraged, as is switching of roles, the intention being foreplay for sex or orgasm and so tends to be light to medium.

Discipline and *maintenance* spanking is aimed at the domestic discipline area (see Chapter 9). Here the spanking is given as part of some lifestyle commitment or to correct some perceived wrong doing, so the spanker is very much in charge. The level is usually medium and players may dispense with safe words. Maintenance spanking is just what it says, designed to keep the submissive partner in check, and may occur simply because the spanker thinks it appropriate. This is not as mean as it first sounds. Once you enter a spanking relationship, disciplinary or not, it is necessary to maintain the posterior, otherwise you can find that the spankee's bottom becomes sensitive again and marks appear just like a novice.

Chapter 3 *A Spanking Session*

In this chapter, the basic structure of a typical spanking session is considered; the type of things that need to be taken into account and the motivation of each of the participants. For most spankers and spankees their first encounter probably started by accident. For example, your partner pulling you over their knee to administer a few playful slaps on the rear. You might have felt your face flush, heart beat a little bit faster, wriggled in protest, and then it was all over. Afterwards you were full of strange feelings, a frisson of excitement, a bit jittery. Alternatively, as a first time spanker, you felt a few stirrings, enjoying the sense of control. Wanting to go further, you were both afraid to ask, concerned that your partner might think you were a bit weird. Indeed, more than one person has described how slowly they came to realise and then accept that they got pleasure from spanking [27]-[30]. Often it takes longer for them to realise that they are not alone.

There are endless permutations and circumstances by which people finally try spanking. Some might only indulge once or twice, others will become ardent devotees, and many more will find a comfortable zone somewhere in between. A typical tale is the feisty girlfriend being 'dealt with' playfully by a boyfriend, perhaps in front of her friends, feeling embarrassed but secretly enjoying it. Alternatively, being taken in-hand by a partner who at the end of their patience resorts to drastic action. Later the spankee comes to realise that constantly pushing the boundaries is an unconscious longing for their partner to take control. Alternatively, perhaps a lover gave you a playful spank on the rear as you started to get amorous one night and you got really turned on. All these scenarios involve spanking, but differ in the degree of undress, spontaneity and control.

There is no right or wrong way to run a spanking session, but a few pointers and a little organisation will help to shape expectations and

produce a more rewarding experience. The session described below is a basic 'playful' non-sexual encounter that moves into a medium level of spanking at the end. We assume the players are past the first blush, having been treated to an unexpected playful encounter or are ready to indulge further and explore their newfound predilection. The description focuses on the physical side but some psychological control techniques are also introduced; if you find these parts uncomfortable just concentrate on the spanking parts to start with.

3.1 Objectives

Although the main objective is to deliver the spanking, the actual spanking is only a small part of the total session. Both the spanker and the spankee have particular roles to play and are seeking different experiences from the event. Despite the simple examples above, it is not just a matter of pulling your partner over your knee and spanking. A good session requires advanced planning, agreement on objectives and levels of play, preparation of the venue (particularly for role-play), and a discreet location. A session is a ritual, a very individual ceremony, and certain things have to happen in the correct order for each player's idealized fantasy to come true. Otherwise, what is imagined in your head and what happens in reality will part company and the session will fall flat. Amongst all the ritual, the spanking is given and received. Like a ballet, partners have to play their assigned role. Indeed, to avoid confusion and stepping on one another's toes, somebody has to take the lead.

For the spanker the objective is clear, they must administer the spanking, push the spankee close to their limits, possibly just beyond, but not over step the boundary of common sense. The spanker is the dominant partner and leads, or exercises control, over the spankee. A natural spanker derives satisfaction from playing the dominant role, their objective is to ensure that the spankee submits. Hence, everything in the session is arranged for the convenience of the spanker including the positioning and posture of the spankee. This allows the spanker to adopt a comfortable stance when conducting spans, to spank using the correct method, and by having freedom of movement, to conduct matters safely. Indeed, with the spanker running the session correctly, the spankee can writhe and wriggle, both mentally and physically with a degree of abandon. To help with

control, each session is governed by a set of rules. Once the rules are explained, the spankee must observe them or suffer the consequences of transgression. The session must have a start, middle and end. At the start, the spankee presents himself or herself for spanking and ask for the spanking. In the middle part the spanking is given. At the end, the spankee thanks the spanker for their attention. Anything less and the spankee is not being controlled – which is what they secretly desire.

For the spankee the objective is loss of control and submission. The process has three parts, first the anticipation that they will be bent over and spanked, second that they willingly submit by assuming the required position, and third feelings of embarrassment/discomfiture – or humiliation. The spanker must constantly reinforce the fact that they, not the spankee, are in control. Consequently, a spankee must expect to be positioned and re-positioned throughout a session, taking-up postures that give the spanker maximum freedom to spank the posterior, while limiting their ability to evade the spans. Knowing that the spanker has complete access to the rear emphasizes the loss of control and makes the spankee feel ‘exposed’. A natural spankee enjoys this submission; but can only do so if they are happy that the spanker is conducting a session safely and discreetly. Being in safe hands adds to their sense of abandonment.

A successful session combines the psychological and physical aspects of the engagement. Chapter 2 considers the basic technique of spanking and the reactions expected. Chapter 6 explores the psychological control aspects. The ritual and procedure in a session is designed to bring the participants together on agreed ground and to start loosening up the normal defence barriers individuals erect to protect themselves against people. In a well-managed leisurely session, the objective is to bring the mind-set out into the open and for the participants to let their barriers down. Essentially saying ‘it’s okay. Let’s do it together, get each other into our head-spaces, indulge ourselves, safely and discreetly.’ Communication is the key, using a series of triggers during the play to raise anticipation, expectation, and guide the process.

3.2 Basic Positioning and Control

The key to all successful spanking sessions is posture and positioning. Some spankers have preferred positions from which they find it easier to deliver spansks, while some spankees find some positions more embarrassing or more comfortable to hold. A great deal of the aesthetic value of spanking is on the posture and demeanour of the spankee. Artwork and erotic literature invests heavily in communicating these positions and postures. Indeed, many spankers enjoy positioning and admiring the spankee's poses. Chapter 4 is devoted entirely to different positions and postures. Early sessions can be used to educate a new spankee, making it clear that they will be rewarded, or not, according to how well they submit to the spanker's control by adopting the required positions, posture and behaviour.

Our 'ideal' session uses only the basic over-the-knee (otk) position. Some purists refer to it as over-the-lap, see Figure 4-1. To adopt this classic position the spanker is seated on a chair with knees together. A high back chair with no armrests (such as a dining table chair) is ideal as this gives enough space for the spankee to move around and sufficient freedom for the spanker to swing the arm and rotate at the waist. For a right-handed spanker, the spankee lies over the knees with the head to the left and legs to the right. Ideally, the bottom should be positioned just over the right thigh. For a left-handed spanker the situation is reversed, with head to the right, legs to the left. The head should be well down, hands and arms forwards, with the legs straight and feet together to present the posterior.

There are several advantages to the otk position. The subject's posterior is face up and accessible to the spanker, who has a free swing to land spansks at a natural angle. The spanker is comfortably seated and so can conduct the spanking at an unhurried pace, concentrating on delivering spansks with the maximum impact. The otk position is also quite comfortable for the spankee, which means that they spend more time thinking about the spanking and not on other distractions. Having to bend over the knee is also a humiliating submission. The upturned cheeks place all the attention on the bottom, the spankee cannot help but feel exposed and perhaps more than a little embarrassed at their predicament. A head down position, lower than the spanker, adds to the domination of the spanker over spankee.

The sweet-spot is also readily accessible and the spanker can check easily on the effects of spansks on the bottom.

An otk spanking also gives the spanker significant physical control. As the spansks begin to land and heat builds up in the cheeks, the spankee is liable to wriggle and try to get their bottom out of the line of fire. The spankee may also lift their back, raising or bobbing the head above the spanker's knees in reaction to a swat. To negate these effects simply place the left arm along the spankee's back with the elbow positioned over the shoulder blades. Pushing down gently but firmly prevents the spankee from rising too far, while leaving the bottom in a spankable position. Some spankees also have wayward hands and legs. A typical response to a few well-laid spansks is for the free arm to come around and to cover the cheeks with a hand. Clearly in the otk position, the left arm is naturally restricted. Control the free hand by taking the spankees wrist and holding it in the small of their back, thus leaving the bottom completely exposed for further spanking. Combined with the elbow at the shoulder blades this is a very controlling position, leaving the bottom at the mercy of the spanker.

A spanker can observe the effects of the spanking (as if wriggling wasn't enough) by reactions in the legs. Even if the spankee is as tight-lipped as they come and determined not to show any weakness. The first signs that spansks are having an effect, is for the leg to lift at the knee – a foot pop. This movement might extend to both legs, or a more wilful kicking and scissoring effect as the bottom warms-up. Obviously, this is a good sign to the spanker, but if the legs come too far back or the spankee is strong, it can interfere with the spanking. Another trick is for the spankee to clench their cheeks making it harder to land a good spank.

There are three basic ways to control leg movement and clenching. First is to admonish the spankee, demanding that they adopt the correct posture and relax, before continuing the spanking; both good for asserting control and submission. The second is to adopt the purist otk position, where the spankee is placed over the left knee and the right leg positioned over the spankee's legs at the knees to stop scissoring or lifting up too far. Obviously, the viability of this position depends on the relative stature of the spanker and the spankee. Another alternative is to adjust posture by stopping the spansks,

repositioning the legs and making it more difficult to kick. For example, ask the spankee to present their bottom by 'sticking it out,' essentially pushing the small of the back downwards to lift the cheeks. The extra effort and muscles used in arching makes it less easy to kick and clench, while also adding to the embarrassment of deliberately exposing the bottom for attention. Demanding that the spankee keeps their legs straight, knees locked and together, while pointing their toes with the tips just resting on the ground, is similarly effective.

Another possible problem is that a wayward spankee may fall off the front of the spanker's knees. With the left arm resting on the spankee's back, the hand naturally rests on the spankee's right flank. The spanker can use this hand (if it is free!) to pull the hips securely onto the lap. Gently squeezing the thigh pushes the bottom cheeks together presenting the fleshy parts more effectively for spanking. Raising the right leg, by resting the heel against the chair leg, can also present the bottom at a better angle, but can get tiring after a while.

Clearly, then, if you have a really wayward spankee you will have your hands full. So much more the enjoyment when you finally tame them! In these cases, additional strategies are needed; different positions (see 4.2) or session control techniques (see 6.5). Remember that the spankee ultimately wants to submit, thrashing about and being tamed might be one way in which they enjoy submitting. Alternatively, they may be finding the session too heavy and beyond their limits, so ask them if they are okay. Likewise, just because a spankee lays over a spanker's lap dutifully and without out a wriggle, does not mean they aren't getting a buzz. In these cases, more oral communication will be required to confirm how things are progressing.

3.3 A typical session

Each spanker-spankee relationship is unique, by exploring your likes and dislikes your sessions will evolve into something very personal. As a result, describing the perfect session is virtually impossible. Nevertheless, in general, the flow will usually be similar to that described below. Any session consists of three main stages: preparation, spanking and aftercare. In our idealized example, the session will last one hour, excluding the preparatory and winding down parts. The main spanking part is split into four sections designed

to slowly build the pace and intensity. Each section lasts approximately fifteen minutes, ten minutes of spanking and up to five minutes of rest time. The rest time allows the spankee to get up and change position, have a brief respite from spans and reflect on their predicament. The spanker uses the time to rest their hand, stretch, or loosen up and prepare for the next part of the session. Beginners might start with only the first section and then build-up, adding more sections in following sessions. Players that are more adept might lengthen the later sections or increase the intensity at a faster pace.

Preparation: since the emphasis is on safe, sane and consensual spanking the first thing the players must do is sit down and agree the ground rules for the session. Spankee's should inform the Spanker of any medical problems or other likely complications that will affect the details: choice of implements, levels of tolerance, role-play and any other pertinent facts. Beginners should perhaps consider limiting themselves to light spanking and not use implements first time, or agree to experiment only towards the end of the session. The spanker finds the limits or edge in the first half of the session and then pushes the boundaries in the last two sections. This warm-up period is essential even for established players because an individual's tolerance changes from one session to another. The most obvious example is a woman's natural cycle, when she may have less tolerance immediately before a period compared with afterwards. Tiredness and other general lifestyle factors can also affect limits from time to time.

The job of the Spanker is to push the spankee's limits and find their edge, so settling on a safe word is important, especially for new players. A safe word is an agreed word or phrase that stops the spanking part of the session and jumps straight to a rest period or aftercare. When the spankee utters the safe word, all play must stop, immediately. Ideally, the spankee wants to abandon himself or herself, part of that process can be repeatedly saying 'no', or begging the spanker to stop. They don't really want the spanker to stop, they are just giving vent to their feelings and getting into the session. Consequently, choosing a safe word that will not crop up naturally during a session is paramount. Simple choices are colours, numbers, or a traffic light system. For the latter, green means 'okay keep going,' amber means 'approaching my limit,' and red means 'stop I'm past my limit.' Once you get used to playing, the traffic light system can be

used to keep a session going by testing the boundaries and then dropping back to a reduced intensity of play ([2] suggests using a scale of numbers to add more levels – e.g. 0=okay, 10=stop).

A spankee is much more likely to use the safe word early on in a session if the intensity rises too quickly. The intensity achieved at the end of the session will be increased if the spankee is warmed-up correctly, hence the four sections in our main session. Remember that the spankee wants to feel as though they have lost control and the spanker wants to have delivered a good spanking. But, do not get carried away. As the session really comes together, the spankee might forget they have a safe word, even though they have gone past their limit. The emphasis is on constant communication. The onus is on the spanker to call a halt when the spankee has had enough or the pre-agreed limit (e.g. marking) has been reached. Sometimes this can be difficult to judge, especially if the spankee is taciturn and tight-lipped.

Part of the session can be a particular theme or role-play. Beginners may omit role-play altogether. Often a role-play session would be longer than the one described here. However, the spanker may still want the spankee to dress, arrange their hair, or make-up, in a certain way. For example, sensible bra and pants, white cotton knickers, lingerie, short skirts, high heels, glasses, shorts, gym skirt; there are endless variations. It is useful to settle on a dress code for both spanker and spankee, no matter what it is. For the spankee it becomes the first sign of submission and compliance. Checking obedience to the code can be used to start a session. Deciding the details together will add to the sense of anticipation and that illicit feel that you are engaging in something a little bit naughty (see Chapter 6 for some ideas and extra techniques). Try not to change into outfits or clothes together, treat it like a date.

Setting the time and date for a session is also important, preferably with a little time between the agreement to do a session and the actual session itself. Again, like setting a date, it gives you something to look forward to and fantasise about. Couples whose marriages are in a rut often try to re-kindle that old tingly feeling by pretending to go out on a date, turning up at bars separately or being picked up for a 'date' by their partner. Similarly, add your session date to your calendar, put it in your diary or organiser, to build anticipation. Some people like to enter into playful teasing; the spanker reminding the spankee what is

in store or the spankee behaving a little more mischievously than normal in the run up to the session. Not for everyone, but it can ensure that when the date finally arrives you are charged with that extra little bit of excitement and ready to go.

Before the session, the spanker should set up the location; a bedroom, lounge, or wherever with the chair and any other apparatus checked. Try to choose somewhere reasonably warm. A cold room can affect blood flow; nobody likes cold hands or a goose-flesh bottom. A lack of circulation means that the bottom might not heat-up quickly masking evidence of marking which comes out later. Similarly if the room is too hot or stuffy you might feel light-headed or faint during the exertions. Below, only otk hand spanking is considered for simplicity; if you intend to use any implements make sure they have been properly cleaned. If possible, arrange for a full-length mirror to be available. Some spankees like to watch themselves being spanked or to sneak a glimpse at the effects during rest periods. Agree in advance how the players will arrive, for example, is the spankee to wait in the room for the spanker or vice-versa. Either way the spankee must be kept waiting, it is the start of the process of losing control.

The main session:

Section 1 Warm-up: this part of the session does exactly what it says, starting up the engagement between the players, establishing the rapport and warming up the spankee's bottom. The section is divided into two parts, introduction and spanking. The introduction is the start of mental sparring and the psychological aspect, while the spanking introduces the physical part of the session.

A simple start is for the spanker to sit in the spanking chair and have the spankee report to them, for example knocking on the door of the room (reminiscent of head teacher's office). Standing in front of the spanker is a little childish and brings all sorts of emotions to the fore. The spanker can inspect the spankee for the required dress code and admonish them for any misdemeanours. For instance, if she is asked to tie her hair up in a ribbon, is the bow tied neatly and correctly. Alternatively, does he have clean hands and fingernails or a straight well knotted tie. No matter how well the spankee is turned out there will always be problems and some aspect that requires improvement. Some professional spankers refer to this as excessive

pickiness - remember the objective is control, submission and humiliation.

Further control is exerted by demanding that the spankee explain why they are in front of the spanker, what behaviour has led to them being there or just asking to be spanked. The spanker may notice that the spankee shuffles about nervously or colours on the cheeks with some discomfiture, others may be defiant, all good signs of apprehension and embarrassment. Perhaps their tone is not respectful, they mumble, or you get nothing back. Maybe the deportment is not appropriate. Whatever the reaction the objective is to build on the sense of unease and ensure that the spankee knows the spanker is in control, that they are going to be spanked, and that they had better obey instructions.

The next part of this section is an initial spanking. The subject assumes the required position (otk), fully clothed at this point, and presents their bottom for attention. The spanker proceeds to warm up the posterior with some light spans, peppering the target area, stroking the curve of the buttocks periodically, while slowly increasing the speed and power in each spank. Adjust and readjust the position to get the bottom at the right angle and settle into a rhythm. For male spankees it may be necessary to adjust the lie of the genitals (dress to the left and fit snugly against the spanker's thigh.) The spanker should talk to the spankee confirming that they are comfortable with the spanking as the level builds. The exchange should be more or less one way with the spanker asking questions and the spankee responding. Spankers should not brook any attempt by the spankee to ascertain any control. A sharper spank should sort them out. Gauge how much of a handful the subject is going to be and control any waywardness as necessary.

After ten minutes or so of light playful spanking, the session moves into a rest period or corner-time. Corner-time is a euphemism to emphasize the dominant-submissive scenario in play. The obvious analogy is with being told to stand in the corner and look at the wall because you are naughty. The spankee can also be asked to adopt certain postures/positions to add to the sense of disgrace. For example, hands on head, or with bottom exposed. Not being able to see the spanker or feeling the effects of the radiating heat in the bottom adds to the loss of control and embarrassment, having to hold the position

maintains the compliance. When the spankee cannot see the room, moving objects around, such as furniture, or the swish of an instrument, builds up their anticipation for the next part of the session. If that all sounds too much to begin with, provide a glass of water and allow the spankee to drink only a certain amount at each rest point. This asserts control and builds anticipation, especially when the spankee realises that they will have to finish the glass before their ordeal is over.

Section 2 Build up: in this part of the session the intention is to add to the submission and humiliation parts of the spankee experience, while also building the power of the spanking from light to medium. The spankee should be asked to adjust their dress and assume the required position (otk). For trousers/shorts this requires unbuttoning and dropping them to their knees or ankles. Skirts and dresses are easier to deal with; the spanker can pull them back once the spankee is in position. Tight business suit skirts should be removed or pulled up to the waist. Deal with protestations appropriately, resorting to unbuttoning belts and trousers if necessary, taking their wrist and pulling the spankee gently but firmly into the otk position.

With the spankee back in the desired position start to spank at about half the intensity reached at the end of the last section, building up to the previous level and then moving to stronger swats. Emphasize the more vulnerable position by complimenting the spankee on their bottom, tell them how much you are looking forward to spanking it, ask them how it feels being spanked through their pants and so on. All designed, of course, to reinforce the dominant-submissive role. For spankees in skirts/dresses, the spanker can start spanking and then slip the hand under the hem raising it up over the buttocks as the level intensifies – particularly controlling.

Pepper the posterior initially and then, with increasingly heavy spans, start to focus on the sweet-spot. Alternate the spans between the cheeks, interspersed with several successive heavier spans on the same cheek. Note and return frequently to spots that generate more of a response from the spankee. Stop periodically to adjust the pants, check the heat developing in the cheeks and reposition the posterior. Run a finger along the knicker elastic, snapping it lightly back into place so that it covers the butt (assuming of course it is sufficiently discreet), stroke and squeeze the cheeks gently. Compliment or tease

the spankee on their choice of underwear. For example, is it too revealing, too girly, too sensible, comment on the colour and pattern, or what you would prefer to see them wearing (without being lewd – this is basically a non-sexual encounter remember). That should get the other set of cheeks blushing with embarrassment.

Deal with any unruliness, scissoring etc, by continuing to readjust the spankee's presentation and posture or using control techniques like those considered in 3.2. At the end of the section return the spankee to corner-time with the pants visible and exposed to emphasize that they are now definitely not in control. For trousers, this is natural and quite humiliating, having to shuffle to the correct spot. For skirts and dresses, the spankee should hold them up to display the pants or tuck them into the waistband. The spanker should keep up a steady banter with the subject, admonishing them for fidgeting, movement, or dropping of the hands. Do not accept any nonsense. Of course, the subject should be silent unless spoken to.

Section 3 Bare bottoms: the session now moves into the serious end of the spanking. The spankee returns to the required position (otk) and spanking starts again at half the intensity reached at the end of the last section. Any waywardness or scissoring should be dealt with summarily with the spanker asserting their control with harder spans. Build up the intensity to the level of the last section and then increase. The method adopted to reveal the bottom depends on the level of exposure you have agreed beforehand. Tease the spankee while continuing to spank; play with the pants adjusting the elastic and so on (but remember no sexual touching). Ask the spankee if they want to be spanked on the bare-bottom, the answer does not matter, it is going to happen, but extracting an answer is part of the fun.

Pull the pant material up between the cheeks (which frames the target area if you are a beginner) and inspect the bare cheeks; they should definitely have a reddish tinge. Spend time spanking neglected areas to even up the colour across both cheeks. Short sharp rapid-fire bursts on a neglected area can also bring up the colour quite nicely. Next pull the pants down to just below the sweet-spot, exposing the whole of the bottom. This can be done gently or roughly (especially in response to continued unruliness) and spank again focusing on the sweet-spot while building the intensity. It is a good idea, at this point, to ask the spankee about their limit. Some heat should be discernable

in the cheeks. Ask them if they are okay, enjoying things, or remind them of safe words as the intensity increases. Alternatively, admonish them or tell them why they are being spanked (if they haven't confessed anything themselves, use the dress-code or other misdemeanours from corner-time).

At the end of the section, the Spankee should be firmly under control, accepting the spanking convinced that they are not going to be released until they have satisfied the spanker. Pull the pants further down, around the knees, to stop any leg movement. By now the bottom of the spankee should have a nice moonglow effect and be hot to the touch. Ask the spankee if it is stinging or feeling sore. Move into another corner-time with the posterior remaining in view and with the pants down. The spankee should be compliant and perhaps they will look a little red-faced, or sheepish, wanting to rub or hold their bottom cheeks. Add to their discomfiture by telling them to look at their rear in the mirror, or by drawing attention to their condition.

Section 4 Implements: the final stage pushes the limit of the spankee and provides a chance to experiment. Ideally, the spankee resumes the position rather ruefully and with a sense of contrition. The spanker should expect to have free reign, the spankee accepting swats until the spanker has finished the session. Continue as before building up the pace and intensity of spans to the bare-bottom or move to an implement. For the otk position the use of instruments is restricted by the ability to swing the arm and the close proximity of the spankee's bottom to the spanker. Small paddles or hairbrushes can still be used, the latter producing quite a sting. For other implements (See Chapter 5), the spankee should adopt a different position more suited to the instrument.

Since this last section is designed to push the boundaries, continued communication with the spankee is essential. Apart from the agreed safe word, the Spanker can also use verbal feedback to gauge the level of the spankee's tolerance. For example, demand that the spankee asks for the next stroke or another batch of spans. The tremor in the voice or speed of response will indicate the effects of the spans. Alternatively, ask if the spankee wants harder strokes or use the traffic light system. Another method is to get the spankee to count each stroke. Their voice will betray how much impact each stroke is having, gasping and writhing is normal, but you can tell whether a

voice is panicky. If the spankee is asking for the strokes or thanking you for each one, they have some control in regulating the speed. Of course, as spanker, you may over ride this at any point if you think they are stalling. Counting strokes would seem to be an easy task, but the spankee's mind is churning, so they will make mistakes. The spanker can repeat strokes or start a series of strokes again if the spankee makes an error, this can be great fun, but watch for the spankee exhausting their limit. Stop as appropriate or ask for a safe word.

Continue to assert dominance by positioning and posture. Both will be laxer now the spankee is tiring. A sure sign that the limit has gone, is when the hands come back to cover the cheeks or the spankee squirms hard on a stroke. Having quelled this in earlier parts of the session it is a sign that the body rather than the mind is saying enough. Stay alert to any marks or bruising (see 2.5) and stop when the limit decided at the start of the session has been reached. Be firm, sometimes spankees forget themselves and then regret it later.

At the end of this section, the spanker must dismiss the spankee. Use the corner-time to talk to the spankee, ask if they have learn't their lesson, and compliment them if they have been good. Traditionally the spanked should thank the spanker for their attentions. Some spankees like to leave the room, to slip out of character or compose themselves, before returning. Others like to stay and examine the evidence of a spanking, rub the heated cheeks and revel in the afterglow.

Aftercare: what happens next depends on the individuals, their reactions to the session and their relationship. The essential point is to allow time for each player to come down off the session high. Some spankees like to be left alone. A simple glass of water can be enough to allow them to settle. Others require attention and reassurance that they performed well, or to feel wanted again. For couples the session might extend into a soothing phase, massaging creams and ointments into the spankee's rear, or just holding and cuddling. Then again, some may simply like to have a chat, review their feelings over a tea, coffee, or a glass of wine.

If the session has been emotionally intense communication may be difficult, some reassurance and cuddling might be the best result. Once the actual session is over things will not have finished. The

spankee might feel disturbed or unbalanced, with a sense of regret or anger. If the spanking has been heavy, the evidence will be a constant reminder. If the spanker is a spouse or partner, the spankee may worry whether their partner still respects them, has the relationship changed? They may feel angry/sad because they let it happen, or feel embarrassed, or just out-of-sorts because it has ended and they are back in the real world. Normally, it passes quickly, and soon they will want to do it again. For deeper psychological issues, where something from the past has re-emerged, they should consider proper counselling.

