

Leaving an Impression

Punching, Kicking, Grabbing and Deep Bruising

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1) Anatomy and safety:

- ❖ Body zones –
 - DO include ass, thighs, calves, back, arms, chest, center of abdomen, mons/pubic area, pads of hands, pads of feet
 - NOT include kidneys, heart, liver, spleen, collarbone, xyphoid process, ribs, joints, neck
 - OUCHY include face, stomach, genitals, head
- ❖ Pinch/slap does FAR less damage than a punch by far, so consider them in sensitive areas.
- ❖ Beware nerve damage.
- ❖ Ask about health conditions- medications, brittle bones, previous injuries, etc.
- ❖ Healing (ice packs in first 24-48 hours, heat after 48 hours, arnica gel/spray/cream, SCA green goo, subbie repair lotion, vitamin e cream), Vitamins (B-6, C, D, E), Disinfectant if skin is broken to keep from infections
- ❖ Pulling Punches
- ❖ How to Punch (2 knuckle to prevent “boxer’s fracture”, side of hand (tuck thumb) , palm of hand, don’t bend wrists), Slap
- ❖ How to deep Pinch
- ❖ How to safely Kick (keeping toes out of the way if barefoot- ball of foot, heel, side of foot- or shoes!)
- ❖ Weighting your punches
- ❖ Muscle to fat Ratio as indicator of how hard to hit, fitness, physical condition
- ❖ Types of slaps- butterfly, up/down, side-to-side
- ❖ Types of Punches- uppercut/jab, side punch, straight on, side of fist
- ❖ Types of kicks- straight on, side of foot, stepping afterwards/beforehand... trampling
- ❖ Types of pinches- shallow, deep, deep twisted, pulled, pushed, combo
- ❖ Check in with DM if planning on doing heavy scenes of this type *before* you begin at a public space- some places have rules against these sorts of scenes, esp. ones that are incorporated into rape play scenes
- ❖ What if the worse happens? Cops, Neighbors, Medical professionals

2) Tools of the trade:

- ❖ Bare hands/fists
- ❖ Gloves- leather gloves (especially tight around hands and padded), wool gloves, boxing gloves, kickboxing gloves, lead shot gloves
- ❖ Wrapping/gauze, fabric, kick boxing wraps, between fingers
- ❖ shoes/boots- combat, docs, soccer, dance/jazz, ballet, tennis, keds/converse, high heels, Platform... be careful with steel toes
- ❖ Other objects – paddles, foam bats, rubber balls, dog toys, massage mallets, dildos, tubing/hoses
- ❖ Get creative!

- ❖ Other physical actions- slamming against walls, shoving, pushing, taking to ground, head butting

3) Psychology and possible scenes

- ❖ Psychology- physical satisfaction, submission, fear play, taking on rolls, cathartic release, pushing the “edge”, challenging those watching
- ❖ Types of scenes this sort of play can be incorporated into- rape play, interrogation, daddy/mommy/boy/boi/grrl, military/boot camp, kidnapper/burglar/thief/mugger, pirates/slaves/outlaws/highwaymen, prison, soccer team, take down scenes, humiliation, D/s, M/s, gang, martial arts, mob boss demanding money, amazon, and more...

4) Continued Demo

5) Q&A