

**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

Flogger Training

Gigi Raven Wilbur



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The Dominant's Handbook – An Intimate Guide to BDSM

Flogger Training

By Gigi Raven Wilbur

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Published by Raven's Lair

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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.

Cover design by Gigi Raven Wilbur

e-book created and distributed in The USA by Raven's Lair



Flogger Training

Raven's Lair

Creating a Sex-Positive World
Through Adult Sexual Education
and
BDSM Performance Art

Introduction

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.

Floggers come in a variety of shapes, sizes, and materials. They vary in how they impact. Some can be stingy and some produce a thudding sensation. Some can produce a heavy impact, while others can produce a light and/or soft impact.

Flogging is probably one of the most common BDSM activities. With skill and mastery, a flogger can be wielded very effectively on a submissive and provide an extraordinary experience for both the submissive and the Domme.

This training module will cover safety issues, basic flogging techniques, and go over some practice exercises in written form.



The Dominant's Handbook

An Intimate Guide to BDSM Play

BDSM Basics Training Program

Flogger Training

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By practicing with each hand, you will develop a feel for the flogger at a deeper level than if you practice with your dominant hand only.

Once you develop skills in flogging with a single flogger, then you will be ready to learn the skill of using a flogger in each hand. Double flogging is not covered in this training.

Safety Issues:

The best areas to flog are the buttocks and upper back, as they are well padded areas.

One should never strike the kidney area with a flogger. But as with most rules, there are sometimes exceptions. If you use light strokes or you are using a flogger made with sheep skin thongs (or other soft material), then the kidney area can be struck without risk of injury. In the front of the body, the kidney area is the area between where the lower rib cage ends down to just above the pubic area. On the back, it is in the same corresponding area.

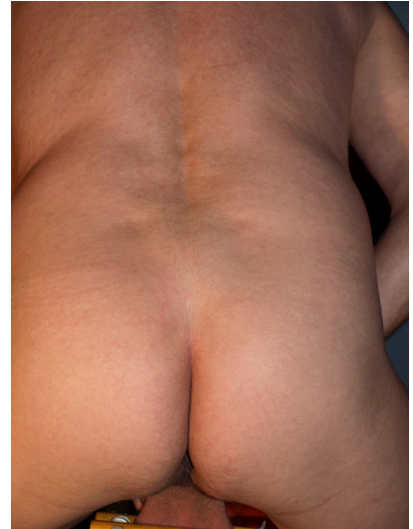
Never use a flogger on the face, near the eyes and ears, or on the head.

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

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

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

If any skin is abraded from the flogging, apply antibiotic ointment to the affected areas to prevent infections and promote healing.



Flogging Techniques:

Most floggers have a handle with thongs or strands attached to the handle and extending outward. The loose ends at the end of the flogger are the area that you want to impact the body with most of the time. Think of the ends of the strands as the working part of the flogger.

An important concept in flogging is wrapping. Wrapping occurs when the ends of the flogger do not strike squarely, but instead wrap around a curve of the body. When this occurs, momentum builds up as the ends wrap around the curve, building up speed and intensity and striking much harder than if they had made a square contact. Wrapping can cause unintended bruises and abrasions on the skin and can be intensely painful.



I am not saying that wrapping is bad. There are times and scenes where wrapping can be an effective use of the flogger. What is important is that wrapping should be an intentional action carried out with informed consent with the submissive. It should be an activity that the Domme intentionally incorporated into the scene. It should not happen by accident. People who are inexperienced with flogging will often accidentally wrap while they are flogging their submissive. This is why it is so important to practice your technique.

A flogging scene conducted with skilled experienced players appears deceptively easy. What is not readily apparent are the hours of practice behind the skill. Because flogging is so common in BDSM scenes, mastering basic skill levels before engaging in a scene is vital. It can be easy for an inexperienced person to try something he isn't ready for.

An accident occurring due to not developing skill is a form of sloppy play. I say this to stress the importance of practicing and developing skills. When I am training someone who wants to learn how to flog, I expect accidental wrapping as part of the training process and I have no problem with that. This is part of the training process. But you should take time to practice and build your skill levels before you practice an activity with a submissive in a play scene. This is about honor and respect, for yourself and for the people you play with. It is a fundamental responsibility of being a Dominant.



Develop a sense of rhythm as you develop your flogging skills. Think of flogging as a form of dance. With dancing, there can be wild frenzied dances as well as slow methodical dances. There can be complex moves and steps, or there can be impromptu moves. What is common throughout dance is that there is a rhythm to all the movement.



A common mistake that many people make in flogging is to use more wrist action than is necessary. When you use a lot of wrist action, you have less control and you will tire out quickly. The better approach is to flog with full arm motion. At first it will feel awkward since it is a motion that most people are unaccustomed to. With practice, it will feel natural. Work on flogging without bending the wrist. Rotate your arm from elbow to hand for control.

To develop aim, pick an inanimate object to practice upon. Pillows, the back of a cushioned chair, or the edge of a mattress make good practice targets. Start flogging the air in front of your target, developing a rhythm. When you have a good rhythm going, take small steps toward the target you want to impact until the tips of the flogger make contact, then stop moving forward. Try to hit the same spot every time. If you have a consistent arm motion going, your aim should be right on the mark.

After you practice developing a good aim, start playing with the level of impact. Alternate between light impacts and hard impacts. Vary the impact of each strike with hard, light, extra hard, light, super light, hard, super hard, medium, hard, light...

After completing this, repeat the steps using your other hand. This may feel awkward at first, but with a little practice it will start to feel more natural. Take deep breaths while you work with the flogger. Take your time and don't worry if you don't feel like you are making much progress. Progress will come with practice.





Action Step 1 Flogging:

For a week or two, practice working on your rhythm, your aim, and your level of impact. On a daily basis, practice each of these activities for 10 minutes or so at a time. Then repeat each activity using your other hand for another 10 minutes.

After you have worked on your rhythm, aim and level of impact for at least a week, set up some multiple targets, around four or five targets. Place them at different heights and widths. Start with targets about the size of a paper cup and arrange them in close proximity within a 3 foot area. Then work with rhythm, aim, and level of impact while

changing between the targets. As with the previous exercise, work on this daily for a week or two. Some examples of possible targets can be a set of drawings on a sheet of plywood, or rolled up socks attached to the back of a chair with safety pins.

Once you've mastered the basic techniques, you can start working on your sense of style and creativity. Of course, at this point you can practice on your submissive, which will be a lot more fun.

Summary

This training covered an overview of flogging, safety issues, flogging techniques, and some exercises to improve your flogging skills. Flogging your submissive is a great activity to take your submissive into subspace, as the rhythm of flogging is conducive to entering into trance state.

After you have mastered the art of flogging, you may want to try using a flogger in each hand. Double flogging intensifies the experience for your submissive.



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.