

Anatomy of Flogging Guide

“In general, aiming for fleshy areas is safe, while hitting bone, joints, or over any internal organs is not safe. This means you should avoid the head, the neck, the spine, the area between the rib cage and the pelvis, the shins, and the backs of the knees or elbows. This leaves you with the well-padded butt, upper thighs, upper arms, and shoulders.” *Good Vibrations Guide to Sex 3rd edition* by Cathy Winks & Anne Semans (2002)

PRIMARY AREAS

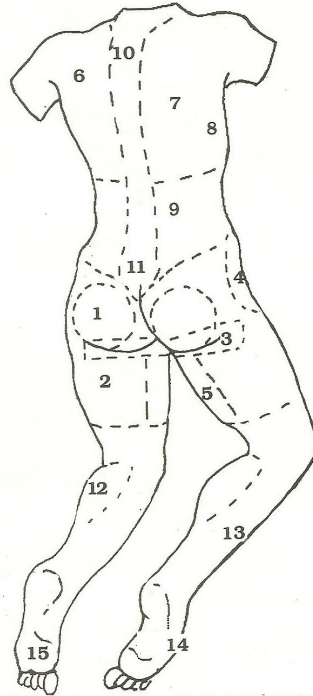
Muscle: can take blows, will eventually bruise

- 2: Rear Thighs
- 3: Under Ass
- 7: Upper Back
- 9: Lower Back
- 12: Calves
- 15: Bottoms of Feet
- 23: Torso
- 25: Upper Arm/Bicep

Fat: protects muscle, less likely to bruise

- 1: Ass
- 5: Inner Thighs
- 16: Genitals (Vulva / Penis / Scrotum)
- 17: Breasts/Mammary Tissue
- 24: Belly
- 26: Inner Arm

Screw the Roses, Send me the Thorns Devon, Molly & Philip Miller (1995)



HIGHER RISK AREAS

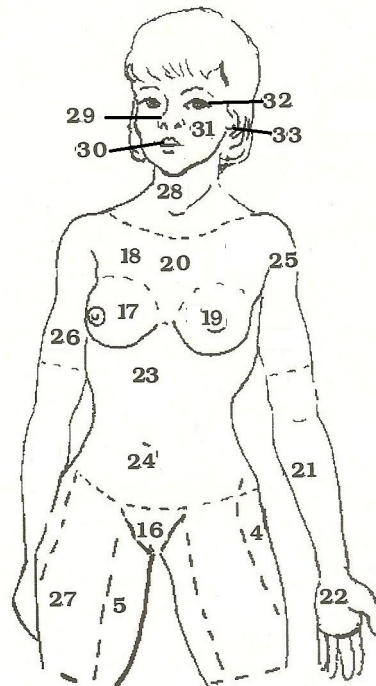
Bone/Cartilage: likely to bruise, can break

- 4: Hips
- 6: Shoulder Blades
- 8: Ribs
- 10: Spine
- 11: Tailbone/Coccyx
- 13: Shins
- 14: Tops of Feet
- 18: Chest
- 20: Sternum
- 21: *Forearms*
- 22: *Hands*
- 27: Thighs
- 28: Neck
- 29: Nose
- 31: Cheeks
- 33: Ears

Veins/Arteries: These areas can be easily bruised and injured

(Veins/Arteries are Italicized)

