

Ecstatic Caning Handout – by Suzanne SxySadist

Canes VS Rods

As I understand it, canes are generally made of rattan or bamboo, where as rods often consist of man made materials such as nylon or plastic. Rattan is far more flexible than bamboo which has a hollow core and tends to splinter far more easily if used heavily. For the purpose of this article I will stick with referring to canes because they are my preference but much of the information in here applies equally well to the use of rods or any longish, relatively thin striking instrument in a scene.

Cane Selection

Canes and rods for our purposes generally range from ¼ to ½ inch in diameter with 3/8 being the most widely used thickness. Thicker canes tend to feel thuddier and bruise more than thin ones, which tend to be stingier and have a greater tendency to cut. Lengthwise they are best utilized at between 2 to 3 feet. The longer and thinner the cane, the more skill it takes to wield to avoid “wrapping”. Shorter canes should not be overly thick or they will lose flexibility. Although, any cane thickness or length can be used sensually they also have the capability to be quite severe.

I tend to like to have a variety of lengths and thicknesses to work with depending on the circumstances, intention and the recipient’s abilities I also employ rods or even bamboo skewers and chop sticks that are shorter than 2 feet and quite slim, on various delicate places of the body such as the genitalia, nipples and feet. It should also be noted that canes should have a rounded smooth tip that will help avoid undue injury to the skin.

Cane Care

Over the years I have heard widely and wildly varying advice and like everything else in the scene, some things seem to work better for some people rather than others. My most trusted cane aficionado and favorite retailer, Mitch Kessler of ASWGT suggests that if you do find that your canes are getting too dry, that simply hanging them in a very steamy bathroom and letting them soak up the moisture as the shower runs will help re-hydrate them. He says that you do not need to actually place them in the water (which I sadly discovered can destroy & warp your canes); just let them sit in the humidity for awhile and then take them back out of the room.

I was told by someone else that wiping them down thoroughly with a cloth soaked in linseed oil will cause it to seep into the cane and moisturize it wonderfully. However, Mitch further explained to me recently that linseed oil is basically oil paint w/o pigment and that when used on a cane it will dry as a polymer on the surface of it rather than soaking in and moisturizing to the core. He added however that it does add beauty, helps to seal cracks in the finish making it less porous over all and will even add a bit of weight to the cane. You should also be aware that buying canes that have sealed polymer or painted finishes will not keep them moist indefinitely. The simple act of using the cane will cause the sealed finish to crack and let moisture out over time. However, in the interest of not preaching something I don’t actually do myself, I must admit honestly that I personally rarely moisturize my canes and I rarely have trouble with excessive breakage.

Cleaning and Disinfecting

This is another area in which opinion varies widely. I have heard that you should never use a porous material cane on more than one person even if you do not draw blood because there is no way to completely clean plasma and lymph from a porous material. I have also heard that if you wipe it down with bleach and then hang it up for 6 weeks it is safe to use again. And I have read an article from a well respected health care expert that states that very few blood borne pathogens can survive outside the body once exposed to air and that the chances of transmitting one from an exposed surface into the bloodstream of another person is very slim.

I have my own opinions on what are “reasonably safe” precautions with respect to care and cleaning of toys but I am going to opt to plead the 5th on this issue and let you all do your own research and decide for yourselves what you are comfortable with.

Caning Safety

In my opinion the number one safety rule is that you should avoid hitting bones, tendons, major arteries and really delicate areas with strokes that are hard enough to do damage! Sounds simple right? Well it takes practice, lots of practice, and the knowledge and ability to know your skill limitations and your bottom’s tolerances and not try to go further than the combination will allow you to go safely and happily.

Canes used with enough velocity and force can certainly break the skin and if you hit under lying structures other than muscle there is the very real danger of damage to the body, i.e.; fractured bones, sliced tendons etc. Please use your judgment wisely and proceed with care. If you are moving up to very heavy strokes, be sure that the body part you are aiming at is not likely to move if it can be potentially damaged by a misplaced stroke. I have since learned to employ bondage techniques to my advantage and safety at times.

Negotiating a Scene –

Canes are definitely something a bottom needs to be in the right head space to endure whether the intended use is for mutual pleasure or punishment. Prior to the scene, both parties need to be able to communicate effectively to enter into a mutually enjoyable, satisfying, safe or effective encounter. This could include: the intention of the scene, and whether marking is acceptable or not and where, etc. Tops should know their bottoms drives & limits and their own skill levels.

Bottoms should know themselves as well as possible and be able to trust the top’s judgment, integrity and skills. These can be crucial considering I have found that canes can take a bottom to “deep space” faster than just about any other implement and once there it can be extremely difficult for the bottom to communicate with the top.

Depending on the relationship dynamic, some bottom’s may reluctantly accept pain beyond their preferred limits for the purpose of punishment or pleasing their dominant partner, while others enjoy extreme levels of intense sensation for its own sake and still others can be coaxed along slowly and gradually to higher thresholds with proper timing and warm up.

