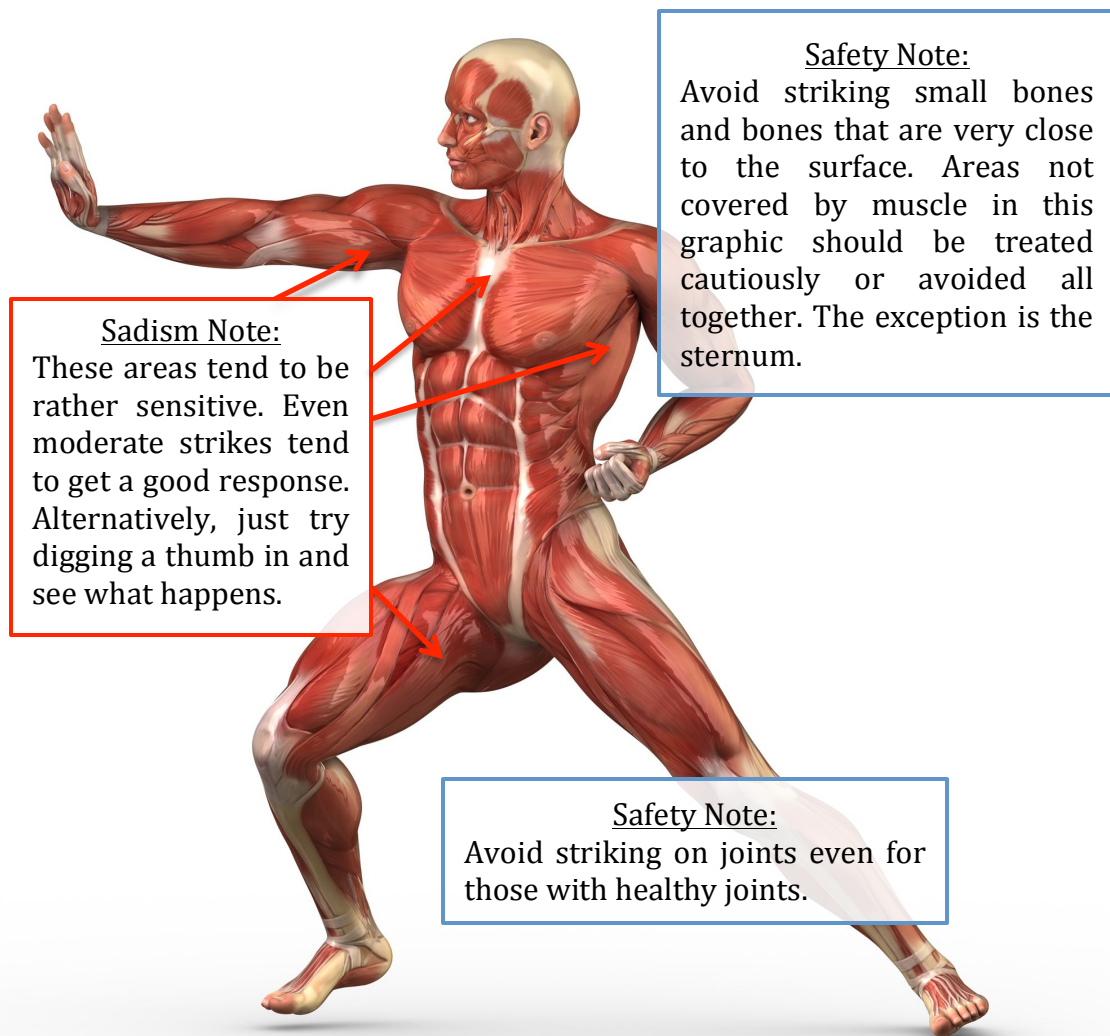


## Getting Started!

- Large muscle groups are safe targets.
- Light to moderate rhythmic punching can be like a massage.
- “Same damn spot” technique can increase the intensity of light to moderate strikes significantly – may also increase bruising.
- Massaging with a thumb or knuckles following a punch can be fun!
- The more the bottom moves the greater potential for a blow hitting an unintended target.
- When the bottom can see the blow coming the effect is amplified!
- When striking with force consider where the bottom may move to. Are they off balance? Will they hit their head on something?
- Consider using one hand/arm to control the bottom’s movement and striking with the other.



