

# Handballing

Mistress Simone

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Anal fisting, or handballing, is one the most spiritual, intense activities we as fetishists can take part in. Placing your hand inside another's body and feeling their heartbeat, their breath and their soul surround you is amazing. Too often fisting is looked upon with disgust or fear in our community. The prep time for anal fisting is seen as an inconvenience, instead of preparing oneself for a ritualistic experience with someone you are involved with. There is no great high for me as a top than to feel my partner's life force encompassing my hand, whether it is anal or vaginal. Feeling their body rock in orgasm from the inside out is a wondrous feeling that has to be experienced to understand.

To help you prepare for this experience, I am going to cover some of the basic safety tips and anatomy guidelines. I am NOT a medical doctor, so please do your studying prior to fisting someone. The absolute first step before you fist someone is to establish a connection, a level of trust and comfort. The bottom is letting you into their most taboo part. Making them feel comfortable is the top's first job. Remember, anal penetration contains many issues besides physical. You are dealing with possible emotional, societal, religious and familial issues. Ask for their experience with anal sex. Find out if they are comfortable with their body. Anal sex is often viewed as dirty and nasty. Make sure you cover this issue prior to the fisting.

Once trust is established, the next step is physical. Discuss the overall health of the bottom beyond the standard inquiry. Do they have any type of digestive problems? How regular are their bowel movements? Do they get constipated often? Have they had hemorrhoids? While these questions might be embarrassing at first, not having the knowledge and having an incident occur later will be even more so to all involved.

Allow enough prep time prior to the fisting for the cleansing. It is courteous of the bottom to make sure he/she is cleansed with enemas prior to the fisting. Some tops will incorporate this into the ritual, others will instruct the bottom to do so themselves. Whichever way it is, make sure you are fully clean before fisting. Waste matter can cause a scene to turn bad. Shaving is a personal preference. If you enjoy it, then go for it. The smoother surface does facilitate fisting though. Be conscience of your diet if you know a fisting scene is coming up. Avoid rich meat, fatty foods, nuts, lettuce or fish two days before. Eat more fruits and veggies. On the day of the play, eat lightly and lots of beverages to help start to flush out your system. Make sure you have the supplies you need. Disposable diapers work well for pads under the bottom, as do incontinency pads. Latex gloves are acceptable unless you plan of going deep. Then I suggest longer latex gloves or calving gloves. In a pinch you can use plastic, but be aware this will most likely not protect you or the bottom from infection as it tears and moves easily. Lubricant! Water based ones will not provide you with enough glide or greases. I use Boy Butter, or baby oil and Crisco if I am out. Key rule here is to not cross contaminate your lubricant. Use it only on one person!

Anal fisting is a dangerous activity. Tearing the inner linings can lead to serious infection. A top must know where their hand is going before just "diving in". Study the body's rectal area. See how the sphincter connects to the levitorani, and opens into the rectal cavity. The basis structure order is: Large colon ---> sigmoid colon ---> rectum ---> anus. Both anus and rectum have an amazing ability to expand. Folds, or fosses, comprise the tubing of this system. These folds allow the area to expand and contract as needed to accommodate the waste bulk. Also in place is a mucous tissue which aids in the movement process. Given its innate structure then, the rectal area is made to accommodate a variety of shapes and sizes. Our bodies are amazing instruments, able to adapt to the stimuli presented. If you go slowly, the tissues will mold to your administrations. Under no circumstances do you apply severe force when attempting to fist. If the bottom feels pain, stop. Do not force the tissue to relax. Gradually move up to it. The body will accept the fist over time. There will most likely be some disappointments when both people are ready, but the body is unwilling. Even those who are regular fistees have times where their bodies are not willing to stretch that far. Be prepared mentally for such times. Position is a matter of choice. I prefer to fist someone in the doggie style. It provides for the least obstruction of inner curves. While the sling route is very popular, I find it harder to control my actions with the bottom in a sling. I like the solidness of a table.

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A top should follow the natural curves of the bottom's anal cavity. Compress your hand into what we call the Queen's Wave: fingers folded into each other, thumb into palm and hand as narrow as possible. Begin slow insertion and work from there. I can not stress enough at this point, that adequate lubrication is key. You can never have enough when handballing. The widest part of your hand will be the hardest part for the bottom to get past. It is the widening of the anal opening that is the problem, not the depth. Once in, close the fist and let the bottom breathe. Often when the fist pops in the first time, bottoms panic. As the top, you need to be aware that they may do so and try to push you out. If they want the fist out right away, talk them through the panic as you slowly remove your hand. Have them breathe deeply. Do not let them push you out as it will injure them.

