

**Raven's
Lair**

The Dominant's Handbook



BDSM Basics Training Program

An Intimate Guide to BDSM | Gigi Raven Wilbur

The Dominant's Handbook An Intimate Guide to BDSM

BDSM Basics Training Program Series

Corporal Punishment Training

By Gigi Raven Wilbur



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Notice

Personal responsibility is a part of the BDSM lifestyle. It is a good idea to follow the concepts of safe, sane, and consensual in your adult play scenes. The information contained in this book contains risk of both physical and emotional injury. Any information or safety guidelines provided in this book are simply guidelines for you to make informed decisions about the scenes you play. By deciding to engage in any adult activity, including those mentioned or detailed in this book, you are taking on physical and emotional responsibility for your own actions, and agree to hold harmless all individuals associated with the creation, publication and sale of this book.

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Raven's Lair

Creating A Sex Positive World
Through Adult Sexual Education and
Erotic BDSM Performance Art

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The Dominant's Handbook

An Intimate Guide to BDSM Play

BDSM Basics Training Program Series

Corporal Punishment Training

Spankings and using paddles have been a traditional form of punishment for bad boys and girls. Were you ordered to go out and pick a switch from a tree when you were a child? With the use of corporal punishment in a BDSM scene, childhood memories can be invoked in your submissive if they receive spankings when they were a child.

Corporal punishment can be used in a variety of role playing scenes. When used effectively, corporal punishment is an effective means of punishment. On a psychosexual level, a spanking does stimulate the butt as well as sending vibrations into the genital area. While it may not register at a conscious level, a spanking does provide erotic stimulation as well as pain. In addition, corporal punishment can have an element of humiliation, especially if the submissive experienced spankings after getting caught being bad as a child.



To add erotic and sexual undertones to a good spanking, order your submissive to drop their pants, shorts, or skirt and give them a bare bottom spanking. Bending the submissive over your lap with their bare ass in full view will add even more erotic and sexual undertones to the corporal punishment. As you spank the submissive in this position, they will grind their pubic area into your legs with each swat, especially when you start swatting harder.

Safety Issues:

One should strike fleshy areas of the body only. Do not strike areas where bones are near the surface of the skin. The butt and back of the thighs are great areas to strike with a paddle.

If the submissive is restrained, check their circulation periodically throughout the corporal punishment session.

Make sure that your submissive is in a secure position to reduce the risk of falling or stumbling. After a corporal punishment session, provide assistance to the submissive when taking them out of the play area. This is especially important for an intense heavy spanking session and for lengthy sessions.

As with any BDSM scene, provide adequate time for a warm up and cool down as part of the scene.

If any skin is abraded and or has welts from the corporal punishment, apply antibiotic ointment to the affected areas to prevent infections and promote healing.

General Guidelines

On a psychological level of dominance, have the submissive kiss the paddle before you begin the session. Order them to kneel in front of you as they kiss the paddle. This will add to your standing as a Dominant and places the submissive in a role of servitude.

When utilizing corporal punishment it is a good idea to start light and slowly build up the intensity if the submissive has not had a warm up preceding the spanking. From time to time during the session, gently rub the afflicted area with your paddle or hand. The use of fingernails softly stroked on reddened flesh can add richness to the submissive's experience.

Remind the submissive to take deep breaths periodically throughout the session. Many submissive's tend to tense their muscles when they are being spanked. Command them to relax their muscles when you notice them tensing up.

During the session, you might want to perform several fake outs. Tell the submissive that you will give them several hard spankings. Swing your arm back as if you are about to strike hard and bring it in to a light strike. Fake outs are a great way to play with the submissive's headspace.



Forms of Corporal Punishment Play

There are several forms of corporal punishment. Implements can include hands, paddles, switches made from tree branches, and belts.

The use of one's hand can be effective plus has the additional benefit of providing instant feedback from sensory perception. In addition, the use of one's hand is more intimate than using an implement.

