

"Vision without action is a daydream. Action without vision is a nightmare" - Japanese proverb

Sourced: Rubel, Robert J. Master/slave Relations: Handbook of Theory and Practice. Las Vegas, NV: The Nazca Plains Corporation, 2006.

What is consensual and sane:

- Pain without violence
- Humiliation without degradation
- Bondage without victimization

Sourced: Rinella, Jack. Master's Manual. Los Angeles, CA: Daedalus Publishing, 2006.

Five components to flogging:

- 1) Types of floggers
 - i. Rope
 - ii. Twine
 - iii. Fabric
 - iv. Leather
 - v. Suede
 - vi. Imagination is the limit
- 2) Throwing techniques
 - i. Single handed throw
 - 1) Continuous circular throw
 - 2) Popping
 - 3) Alternating hand
 - 4) Florentine
- 3) Intensity - how much muscle you put into your throw
 - i. Note: always look for body language to gauge how the throw is being processed by the mind/body
- 4) Flogging IS most definitely a spiritual journey. A combination of things happen which allow the submissive to go to that special place.
 - i. First and foremost, it is a breathing exercise. Similar to working out, you breathe a bit heavier than normal in order to withstand the throwing of the flogger.
 - ii. Second, the increased levels of oxygen in the blood allow for endorphins to kick in producing the altered state of mind most submissives enjoy when being flogged.

Pre-cursor to a successful flogging scene:

- 1) Have your floggers lined up based on intensity (boys, you will typically have this done for your Dom)
- 2) Have water available for the Dom as well as the sub (ice is a definite plus)
- 3) Discuss limits with your sub and methods for gauging where your sub is at as the scene progresses (establishes trust)
 - i. Discuss health issues - HIV, Hepatitis, STDs, etc - especially if your intention is to draw blood
 - ii. Discuss previous flogging experience(s)
 - iii. Body gestures to signify speed up, slow down or STOP!
- 4) Have music that would be soothing and further allow the sub to travel and the Dom to keep/maintain a rhythm
- 5) If bondage will be done, it is a good idea to have the arms secured below the heart

Areas to avoid while flogging (areas that have little or no muscle mass):

- 1) Head
- 2) Neck (some like the trapezoids to be hit but good accuracy is needed to avoid hitting anywhere else)
- 3) Top of the shoulder - some actually like it here...some don't
- 4) Kidneys

Aftercare

- 1) Dom
- 2) submissive
- 3) Flogger(s)

Most individuals are afraid of being flogged. To the untrained eye - flogging simply looks like a harsh beating.

As Leathermen, it is our responsibility to ensure improper methods are disallowed or in the very least corrected.

You gauge flogging success by the following: Curiosity kills the cat -- satisfaction keeps them coming back.