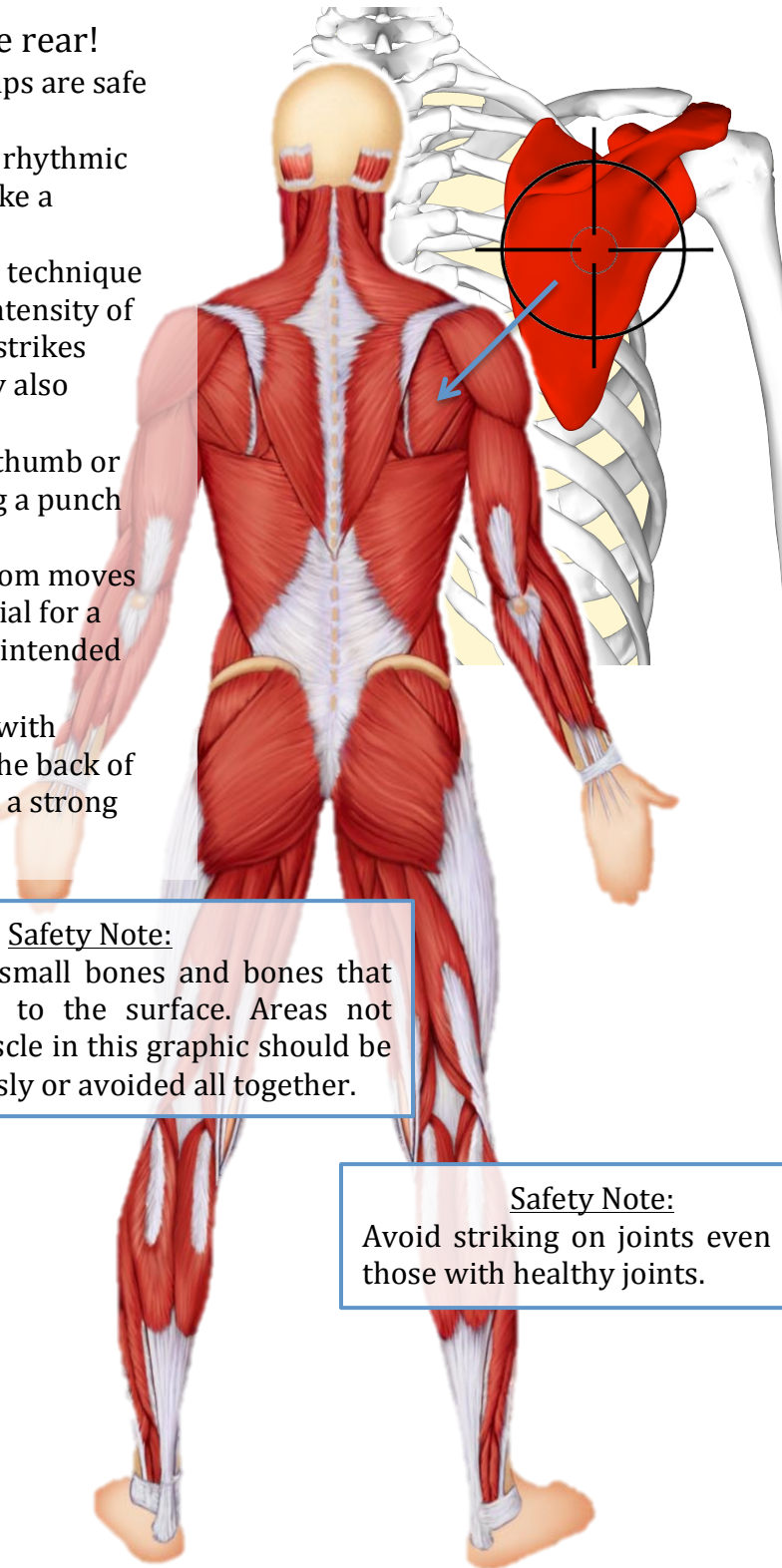
Sadism Note:  
These areas tend to be rather sensitive. Even moderate strikes tend to get a good response. Alternatively, just try digging a thumb in and see what happens.

