

I am your flogger...

This is who I am...

A 'flogger' is any flexible many-tailed striking tool where the tails are simple strips of leather or similar substances, designed for use on the human body.

Floggers or "Cat 'o Nine Tails" are the safest to use on anyone wanting to experiment. Light flogging is enjoyable as it creates a light stinging sensation, and can be used over the entire body.

It is best to purchase those made from soft deerskin or genuine suede. Try to buy the most expensive you can find, as they are generally of a better quality than "cheap and nasty" types found in most local adult stores.

Something to note: for any given force, the smaller the contact area that force is concentrated in, the greater the potential for damage. Think of a knife edge as the extreme case. This is why quality flogger tails have rounded edges and tips; although sharp edges require less work and are less expensive. Rounded edges are therefore preferable.

A point to bear is that the wider the tail, the more surface area to be forced through the air, and therefore the more tails that land on the skin at once. As a general rule, thin tails 'sting', wide tails 'thud'.

The more tails a flogger has, the slower it travels, and the longer the tails are, the more leverage is gained. Both of the above make a flogger heavier, but the longer tails can make it disproportionately more difficult to control, therefore many of the 'standard' floggers have tail lengths between 35 and 60cm. It is possible to do quite interesting things with a long flogger, such as laying it down an entire back at once, but this is not recommended for beginners as it can take serious practise to do well. Very short floggers are brilliant for close work, i.e. flogging one nipple at a time.

This is how you use me...

To the novice flogging may look easy, and actually it's not that difficult, but it does require concentration and physical exertion along with some practice. However, knowledge of some basic guidelines can greatly enhance the learning curve and enrich the experience for both the "spanker" and the "spankee". And a beginner would do well to practice on a wall or pillow, focusing on the intended striking point.

Negotiate before you start

Before any flogging, the participants should negotiate what is desired and what isn't, along with what "safe-word" or other indication the "spankee" is to use to slowdown or stop the flogging. Does the "spankee" like stinging or thud sensations?

How open is he or she to new experiences? Has this person had much experience with flogging? Novices may think they can take lots of pain, and then be surprised at what a good flogging actually feels like.

In addition, pertinent medical or physical problems should be made known before beginning.

Technique

Practise swinging your flogger onto a pillow wrapped in a towel. You will see the path of the flogger tails quite nicely in the nap of the fabric. When you are able to land all the tails in one area on the pillow, practise moving that aiming point about until you know exactly where it will land each time.

Now practise varying the speed, pace and strength of the blows without sacrificing that accuracy. When you have that in balance, try these variations on your own leg, get the feel of that specific instrument, then consider using it on the willing form of another.

When you are ready to use it on your spankee, strive for an average of one stroke every few seconds (with the exception of the spinning technique). This 'blow-rest-blow' allows processing time to feel each sensation, and this rhythm once established may easily be changed for effect. It is a suitable pace to maintain in many cases and allows for increased speed near the end.

Thud vs Sting

The spanker should understand that softer/heavier tails will generally cause thud, while harder or narrower tails will cause more sting - rubber or braided leather tails are usually the most stingy. And these differences are best understood by experiencing them on one's own skin.

A flogger also needs to be thrown fast enough so the tails don't fly apart and land inaccurately. Because of this it's very difficult to use a heavier flogger in place of a lighter one to achieve the blows that a lighter flogger would deliver. This is why people often have more than one flogger.

Warm Up & Timing

Start with softer blows and work up gradually to harder ones--this way the spankee will be able to take more as well as get more out of the session. Similarly, if you have more than one flogger, use the lighter one before going to the heavier one. In addition, varying the pace and alternating heavier blows with softer ones (or using just the tips), can make the difference between a good flogging and a great one.

During a flogging the spanker also needs to be sensitive to the nuances of how the spankee is handling the experience and when to vary the strokes. And after the spankee has recuperated from the flogging, the spanker can learn valuable information by obtaining the spankee's perspective on what it was like.

Position Considerations

Body position affects the position of both skin and muscles. If someone is bent over, the muscles of the rear lengthen and are not as thick, so the muscles themselves no longer protect in the same way. If the skin is stretched as well, it will feel more than it would if relaxed. Flogging someone who is standing unsupported may lead to falling.

Wrapping

Generally speaking, avoid unintentional "wrapping," which is when the tips of the tails wrap around a curved part of the body such as the shoulders, torso, butt or legs. In wrapping, the tips accelerate tremendously and the resulting excessive force at the tips almost always causes an undesirable increase in pain. One difficulty in avoiding wrapping is that the tips can fly so fast that you may have trouble seeing them--a person sometimes has to estimate where the tails are hitting, especially in darker environments.

In addition, when throwing a flogger people often have a tendency to lunge forward, which can cause wrapping if it's not compensated for. On rare occasions a spankee may desire wrapping, but then this should be done by mutual agreement and with care to not overdo it.

Being 'tip conscious' is the best way to avoid wraparound, but placing a pillow to protect the side of a reclining spankee works as a temporary solution for those who have this problem [works neatly with 'whippy' canes and crops as well].