Paddles can vary in shape, size, materials, and weight. Paddles can be made from a variety of materials including wood, steel, leather, fiberglass, and hard plastic.

Switches can be made from any strong tree or large shrub, but birch and willow are favored by many people.

Leather belts are a handy implement that is commonly used for corporal punishment. In times past, the use of razor straps were used, but they are not as common today. Riding Crops as well can be used and they are a lot of fun.

Role Play and Corporal Punishment

There are a variety of role play scenarios that are great to play in combination with corporal punishment. Some examples include the following: Parent / child, Teacher or Headmaster / pupil, Priest or Nun / child or student, and Boss / secretary scenes. Many authority figures can be used for corporal punishment play.

A good source for corporal punishment scenes is to explore the submissive's childhood experiences for instances where they were punished. What were the circumstances? What bad behaviors were they caught engaged in performing? By examining past experiences, corporal punishment can take on a realistic meaning and with creativity can be used to create some really intense scenes. By adding a touch of realism to the scene, the submissive will have an experience that has a deeper impact than a scene that is arbitrarily scripted.

Many children play explorative sexual games, for example playing doctor. Some children get caught fondling themselves or other children. To add a psychosexual element to the scene, explore whether the submissive ever got caught and punished for childhood sexual explorations. This can add some additional elements to a spanking role playing scene.

Even if your submissive was never given spankings as a child, you can design many scenes with a bit of imagination. One role playing activity that I have utilized is to have your submissive play a childhood game but add in a kinky twist to the game. Many childhood games are great for this purpose. Spin the bottle, truth or dare, pin the tail on the donkey, and musical chairs can each be adapted with a kinky twist. As the submissive plays the game, each mistake can be counted as a punishment earned. After the game, spankings are delivered for each transgression.



Disciplinary Action

Corporal punishment is great to use when your submissive has disobeyed your orders or has committed transgressions in their service. As a Dominant, you may want to have a selection of paddles ranging from light impact to heavy impact. In this way, you can provide light punishments for small infractions and more severe punishments for major transgressions.

A large drawing pad can be used to keep track of the number of punishments the submissive has earned. By using a score sheet, it provides the submissive with a visual reminder of their bad behavior. Have them write down the offense and the severity level of the punishment. By having the submissive write their offenses and the punishment that they will receive and seeing it on display will keep them focused on their bad behavior as well as setting a sense of dreaded anticipation as they await their punishment.

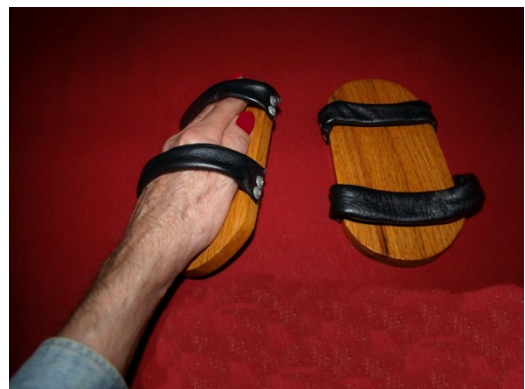


Corporal punishment can be the punishment of choice when you are training your submissive. A lecture preceding the training which includes the punishments and rewards your submissive will earn provides a good structure for the training session.

Specialty Paddles

There are a variety of specialty paddles that you may want to add to your paddle collection. Examples include wooden hand slappers that strap onto your hands, ball paddles, vulva paddles, and leather slappers.

The wooden hand slappers are great to use when giving a prolonged spanking using your hand. It provides a buffer to spare your hand while spanking a submissive's bottom. At the same time the wooden hand slapper adds intensity to the spanking.





When you have a very disobedient boy that needs to learn a lesson, a ball paddle is effective in punishing the testicles. Start light and work up the intensity. Watch your submissive's reactions to each slap of the ball paddle.

It does not take much force to have him squirming and reflexively jerking with each swat. Remember that the testicles are very sensitive and never strike them hard enough to cause tissue damage.