Safety Note:  
Avoid striking small bones and bones that are very close to the surface. Areas not covered by muscle in this graphic should be treated cautiously or avoided all together. The exception is the sternum.

Safety Note:  
Avoid striking on joints even for those with healthy joints.

### Attacking from the rear!

- Large muscle groups are safe targets.
- Light to moderate rhythmic punching can be like a massage.
- “Same damn spot” technique can increase the intensity of light to moderate strikes significantly – may also increase bruising.
- Massaging with a thumb or knuckles following a punch can be fun!
- The more the bottom moves the greater potential for a blow hitting an unintended target.
- Carefully striking with knuckles against the back of the hand can elicit a strong response.



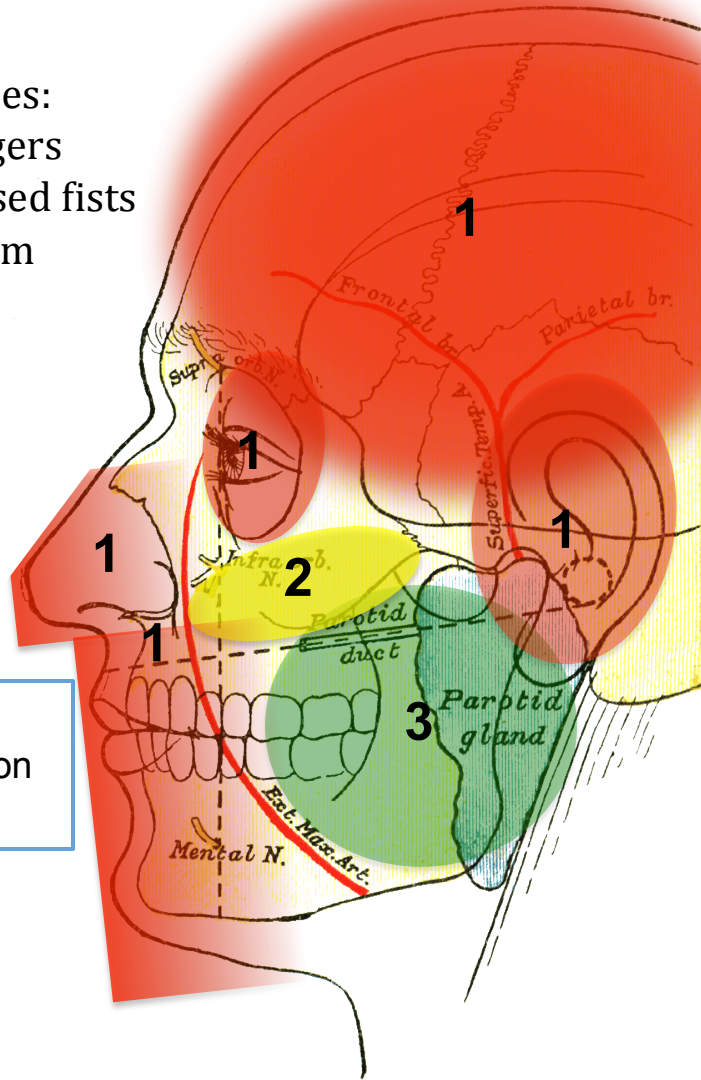
Safety Note:  
Avoid striking small bones and bones that are very close to the surface. Areas not covered by muscle in this graphic should be treated cautiously or avoided all together.

Safety Note:  
Avoid striking on joints even for those with healthy joints.

