

ROUGH BODY PLAY

HOW TO PUNCH

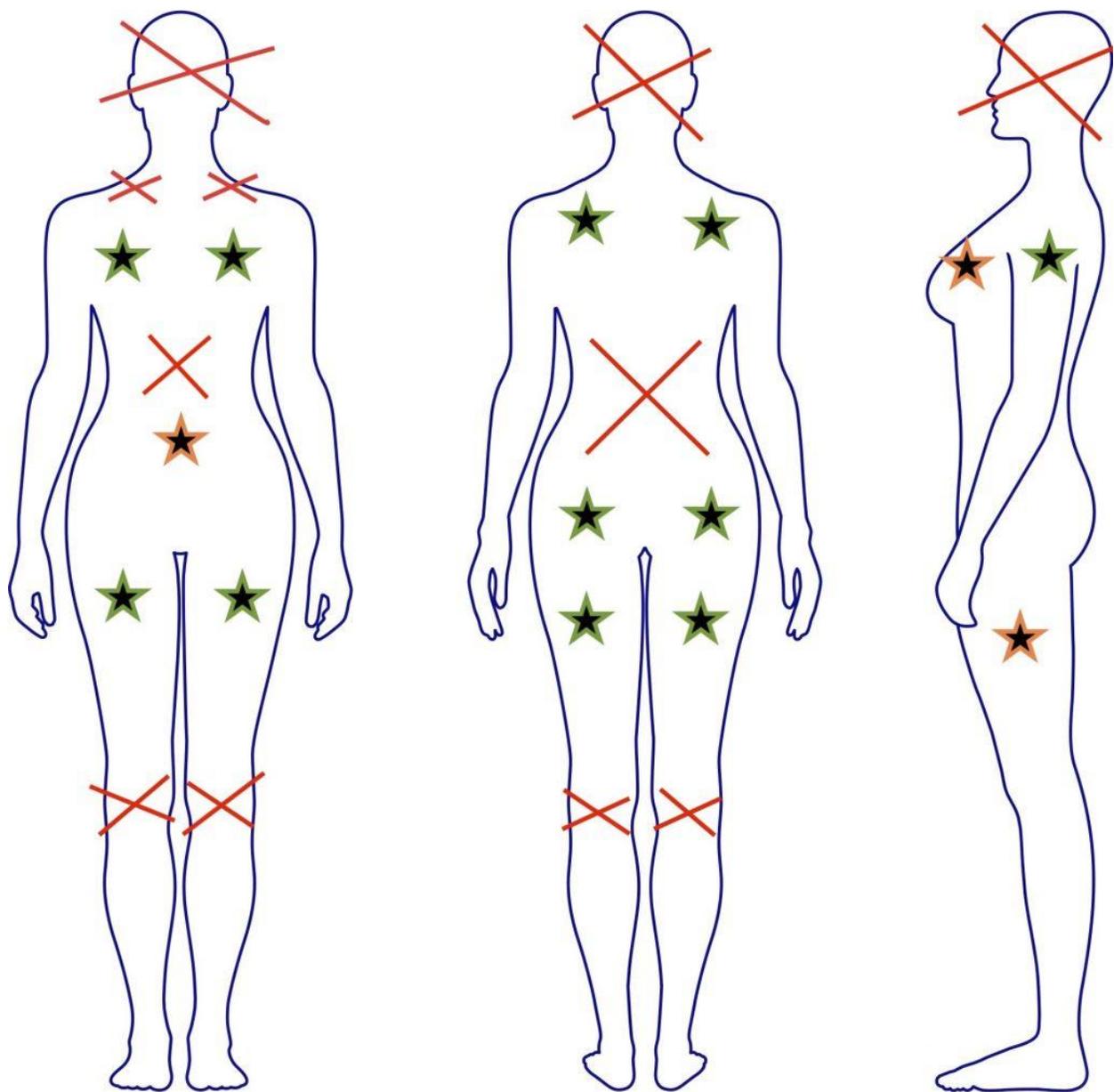
How hard can it be? You just make a fist and swing, right? **WRONG.** Punching someone during play is not the same as punching someone in a fight. It's called *play* for a reason; you aren't trying to actually injure the person. There are three main aspects to proper punching technique:

- **Strength.** Do not put all your strength into a punch. Aim to use about 50–60 percent of your full strength. (Obviously this can vary depending on the size/strength of the top and the bottom.)
- **Fist.** To avoid doing real damage to your own hand or the bottom's body, form a loose fist and use the flat part not your knuckles as you would in a fight. Also, make sure your thumb is on the outside of your fingers, not folded underneath them.
- **Distance.** Don't wind up the punch by bringing your arm way back. Instead, strike from about six inches away from the target area. You can still generate quite a blow from this distance while remaining in control.

WHERE TO PUNCH

As a general rule, aim for the softer, fleshier parts of the body and avoid joints, bonier areas, and delicate organs, as shown in the image and chart below. You do not want to risk broken bones or internal damage.

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YES (GREEN STARS)

- Below the collar bone (but above the breasts)
- Upper arms
- Butt
- Inner and outer thighs (note that inner thighs bruise much more easily than outer)
- Shoulder blades (as long as they're flattened)

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MAYBE (ORANGE STARS)

- Breasts (repeated punching can break down breast tissue)
- IT band (can be a way to drop someone quickly, which might not be appreciated unless pre-negotiated)
- Stomach (must be tensed first to avoid damage to organs; contrary to popular belief, **Houdini** did not die just from being punched in the stomach, but it can result in serious **injury** nonetheless)

NO (RED X)

- Head, face, neck (too many delicate bones)
- Joints (such as elbows or knees)
- Lower back (risk of kidney damage)
- Sternum

Start out with the “yes” areas first and, if you’re interested, move on to the “maybes” only once you’ve mastered proper technique. While some edge players venture into the “Nos,” we don’t advise it without copious research and expertise in rough body play.