

Spanking, Strapping, Paddling and Caning

Guidelines for Tops for erotic play

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General Principles

Make sure that the scene is Safe, Sane, Consensual and Fun – and remains that way. It should be enjoyable for both.

Always keep your word with your bottom. Mutual respect and trust are crucial to any successful scene.

Realize that, even though the ass is an erogenous zone, there are guys who don't like to be spanked – even gently. Perhaps their physiology or psyche is different from others – or they may have had some bad experiences with spanking, either as a child or as an adult.

Bottoms differ greatly in their spanking preferences. Some like to be spanked only with the hand. Some like instruments of leather rather than wood – or vice versa. Some like a surface sting rather than a deeper (“thud”) type of sensation. Some want marks or even bruises. Most do not.

Some bottoms like to be spanked on certain types of clothing (e.g. jeans, gym shorts, pajamas, briefs, boxers, etc.). Others don't consider it a “real spanking” unless they get it on their bare butt.

Role-playing and fantasy scenes are very important to some bottoms. For some of them the turn on is the role-playing, not the swats. Some enjoy domination, rather than pain. For these the swats must be very light – only heavy enough to “feed the fantasy.”

While the fantasies of many Tops as well as bottoms involve spanking as punishment, we are concerned with it as a mutually enjoyable,

erotic form of SM play. Most sessions never become really severe. For example, there are few bottoms who can handle – or want – the typical paddling given to a fraternity pledge.

An erotic spanking should start out gentle and slow, then very gradually become more intense. Never start out “full force.” Always have a “warm-up.” By far the most common complaint from bottoms is the Top started out too hard. Don't be in a hurry. See how gentle, subtle and sensuous you can be. Almost always you will have to restrain yourself and “hold back.” It is rare for a Top to be able to swat the bottom as hard as the Top would really like. You must always compromise.

Compare these differences between a punishment and an erotic spanking:

Punishment	Erotic
No build-up / full-force from the start	Slow gradual gentle build-up
Hard, painful swats	Mild-to-moderate <u>sensuous</u> swats
Rapid pacing to create the greatest possible pain	Slow pacing to allow the bottom to assimilate the sensation from each swat
Ignore the bottom's reactions	Adjust the session to the bottom's reactions
Goal: Maximum <u>pain</u> for the bottom.	Goal: Maximum <u>pleasure</u> for the bottom.
End: Screaming, unconsciousness	End: Orgasm

As the intensity (force of the blows) increases, the pace (speed of the blows) should slow down. This is the opposite of the Top's natural inclination to make the session more severe in all ways, but remember this is not a punishment scene. Such a strategy gives the bottom time to assimilate the sensation, perhaps savor the feeling, and prepare himself for the next swat. A pace which is too rapid may destroy the scene. Most beginning Tops swat much too fast (as well as too hard). Appropriate music to accompany these sessions can help you slow down – as well as help the bottom to relax.

The intensity should vary up and down, rather than staying at the same level. Ideally, as the intensity slowly goes up and down, the level reached each time by the point of the highest intensity will gradually become higher and higher. Another strategy to help the bottom enjoy the session and keep him from "giving up" is to give the swats in small sets of 1, 5, 10 or 20, interspersed with lecturing, butt-rubbing, gentle massage, squeezing and kneading the buns, etc.

Move around on the butt. Don't hit the same place again and again. Swat the buns alternately, in different spots each time. Your goal is to give the bottom the maximum pleasure, not the most pain.

Pay attention to accurate aim. Hit only the fleshy muscular part of the butt or other well-padded area of the body. Avoid the tailbone area. Never hit the lower back or sides of the hips. Avoid hitting his thighs – unless you know that he wants it there. It isn't just pain that the bottom enjoys. It's where it hurts that's important. Your object is to find the most enjoyable area for this particular bottom. The favorite place for most bottoms is usually the lower half of the butt. Use this often unless you know that he likes it better elsewhere.

Recognize that every instrument used for spanking is capable of being either light or

heavy. The intensity depends mostly on how much force you use. You can mark a guy's butt with your bare hand alone – or barely touch him with a heavy paddle. Check your control and how it will feel to the bottom by testing the instrument on the inside of your own arm.

For a believable, realistic and effective spanking use "follow through" on your swats. Gradually accelerate the implement right up to the moment of impact. Don't "ease up" just before you contact his butt. Even with "follow through" you can still give very light swats.

To produce redness and warmth without creating marks use a wide, thin, light-weight instrument. Swat gently and give many swats.

Remember that the effect of many repeated light blows is cumulative. Even moderate-strength swats given to an already well-swatted ass can be quite painful.

For interest and variety you can change the bottom's position or have him wear different amounts of clothing – as well as use different instruments. You can also change the speed and style of the swats. Try some "double-time" swats, a few on the same bun, swats with both hands at once, an irregular rhythm, fake swats to tease him, etc.

Observe your bottom carefully, paying particular attention to his body language – to see if he enjoys what is happening to him – or whether he is having a difficult time. Adjust your actions to his reactions. Try always to give him the most pleasure.

