

All About Flogging

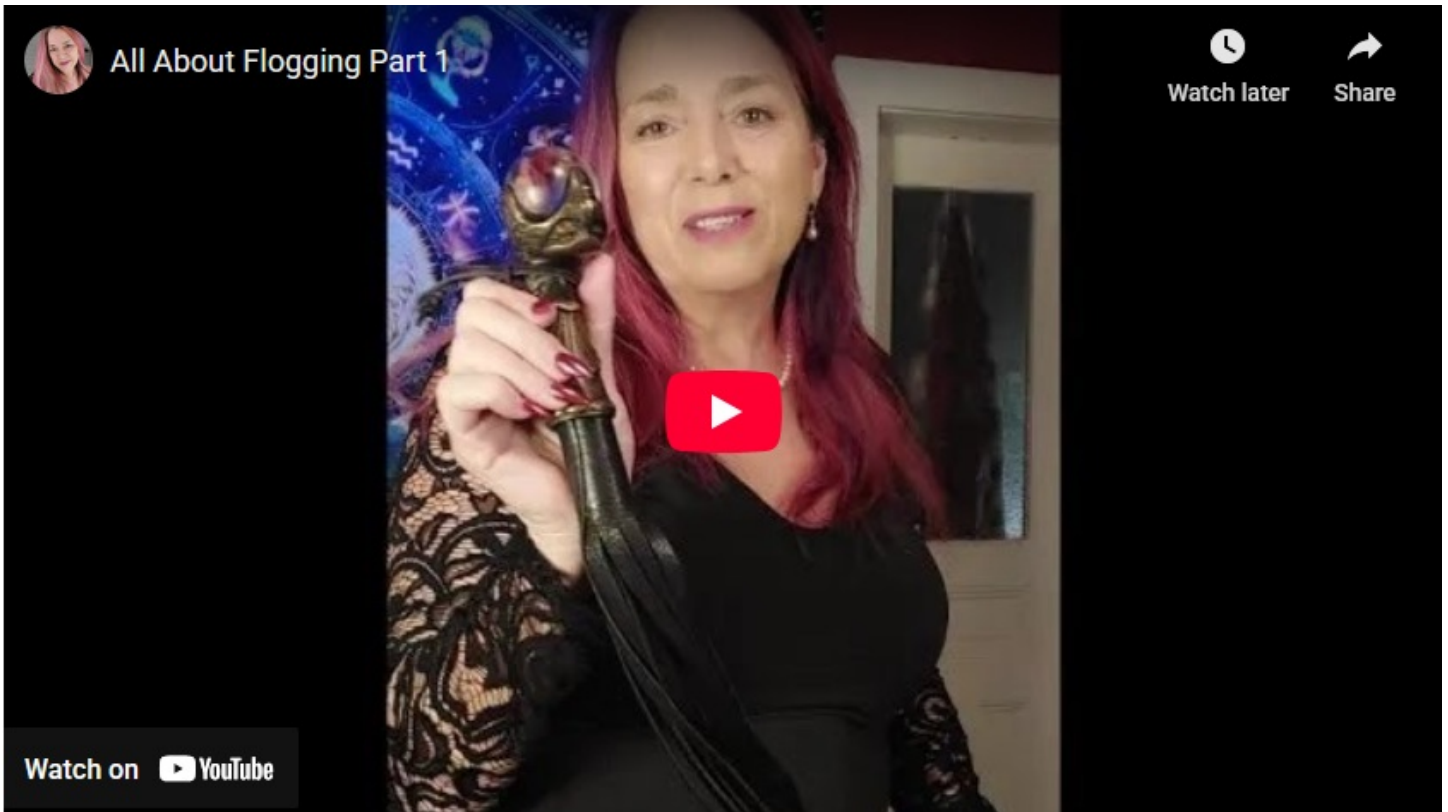
By Mz Suzanne SxySadist



I recently decided I'd like to start creating more educational content for the community and this is a challenging area for me because even though I have loads of fun kinky skills knowledge, I have no experience making videos. So I have decided to start by making a couple of videos about some of the things I have learned about floggers and using them in the last 30 years. Of course, in order to do that I needed to organize some of that knowledge into an essay form first – and here it is.

