



# Introduction to Flogging

June 2026



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## Introduction

Flogging is one of those skills that blends technique, connection, rhythm, and energy all into one experience. At its core, it's a form of impact play using a multi-tailed tool called a flogger to create sensations that can range from soft and relaxing to sharp and intense. Depending on the material, pacing, and chemistry between partners, a scene can feel sensual, grounding, playful, cathartic, or deeply emotional. Good flogging is not about swinging as hard as possible. It's about control, consistency, awareness and understanding how the body responds in real time. A strong scene is built through communication, confidence, preparation, and trust between everyone involved.

Whether you are brand new to impact play or just learning how to improve your technique, this guide focuses on beginner-friendly safety, body targeting, rhythm, scene flow, and aftercare so you can build a solid foundation before moving into more advanced play.

## Materials

If you're starting out, not all floggers feel the same. Different materials create completely different experiences on the body.

### **Common Flogger Materials**

- **Suede** — soft, heavy thuddy sensation that's great for beginners
- **Deer hide** — smooth with a balanced mix of sting and thud
- **Latigo leather** — stronger sting with more intensity
- **Rubber or silicone** — sharper impact with a more aggressive feel
- **Rope or para cord** — very targeted and better suited for experienced players

A medium-weight suede or deer hide flogger is usually the easiest to control while learning your aim and rhythm.

### **Scene Prep Checklist**

Before play starts, have everything ready:

- ✓ Flogger(s)
- ✓ Water or electrolyte drinks
- ✓ Blanket or towels
- ✓ Pillow/support cushions
- ✓ First aid supplies
- ✓ Lotion or massage oil for aftercare
- ✓ Cleaning wipes or toy cleaner
- ✓ Gloves if desired
- ✓ Music or lighting for atmosphere
- ✓ Snacks for aftercare
- ✓ Safe word and safe signals clearly established

Always inspect your gear beforehand. Avoid using damaged floggers with cracked falls, exposed metal, rough edges, or loose hardware that could unintentionally cut or injure someone.

## Before You Begin

***Communication is what separates a good scene from a reckless one.***

Before anything starts, talk through:

- Pain tolerance



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- Experience level
- Desired intensity
- Emotional expectations
- Hard and soft limits
- Medical concerns or injuries
- Off-limit body areas
- Preferred aftercare
- Safe words or nonverbal signals

If someone goes nonverbal during play or drops into a heavy headspace, those signals become extremely important. Take time to set the environment. A calm, prepared space helps everyone stay focused and grounded. As the Top or Dominant, you should already have a rough flow for the scene in your head:

- Warm-up
- Building rhythm
- Intensity progression
- Breaks/check-ins
- Cool down
- Aftercare

One of the biggest beginner mistakes is rushing. Flogging works best when there is rhythm and intention behind it. Clean technique and consistency will always matter more than brute force. And most importantly: play sober. Impact play requires coordination, body awareness, and quick reaction time.

## During

Flogging scenes should always begin with control, communication, and patience rather than intensity. Starting lighter than you think you need to allow the body to warm up gradually while helping both partners settle into the experience. Gentle rhythmic strikes can relax the muscles, increase circulation, and establish trust before the scene builds in intensity. This slower beginning also gives the person handling the flogger time to observe how their partner responds physically and emotionally.

For beginners, it is safest to focus on larger, meatier areas of the body that can better absorb impact. Common target areas include the upper back, shoulders, buttocks, and upper thighs. Certain areas should always be avoided because they contain vulnerable bones, joints, organs, or nerves. These include the spine, kidneys and lower back, neck, joints, tailbone, and face. Breasts and genitals should only be included if they have been clearly negotiated beforehand and both partners are experienced.

Good flogging technique is based on control rather than force. A flogger should flow smoothly across the body instead of snapping unpredictably. Proper technique comes from wrist control, rhythm, distance awareness, and controlled follow-through. Throughout the scene, it is important to closely observe your partner's reactions. Watching breathing patterns, muscle tension, skin response, eye contact, vocal reactions, and emotional shifts can help you understand how the experience is affecting them. Some people react loudly while others become quiet and inwardly focused, so nonverbal observation is just as important as verbal communication.

As the scene develops, varying the sensation helps create a more dynamic and engaging experience. Mixing heavier thuddy



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strikes with lighter teasing hits, sensual touch, pauses, and changes in rhythm prevents the scene from feeling repetitive and helps regulate the nervous system. However, safety should always remain the priority. If excessive swelling, dark bruising, numbness, or broken skin appears, the scene should stop immediately so the situation can be reassessed.

Understanding the difference between thud and sting is also an important part of flogging technique. Thud refers to a deeper, heavier sensation that spreads through the muscles and feels more internal, while sting is a sharper sensation that stays closer to the surface of the skin. The material of the flogger, the speed of the strike, and the swing style all influence whether the sensation feels more thuddy or stinging.

When learning flogging techniques, beginners should focus on simple foundational movements such as overhand swings, underhand swings, controlled side wraps, and figure-eight patterns. While practicing, the primary focus should always remain on accuracy, distance management, rhythm consistency, and smooth recovery between strikes. Power should only be added after control and consistency have been mastered.

## Aftercare

Aftercare is part of the scene — not an optional extra.

Once play ends, give the body and nervous system time to settle. Adrenaline and endorphins can hit hard during impact play, and emotional drop afterward is very real.

Good aftercare might include:

- Water or electrolytes
- Blankets or warmth
- Physical affection
- Quiet grounding time
- Lotion or massage
- Reassurance and praise
- Snacks
- Emotional check-ins

Check the skin carefully afterward. Redness and warmth are common. Bruising can happen depending on intensity, technique, and body chemistry.

Avoid:

- Repeated impact on swollen areas
- Heavy pressure on sore muscles
- Immediate intense heat on sensitive skin

Keep communicating after the scene ends too. Some people experience emotional drop hours later or even the next day. A simple check-in message can go a long way in reinforcing care, trust, and connection.

## Summary

Flogging is both an art form and a technical skill. The best scenes are not built on aggression — they are built on awareness, precision, pacing, communication, and connection. Start slow. Learn your body mechanics. Practice your aim. Build consistency before chasing intensity. And most importantly — HAVE FUN WITH IT. As your confidence



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grows, start experimenting with different rhythms, layered sensations, multiple flogger styles, temperature play combinations, music pacing, blindfolds, and teasing.

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