- 19: Nipples
- 30: Lips/Mouth
- 32: Eyes

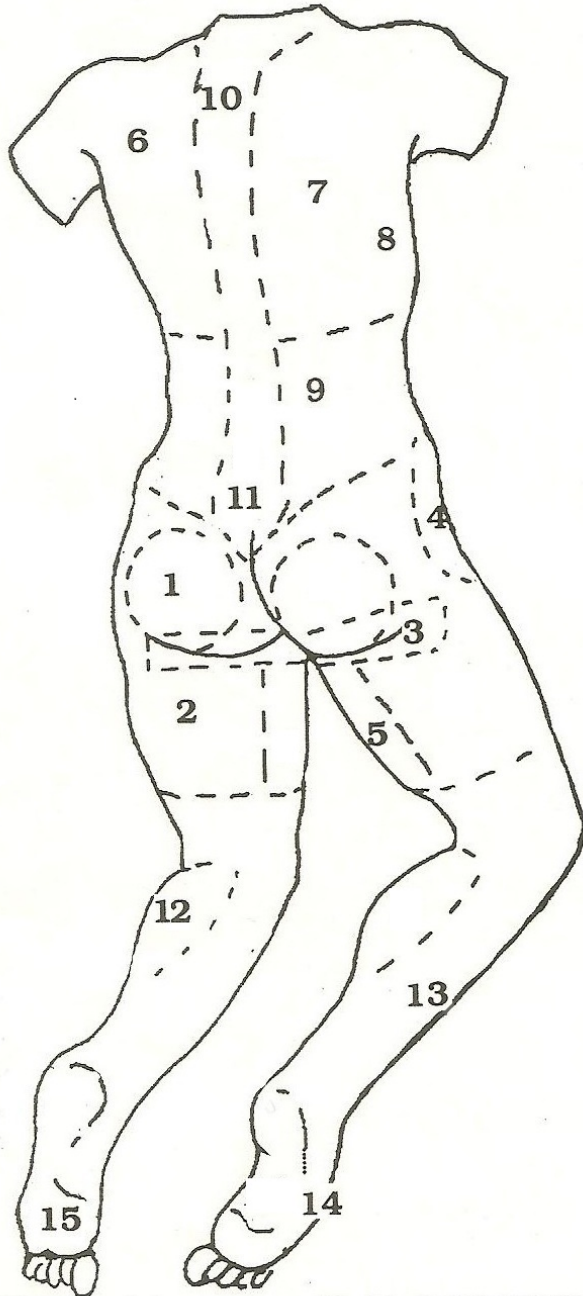


Internal Organs are Underlined: These areas can be easily injured

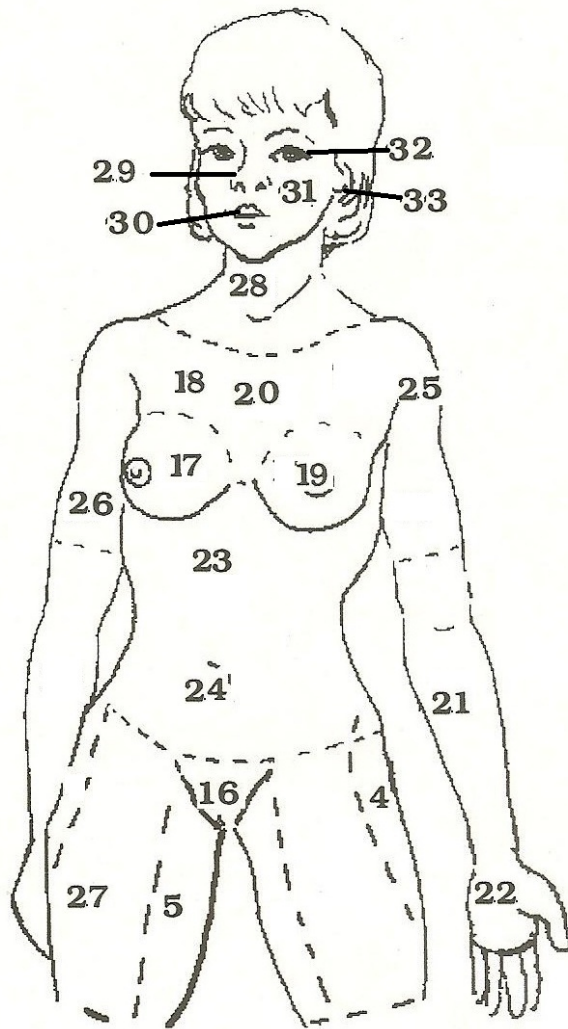
Personal Anatomy of Flogging Worksheet

Using *The Anatomy of Flogging Guide*, fill in below to create your own personal anatomy guide. Mark the picture with a pen or highlighter to indicate your personal "Yes", "Maybe" and "No" locations. Use the numbered body parts to add notes about the type of stimulation you do and don't enjoy on that area. There is also a place on the sheet to indicate "Other Notes", "Piercing Locations", and "Medical Conditions".

You can complete this sheet alone or take the opportunity to get together with your partner(s) and have everyone complete their own guide. Then you can discuss the results and maybe go do some *research* together.



1. Ass
2. Rear Thighs
3. Under Ass
4. Hips
5. Inner Thighs
6. Shoulder Blades
7. Upper Back
8. Ribs
9. Lower Back
10. Spine
11. Tail Bone/Coccyx
12. Calves
13. Shins
14. Tops of Feet
15. Bottoms of Feet



Other Notes:

Piercing Locations:

Medical Conditions:

16. Genitals (Vulva / Penis / Scrotum)

17. Breasts/Mammary Tissue

18. Chest

19. Nipples

20. Sternum

21. Forearms

22. Hands

23. Torso

24. Belly

25. Upper Arm/Bicep

26. Inner Arm

27. Thigh

28. Neck

29. Nose

30. Lips/Mouth

31. Cheeks

32. Eyes

33. Ears