Let's talk about Flogging – Why flogging you might ask? Great question! I believe flogging is an excellent entry-level activity for newcomers to the scene. It doesn't require a great deal of time or effort to become proficient enough to create a wide variety of scenes. You can use floggers for light teasing and sensually erotic play by simply caressing the body with them. Alternatively, you can engage in longer, more intense sessions that involve a rhythmic, thumpy sensation and pace — perfect for guiding someone on a hypnotic, relaxing journey.

As you and your partner develop your skills and communicate effectively, flogging can also be tailored to more intense or heavy levels of play. With practice, building those advanced techniques becomes quite manageable. Flogging is a staple in kink play and mastering it is a skill you'll never regret developing.



My favorite Toymaker – I have quite a collection of floggers, and my favorites are almost all from a talented toy maker named Mitch Kessler of ASWGT.com. (Adam’s Sensual Whips & Gillian’s Toys Shameless plug? Absolutely!!) I was very fortunate to discover Mitch and Gerrie quite early in my kink journey completely by accident while reading a copy of [*Screw the Roses, Send Me the Thorns*](#) by Phillip Miller and Molly Devon, a classic worth checking out.

ASWGT was listed in the resources section at the back of the book, and I realized they were just one town away from where I was living at the time on Long Island! I eagerly called to ask if I could visit and less than an hour later, I was picking up my very first flogger – their beautiful “claw foot flogger”! It was love at first sight, and even after more than 30 years it remains in perfect condition, showing no signs of age or it’s very extensive use. <grin>



I began visiting their shop regularly, purchasing a wide variety of floggers, cats, paddles and other toys on my I began visiting their shop regularly, purchasing a wide variety of floggers, cats, paddles and other toys on my travel agent's salary. I think I initially started pro-domming just to feed my toy addiction! (LOL) I highly recommend their equipment to anyone looking for high-quality kink gear. Mitch has also generously offered a 10% discount to anyone who mentions that "Mz Suzanne" sent them. You can email him directly here ASWGT12@gmail.com I am delighted and honored to say that Mitch also helped to proof read, fact check and add some serious "geek" factor to my article in the materials and sensation section. My huge thanks and admiration to him always!

Speaking of other toys – So what exactly distinguishes a flogger from a whip or a cat o' nine tails? Generally, a flogger is an implement with a firm handle and multiple lashes or tails, often more than you can quickly count. In contrast, a cat, or a cat o' nine tails, typically feature a longer handle with fewer, often longer, thinner tails. Cats tend to be stingier in sensation than floggers which are often thuddier, although there are exceptions, which I'll discuss shortly. Many in the kink community consider a whip to be any single-lashed implement, such as a dragon tail or a signal, snake, stock or bull whip. There is also a type of whip called a galley whip that has a flexible handle like a signal or snake whip but multiple lashes and throws more like a whip than a flogger.

Single-lash toys and cats and galley whips require a fair bit more skill and practice to throw accurately and consistently. That's why I recommend starting with floggers and working your way up as you develop your technique.

What should you look for in a flogger? – Of course, you must love the aesthetic—if it isn't attractive to you, you simply won't want to play with it. I strongly advise against wasting time or money on costume and/or Sex Shop level props, they are simply not worth the effort and will give poor quality results.

My caveat to this is that I do keep a few inexpensive, small floggers made of cheap leather or nylon on hand for areas and intensities where they might get “messy,” so I don't have to worry about damaging or contaminating my good-quality toys.



3 examples of cats. a nylon. rubber & leather



a few mini and inexpensive floggers

Instead, it's far better to invest in high-quality equipment, as these will last a lifetime. Most of my collection of Mitch's toys have been with me for between 25 and 30 years.

The next most important factor is how the tool feels in your hand. How does the grip feel? Make sure it isn't slippery, and that the handle is wide enough to comfortably wrap your fingers around—especially if you have long nails. I tend to prefer traditional handled floggers, but I've also used ball-handled and finger grip varieties. Try out a few types to see what feels best for you. But above all else, absolutely check the balance! You can do this by finding the balance point with two fingers of one hand.

