

Sunday World

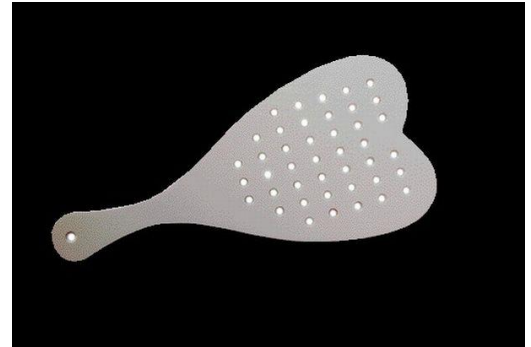
THE BEST SUNDAY BY FAR

Spanking, pain and positions - kink is the new cool

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THERE will be pain involved, but only if you ask nice, declares a sexy postcard bearing a lingerie-clad dominatrix wielding a paddle.

The quiet of gated communities will be broken by the sound of paddle to bum.



Like moths to a flame, Sexpo faithfuls descended on the fetish exhibition stalls and bondage lounges last weekend.

Girl friends moved in giggling packs, suburban housewives inspected merchandise with the same intensity as they would the latest Gordon Ramsay recipe, couples discussed bondage rope versus spreader bars, and grandparents held on tightly to each other as they patiently waited in queues to get into spanking workshops.

Thanks to the EL James books and the upcoming Fifty Shades of Grey movie spin-off, Valentine's Day is eagerly awaited. By the looks of things, the quiet of gated communities will be broken by the sound of paddle to bum.

While spanking is not strictly fetish, it's widely accepted as the first tentative step into the world of BDSM (bondage and discipline, dominance and submission, and sadomasochism).

So if you don't want to be left behind this "obsessive fascination", learn the basics of spanking courtesy of Different Strokes, a BDSM outfit that's about spicing things up in and out of the bedroom.

Know your paddles

The hairbrush

What's not to like about an innocuous everyday tool that can double up as a pleasure/pain giver? But don't use a flat brush, it will sting a large area. Instead, you want a curved surface that stings in a tiny area but will leave pleasure ripples around the entire butt. For more bite, gently run the bristles of the brush over the spanked area. Easy does it.

The wooden spoon or bath brush

This is a classic for that over-the-knee spanking of your childhood, with a sexy twist. Not only does this utensil award you with a throbbing bum, but it can leave you with sensuous bruising that will remind you how naughty you've been every time you sit down.

Holed paddles

If you thought the holes were there for decoration, think again. They allow air to escape when it makes contact with the butt, delivering a harder impact. Expect a lot of Monica Seles-type squealing, so make sure the children are sleeping over at granny's for this one.

The positions

Hands on ankles

Remember the poster of the indie hit film *Secretary*? Maggie Gyllenhaal undoubtedly has that butt-in-the air pose to thank for us taking note of her talent.

According to *Different Strokes*, the spanker stands to the left of the spankee so that the paddle barely overlaps the right cheek.

This ensures that both cheeks are struck together at the same time.

Ensure that there are no objects to bump on or against that can hurt the spankee.

Hands on knees

It's safer and more stable than hands on ankles, and the butt is presented in a plumper and more paddle-friendly position. It's all about back arched and bum out, and the trick is for the spankee to look forward at a spot high on the wall. Think yoga.

Kneeling in chair

Grab a padded chair or put a cushion on it. Kneel with both knees, draping the torso over the back of the chair. Arch the back well, and you'll have maximum exposure.

There are many other positions to try, including lying on the bed, bending over the desk on tiptoes or over a bar stool.

And remember, the action is not in the shoulder but the hand and wrist.

Flick the wrist, apply different pressure and aim to please, not hurt.

Visit www.differentstrokes.co.za for more