The spanker is affected emotionally too. Controlling another person, finding the way for them to submit, keeping them in check so that they ride the session high and are pushed to the limit, ensuring that they remain safe and that activities are sane is emotionally draining. A very vocal spankee, especially if there is an outpouring of contrition, crying, for example, can test your resolve. Delivering the actual spans can also be physically demanding. Afterwards you may want to review how the session went, did it go to plan, how did you cope with challenges to control, how can you improve in the future. Look at the use of implements, were the strokes accurate, did the spans land with good effect, how did you cope with waywardness. Did you maintain the pace and balance of the session. If you have a deeper relationship with your spanking partner, seeing the evidence might lead to regret, you might wonder if they still feel for you in the same way. Did it change your relationship? Make sure you talk to one another about any issues, this is especially important if you are not naturally dominant or submissive and engage in the session just to please your partner.

3.4 Adapting a session

The session described above is a playful non-sexual spanking session. For other types of spanking, described in this book, the procedure is not identical or may not be appropriate. A multitude of variations to this basic template exist. For example, players might want to dispense with the undressing in each part and start naked or bare-bottomed much earlier. The first section might be the only hand spanking part, the spanker then moving onto to different implements, before ending with the cane. Alternatively, the use of implements

might be introduced earlier. Similarly, the spanker may move to different positions at the end of each section. Clearly, the length of each session can be varied depending on the instrument and severity. The length of a session with a professional spanker would be around the one-hour mark. Some professionals would argue that anyone that asked for longer does not understand the nature of spanking. Obviously, the severity can be increased to exhaust anyone's limit in a given period. A typical caning session for example, with six strokes of the cane, might only last six to ten minutes but the session would be very heavy with considerable marking. Alternatively, a very light spanking session might be longer and leave no visible traces even after an hour or so. Switching may also lengthen a session. Likewise, a role-play session might last a whole afternoon, a day, or longer; but would not be all spanking, considerable time would be expended on the other parts of the play. For example, in a schoolroom scenario spankees might attend lessons before being spanked, or not be spanked at all if they are well behaved. The total spanking period probably would not be more than thirty minutes, or an hour in total, but the rest periods are expanded to fill the time. Obviously, in these cases, the main objective is the role-playing not the spanking.

Chapter 4 *Posture and Positioning*

Variety is the spice of life, so they say. Similarly, posture and positioning is a vital part of spanking. The posterior is a great source of eroticism in literature, photographs and everyday life [3],[6]. Look through the magazines on virtually any shelf of your bookstore, newsagents, or high street shop. Pictures of bottoms, naked or otherwise, abound. Similarly, in advertising, on television, in cinema and in mainstream art, the bottom is ever present. A trip to the local art gallery will provide an abundance of cherubs, round bottomed men and women, in a variety of poses. Erotic artwork goes further concentrating on particularly risqué images of male and female forms. Take a moment to examine some of these everyday pictures. Most of them are of models. Models that have been posed to look good, to attract us, distract us and catch our eye. It works; we buy products, read the articles and admire the form. Consider the positioning of the legs, the turn of the head, the arch of the back and of course presentation of the bottom. Just like stockings and high heels are used to emphasize the calves of a sexy leg, bottoms can be posed to create a look and allure which is a fundamental thrill for the spanker.

4.1 Importance of posture & positioning

Positioning and Posture also play other significant roles in spanking. First is safety, the posterior must be placed in a position that allows the spanker to administer the spanking without adopting an awkward stance or hitting problem areas (see 2.1). Second, if a session of reasonable length is to be conducted, it stands to reason that the spankee must be able to hold the position for a significant time. Use of instruments and longer sessions also require a number of positions. Positioning and re-positioning is one of the main weapons in the spanker's armoury. Used well it can emphasize control. Adjusting the position to present the posterior in just the way required also focuses

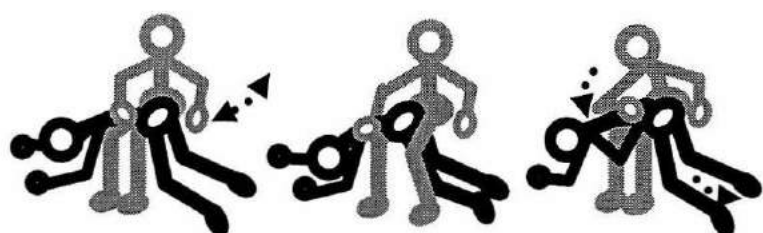
on submission and builds anticipation of when the strokes will actually land. Some positions are designed to expose the bottom or cheeks in a particular way, to provide a clear target on the sweet-spot, prevent clenching of the buttocks or restrict excessive movement. The latter often being used by the devious spankee to reduce the impact of the actual spansks by riding the blow – which is not what we want at all.

Spanking is a pastime that covers a wide set of people both in age and persuasion. The varying stature and physical constitution of the players can be a significant factor in selecting the positions to be adopted. For example, it might be impractical to adopt the over-the-knee position when the spankee is a robustly built gentleman. Especially, if the spanker is a slightly built mature lady. Even diminutive spankers can exert significant control by using alternative positions that place the spanker at a disadvantage. Remember spanking is all about control and submission.

Spankees can also contribute to the session and impress their spanker by adopting a posture to produce a pleasing line. Straight legs, an arch of the back, presentation of the buttocks for spanking, all add to the pleasure of an ardent spanker. Particularly, if the said spankee can cultivate a demure, chastened, look. A sideways rueful look from the tail of the eye, for instance, is very effective. Similarly, learning to stand correctly between parts of a spanking session, general good deportment and/or contrite demeanour also add to the spanker's enjoyment of a session. Indeed, instilling the correct posture and demeanour can be the focus of early sessions and is a central appeal to 'breaking in' a new spankee.

4.2 Basic positions

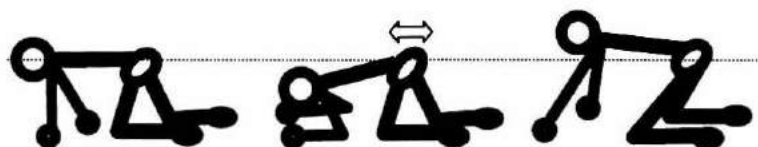
A position for spanking needs to satisfy several criteria; to be safe, expose the bottom for spanking, reducing ability to clench, place the spankee in the submissive position and provide an artistic visual presentation. Combining all these features into a spanking session takes skill and practice. Below various positions are described. For each one the main advantages are explained and then at the end some further observations on re-positioning are given.



Over the knee

Over the knee(purist)

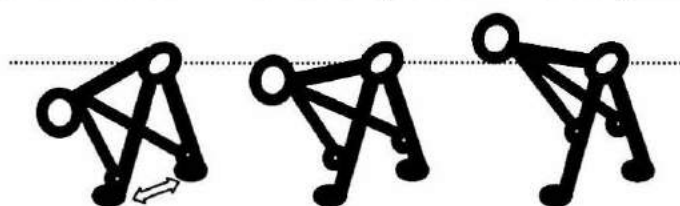
OTK(control)



Basic all fours

Elbows to present

Sticking it out



Bent over (ankles)

hands on shins

hands on knees

Figure 4-1 Basic Spanking Positions

Over the lap/Over the Knee: this is the classic spanking position which provides for excellent visual presentation and very high control of the spanker over the spankee, while also exposing the buttocks and sweet spot for spanking. In over-the-lap, the spanker is seated and the spankee lays across the spanker's legs with head down and buttocks resting on the spanker's thigh. In over-the-knee the spankee is placed over one leg and the other leg positioned over the subject's legs to control movement. Both positions are referred to as otk. How to spank in this position is described in Chapter 3. The spanker can control

wayward scissoring of the legs and general spankee movement, has a good swing for spansks and a very comfortable position. Generally, it is best for hand spanking, but small instruments such as paddles, hairbrush, or a slipper may be used.

On all fours: is a basic sexual position that can easily be adopted for spanking. The usual posture is kneeling, palms flat on the floor, arms straight with the head level with the torso. Legs can be kept together or apart. Pushing back with the arms to bend the knees will arch the back to create a very pert pose. Resting on the elbows, head down, will also raise the posterior to a better angle for spanking. Having the legs apart obviously exposes the vulva/genitals. Given the sexual connotations of this position it is also another excellent choice for more sensual or erotic spanking. A good position for hand spanking, it is also ideal for basic paddles and other instruments.

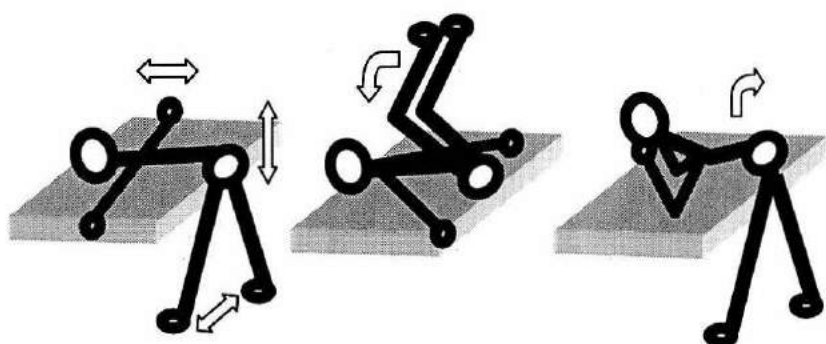
Bent over: this is another classic position and probably after otk is the easiest to adopt. The spankee simply stands and bends over. The power of this position is that it is very obviously submissive; there can be no doubt as to why the person is bent over – to expose the rear. Similarly, there is no support and so the spankee must concentrate to hold position. Unless the subject is immensely fit, they will react to a swat, rocking forwards or jerking upright. Wobblers and waverers can be controlled endlessly with re-positioning and suitable verbal chastisement between strokes. There are three main bent-over positions, *grasping the ankles*, *holding the shins* and *hands on knees*. Variations are with the knees together or legs apart. Only the fittest people will be able to grasp their ankles for any length of time, while most people can manage hands on knees. The trick is to allow the spankee to stand after a series of spansks so that they do not get too stiff. With hands on knees, the back is higher and the bottom is not as well presented. Arching the back will stick out the bottom more. In this case, the bottom is definitely out-there, exposed. Such positions are ideal for paddling, caning and a variety of straps, but not so good for hand spanking or the hairbrush.

Bent over positions limit the spankee's ability to clench the buttocks and so dissipate the effect of a spank. Grasping the ankles pulls the muscles in the back of the legs making it difficult to clench the cheeks. Especially when the legs are straight and knees locked. As a result, the spanker is almost guaranteed a soft round fleshy target. If

the spankee does clench the spanker should wait until they relax before giving another swat. The more bent over a subject is, the tighter the bottom. Heavy swats of an instrument are more likely to transmit into deeper tissue and damage sensitive areas or cause deep bruising, so be careful.

Over the desk: is another classic position derived from school room discipline, but can be easily adapted to the office desk or dining/kitchen table. Ideally, the table should be level with the spankee's buttocks, where the curve of the bottom meets the thigh. Desks that are higher or lower will obviously influence the presentation of the bottom for spanking. The easiest position is for the spankee to stand, feet together, facing the desk and bend over; this has the beneficial effect of giving an elegant posture with the cheeks exposed. A straight-legged pose especially with high heels is particularly fetching. The upper body should be placed *facedown*, flat against the top of the desk, with the arms stretched out to the side palms down or reaching forward in front of the head, grasping the opposite side of the desk if possible.

Alternatively, the spankee can be required to hold up their head or place the chin in their hands supported by elbows on the desk. This variation creates an arch in the back to push up the bottom cheeks giving a better visual presentation and exposing the sweet-spot. The hips should rest against the table to prevent forward movement. A devious spankee can exploit any gaps to reduce the impact of a swat by moving forward. Also, make sure that they cannot stimulate themselves by rubbing the genitals against the desk. Asking the spankee to grip the opposite edge of the desk reduces their ability to throw a hand back over the rear and interfere with the spanking. If the desk is lower than the spankee's hips, they should spread their legs until the hips are correctly positioned. If the desk is higher than the hips, raise the spankee onto tiptoes. For spankee's with very long legs, where spreading is difficult, just letting them lean over can provide a delightful presentation similar to a burlesque poster girl. Adjusting between all these positions between rounds of spansks, can be great fun and emphasizes control of the subject.



Over the desk

Face-up

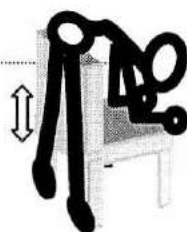
Elbows to present



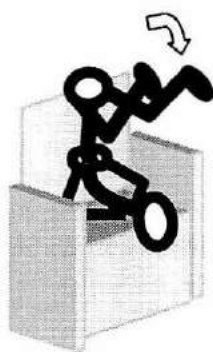
Chair kneeling



Chair Bentover



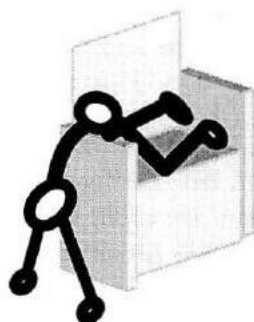
Tiptoes and elbows



Armchair bicycle



Sticking it out



OTK variant

Figure 4-2 Using Furniture

Another variation is for the spankee to sit on the desk, lie back (*face-up*) and raise the legs, while gripping the front edge of the desk with their hands. The spanker then grasps the ankles, or rests an arm on the back of the upper thighs, pushing the legs gently back towards the chest. Alternatively, the spankee grasps their hands behind the knees to pull the legs backwards. Female spankees find this position particularly humiliating; the vulva is naturally exposed and the buttocks curve to present the sweet-spot. With male spankers, the scrotum is naturally exposed, so care is required not to land a thwack on the testicles, especially if using spanking implements. These positions are well suited to heavier hand spanking or instruments with a short swing such as paddles, spatulas, and hairbrushes.

Using a chair: a simple low-back chair can be used in a number of ways. With the spankee standing behind the chair facing forwards they can bend over placing their hands or elbows on the seat. In these positions, the stomach/hips rest on the chair back causing the legs to be very straight. Holding onto the front of the seat with the hands makes it difficult to raise the head or throw back a hand in response to a spank. The bottom is nicely presented and the legs can be placed apart or together to vary the posture. Expose the sweet-spot or raise the cheeks, by asking the spankee to stand on tip toes, bend over more, and grasp the front chair legs. Another position is to face the front of the chair then kneel on the seat grasping the chair back. Bending the knees slightly and arching the back will 'stick-out' the bottom. The spankee has plenty of scope for movement and the emphasis is all on the expectation and making it obvious that the bottom is to be spanked. When the spankee looks over their shoulder, the whole look can be very artistic.

For armchairs and padded seats or settees, a number of positions are possible. A variation of the kneeling position is for the spankee to lean over the back of the chair like a bench position. The distance between the chair arms restricts the degree to which the legs can be opened. A padded armrest can be used as a replacement for the spanker's thigh in a position similar to *otk*, with the spankee's head cast down over the edge of the chair. For spankees with long hair this creates an unruly dishevelled look. Alternatively, an upside-down bicycle position is very controlling. Place the spankee's head on the chair seat and legs over the back. Bring the legs forward allowing the spankee to hold or

support the lower back with the hands (elbows in the right angle between chair seat and back) so the legs hang forwards. The spankee is in a very weak position. Place the buttocks so they are level with or just above the chair back. The spanker can hold the legs, by placing a hand or arm at the back of the knees, exposing the whole spanking area along with the vulva/testicles. A spankee will find it very difficult to move and can be spanked mercilessly. Fortunate then, that it is difficult to hold the position for very long.

On the bed: these positions are very comfortable for both the spanker and the spankee. In a variation of the otk position the spanker sits of the edge of the bed or upright against the headboard with the spankee prone over their lap. The bottom is nicely presented and the spankee is in a less submissive position. Consequently, bed positions can be recommended for erotic and sensual spanking sessions. The naturally horizontal position provides a limit on how much the spankee can squirm and wriggle. But, the bottom can be a little flat, because the legs are higher than in an otk position. Getting the spankee to prop up their head with their hands, elbows on the bed, can provide some arching of the back to reduce clenching and improve presentation. The prone position and limited wiggle room make it difficult to avoid spans. Again hand spanking, paddles, slippers etc can be used. Alternatively, place the spankee face down on the bed. The spanker is then free to move around while the subject stays in position. Since the spankee has few options for bodily movement and the spanker is further away from the target, this is a good position for longer more whippy implements such as the strap, belt, tawse, or cane. Pillows can be added under the spankee's hips to expose the cheeks more readily and improve presentation.

Many desk positions can also be used on a bed. For example, the spankee can kneel on the floor and bend over the bed. Adjust the hips in the same way as you would for a bent over desk position, spreading the legs as necessary. Make sure you have a carpet, towels or pillows, to create a comfortable position for the knees; otherwise, you will have a restive spankee after only a short time. Another variation is for the spankee to kneel on the bed and place their hands on the wall or to grasp the bedstead. Positioning the knees can produce a variety of very pert poses. For example, sufficiently close to the wall/bedstead makes the back arch and presents the bottom, essentially 'sticking it

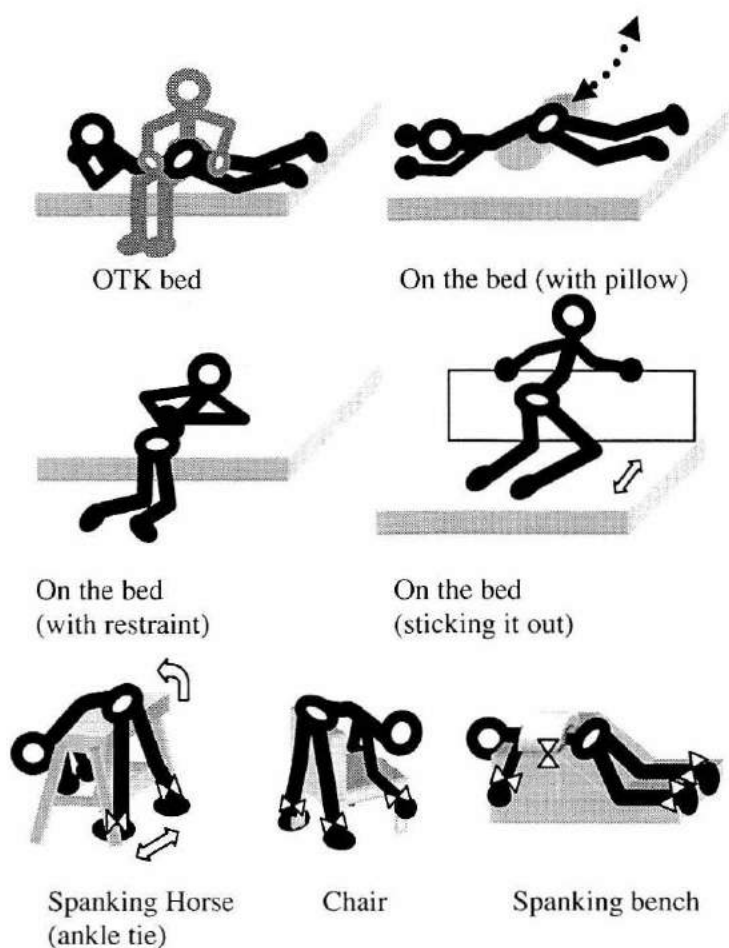


Figure 4-3 Bed Positions and Restraint

out' to meet the spank. Apart from being very erotic, this can add to the spankee's loss of control and submission. The tendency is to jerk the bottom forward or bend the arms to avoid or mitigate the effects of a spank.

Watch out for the spankee turning their head to predict when the spank will arrive. A spanker can have lots of fun re-positioning the

spankee after each swat and teasing them to build anticipation. Coupled with a certain apprehensive look over-the-shoulder this pose is worthy of a centre-fold. The distance between the spanker and spankee also make this position more suitable for longer instruments, but paddles are also effective.

Bar stool, horse, or spanking bench: in this position, the stool, bench or horse is designed to be higher than the hips. Consequently, when the spankee bends over they must raise their hips onto the stool/bench and tip their head forward. The result is to make them off balance, forcing them to support most of their weight with their hands. Unsurprisingly, this adds to the sense of being out-of-control while also presenting the posterior to the spanker. With the weight off the legs, it is more difficult to move the buttocks away from the line of fire. Usually, the spankee grasps the legs of the stool on the opposite side to provide some stability and support. Variations in leg position can increase the presentation of the rear and reduce the spankee's capacity to clench. Having the spankee place their feet against the legs of the stool or bench, either against the inside or outside of the upright, is very effective in preventing them raising the foot or bending the legs at the knee. When the legs are parted the vulva or genitals are exposed adding to the embarrassment and discomfiture of the subject. Again, be careful using implements on male spankees, even a light tap on the testicles can cause extreme discomfort.

Having the spankee stand on tiptoes is also a good method to expose the sweet-spot. For shorter subjects this maybe a necessity anyway, but the spanker can insist that only the toes touch the floor. Tiptoes can be a difficult position to maintain for any length of time, it pushes the spankee further over the bench adding to the weight on the arms. The abdomen is flat on the bench and so the spankee may become breathless (not just because of the spanks!) Any reaction to a spank will, most likely, result in rocking and the heel coming back down onto the floor. Consequently, the spanker can take time getting the correct position and admonishing the spankee for any heel touching (perhaps by a repeat stroke). It does wonders for concentrating the mind and the spankee is definitely not in control.

Hands on the wall: this position is easy to adopt and can be used between other more demanding positions as a variant on corner-time (see 3.3) or as a basic starter position. The spankee stands facing a

wall, legs slightly apart and leans forwards, taking the weight on their arms – the frisk position. The spanker is then free to spank the buttocks. Change the position by moving the legs further back from the wall so that the subject makes a greater angle with the wall, this will make it increasingly difficult to hold position comfortably.

There are many variations on these basic positions. Be inventive and experiment. But remember that the spankee has to be controlled, they must present the bottom. The spanker also needs to be able to use implements safely and part of that is choosing the correct position. A bent over or head down position allows blood to run into the head. When your spankee stands up again they may be red-faced (and not just because of the spanking), sometimes they might feel dizzy or faint as the body readjusts. To avoid this effect do not keep the spankee in the position for too long. Use a variety of positions and/or allow them to stand up and move around frequently to reduce the effect.

4.3 Basic Postures

There are common elements in all the positions described above: straight legs, arching the back, legs apart or together. These basic postures all accentuate the preferred line or view of the posterior, present the bottom at the right angle for spanking, expose the cheeks and genitals, or reduce the degree of movement and clenching available to the spankee. Moving from one position to another, demanding the correct posture, while choosing combinations that make the spankee squirm with embarrassment are all part of the spanking game.

Spankers should not accept shoddy appearance or positioning. Once the spankee has adopted the required position, check the posture and adjust. For a bent over or desk position, make sure the feet are together and the legs straight (knees together and locked). Some spankees will lock one knee and not the other, this not only looks slovenly but also presents the cheeks at different heights making it more difficult to spank. When a spank is delivered, the spankee can bend a knee and then not return it to the proscribed position. Similarly, when the legs are apart the knees may not be locked, giving the spankee more flexibility to ride the spank by sagging the body or pushing the knees forward to drop the bottom. Correct the posture after each spank (or series of spanks) otherwise the spankee's

movement will slowly erode the presentation of the bottom and make it more difficult to deliver the spank. Bad posture and movement increases the chance of slipping onto the lower back or the coccyx. When using implements this can be particularly dangerous.

The arch of the back is also important. Increasing the level of arching can alter the presentation of the cheeks making them stick out more. Position the spankee and then ask them to increase the arching (pushing the lower back towards the front of their body) until the cheeks look as though they are 'sticking it out'. The degree of arching possible depends on how supple the spankee is, some will be willowy, while others will not be able to arch much at all. Placing elbows on a desk, or bed, can help by giving the spankee something to push against to get a better arch. A spankee will not be able to hold the arch for long, so spank (or give a series of quick spanks) and then allow them to relax. Adjust the posture and then ask them to arch again. After a couple of rounds of spanks, each arching/relaxation phase will build the anticipation for the next spank adding to the control. If you are using an implement, stroke or tap the cheeks with it, encouraging the spankee to get the presentation correct. Similarly, you can use a cane to tap the back of the legs or knees to get them straight or press it down on the back to indicate more arching.

Pointing is another good posturing tool. For example, in the otk position ask the spankee to put their legs together at the knees and ankles and then point their toes. This stretches the leg muscles, requires concentration to hold and tends to be possible only if the knees are locked making it difficult to kick or clench. The same applies in an over the desk position, where the weight is more on the feet, standing on tiptoes places more emphasis on the calf muscles. If your spankee wears high heels, this will happen almost naturally. Keeping the tiptoes in contact with the floor can also be quite a challenge as the spanking intensity increases. Any reaction by the spankee will raise the toes off the floor or cause a heel to touch the ground. Spank and watch for heel touching or toes lifting, then admonish the spankee or tease them with the threat of more spanks as a result – very controlling – and lots of fun for both players.

Arms also detract from a good posture. Do not let arms just dangle free. Spankee's can hold onto legs of stools/chairs, grasp the end of a desk, or place the palms of the hand on the floor, chair seat and so on.

Again, try to get the lines correct by having straight arms and elbows locked. Otherwise, the spankee can ride the spank by sagging, bending the elbows, or twisting the torso. Moving the body in this way alters the angle of the bottom or allows it to move forward just as the spank lands, deflecting the blow. Movement can also put out the timing of your stroke so more of the impact is left in your hand or the implement, it also leads to inaccuracy which can be dangerous. If the position allows, placing the spankee's hands in the small of their back, wrists next to each other, will cure the problem. Bending the elbows in this way puts the arms completely out of action during the spank, making it difficult to support or move the weight of the torso. If restraints are used (see below) the wrists can be easily tied in this position while still allowing the spankee to be re-positioned.

4.4 La Découlottage

Ophir [11] explains in detail the concept of La Découlottage, or the art of removing the subjects clothing for discipline.

Removing the pants: is the highlight of the spanking experience. Do not rush to expose the posterior; toy with the spankee, building up to the final moment of exposure. The spankee knows it will happen, but they will delight in being made to squirm and glow with embarrassment when the cheeks are finally revealed. Bare bottom spanking is deeply humiliating. The reddened moonglow is the spanker's reward for their effort. Exposing that butt, for the maximum effect, is an art. Pants are an accessory that can frame the bottom and add to the aesthetic value of a pose or posture. There are six basic positions for panties or pants: fully up (normal), fully-up (but pulled into the cheeks), around the buttocks, around the knees, around the ankles, and completely removed. As a spanking session proceeds, the spankee should be prepared for each of these positions to be adopted. To add to the spankee's sense of submission they can be asked to adjust their dress to receive the spanking. Having to pull down your own pants and then adopt the required position is the ultimate in submissive behaviour. Alternatively, assuming the correct position and then having the spanker adjust your dress is also an experience not to be forgotten, especially if they do it quickly, matter-of-factly or with a snap of knicker-elastic.

