

# Introduction to spanking

## Position & Posture

One of the factors that sets spanking apart from other forms of swatting is the deliberate and sometimes ceremonial positioning of the participants. Both the spankee and spanker adopt positions that facilitate and enhance the spanking. These positions generally work to the advantage of the spanker and the disadvantage of the spankee.



## The spanker enjoys the following advantages from their position:

- **Comfort.** Whether standing or sitting, the spanker is positioned to be comfortable throughout the spanking. They are able to swing their arm at a natural angle and are able to sustain a lengthy spanking with ease because of their position.
- **Strength.** Because they are able to wind up and freely swing their arm at a natural angle, the spanker is able to apply swats to the intended target with force. While standing, the spanker cannot only swing their arm but rotate their body to deliver maximum energy to an anxiously awaiting, clenching derriere.
- **Full access to the bottom to be spanked.** The spankee's position is designed to fully expose their bottom and the spanker's relative position is designed to put that bottom at a convenient angle and height. Therefore, the spanker is able to completely view, tweak, pat, and spank it.
- **Safety.** Because the spanker is in the position to easily spank the rear-end at the correct angle, it is much less likely that a blow will fall too high or too low.
- **Control.** The spanker's position gives them the "upper hand" and allows them to easily control the spankee. They sit or stand higher than the spankee and are easily able to restrain and situate the spankee.

## The spankee realises the following effects from their position:

- **Relative comfort.** Except for the notable exception of their backside, it's important that the spankee be relatively comfortable so they can focus on the sensations being inflicted upon their posterior.
- **Anticipation.** Bending over and getting into position to get your bottom blistered signals the beginning of the spanking and builds anticipation.
- **Increased sensation.** A properly positioned bottom will tend to be spanked harder and more completely on the sensitive "sit spot".
- **Humiliation.** Being put over the knee is a childish, humiliating posture. Having to "assume the position" is humiliating in its submission and rubs in the fact that they are being spanked.
- **Exposure.** A properly positioned bottom is fully exposed. The cheeks are fully presented and split, their undersides turned up. In the case of men, the anus and back of scrotum show. Women are even more exposed, their rectums and vulvas fully visible.

- **Emphasis on their bottom.** Spanking positions place the centre of attention on the bottom of the person being spanked, a fact not lost on said person. The bottom is emphasised by its exposure and upturned position relative to the spanker.
- **Presentation of their bottom.** Not only is the bottom exposed and emphasised but the spankee feels they are willingly "sticking it out" and presenting it for its punishment in the same way as the condemned man who must place his head on the chopping block. The spankee knows their bottom cannot evade or escape the swats.
- **Excellent visual presentation.** Not only is the bottom emphasised, but it is formed to a flattering shape and sexily perked out. Spanking positions would be sexy even to people not into spanking.
- **Submission.** Cooperatively getting into position to be spanked is the primary act of submission in spanking.
- **Safety.** Although it may be of little solace, the spankee can take comfort in the fact that their position affords safety from injury. Of course, this can be disconcerting if they know they will be spanked with even more abandon.
- **Loss of control.** Once positioned, the spankee has relinquished control and may not easily regain it until the spanking is done. They may have difficulty removing their rear from the line of fire if they try.
- **Inability to clench.** When standing, one can clench their cheeks together, mitigating the sting of a swat and the exposure. When properly positioned, it is more difficult to clench cheeks and the spanking will be applied to a relaxed, bouncing bottom.

## The following tactics can be used to enhance and focus on positioning:

- **Adjustment & readjustment.** It's important to deliberately position and adjust the spankee prior to the first swat. Emphasis should be placed on positioning and presenting the bottom fully. Throughout the spanking, the spankee should be readjusted as their position begins to fail.
- **Verbal instruction.** It's best to require the spankee to wilfully maintain their own position without the physical assistance of the spanker especially in the case of stand-up paddlings. Therefore, verbal communication is necessary throughout the spanking to encourage the spankee to continue to assume the correct position.
- **Pickiness.** One of the disciplinary aspects of spanking is that no matter how perfect the spankee is positioned, they can always improve, stick their bottom out a little further, etc. The spanker should not feel guilty that their exacting demands regarding position are perhaps a little too picky and unrealistic.

## Step by step instructions on how to give a spanking

Use spanking as a jumping-off point to getting started in BDSM. Spanking is a great way to introduce your partner to the world of kinky sex, as you can learn each other's tolerance for pain and other torture play.

### Step 1

Discuss your needs long before the spanking. Be sure each person is getting what he or she wants from the experience. Agree on limits, such as certain body parts to strike, certain levels of pain or particular implements with which to spank. Understand what each of you wants to give and get from the spanking experience. After each spanking, discuss what you liked and didn't like.

### Step 2

Decide on a safe word or signal in advance. The spankee uses this word only if he or she truly wants the spanking to stop. He or she may need to use the word if the pain goes beyond his or her tolerance levels or if the spanking is

emotionally overwhelming. The spanker must immediately stop if the safe word is used.

### Step 3

Begin the spanking with a ritual of some sort. Have your spankee undress and neatly fold his or her clothes, for example.

### Step 4

Choose a position for your spankee to be in during the spanking. It could be over your knees or across the bed. Some people also like to kneel on the floor or on a chair with the buttocks facing outward.

### Step 5

Start slowly. Just as you must walk before you can run, you should play out one part of a fantasy before you act it all out. Gauge your partner's reaction in the beginning of your spanking relationship and make changes accordingly. Give a warm-up with light spanks at first. You might choose to begin spanking over clothes or underwear, working up to spanking the bare skin.

### Step 6

Spank harder once the warm-up is complete. Keep your spankee guessing to add to the excitement. Spank in an irregular pattern, so he or she will not know when the next spank is coming.

### Step 7

Use different hand positions to create varied sensations. Keep your hand flat and your fingers spread to produce a sharper feeling. Cup your hand around your spankee's buttocks for a softer touch and a loud, clapping noise.

### Step 8

Try using items like a hairbrush or paddle etc. to intensify spankings.

### Step 9

Give a cool down when you are done with the spanking. Lightly caress your spankee's butt or rub lotion into the skin, as bottoms need attention after getting spanked. Cuddle your partner or spend a few minutes together to add to the intimacy.



### Tips & warnings

- Make "safe, sane and consensual" your motto. This BDSM slogan means you should always play in a safe environment, with no health risks and when you are both in a sound state of mind. Also, you must both agree on what might happen during the spanking.
- If you don't know whether you are a "top," a "bottom" or a "switch," try giving the erotic spanking one time and receiving it another time. Soon you will know which you have a preference for and whether you like doing both. If you then decide that you prefer to administer the spanking than to receive it, you will be more sensitive to your "spankees" reactions during play.
- Always watch your "spankees" reaction during spanking play. If you are unsure about proceeding or think you are injuring him or her emotionally or physically, stop and check in with your partner.
- Start lightly and build slowly. A too-rapid increase in the physical or emotional intensity of the play is the direct cause of many problems.
- The spankee can use the "one to ten" technique to indicate they're ready to feel a paddle or whip stroke, and its intensity. "One" is a feather-light touch; "ten" is a full-power stroke.
- As a rule, strokes from whips and paddles are delivered to fleshy, muscled body areas such as the lower buttocks and the "lower half of the upper half" of the back. Never spank in the middle of someone's back where the kidneys, liver and spleen are located, on joints or on the spine.
- Never play spanking games with someone you don't trust. You must know each other well or the spanking could be traumatic for both of you.

**Have fun! Play safe!**



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