Be prepared for some discharge as you exit. Do not make a big deal of it to your bottom. Let them know its ok. Many bottoms will feel the need to go to the bathroom immediately after the fist exits. I ask them to wait a few minutes so they can get centered and not pass out when they try to walk. Then I let them. Have on hand some type of beverage with Vitamin C and electrolytes in it for the fisteer. I usually recommend that the fisteer refrain from other anal activity for a few days after being fisted to let the body heal any surface abrasions that might have occurred, and allow their metabolism to return to normal.

I hope this provides with some assistance as you begin to explore the eroticism of handballing.

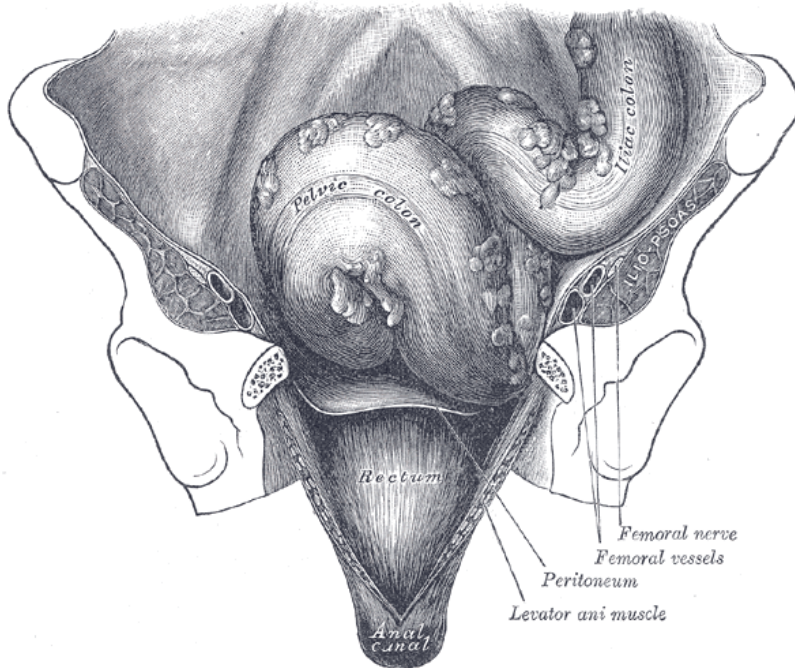
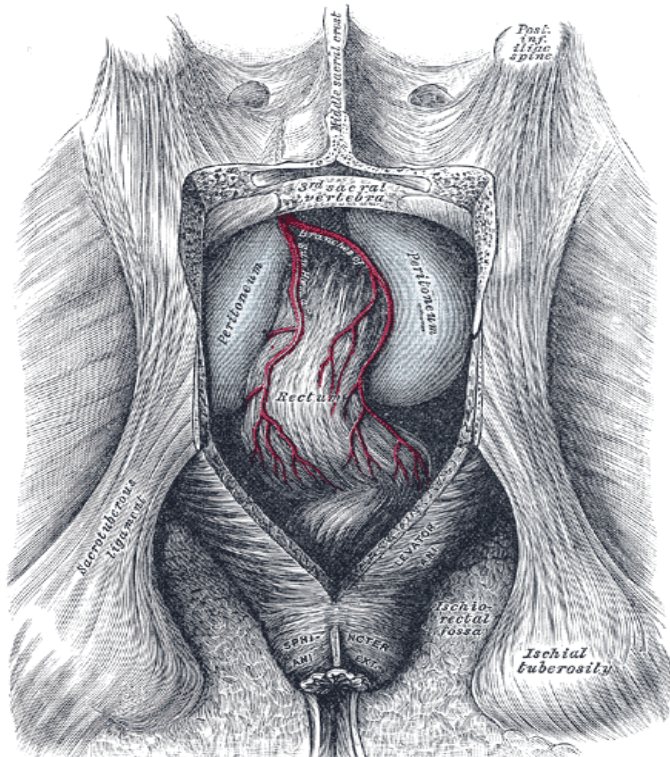


Diagram printed here are from:

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Thank you to Gray's Anatomy

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