

# Spanking Positions

Following are descriptions of various positions that are found to be the most erotic, their distinguishing characteristics, tactics that can be used to enhance them, and precautions to take. All descriptions assume a right-handed spanker:

## Over the lap / Over the knee (OTK)

Spanker is sitting with good posture in an armless chair, knees together. Person being spanked must lay face-down across the spanker's lap, their head to the left and feet to the right. They must be over the lap far enough so their bottom is conveniently located directly over the spanker's right thigh.

In order to preserve modesty, the person being spanked may be tempted to lie flat with their head up and legs straight out behind; however, if they are concerned for their modesty, they shouldn't have gotten themselves spanked in the first place.

The spankee's head and shoulders should be angled down and their knees tucked down out of the way so that their bottom is well turned up. A palm pressed against the back of the head and swats to the thighs are helpful in positioning the spankee. Knees should be at least six inches apart and the lower back should be "arched" or dipped to further turn up their rear. For a woman, this will result in her vulva being fully exposed and presented.

Depending on size, toes will either be resting against the floor or hoisted off a few inches. The full weight of the spankee should be resting on the lap.

Hands can either be on the floor or grasping the legs of the chair. If the right hand flies back during spanking, it should be pinned to the lower back by the spanker's left hand.

Prior to starting to spank, the spanker should firmly grasp the spankee's waist above the right hip with the left hand to prevent squirming off the lap. Then the left elbow should be planted between the shoulder blades to keep the head and shoulders from bobbing up.

The spanker should raise their right knee slightly, turning up the bottom further. In the case of a woman spanking a boy, she should make sure his penis is pressed firmly against her right thigh and aimed to the left.

By turning their upper body to the right, the spanker can get a fuller swing and more comfortably apply a stronger swat.

By combining all of these tactics - the raised knee, the elbow in the back, the hand in the small of the back - the spanker can effectively pin the spankee down and spank the daylight out of them.

## Hands on ankles

This is the classic school-style paddling position. The spankee must stand well clear of obstacles with feet shoulder width apart. Leaving knees straight and back straight, the spankee must bend over and grasp their ankles with both hands. The spanker may want to observe the spankee's hands throughout the paddling to ensure they do not leave the ankles and earn extra swats.

The spanker stands facing the left side of the student. They should stand far enough away so the paddle barely overlaps past the right cheek.

They should adjust fore and aft to ensure that both cheeks are struck at the same time (assuming a paddle is being used. Canes and straps warrant slightly forward positioning).

It is not possible to more fully expose and present a rear end than when in this position. When one is told to bend over and grab their ankles, one is, in effect, being told, "we intend to thoroughly paddle your bottom. So not only will you present your rear-end but you will stretch and endeavour to stick it up and out as far as you can absolutely positively can. And throughout the paddling, you will continue to strain to stick it out for the paddle."

Since the angle between the legs and the upper body is well under 90 degrees, this position spreads the cheeks and exposes the rectum and genitals more than any other position.

This is a great fantasy position but it only works safely in reality for spankees with flexible bodies (especially when a thick paddle is used).

Inflexible people can't reach their ankles without bending their knees. Men run the risk of getting their testicles whacked.

Non-fleshy butts get pulled tightly across the pelvic bones and don't provide enough padding when a heavy paddle is used.

## Hands on knees

A safer, more workable position than hands-on ankles. The bottom is presented in a plumper, more paddle-friendly shape but visually, the position is still very school-like.

Depending on the person, this position can be more visually appealing because the back can be arched a bit which perks up the bottom.

In fact, the further up the legs the hands are placed, the more the spankee can arch their back and stick out their rump.

Again, feet should be shoulder width apart and hand position enforced. Because the back can be arched and bottom upturned, it should be required, both prior and during the paddling. A technique which tends to arch the back correctly is to require the spankee to look forward at a spot high on the wall. That way, they are required to pull their head up and arch their back.

## Over the desk on tiptoes

Another school-like position. The spankee must bend over a desk with nose or chest pressed to the desk. Hands and arms should be placed on the desk over their head to further arch the back.



To further elevate their bottoms to be spanked, they must raise up on to their toes. Penalty swats can be awarded for every incidence of a heel touching the floor (hint: watch after the "last" swat before the spankee is told they may relax).

### Over a barstool or horse

This is probably the best position for paddling because the bottom is presented in a plump and relaxed manner. The person to be punished must lay their full weight across the stool, their feet hanging and hands grasping the legs of the stool at a level such that there is a little support for their upper body.

This is a relaxed, comfortable position which works well for lengthy spankings.

### Laying on bed

Another comfortable position for lengthy spankings and ensuing diversions. The spankee must lay face-down on a bed. Their face should be pressed to the mattress while their hips and bottom are elevated on pillows. Since pillows are compressible, it may take three or four to achieve the proper elevation.

### Kneeling in chair

One of the favourite positions for spankees with great butts because, properly executed, it presents the rear in its most flattering light. The trick is in the execution.

The spankee must kneel in the seat of a padded chair (save those knees) facing the back with the thighs vertical and upper body forward over the back. Again, the spankee should be required to arch the back well.

Two things conspire to shape his or her bottom cutely. First, the back of the chair prevents him or her from bending so far as to preclude a good back arch. Second, just as high heels shape calves fully by angling the foot to shorten and bulge the calf muscle, kneeling with the calves at right angles to the thighs seems to allow the buttocks to bulge fully.



### 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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