In chair, bench or desk positions, the spanker can start with the pants up and then proceed to remove them as the session progresses. The cheeks can be exposed pulling the material between the cheeks or pulling down to just below the curve of the cheek. The first position is better if the subject has their legs open, and stretches material over the genitals, which can be an extremely erotic sight. For new spankers the first position also identifies the most spankable areas (see 2.2). Pants can also be used as a control tool. As the pants are moved down the legs, they restrict leg movement. Pants lowered to the buttocks rest just under the sweet-spot, are not very restrictive, but give the spanker a target. Down to mid thigh or upper legs, restricts the ability to wriggle the legs. Again, if the spankee has the legs slightly parted, the stretched material can give a centrefold pose. Moving the pants to the knees curtails quite a lot of movement, especially for spankee's that twist, open or scissor, the legs in response to a well laid swat. The confinement of the material reinforces control, reminds the spankee of their predicament. With pants at the ankle, the legs must be kept together; it is difficult to move the ankles very far apart. However, the knees can twist.

Removing other clothing: the spanker can assert dominance by the manner in which the spankee is disrobed. Used correctly and done at the right speed, the spanker can tease the spankee and heighten their embarrassment, turning the screw of compliance and control. For example, is the objective the removal of a minimal amount of clothing to access the pants and the bare-bottom or a full stripping leaving the spankee completely naked. The undressing can be performed by the spankee themselves before they present themselves to the spanker, in front of the spanker(s) at the start of a session, as the spanking proceeds (a little more after each corner-time), or by the spanker themselves. Spanking can be conducted through clothes, through underwear, or on the bare flesh. The way clothing is removed communicates the mood of the spanking and exudes an atmosphere of control. For example, the spanker may unbutton, untie, or unzip items of clothing removing them gently in a caring softer approach, or roughly/quickly with a verbal tirade to indicate a harsher more disciplinarian or more formal detached approach. Undressing in front of the spanker is not only deeply embarrassing but is also an obvious act of submission, especially if the said clothes are to be handed to the

spanker, locked away, or made similarly inaccessible to the spankee. Likewise baring your own bottom when you know a thorough paddling or caning is on the cards is a nerve-wracking experience.

Restraints (yes or no): at the start of this book, we agreed that spanking was not about bondage. A spankee does not have to submit to being restrained. However, some spankee's do enjoy being lightly restrained, able to thrash about with each stroke but unable to escape. Restraint is easier and safer in some positions than in others. In Chapter 3, a basic spanking session using the otk position was described, along with an explanation of how to restrain a wayward spankee with the hands and legs. Restraints such as rope and cuffs can also be used. The general rule is not to make the bonds too tight, never to spank on areas where the blood flow might be restricted (see 2.1), and not to leave the subject tied for too long or alone at any time. If they complain of discomfort, the body colour looks wrong or the affected area goes cold remove the ties immediately. Also remember that restraints can leave marks too, usually more visible (wrists and ankles) than any marks from spanking.

Apart from basic otk and bed positions, most of the positions described above are aimed at spanking with implements. Chapter 5 considers the use of implements, but the main idea is to have enough freedom of movement and space to be able to wield the instrument. The impact of an implement is heavier than the hand, can leave marks, and cause damage that is more permanent if it hits the wrong spot. Consequently, restraints can be used in addition to the positioning to limit the spankee's ability to move the target area just before the spank lands.

A typical restraint technique for chair and bench positions is to tie the wrists and/or ankles to the legs of the apparatus. Sometimes a wide strap or belt is tied across the lower back to prevent movement and press the back into an arch to present the bottom. Prone positions on the bed are also easy; secure (facedown) either via legs, arms, or spread-eagled. In addition to the position, restraint makes any unwanted movement difficult and the spankee has to work harder for any re-positioning. If you have read the rest of this book, you will know that we are advocating safe, sane and consensual spanking. Before any session starts, the players must agree if there will be any restraint and use the safe word system to control the session. If you are

a spankee that wriggles a lot and want to try a heavier instrument, restraint may be the right thing to do. If you are spanker with a desire for restraint, you should not suddenly spring it on your partner in the middle of a session, mention it during the planning stage (see 3.1). Trust between partners is even more important when restraints are used – the spankee is relinquishing their ability to withdraw if things become heavier than anticipated.

Gags are another issue. Your spankee might make a lot of noise or enjoy being restricted in this way. A gag impedes breathing as well as the ability to speak and to swallow. Consequently, choose a position that does not present problems in swallowing (because of the build up of saliva) or makes breathing difficult (for example with the weight on the lungs, or compression of the abdomen, which pushes the internal organs up against the lungs). Do some research and find out which gags are safe and which your spankee prefers, they might even have one already. Also, work out a way to communicate, since your spankee will not be able to deploy the safe word. For example, an agreed gesture or a pattern of grunts that is easily recognisable. Anything heavier, where the restraint is the main point in playing, means you should probably be considering another scene altogether.

4.5 Summary

So what have we learnt in this chapter? Positioning and posture are crucial to the ritual of spanking. The spanker can derive great pleasure from posing, positioning and re-positioning the subject to create pleasing images of the posterior and present the buttocks for a sound but safe spanking. The spankee can enjoy submitting, exposing the bottom with subtle changes in body posture, knowing that by presenting the bottom cheeks in a certain way they will increase the thrill for the spanker. Both the spanker and spankee engage in a duet, the spankee adopts classic positions for the spanker to enjoy and the spanker uses them to tease and control the spankee. The spankee can, of course, frustrate the spanker by slipping out of position and using bad postures to test their mettle.

Some positions are more difficult to hold than others; but used effectively, the age, stature and stamina of the players is largely irrelevant. A less physically imposing spanker uses high control positions. A more mature spankee can ask the spanker for less

demanding positions. Certain positions also lend themselves to the use of implements while others do not. Some positions are more overtly sexual. Some require furniture. Variety truly is the spice of a spanking life. For beginners, trying out each position can be fun and exciting. Finding out which ones hit the spot can be quite revealing. Do not rush through the various positions in one mad-crazy session. Try each set in a separate session, combining implements and enjoy building your own very unique session requirement.

Chapter 5 *Implements*

The hand is the only implement required to conduct a spank. In fact, certain purists say that if other instruments are used it is not really spanking at all: a fustigation or flogging, for example. Nevertheless, indulge in spanking for long enough and you will encounter implements. Certainly, the tolerance or resilience of the bottom increases with regular hand spanking and something heavier will be needed to get the same effect.

In contrast to hand spanking, which can be protracted, sessions with implements can be very short. For instance, a caning might only last five to ten minutes but completely exhaust the spankee's limit, leaving marks that take days to disappear. Virtually all instruments used for spanking are less forgiving than the hand. Consequently, if a spanker is to deliver a spanking safely they must be able to control the instrument properly, understand its properties, and land it with accuracy. A hand spanking is a very personal event. Both participants feel the effect of each spank, allowing for better judgment as to how hard a spank should be and how the spankee is reacting. By using an implement, the spanker loses one dimension of the experience, falling back on visual (redness) and aural clues (slap/thud of the spank and sound of the spankee).

Chapter 2 considered the science of spanking, or what happens to the bottom when spanked by a hand. The same effects are evident when a bottom is spanked with an implement except that the red moonglow, heat and stinging, are all likely to occur more quickly and therefore be more intense. After all, that is the appeal to the spankee, a short sharp shock of a cane or the prolonged higher-level intensity of a thorough paddling. This chapter explains the different effects an implement has on the bottom, the various types of implements available, and offers some advice on aftercare.

5.1 Physics of Implements

A hand delivers a spank in a certain way. Similarly, instruments have their own characteristics, such as the material they are made from or how they are applied. Important considerations are the degree of flexibility, the weight of the implement, and how the object contacts with the rear. A number of factors combine to create the impact on the up-turned cheek and transmit the energy of the spanker's stroke effectively to the bottom. Consequently, the use of implements is more technical than a simple hand spanking. The technical aspect involves three basic relationships. First is the degree of force in a swat, the second is the flexibility of the implement, and the third is how the instrument makes contact with the bottom. A spanker combines knowledge of the object, with the physics of spanking, and movement of the implement to create a stroke. To be a good accurate spanker, landing each spank effectively with the maximum effect, requires considerable practice. It is well worth the effort and will be much appreciated by a devoted spankee.

Force equals mass times acceleration: that's the basic equation at work with implements. The power in a swat depends on how heavy an instrument is and how it is delivered to the bottom. A heavier implement¹ with slow acceleration can be less effective than a light instrument with a higher acceleration. For example, the flick of a whip (light and fast) can be more devastating than a swat with a paddle (heavier but slower). Because force is related to acceleration, not speed, the change in velocity is what matters. Clearly if you accelerate your hand towards the subject's bottom it will land with more ferocity than if you move it at a constant speed. Try it. Similarly, accelerating an implement, such as a paddle (which is heavier than your hand), in the same way as the hand produces a heavier swat. Consequently, spanking with the same determination with a paddle as with the hand will have more effect. The spankee will feel it much more, will probably mark a lot easier, and reach their limit much faster.

To every action, there is an opposite and equal reaction: that's another equation. Bottom-line (!), all that energy built up by swinging the implement has to go somewhere, preferably into the subject's butt. Section 2.3 identified four ways that the energy of a swat could be

¹ Technically mass is different to weight – but you get the idea

dissipated. Some into the bottom, some as heat, some as the slapping noise of the spank, and some rebounding back into the hand. The more flexible an implement is, the more likely it is that energy will be lost from the spank as it rebounds back off the bottom. A willowy cane will bend much more than a wooden spatula for example. With a hand spanking, the spanker feels the rebound effect by the fact that their hand gets warmer as the spanking progresses and eventually begins to ache. With an instrument, there is no direct feedback. Instead, you must look for the effects on the subject's bottom: reddening, welts, or white spots signalling that a bruise is imminent. Often you will see a spanker stroking and patting the spankee's bottom before the next spank, pleasant though this might be, they are really feeling the heat in the cheeks to judge the effectiveness of delivery and the potential soreness. An accomplished spanker can use these visual and physical clues to adjust the intensity of the spanking by changing the swing or reducing/increasing acceleration, to control the force and thus the impact of a swat.

Pressure is related to the force acting through a certain area: another equation. As a swat lands the force built up in the swing is concentrated into the area of contact an instrument makes with the bottom. Implements with more contact area will spread the force of a stroke over more of the bottom. Consequently, if you have two paddles of different width and strike with the same force with each one, the narrower one will have more effect because the force is concentrated into a smaller area. Similarly, if you strike with a very thin instrument, like a cane, with the same force as a paddle the cane will have significantly more impact. The practical upshot of all this, is that as the session progresses, moving from hand spanking, to paddle, to cane, the effort in the stroke can be diminished without reducing (and probably increasing) the intensity of the spanking. Warming up a spankee is essential to sensitise the rear so that they can accept more intense strokes later.

How the spanker lands a swat or spank is called the stroke. Considerable practise is required to learn the ideal stroke for each implement. The key things to note are the wrist action and accuracy. Accuracy is important for two reasons, first to avoid hitting dangerously, and second to avoid landing too many strokes in the same spot. Repeated blows on the same flesh produce bruises much

more quickly and for instruments, like the cane, can create welts, blisters, and in some cases cut the skin. Obviously, not a pleasant experience for the spankee, and will end any session prematurely. Remember the spanker's job is to find the limits without over stepping the mark.

Wrist action is important in two ways. As a stroke lands all the physics acts together, the acceleration, the flexibility of the instrument and the surface area combines to deliver the force or energy into the bottom. Get it wrong and most energy is lost, rebounding back into the instrument, up the spanker's arm, or anywhere but the bottom. Get it right and not only will you be rewarded with a satisfying loud slap or crack, but also the cries of your spankee. Flicking the instrument with the wrist creates significant acceleration for very little movement of the hand or arm. Additionally, if you can flick the implement away to stop the forward motion quickly, preferably just as it meets the bottom flesh, most of the energy will transfer into the bottom. Remember the flick of a wet towel on your bottom – in the gym changing rooms - Ouch!

5.2 Types of implement

Bewildering arrays of implements exist for use in spanking; it would be impossible to list them all, each with their own special features. Below several major categories are identified, along with the appearance and properties.

Paddles: a paddle is defined as a small spade-like implement with a handle, used to spank or thrash. The usual paddle has a wide flat area, rectangular or oval, in shape. A straight substitute for the flat of the hand, paddles are used in exactly the same way as the hand to deliver a more heavyweight slap. Landing a glancing blow across the cheek can produce more of a sting. Paddles come in a variety of materials, mostly leather, wood, or rubber. Whereas leather and rubber can be quite flexible, wood is less forgiving. A paddle spreads the impact of the spank across the cheek just like the palm of the hand; consequently, it is very difficult to cut the skin. But, if the surface of the paddle is rough, a glancing blow or slip may cause abrasions. The real danger, though, is that of bruising. The thickness of the paddle spade determines the weight of blows. For a thick paddle (quarter of an inch, or 10 millimetres) a series of good slaps will redden the

bottom, sting considerably, and may create deep bruising. Lighter paddles deliver a satisfying slapping noise, with less chance of bruising, while delivering a degree of sting that can make a spankee squirm delightfully.

Most paddles are designed to cover one bottom cheek at a time, but stiffer elongated paddles are also available. These paddles look more like cricket bats, some are made of wood, but most are thinner and more flexible. The objective is to cover both cheeks with one swat. A single stroke lands across the whole bottom. Consequently positioning is vital for both the spankee and the spanker. The spankee needs to present both cheeks evenly so that one does not catch the full weight, and force, of the paddle. The spanker must ensure that the spade of the paddle meets both cheeks at the same angle, as flat as possible. The impact is such that often the spankee's bottom will move forward with each blow, requiring re-positioning and a few moments for the subject to gather themselves.

Some paddles have holes drilled into the spade. The holes are there for two reasons, first to reduce air-resistance and second to stop air forming a cushion between the spade and the cheek. The former supposedly makes it easier to accelerate the paddle while the latter produces a firmer thwack. Consequently, the spanker can spank with less effort, while the spankee receives more of a slap. The holes can leave small circles on the spankee's rear, which some find appealing, but can also encourage welts or blisters.

A variation of the paddle is a Slapper. The spade is hinged and/or made of a softer thinner material like leather or rubber. The idea is to increase the acceleration and hence the force of the slap by flicking the more flexible spade section forward at the last moment onto the bottom. A slapper requires considerable skill to land with accuracy, but when it does land properly, it gives a satisfyingly loud slapping noise compared to the duller thud of the paddle and can create a considerable sudden sting.

Straps and Belts: are traditional forms of family discipline. A simple trouser belt made of soft leather is a mean spanking implement. Fold over the two ends and hold the buckle to creates a double thickness of leather and some rigidity. When a blow lands, the two parts come together to make a loud slapping noise. The relatively thin width concentrates all the force of the swing into only a narrow area

of the bottom to create a very firm connection, the flexibility creating significant sting.

Straps are variations on belts with only a single strand of leather. The longer the strap the more difficult it is to control. Consequently, straps tend to be shorter than belts. Used correctly the lightness of the material is compensated by the acceleration as the end swings round onto the bottom to land a considerable slap with a great deal of sting.

The Tawse combines characteristics of both the paddle and the strap, being essentially a strap with a handle. The strap part is wider than a belt with the end cut into fingers. Usually there are just two fingers but some implements have more. The effect is to combine the narrowness of the strap, the hinged effect of a slapper, with the controllability of a paddle. Wielded properly the Tawse can be very effective, but like all straps and belts it is difficult to avoid overlaying the same area of the buttocks several times. Given the narrowness of the implement this can lead to red-stripes and/or weals.

Canes: are another well-known instrument. Compared with the paddle, the cane is intended to strike only a very narrow area of the buttock, and compared to the strap is intended not to be as flexible and so easier to control. A variety of canes exist and are usually flexible rods varying in length and material. Thicker diameter canes are unlikely to break the skin but can produce significant bruising, whereas thinner diameter canes can slice and cut causing bleeding. Longer canes can be accelerated more and create a greater impact than shorter canes. A softer material with greater flexibility is more likely to cut than a more rigid one, whereas a denser material will not compress as much transmitting more of the force into the bottom.

Popular materials for canes are bamboo, willow, rattan, hickory, wicker, and hazel, although other materials are used. The most recognisable is the School Master's cane made of bamboo or rattan with a bend in one end. A Switch is a cane in which one end has been split in two. Note that a cane is not made of thick or hollow material due to the excessive rigidity and the possibility of cracking and splitting during the spanking. Because of the potential for injury, cutting and bruising, and the variation in effect depending on length, diameter and flexibility, the cane is the ultimate implement for the spanker. Being a good caner requires many hours of practice. The usual dimensions of a cane are about sixty centimetres (two feet) in

length and approximately seven millimetres (quarter of an inch) in diameter. Anything longer or thinner and the spanker must be adept at caning. Caning is an art form, and not for the faint-hearted, consequently a separate section is devoted to it below.

Riding whip/Crop: closely related to the cane is the crop or riding whip. A riding whip is a flexible rod like a cane, except that it is thicker at one end and is usually wrapped in leather. A crop has a loop of leather attached to the thin end, which is sometimes cut into several fingers, or can be hinged. Usually about sixty centimetres in length they can be accelerated rapidly and with a flick of the wrist land a stinging blow to the up-turned cheek. The rod itself can be used in a similar way to a cane, while the fingers or loops of leather can be used to sting (and can cut) the skin. If the crop is used in this way, make sure that there are no protrusions or sharp edges, especially where the leather is tied to the cane. A crop with a larger leather loop or tail is sometimes employed to the discomfiture of a male spankee, for example in erotic spanking, by gently flicking the testicles.

The birch: is another traditional disciplinary device much favoured by spankers. A birch is a collection of thin sticks taken from a tree and tied together at one end. The twigs must be of reasonable length and trimmed for sharp edges. The appeal is that it resembles the cane, a number of rods (twigs), but does not have the devastating impact of the cane itself. The knobbly parts of the twig and the several thin branches can create a pleasant sensation on the bottom but are not likely to cause significant bruising or severe marks (although some marking is possible). Normally the twigs are dried before use, a bit like an old broom, and can break as the spanking session progresses. This limited life-span means that if a spanker is over zealous the ordeal can only last a limited time.

Many everyday items can also be employed as spanking implements. Rulers can be used as a cross between a paddle and cane. Wooden ones are the best, giving a good sting and slap; modern plastic ones can crack or splinter. Hairbrushes also make a very effective small paddle, provided the outer side or head is smooth and flattish, contacting with the bottom with significant sting. Similarly, wooden spatulas used in cooking make good lightweight paddles. The slipper/shoe is a decent medium to heavy paddle with some characteristics of a slapper when the sole is flexible. The bottom

should be smooth and free from bumps or ridges to avoid imprinting or abrading the skin.

5.3 Applying the Strokes

Each implement has its own method of application. Usually, implements that are longer or more flexible are harder to control. To ensure accuracy it is essential that the spanking be conducted in a controlled manner. Generally, it is considered bad practice to land more strokes on one cheek than the other, or to apply a longer implement designed to cover both cheeks together unevenly. Uneven treatment leads to one cheek being more sore, bruised, or redder than the other which is aesthetically unpleasant, sign of an amateur, and not very comfortable for the spankee post-spanking.

Before each stroke check that there is enough room to swing the hand, arm and instrument properly, as shown in Figure 5-1. Never adopt an off-balance position because the instrument will not land accurately. Take up a position far enough away from the bottom so that the implement covers only one cheek (in the case of small paddles), or reaches only the end of the furthest buttock (for straps, or longer paddles). For bent over positions, standing to the side of the spanker level with, slightly behind, or slightly in front of the buttocks, is good. Your feet should be slightly apart, allowing for rotation of the upper body through the stroke onto the bottom. Standing forwards of the buttocks means that the stroke will tend to hit the nearest cheek first, while standing behind the buttocks will favour the far cheek. So, for example, when using a small paddle, moving between forward and backward positions allows proper connection with alternate cheeks. For implements designed to contact across both cheeks simultaneously the central position is best making sure that the implement lands cleanly, evenly, and on both cheeks at the same time. For straps, a forward position will mean that the nearest cheek will be hit first with the rest of the strap accelerating (wrapping) round onto the other. Consequently the far cheek can receive more of a slap than the nearest.

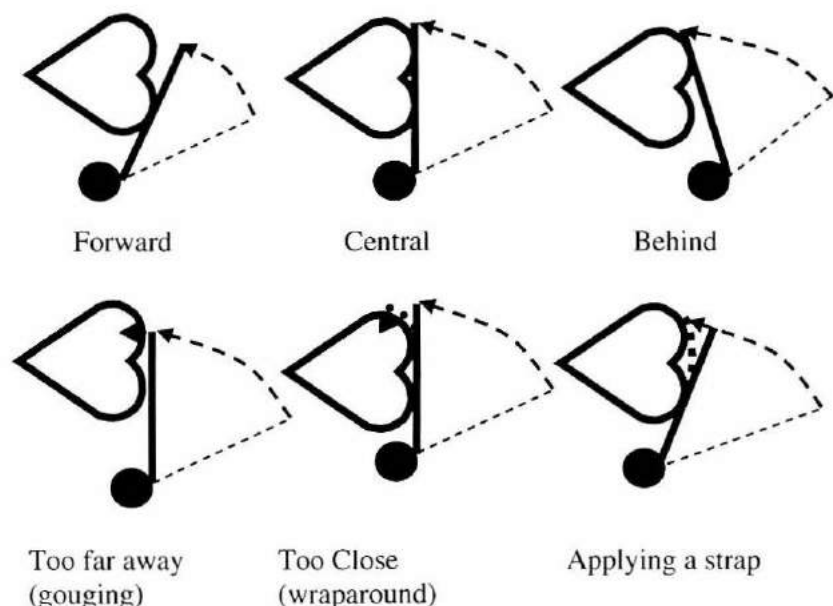


Figure 5-1 Laying on implements correctly

Take a few moments to select the next target spot on the rear, ensuring that you spread strokes around and give adequate attention to the sweet-spot. Spend time sizing up the target, examining the bottom cheeks. Stroking is an effective method to feel the heat from previous strokes and the smoothness of the flesh to check for early signs of possible abrasions, welts, or blisters. Keeping the arm straight, offer the implement parallel to the cheek or buttocks. Flick back the wrist and then move the whole arm backwards, swing forwards accelerating the arm, flicking the wrist and the instrument forwards at the last moment to land the stroke. To get additional acceleration, twist at the waist as you pull the arm back. Remember to keep the implement level with the buttocks. Mostly this will mean keeping the arm horizontal, so that the spank does not skip onto the lower back or slip down onto the upper thigh (which is very painful). If the spanking is

angled downwards, say onto a subject on a bed; keep the arm in the same vertical plane above the buttocks.

Tapping the bottom lightly with the implement can be used to line-up the next stroke, adjust the stance of the spanker, as well as adding to the anticipation for the spankee. For example, stroke the bottom, tap lightly, raise to make the next stroke, pause and repeat, especially if the spankee clenches or attempts to look back and predict the stroke. For some instruments, such as lighter paddles and nursery canes, you can make a quick-fire burst of light strokes and then soothe with some stroking, re-positioning, and lining-up before the next set. When the strokes are heavy or intense, for example with more substantial paddles and less forgiving canes, the time between strokes can be used to allow some of the impact to dissipate. Too fast and the spankee will be yelping and calling time very quickly, the bottom will go numb, or marks will terminate the session earlier. Learn to play the spankee, keeping them on the edge, and prolonging the spanking by adjusting intensity, pausing and just generally taking a leisurely approach. The spankee will squirm mentally as well as in response to the spans, wriggling on the hook of anticipation and revelling in the submission.

Usually, an appropriate gasp will indicate that you have really hit the spot. To keep the spankee focused, ask them to count the strokes or to ask for another. In the former case listen to their voice to judge the effect, adding this to the visual clues from the bottom cheeks. Asking for the next stroke has the advantage that it gives the spankee some control; they can wait for the impact to subside before saying anything, allowing the right pace to develop. Very useful when you are still establishing boundaries, but not very good for exerting the dominant role of the spanker. Established spankers can use delay to chide the spankee, asking them to reply more quickly, adding extra strokes for non-compliance. Alternatively, deploy the traffic light system described in Chapter 3.

5.4 Discipline of the cane

The flexibility and the diameter of the cane make it a formidable instrument. In the past, it was used in schools and in dealing with public order offences. Wielded correctly the cane can be devastating in only a relatively short time and handled incorrectly cause serious damage [7]. A typical six-of-the-best session can take only five

minutes to administer and leave the receiver unable to sit comfortably for several days. Nevertheless, many spankees delight in receiving the cane and often covet the characteristic red-stripes left on the posterior.

A cane can deliver a wicked hit; strokes of the cane are often called cuts. A cane can draw blood, but used in the right hands is perfectly safe. When a stroke of the cane lands, the force is directed into a very small line of about 7 millimetres (or quarter of an inch) in diameter, the width of a normal cane. As the bottom is compressed, the area goes white and then afterwards comes an intense sting, as the area turns red. The skin around the site may swell to create a welt, which is hot and hard to the touch. Over striking these welts, or red areas, runs the risk of splitting, cutting, bruising or blistering the skin especially at the intersection point. Consequently, accuracy is essential.

Stance is particularly important, so that the cane is laid-on evenly and the characteristic stripe extends across both cheeks. The cane itself should land parallel to both cheeks, otherwise it will not land evenly with most of the impact landing on the first cheek to make contact. If the spanker is too far away from the buttocks, the tip of the cane will strike part way along the furthest cheek. Given the flexibility of the rod, this means the tip, with the greatest acceleration, will dig into the flesh creating bruising or cutting. If the spanker canes from one side only, this will create an uneven pattern. Likewise, if the cane is positioned with the end past the furthest buttock there is a risk that it will bend forward on impact to wrap-around onto the thigh. The thicker the cane the less likely this is to happen.

The target area for the cane is the fleshy parts of the bottom. Caning too far up the buttock runs the risk of hitting the tail-bone (see 2.1) and caning too low catches the tops of the legs, both particularly painful. Many spankers use the first two cuts to mark out the required area, one to the upper bottom and one to the lower cheeks. After that, each cut falls within the bracketed area. To produce the red-striped effect obviously needs great accuracy, this means practice, and a steady hand to line up each stroke. To get a satisfying swish before each blow is landed requires the end of the cane to accelerate quickly through the air. This is best achieved by flicking the wrist very quickly just prior to delivering the stroke.

