

I am your cane...

This is who I am...

Caning is the technique of consensually striking someone (most commonly on the buttocks) with a cane for mutual erotic pleasure.

Canes have a sweet, sharp bite and are one of the most intense striking toys and are common in BDSM when playing out the role of school principal and naughty school student. Care should be taken to observe all appropriate safety precautions.

Usually made of rattan which is less dangerous than wood - it is flexible and tough to endure most strikes. Unlike bamboo (which is stiff and brittle) when rattan breaks, it is less likely to split or splinter so it does not cause unanticipated skin damage.

Rattan Canes

Traditional canes are made of rattan, a woody reed from the East Indies. It has a jointed stem that resembles bamboo, but is not hollow, and is normally used to make wicker furniture. Rattan is very tough and strong, and makes the most durable natural canes. Like bamboo, it comes in all sorts of diameters; traditional canes are about 8mm, but thicker and thinner ones are also useful.

Although any cane, rattan included, can be used sensually, like running along a leg or to trace breasts, all rattan canes are ultimately severe. Longer canes hit harder than shorter ones, thicker ones are more likely to leave bruises and thinner canes are more likely to cut skin and leave nice stripes which some people use to build ladders on the spankee's bottom.

Tiger Bamboo Canes

These are made from bamboo and have black stripes running down the length of the cane. Unlike the rattan cane, this type of cane is hollow in the centre, so should only be used for soft play, as the cane will break and splinter. They are also just nice to have just to look at.

Acrylic Canes

The acrylic canes come in many different colours and lengths. They may come with a rubber top and tip allowing for tapping on tables, floors, etc. so they will not chip. These are breakable if hit hard on any surface, including the spankee's bottom, so use with care.

Delrin

Delrin is almost unbreakable. You can twist these in a knot and they will pop back. Due to their flexibility, these can "wrap" if used incorrectly. They have an incredible sting, so start slowly and build up intensity as you go.

This is how you choose me...

- Canes should be able to bend significantly so look for ones that are flexible.
- It is not advisable to buy canes that are crooked when looking down the length of the cane. One should be able to bring the cane down in a straight line.
- The cane should have three or more coats of varnish. Unvarnished or untreated canes become brittle and have the tendency to shatter.
- Thin canes with a small diameter create a sharp pain and leave stripes. Thicker canes with a large diameter land with a thud and leave deep bruises.

This is how you use me...

Canes have a deserved reputation as The Victorian Terror Weapon. To most spankees, they mean severe punishment. If you have care and patience, however, canes can be used in a loving and sensuous way. The very stiffness of a good cane, that makes a hard stroke so intense, allows the lightest taps to be given with perfect control. And a light cane stroke is easy to aim, unlike a flexible whip that sags and flops at low power.



In sensuous play, light strokes are far more prevalent and important than heavy ones.

Caning is all about trust, patience, and finesse. If you can't gain, maintain, and deserve the spankee's trust, the whole thing is probably going to fail, or fall far short of what it could be. As for patience, don't even start a scene unless you have at least an hour available, and two is better.

A single cane can deliver an entire symphony of sensation. A snappy blow that is pulled back a bit just before impact will emphasize surface sting.

The same sort of blow carried past the moment of impact, with follow-through, will have much more thud and penetration.

The greatest intensity is delivered by the outer third or so of the cane's length. This is the portion that leaves marks, in a hard blow. In a light blow, this part of the cane will have a relatively stingy feel.

Setup:

For the inexperienced, it is preferable to have the spankee lying flat as the mere act of keeping their balance will be a distraction. Having them lie on a table is easiest on the spanker's back in these long scenes; massage tables are ideal.

Second choice is ground level; on a mattress or futon. Here the spankee will be lying prone and the spanker will sit or kneel beside them. On table or floor, it's nice to have about a metre clear on either side of the spankee, so that you can switch sides.

Since the tip of the cane always hits the hardest, switching sides will help to keep the caning symmetrical. Also, it allows the spanker's other hand to rove over a different part of the spankee's body. From one side, you can stroke, massage, caress, and collect feedback from feet, legs, and buttocks, and play with their crotch if it's that kind of scene. From the other, you caress their face, massage their back, grab hair or the back of their neck, play trust games with your finger between their teeth as you cane them...

A caning can be an awkward thing to deliver when the spankee is standing, especially if the spanker is taller. There is a strong tendency for strokes to land too high, on the bony upper half of the butt, when the bottom is standing up. Also, the sweet spot is hard to reach from this position.

For the experienced, there is the traditional bent position for caning, where the recipient crouches or bends over a chair. Here the skin is stretched and much more sensitive. The tailbone comes up into harm's way when one bends over, and a hard cane stroke is quite capable of chipping it and inflicting a painful lifetime disability. Damaged tailbones don't heal! SO DON'T USE THIS POSITION IF YOU ARE NOT EXPERIENCED!

There is a lot of perfectly good buttock area that is hard to work safely from these positions; when the spankee's body is straight, much more of the tailbone is protected. When in doubt, run your finger down the spine, all the way into the crack of their buttocks; you can feel how far the tailbone goes. Check this each time; the length varies surprisingly among different people.

Warm-up Technique:

The best precondition for a trip to Endorphin Heaven is for the spankee to be deeply relaxed, trusting, not anticipating the next stroke but rather accepting. Going too hard or too fast will drop them out of their bottom space (that warm, accepting state of trust) at just the time when you should be building it up. Their hindbrain will take charge, and its ancient survival reflexes will start screaming "We're taking damage! Get us the hell out of here!" A good spankee wants the scene to go well, and will be working to control panic and nervousness.