I believe that balance is crucial because it allows the implement to rest comfortably and evenly in your hand, and you will not have to work as hard at having it flow smoothly when you swing it. I believe it needs to feel like part of or an extension of you, not just something you are holding in order to use it most wonderfully, and it needs to feel balanced for that to feel right. Every toy I've purchased from Mitch came perfectly balanced from my very first one, so I was spoiled without realizing it. Since then I've acquired others that were completely out of balance and I mostly keep them on hand as an example of what NOT to buy and why.



For example, this massive black flogger that I received as a gift, is barely possible to hold upright in your hand properly, because the weight and balance are so badly off. When I try to swing it, it feels very front-heavy and seems like it's falling away from me. We'll go into more detail about why balance is important in the next section when I discuss how to throw and control your toys. (By the way, I love gifts, though I admit I'm a bit spoiled and biased towards very high-quality toys now.) <grin>

I also inspect the braiding and Turk's knot work. A Turk's knot is the round braided top and bottom knots on handles. You want the braiding to be even and tight. The first photo below are a few floggers made by Jeanette Heartwood who was another incredible whip maker whom I was fortunate enough to meet before she passed away. In the second two photos the floggers may look similar at a first glance but when you look closely at the knots you can see how the inside of the one on the left appears "bubbled".

Regarding length, I have heard other people suggest that you should get floggers that match the length of your shoulder to wrist, but I do not really find that to be necessary. Unless you are perhaps throwing in an underhanded style where the added flogger length would be a hindrance. Personally, I think that finding a weight you are comfortable with and a length that you can extend smoothly and consistently is more important. Most floggers are available in fairly standard lengths, but having both longer and shorter options can be useful depending on the situation.

A massive flogger that allows you to put all your weight behind it can deliver powerful, broad strokes—ideal for impact play with lots of force. Smaller floggers, on the other hand, are perfect for close-up work or targeted play on specific areas. <grin> As a general guideline, the longer the flogger, the more energy you'll need to put into it to land it accurately and with control. I feel like a good mid weight flogger or two is a great starting point for any collection.



What about materials? – Floggers can be crafted from a wide variety of materials, each offering a unique sensory experience. Factors such as the materials used, overall weight or mass, the thickness or thinness of individual strands, the finish or smoothness of those strands, and the shape of the tips (with pointed tips delivering more sting than blunt cuts or rounded tips) will all influence how the implement will feel. Additionally, how light or heavy you apply them and where you strike also play a significant role in the sensation.

When considering a purchase, I highly recommend running your fingers through the lashes to feel their texture, inspecting the edges and tips for sensation, and if possible, trying it out to get a sense of how it will feel to the receiver during use.

Please note! I strongly advise against buying floggers online especially from over seas shops like Pakistan or India, where you are not able to actually FEEL them before you buy them. I have gotten several “leather items” that were imitation garbage or horribly thin and just not worth the money. Buyer definitely beware. (LOL Trust me – just go to ASWGT.com)

A note about switching: Since I entered the lifestyle as a switch, I often had a trusted friend use a flogger on me when I was first learning to top. This firsthand experience helped me better understand what certain sensations actually feel like and what my partner might experience during play. Many Tops and Dominants believe that bottoming isn’t necessary to be skilled at topping, but I firmly believe that experiencing it yourself offers invaluable insight into what your partner is likely to feel—at least physically.

Emotional, psychological, spiritual, hormonal, and other factors also influence how sensations are experienced on any given day, making each experience constantly shifting and difficult to predict exactly how someone else is feeling. However, I believe it’s my responsibility as a top to try to understand, as best as possible, what I’m delivering, and to observe my partner’s responses to gauge how it’s landing. More on this later.

It could be useful to develop a sensation memory of what each flogger used on your back or butt in a scene, feels like as a stroke or two on your arm, so as to compare a new or borrowed flogger to your past experience. As I have stated, there are vast differences in then sensations created in all the different hides, finishes, masses etc. You cannot assume all toys will be received the same by your partner, bottom or submissive.