How many strokes, or cuts, should be given in a spanking? Well, this depends on the cane, the power in each stroke, the tolerance of the

spankee, as well as many other factors. However, there are some simple facts about spanking that are relevant. First, all spanking is based on the cumulative effects of the spans building up over time. Each cut of the cane is particularly severe, so a stroke at the end of a caning session has much more effect than at the beginning. The bottom is only so big and once you have bracketed the caning zone, this will tell you how many cuts you can land safely without over striking the same area. Six strokes allow sufficient spacing between stripes using a standard cane for most people to be able to administer the spanking safely. If you are accurate, you can apply more cuts, if the cane is thicker less. If the spankee has a very tough bottom (a leatherback), they will be able to take more, even with the cane landing on the same spot more than once. Similarly, taking your time, having corner-time and so on, will allow multiple sets of six. Alternatively, you might lay on the cuts with less severity to allow more overall strokes in a session. Mostly it is a judgement call, remember: safe and sane.

How fast should you cane? With hand spanking it is possible to deliver spans at one per second because the impact dissipates rapidly. For a cut with a cane, the energy is released over a longer period. An initial intense impact is followed by a slowly building sting, which reaches a peak and then subsides. The peak can occur quite a few seconds after the actual stroke lands. Often you see the spankee tense and relax (or squeal) a little time after the stroke lands – this allows you to judge the time of the peak. Consequently, for the spankee to feel the most effect, you should spank after the peak. Remember that as strokes land the level and length of the peak will get longer so you need to slow down the delivery as the caning progresses. Otherwise, you will exhaust the spankee physically and they will be calling time. The bottom will also go numb very quickly, which is less pleasurable and intense for both players.

An intense caning can be delivered at four strokes per minute for the first four, dropping to three strokes for the next minute, and then two per minute after that. Allow more time between strokes if the subject is struggling. Use the extra time to line up the next stroke, tap the bottom to test the sensitivity, and play mind-games with the spankee (swish the cane, tell them what their bottom looks like, or how many strokes are left, or that you are just getting started).

Novice caners should start spanking through clothes, this will minimise the marking and dull the effects while practising accuracy and the delivery action. Once mastered, move onto a session delivered with just pants, then to the bare-bottom. Rather than a full-blooded thwack, a lighter caning can be delivered by restricting the arm movement; this allows your virgin spankee to build up a tolerance over a number of sessions. Using the acceleration in the flick back and forward of the wrist with very little backward movement of the hand can deliver quite an effective caning. The sting will still be high but the marking will be considerably less and the danger of cutting or blistering significantly reduced. Once this technique is mastered, bring the hand slightly further back building up slowly to an effective stroke over a number of sessions.

5.5 Safety considerations

When the hand delivers a spank, the energy produced by the swing of the hand is transmitted into the bottom cheek mainly by compressing the flesh. Indeed, if you watch a slow motion video of a hand striking the bottom, you can see just how much the bottom cheek distorts. When applying an instrument, in addition to compression, the skin is also stretched and can suffer abrasions. An abrasion is like a graze; it may bleed, ooze fluid, or both. Just like a skinned knee, the area will go sticky and be uncomfortable if not treated. This is the body trying to seal the wound and prevent infection. Obviously spanking has to stop when this happens. For prolonged or intense spanking, the combined compression and stretching can eventually tear or break the skin. Alternatively, the combined compression and stretching may act beneath the skin to separate the tissues causing a blister. Here serum, an amber-coloured body fluid, leaks into the gap to form a hard painful bump. Since the spankee will have to sit on the affected area, any problems must be dealt with immediately. For an implement that is solid, like a wooden paddle, the compression can be so great that deep bruising occurs while virtually nothing is visible on the surface.

To avoid abrasions try not to slide or slip the paddle over the cheek with a glancing blow, this action naturally pulls and stretches the skin which when applied repeatedly can produce a tear or split. In the case of thin instruments, such as the cane, the force of the blow will be

confined to a narrow area. This can raise red welts and ridges on the skin. Laying several strokes over the same spot, especially overlapping, will concentrate the impact into a very small area at the intersection, increasing the chance of breaking the skin. Characteristically such places turn white surrounded by the red of a welt or impact signifying the start of a bruise or split. When the skin is broken or blistered, bodily fluids can appear on the skin and suitable precautions will be required to keep instruments clean and hygienic. This is especially important if you are not that familiar with your partner and their sexual history.

To avoid accidents or problems like those above instruments must be maintained following manufacturers instructions. For example, do not spank with a cane that is brittle, because it might split or splinter on the bottom. Similarly, ensure that the surfaces of paddles are smooth, free of splinters, or loose material to avoid abrasions. A slipper or shoe for example, should not be used if it has been worn outside. Likewise trim any rough edges or stray bindings (such as stitching) on any equipment. Some materials are also absorbent, so if you cut, or break the skin, bodily fluids can soak into the implement. This is another reason for stopping a session early when these things occur. Make sure the implement is cleaned thoroughly before it used again, particularly if it is used on different spankees. Some implements, such as canes can be sealed with a layer of varnish, and should be checked regularly. Latex and rubbers are also absorbent.

For extended paddles, tawse, canes, or any instrument that can simultaneously spank both cheeks, the spanker should take care to position themselves correctly. Checking the swing, arm length, and aligning the bottom with the implement is essential to avoid wraparound. For example, in a tawse or strap, as the blow lands across the cheeks, the ends can wraparound the buttock to land painfully on the side. Similarly striking one cheek and then the other can result in over reaching the cheek furthest away, or foreshortening the closest leading to inaccurate strokes. For this reason, taking the proverbial 'run up' for a thwack, or raising one's arm like a golfer's swing is not recommended. It is virtually impossible to maintain accuracy and liable to cause more long-term damage to the spankee. The most effective stroke is a flick of the wrist at waist height, more or less level with the bottom, with only an economical movement of the arm

backwards. Remember, with implements it is all about acceleration of the surface just before the impact. Most people can flick the wrist back and forth more quickly than moving the rest of the arm. In the case of an extended paddle, take particular care with male spankees when the bottom is presented in such a way to expose the genitals. Landing a blow on both cheeks might also catch the testicles, not only is this excruciating, it can cause long-term fertility problems.

5.6 Final tips

Just in case you are thinking, golly, I will never remember all that, or this all sounds a bit scary. Don't worry and don't be put off. Remember you can always hand spank if that's what both of you want, nevertheless spanking with implements can be great fun. The guidelines above will help to keep things safe, the rest is up to you, the players. Like the rest of this book, exercise the familiar mantra of safe, sane, and consensual. Chapter 3 outlined a schedule to conduct a spanking session introducing some lighter instruments into the session towards the end, initially only for a few minutes, feel how you go and build up slowly. Experiment with various implements laying them on lightly, giving each other feedback, and slowly build the strength of stroke. Players should discuss beforehand the type of experience they are seeking and the spanker (if a novice) must practice with the implement before the session.

Practice does not have to be on a live subject. Folding over pillows, or tying them together with a belt, or bungee cord, can provide a suitable target. Laying a (coloured) towel sprinkled with talcum powder over the top can indicate where the strokes are landing to fine-tune accuracy of stroke. Similarly, balloons, especially filled with water or sand, can give a spongy fleshy feel and require real control to avoid bursting or splitting. This will be a good guide to the strength of stroke, but can be messy. Virtually anything that can be plumped up and will deform in response to strokes can be used to practice 'off-line'. The real affects of your attentions, however, will only be apparent when performed on a live spankee, and so as the spanker you should seek and be guided by their feedback. For novices this can be by simple back-and-forth discussion. For example, the spankee encouraging the spanker with comments like, 'harder,' or 'too much,' or simply 'Yowee, that stings.'

Using instruments, unless extremely lightly, will leave some evidence. Welts from canes may disappear only to reappear later after a bath when the bottom is subject to heat and the circulation increases. Although conversely a hot bath can make the bottom 'glow' thus temporarily covering up some of the evidence. If it is paramount to hide marks, think about only subjecting yourself to hand spanks or very light strokes. If the bottom is sore, massaging in creams can help alleviate symptoms. Alternatively, submit to strokes only through clothing to minimise the impact. Some spankers recommend tight fitting clothes (lycra or rubber) such as cycling shorts, which also adds a certain pertness to the bottom presenting it more effectively for attention.

Finally, if you want to play with implements, you have to get them from somewhere. Nowadays there are a large variety of places to purchase spanking objects. Many adult-toy or lingerie Internet sites offer a range of 'fetish' items such as light paddles, canes, and restraints. Specialist outlets and adult shops also offer some spanking equipment. Alternatively, use some everyday household items to edge into things slowly. For more serious players, many high quality implement makers can be found using a simple internet search, usually they offer discreet handling and confidentiality [40]-[47].

Chapter 6 *Role-play*

A spanking session consists of two parts, the actual spanking or physical side and the non-physical or psychological side. Previous chapters have concentrated on the physical, the mechanics of spanking, what happens when a spank is delivered, how to organise a session, how to use implements, how to conduct a session safely and so on. Section 2.4 indicated that a spanking session was about trying to get the spankee into a certain state, the body reactions combining with what is happening in the head to produce an exhilarating high. This chapter considers more of the psychological aspects of spanking through the process of role-play.

Even if you are not heavily into the idea of dressing up, using props, or having a theme for your spanking session it is still useful to read this chapter. A number of useful pointers on how to bring out the mental aspect of a spanking are considered. The balance between the physical sensation of spanking and the psychological balance varies between players. Part of the attraction in a role-play session is matching the two parts together. For beginners, exploring these aspects can be fun and surprising, especially to find out exactly what it is that presses your buttons.

Role-playing literally means taking a part or role. Most people have been to the cinema or the theatre and watched actors playing a role. When the acting is good, you are pulled into the action, identifying with the characters, wanting them to succeed or get their comeuppance. Films, theatre, art, books all play with your psyche, or head-space. They trigger emotional responses and get you thinking in a certain way. Role-play is about suspending the everyday world and immersing yourself, for a short time, in an imaginary world. A chance to let yourself go, relax, and perhaps behave or do things in a way that normally you would not. Some people find it easier to get into a spanking session if they are playing a different part – after all, they are

not really submitting or being dominant, it is the character. Other people feel more uncomfortable with the idea of acting, a little embarrassed and awkward, that's okay, role-play is not for everyone.

6.1 Elements of a good scenario

To some extent, every spanking session involves role-play; the spanker and the spankee have proscribed roles. The spanker seeks to control the spankee and administer the spanking. The spankee wants to submit and be controlled. Previous chapters have emphasised some of the techniques that can be used to reinforce the control aspects and highlight the submission via posture, position, verbal exchanges, or through the spanking itself. Role-play extends this interchange embedding the spanking into a context to give it more realism. Below a popular scenario is developed highlighting the context, other common possibilities are identified in section 6.4.

For most sessions to work there has to be a dominant player (spanker) and submissive player (spankee). These roles might swap (switch) during a session but there always has to be at least one of each in play at any point in the session. Here we take it as read that the spanker knows how to spank and concentrate on the other aspects that emphasise the submission of the spankee. Additional techniques are required to build anticipation and raise the embarrassment or humiliation factor for the spankee. The objective is to make them squirm mentally as well as physically during the session; otherwise, they will not totally let go and abandon themselves. Anticipation is a key element, if the players are engaged and already in an heightened state, excited about what they are about to do, the outcome will be much more rewarding. Agreeing a play scenario, dressing for the part, thinking up your role and arranging the room all add an extra frisson of excitement. By the time the session starts, your mind is already in the zone, the anticipation building.

What makes a good role-play? A good place to start is fantasy. Everyone has fantasies, dreams about winning the lottery, running away from it all, meeting that special someone. Many people also have sexual fantasies, things that get them turned-on, a physical reaction from a simple thought. Indeed, there are a number of websites devoted almost entirely to romantic spankings, covering a wide range of women's fantasy, from historical to the contemporary [31]-[32].

These private fantasies contain a series of cues or triggers, a look, an attitude, an ambience that all have to come together. If you have ever tried to act out one of your fantasies, you will know that often the reality can be much different from imagination. The problem is that the other players cannot see inside your head and don't know when they are going off script. Thus, the first thing a role-play needs is an agreed storyline, where certain things will happen, look a certain way, but still leave enough flexibility for the players to get into the role. The idea is to improvise within a framework. After all, this is about fun; no one wants to have to learn lines!

In spanking, a role-play structure is simple, there must be a dominant role, there must be a submissive role and there is no doubt that the submissive is going to receive a spanking. A good scenario provides lots of variation on how the spanking might occur, designed to keep the spankee guessing, it might even give them hope that they can escape unscathed. In addition, there has to be a reason or justification for the spanking. Usually, this is because the spankee has failed to do something, broken some rule or been caught doing something they should not. Of course, a transgression carries with it the implication of being found out or exposed, resulting in much much worse consequences. So, submitting to the spanking is really the best course of action for the spankee. Choosing a context helps to flesh out what these possibilities might be.

The most obvious example, which virtually everyone can relate to, is the Schoolroom or Teacher/Pupil role-play. Obviously, the teacher is dominant, the pupil is submissive and the context is the classroom, the gym, the dormitory, and so on. Misdemeanours range from insolent/rude behaviour, back chat, failing a test, poor handwriting, skipping lessons, talking in class, smoking and other lapses, detention, fighting, teasing other classmates, flirting, messing about in lessons, ... so many to choose from. The consequences are that your 'parents' will be informed or you will be expelled, so better to take your spanking. It is such a good scenario because there are so many different ways the spankee can have transgressed. The dress code is also very specific and it is easily extended to group play (classes) by introducing more teachers or pupils.

A huge advantage of the schoolroom scenario is that everyone has attended school. We bring a lot of intellectual baggage to the

scenario. Virtually everybody got into trouble at school. Remember how it felt inside, if you were particularly naughty you may have felt it outside too with a real spanking. If you didn't then you probably know somebody else who did or have heard stories. So already, you are identifying mentally with the scenario. Now add in the fact that you have to dress-up in a school uniform and look the part. Let's face it, it is a bit embarrassing for a grown-up, you probably wouldn't want to get caught in your gymslip or your short trousers by friends or neighbours. Suddenly those guilty memories and feelings come flooding back. Already feeling a bit uncomfortable, you are getting a bit nervous, sweaty palmed, recalling all that apprehension. Imagine being kept waiting outside the head's study, turning things over in your mind, what are you going to say to explain yourself. Remember it? It was excruciating and all that before you even got any punishment!

Props and other items also add to the effect. Having an authentic office with oak panelling and wooden desks is beyond most of us. But a room with a desk, particularly a school type desk adds to the atmosphere. A desk and a chair allows for numerous spanking positions. A blackboard or books, along with suitable implements such as cane, ruler, slipper, or paddle all add to the authenticity. As does a master/mistress dressed up austerely or in a gown—since they are taking their role seriously, so must you. As soon as you enter the room, you start to lose control, knowing that the only way you will be allowed to leave is after a thorough spanking, maybe even the cane, who knows? Your spanker may have a whole collection of games to play, prolonging the session by running mock lessons and even tests!

6.2 Age-play and Brats

The Schoolroom role-play also addresses the sensitive topic of age-play. Adult women in schoolgirl uniforms has long been associated with the kinky and erotic. Probably borne from the fact that at school, just as adult feelings begin to awaken, girls start changing shape. We all remember our first sweetheart crush and those unrequited passions. Age-play refers to any scenario (not just spanking) where part of the context is for one of the players to act younger, an adolescent or child. Obviously, and quite rightly, this sends alarm bells ringing in many people's minds. Remember safe, sane, and consensual play is

advocated throughout this book; nothing written should be interpreted as implying minors or condoning any other activities. There is nothing inherently sinister in age-play; it is simply an actor playing a role, just like older people play younger parts in films or plays. Intellectually the players should be mature enough to realise that it is a game and nothing more. If you encounter anyone that thinks otherwise or they want to age-play for other reasons, you should tell them to go somewhere else, preferably therapy. Nevertheless, age-play is uncomfortable for some, don't worry, there are plenty of spanking scenarios where it is not a factor at all (see below).

Related to age-play is the brat, or brat-play, where the adult persona is immature. Here the submissive adopts the role of a brat, unruly, verbally outspoken, sullen, sulky, uncompliant, or a naughty tease. Brats are demanding, the spanker has to work hard to control them verbally and may encounter physical waywardness in the spanking parts of the session too. Ultimately the spanker must emerge on top – in control. A simple example scenario is the spoilt little rich girl finally taken in hand by a boyfriend/husband. Sometimes, the brat can start building the part days before a session, quips across the dinner table or teasing out in-town, just to wind-up the spanker so they are ready on the day. The playful/tease brat is often a feature at spanking parties.

6.3 The role of gender

The type of role-play is often influenced by the genders of the dominant and submissive. For example, the maid chastised by the lord of the manor, a nurse dealing with an unruly patient, or the governess dealing with her wayward charges. All these scenarios conjure-up certain mental pictures. The first is male-female (m/f), the second female-male (f/m) and the last female-male (f/m) or perhaps female-female (f/f). There are some important points here, first that a story-line may appear strained or implausible if the genders are not correct. Second, that in the modern age certain stereotypes are breaking down so, for example, the nurse-patient scenario could very plausibly be (m/f) or (m/m).

Another observation is that it is assumed by many beginners that the orientation in any scenario is m/f. Although spanking is very much male orientated and much of the (exploitative) media available is m/f

orientated, f/m is also a very sizeable group. Typically, men who enjoy female domination, a huge subject on its own, favour f/m. Scenarios are of the form nanny/matron in charge, headmistress (french or gym teacher), strict boss/employee, or strong mother/aunt types. Female-female spanking is also popular amongst women who want to be spanked, but do not want to submit to a man. There can be a number of reasons for this, perhaps they feel more secure, less at risk, with a woman in control or maybe they prefer female domination or lesbian relationships. Perhaps naively, they also imagine a female will not spank as effectively as a man. The latter is rarely ever true, a woman may not be as physically powerful as a man, but this is more than made up in technique, where verbal skills are particularly acute. Indeed, the majority of professional spankers are women. Male-male spanking also occurs and it would be a mistake to infer that the players are always gay. Remember many successful spanking partnerships involve no sexual activity or connotations at all.

Finally, gender assumptions can be thrown into confusion when we consider 'special girls'. Special girls are men, who enjoy playing female roles. Admittedly, compared with women the male submissive roles and costumes are rather limited in spanking games. The obvious categories are (pre-op) transsexuals and transvestites; both will take a female role in any scenario. Similarly, forced cross-dressing might occur in a female-domination scenario such as – husband caught trying on wife's lingerie, or forced to be a maid, or sissy play. However, in the last few examples domination not spanking is probably the main driving force.

6.4 Example Scenarios

Below a number of possible scenarios are listed. In each case, the dominant-submissive storyline is given along with some suggestions for props and dress. There are literally hundreds of variations, so feel free to experiment, mix and match. Beginners can just lift one of these suggestions into a session, try it a few times until you work out how to drop into role and explore a few variations. If you find that you do not like a particular role-play, just stop, discuss it and either try again later or consider a different one.

Teacher/Student: the classic school room scenario where the student pupil has transgressed and must atone; spanking, paddling,

and cane are all appropriate. All students should wear appropriate uniform. Short skirts/Gymslips, socks, blouse and tie for girls. Sixth formers may wear stockings and heels. Blazer, shirt, tie, short trousers and cap for boys. Sixth formers may choose long trousers. Alternatively, games kit required for physical education lessons. Teachers can wear gowns, male teachers wear ties, female teachers neat suits, blouses, skirts or trousers with neat high heels or sensible shoes. See above for the type of play, but generally, the spankee ends up on the wrong side of a teacher and is disciplined.

Employer/Employee: the employee has transgressed, fallen foul of the boss and must be spanked to save their job. Typical examples include: a secretary/personal assistant with poor short hand, typing, filing, spelling or other problems. Flirting with the office staff, clients, delivery men/women, lippy behaviour or back-chat is bound to earn a spanking. Dress styles are neat blouses, short skirts, and business suits for women. Hair neatly pinned or with ribbons, possibly glasses (a particular male fantasy –especially for a lady-boss), with seamed stockings and heels. Males wear neat business suits or casual office-wear. The play naturally lends itself to over the desk and over the chair positions.

Doctor/Matron/Nurse: student nurse gets into trouble with matron or doctor; they must be spanked to avoid being reported. Usual misdemeanours are a uniform that is too short or creased, top buttons open to expose too much cleavage, stockings and suspenders on show, heels too high, flirting with patients or doctors, not carrying out matron's instructions, and so on. Nurses uniform, apron and caps required, preferably all neatly pressed. Doctors can wear white coats. Add screens and curtains for an authentic clinic/surgery/hospital feel. This scenario lends itself to office scenes or bed positions. You can also introduce naughty patient roles where matron deals with an unruly patient, terrorising the student nurses, or where nurses get their revenge with a spank (and more – bed baths, enemas or rectal thermometers).

Governess/Master/Ward: a variation on school scenes where a strict private tutor is employed to teach the charge/ward. Spanking is given to avoid the governess reporting to master/mistress. Offences can be for poor work or not being attentive. Music lessons, reading aloud, or deportment training can add to the session. Play as a strict

governess in control, dispensing discipline for any transgression while master is away. Prim or austere dress, knee length skirts/dresses with stockings and heels is the look. Deliver a no nonsense spanking with straps, paddles, the hand, or even the cane. Spankees will rue the day they crossed the governess. Lots of corner-time can be worked into the play. Master can discipline the Governess for over zealous spanking of her charges if you fancy a twist or group play. Plenty of opportunities for period costumes, gowns, and smocks.

Nanna/Matron/Naughty Boy/Girl: similar to the governess role-play. Matron can be strict, Nanna can be gentle and caring, either way spanking is dispensed for unruly behaviour, back-chat, or tantrums (good for brat-play). Favours otk and bed positions with a 'this will hurt me more than you,' softly softly approach by the spanker. Hand spanking or the hairbrush is the main form of delivery, perhaps with reassuring baby talk. In this scenario, there is significant scope for aftercare, soothing lotions and creams on that sore botty, then early to bed! Nanna/Matron wears a nurse's uniform with a starched apron. Spankees can use ordinary clothes, pyjamas, or other age-play related styles.

Uncle/Aunt/Naughty Nephew/Niece: the basic scenario is to be caught in a misdeed, for which the consequence is a spanking or your 'parents' will be told. For example, on holiday, poking around prying into Aunt's and Uncle's business, finding a stash of risqué (spanking) magazines for example. Alternatively, the 'parents' have finally lost patience and Uncle/Aunt steps in to sort out the problem. Dress depends on the type of age-play scenario envisaged. A virtually unlimited choice of spanking methods and requires no major props.

Master/Mistress/Servant: classic maid/butler type scenario. Maids that cannot clean correctly, or flirt with the Master, drop things, or are indiscreet with guests. A variety of costumes are possible depending on period used, from authentic parlour maid, to sexier french maid outfits. Maids can be disciplined by both the Master and/or Mistress using bent-over positions, over the chair, over the desk, or otk using a variety of implements. There is plenty of scope for deference in this one, with an emphasis on addressing your betters in the correct manner. Maids should learn, or be taught, to curtsy. You can run this with groups or parties with the maid performing real tasks, giving the spanking as appropriate. Couples can run it as a longer private session

or at weekends. Ideally, the spanker arrives home with the spankee already in role, put their feet up and enjoy some pampering. Naughty-but-nice fun.

Master/Mistress/Stable Boy/Girl: similar to the maid-servant role-play except the setting shifts to the livery and tack room. Plenty of scope for riding outfits, jodhpurs, boots, and jackets, with a predisposition for straps, riding whips, and crops. Mistress can discipline the stable boy, Master can discipline the stable girl, or vice-versa. Master can discipline Mistress, or they can switch. This scenario lends itself to medium and harder play than other scenarios.

Master/Slave: similar to those above except you can roam through the ages. Be a roman lady, or from the French aristocracy, demanding that your every whim be satisfied. Any combination m/m, m/f, f/m, or f/f spanking can be worked into the play. Alternatively, become a harem girl, having to satisfy your master's every desire or be disciplined for not obeying the house rules. Scope for bondage and restraint, massage and other sensual play, plus group play with a number of slaves, or even extensions to erotic spanking – remember those roman orgies!

Master/Lady of the Manor: a classic, gone-with-the-wind type romantic spanking. The lady of the house needs to be brought to brook. Wayward behaviour, ringlets and plenty of feisty leg kicking is the order of the day. Pick a period and research the costumes. Pantalettes, lacy petticoats and tight bodices are a nice touch. Ladies – learn to curtsy and practice your demure, tail-eye, look in the mirror. There is scope for the man to get into costume as a plantation owner, or civil war soldier (some women just love uniforms). Alternatively, wait until you attend a black-tie dinner dance, wear a special evening dress and end it with a private spanking. Build the anticipation by dancing together, whisper in her ear as you whisk her round the dance floor and watch her blush. Otk is a good starting position, but virtually anything goes.

Kidnapped: Pirates, Vikings, and other assorted barbarians. You are the princess, lady of the court, governors daughter, snatched away in a raid. Haughty and with a temper to match you'll have to be taken in hand. Perhaps then you'll be more compliant. This scenario has plenty of great costumes and romantic storylines for intimate hand spanking and paddling. Light restraints or gags can be introduced for

the unruly. Extended corner-time can heighten the anticipation, let her stew for a while in a locked room, then deliver the spanking she deserves.

Husband/ Wife (or Vice-Versa): a modern version of the above in which the husband can be spanked as well as the wife. Can simply be a scolding for not performing household chores satisfactorily, overspending, flirting with friends, or boorish behaviour. Alternatively, just agree to have a spanking and make it as romantic or earthy as you like. No special game play required for the latter, but tease each other to build the anticipation. Stay in and retire, or go out and build the anticipation. Sexy underwear can be a nice touch, basques and stockings, or just something that you know he likes. Likewise, boys, dress for the occasion, engage in a bit of grooming. There is plenty of scope for switching in this one, choose who will be dominant, then they take the lead whispering in the other's ear, or making suggestive eye contact indicating what you are going to do when you get your partner home. Especially effective if you are out with a group who have no idea what is going on. Use any position and any implements – up to you to be inventive.

Notice that the last four role-plays lead naturally onto sensual and sexual spanking or additional domination play.

Girl/Boy next door: this is a group role-play. Best friends you all get on so well, everybody thinks you are model citizens until you are caught doing something unspeakable where only a thorough spanking can sort matters out. Plead your innocence as much as you like but that goody-two shoes image has gone. Maybe you're both caught smoking, or making out in the bedroom, or bad-mouthing the other players, or maybe spanking each other. Either way you will cop for it, both of you spanked together. There is plenty of scope here for a third player as spanker in the role of 'parent' or authoritative figure, allowing for girl-girl, girl-boy, or boy-boy roles for the spankees. Hard hand spanking, paddles and straps, along with otk, bed, desk, and chair positions are all possible. Remember one of the miscreants is going to go second, so one of you will have to watch. Alternatively, play it as a single role with the neighbour caught out and submitting to the spanker to avoid further embarrassment. A variation is next-door babysitter sorting out the misbehaviour of the person being looked after.