Where to Cane –

Everywhere! Ok well truthfully not EVERYWHERE, but the vast majority of the body is very cane – able if you vary your technique and intensity accordingly. I always suggest that a good working knowledge of anatomy is a great idea for Tops, but at the very least you should be able to palpate the area you will be working on and be able to detect the muscles, tendons, and other structures below the skin to some degree of proficiency before you begin “whacking away at them”.

As I mentioned earlier, it is best to avoid hitting bones, tendons and major arteries. Try to stay clear of striking the back of the knees, inside of the elbow, back of the hands, wrists, ankles, tops of the feet and toes, the skull, back of the neck, front of the throat or directly on the spine. I also avoid heavy strokes to the belly and kidney area mainly to be safe but I honestly feel that it would take a hell of a stroke with a very thick cane to do damage that deep to the body’s vital organs, I avoid the face mainly since most people have very hard limits about facial markings for good reason and because the eyes live there but I have been known to give a light tap or two on the cheek since it is so totally unexpected, to increase awareness, anticipation or anxiety.

Other very delicate areas of the body such as the sides of neck, the rib cage, palms, arches of the feet and the undersides of the arms should be approached very carefully and only when you are very confident in your skill levels. The same goes for the muscles that run along the shin bone, and on either side of the spine. These are pretty slim muscle groups and require great precision and skill. Stay away if you are in doubt at all. The most obvious area of the body to cane is the buttocks. Generally it is safe to work from about 2 inches below the tail bone all the way down the back of the thighs but staying well above the knee. There are bunches of tendons close to the surface of the back of the leg that are especially prominent when the leg is straight or extended. Be aware of them! Cutting a tendon can result in permanent disabilities folks!

Other favorite places of mine to cane fairly heavily on masochists is the front of the thighs, the calves (again well below the knee and above the ankle) the upper arms, the upper back (avoiding the scapula and spine) and the pecs in the chest. There is much debate about how safe it is to cane breast tissue and that is something I do not suggest to do unless you and the lady involved do a great deal more research.

Positions for Caning -

Positions can vary depending on the Top’s and Bottom’s preferences as well as the desired effect.

- Bent over - Fully bent over, ankles grasped is a common position for “old school” punishment canings. This position serves to tighten the skin and muscles of the buttocks to the max while aiding to insure the tail bone is not inadvertently hit. Other variations of “bent over” can include kneeling on a spanking type bench or chair which still stretches the butt to a lesser extent while perhaps allowing the canee more stability during the process and possibly the ability to relax a bit more.
- Standing – Whether standing against a wall or cross or even just free standing or holding onto an over head point of some sort the basic body position is the same for the caner and I personally enjoy this position most of all as a receiver. However the caner must take good care to not strike the tail bone or sacrum.
- Lying down / face up or face down – One of the most relaxing positions for the canee
- Sitting – Allows access to the front of the thighs, chest and possibly the upper back.

Technique –

Some things are far easier to demonstrate than to write about and this is one of them but I will give an attempt to verbally describe a few of the techniques I employ.

Wrapping and tipping –

Wrapping is what happens when a can strike lands too far across the far end of the body and the force of the strike causes the far end of the cane to literally wrap around the body. Wrapping is not fun gang and is the cause for more broken canes than anything in my opinion.

Tipping is using just the tip of the cane for strikes and can be wickedly intense or relatively sensual depending on how hard you hit with it. I use relatively light tipping strokes on specific areas of the body or to get bits of flesh that are sitting between bony places where a full stroke is not safe or appropriate. Tappy light strokes - can be used almost anywhere on the body

Full moderate to heavy strokes - should be well placed so that the cane lands not too far past the end of the body to avoid wrapping and as evenly on the body as possible, although it needs to be noted that the far end of the cane will always be travelling faster and with greater velocity than the end near the caner's hand so you will almost certainly have heavier marking on the far side of the body. Many tops will purposely switch sides to even up the markings.

The Importance of Breath -

As mentioned earlier, my personal preference is most often to use canes as a means of achieving ecstatic states, as opposed to punishment or psychological terrorism (although a little fear play can be a turn on as well). To this end I have discovered that employing conscious breathing techniques are absolutely the key for me to keep my body relaxed and achieve amazingly blissful altered states.

I don't know many tops that put as much emphasis on the use of breath in a scene as I do. I feel that conscious relaxing breath is the key to help bottoms to not just endure but enjoy heavy sensation, aid the tops in even greater control of the subs experience and build and maintain connection between the players, thereby enhancing the encounter.

Resources –

The Kink Shop – Shreveport, Louisiana (318) 572-9599 thekinkshop@yahoo.com Website: <http://www.thekinkshop.com>

ASWGT (Adam's Sensual Whips & Gillian's Toys) – My absolute favorite supplier of canes! Phone: (631) 842-1711 Website: www.aswgt.com

Bruise Reduction Site - http://mcncirce.com/reducing_bruising.html

Ecstatic Caning Hand Out by Mistress Suzanne SxySadist www.sxysadist.com
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