Please check your ego long enough to realize that just because you become familiar with what a sensation feels like doesn’t mean you are a submissive or a masochist and you have not lost your “Domly Dom” status. Think of it as gathering vital information. I promise—they won’t take your Top card away if you do it for research.
LOL

Leathers: Among the most traditional and popular materials are various types of animal hides, including cow, deer, elk, moose, bull, lamb, rabbit, and more. These leathers come in a remarkable array of textures—from soft as butter to heavy and thuddy, or super stinky. Be sure to try out different types to find what feels right for you and the people you play with!

Deer is very soft, but can be stingy if the tresses are wide, or thuddy if there are a lot of them. Mitch tells me that these days almost all “moose” (which is about 50% thicker than deer) is actually “elk”, because of a brain worm epidemic in moose habitats.

(sad face) Even the elk is increasingly expensive and hard to come by. Bull hide is, of course “thicker” and denser than cow hide which is often heavier than deer. Think in terms of how much intensity and sensation you want to create.

Size matters! – Mitch also offered me a bit of leather geekiness to share with you here. He says that buyers can talk to toy makers about the leather they want in the makers’ language if they specify leather thickness in “ounces” rather than “inches”. For example, one ounce is 1/64th of an inch while eight ounces is 1/8th and is about the thickest leather whipmakers use. There ARE some “exotics” that are thicker, but he doesn’t know who if anyone uses them and doesn’t want to THINK about the prices or the Endangered Species issues. I completely agree and don’t think it is worth considering. There are more than enough lovely leathers that come from animals humans already consume without going after others.



Horsehair: I’m also very fond of horsehair floggers. They make an excellent warm-up toy because they are lightly stingy and brushy. You can use them all over the body to enliven and sensitize the skin, warming things up beautifully. But don’t mistake them for wimpy toys—if used long enough, horsehair can generate a lot of heat!

It is not impossible for horsehair to “draw blood” due to the very stingy nature of the horse hair. Generally, it will be light, “capillary” bleeding and easily stopped with a wipe of cold water. But the point is if you get a little bit of bleeding in sensitive areas “don’t worry – it happens!”

Nylon: Nylon floggers come in a wide variety of types and textures. I have some that are whisper-soft and fluffy, others where the thin nylon strands are dipped in liquid latex which sting like heck, and I even made one myself under Mitch's brilliant tutelage using braided paracord lashes that have a heavy, stinging feel when they land. The point here is nylon can range from very soft to really stinging and everything between. Shop cautiously and understand what you are buying.



Rope and chain I currently have only one rope flogger that I made myself, but they can offer a variety of sensations depending on the type of rope because it comes in a WIDE variety of textures and materials also. Furthermore, factors like whether it's twisted or braided, allowed to flay open for a softer feel, or knotted at the end all influence the experience. The one I made myself uses a rope with metal fibers running through it to conduct electricity—a very interesting and fun addition.

Same thing with the ball bead flogger, I don't use it for swinging because it could do some serious damage if you put some oomph behind it, but it's great for sensation play or electrical fun. I LOVE putting it in the freezer for a bit and using it to cool things down here and there but just letting it drape and slide over the skin. <evil smile>

Rubber: Rubber can be quite intense—some might jokingly refer to it as “evil”! I enjoy a variety of rubber toys, ranging from those with thin rubber strands that can be playfully swished over the body, to others that deliver a sharp, punishing sensation. For the thicker rubber implements, such as ¼ inch or more in diameter, the lashes can be very severe and demanding a very special kind of masochist to endure—and possibly enjoy. These are definitely not suitable for beginners, so please use them with extreme caution. I also appreciate using them in scenarios where they might come into contact with body fluids, as they are very easy to clean and maintain.



Bottom line – so in summary if you are shopping for your first flogger pick up one that is well-made, feels good in your hand and is **BALANCED**. Give thought to the kind of sensation it will deliver. Choose something that is medium weight in mass and that has mid to lite range in texture like a deer skin flogger with blunt tips as a good starting point while you develop your skills. You can swing a lite flogger heavier to give more sensation but a heavy or super stingy flogger is tougher to dial down.

I believe that covers the fundamentals of how to select a high-quality implement and understand the different sensations they can produce based on their various characteristics. Next, let’s explore techniques to broaden the range of sensations you can achieve by how you wield and use them. It’s time to get hands-on. That’s right! It’s time to pick up a flogger and learn how to use it with confidence and care!