Little Rich Girl: a brat-play, easily extended to posh girl, daddies girl, or mummies boy. The spankee is insufferable, they need to be taken in hand, knickers yanked down and spanked. It is as simple as that. No props required – plenty of verbal exchanges and implements together with a strong hand. Brook no protestations the spankee is going to get what is coming; the more they protest the better.

Girlly-Girl: as sweet as sugar and spice. Butter wouldn't melt in their mouths. A role-play for girls that enjoy being really girly. Frilly dresses, lacy pants, ruffles, ribbons, sexy suspenders, sweet little dresses anything goes. In this scenario these girls want to be spanked and will find just about any way they can to make it happen. Perhaps they've dirtied their new dress, or scuffed the new shoes, messed their hair. It is guaranteed that they'll ask meekly for a spanking and sulk, pout, or wheedle away at you until they get one. Pull them over your knee, lift up all those ruffles, down with the panties and spank. Paddles and hairbrushes may come in handy.

Strict Mother: in this one you've been a naughty boy or girl. Not tidied your room, been caught doing something you shouldn't below the belt, or perhaps mom found your pile of adult magazines. Perhaps the report card wasn't all that it should be. Take your spanking before 'father' comes home. Adolescent age-play for this one – remember being a teenager. Mom may be a modern girl, or a stricter 1940's, 1950s, or 1960's style, and should dress to the part. Don't think that Mummy is weak and can't spank. Paddles, hairbrushes, wooden spoon, ruler, or even a cane could be in reach to help you mend your ways. In this role-play it is relatively easy to switch genders with a strict 'father' role.

Bored Housewife/husband: he's out at work all day, she's bored, just about anything could happen. Flirting with the odd-jobber, the workman/woman, neighbours, or maybe she entertains herself. Arriving back early, husband catches her in the act and a sound spanking ensues. This scenario can be mixed with group play or kept to a couple. Scope to switch roles with a bored husband surfing the Internet, or flirting with the delivery girl, next-door neighbour etcetera.

Police Officer/Offender: caught in the act, submit to a spanking and escape with a warning, or pay the full price and go to jail. The spankee has no choice but to submit. Hard spanking ensues – expect

no mercy – this is a disciplinary punishment. Bend-over and get sorted out with paddles, straps and canes. The spankee is expected to pledge never to repeat the offence. The spanker is required to dress for the part; uniforms and authority are the main attraction. Restraint (handcuffs) is possible for the unruly. Alternatively, you catch a cat burglar in your home and threaten a citizen arrest, agree to let them go if they submit to a spanking and mend their ways.

Officer/Recruit: heavier version of the above, in which the spanker is an officer and the spankee a raw recruit. Both participants wear uniforms. If you like uniforms, this could be for you (there at least three services to choose from). Perhaps you haven't put enough into the last training session, forgotten to show due respect, or are up on a charge. Whatever the reason, this session is going to be heavy. Stinging paddles, straps, canes, and not a whimper or you'll catch some more. This is very strict military discipline and not for the novice.

Quite often, you can adapt your existing wardrobe to create a role-play costume, but for that authentic feel hire or order specific clothing (see [48]-[54] for school, age-play and general dresses, [55]-[59] for period costumes or [61]-[64] for fetish and flirty outfits). For that authentic feel and longer back-to-school type play which is not all spanking see [74] [75]), some professional spankers also run school days.

6.5 Rules of engagement

All the themes outlined above have the characteristic dominant-submissive roles and a nice story line. However, before you rush off to dress-up and get that spankee over your knee, read the following. Each session has rules of engagement. The spanker must not assume that the spankees will just bend-over, this is a game, and the spanker has to make it happen. Each session requires one or more of the following:

- The spankee must be kept waiting.
- The spankee must confess an indiscretion.
- The spankee must ask for the spanking.
- The spankee must show respect for the spanker.
- The spankee must thank the spanker for the spanking.
- The spankee must show contrition

- Any unruliness/bratishness must be controlled.

Chapter 3 introduced a four-stage session punctuated by rest times where the physical intensity of the spanking increased at each stage. In a role-play session, a verbal interaction is also added to the session to enforce each of the above points, each player responding in character. Try to achieve as many of the points listed as possible in the session.

With the spankee in costume, make them wait for the session to start. In the school-room example this may take the form of standing outside the teachers study, or standing in front of the desk until some pressing business is concluded. In a kidnap or slave scenario cuff/tie them (safely) to the bed or lock them in the spanking room. Similarly, in a husband/wife or vice-versa scenario, finish watching your TV programme, that cup of coffee, or magazine article. This waiting time gives the spankee time to consider their plight, adding to the suspense and stirring up butterflies in the tummy. All but the most disciplined will tend to fidget, which the spanker can add to the list of indiscretions and admonish them, while they continue to wait. At the end of this period the spankee should be thinking that they have perhaps let themselves in for more than they imagined, be nervous about what will happen next and in essence starting to lose control. At the same time, the spanker is asserting their dominance.

After the waiting period, the spankee should present themselves to the spanker, plenty of scope here for the spanker to find fault. The spanker, in a commanding voice, should ask the spankee why they are standing before them, treating any mumblings, prevarication or back-chat with the contempt that it deserves. Draw this part out as long as necessary to get the spankee to ask for a spanking or dig himself or herself in deeper. Point out the indiscretions, clamp down on fidgeting or slack posture and exploit any contradictions. A good spankee will have thought about possible reasons for attending, have something to confess or a bratty type reply. Part of the mental sparring can be for the spanker to discover the spankee's secret. If it looks like the spankee is not going to admit to anything or ask to be spanked, spank them anyway with the justification that they are not being truthful and honest, or simply that their attitude is inappropriate. Confession then becomes part of the spanking, where the objective is to extract an admission of wrongdoing. Whatever happens the spankee should

realise that submitting to spanking and hence the spanker's will is the only way out.

As the session progresses, the spankee should be convinced that the only way to proceed is to be fully compliant. One way to do this is to show contrition. A spanker should be wary of any spankee that says the magic word 'sorry', 'promises to behave', 'or to be good,' too early; they are just trying to save their butt. Similarly, it is surprising how many people forget to actually say they regret what they did (even if it is imaginary – which ought to be easier – it's just a role). The spanker is looking for two things, first confession and then contrition. Increase the intensity of spanking if none of these things are happening. Use corner-time to admonish the spankee, asking them if they have remembered anything or wish to say anything. Assert compliance by asking the spankee to stand in a certain way. For example, standing in the corner with hands-on head and pants down to expose the reddened cheeks is a very humiliating posture. Alternatively, holding up a skirt to expose the bottom is not only tiring on the arms, but also quite embarrassing. After corner-time, the spankee should approach the spanker respectfully in the way proscribed by the spanker. Again the objective is to emphasise who is in control. Ask if the spankee wants to confess or say anything. Any faults or forgetfulness on posture or addressing the spanker disrespectfully should be incorporated into the next set of spans.

For spankees that have difficulty asking for the spank, make it part of the spanking. Insist that they ask for the next stroke, respectfully of course, and that they say thank you after each one. Add more spans if they fail to comply, if the response is too slow, or in the wrong tone of voice. For those who have not confessed, tell them why they are receiving the spans (supplying your own reasons) and get them to confirm how they will alter their behaviour in the future. All this interchange happens while the spans are being administered, and is then reinforced during the corner-time. As the bottom warms-up, forcing verbal admissions will add to the spankee's loss of control.

Halfway to three quarters through the session the spanker should be watching for a change in emphasis, where the spankee's resistance wanes and they move into a more accepting role. Now the only thing on the spankee's mind should be the effect of the spans given so far, the intensity of heavier spans/strokes being received, and a sense of

compliant resignation. Mentally they should have submitted completely, taking the spansks as given, perhaps thinking that they will never escape. This is the point when true heartfelt contrition becomes evident and maybe even crying. Ask the spankee to count the strokes of any implement, adding extra strokes or starting a set of strokes again if they miss count. Remember to use safe words so that the spankee can use a full vocabulary of submissive words to voice their feelings without inadvertently ending the session.

Throughout the session, the spanker should assert further dominance by choosing appropriate positioning of the subject. Vary position moving from intimate otk type positions to exposed submissive positions such as bent-over or over the desk positions. The type of role-play will help determine what is appropriate. Remember that removal of pants for bare-bottom spanking is also a control tool. Spankee's that protest too much or fail to acknowledge their misdemeanours (according to the role) should have the pants removed and told why the pants are being removed. For example, that you 'just don't seem to be getting through to them', or that they are telling untruths, or just that they need to be taught a lesson – you can always find a reason.

Another technique is to ask the spankee to bring an instrument to you before it is used. This is very controlling, in that the spankee has to present the spanker with the said implement and then receive it. At the end of a session, asking the spankee to bring the cane can finally complete the domination, with the spankee pleading not to be caned. For those with lesser tolerance another implement can be used. Use the verbal techniques to extract the confession, contrition and respect from the spankee, while seemingly toying with the idea of administering the instrument. Afterwards, total dominance would dictate that the implement is used anyway, but you might use it less forcefully. Alternatively, if the spankee has shown themselves to be a model subject you can reward them by allowing them to choose the implement for the last set of strokes (you'll be surprised what they pick – not always the lightest). At the very end of the session, the spankee must present themselves with the correct deference and posture, before thanking the spanker for giving the spanking. One of you should then leave the room briefly, to drop out of role, before coming back together to move into the aftercare part of a session.

6.6 Crying and other problems

When a spankee begins to sob or cry it can unsettle the spanker, make them second-guess their control strategy. For example, have they gone too far? Check the situation with the use of safe words. Crying is an intimate gift from the spankee to the spanker. The spanker has managed to get the spankee into that much sought after head-space where they feel completely able to submit and abandon themselves. Some female spankee's claim that at first they never used to cry, but once it happened, crying became easier and easier in following sessions. Everyone knows how therapeutic a good cry can be. The basic message is not to try to make your subject cry, if it happens it happens. Deal with it when it occurs, bring a corner-time forward or continue spanking but perhaps lessen the intensity. Use more soothing words or verbal exchanges encouraging the spankee to let out the emotions. If you try to make it happen, you will end up spanking too hard and destroy the rapport with your partner. Likewise, if you are spanking to make your partner cry, or are angry with them, stop immediately. This is not what consensual spanking is about.

Finally, a word or two more on brat-play, brats are troublesome. A spankee that has decided to play a brat is not going to respond to any of the bullet points mentioned above. Instead, the purpose is to challenge the spanker and try to assert dominance. Phrases such as, 'you can't make me,' or 'I didn't do anything,' or 'you can't prove it' are the type of remarks to expect, with body postures to match. The spanker must assert their authority. One approach is to force the spankee into a submissive position, otk for example, and start spanking hard. Obviously, with no warm-up, there is going to be some wilful wriggling, but use the position control techniques (see 3.2) until you gain the upper hand. A spankee cannot wriggle forever. Pulling down the pants quickly and roughly, going straight to bare bottom spanking, can assert how serious you are. This sort of short-sharp shock can be enough to ameliorate the brat and make them second-guess their game plan. Restart the session, make them report to you again and then start to work through the points above. If the spankee is still out of control move to an implement, if nothing else a sting on the bottom and a bit of corner-time can work wonders. Above all, do not lose your temper or spank with anger, if things are going that way stop the session and discuss. Tell the spankee that their role is too over the

top. Likewise for a spankee who thinks the spanker is being too aggressive.

6.7 Appearance and deportment

In a role-play, appearance is extremely important, not just for the spankee. A schoolroom scene demands uniforms, an office scene business suits and neat hair, and so on. Both people must look the part. The spanker can use deficiencies in appearance as a control if the spankee is not an adept role-player, or if the scenario is not as obvious as a schoolroom scene, or where the types of misdemeanours are limited.

Use pickiness on dress and presentation to find fault with the spankee. For example, gymslips can be too short or too long, ties not straight, blouses not pressed. A wife's dress can be too staid or too tarty, stocking seams not straight, shoes not polished sufficiently, apron not tied correctly. A man's shirt dirty or smudged, trouser creases not straight, socks not straight or not pulled up correctly, or the tie knotted incorrectly. Look for small creases or slightly out of placed ruffles, are sleeves puffed up enough. Virtually anything can be out of place, especially if the spankee has had to wait for the session to start and is a bit of a fidget. Sometimes the required dress will be very specific, like school uniforms, you know what to expect and what is out of place. In other cases, you can be specific, such as white socks, yellow ribbons, patent shoes, or regulation pants of a certain colour (white cotton, regulation blue). Check that the spankee has met these conditions at the start of the session. Some spankees can play mischief and try to get away without wearing the proper attire. For example, garter belts and thongs when you asked for cotton pants. Even that small indiscretion and lack of respect for the spanker can form the basis for a whole spanking role-play.

Alternatively, move onto personal hygiene, a spankee should always present himself or herself in an acceptable manner. Are fingernails clean, is the spankee a nail-biter, are they nicely manicured, no chipped nail polish, is the colour appropriate. Hair is also an endless source of faults; has it been washed, is it tied up neatly, or combed. Women have many more styles than men and more accessories, so for example, you can ask for pigtails, ponytails, Alice bands, scrunchies, clips, ribbons and so on. Alice bands are never

straight and ribbons always need retying to give better bows. The same applies to apron strings. Similarly, look at the application of make-up; glossy lipstick can be tarty, eye shadow too heavy or garish, no make-up just too plain.

Next, consider deportment, does the spankee stand correctly when they present themselves at the start of a session or after each corner-time. Do they stand-up straight, fidget with their hands or shuffle their feet. As your spanking sessions develop, you may agree on or instil a standard position. For example, standing up straight, feet together, hands held in the small of the back, shoulders back. You might also impose a rule that there is to be no direct eye contact – the spankee must not look at the spanker unless told to do so. If the role-play is historical, such as master/maid, plantation owner/southern belle, knight/lady, you might also add a curtsy or bow as the correct form of address.

If all this seems like excessive nit-picking well, yes, it is. But remember the point is that the spanker exerts control and the spankee submits to control. Even if you have no props or story line to your spanking session, using any or all of these fault-finding techniques can start a session and justify the spanking. Teaching the correct deportment can be a role-play all by itself and does not require any fancy props. Simply check at each corner-time if the spankee has learn't the rules of how to stand and address the spanker. Amazing how many spankees cannot remember or follow simple rules.

Spankers too are not immune from dressing for the part. If the spankee is going to go to all the trouble of appearing correctly, the spanker's dominance can only be undermined if they are less than spotless themselves. For female spankers applying all the above rules is advised, look neat, trim and business like. A neat dress or business suit and tailored blouse, stockings and high heels, can be very effective for ordinary (non-costume) sessions. Men should dress in smart casual wear or collars and ties, and pay attention to shoes. Manner is also important, if the spanker is not confident and assertive they cannot expect to control the spankee. Spankers should practice voice control, to ensure that commands sound authoritative, and so that the spankee knows exactly who is the boss.

6.8 Verbal Extras

A spankee can also add to the quality of a session and enhance the enjoyment of the spanker. As well as complying with the spankers demands and having the correct demeanour, spankees can add value by adopting spanking postures without being told. For example, by arching the back, pointing toes, having straight legs and so on (see 4.3). They can also ask the spanker if their bottom is presented properly, would they like it to stick out more, for example. Not all spankers like this, it can be seen as being overly familiar rather than compliant. Any decent spanker will correct this behaviour if they don't like it, probably with a couple of well aimed spans.

Another option for the spankee is to give greater feedback during the spanking. Reward the spanker by giving a verbal response. When the spans are sufficiently hard, you probably won't need to play act, but learning to gasp, shriek, or even pleading a little can be a big turn-on. It doesn't take much, a flirty little squeal for the odd heavier spank, or a repertoire of variations on 'ow', 'ouch', or 'yeow', can work wonders. Likewise, some spankers like a bit of a tussle, so squirming, scissoring and wriggling (not too much), or getting your hands in the way, especially in the warm-up parts of a session can be very rewarding. A bit of bratty type backchat can also stir things up a bit. Be careful not to make it obvious that you are acting, it *is* a game, but some spankers will not like it being made too noticeable. Good actors don't look as though they are acting at all.

The spanker can pile on the embarrassment factor by finding key words and phrases that get the spankee turned on or more into their head-space. Most spankees have some trigger word or phrase that gets their fantasy going. For example, referring to the subject as 'young lady', 'Missy', 'Ms smarty parts', 'naughty girl/boy', 'young man' and so on, can make a spankee crimson with embarrassment. A firm or matter-of-fact tone with verbal commands is similarly effective. For instance, 'bend over my knee ...', 'adjust your dress and bend over ...' or 'panties/knickers down please ...' completing the sentence with one of the terms of endearment above. Demanding that the spankee addresses you as Sir/husband, or Miss/Ma'am/Madam as appropriate is also an effective control. Adding baby talk while spanking can also get a spankee seriously aroused or into a submissive head-space. Soothing words while stroking a warm cheek, using baby versions of

words, or using babyish contractions of your subject's name, can get them all worked up. Not everyone likes this and don't over play it if they do, unless of course it is part of a Nanny/Matron role-play. Sounding a little concerned can also work – for example, 'that's going to be sore in the morning', or 'oh dear, that does look very angry, it must sting terribly', or 'that's what I like to see – nice red cheeks', or 'my, that feels really hot.'

6.9 Group play

Group play refers to any role-play where there are more than two people. There can be more spankers than spankees or vice-versa. An obvious example is a group of pupils being called to the headteacher's office. Here, the spanker would spank more than one spankee. Clearly, this is more public, adds to the spankee's sense of humiliation and builds anticipation, especially if you are the last to receive a spanking. Alternatively, there might be more than one spanker, for example at a spanking party. Here the spankee would expect to receive spanks from a number of spankers. Appendix 2 describes a simple game to get you used to the idea of group play. Many other card and dice games can also be adapted to spanking by adding forfeits to the normal rules.

Group role-plays can also allow for play that is more complex. For example, sticking with the Schoolroom scenario, extend the cast to the head teacher, head girl, and pupils. Here the head teacher might supervise spanking by the head girl (an enjoyable way for a spanker to learn), or divide the job between them. Alternatively, maybe there are two teachers, say head teacher and form teacher. The latter might give a hand spanking, the former the cane. The second spanker might fill the auxiliary role of taunting the spankee verbally while they are being spanked or the helpful role of restraining a wayward spankee while the strokes are delivered. Group play makes it easier to switch. For example, the form teacher gives the pupil a paddling, the pupil complains to the headteacher, who paddles the form teacher while the pupil watches. The permutations are endless, once you are in the roles virtually anything can develop.

Chapter 7 *Sensual Spanking*

Sensual pleasure is the gratification of appetites through self-indulgence and sexual enjoyment. So, in one sense, most spankings are sensual. A sensual spanking is a gentler softer spank than most other forms of spanking. The objectives are similar to those of a massage and some analogies between the two are appropriate. A disciplinary, role-play, or short-sharp shock paddling might be used to quickly reduce pent up frustration or tensions. In contrast, a sensual spanking is longer and more intimate. The idea is for the spanker to slowly relax the spankee allowing them to enjoy the physical stimulation of being spanked. The spanker must gain the trust of the spankee making them feel comfortable and willing to submit completely. Sensual spanking is essentially non-sexual, but is closely related to and can be a prelude for more erotic spanking play (see Chapter 8).

Conducting a sensual spanking requires great skill and different techniques to those considered earlier in this book. A sensual spanking is slow and gentle, can involve nudity and be quite erotic. The increased intimacy implies that the players are relaxed in each other's company and may well have some sort of relationship beyond spanking. The objective is for the spanker to manipulate the session making it as pleasurable as possible for the spankee. Consequently, the traditional dominant-submissive role appears diminished, or almost reversed, but this is not the case. There is also a greater possibility for the participants to change role. Below, a spanking session is evolved step-by-step, highlighting the major differences between other types of spanking. Some tricks and tips are also included to turn you into competent sensual spanker. Remember, however, that practice makes perfect!

7.1 Pre-session preparation:

A sensual spanking like any spanking session demands privacy but also calm. Ensure that the venue is discreet, lock the door and switch off any mobile phones or take the phone of the hook. This is time to be with each other and demands the undivided attention of both players. You are about to indulge your partner in a very special event so ensure that you have allowed enough time. Don't try to squeeze a session into a lunch time or between other engagements, things need to be relaxed and unhurried. For a typical session, with the possibility of switching roles, allow two hours or more.

The ambience of the room is extremely important. Set the tone with some sensual lighting, soft glows, or candles to create shadows and gentle shapes. Rooms with dimmers and wall lights are ideal. Table or standard lamps are better than harsh ceiling lights. Changing the bulb colour from the standard white to a soft shade can also transform a room. Aromatic candles, incense burners or other forms of gentle perfume can also be relaxing, but don't do all this at the last minute. You might need an air-freshener a couple of days in advance to clear heavy smells or a little time to let the aromas from candles and incense permeate the atmosphere. Make sure you choose scents and perfumes that your subject (the spankee) likes. We are trying to relax them, put them at their ease, a pleasant aroma and atmosphere making them feel welcome and safe is half the battle.

Gentle relaxing background music is also a plus. Instrumental rather than vocal, soft jazz, light orchestral, or natural mood music is ideal. Again, find out what relaxes your partner, avoid heavy tracks, light and romantic is the feel. Make sure the CD, tape or whatever, lasts as long as possible or use a multi CD changer. Once the session starts you don't want to break off just when you get your subject to the brink or be tense and worrying about having to change the CD/tape, neither do you want it to stop abruptly and break the atmosphere. A nice pre-session icebreaker can be for you to choose the music together, perhaps with a drink, while you chat about the session. The latter is especially important for a first time spankee who may be nervous about the intimacy as well as the spanking.

In sensual spanking less dominant positions are used. You will need a settee, a bed, or the floor. If you plan to include massage techniques within the session and intend to use massage or other aromatic oils,

you will need something to cover up the furniture to prevent staining. Also, make sure you have plenty of soft pillows and towels to allow for modesty and to adjust presentation of the subject's bottom during the spanking. A sensual spanking is light to medium in intensity, leaving few or only quickly fading marks for a couple of hours. Consequently, choose lighter instruments if implements are to be used at all. Canes, crops, straps and paddles can still be used, but very very much lighter than in other spanking sessions. Lay out the instruments neatly and in view if you want to build the spankee's sense of anticipation. If your spankee is already apprehensive, a novice, or both, show them the implements before hand, encouraging them to examine and hold them or choose their favourite. Remember it is all about gaining trust and making your partner feel comfortable.

7.2 How much nudity

Sensual spanking involves a lot of non-sexual touching and caressing. It follows that the more layers of clothing there are between the hands and the flesh the less effective it is going to be. Stroking and caressing is more effective on bare skin so at some point your subject will have to undress. Make sure that this is clear at the outset as last minute surprises or disagreements can sour the atmosphere. There are no hard and fast rules on how to start. But some nudity will be required as the session progresses. How much is acceptable depends on the players, their familiarity, and how much they trust one another.

Start fully clothed and undress as the session progresses or start naked apart from knickers or pants. An essential part of any spanking ritual is removal of pants or panties to expose the rear. A happy compromise is to start partially clothed, moving to bra and knickers or shorts/pants, and then onto bare bottoms. Remember sensual spanking requires no touching of the sexual areas, but does provide plenty of scope for caressing and stroking of limbs and the upper torso (back) without losing modesty.

Ideally, the spankee should take a bath or shower before a session starts. If you plan to switch during the session both of you should shower. Not only does this make sure you are clean and ready to play, but is also relaxing, a good prelude to setting the mood. Shower gel/soap can add a smooth silky feel to the skin making it soft and receptive to the touch. The warm water is also invigorating and boosts

circulation especially in the area soon to be the centre of attention. Slipping into some loose fitting play clothes helps to get you into the mood. Nothing extravagant, some clean underwear, a light top, skirt, dress, shorts, or loose trousers are okay. If you are to be a spanker make sure your hands are clean and nails trimmed. The latter to avoid unpleasant snags and scratches while stroking and caressing.

7.3 The session

Similar to the session described in Chapter 3 a sensual spanking session can be broken into stages. In the session below, there are three main stages, where the intensity of the spanking increases from one stage to the next. Each stage lasts twenty minutes, ten for spanking and ten for rest-time.

Stage 1 connecting: start by establishing a rapport with your partner. This varies from couple to couple, so follow your instincts. Sit next to each other, touch the spankee's leg, stroke their cheek, touch their hair, or gently take their hand. Ask them if they are ready to be spanked, how they are feeling (nervous, excited). If they are shy or blushing, reassure them, squeeze their hand. Be sensitive, look into their eyes, tell them how much you are looking forward to the session or how special it makes you feel because they are submitting to you in this way. Avoid coarse language and reassure them that they are in safe hands. Build the trust, talk to each other, and when you both feel connected, invite your partner to take up the first spanking position.

Comfort is essential if the spankee is to relax. An intimate first position is otk on a bed or settee, this is less submissive than using a chair, allowing your partner to stretch the legs out backward and lay comfortably forward, so that you can caress other parts of the body as well as spank. Alternatively, place them facedown, using pillows under the hips to present the bottom for spanking. Guide them gently into position; holding the wrist or hand lightly, position and reposition until both of you are comfortable. Stay in contact with your partner the whole time. To begin, start either at the head or the legs, gently stroking and rubbing the muscles. Feel for any tension and use a massaging technique to relax the area concerned. Work your hands towards the bottom, stroke the cheeks and then move on. Do this several times, until the spankee starts to relax, then bring the hand back to the bottom. Pepper the cheeks with some very light spans

and then move back into caressing. Always start with a hand spanking, even if you intend to use implements later. Jumping straight in can be a bit of a shock and tenses up rather than relaxes the spankee. Remember, you need to warm them up so their tolerance is greater later on in the spanking. Keep at least one hand in contact with the spankee at all times, either resting on the lower back, stroking and caressing, or moving up and down the body.

Repeat this mixture of caressing and spanking, increasing the intensity of spans on each pass. After ten minutes or so, move into a rest period. In a sensual spanking, corner-time is replaced with a more formal massage and contact time, but no spanking. The idea here is for the spankee to feel the heat of the spank and recover from the intensity, relaxing again ready for the next set. Talk to your partner; ask them how they feel, spend sometime complimenting them and stroking the bottom. If the session started fully clothed, slip your hand under the skirt onto the pants or tell them that it is time to undress a little. Once down to underwear, adjust the spankee's position and continue massaging the arms, back and legs (remember that the back of the knees are usually very sensitive). Feel again for any tension in the muscles. Pay attention to the calves, and the lower back to give a deeper massage and then move onto the bottom cheeks, squeezing and rubbing them gently to ameliorate any numbness or sting.