If the bottom reacts strongly to a swat, then give him extra "pause time" before delivering the next swat. If he reacts strongly to several consecutive swats, then "lighten up" and give the next few swats with less force. When you get strong reactions, resist the temptation to

increase the intensity even more, otherwise you may cause him to end the scene.

Try to prolong the scene by keeping your swats light-to-moderate and varying the intensity up and down. Both of you will enjoy it more.

Recognize that different bottoms have different motivations for being spanked. The most common reasons are:

- Just to please the Top
- He really wants to be punished
- Self-satisfaction – to prove that he can “take it,”
- He likes the endorphin rush from a heavy session, and
- He enjoys an erotic session that brings him to climax.

Just as with other types of SM play, check beforehand to see if your bottom has any medical problems that could create a problem during the scene. Be alert to safety issues, both physical and psychological. Besides possible physical injury, spanking sometimes can trigger bad memories of childhood experiences, parental abuse, etc. If the skin is broken – or if blood or cum gets on instruments or toys – be sure to immediately clean and disinfect his butt and the instruments used.

Remember that much of a Top's enjoyment comes from giving his bottom pleasure. Try it and you'll see.

The best way to understand all of these issues is to play bottom occasionally. Tops who do are better Tops.

A spanking session is *not* just for the Top's pleasure. All of these guidelines are intended to focus your attention on the bottom and how he is enjoying the experience. This is the secret of having a successful and mutually enjoyable spanking scene – as in all types of SM play.

Spanking (with the hand)

Keep your fingers together and curve the hand to fit the surface of the target.

Recognize that a flesh-on-flesh hand spanking is the most personal and intimate form of corporal punishment – and it can be the most sensuous and erotic.

Everyone seems to enjoy having his body stroked, caressed and massaged. It is often pleasurable for both Top and bottom if spanking is combined with gentle massage. This works especially well with novice bottoms.

Strapping (belts, straps, tawses, whips, floggers, etc.)

Use long easy practice swings to test your aim. Watch carefully to see where the tip of the strap lands. Be careful not to hit the bottom's balls!

Learn the natural rhythm of the instrument and use it rather than “fight” it. The speed of a strap is necessarily slower than for a stiffer instrument (such as the hand or a paddle). Longer straps will require a slower pace than shorter ones.

The “Far Bun Phenomenon.” The end of a flexible instrument moves faster and so strikes harder than the remainder of the instrument. Often this causes a more severe treatment of the buttock farthest from the spanker. Watch for this result and adjust for it. Various strategies to try:

- Stand alongside of the bottom, not behind him
- Give some extra swats to the near bun
- Swat from the other side of the bottom, even if this seems clumsy (try a back-hand stroke or the opposite hand)
- Have the bottom reverse his position, etc.

Be careful about “wrap-around” – where the tip of the instrument curls around the far bun. Long flexible instruments are the most common culprits. You must not hit the side of the bottom's hip or his front!

Try to land straps as flat as possible, otherwise the edge of the instrument may cut or bruise.

Paddling

Hit with the paddle as “flat” as you can make it. That means constantly adjusting the angle as you hit higher or lower on the buttocks. This guards against breaking skin with the edge of the instrument. It also produces a more satisfying sound.

When using a “two-bunn” paddle, the “far bun phenomenon” is almost a universal problem, even though a paddle is not a flexible instrument. You must adjust the angle of the paddle so that you think you’re hitting the near bun first. Always try to hit with equal force on both buns.

Keep the paddle horizontal (e.g., at a right angle to the bottom’s body) – otherwise the tip may hit the top of his far thigh.

Watch for marking and bruising – especially on the far bun that you can’t observe easily. This is more related to the nature of the bottom’s butt than it is to the type of paddle you use. Don’t assume that all butts are the same.

Caning

Potentially, the cane is a very severe instrument – in a class with single-tail whips (bullwhips, etc.) Start out very gently.

Canes are very difficult to control and aim accurately. Practice first (on pillows, not butts!).

Try to avoid hitting the same place twice. If you do, you can easily cut or break the skin.

Follow the “More intense – slow the pace” rule. Most caning is very slow and methodical – much like planning and making billiard shots.

Because canes are flexible instruments, they create problems similar to those with straps. To help your aim and to avoid wrapping and

excessive punishment of the far bun, try these strategies:

- Stand beside (rather than behind) the bottom, opposite his waist or even higher up on his body.
- Aim so that the tip of the cane is just beyond his ass crack.
- Hold the cane near the middle to give you better control.
- Adjust the angle of the cane so that you strike the near bun first.
- Use “aiming taps” before giving a full stroke.

Traditionally, caning is done in very small doses. Six strokes (“cuts”) are considered a “standard” caning. For those who enjoy it, however, additional sets of six are often given.

For variety, you can give a “bastinado” on the butt – several minutes of very light rapid strokes slowly moving up and down the ass.

Summary

Some bottoms may want a more severe or damaging session than recommended in these guidelines for erotic play. Remember, however, the strange way that “spanking math” works. You can always *add*, but never *subtract*. It’s always better to be too light than too heavy.

Make sure that you *both* enjoy it!

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