For really bad girls, a vulva paddle can be used to spank the pelvis area above the pubic bone, the labia, and the clitoral area. When spanking the labia and the clitoral area, start very light and slowly build up the intensity. The clitoris is very sensitive so very light impacts will suffice. Never strike the genitals hard enough to cause tissue damage. A light spanking on the clitoris goes a long way to torment a submissive female.

A wooden paint stir stick painted with a waterproof finish works well as either a ball paddle or a vulva paddle. You can get unfinished stir stick from most paint stores. Be

sure to sand it very smooth before giving it a finish coat of marine varnish or high gloss outdoor paint.

A leather slapper can be used on sensitive area of the body. The bottom of the feet, the pelvis above the pubic bone, and the palms of the hand are more sensitive than the butt. As stated above start with very light slaps and slowly intensify the spanking. It does not take much force to inflict pain in these areas of the body. Use care and do not strike these areas with a strong force.

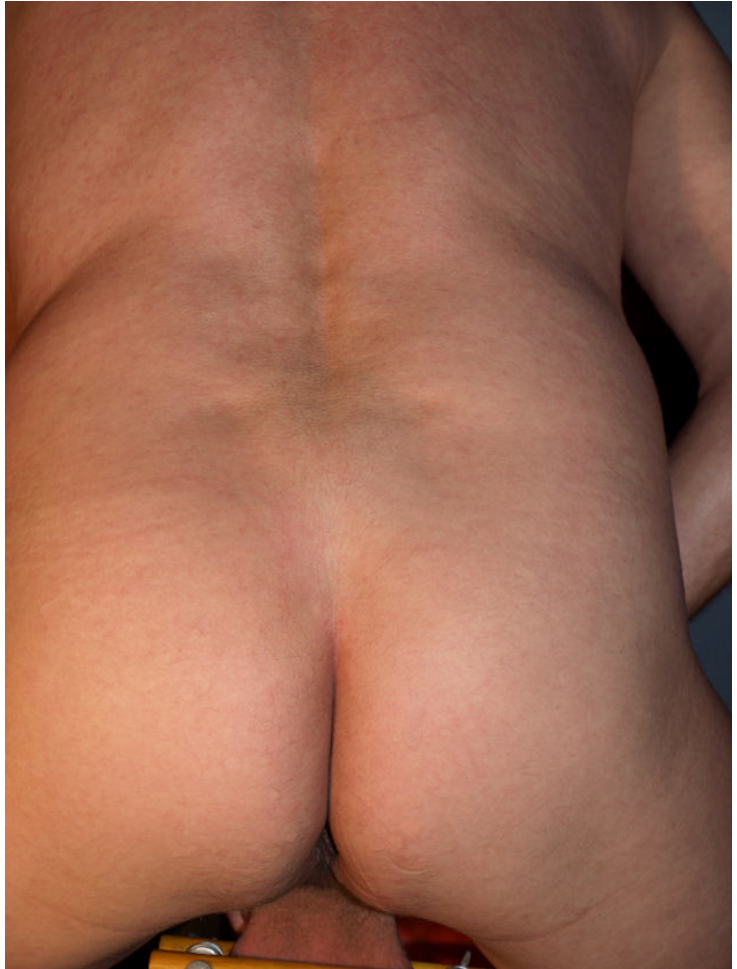
By punishing the genital area you are adding erotic energy to your punishment. With the addition of erotic energy, many submissives will endure longer play sessions and often will hold up to more intense punishments.



Corporal Punishment Summary

Has your submissive been a bad boy or girl? Is it time for them to learn their lesson? Corporal punishment along with a stern lecture portraying their offensive behaviors is a great play activity. Many elements can be added to the scene which can intensify the play. Lectures, score sheets, erotic elements, and a broad range of implements will improve the Dominant's authority as well as adding intensity to the scene.