Accuracy

A flogger [as opposed to a crop or whip] 'flops around more', it naturally covers a wider area and is more difficult to control. If one avoids any spin on the handle, the first stroke may be accurate with the tails close together. Unfortunately the next ones tend to be less so unless some care is taken with the tails between strokes. The tails may be caught in the free hand between strokes, allowed to wrap gently on the spanker's torso or leg to gather them together, or hang straight down between strokes. Any of these options will make the next stroke more accurate as the tails will at least start together. It is possible to stop them in mid-air as well, but more difficult to cause them to swing together.



As a suggestion for beginners, start with the spankee reclining face down and the spanker kneeling or standing a-straddle, thus allowing gravity to assist in the guidance of the tails.

Swinging at a body part that protrudes ensures accuracy. The buttocks of a standing spankee whose entire front is pressed against a rigid support is a classic example of this, a straight side-to-side swing with the tips of a flogger can strike only the intended area, leaving the lower back and upper thighs untouched. Costuming may help as well, certain corsets may provide some protection for the kidneys, and may act as a sort of armour against mishap.

Where to flog *extremely* lightly

This is really a gentle brushing motion rather than a striking one, where the tips cause a light stinging sensation. The palms and back of the hands, over any joint, the lower front and back and sides between the top of the pelvis and the lower ribs [kidneys and other internal organs], the spine, the tops and bottoms of the feet.

Where to flog lightly

Lower legs, arms, inner arms, breasts, genitals [skin is more fragile there], upper shoulders [accuracy], top of buttocks near spine, the muscular ridge on both sides of the spine [accuracy], the ribs where not protected by muscle.

Where to flog 'heavily'

Buttocks, upper back on each side of the spine, thighs, lower shoulders. These areas

are principally composed of strong bones protected by muscle tissue and a fatty layer, any other organs present are reasonably protected. There are reasons for these traditional areas being so traditional, they reduce the likelihood of major damage, making an extended safer session possible.

Flogging the Back

The basic area to flog is the upper back on each side of the spine. Try to stay off the spine to prevent injury to the vertebrae and related tissues, and the skinnier the person is the more important this is.



Also avoid swinging the tails down the back onto the hips or upper butt, or else this may cause a different kind of pain that is undesirable. Rather than a full swinging motion (this isn't golf) that carries the tails down the back, stop the flogger immediately after it hits or even pull it backwards in a snapping motion right before it hits.

By varying this motion you can control how much of the tails connect with the back; more will cause greater thud while hitting with just the tips will be stingier.

Other Targets

The buttocks is very inviting, yet because of its smaller size and roundness it requires greater accuracy to avoid excessive wrapping onto the hips or into the especially sensitive "inner" areas; also avoid hitting the tailbone. When flogged well, though, the butt can be very rewarding. The thighs can be flogged but should be done with extra attention to the power in wrapping. Female breasts should be flogged relatively lightly to avoid later medical problems, and this may be more important if they are flogged often; males can usually safely take more in this area.

Generally other parts of the body, especially the kidney area, shouldn't be flogged except maybe with very light, miniature floggers. Stay away from all joints of the legs and arms, and the head and neck should never be flogged.

Also be aware that there is a big difference in flogging someone in the standing position versus lying down.

Finally though, always remember: If someone is trusting you enough to let you flog them, you owe it to him or her to be sensitive and careful; and secondly, flogging is ultimately supposed to be gratifying to both parties.

Tips & Warnings

- Where not to flog *under any circumstances* - the face, head, neck, the fingers and toes, over healing skin [if you want it to ever heal].
- Use a flogger when you first engage in whipping. Single-tail whips are the kind that can cause welts and even cuts or bruises when used. Floggers are mostly used to heighten sensation rather than to inflict pain.
- Use the flogger on yourself first to test its strength. Then you will know how it feels and the level of pain you are inflicting on your partner.
- Agree on the limits of your bondage and BDSM play before you add floggers to your toy bag.

This is how you clean me...

Occasionally during a flogging or spanking a small amount of blood may appear on the skin as a result of a blemish being broken open, so therefore any implement, whether it be wood, plastic or leather should be disinfected after use.

A flogger cannot be dipped into water, as this damages the leather tails. The best way to clean your implements is to wipe each strand down with a damp cloth that has been soaked in Savlon, Dettol or surgical spirits, to completely disinfect them. You can also clean the tails with a cloth moistened with a fresh solution of bleach mixed 1 part to 10 parts water. Then hang your implement to air dry.

Your leather flogger tails should be treated with wax polish or oil-based leather dressing every six months or so to prevent cracking. Wipe the tails down with a mild glycerine soap, after which they should be treated with oil or wax dressing to prevent drying. A small amount of linseed oil on a dry cloth works really well. It is far better to clean and dress leather gently and often, rather than wait until dirt and dryness demand heroic (and usually unsatisfactory) measures.

Have fun! Play safe!



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