Stage 2 building: repeat the same technique as for stage one always bringing the attention back to the bottom, slowly increasing the length and intensity of the spans. Remember the idea is to relax the spankee, but also get them into an endorphin high. Treat the whole spankable area to slaps and spans, but begin concentrating on the sweet-spot to generate more intense feelings. Don't spank too quickly, you want each spank to have maximum effect and avoid numbing of the bottom. Build up a rhythm of caressing followed by spans increasing the intensity on each cycle. Ideally, you want the spankee to anticipate when the next set will arrive and be ready to react. Performed correctly this rhythmic spanking can be very relaxing and coupled with music quite hypnotic. Avoid too much relaxation, or even sleep, by talking to your partner. Ask them how they feel. Encourage them to be vocal or breathe out with each spank. Periodically throw in an unexpected spank or two, perhaps a little harder or faster than the others, just to keep them focused.

In the middle part of this stage turn your attention to the bare bottom. On each spanking cycle play a little more with the pants, tease the spankee gently. Tell them that they need to come down. Use soothing words maybe even a little baby talk. Eventually, tease the pants down just off the buttocks and continue with rhythmic spanking. Compliment them on their bottom, taking time to stroke the bare cheeks between spans. Continue to build intensity by moving onto a light implement such as a paddle. Pat and stroke the buttocks with the paddle before delivering the spans, the cool surface against the heated cheeks can be quite therapeutic. Build the intensity until the spankee's bottom has a nice moonglow, but watch carefully for any restiveness. The latter is a sign that the intensity is too high and you are losing the spankee and/or the relaxation. Regain the initiative by reminding them of the agreed safe word, dropping the intensity by returning to hand spanking for a while and/or increasing the caressing of other parts of the body.

Once the bottom is nicely glowing move into another rest-time. Now is a good time to re-position the spankee. For example, move from otk to a prone position (laid out on a bed face-down). Present the bottom by placing pillows or towels under the buttocks. The last part of the session concentrates on bare-bottom spanking, so in preparation treat your spankee to a relaxing massage and if not already done remove their pants. Spread massage oil over their back onto the bottom cheeks and the legs. Pay particular attention to the bottom, which by this stage will probably be quite hot to the touch.

Stage 3 peaking: when the spankee is relaxed, progress into the final spanking period, using the chosen implement. Start lightly and work up to and past the previous levels of intensity. The moistness of oils may create a greater sting so gauge the level carefully. The lying down position is natural and comfortable, with the spankee already relaxed, but for some implements, you may prefer to change position to all-fours over the bed. This provides support and comfort for the spankee while presenting the bottom more effectively for implements like the cane. Remember the objective is to cause intense pleasure for the spankee, not to deliver a thorough disciplinary style spanking. Don't forget to communicate with the spankee and to continue caressing the buttocks with the hands and the instrument, tease to please. Use light taps of a cane or a regular rhythmic use of the paddle

on the bottom. Continue to stroke and caress other parts of the body between bursts of spansks. If positioned correctly, massage the legs and back while spanking with the other hand. Play the spankee, tuning into their rhythm encouraging them to writhe, gasp, or wriggle in response to spansks. Spank quicker, a little harder, or in bursts when you find a spot that elicits a response. Don't over tax one spot, but do make sure the spankee can read the pattern to your caresses and spansks so they can anticipate when you will return to their most sensitive areas.

Try to hold the spankee on this edge of relaxed excitement for as long as possible, but recognise when they switch off and move into the last rest period. Bring the spankee down slowly with some further massage, reducing the contact, rubbing the bottom, perhaps more massage oil if you are using it, then bring the spankee out of the spanking position. Hold each other or talk about the session, this is a very intimate moment. If there is a mirror available, combine some gentle stroking with showing the spankee the evidence of the spank. Be soothing, assure them (if it is true) that any marks will quickly fade, tell them how much you admire the way they look, how special the moment has been.

7.4 New Rules of Engagement

In most spanking sessions the spanker enforces the spankee's submission by using a variety of control techniques. Section 6.5 supplied a checklist of things a spanker required the spankee to do. As you can tell from the above, sensual spanking requires a different set of techniques. The psychological approach is different, rather than being confrontational, the spanker is a helper. Metaphorically, they must take the spankee by the hand and lead them to a special place of well-being. The spankee still submits in a sensual spanking but the approach is gentler. The spanker should ask them if they want to be spanked or are ready to be spanked. The spankee should reply in the affirmative. Ask them what they think is likely to happen, build their confidence; assure them that they are in safe hands.

The tone and voice used by the spanker should be gentler, encouraging and kinder than in other forms of spanking. We don't expect the spankee to resist the spanking but they may still be apprehensive, especially if it is their first time. If the spankee pulls back their arms to protect the cheeks during spanking, they cannot be

relaxed, things are moving too quickly in the session. Allow the subject to feel their buttocks, ask them if they can feel the heat in the cheeks, describe how their bottom looks and feels (is it hot, red, pretty, has a warm glow etc). Gently move their hand(s) away and continue. If the hands keep covering the cheeks, place them in the small of the back, hold onto them lightly or squeeze their hand reassuringly as you spank.

In a straight spanking session, we would expect a spankee to be respectful, address the spanker in an approved manner, confess to some misdemeanour and so on. This is not very practical in a sensual spanking, since it is a reward not a disciplinary type act. You can add a sense of submission by asking the spankee to undress in front of you during a rest time. This adds to the intimacy of the moment and can lead onto to erotic play later. Asking a spankee to remove their pants and hand them over is still extremely controlling without spoiling the over feel of the session. Indeed, it might give the spankee an extra frisson of excitement, likewise it might be too embarrassing for a beginner or if the partners are not already in a relationship.

If the spankee cries out during the spanking, or you detect that they are trying not to, encourage them. Deep breathing through a stroke or spank, grunting, or groaning can be a great stress reliever and help the spankee relax into the spanking. Let them know that it is okay to make noises or cry, stroke their hair or caress them, tell them that you found their spot, maybe even tease a little, repeating the same spank a few times before moving on. Build up the rapport so that the spankee feels safe letting out their innermost feelings. Some may like to confirm that a particular spank was a good one and ask for another just like it. Indulge them; remember this is a spanking for the spankee not the spanker. A spankee that submits in this manner is giving the spanker something extra special.

Swapping roles during the session is possible but must be done carefully. The whole point in sensual spanking is to relax the spankee; this is impossible if you are swapping positions and viewpoint constantly. A session with switching should be longer than an hour. In a two-hour session, the obvious choice is to spank for one hour each, alternating the stages for each spankee. This allows a more interactive session with opportunity to tease the next spankee, explaining that you will now have your revenge! Don't make the stages too long, by the

time the first spankee has dealt with the second, the effects of the earlier lighter spanks will have dissipated. This is okay if the objective is a very light playful spank, but not much use for those seeking a more thrilling high.

7.5 Massage techniques

Massage is the art of rubbing, kneading, tapping/vibrating or manipulating the soft body tissue with the hands or an instrument designed for this purpose. Massage is a huge topic in itself, whole books have been written on different types of massage and on different techniques. To become proficient you should invest in a few massage books or attend a massage course, and failing that pay for a professional massage so that you know what to expect [16]-[21]. Some popular choices in increasing order of sensuality are Deep tissue, Swedish, Reiki, Shiatsu, and Aromatherapy. Be careful what you ask for! Virtually all these massage techniques have some sensual appeal but a 'real' sensual massage usually implies sexual touching. The techniques suggested here are very personal and you should not expect sexual touching in a professional massage.

Several basic techniques can help your sensual spanking be more rewarding and successful. *Rubbing* is used to stimulate circulation and release muscle tension, rub the muscles in a circular motion with palm of the hand or fingers. *Vibrating* requires a rhythmic light slapping with flat of hand, almost like a very brief spank, to improve blood circulation and to help relax muscles. In *Kneading*, you work the muscles as if you were working with bread dough. This technique can be particularly calming. While massaging try to keep in constant contact with the spankee, moving your hands to different areas of the body in a continuous manner, this helps the massage flow smoothly. Oils or massage lotions allow the hands to glide over the skin adding a pleasant intimate feel. Using the fingernails to run against the skin can add an extra zing, but please make sure they are smooth and do not press so hard that they dig or gouge. Gently pinching the skin and muscle can also be quite relaxing, especially if you work along the back of the legs, the shoulders, or the arms.

The amount of pressure used in the strokes can make all the difference to relaxing the subject or being annoying and switching them off completely. Apply pressure gently, increasing until you find

out what feels good to your partner. Listen to their responses and let them tell you how much pressure is just right. If the subject does not like what you are doing, stop and try something else. Following smooth patterns will relax the spankee, allowing them to predict the motions and hence submit more deeply to your attentions. Pressing into the buttocks and kneading gently but firmly can also be extremely pleasant, relaxing the bottom cheeks so that they are loose and ready to receive the next set of spans.

7.6 Bastinado

Bastinado refers to hitting the soles of the feet with an implement such as a thin paddle, strap, or cane. Although not strictly spanking, which is confined to the buttocks, we include it here as an additional technique to be used in a sensual spank as part of a rest-period or a complement to massage and other techniques. Bastinado can also be an alternative for spankees that are not comfortable receiving an implement on the posterior. If your partner enjoys light restraints, cuffing or tying the ankles together can present a nice target from the up-turned feet and allow the spankee to wiggle against the bonds without feeling too constrained.

Ideally, the spankee must be positioned so that they can raise the legs at the knee and bare the soles of the feet. So for example, lying face down, bent-over the bed, or on all fours. Ask the spankee to bend a knee to raise one foot so that the sole is facing upwards and then strike across the soft part of the arch. Continue with the other foot and then both together. Remember the safety tips in sections 2.1 and 5.5, never strike where the skin is thin or on bones. Use the cane or implement lightly; the spankee must be able to walk comfortably afterwards! Turn the delivery into a game, asking the spankee to offer (submit) their foot, allowing time for them to wiggle their toes or foot at the ankle between strokes. Take time afterwards or between strokes, to massage the lower legs (calves) and feet.

Done properly Bastinado can create a nice interlude, maintaining the sensual mood, continuing the spanking while the bottom recovers. A nice inventive touch is to use a blindfold so the spankee cannot anticipate the strokes. A silk scarf can be quite effective, especially if you stroke and caress the subject with it, along the legs, shoulders and back before tying it in place. Alternatively, use a sleep mask. Leave

the bonds and blindfold in place as attention returns to the bottom for another round of spanking.

7.7 Other sensations

Massage and aromatic oils can be used to relax the spankee and provide for a very pleasant interlude in rest-periods. Many lotions and creams are available which themselves can create pleasant feelings when rubbed into the skin. Some oils are aromatic and edible. Water-based lubricants/oils are better for female spankees, especially if erotic play is to follow. Other oils can warm the skin when you blow on them creating a sensual frisson and add to the warmth generated by the spanking, sports lotions and liniments may create a burning sensation. Aromatherapy has been used for centuries to reduce stress and tension; oils can act as mild sedatives or as stimulants and are absorbed through the skin. Inhalation of the aroma directly affects the limbic area of the brain that is related to emotions. Massaging between each set of spansks can also reduce levels of stress hormones, improve blood circulation, and relax the subject all of which help put them in the 'zone' for the next set of spansks.

Heighten the effects of caresses and stroking by using different fabrics, such as silks, furs, leathers, or feathers. For example, in the otk position, stroke and caress the back and bottom with a furry mitten and then spank with a bare hand or paddle. Alternatively, wear a glove on the spanking hand to get a different spanking sensation. The contrast of the soft and hard can have quite interesting effects on the spankee. Alternatively, create a luxurious play den with sheepskins, or fluffy, furry sheets, quilts and so on. Lay your spankee in the midst and let them squirm facedown as you spank their upturned cheeks. You can do the same with latex or PVC, whatever turns your partner on.

If you are experimental, the sting of a spank can be increased in other ways without increasing the intensity or power of the spank. For example, take a leaf out of the roman book of excess and experiment with urtification – spanking with nettles. Take a branch of nettle leaves and lightly spank the subject's bottom, leaving the nettle to sting the cheeks! Alternatively, wet the bottom by simply pouring liquid over the upturned cheeks or using a simple spray gun (such as those used for watering plants). Partially melted ice-cubes are another

possibility, mixing hot and cold sensations, especially when the bottom cheeks are already warmed up from previous rounds of spanking. Run the cube over the hot cheeks to cool and then spank again to restore the heat in the bottom. In these cases, consider using different types of sheet to stop the oil or water staining, while also dealing with any spillages. Don't forget that some lubricants and oils can react with latex.

Chapter 8 *Erotic Spanking*

When a spanking session spreads to intimate touching it becomes an erotic spanking. The purpose of an erotic spanking is to sexually arouse the spankee. Because the physical action of spanking can also stimulate the genital region indirectly, virtually all spanking will produce some sensation of arousal. Indeed, some spankees can actually reach orgasm from the submission and spanking elements of a spanking session alone. These fortunate few are in the minority, so erotic spanking allows the spanker to touch the spankee and stimulate them more directly. As well as the spanking, the subject receives attention to the genitals and other erogenous zones.

Erotic spanking is what most people understand as the purpose of adult spanking, which along with the idea of dressing for the part leads to the idea of spanking being a bit kinky. Here we identify four types of erotic spanking depending on how the session starts.

- As an extension to sensual spanking to arouse the spankee
- As foreplay for sex (or during sex)
- As a forfeit by the spankee (during a role-play)
- As a flirty role-play designed to arouse the spanker

The first and most obvious is the extension of a sensual spanking, where the spanker has devoted time and care to relaxing the spankee to produce a natural sense of well-being. A sensual spanking couples close non-sexual contact with massage techniques and spanking so a natural extension is to move into a more sensual massage exploring the genital area. The second type of erotic spanking is a playful session where the spanking is intended purely as a method of foreplay. Even the original kama-sutra mentions spanking as an aid to erotic stimulation ([5] pg152). In the third case, once the spanking has been given, the submissive partner may pleasure the spanker in someway. The fourth is a mild form of role-play where flirty costumes, available

in most adult/lingerie shops, such as naughty nurse, french maid, school girl, are worn to add a fantasy element to the foreplay and get the spanker aroused. The conclusion of all erotic spanking sessions is lovemaking, orgasm, or both.

8.1 Why spanking is pleasurable (recap)

Section 2.4 identified four main reasons why receiving a spanking can be a pleasurable rather than painful experience. The physical process of spanking releases endorphins, the bodies' natural painkillers – the effect is to produce a 'high' or euphoric feeling. In addition, spanking the sweet spot stimulates nerves and muscles that share a common link with the genital areas. The percussive nature of a spank also transmits vibrations through the pelvic areas thus indirectly stimulating the pleasure areas. Positioning the spankee correctly also provides opportunity for stimulating the genital area by rubbing against the spanker or another object such as a desk or chair. An erotic spanking uses all the techniques of spanking but also concentrates on stimulating the sexual areas leading to relief/orgasm. When combined with the endorphin 'high' or a highly relaxed spankee, the climax can be enhanced, whether it is as part of the spanking or a lovemaking session afterwards. Women and men who have difficulties reaching a climax may find that spanking makes it easier to orgasm, acting as a transition to a more aroused state.

An erotic spanking combines the spanking with the usual methods of stimulating and arousing a partner or subject. The key is to intermix direct sexual touching with the benefits of spanking in order to raise the subject's level of sexual arousal as the session progresses. For the female spankee attention should be given to the breasts, the vulva (and in particular the clitoris), and internally the fabled G-spot. For the male, attention is on the penis, testicles, and internally the prostate. The prostate is responsible for producing the fluid that carries the semen in an ejaculation (in fact it makes up the majority of it). Geographically it is the same position as the women's G-spot, except you locate it via the anus. Indeed, one school of thought is that the G-spot is what would have been the prostate if a woman had been a man. Of course, the anus is also very sensitive to stimulation as well; the opening contains many nerve endings.

To engage in erotic spanking the spanker must think carefully about positioning. The female anatomy lends itself more to being easily accessible than the male. In presenting the bottom for spanking, ensure that the spankee's legs are slightly open and the lower back arched, this has the effect of not only pushing out the cheeks delightfully but also presenting the vulva or scrotum. For a woman, presenting the vulva in this way is not only a mental act of submission, which can be quite arousing, but also provides easy access to all the sexual areas except the breasts. For the man, the penis hides naturally under the body, which can cause complications for comfortable positioning or direct stimulation. Lying on the back with legs raised is a more traditional sexual position that can also be used for spanking (see 4.2).

Below the basic techniques for erotic spanking are considered, the essential message is to experiment and find out what works for you. Erotic spanking is very intimate. Not everyone likes to be stimulated in the same way, what one person finds a real turn-on will do nothing for another. The trick is communication, both spanker and spankee giving feedback to one another. Generally, if a technique is not working, or the spankee doesn't like it, stop and move on to something else.

8.2 Sensual massage techniques

A sensual spanking moves naturally into a sensual massage and stimulation of the sex areas. Remember that in a sensual spank the focus is on the spankee, by extending to erotic spanking play the objective is to bring them to orgasm. If you follow the session tips in Chapter 7 warming the spankee up slowly with spanking and non-sexual touching, getting them into a relaxed, trusting state, hopefully a certain level of arousal will be obtained as well. A sensual spank provides two opportunities to introduce erotic play, either during the spanking part, or during the rest part. Stimulation during the spanking part is considered later, in section 8.3, for now concentrate on the rest period. The rest period in a sensual spanking is when the spanking stops briefly and you concentrate on stroking, caresses, and massage.

Once the session has progressed to the level where pants have been removed move onto the sexual areas. Normally the spankee will be facedown, presenting the bottom for spanking, so as you move into

rest-time caress the bottom and back, then, in as continuous motion as possible, while maintaining body contact, turn your subject over. Continue to caress and stroke the torso, from shoulders down to the legs and feet. Avoid the genital areas to begin with but do spend some time on the chest, stroking and kneading the breasts and tracing fingers over the nipples (guys like this too). Talk to your partner asking how they feel, looking for signs of arousal. Slow down if necessary. When you feel the spankee is ready move onto the genital area, trace around the lower stomach and onto the thighs, slipping onto the inner thigh without touching the vital areas.

The next step is to move onto the genitals. Obviously, this requires different approaches for male and female spankees. For a woman slip your hands onto the vulva, cupping it, and gently rubbing it all over. Trace the lines of the labia before moving onto the clitoris. Rubbing the mons pubis (or pubic mound) can be a great turn-on, especially if coupled with clitoral stimulation using the thumb. Introducing a vibrator gently onto the clitoris can also heighten the sensations. Look for your partner reacting and getting more aroused, listen to their breathing (which should get deeper), signs of wetness, tummy muscle and leg twitches which show that your partner is getting turned-on and heading towards orgasm. Prolong the session by returning to spanking and repeating the rest-time arousal. Take care not to over do it, at some point your partner will want to orgasm, it will be frustrating and kill the session if you do not follow through. Like all spanking, it is a fine line to judge.

After external massage, you may want to move on to internal techniques such as the G-spot. There are many many ways to stimulate a female partner, some of which are described below. Remember, every woman is an individual, so find out what she likes. Some women like to ride the waves of one orgasm into the next; others climax very strongly and then stop. In the former case, you might want to continue stimulation into the spanking part of the session. When your partner does climax, continue the stimulation, very gently, until she indicates for you to stop. Move into aftercare with lots of cuddling and non-sexual caresses, stroke the bottom and maybe even help bring her down off the high with some further light hand spanking. Do whatever she wants until that heightened state has dropped – which can be quite sometime after the climax.

For male spankees the approach is different. There really is only one golden rule to remember, apart from the rare individual, once the man ejaculates the mood is gone and the session has finished. Consequently, whatever combination of techniques you are using to arouse your partner, stop, slow down, or change what you are doing before ejaculation. Even the slightest touch can pull the trigger, so it is essential to know when your partner is ready. Use safe word variations or look for tell-tale signs. Usually it will be obvious that he is aroused by the time you move onto the genitals, if not a small amount of direct stimulation will get him going. Use a lubricant to make sure your hands glide naturally over the rougher skin of the scrotum and don't catch on the sensitive areas of the penis. Rub it all over gently with the palms of your hand. Vary the touching and strokes at the start, observing what gives the best reaction, then settle into using one or two techniques for variation as things develop.

Building your partner up to just below the point of no return several times will create a more intense orgasm. Prolong the play by moving into more spanking as you step away from the peak, teasing like this can be an extreme turn-on, but don't leave it too long before your attentions return. Otherwise, he'll switch off. When the inevitable does happen, don't just leave him to himself. Soothing encouragement and pillow talk can push a man right over the edge. Continue to stroke and massage the area of attention until things come to an end. Remember, ejaculation does not necessarily mean orgasm; men have a head-space too. A bit of fawning of the male-ego can work wonders. Not all men like this, so ask, but it does ensure you leave them completely finished. Don't forget that some men like aftercare too, holding and gentle stroking. Visible evidence will tell you when the body has dropped down from its intense state.

There are whole books filled with methods to stimulate your partner and get them sexually aroused. The following simple techniques will get you started. If you are not familiar with the anatomy of female or male genitals, look at medical book before reading on.

For her: begin with light and gentle caress that barely touch the inner thighs. Alternate between stroking and running your finger through the pubic hair, rubbing the pubic mound, or gently tugging the hairs. Once your partner's pelvis begins to arch upwards, you know it is starting to have an effect. Next slip the palm of your hand onto the

mound and press it gently, rubbing in a circular motion so that your hand doesn't move too much but her skin moves underneath. Next, explore your partner's vulva, tracing fingers down the outside along the outer lips round to where they come back together and massage the skin between the vagina and the anus. Do this a few times, then slip a finger between the inner and outer lips, running your hand from the lower to the upper part of the lips. Repeat this motion, avoiding the clitoris, until you encounter some wetness and sure signs of arousal. Your partner should find this pleasurable, but stop if they don't like it.

Once you have signs of excitement and/or encouragement from your partner move onto the clitoris. Remember this is very sensitive, so be gentle. Rub your fingers across the hood feeling for the erect bud, use soft circular motions, moving the labia from side-to-side between the legs. When you think she is ready, slip the fingers inside the lips and explore, bringing the fingers out onto the clitoris while pressing and rubbing very gently. This works any natural lubrication back up between the lips to the clitoris. If there isn't much wetness, but she is enjoying it, give her a helping hand with some artificial lubricant. If she is willing, insert a finger inside her and then another, working them backwards and forwards, then lift the thumb to give more attention to the clitoris. A variation on this is to press a knuckle of the little finger against the anus, also using a circular motion. If she likes anal play (see below), slip the little finger into the anus to stimulate all three areas at the same time. This technique can also be used in the otk position, while spanking; the thumb and little finger change positions, thumb pressing the anus, little finger on the clitoris.

Settle into gently thrusting and rotating movements, slipping out every now and then, watching your partners breathing. Variation is the key, don't change too quickly, but don't do the same thing for too long or she will become insensitive and you will loose the moment. Move onto toys (see later) such as vibrators and clitoral stimulators to get her even more aroused or if your touch is a bit heavy. Try getting her partially excited and then do some spanking before repeating the process for a little longer. For example, play externally, spank, play externally and move inside, then spank again, and so on. Timing is crucial; withdrawing your attentions at the right time should get her aching for more, the spanking adding to the effect. Too slow and she

will go off the boil and get frustrated. Talk to her and find out when to slip between the two phases, but don't let her dictate too much, spanker is in control remember and she has to submit.

For him: the essential trick for the greatest erotic effect is to vary speed and movement on the penis, allowing the sense of imminent ejaculation to build and then subside repeatedly. Learn to do this right, read your man, and he will be begging you – literally- to make him come. There are so many different strokes that it is impossible to list them all, but here are a few to get you going. Perhaps the most obvious stroke is 'shafting', here you just grasp the shaft of the penis and ignore the head. Move the hand gently and smoothly up and down, all the way to, but not onto, the glans (or head). You will be able to see and feel the effects on his erection. It should get stiffer and once the head begins to swell move onto to another technique.

Next address the head; this is very sensitive, especially around the ridge so be extremely gentle. Hold the penis in one hand and pull it forward slightly so the head is up and away from the body. With the other hand cup the head and slowly massage, first one way and then the other. Obviously, a bit of massage oil or lubricant helps. If he likes this one, increase the pressure and turn the end of the penis like opening a door knob. Twist first one way and then the other, but not too far. Change stroke again if your partner indicates it is having too much of an effect or they don't like it. Combine the two effects together by pulling loose skin on the shaft downwards and holding it at the base, by grasping or cupping the testicles with your hand. Do not pull too tight; the idea is to make things a little taut by pulling on the fraenum, if your partner has a foreskin, or smoothing out any wrinkles just under the head if they don't. Now, with the other hand, shaft the penis again this time slipping up onto the head occasionally. For variation, twist your hand in a corkscrew motion from base to tip or gently squeeze the shaft as you hand rises to the top. Alternatively, use only a thumb and forefinger around the shaft, narrow the gap as you pass the ridge onto the head. Narrow the gap again as it goes back down over the head. What you are trying to simulate here is obvious!

Extend the idea of simulated penetration by using the whole hand to thrust down on the penis from the tip to the base. As one hand reaches the bottom release and repeat with the other hand building up a rhythm, but not too fast unless you have lots of lubrication, otherwise

the head will get sore. Ask your partner to say which speed suits them best. If your partner is large or you have small hands, the head will emerge through the fingers. Keep it enclosed by moving your other hand from the base to the top before this happens – a technique often referred to as ‘perpetual penetration’.

If all that sounds too energetic or if you really want to tease your man, you can take a more sensual approach that works him up very slowly. Stroke and caress the shaft with a very loose motion, perhaps tracing over the head or down onto the balls. If you have long fingernails a light touch can be ideal. Do this for a little while, five to fifteen seconds but not much longer, and then shaft him quickly (just once) all the way from tip to base, squeezing the head as above. Now caress again and tease, touching other parts or talking sexily, then shaft again this time twice. Repeat the process building up the number of strokes at each pass. This can be very effective, but talk to your partner, especially if you want to stop and start again or switch back to spanking, before he ejaculates. Learn to play your man, bringing them close but then denying orgasm, return to spanking and then repeat. You can do this a number of times but eventually he will want to come and you can lose the moment and his attention if he doesn't. Remember control and submission!