How to throw a flogger – First off, if you’ve never thrown a flogger before, I highly recommend practicing against a hanging pillow or something softish that somewhat replicates what a body would be like to hit. Something that can somewhat absorb the impact like memory foam under a sheet so you don’t tear it up and have bits of foam everywhere.

I like making a targeted area by tape marking a large plus sign (+) target. In the photo here my cross has a padded surface that helps absorb the impact.

Think of the quadrants as upper right and left, and lower right and left—like shoulders and cheeks. Then, practice hitting these areas with consistent aim and control. This helps you get a feel for the implement and develop some consistency.

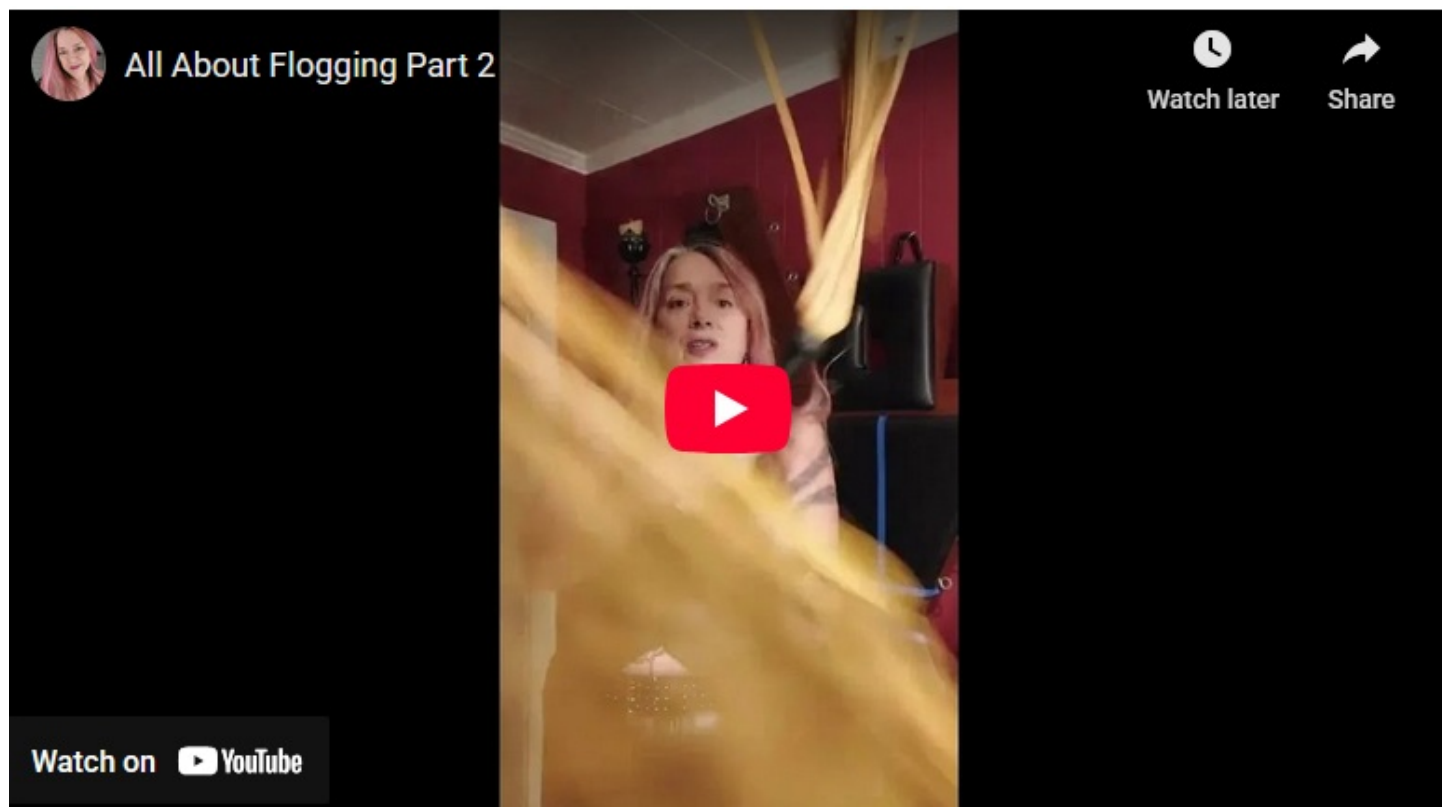
It was pointed out to me that if you swing a flogger hard against a wall or other surface with no give, that you could damage the implement.

