

Sensual Caning

The cane can be a very frightening device

- Punishment device
 - Victorian
 - English schoolmasters
 - Singapore punishment for vandalism

But mixing the knowledge of the type of cane you are using, combined with skill and finesse, the cane can be used sensually and lovingly

- Cane materials
 - Bamboo
 - Inflexible, tends to chip or break easily
 - Oak, and other woods
 - Inflexible, if not finished can splinter
 - Synthetic materials - Delrin, Lexan, fiberglass, acrylic
 - Tend not to be as flexible, thus harder
 - Easy to clean - non-absorbent
 - Rattan
 - Traditional cane material
 - Woody reed from East Indies
 - Strong, but very flexible
- What to look for
 - Smoothness
 - The rougher the cane, the harsher
 - Potential for splinters or cracking
 - Rounded edges
 - Sharp points can stab, cut, poke
 - Size
 - Thicker the cane, the more "thudier"
 - Deep muscle bruising
 - Thinner the cane, the more "stingy"
 - Surface hits, cutting

Caning Technique

- Positions
 - Lying down
 - Offers perfect access with comfort
 - Bending over table
 - Chairs & other smaller objects create stress and tension
 - Exposes butt and thigh
- Where to hit
 - Fleshy areas
 - Butt - below tailbone
 - Thighs - tops and bottoms
 - Insides more sensitive
 - Advanced areas - lighter strokes!
 - Upper back - avoid spine
 - Abdomen
 - Breasts - intensity varies on body tone
 - Genitals - male and female
 - Soles of feet - stay away from toes and arch
 - Upper arms
 - Calves
 - THE SWEET SPOT
 - Almost every bottom has a sweet spot
 - Located within the butt/thigh region
 - Individualistic - size and location vary by bottom
 - Hits flow into nerve endings & muscles
 - Pure Pleasure
- WARM-UP & BREATHING
 - Most crucial parts to a sensual caning
 - Deep breathing throughout scene - eliminate panic and stress
 - Massage, spanking - whatever works for the particular bottom

 - Light cane warm-up

- Small, short, soft tapping, alternate with rubs of the cane
 - Get the bottom used to the cane, establish trust
 - Alternate speed and rhythm
 - Singular taps and rubs
 - Double, triple, or more quick concession
- Advanced Sensual Caning
 - Follow-through
 - Leaving cane on body after hit pushes force in, creating a solid, thuddy impact
 - Immediately withdrawing pulls skin with it, creating sting
 - Wrist vs. arm strokes
 - Flexing wrist
 - Easier to aim
 - Strokes more controlled, with less force
 - Allows for quick repetition hits
 - Arm
 - Swinging arm creates more force
 - Arm tends to naturally gravitate a few inches away from practice stroke - requires compensation
 - Rhythmic Caning
 - Repetition
 - Full Body
 - Tattoo Caning

Web resources:

www.sexuality.org/l/bdsm/chcane.html - Wonderful article by Conrad Hudson on sensual caning - highly recommended

www.sexuality.org/l/bdsm/cane.html - Quick, 101 basics on the cane

www.sidoniabork.com/artcane.htm - Focused more on traditional, English caning - not very sensual ;-)

www.prcat.cpm/pers/cane001.htm - Caning from a layman's perspective