Using Their Head

Suggested Techniques:

- Tapping with fingers
- Tapping with closed fists
- Slapping with palm

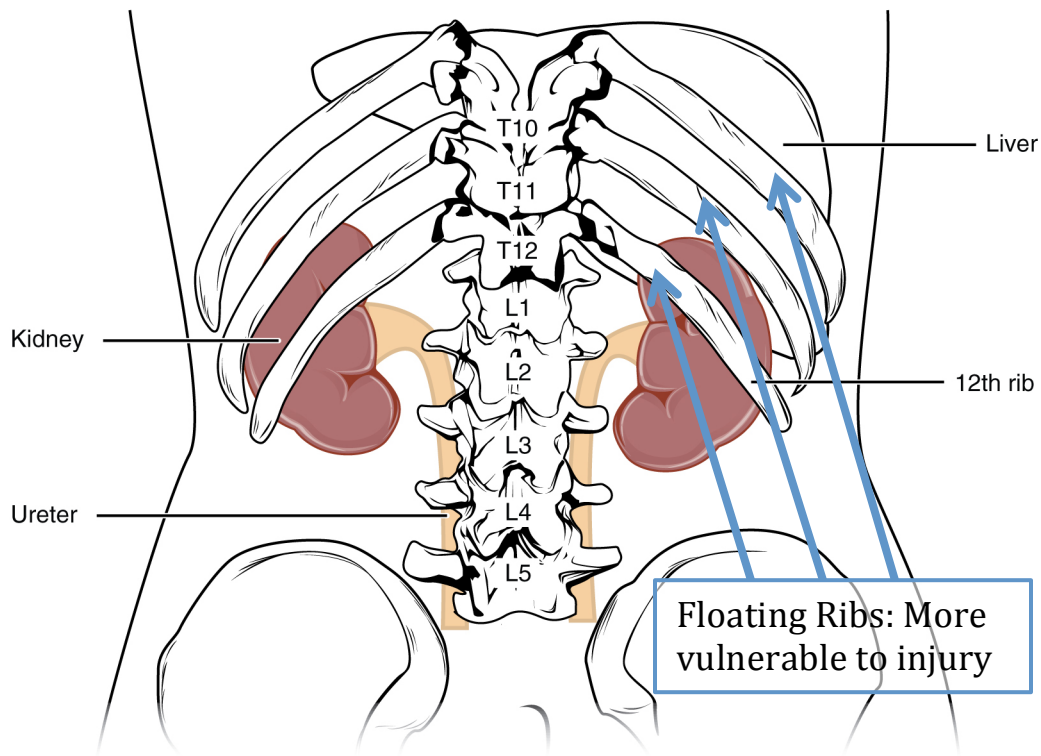


- 1. Not recommended
- 2. Proceed with caution
- 3. Safe with bracing

Strikes to the face may produce a powerful emotional response.

Some people bruise easier than others. Those that do might develop black eyes or other discoloration from even light strikes to the face.





#### Kidney Injury References

Single Kidney and Sports Participation: Perception Versus Reality Matthew M. Grinsell, Sharon Showalter, Katherine A. Gordon and Victoria F. Norwood: *Pediatrics*, 2006;118;1019