PLEASE DO NOT trash your lovely new toys by beating them to a pulp against something that will fray or shred the tresses.

Side note – Hopefully this is obvious but hitting people in harmful ways can cause damage and scare off potential playmates (rightfully so!). Be sure to get a good amount of practice under your belt before you move on to hitting living things. (OK well I admit to cutting an awful lot of leaves with single tails.)

When you do feel ready to actually throw floggers at humans, I think it would be wise and advisable to practice on an experienced bottom that is able to negotiate well and give you truthful and honest feedback. Let your ego take a rest and make sure you are building a solid skill base.

Ok actually throwing the flogger – can be a bit challenging to describe in words, which is why I made this companion video to go along with this article. However, I'll do my best to explain the basic technique.



Basic Overhand Stroke – Start with your stance evenly balanced on both feet, standing squarely without leaning forward or backward. If you lean, your body will be unbalanced, and you'll likely have a longer reach than if you maintain good posture. Once you develop a consistent swing and understand your range, you can start varying your stance more. I also suggest wearing flats to my lady friends, though I know that's not a popular opinion—I've found that after many years of wearing high heels while working, my back has suffered greatly.

Hold the flogger in your dominant hand, thinking of it not just as a tool but as an extension of your arm. As you swing, focus on channeling your energy and intention through the tips of the flogger—aiming to fully extend your arm outward, then bringing it back in a smooth, controlled motion..

Begin with simple out-and-back overhand strokes, practicing this 10 to 12 times with your dominant hand. Pay close attention to the feedback—feel when the flogger connects with your target. Tune into how hard you're

connecting and whether the tips land together. Once you're comfortable, repeat the exercise with your non-dominant hand.

Learning to use both hands offers several benefits: it promotes better overall balance in your body, reduces strain on a single shoulder, and allows you to extend your practice sessions by switching arms—resting one while working the other. Building muscle memory in both hands gives you an edge when progressing to more advanced techniques like Florentine flogging. Plus, practically, if you ever sustain an injury—say, from a snowmobile accident—and can't use your dominant arm, you'll still be able to practice and enjoy. I wish I had been told this early; training both hands from the start would have made a big difference for me.

Scaling Energy and Force (1–10) – Once your muscle memory starts to establish, experiment with varying the amount of energy or force behind each stroke, from as light as possible to as heavy as you can control accurately. Practice adjusting your force within this scale. For example, hit a “5” consistently for 10 or 12 strokes, then try going a bit harder or softer while maintaining accuracy and hitting your target. This helps you develop control and feel for different intensities.

Additionally, try to develop a sense of how to swipe with a glancing blow that connects lightly and then swishes across the body, as opposed to strikes that “stick the landing.” Those strikes that deliver all their force into the hit and then drop away tend to have a greater impact and should probably be reserved for after the warm-up. Learning to control the force and finesse of your strikes will help you achieve the desired sensation and keep the experience safe and enjoyable.

Other Flogging Strokes – Here are a few other types of strokes to consider as you build your repertoire.

Figure 8s – This can be tricky to describe, but I'll try. After completing your overhand stroke and returning with the flogger, you can perform a figure 8 (actually an infinity symbol—lol). When doing this, you have a choice: keep the back of your hand facing up—this allows for a more focused return stroke—or roll your wrist so the flogger gets an under hand or what I call a “soft return.” But is also called a cascade or waterfall technique

This gentler return stroke lets the flogger fall more lightly on the body, with tails that splay out a bit more. Both methods are fine—deliberately choosing either variation allows you to create different sensations and diversify your technique. It's helpful to learn both ways now so that when you move on to longer whips, you won't need to relearn figure 8s from scratch. Trust me, you'll thank me later.