8.3 Spanking as Foreplay

Another approach is to introduce sexual touching during spanking rather than during a rest period. With hand spanking, switching between delivering a spank and then caressing your spankee is relatively straightforward. When using implements, unless you are ambidextrous, things can get more complicated. First, the natural hand is holding the implement. Second, the distance between the spankee and the spanker is increased. Consequently, choice of position is crucial.

The most intimate spanking position is over the knee (otk). This is a classic position that provides for contact with the spankee as well as turning up the bottom for spanking. Assuming that you have already warmed up the spankee during the initial parts of a session, moving into erotic play is now straightforward. While stroking the upturned bottom cheeks, slip the hand down, tracing along the crack in the buttocks onto the genitals. This can be done through the pant material

or directly when the pants have been removed. Test out the spankee for signs of arousal; slide the fingers over the genitals and then return to the spanking. At the next pause in the spans repeat the process, asking the spankee how they feel, or if it obvious that they are aroused teasing them a little about it or asking them if they enjoy being touched in that way.

Again, different techniques are used for male and female spankees. For a female spanker, the tendency is for the pubic bone to rest against the spankee's leg. Position her so that this rubs against the leg as the spans land and then get her to present, arching the back so you can explore the vulva. From above, the hand can naturally slip between the labia and onto the clitoris. When she is wet proceed internally, the G-spot should be immediately under the fingers. Remember to alternate the play with spanking, which requires removing the hand for the spank. Build up a rhythm so she can predict when attention will return to the genitals, getting her to anticipate is half the battle. For a male spanker the head of the penis or glans is buried and when erect presents certain difficulties. The obvious choice is for the spankee to be further over the spanker's knee with the penis pressed flat against the stomach. This allows the spanker to feel the arousal and for the spankee to feel confined, but it is not easy to then caress. Presenting the bottom to expose the scrotum provides access to the testicles, which can be gently squeezed and massaged. The erectile tissue of a man's penis extends further back than the testicles running into the body between the scrotum and the anus. Rubbing and gently squeezing the base of the erection at this point can also be very pleasurable.

Alternative positions for male spanking can expose the penis for further attention. For example, move the buttocks lower down so that the penis fits under the spanker's leg. Any wriggling by the spankee will then bring the erection up against the leg. If you can balance the spankee appropriately on the edge of your lap or bend your leg back, it is possible to place the penis behind the back of the spanker's knee, providing a squeezing action by moving your foot up and down. That said it is not easy to do, especially if the spankee is heavy, the penis might also be squeezed too much. The purist otk position with the spankee over one leg is also useful. Placing the penis under the leg then allows for the spanker's attention with the free (non-spanking)

hand. In this way, the spankee can be spanked and stimulated at the same time. Another position is to move the spankee forward on the spanker's lap and pull the penis down, at right angles, and hold it between the thighs or knees. The spankee's head is further forward making it very submissive and they cannot move too much without feeling further stimulation. Obviously being able to adopt this position depends on the attire of the spanker. Silky stockings, petticoats, ruffles etc can all add to the sensation of the spankee and increase the erotic appeal of these positions.

Using implements requires less intimate positions forcing the spanker to alternate more between spanking and touching. An all-fours or bent over position using a desk, chair, or bed exposes the genital areas nicely but the spanker is more detached. In delivering a paddling, for example, administer a series of spansks and then stroke the bottom and move onto the genital area. Again, for the female spankee the vulva is readily accessible. For a male spankee the penis is more easily available by approaching from the side and for desks and benches can be tucked underneath to make them feel more exposed or rub against the underside. For spankees that get excited by the activity of spanking, alternating the attention between spansks and touching will readily bring them to a high state of arousal. Moving onto lovemaking is straightforward for a female spankee who is already positioned and presented appropriately. Indeed, the spanking can continue, as part of the act itself with a series of encouraging slaps and pats. Unfortunately, things are not as straight forward for a male spankee.

A less formal approach is to play rough-and-tumble. Here, the idea is to start turning each other on in the normal way and then play-fight. The objective is to manoeuvre your partner into a spanking position. If you can hold them in the position then spank, using the hand or an implement, for a couple of minutes and then let them go. Pulling down the pants can be included, as can forfeits for the winner (which include having your partner treat you to more mainstream arousal techniques.) After a few rounds, you will be hot, breathless, red in the face and cheeks, and hopefully turned-on as well.

8.4 Erotic Role-play

A role-play situation has many more constraints than the free form spanking described so far. Greater control and behaviour is expected of the spanker and spankee. For light role-play, such as those with lingerie or play outfits, a session can be run almost as that described for foreplay. The use of costumes is primarily for the purposes of teasing the spanker so that they are also aroused when it comes to the final act of lovemaking. For example, if you imagine a frilly French maid in black fishnets being bent over for a spanking, it is quite conceivable that once the spans have been delivered, panties pulled down, and the spankee has squealed and wriggled. The spanker will be just as aroused as the spankee. Consequently, whereas the sensual spanking is for the gratification of the spankee and the foreplay for both partners, erotic role-play is designed mainly for the pleasure of the spanker. That does not, of course, mean that the spankee does not enjoy it. In fact, quite the reverse, the spankee must also be aroused for the erotic side of the session to work correctly. If your partner likes dressing up, acting, and being spanked there will be just as much enjoyment for them as you. The emphasis, however, is on the spankee working to produce an enjoyable session for the spanker. To achieve this they should use some of the techniques in Chapter 6.

In the French maid example, we could well imagine the spankee being salacious and naughty to earn her spanking. Quite likely, with the naked bottom on show, things then turn sexual and she provides a few favours for her spanker. Building on the control techniques in Chapter 4 and Chapter 6, we add the willingness of the spankee to submit to some form of sexual seduction. This submission may be straightforward using a natural bent over position like those mentioned above or it may be more overt and controlled. For instance, the spankee might be asked to stimulate himself or herself while being spanked. The spanker controlling when such touching is allowed, when it stops and what conclusion it leads to, all of course intermixed with spanking. The advantage to the spanker is that they are free to concentrate on positioning, verbal interactions and use of implements. There are also a number of obvious role-play scenarios. For example, being caught masturbating, admonished for flirting, or as an example as what will happen if such naughty behaviour is not corrected.

Masturbation works on several levels from an erotic spanking perspective. Firstly, it is something seen as illicit, thus reinforcing feelings of guilt and needing to be spanked. Second having to perform in front of the spanker adds to the sense of embarrassment. Third, it is very controlling for the spanker to order the spankee to pleasure themselves. In addition, the spankee is helping to drive himself or herself to that sought after head-space of any session, combining arousal with control. Erotic play of this form can be a prelude to lovemaking or just a voyeuristic thrill. The technique is also a very powerful form of female domination. Especially when coupled with ejaculation control or denial.

Erotic spanking and role-play can also be combined to provide the ultimate pleasure for the spanker in which the spankee arouses and pleases the spanker as part of the spanking. Normally, this would be after the spanker has administered the spanking and the contrite spankee will do anything to make amends. As well as the more traditional lovemaking positions this extends to pleasuring the spanker through oral and other techniques. For example, the wayward wife finally tamed and kneeling before her husband wanting to show her devotion or likewise the no-nonsense lady boss demanding total devotion and attention from her employee. In this form of play, the spankee may not be allowed to climax at all. Whether giving or receiving remember that we are advocating safe, sane and consensual play. The players in the game are submitting willingly, even if the role looks as though some coercion is involved, it has all been planned and agreed beforehand. If either player does not like the way things are moving then the session diverts or stops. Remember to use the safe word even for the erotic parts of play.

8.5 Toys and other instruments

The list of adult toys is forever growing and can be quite bewildering at times. Nevertheless, in addition to spanking implements other instruments such as vibrators can be helpful in producing a thoroughly erotic and rewarding spanking session. A simple clitoral stimulator can work wonders in place of a clumsy or thick-fingered hand. Similarly, vibrators and dildos, vibrating love eggs and other 'insertables' can be put in place and left to do their work while the spanker concentrates on building additional arousal

through the spanking itself. Some toys come with remote controls that allow the spanker to vary the speed or action with the free hand while still conducting the spank. These can be especially useful when the spanker needs to be separated from the spankee such as when using a paddle or strap.

Positioning as always is vital when using toys, which have a tendency to slip out or not stay on the target area without help. Unless your spankee has great muscle tone, use positions that make it difficult for this to happen. For example, use over the knee, on the back, or all fours, rather than standing positions. The spankee can help in all this by holding toys in position or being commanded to help use the toy on themselves. Alternatively, make the toy the centre of a role-play scenario as justification for why they are receiving a spanking in the first place. For example, girlfriend/wife discovered in bed with her favourite sex toy. Accuracy is also important with toys, since landing a swat on a toy (especially one inserted) can be painful and may cause internal injury. Nevertheless, a vibrator properly applied can only amplify the effects of a properly landed series of spanks.

Vibrating bullets and cock-rings can be used on the male spankee to simplify the task of stimulating the male genitals. Fixed at the base of the penis or beneath the scrotum these toys can stimulate the erection as well as the testicles. A remote controlled version will allow the penis to be stimulated even while the spanker is not in contact with the spanker or the penis is not readily accessible. Use cock-rings or bindings to prevent or maintain erections depending on the scenario. These methods work by restricting or controlling the blood flow to the penis and so should not be too tight or left on for too long. If the spankee complains of discomfort then loosen and/or remove them immediately. Making a ritual of slipping on a cock-ring, adjusting it, or binding (using a rope, wide ribbon, or something similar) can make for a very erotic interlude.

Binding can also be used to control spankee's that suffer from premature ejaculation by building up their tolerance or just to tease a partner by preventing ejaculation. Once the penis is erect, loop a length of rope under the testicles and around the base of the penis pulling it as tight as is comfortable. Next loop around the penis above the testicles, adjust and tie off. The principle is that the binding under the testicles reduces blood flow in an out of the penis, so once it is

erect it should stay that way until released. The loop over the testicles and around the shaft constricts the urethra making it difficult to ejaculate. Many elaborate wrappings can be employed – be inventive. Removing a (wide) ribbon from your hair and proceeding to bind can be particularly erotic. For example in a sensual rest period, tease your partner with the ribbon, running over their body and around the genitals, before tying it in place. Obviously, you do not want to tie it too tight or circulation will stop completely, likewise the binding material should have some give and not be too thin or it will bite into the flesh. Like any binding, you should make sure the affected area stays healthy looking and release after only a short time (twenty minutes or so maximum – done preferably towards the end of a session). Tying the testicles can cause fertility problems if the internal structures are damaged or become twisted. Again let common sense be your guide and look to the spankee for guidance as to whether he is happy or not. Once bound, proceed to spank, massage, etc. either loosening or tightening to control the penis. Release at the end and the final climax will be intensified.

A cock ring and leash can also be used to stimulate the head of the penis during spanking. Here the ring controls the erection while a collar and leash are fitted just under the head (or glans) of the penis. The spankee can be placed in a variety of positions and the leash used to stimulate the penis by gently pulling or tugging during and between sets of spans. The collar rubs against the sensitive flange at the end of the head, which is full of nerve endings. This frees the spanker from having to reach under the spankee to locate the genitals. It is also very controlling and suited to female domination type role-plays, where it can be combined with positioning and re-positioning using the leash to exert compliance.

8.6 Special techniques

Next, consider some more specialised techniques. In particular, how to stimulate the G-spot for her and how to massage, or ‘milk’, the prostate for him. The latter requires that the spanker gets to grip with the anus, so let's deal with anal play first.

Touching, or generally playing with the anus is one of the last big taboo subjects in sexual play. Most people are brought up to think that we should not touch the area and in some regions certain activities

involving the anal region are illegal. So make sure you are aware of any local restrictions. That said; the anus is another sensitive area of the body packed full of nerve endings, which when stimulated can result in very pleasurable feelings. The anus is a natural area to consider in erotic spanking. The posture of spanking positions, the attention to the bottom and the up turned cheeks all place the ass more or less 'in your face'. For example, in the otk position the anus is easily accessible by the non-spanking hand or when you stroke the cheeks of the spankee. Slipping a finger over the anus and rubbing it gently can have a significant effect on your subject and if nothing else can be used to teach them not to clench. If they can hold still while you stimulate the anus they should be able to hold still for spans.

If you want to experiment, a few words of warning, the anus has no natural lubrication, so use plenty of water-based lubrication to make things more pleasant. Don't use anything too big, too early, build up the spankee over a number of sessions until they are ready for toys. Start by probing with a finger stretching the opening gently in a circular motion, to stimulate the nerves and then slip inside. Various toys such as beads, vibrators, and anal plugs (shaped slightly differently to normal vibrators to stop them slipping inside completely) are available to allow further exploration. If you don't like the idea of touching with bare hands, latex or surgical gloves are perfectly acceptable and can often be an extra thrill for the spankee that is into this kind of play. Also, avoid touching the anus and the vagina, or using the same toys in the vagina and anus in the same session. This sounds obvious, but it is tempting, in the spur of the moment, to stimulate the anus and then slip down to the vulva and address the clitoris or vagina. Your partner will probably enjoy it immensely too, but you can transfer germs and cause infections. Good girls are always taught to wipe the other way, from vagina to anus, which is good advice. Likewise, keep separate toys for each area, clearly marked, and make sure everything is cleaned thoroughly between sessions. Oh, and don't share toys between partners in the same session – didn't really need to say that did we!

For a man, anal play can produce very pleasurable sensations leading to a more intense climax. This is all to do with the prostate gland, which makes fluid used to ejaculate the semen. With your man laying on his back, legs raised – as in desk spanking – insert a couple

of fingers two to three inches into the anus and feel upwards to locate a small bump. Massaging this bump not only stimulates the anus but also causes a pleasurable sensation of wanting to come without actually ejaculating. The practise of 'milking' is sometimes used in domination games, where an adept domina can express the seminal fluid up through the penis without causing an ejaculation. The procedure is quite lengthy and requires practice. Some men can even ejaculate just from prostate stimulation alone. A very effective method of relief is to combine conventional genital massage with prostate massage. Ejaculation can occur very quickly even with only a small amount of stimulation. Be ready – you have been warned. Also remember this book is about spanking; so don't forget to do that first!

For a woman, the analogy to prostate massage is stimulating the G-spot. The G-spot can be found in the same way, by laying your partner on her back and feeling inside the vagina at the same place (two to three inches in) under the pubic bone on the upper wall of the vagina. The G-spot is a small area that feels rougher to the touch. Bent over, or in the otk position it is much easier to find with the fingers naturally pointing down onto the correct position. Press the spot and massage softly until you feel it start to enlarge and, hopefully, your partner finds it pleasurable. Massage a little harder and faster as her body starts to react. If you are doing it correctly she will probably feel as though she wants to urinate, this is because the swelling presses on the nerves connected to the bladder. When she's ready, the vagina may clench, and she will bear down. Continue stimulating the G-spot and tip her over the edge into orgasm with additional attention to the clitoris and area around the urethra. Some women don't like G-spot stimulation at all, and some get concerned or embarrassed that they will actually urinate. Be sensitive and encouraging, a trip to the bathroom beforehand can ensure that the latter is not likely. Some women claim that they can actually ejaculate; given the parallels with the male prostate this is perhaps not surprising, although many regard it as an urban-myth.

Remember these are general erotic stimulation techniques, to ensure your partner is relaxed you must continue touching and caressing other areas. In erotic spanking, these techniques are introduced towards the end of the session, when the spankee is already significantly aroused from spanking. Penetrative techniques generally

work well only if there is sufficient lubrication, so don't proceed if your partner appears not to be ready, and be prepared to supplement natural excitement with other lubrication to keep things moving. Alternate between spanking and stimulation but don't go on too long or the moment will be lost.

8.7 Safety

Erotic spanking can be fun and pleasurable, but inevitably involves contact that is more intimate. Above we have assumed that the players are well acquainted with each other and know something of one another's past. Nevertheless, some of the techniques above require special measures regarding hygiene to prevent unfortunate mishaps. Simple rules such as making sure toys and implements are clean and only used on one person, is not only common sense but prudent. If you are playing with partners you have just met, or whose history of partners is not clear, exercise additional caution. Erotic play leads to orgasm and contact with bodily fluids. Likewise, if you spank so hard that skin is broken, cut, or abrasions occur. Use protective aids, condoms, and latex gloves. Don't leave this to the last minute and make sure one of you takes responsibility. Since the dominant is the spanker, probably it should be their job. Remember that some lubricants can react with latex and that water-based products should always be used for intimate contact with the female genitals to avoid nasty irritations.

Having said that, be inventive, spanking generally is about releasing your inner self, extend that to the more erotic parts that follow. Whatever type of play you find appealing remember to always communicate with your partner and change tack or stop if one of you is not finding the game as appealing as you first thought. Work together and have lots of erotic fun, but above all, don't forget to spank!

Chapter 9 *Domestic Discipline*

Previous chapters have considered spanking mainly from a recreational viewpoint. Attention now turns to the disciplinary aspects of spanking. Domestic discipline (DD) is the term used when spanking is applied as a corrective measure between consenting partners. As such, the spanking is a mechanism for dealing with and defusing issues of contention. The historical precedent for this type of relationship is the old style western marriage contract. In most marriage ceremonies there is still some idea that a daughter is 'given away' by the father and until very recently pledged to 'obey' her husband. Right up to the mid-nineteen century, husbands had a legal rite to discipline their wives. Many eastern religions also allow chastisement of a spouse. Today there are civil marriages (the register office) where the contract is less rigid, same sex ceremonies are allowed, and many couples just decide to co-habit (under common law). Even when couples do marry in church, often the words are just a ritual, a rite of passage, a public event simply to invite friends and to declare that they are entering into a longer-term commitment. Many people don't even consider obeying their partner.

Today we are considered equal and have equal rights. People want a lot more and relationships suffer. Equality between the sexes has improved enormously and yet the stresses and strains on relationships remain. Same sex arrangements bring their own unique complications. If things aren't going well, we just separate or divorce, and then do it all again a few years later. People like to live in relationships, but often cannot find out how to make them work. Some people are looking for guidance, for someone to tell them when they have gone beyond the limits of what is acceptable. Others just prefer that old style marriage contract, where each partner knew what their role was. The clear boundaries, the demarcations of roles in a 'marriage' relationship have blurred. At a time of political correctness, feminism,

gay, lesbian and increasingly men's groups, it is very difficult for one partner to publicly take the submissive role without attracting scorn and ridicule. Domestic Discipline is a life-style choice that, some would say, gets back to old-fashioned values.

Some spankophiles are against DD on principle; they advocate that spanking is a recreational activity and should never be used to resolve real life issues. The danger of course, is that when used as a correctional tool it can be turned into abuse or be interpreted by those outside the relationship as abuse. So lets get one thing out of the way right at the beginning, DD is not an excuse for abuse, or non-consensual spanking, or any other form of violence. If you are in that type of relationship, find some help, tell your friends or contact a local counselling service. DD is for mature adults and offers an alternative way to bring balance to a relationship. Domestic discipline is not a universal cure and it may not save a doomed relationship, but for some it can be a method of grounding frustration and finally finding a way to live together, to feel comfortable, safe, and protected within a relationship.

9.1 Partnerships and relationships

In the 1800s, a woman's role as wife was very clearly defined. Females were taught to cook and sew and garden and look after the house. Their major role was to bear children and they were revered for it, the man 'looked after' his wife. The wife was very much submissive to the husband and dependent financially. All that has changed, mostly for the better, but as a result a modern relationship is very much more complex than it used to be.

We have the 'have it all' generation of working wife and mother, the stay at home dad, same sex relationships, and in all this, confused people that can't see how to make their relationship work. Some professional women are taking a long look at their forbears and starting to think that there might be something in it after all. Some men are all-at-sea, having lost that traditionally dominant role. We have feminist groups and men's groups telling us what it means to be a woman or a man in the modern world. Transgender identities, lesbian, and homosexual relationships have shown that what we consider stereotypical feminine and masculine traits are mental concepts not primarily physical attributes. Some females have a

masculine outlook, some males a feminine one. Some women want to be tomboys and enjoy traditionally masculine activities. Some men prefer traditionally feminine pursuits.

Domestic Discipline is not about sexism; it is not about going back to the 1800s and putting the little woman in her place. It is about recognising that some people need discipline and that your loving partner is the one to administer it. The discipline is given through spanking.

Some people are naturally submissive and some people are naturally dominant. Take a moment to think about your relationship. Are there any things that you naturally defer to your partner? For example, handling the finances, paying bills, cleaning, food shopping, remembering family birthdays, planning holidays, dealing with the car, paying insurances, looking after pensions and your retirement, gardening, putting out the trash, housekeeping and decorating, dealing with the odd-job man, and so on. Think about how you ended up doing the jobs you do, what is your role in the relationship? Any relationship is about control and submission. Some things you do because you like doing them or want to stay in control, other things you hate doing or are willing to give up (submit) control. Many other things you will do together. A healthy relationship is a balance, a matching of this covert control and submission, a kind of harmony.

Next, think about the disruptive parts of your relationship. What things do you like about your partner and what things irritate you. Now think about yourself, is there anything that you know irritates your partner, but you continue doing it anyway. Is there anything that you feel guilty about, something that you do that you know you shouldn't? For example, do you go out with your friends more than you should, neglect your partner, are you rude to them in public, spend more than you should on the credit-card, pick at their family, or bunk-off on domestic chores. Alternatively, do you drink too much, smoke too much, drive too fast (with your partner in the car knowing that it makes them nervous), behave boorishly, or embarrass your partner in front of their friends. Come-on, be honest! These are seeds of discord, left untreated they can fester, and what was once trivial can become a relationship breaker. Similarly, you probably have some big issues that produce a regular argument. Every relationship has its difficulties. Think of it as ying and yang; there is always going to be

some element of disharmony and always an element of harmony. As partners, you have to keep the two in balance.

In domestic discipline, these potential partnership discords are kept in check by use of spanking. There are two ways it can develop, either one of you decides to take the submissive role or you both take turns at being dominant or submissive. In the former case, you decide to give your partner the last word in your relationship. In the latter, you work together with each partner disciplining the other for perceived misdemeanours. The central idea is that a spanking is never given in anger, but always in love. It is because you love your partner that you submit to the discipline and it is because you love your partner that you administer the discipline. You are both honest about the things that cause friction between you and use spanking to diffuse the issue. Historically, domestic discipline in the current form dates back to the now famous Spencer Spanking Plan, where that phrase – spanking with love – first appeared. Published in 1936 by Mrs Dorothy Spencer it defined when it was acceptable for a husband to spank his wife and vice-versa when a woman could whip her husband. Here whipping refers to spanking with the paddle or the use of a strap. Some devotees of the plan, point out that the US divorce rate dropped by 37% in the few years after its publication. Coincidence? The plan was so successful that clubs were formed to promote it and adverts for paddles and whips could be found in the yellow pages until the 1950s [4].

When the spanking plan first appeared the idea of marriage and relationship was very different than it is today. Indeed to suggest that a husband should submit to a wife was radical and daring. The Spencer plan is still available on the internet today and there are many groups/chat rooms on the subject of DD. A number of these sites are by women, for women, who happily submit to DD and have found it very rewarding. Similarly, there are sites for husbands who are disciplined by wives [22]-[30].

9.2 A contract

The Spencer plan itself was very detailed in the rules that should be observed. Some of these are inevitably dated but the principles are still valid today. Below the basic structure of a modern DD programme is

described and some guidance given for those wanting to embark on this most special type of relationship.

Domestic discipline is about working together to set boundaries and to enforce them through corrective behaviour and spanking. Why spanking? Because long-term, arguing doesn't work. Arguing is destructive; it eats away a little more at our respect for each other every time it happens. Our minds fill with regrets, you start to wonder where it all went wrong, and festering little grudges are allowed to build up. Domestic discipline is a defined ritual that embodies control and submission, acknowledging that we have transgressed from the rules of the partnership. By submitting to your partner for spanking, you are saying – I know I did wrong, broke our agreed rules and I deserve to be disciplined. By spanking your partner you are saying – you did wrong, you broke the rules of our partnership, but you have accepted the discipline and I forgive you. Once a matter is dealt with by spanking, it is finished with and forgotten. The spanking is designed to act as a deterrent. Perhaps next time your partner will think twice before transgressing. It is also a pressure valve, letting out the steam building up in the relationship before it gets too great, restoring the balance between harmony and discord. There is also love in the process, you respect your relationship, you want it to work and you are both prepared to do what is necessary to achieve the goal.

Where do you start? If you didn't do it in the last section, compile a list of all those things that cause the irritations. Do it separately and then swap your lists. It is virtually guaranteed that there will be things on your partner's list that you never expected. Discuss things calmly (without arguing) and then come up with a short list of the most important things. These will form your spanking lists. Transgressing on any of the items on your list will trigger a spanking. Make sure that they are real items not just made up, silly things, that are easy to avoid, if you just want to spank each other, that's okay, but it is a different part of the book!

Next, draw up a proper document of agreement (see Appendix 1). Essentially, this document should identify you as either the spanker (or spankee) and your partner as spankee (or spanker). List the things that you will be spanked for, making sure that it clearly states that you willing submit to a reasonable spanking. The last part is important; you need to agree the implements that will be used and how harsh a

spanking will be given. A light playful tap is not going to change behaviour, but a heavy thrashing is also out of the question. All the latter will do is build resentment between you and the spanker. The spanking has to be sufficient for the spankee to take it seriously but not so severe that it undermines the relationship. Once complete, formally sign your agreements, this is part of the ritual to show commitment. The contract is not strictly a legal document but may give a kind of security if things go awry. Keep it safe, and locked away, so you can always refer back if you think your partner is being excessive. Remember, all this is consensual; it is not an excuse for covert abuse.

In setting out your agreement it is not essential that both people take on the role of spanker. For example, if you are naturally submissive or just find yourself thinking why doesn't (s)he do something about a particular situation you might prefer to take the submissive role. There are many stories of happy couples that enjoy DD where the submissive partner says retrospectively that they realised that what they really wanted (but didn't realise) was for their partner to take control and stamp their authority on the relationship. There is nothing wrong with this, even when the submissive partner is a professional or has a senior role outside the relationship; for instance, the high-flying professional woman, the chief executive, or the doctor. Everyone needs somebody. However, a word of caution, this is a very private commitment. A commitment within the relationship and it should remain within the relationship. To do otherwise may cause acute embarrassment and/or damage career prospects. So it is not something that a husband should brag about when out for a drink with his mates, nor is it a topic of risqué conversation at the book club or on a girls night out.

