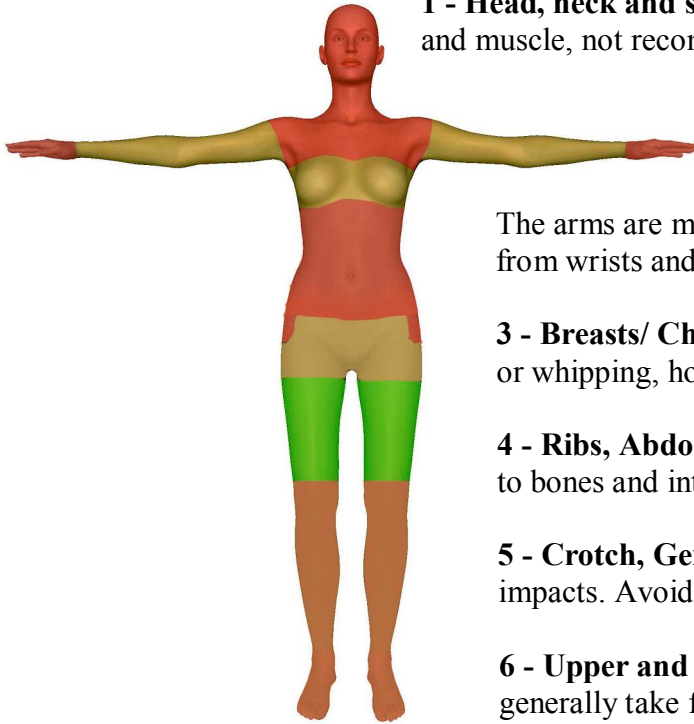


A Guide to Targets for Flogging and Caning

Front of Body



1 - Head, neck and shoulders - Very sensitive, minimal protection from skin and muscle, not recommended as a target.

2 - Arms and Hands - The hands and wrists have a lot of delicate bones which are easy to damage, even rapping the knuckles with a ruler can risk problems.

The arms are more padded and can take light impacts, but stay away from wrists and elbows.

3 - Breasts/ Chest - A sensitive area but one that can take mild flogging or whipping, however be careful of bruising delicate tissue.

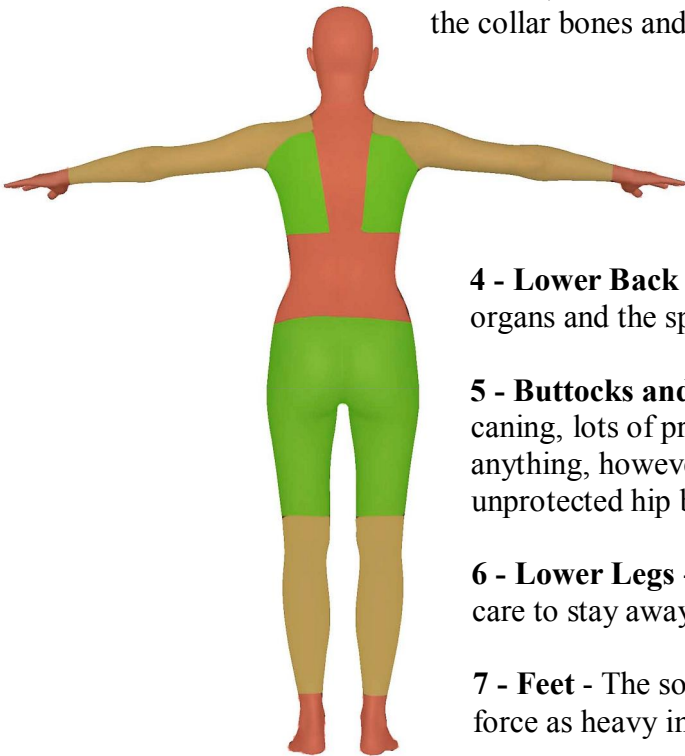
4 - Ribs, Abdomen - Very little protection and impacts here risk harm to bones and internal organs. Avoid.

5 - Crotch, Genitals - Also sensitive, but can take soft, non-bruising impacts. Avoid the hip bones.

6 - Upper and Inner Thighs - Well padded and muscled and can generally take firm impacts, but be careful to stay clear of the genitals.

7 - Lower Legs and Feet - At the front there is very little protection for the legs and the ankles and feet have many delicate bones which should be avoided.

Rear of Body



1 - Head, and neck - As with the front of the body, best avoided, including the collar bones and spine.

2 - Arms and Hands - See front of body.

3 - Upper Back - The upper back can be flogged as it is well muscled, but take care to avoid the spine.

4 - Lower Back and Abdomen - Hitting here risks damage to the internal organs and the spine and should be avoided.

5 - Buttocks and Thighs - The classic area for spanking, flogging and caning, lots of protection from muscle and fat and safe for pretty much anything, however be careful that floggers don't wrap around onto the unprotected hip bones or canes hit the base of the spine.

6 - Lower Legs - The backs of the calves can be lightly beaten, but take care to stay away from the knees and ankles.

7 - Feet - The soles of the feet can be lightly beaten, but avoid excessive force as heavy impacts risk damaging delicate bones.

IMPORTANT NOTE! - This document is only for the purposes of advice, all activities are engaged in entirely at the risk of the participants and should only be undertaken with care and consent.