Florentine Flogging – This one is more advanced and takes practice, but it feels and looks fantastic once you get it. After mastering figure 8s with both hands individually, the goal is to have one whip in each hand, working together with quick, split-second timing. It's a “follow the leader” rhythm—first one hand, then the other. You'll experience moments of frustration (“I don't have it yet”), but eventually, it clicks, and the technique becomes natural.

Take breaks if needed—return to simple figure 8s or other strokes, then try again. I don't consider myself a master of Florentine flogging, but I enjoy using a simple four-part hand-over-hand pattern. Mixing tools—like horsehair and lambskin or bunny fur with something thuddier—is also perfectly fine. Just pay attention to the

lengths of the implements; if one is longer, you may need to adjust your stance or find another way to compensate.

Sideways Swing – Batter Up!

Swinging the flogger sideways requires you to shift your body so you are standing perpendicular to the target, executing a smooth horizontal stroke. I strongly advise caution when using this technique on someone, as these swings tend to deliver deeper force into the body.

Vertical Bodies – Most of the strokes I described above are intended to be used on someone who is standing upright or in a vertical position. It should be obvious, but when a body is in a vertical plane—as opposed to a flat wall—there are areas that stick out more than others. As you swipe a flogger through the air, it will naturally make contact with these prominent spots more easily than with less prominent areas. Duh, right? You’d think so, but when I was starting out with floggers, one of my exes had this lovely “bubble butt”—and I quickly learned to pay attention to the body’s contours to better target my strikes rather than accidentally abusing the top shelf as much.

Horizontal Targets – I also suggest you work on swings that would land onto a bed or massage table and think in terms of a person laying there. You can use either glancing blows that hit and continue across the surface or ones that are focused to land and stay on a particular area. Remembering that these may feel far more intense and you have to pay extra attention to underlying structure.

It’s a Wrap! – This is a good moment to emphasize the importance of being aware of your tips. If you swing a flogger from the side and the implement extends past the body, those tips can whip around with enough centrifugal force to cause serious pain—or even actual injury! This phenomenon is called a wrap. Light, sensual, caress-like wraps can be quite lovely, but anything more intense can be genuinely unpleasant.

Another area to watch out for is when working on the back—make sure your tips do not extend over the top of the shoulder. Collarbone wraps can be truly miserable! The good news is that it’s easy to correct: simply take another half step back, ensuring that your flogger fully lands on the body and avoids wrapping around other areas.

To practice this technique before working on a partner, you can try using a thick pillow and keep the tips on the pillow, not wrapping over the edges. This helps you become more aware of your control and prevent unwanted wraps. It happens, we all do it from time to time but whenever possible try your best to minimize it.

Before you start hitting people – If you’re still reading this, then you’re clearly a dedicated kinkster—which is great! I hope this means you’ve already done some research on important lifestyle practices like communication, consent, limits, safe words, negotiations, and aftercare. This article is NOT intended to cover all those foundational concepts, so please make sure you are well-versed in them before actually hitting someone.

One important point to remember: just because you are the Top or Dominant doesn’t mean you are all-powerful or all-knowing. It’s essential to keep a beginner’s mind when learning new skills. No matter what type of dynamic you have with your bottom, it is YOUR responsibility to keep them safe and do no harm. Be open to communication—encourage your partner to tell you how you’re doing. If you’re hitting too high or too low, wrapping the tails over the shoulder or around the hips, you need to learn how to correct your technique. Don’t

expect them to simply endure poor technique. Even if they hand you a blank check and say they have no limits, use common sense. Never hit someone in places or with enough force that could cause damage. Prioritize safety and mutual respect at all times.

Ok, What *can* I hit? – The most common areas we’re advised to use floggers are the upper and mid back, buttocks, front and back of the thighs, and the chest. Please be extra cautious around breast tissue, as it can be easily damaged. However, I believe it’s more important to actually look at and gently run your hand over (with permission) the body you’re working on. Every human body is different—some people have a thicker layer of muscle or fat over their underlying structures than others. Some very slender people I have met have very little fleshiness between their skin and their shoulder blades for example while other folks have great padding. You have to be able to adapt your play level to each person’s body and comfort level, limits and mood. And please remember that can be different on different days. Just because he or she could take a heavy and intense flogging one day, that may not be true when they are in the midst of their menstrual cycle or had a really tough week at work. So please always communicate with your partner and ask what areas they enjoy sensation on and how much, as well as which areas are off-limits or overly sensitive. A good top will be able to adjust to their partner’s comfort level and ability in the moment. no matter what your power dynamic looks like.