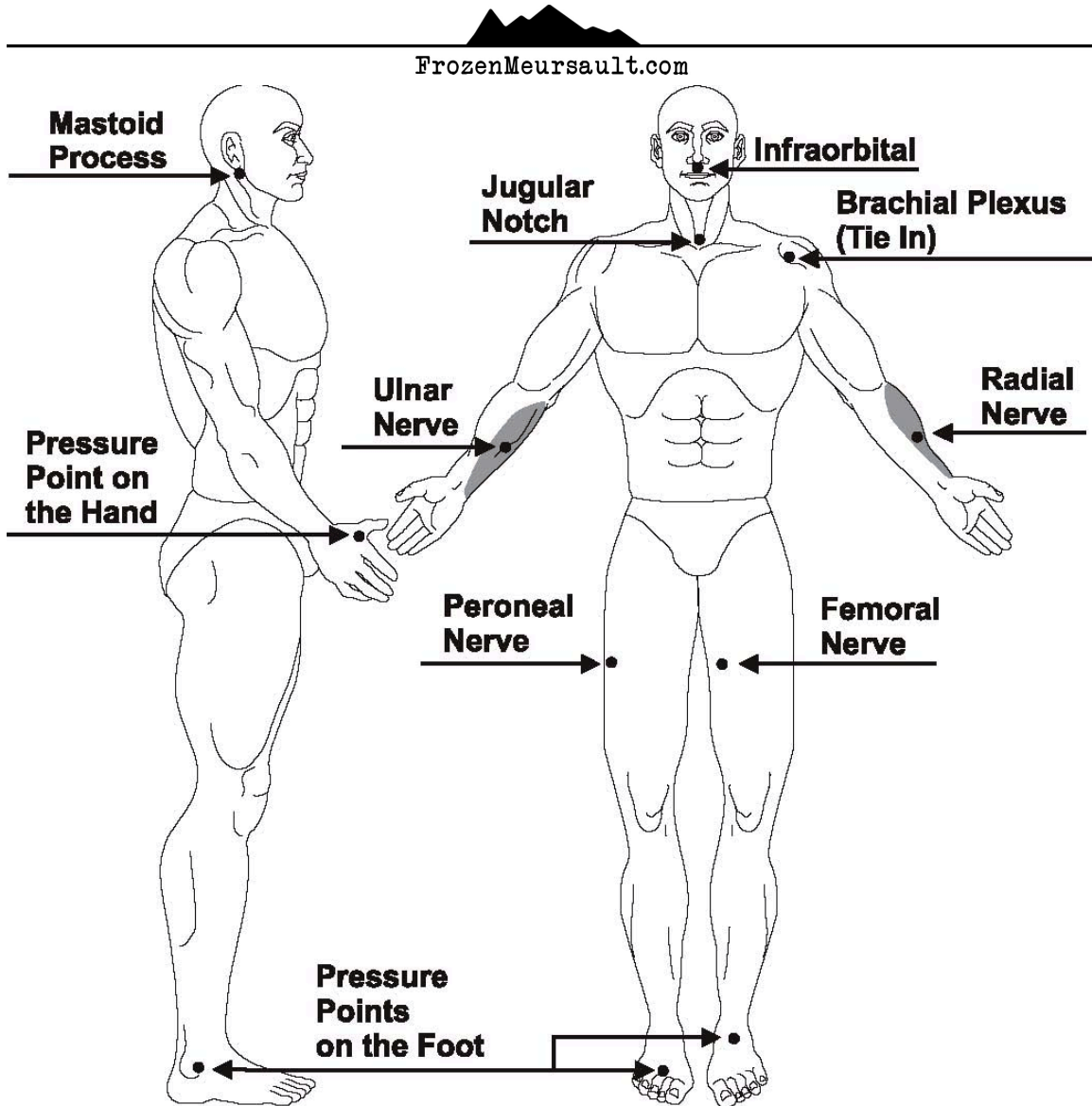
Forensic Pathology, Second Edition, Vincent J. DiMaio, Chapter: Blunt Trauma Injuries of the Trunk and Extremities, Kidneys

University of Utah Healthcare Reconstructive Urology & Men's Health Reconstructive Urology & Men's Health, Traumatic Urologic Injuries, Kidney injury

#### Sport-Related Kidney Injury Among High School Athletes

Matthew M. Grinsell, Kirsten Butz, Matthew J. Gurka, Kelly K. Gurka and Victoria Norwood, *Pediatrics*, originally published online June 18, 2012

All available for download at <http://www.frozenmeursault.com/resources/>



- Pressure points may produce pleasure for some and pain for others.
- Keep trying points until you get the desired results...and then keep trying new ones so the bottom doesn't develop a tolerance.
- Hands and shoulders can be used subtly for public play.

## **Anatomy References:**

[CNX.org](https://cnx.org)

[Anatomy and Physiology](#) (Entire Body)

[BioDigitalHuman.com](https://www.biological.com) (Interactive)

[InnerBody.com](https://www.innerbody.com) (Interactive)

Google Image Search *Insert Body Area* “Muscle Anatomy”

Eg Upper Back “Muscle Anatomy”