

Practical Flogging 101

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Flogging for Sensation - It's all about feeling good, not looking good.

First, let me state that the opinions contained within this article are just that: my opinion. The terms are what I am comfortable with. Many may not be PC. Second, I am of the mind that many others might disagree with what I put forth here. That is fine. We are many and varied within this community and there is plenty of room for diversity. Having done by disclaimer, let's move on.

Flogging! This is one of the first skills many new players acquire. It appears to be the easiest to learn, next to spanking. However, both of those activities hold subtle nuances that can enhance them from simple impact to erotic sensation. Bringing that energy and power to flogging is what this paper is about. How do we transform flogging from an ordinary, bored with it activity to one we look forward to doing? Some have tried the fancy showmanship style of flogging. While I admit this takes skill and it looks really impressive, I feel it sidesteps the real goal of flogging: to excite and elicit a response from our partner receiving the sensations. After all are we not here for that reason, not to show off. The energy exchange is one of the underlying reasons we engage in this lifestyle.

The first step in discovering how to do sensation flogging (cr: 2005) is to know your tools. If we are not knowledgeable of the sensations created by the myriad of floggers available, we can not accurately use them on our partners. We need to know the material, what it feels like and the types of marks it could leave. I have seen too many newbies pick up a chain flogger, go all weak kneed and begin to use it on their partner. They seem surprised then at the welts that rise up. All of the floggers available today on the market can be used on a continuum. Soft to hard. This is aside from material what they are constructed of.

So, let's go over some of them:

- **Deer:** A good place to start, very popular with light sensualists. Deer is good as both a warm-up and an in-between tool. After a very heavy bull, I like to caress the back with a deer. Can also warm the skin to higher sensation after such a beating.
- **Elk:** It has the softness of deer but much heavier when striking. Elk weighs more so its impact is thuddier. A good starting point for a thud rotation.
- **Suede:** This is a favorite of mine as it is a great sensual in-between tool. Good place for novices to start to move up. Go hard and heavy, then return to your suede and watch your partner melt! The ends of suede can deliver a great sting.
- **Moose:** Can feel like butter on skin! Very soft. Delivers little sting, more thud. Good for caressing the skin lightly.
- **Cow:** This is the most popular material for flogger makers. Easy to work with, the cow hide can vary from soft to heavy grade. More stinging than others. When purchasing you really need to pay attention to the grade.
- **Buffalo:** heavy leather all around. Heavy to throw and heavy on impact. Thud instead of sting, but the tails are wonderful for heavy sting if you can manipulate it right.
- **Latigo:** Very sharp, usually rough thong sides and tails. Light to throw but gives a deep sting quickly.

- **Rubber:** Very intense, quick to mark a sub. Depending on the way it is constructed, it may cut.
- **Rope:** Depending on how it is constructed, it can be wonderfully light or really harsh. If thick cording, it may leave welts.
- **Horsehair:** Wonderfully light to throw and incredibly stingy. Great to use after a very heavy thud run or an intense one such as rubber or chain.
- **Chain:** not to be played with lightly unless you are going to use it as a temperature tool, not a flogger. Will cut skin or blood blisters. Not to be used lightly.

This is just some of the materials I have seen floggers constructed from. I am always amazed when I see a new take on an old standby. Combination floggers are also very popular. I do not go into marks from each one due to the fact that it really depends on the people playing and the type of scene. A chain flogger can be used and not cut. At the same time, a suede one could miss-hit and leave a welt. It all depends on how the tool is wielded. For sensation flogging, you use the entire whip, not just the body of falls. You can use the sides of the falls, the tips of the tails and even the handle. Be aware of these other features when seeking to purchase a whip.

Wielding the flogger is the most important step in learning how to do sensation flogging. Most of us know the basic X pattern (also known as the figure 8) for flogging. We know to stay away from the spine directly. Now we need to move beyond that to other ways to move the whip. Other than the X pattern, you have the H pattern, the W pattern, the double line pattern, baseball bat and the snap. The H pattern goes up one shoulder blade, across to the other and down. This can be to encompass the buttocks as well, giving a nice jump to the sub.

The W pattern is a bit more complex, going up straight, over at an angle, down at an angle, then up again. Double line is a side to side repeated motion with the flogger across the back.

Baseball bat is a full force hit straight across the tops of the shoulder blades. With this you need to be very precise with your aim. Do not go below the shoulder blades or above the tailbone. A full force swing in the middle of the back can be crippling. Snap is just that! A snap to the flesh with just the tails of the falls. Most of these techniques can be done on the breast/chest area as well. I often use the double line on breasts, but with a small enough flogger, you can do the W and H. Snapping works well on the chest area. Move beyond just the back region. Use the whole body of your partner. Use the flogger as your paintbrush to put your energy onto their skin canvas. Pillows make great practice dummies till you get the movement down and help in gauging your force.

Force is an important thing to master when you are flogging for sensation. Even a chain flogger can be used if the force is light enough. Light force usually results in a sensation much like someone breathing on the back of your neck and giving you goose bumps. Vary your force to surprise them. Start out light, and then give a heavy whack! Vice versa! It is a wonderful thing to watch the sub try to guess how and where you will strike next. It adds the mind fuck element to your flogging. These are just a few other techniques you can use to vary the sensation in your flogging scene.