Everyone says to avoid the kidneys! Like, seriously, it’s often considered a no-fly zone between the upper back and the butt and I am not saying this isn’t true but I feel having critical thinking skills are more valuable than pat rules with no explanation or understanding of WHY it’s a rule. I would prefer that we use some common sense! If you’re doing a light to moderate Florentine or cross-body flogging, and your strokes graze over the upper to mid-back, flowing down and glancing over the kidney area, you’re unlikely to cause harm. However, heavy or deep blows directed specifically into the kidney area are a different matter and could cause damage. Make sense?

The same applies to the front of the body, particularly the belly or breasts. It’s worth repeating that it’s crucial to discuss potential risks with your partner—especially around striking breast tissue—and make sure they don’t have piercings, cysts, or other contraindications. If the breasts are not a part of YOUR actual body – then it should be up to the owner how much impact they are comfortable with receiving on them.

It all comes down to knowing what you’re hitting, understanding the underlying structures, and controlling the force of your strikes. Do not go there until you’re confident you can manage these factors safely and then negotiate properly and receive enthusiastic consent and ongoing communication to be sure they are still on board throughout.

Technique is great, Connection is key! – This should seem obvious, but often when someone is new to a skill set, they can get caught up in executing the technique rather than paying attention to the effect it’s having on their partner. Yes, technique is important, but your primary goal is to hopefully create a great experience with another human being. Hopefully someone you like, so please pay attention to how it is being received. Even if your partner is facing away from you, you can still watch for subtle body language cues—are they holding tension in their shoulders, clenching their buttocks, gripping the cuffs tightly as if their life depends on it, or stopping their breathing altogether? What noises are they making or not making? Sometimes, a bottom or submissive will endure unpleasant or painful play without speaking up or using their safe word because they have been told they must endure no matter what, or they don’t want to disappoint you. Some bottoms with past trauma can go non-verbal in situations where they are unable to communicate their needs.

It's crucial to watch them carefully so you can gauge how they're doing long before it reaches a point of serious discomfort or harm. Even if you think you know how they're feeling, check in with them. A simple method I use is asking them, on a scale of 1 to 10—where 1 is “yawn” and 10 is “RED”—how intense the stroke feels. I can then adjust the force accordingly by increasing or decreasing the intensity as needed. Always make sure to warm them up before moving on to heavier play, even if they're eager for it. Most bodies need some time to transition from a non-play state to more intense sensations. Very few people can go from 0 to 60 instantly and enjoy it.

The Importance of Breath – I'll touch on this briefly, as this article has already grown longer than I initially planned, but I want to emphasize that learning to breathe properly was the single most important thing I ever discovered for enjoying intense sensations as a bottom. I became aware of the concept of conscious breathwork through [The Body Electric School](#), and it completely transformed how I process pain by teaching me how to use my breath to transmute or move the sensation. Hey, if breathwork can help a woman endure childbirth, it can definitely get you through a flogging. <wink>

Seriously though, I've discovered that different forms of breathwork can lead to a variety of outcomes. Breathwork helps me move energy and sensations throughout my body, soothing my parasympathetic nervous system and promoting relaxation. Some techniques can even build energy in exciting ways, leading to intense experiences like breath orgasms. Additionally, breathwork enhances my ability to tolerate stronger sensations and access endorphins more easily, helping me stay grounded and connected to my body. Depending on my intention and desire, it can also facilitate deep emotional connections or allow me to experience a sense of soaring freedom.

I find it incredibly helpful, especially when topping for others, to guide them into deeper, more rhythmic breathing rather than just gritting their teeth and trying to push through. Having someone follow your breath pattern creates a connection on another level, heightening intimacy and trust. I strongly encourage you to learn more about this—they're truly valuable skills to develop.

In conclusion... I hope you've found this article helpful and informative! I welcome your respectful feedback or questions anytime at Mistress@SxySadist.com.