For this particular style of scene, the spanker must build the intensity so smoothly that the bottom is supported rather than challenged in their efforts to stay centred and accepting.

Of course, some people warm up much faster than others. "Smooth" is one thing; boring is quite another. In initial negotiations, establish some safe words that the spankee can always call for a speedup if they want one.

It is a good idea to begin with an ordinary massage. Explore the muscles of the back, buttocks, and legs, checking for tense spots and taking whatever time is needed to relax the spankee and establish an expectation of pleasure from the spanker's touch. Massage is itself an endorphin releaser, and very non-threatening. When a spankee is new to this technique, their delighted surprise can relax them, build a lot of trust early on, and give them confidence that there are rewards to be had in exploring with you.

Now begin with the cane, tapping very lightly over the buttocks. Don't tap any bony areas; this is a good time to develop the habit of avoiding them. The blows should have low force; the cane is hard and stingy, and the idea is to introduce the cane without breaking trust.

Along with ordinary light taps, mix in a few which are feather-light; with practice you can deliver a flutter as light as the landing of a flock of butterflies. This is a wonderful contrast to harder strokes.

As you work, do single taps, double taps, and quick flutters of various intensities. Your goal here is twofold. You are trying to teach the spankee that they cannot predict your strokes, but that it doesn't matter because they won't be harmed. It is a non-verbal trust-building exercise. Done with care, you can give the spankee that wonderful open acceptance of whatever happens, they are in safe hands.

Another key element for the spankee is breathing. Deep, careful breathing controls panic, and this is vital as intensity builds. Panic is really the unpleasant portion of pain; take panic away and what's left are just strong sensations. All kinds of wonderful things can be done with strong sensations...

Remind the spankee that deep, slow breathing is important. If their breathing becomes short and choppy, ease up and remind them to relax and breathe deeply.

If your other hand keeps up a steady contact with caresses and massage, not only will it relax and comfort the spankee but you will be able to detect twitches, tension, or relaxation. Especially with spankee's who aren't very verbal or vocal, this is the best feedback you can have.

If they are vocalising, watch out for a sharp edge to their tone. It warns of gradually building tension - if you continue to hear it, something isn't working. The muscles under your other hand should be more and more relaxed as the caning proceeds; if not, it's also a sign that your build-up is not succeeding. This sign is apparent even in a silent spankee.

As you gradually build the intensity, one useful trick is to follow a harder blow with a quick light rain of flutter strokes, right into the same area. These will distract the spankee from any overload. However, the harder blow will have done its work of moving the whole scene to a slightly higher level.

Further Caning Technique:

If your warm-up has opened the way for more powerful strokes, care must be taken. Canes may seem stiff, but a hard stroke can bend them ninety degrees and more, and a wraparound with a cane can be downright dangerous. Wraps are most common when a spanker goes to full power, after a well-aimed series of warm-up or measuring strokes.

The problem is in the spanker's body dynamics: the momentum of the arm goes up exponentially with increased speed, so the whole body is pulled forward as a heavier stroke is delivered. The full-power stroke automatically reaches several inches further than the lighter stroke that was supposed to "gauge the distance". It's physics; you can't keep it from happening, any more than you can walk on the ceiling. What you can do is allow for it, and train yourself to compensate. You can ease your feet back a bit, or pull your elbow or shoulder back as part of the swing. Or you can take your aiming stroke so that the cane tip lands in the middle of the far cheek, no further. This aiming

point will land a full-power stroke that safely spans the full width of the buttocks and no further.

If you do wish to play with harder strokes, practice! Learn to pay close attention to where your cane is landing; this is how you learn to correct your aim. It is advised that you practice on a cushion - a lot!

The best upholstery to use is heavy duty velvet that shows the stroke, but each blow shakes the surface and erases the trace of the preceding blow. Perfect feedback!

When you are ready to try powerful strokes on a human partner, try putting a cushion or blanket roll on the far side of them. This will catch a wraparound harmlessly. Be sure to confine hard strokes to the buttocks below the tailbone and the upper half of the thighs.

Summary:

- The spankee experiences two sensations with every stroke (nerves being compressed and then expanding). Thus, the strokes shouldn't go too fast.
- Be sure the room isn't too cold.
- The spankee should relax the muscles in the buttocks to avoid later lactic acid build-up causing a deep ache.
- Avoid striking the tailbone and the back of the thigh.
- Front of thighs can be caned.
- The fold between the buttocks and thighs is termed the "sulcus" (sweet spot) and can be quite painful when struck.
- A circular "fluffing" motion can be effective for rapid "warm-up" strokes.
- Backhanded strokes often land harder and lower.
- Hitting and holding, delays the second stage of pain.
- Give six, twelve or eighteen hard strokes at a session.

This is how you clean me...

Canes cut the skin so need to be thoroughly disinfected to avoid the transfer of AIDS and Hepatitis.

The best way to clean your implements is to give them a quick dip in hot soapy water. Then dry them with a dry cloth. You will then need to give your implement a thorough wipe down with a cloth that has been dipped in Savlon, Dettol or surgical spirits.

Then hang your implement to air dry.

To keep canes healthy, once a year one should sand the tip, stand the cane in a vase of water or linseed oil overnight, and then revarnish the tip.

Have fun! Play safe!