I do enjoy ordering a submissive to drop their pants, bend them over my lap, and see their naked ass redden as I give them a spanking. My sadistic side is fully satiated with the infliction of a good spanking. As the submissive squirms in torment from each swat I feel pleasure from my Dominant nature. Besides all this, a bare bottom spanking is sexy and I love the results of a reddened ass radiating not only heat but also shame in my submissive.



Note: All photographs in this training module are by Mistress Gigi.



Raven's Lair

At Ravens Lair, our vision is to create a sex positive world through adult sexual education and erotic BDSM performance art. Raven's Lair provides these training materials free of charge as a means to step out of the dark ages when it comes to sexuality.

If you gain benefit from these training materials and are able to transform your sex life, we ask that you consider making a donation. We believe that making an arbitrary decision about setting a monetary price for these materials does not account for the value each individual obtains from these materials.

So, if you obtain value from accurate adult sexual educational materials, now or in the weeks or months ahead, please make a donation to Raven's Lair. Visit our Patreon Page and make a donation based on the value you obtained from this training.



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About the Author

Ladyboy Gigi has been active in the BDSM community for over 30 years. Gigi started out as a boy toy sex slave and played as a submissive for many years. For the past 12 years Gigi identified as a switch, often playing the role of a Domme.

Gigi has been following an eclectic pagan sacred sex path since pre-adolescence. S/he has studied art, philosophy, ancient religions, ancient civilizations, photography, human sexuality, and sculpture. Gigi has a Bachelor's of Arts degree in Philosophy and a Master's degree in Social Work.

Gigi published *The Dominant's Handbook – An Intimate Guide to BDSM*. This book provides training information about physical, psychological, and psychosexual aspects of BDSM for individuals who want to learn Dominant Role Play.

Go to: <http://www.ravenslairleather.com>.



In 1999, Gigi was awarded the AIB Globe Award for outstanding service to the bisexual world community. Gigi, along with Michael Page and Wendy Curry, started Celebrate Bisexuality Day. For more information about CBD, go to: [Celebrate Bisexuality Day - Wikipedia, the free encyclopedia](#). Gigi served on BiNet USA's Board of Directors for two years.

Gigi was born intersex (hermaphrodite). Shortly after birth, doctors performed sexual reassignment surgery. Gigi has been active in the Transgender community, the bisexual community, the BDSM community, and other diverse alternative artistic communities. S/he has studied human sexuality in both undergraduate and graduate studies programs. Gigi is a hermaphrodite and identifies as being pansexual. Gigi has presented many diverse workshops for bisexual conferences, pagan festivals, BDSM events, and for other alternative communities. S/he has presented information in college courses as an invited speaker.

Gigi was a co-producer of AfterHours, Queer Radio With Attitude, KPFT 90.1 FM, a radio program that provided information about human sexuality and alternative lifestyle choices. Gigi had been on the air for over 25 years and has covered many diverse topics centered on human sexuality, BDSM, and sacred sex. The radio show provided sex-positive information about human sexuality and alternative lifestyle choices.

Ladyboy Gigi produced a podcast on iTunes called Adult Bedtime Stories. Adult Bedtime Stories is a show dedicated to bringing sacredness back to our sexuality and to learn about everything sexual. Allow the beautiful sexy creature within you to emerge. Each week the focus of the show was on different sexual topics designed to enlighten you so you develop more fully as a sexual being. This is the sex education that you didn't receive in high school, but should have.

Now, more than since the human rights movement of the 1960's & 1970's, age appropriate sexual education and the sex positive movement are vitally important. Even young married couples are not provided an adequate sexual education.

At Raven's Lair, we believe that all adults should have access to adult sexual information that is safe, accurate, and explicit.

Good sex is not an activity that we know instinctually, it is an art that needs to be learned and developed.

We present adult materials with a sex positive attitude and value system. if you want to start living a sex positive lifestyle free of shame and guilt, these training materials are for you.

For these reasons, Ladyboy Gigi and Raven's Lair are providing free sex positive educational videos on YouTube and [Raven's Lair's Website](#). The videos include free transcripts & workbooks designed to help people live a sex positive lifestyle.