9.3 Operating the system

Once you have formed an agreement to try DD, you need a mechanism for triggering spanking sessions. The list of possible offences drawn up in the contract should be ranked according to severity and frequency. Some minor things will occur almost daily: picking up clothes and putting them in the laundry for example, generally being untidy, or being tardy for appointments. Other things will be monthly or quarterly, such as credit cards, phone bills,

entertaining and public outings. Some events will be sporadic such as visits to relatives, business trips etcetera. And don't forget about arguing and attitudes. Divide the list into two, an active list for the most serious offences and a reserve list. Make a tally table of each of the agreed misdemeanours on the active list. Determine the number of transgressions allowed before a spanking will result and the severity of the spanking (see Appendix A 1.1.) So for instance, not picking up clothes and putting them in the laundry gets one tally every time it happens. Suppose you allow five marks before a spanking, when the tally table has five marks recorded, your spankee receives a spanking. That indiscretion might only prompt a mild hand spanking. If it is something that you consider more serious, say being impolite or bad-mouthed in public, you might tolerate less tally marks (only one) and use a stronger instrument (a paddle).

Keeping a record of tallies is important. First to see if any improvements in behaviour occurs over the weeks or months, but also because the spankee needs to know when the spanking is likely to occur. In the former, reward yourselves with a meal together or some other quality time. For the latter, the spankee has a chance to modify their behaviour and avoid the spanking. Analysing the history of spankings will show if the discipline is having any effect. When a category hasn't generated any spanking for a few weeks consider dropping it altogether. The habit has been broken. Replace it with another issue from your reserve list. Don't drop the out going problem completely; put it back on the reserve list, then you can always bring it back if the behaviour recurs.

Where you keep the tally records is up to you. A notice board is very public and may draw unwanted questions from neighbours or family. Alternatively, make up a discipline book, one for each spankee with a tally table for each disciplinary matter. The spanker fills in the book recording the date of any spankings. Put aside sometime for each other when you make the entries for that day. Tell the spankee why you are adding any new entries to the book and invite them to confess to anything that you might not have witnessed. DD is about honesty and trust as well as spanking. No mitigation, discussion, or negotiation is permitted. If you have transgressed it goes into your book – end of story. Reserve a section for comments, where you write things about whether your partner has been making an effort, done well, or maybe

they haven't triggered a spank for a while in one of the areas. All this might sound like a school-report card, yes, it is; domestic discipline is about controlling those childish, impetuous, or rude activities affecting your relationship. A spanking, once earned, must be given. The spanker must not shirk their responsibilities and the spankee should not seek to avoid the consequences of their behaviour. Your spanking should never be done in front of children. Likewise, don't spank if you are under the influence of alcohol or any other substances.

How often and when should you spank? Well obviously, that depends very much on your partner's response to the above controls. If they have no self-control, they will be over your knee more often than not. Having said that, you have to be sensible. Too many categories of misdemeanours, with low thresholds will generate more spanks. So, keep the active list to only a small number of misdemeanours. Decide how you will administer these spanks. For example, as soon as the limit is reached, at the end of each day, or at the end of the week. Whatever the decision, do not leave things too long after the offence, since the offender is likely to forget why they are being spanked. If several categories trigger a spanking on the same day, you have a dilemma. On the one-hand, you must administer the spanking, but at the same time, you don't want to over do things, quite possibly creating resentment in your partner. Restricting to at most two spanking sessions per day is sensible, one in the morning and one in the afternoon, or one in afternoon and one in the evening. This will provide an effective level of spanking while also allowing the posterior to recover between sessions.

The first spanking may be given instantly, with the others delayed. Any outstanding spankings should then be carried forward to the next day. For instance, if you find that you are slipping into an argument or your partner starts ridiculing or speaking in a derisive manner. Stop and say, 'that's enough - I'm not going to argue with you, if this carries on I'm going to get the hairbrush/paddle,' or 'I'm tempted to put you over my knee right this minute.' This is a signal that things are going out of control and one of you feels as though they are being pushed too far. The argument should stop, but don't ever spank at this point, you should never spank in anger. Simply get your partner's book and record the need for an extraordinary spanking. When you have both calmed down, try to discuss things again more rationally or

administer the spanking. Other events such as minor misdemeanours can be dealt with quickly by administering the spanking straightaway. If you deal with a transgression instantly, outside a normal spanking session, keep it short (5 minutes maximum). Put the spankee over your knee, or bend them over a chair, and give the spans. For a light indiscretion a quick light spanking over clothes will do. Alternatively, pull the pants down and spank intensely for a quick burst as a short-sharp shock. Then go on with whatever you were doing, leaving the spankee censured, and perhaps a little red-faced at the unexpected abruptness. Obviously, this is only possible if you are in private. In public wait until you get home or back to your hotel room.

Another approach is to agree that one particular day in the week (or the weekend) is the day when spanking happens. A different day for each spankee is better, since it is usually difficult to switch suddenly from one role to the other. On that day, the spankee knows what is going to happen when they get home or the spanker returns, the anticipation will add to the contrition. Try to reserve the more severe transgressions for that day, but don't allow too many to accumulate. Having a special spanking session is useful if you both have busy schedules and do not see each other at times or places where spanking can be initiated instantly. Making a special day also gives a focus to the DD programme and forces you to make time for each other

9.4 Outline Session

Previous chapters have dealt with the aspects of spanking and session organisation. The same principles are applicable here, but there are some modified rules of engagement. Firstly, there is no sexual touching allowed at all; this is a disciplinary spanking, not a game. Similarly, there are no safe words. The spankee must endure their spanking in good grace and cannot call a halt. The spanker must administer the spanking without being excessively harsh. This does not mean that it will not end in a sore bottom, but that it must be proportionate. Remember this is spanking with love. No spanking is allowed in anger or when the spanker has less control of their mental faculties than normal. The spanking session must be conducted in a safe, sane and consensual setting – the spankee has agreed a contract of behaviour and so has the spanker.

At the proscribed time, the spankee should be told to ready him or herself for the spanking. This might simply be a matter of standing nearby until the spanker is ready, getting the discipline book and spanking implements, or waiting in an agreed place. You might want to agree a particular dress code so the spankee identifies more with the spanking process, whatever you agree with each other (dresses and skirts make it easier to deal with female spankees, likewise you might want a male spankee to undress). Some spans on the bare-bottom will emphasise the disciplinarian nature of the spanking. Removing the pants part way through a session allows for some warming up of the posterior. Unlike other sessions, there should be less playful interaction with the spankee, less soothing or touching, the spans should be delivered formally and the spankee reminded why they are being spanked.

At the start of the session, the spankee must ask for the spanking or explain why they have to be spanked. This is to reinforce the nature of the misdemeanours. Ask the spankee to present their book to you, make a show of reading through the list of transgressions. Allow the session to be guided by the book, so that it is obvious that the agreed rules of DD are being enforced. The length of the session depends on the number of transgressions. Roughly, ten to fifteen minutes per item is nicely balanced, but no more than one hour in total. This allows a warm-up and then some heavier spanking. Order the misdemeanours by severity and group the smaller issues together at the start of the session when the lighter spanking, through clothes or pants, is conducted. For more severe transgressions, apply bare bottom spanking and implements. Lady spankers should introduce heavier instruments such as paddles and hairbrushes earlier in the spanking, moving onto straps/tawse later in the session. A good paddling given properly, by even the most diminutive female spanker, can be very effective even on the largest male spankee. Male spankers should use only the hand or a light paddle (or exceptionally a hairbrush) on female spankees.

As the spans land, discuss with the spankee why they are being spanked. Ask them if they have learnt anything or how they intend to behave in the future. Don't stop spanking just because they suddenly promise never to do it again. For a substantial session with four ten-minute spanking periods, use corner-time for reflection, building up

the intensity of the spanks from one period to the next. For example, start with lower scale issues, before moving onto the big issues, switching from one to the other after a corner-time. Remember to tell the spankee at each changeover that the current issue is now finished with and then explain the reasons for the next set of spanks. If there aren't enough items for a long session, don't stretch things out; this will only result in a resentful spankee. Give the required spanks and then finish the session.

Domestic discipline sessions are about discipline, there is a fine line between achieving contrition and over stepping the mark. The aim is a spanking that leaves the spankee under no illusions that the behaviour will not be tolerated; it has to be hard enough to be effective. This means a red-bottom, with some heat and hum, possibly accompanied by slight discomfort for a short period after the spanking. DD should not produce significant bruises, welts, breaks of skin, or other characteristics of heavy spanking sessions. This last point is vitally important because there are no safe words in operation. If your partner stands up and refuses to take the spanking because it is too severe, you have lost the essential intimacy of the DD partnership. Having said that, the spankee should accept their spanking with the minimum of fuss and bother, they must not plead to be let off, quibble or protest their innocence. The spanker must not accede to these wishes as a favour or in exchange for mitigating their own spanking.

Deal with any wayward behaviour using the control and positioning techniques described elsewhere in this book. Since this is not a game and the spankee has agreed to the DD contract, most wiggling or attempts to protect the bottom will be because the treatment is having an effect. Control any wayward limbs, keep the spanking site clear and continue spanking at the same intensity before allowing the spankee some respite. Some spankees, especially women, may cry. Indeed, some women report that initially they never used to cry at a spanking session, but as they got into DD they found it easier and easier, even with light spanking. Treat this with a stoic response, often it is having a therapeutic effect on your partner, really pushing home the message of DD. Be thankful that your partner trusts you enough to let their emotions out, your relationship still has something. However, it must happen spontaneously, if it happens at all, never spank harder just to make the spankee shed a tear. If your objective is to see them

cry you are spanking with anger not spanking with love – stop the session immediately. Discuss things with your partner, make sure your spanking is not beyond their limits and adjust accordingly.

Aftercare for a session depends on the individuals and circumstance. For a short sharp instant spank, it might just be a matter of pulling down the dress or the trousers up and continuing about your business. Perhaps a brief cuddle or a kiss, to communicate that it is dealt with, finished. In a more serious session some spankees will want to be left alone, others will want reassurance that they are still loved. Then again, you might want to cuddle, watch a film together or do something else to show acceptance, whatever works for your relationship.

9.5 Maintenance spanking

Domestic Discipline can just be the start of a very rewarding relationship. If both partners respond, in theory, the spanking sessions will dwindle as all the identified faults reduce and the relationship improves. Once you reach this stage, continue the disciplinary effects by introducing maintenance spanking. A maintenance spank is given for no other reason than the spanker feels it is necessary, it has been a substantial time since the last spanking, or just because they want to take you over their knee. The maintenance refers to the fact that it is continuing the new pleasanter relationship. In maintenance spanking, the communication between the spanker and the spankee shifts. You should compliment the spankee on how well they are doing, how much you love them and appreciate their efforts. Maintenance also refers to keeping the spankees posterior in shape. A regular spanking will tone and firm up the bottom so that it does not mark as easily. Consequently, if a spanking is given after a long period of no spanking, for example after a sudden flare-up, the spankee might not be able to take the same level of spanking as when the programme was more active.

Of course, some partnerships find that the intimacy of submitting the DD spanking is rewarding in itself. You may decide that you want to keep the spanking going. Maybe you find it easier to talk to each other about contentious issues while conducting a spank, maybe you feel better after receiving your spank, closer to your partner or more

able to let your guard down. Don't be shy or embarrassed about this; there should be no need to apologise for finding a way to be close.

Both partners should be vigilant of the secret spankee. That is, a partner who derives significant pleasure from being spanked by their partner but is afraid to let the truth be known. The tell tale signs are suddenly finding the tally book reaching its limit at certain times. Alternatively, finding that your partner exhibits some bratty type behaviour, albeit unconsciously, when you are out together or they are feeling particularly susceptible. Your spankee may confess to misdemeanours just to add tallies and trigger their spanking or you may catch them adding fictitious transgressions to their book. Although embarking on a full-fledged spanking relationship is fulfilling, try not to mix the DD and other aspects of spanking play. If you suspect that your partner wants more, sit down and talk with them, explain that they can always ask for a spanking at anytime, but that it should be kept separate from the disciplinary spanking. The rest of this book explains how to play other spanking games where the objectives are different. Find out if your partner just wants the comfort of being taken over the knee and gently spanked or if it is something more. In particular, never mix domestic discipline with sensual or erotic spanking; leave some time between the two.

9.6 Conclusion

Domestic discipline (DD) is a practical way to bring harmony back into relationships; it can involve one partner taking the lead, or both partners. The objective is to agree a contract, identifying difficulties in the relationship and addressing these problems with a regime of spanking. The spanking is administered as a disciplinary device, not for pleasure, but is given in love, not as an excuse for covert abuse. The success or failure of a DD programme depends on the willingness of the partners to accept it as a mechanism to bring balance back into their relationship and as such cannot be a magic cure. If the DD programme has little impact on key factors affecting the relationship, or one partner finds that the severity of the spanking is increasing for no effect, the original goals should be re-examined. It may be, sadly, that the relationship really is at an end; in such circumstances, DD cannot help.

Chapter 10 *Next Steps*

That's it then, everything you need to know to get you started in spanking. Well almost! Apply the techniques described in this text and you should be able to enjoy a safe, sane, and consensual spanking relationship. Extracting the maximum pleasure from a spanking session requires practice, practice, and more practice. This last chapter gives a quick re-cap and offers some advice on how to find your first spanking partner, implements, and other spanking related material.

10.1 Applying the techniques

Start slowly; learn the basic hand spanking technique and how to run a session. Use the basic over the knee positions first and once mastered move onto to other positioning techniques. If you have an intimate relationship with your spanking partner hand spanking can be combined with sensual and more erotic play to get you going quickly without a formal session. Get used to putting your spankee into position, dealing with unruliness and checking the posterior as the spanking progresses. Find the sweet-spot and get used to spanking bare-bottoms. After that, introduce a light paddle, building up your confidence and stroke. As your spanking relationship develops the spankee's tolerance will improve, but be aware that some will never be able to take a hard spanking or use of heavier instruments. This slow approach also allows the spankee to get used to their role and for the posterior to get used to regular spanking. Find the limit of your partner and then explore the boundaries, including more instruments as your relationship builds. Develop your own unique session requirements.

Communicate with your partner, let them know what you like, what works what does not work. The feedback of the spankee is crucial to

allow the spanker to tune into exactly what pushes their buttons. Likewise, the spankee must become attuned to the way the spanker likes to play. Control techniques and verbal exchanges, voice control, and building atmosphere all take time to develop. Remember that a spanking involves mental as well as physical stimulation. Work together to develop a rewarding experience. If a session doesn't work, don't give up, discuss where things went astray and fix it for the next time. When you are both comfortable begin experimenting with role-play. Start by just wearing the same type of clothes for each session so that you associate spanking with that attire, underwear for example, or the same dress or trousers. Then try a few sessions wearing a particular costume, using the dress code, appearance, and demeanour to drive the session without any formal role-play scenario. Once that feels okay, start to improvise more in the role. It is all about relaxing and building a rapport. If you enjoy spanking, are extroverts, and/or have a solid rapport already jump straight in and enjoy.

10.2 Literature and artwork

Extending your spanking horizons can provide more inventiveness in a session. The world and media is full of spanking literature and artwork. Sources vary from mainstream to more specialist publishers. For example, Amazon runs a number of spanking related books. There are specialist magazines and a host of erotic fiction sources [31]-[39]. Some people prefer erotic artwork and pictures, others erotic literature or live action. Material is not as difficult to find as it has been in the past. Spanking media is widely available through specialist download or ordering sites on the internet. However, a word of caution, like the real world there are many dark and mysterious places on the net. Be as careful as you would in everyday life; be cautious who you talk to, protect your credit cards and personal details. Also, make sure that you are not engaging in or being sucked into something that may be illegal. Some sites can be extreme and offensive, do not be tricked into thinking that this is what happens in mainstream spanking, find your own levels, and do not berate your partner if they don't want to play at the harder end of the scale. After all, extreme means that most people don't go this far, for many, spanking is already seen as being out on the edge. Internet spanking sources generally divide into those who have a genuine enthusiasm for spanking and those that are there to

exploit, it does not take a genius to know which is which. Most of the committed, real, enthusiasts make their sites available for free, or at reasonable cost to maintain the site, they don't make much, if any profit at all. These sites can provide good information, hints tips, and contacts. Anonymous chat rooms (via a nickname, or handle) and spanking rings are also a good source of information and a way to get advice or comments about various aspects of spanking[76]-[79].

10.3 Getting Equipped

Probably the first time your relationship goes outside your private boundaries will be when you want to invest in equipment or attire for role-play. Handy household items can be pressed into service quite easily, but there is nothing like a made-for-the-job spanking implement. Most high street adult shops will cater for some saucy outfits, blindfolds, light spankers such as paddles, and nursery canes. Alternatively order on-line from an adult toys or lingerie site. Usually spanking items are listed under fetish/bondage/leather equipment. Similarly, specialist manufacturers of leather and bondage equipment will also produce well-made implements [40]-[47]. Clothes tend to be listed under costumes, playwear, or uniforms (PVC, latex, rubber, leather etc). Most lingerie sites have a section but the quality varies, it is usually possible to find items for the most obvious role-play scenarios (Chapter 6) [48]-[64]. Mainly they are on the flirtatious side aimed at erotic spanking. For more serious role-play, you will need to look further a field. A number of specialist manufacturers will supply a range of adult sized clothing, from school uniforms (usually easy to find –since the advent of adult school discos), girly dresses, or period costumes. These are often bespoke and can be expensive. Alternatively, visit the local fancy-dress shop and hire something for a session – if it becomes a favourite look into getting your own things.

10.4 Finding a Partner

Committed players thrive on discretion, the potential embarrassment to someone just starting can be high, adverse publicity can affect careers, job security, and your standing in the local community. All in all if you are in a balanced relationship where spanking is what you both enjoy you are very lucky. A number of spankers and spankees have vanilla partners who aren't interested in

spanking but allow their partner to indulge outside the relationship. Even if you do have someone, you will want to try different spanking partners, maybe to try different limits, or simply because every bottom is different.

If you are an individual who enjoys spanking, are between partners, or just want to get into the scene things will not be straightforward, finding that perfect partner is tricky and fraught with difficulty. At some point, you are going to have to trust somebody. Fetish contact magazines and dating services on-line provide a source of possible spankers/spankees, or those with alternative (swinging) lifestyles, but looking for your partner is like looking for a needle in a haystack. Obviously, there are inherent risks in advertising or responding to an advert, so you need to be sensible, do what you can to build up confidence, and follow the good advice on these sites. If you don't feel comfortable don't follow through with a meeting, and limit the contact information to the minimum, preferably through those running the ads. Even if you do find a partner to play with, they may have different limits or different turn-ons within spanking.

Spanking clubs and parties can be another way to enter the scene, especially for female spankees that may feel more vulnerable than men. Clubs generally charge an annual membership fee and an additional cost per attendance at a party. They run events throughout the year with themed parties including role-play and costumes. Attendance is restricted to a small number of members at each event. You can be a spanker or spankee, and the spanking is non-sexual. Some of the spanking is performed in public (in the party), or more privately on the premises. Obviously, safety in numbers, but you must be prepared to be discreet, be part of a group, and give contact details. After the first few attendances individuals may consider a more private meeting [66]-[73].

Alternatively, if you are in a non-spanking relationship and want to explore, or are an individual seeking spanking, but do not like the idea of a club, consider a professional spanker. A professional spanker does exactly what the name implies; they will administer a spanking for a fixed fee. The fee pays for a certain amount of time and access to fully equipped rooms. Most professionals are adept at all forms of spanking and will provide for role-play scenarios. The majority of professional spankers are women, and quite often, professional

dommes offering other fetish/domination services. However, some are not, and will be very offended if you ask for other things. There are also a very small number of professional submissives, happy to play the role of spankee [65]. Occasionally, a professional spanker will also switch roles, but don't assume that they will. Most professionals are happy to see beginners (male or female). Some are life-style dominants and only take on new clients periodically. Others will be happy to arrange group events such as school days [74],[75]. Be polite when you first make contact and don't ask for erotic or sensual spankings or anything else of that nature. The person/organiser will quite probably refuse to see you or have any further contact. Discuss your requirements beforehand, and ensure that limits will be observed and safe play will be used.

Finally, where you go from here is up to you. Stay as a private partnership, expand, or seek out a partner with similar dispositions. Whatever you indulge in make sure it is safe, sane, and consensual. ... good luck ... don't give up ... and happy spanking.

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Appendix 1 Sample DD contract

Domestic Discipline Contract

I _____ (the Spankee) acknowledge and give consent to _____ (the Spanker) to administer spankings that (s)he deems are warranted under the rules of domestic discipline as given below until _____ 20____ or the end of our relationship which ever is the shorter.

1. I understand that the spanker, based on a list of transgressions and misdemeanours endorsed by me, will decide the severity of the spanking, but at no time will it be so severe as to cause lasting damage, significant bruising, weals and welts, or other complications.
2. That I will submit willingly to spankings given with the hand and other implements as listed below:
Paddle/Hairbrush/Tawse/Strap/Switch (Delete as appropriate *)
Others : (please specific)
3. That I will present myself in a timely and appropriate manner for any spanking, be properly attired, and, at all times, be respectful to my spanker during a spanking session.
4. I agree that I will accept the spankers decision is final and not seek to avoid, or challenge, or disrupt any required spankings.
5. I agree that spanking will be carried out on the bare bottom and may result in reasonable discomfiture proportionate to the offences committed.
6. I understand that no spanking will be given in anger or while the spanker is under the influence of alcohol, other substances, or in any other unfit state to conduct the spanking safely**.
7. That I will work to improve my behaviour with respect to the items listed on the attached agreement and will engage fully in the programme without reservation.
8. That there will be no more than two spanking sessions given per day. In addition, when a spanking has been received for a particular misdemeanour, that instance of the transgression will be forgiven.
9. That this agreement remains completely confidential between the Spanker and myself, and that spankings will only be conducted in private.
10. I understand that there will be no sexual contact between the spanker and the spankee, or any unnecessary nakedness, except where a separate agreement is made under 3, or as required for administering said spanking under 5 (for example removal of pants/panties).

* females should receive only the Hand or light paddle from a male spanker

** the spankee must inform the spanker of any medical issues or complications.

I further agree to inform the spanker of any transgression of which they are not aware, and to ask for additional spanking when my behaviour warrants it or I feel that a spanking is deserved.

Signature (Spankee)
Date

Signature (Spanker)
Date

Approved list of transgressions : (Sample – use your own)

Punctuality – being late	1 tallies (hand/paddle) – depending on degree of lateness
Public Rudeness	1 tally (paddle)
Arguments/bickering	1 tally (bare bottom spanking)
Drunken/lewd behaviour	2 tallies (paddle/strap)
Household chores	5 tallies (hand spanking)
etc etc	

A 1.1. Spanking Tally (or Log) Book entry

Transgression	Punctuality				
Tally					
Date(s) incurred	7/10/04	13/10/04			
Date(s) spanked	8/10/04	13/10/04			
Comment	8/10/04 Kept waiting at cinema 10 minutes – hand spanking for 10mins 13/10/04 Forgot to pick me up at station – no arguments - a paddling when I got home				

Transgression	Household Chores				
Tally					
Date(s) incurred	7/10/04	13/10/04			
Date(s) spanked	8/10/04				
Comment	8/10/04 failed to put laundry in basket all week – hand spanking				

Appendix 2 SPANKEE- a game for couples and groups

Parts : 1 spot die (red=spankee, blue=escape), 1 green (method) die, 3 dice (1-6)

Two Player (free format): each player takes it in turns to role all five dice. If a player rolls the spankee (or red spot), they must receive a spanking from the other player. The green dice indicates the method used to deliver the spanking, see table below column 1. The three red dice totalled together indicate the number of strokes or swats to be administered. *Winning the game*: each player keeps a total of the number of spanks given to the other player. At the end of the game (or after a prearranged number of rounds) the winner is the one with highest score.

Two Player (nominated spanker): in this game, one player is a nominated spanker and always administers the spanking. The other player is the spankee. If the spanker rolls red, the spankee receives the spanks and the total is added to the spanker score, otherwise the spankee escapes and adds the spanks to their score. Likewise if the spankee roles blue they escape otherwise they must be spanked. The player with the most spank points at the end of the game is the winner.

Group Games (free format): each player takes it in turn to role all five dice. If they role red they must receive a spanking. The other players' role a die and the one with the highest score administers the spanks. The player with the highest number of spanks given is the winner.

Group Game (nominated spanker(s)): one or more spankers are nominated at the start of the game. Each player rolls the dice in turn. If a spanker rolls red, a spanking must be given. The spankees each role a die and the one with the lowest score (bottom marks!) receive the spanks and the spanker adds the spanks to their score. If a spankee rolls blue, they escape and add the spanks to their score. Otherwise, they must receive a spanking. The spankers' role a die and the one with the highest score administers the spanks and adds them to their score. The winner is the one with the highest number of points after a given number of rounds. The best spanker is the one with the highest number of spanks given; the best spankee is the one with the highest number saved.

Group Game (Teams) : split players into spankers and spankees then play a two player game with members of each team taking turns to roll for the team.

Variations: If only one method of punishment is preferred do not role the green dice. Reduce the number of red dice to limit the maximum number of spanks possible on each role (add dice to increase spanks!!) If you do not have all the implements substitute appropriate alternatives (e.g. ruler for cane, belt for strap) or use only the ones available.

Safety: spankers should always aim for the sweet-spot, or fleshy parts of the bottom where the buttocks meet the thighs and avoid the tail bone (or coccyx), and lower back

Advanced Play: play games as described but role the red dice twice. The first set determines the position and severity of the spanks (see table below). The second throw determines the number of spanks.

For example 1: 1st roll (3, 1, 5) indicates an over the knee hard spanking through clothes. 2nd roll (3,2,4) for $3+2+4=9$ spanks.

For example 2: 1st roll (5, 5, 4) 2nd roll (3,1,2) indicates a medium level spanking of 6 spanks on bare bottom with spankee bent over and grasping the ankles.

Score	Dice (green) 1	Dice 2	Dice 3
1	Over Chair	Clothed	Light
2	Over Desk	Clothed	Light
3	OTK	Pants	Medium
4	OTK	Pants	Medium
5	Ankle Grasp	Bare	Hard
6	Spankers Choice	Bare	Hard

To incorporate the severity of the spanks into scoring Dice 2 and 3 on the first role should be added to the spanks to determine the score.

CPSIA information can be obtained at www.ICGtesting.com
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Consensual spanking is for adults wishing to indulge in a spanking relationship either for pleasure or as lifestyle choice.

Topics include:

- Why people enjoy playing spanking games
- How to conduct a spanking
- How to receive a spanking
- Spanking safely
- Organising a typical spanking session
- Positions, postures and presentation.
- Use of spanking implements
- Aspects of role-play
- Basic control techniques.
- Sensual and erotic forms of spanking
- Spanking as fore-play
- Domestic discipline.

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