

# KULDRIN'S KRYPT: A BDSM 101 PODCAST PRESENTS:

## "IMPACT PLAY BASICS"



### IMPACT PLAY BASICS

By: M. Kuldrin / May 24, 2025

1. **Demo: 1: Knife play**
2. **"All warfare is based on deception, hence, when we are able to attack, we must seem unable; when using our forces, we must appear inactive; when we are near, we must make the enemy believe we are far away; when far away, we must make him believe we are near." -Sun Tzu 5th Century BC**
3. **Impact Play IS NOT permission to abuse, coerce, neglect, degrade, humiliate, traumatize, or harm a person in any way. If there isn't negotiation, consent, AND aftercare, it is abuse.**
4. **It is "Power with," not "power over," just like all things in BDSM. It is negotiated. It is consensual.**
5. **Definitions:**
  - a. **Impact Play:** A form of play involving hitting someone, usually with a Top hitting a Bottom. This term is mostly used as a collection for different kinds of more specific play that may or may not include a dynamic, but is often a play type between a Masochist and a Sadist. -  
<https://fetlife.com/kinktionary/kink-activities/impact-play-eiqpl>
  - b. **Stingy pain:** a sharp pain that is typically only felt skin deep. I.e. snapped with a towel.
  - c. **Thuddy pain:** a dull, deep, aching pain that can penetrate to and even bruise bone. I.e. being hit with a fist
  - d. **Combo pain:** A sharp skin pain followed by a dull, deep ache. I.e. being spanked.
  - e. **Kink:** a thought or activity that a person is into.
  - f. **Fetish:** a kink so desired by a person that they may have difficulty sexually performing or achieving completion.
6. **Why are people into impact play?**
  - a. Sexual stimulation as foreplay or finality (orgasm).
  - b. Dealing with trauma.
  - c. Catharsis.
  - d. Adrenaline junky.
7. **Types & Examples of impact play:**
  - a. Band snapping
  - b. Caning
  - c. Deep Impact: punching
  - d. Flogging
  - e. Impact cutting: Curycombs
  - f. Paddles
  - g. Pervertables
  - h. Spanking
  - i. Whips
8. **Safety:**
  - a. **F.R.I.E.S.:** Freely given, Reversible, Informed, Enthusiastic, Specific
  - b. **One size does not fit all.**
  - c. **Goal:**
    - i. What is the goal of the scene?
  - d. Thoroughly discuss hard limits. (Soft limits do not exist for this type of scene.)
  - e. **Aftercare:** Plan for check-ins for a minimum of a week after the scene.
  - f. **Tops can often experience a backlash after an impact scene. Feelings of being an abuser, self-doubt, ... it's extremely important that both tops and bottoms share the responsibility of reassuring each other.**
  - g. **Scene Ending:** There needs to be a solidly defined ending to every scene. Yes, it can be fun to poke and prod on the marks that were made, however, this is often unintentional abuse and can fuck with the bottoms headspace.

- h. **Rollercoaster:** Build ebbs and flows in the scene to make it an adventure. Caveat: Talk about this during negotiations because some bottoms can be thrown by changes and need them to be slow or nonexistent.
- i. **Hydrate: Never refuse water!**
- j. **Design the scenscape:**
  - i. **Mindscape:** through a thorough negotiation, all aspects have been discussed. An important question people often forget is "What helps put you into Dom/sub space?"
  - ii. **Landscape:** Plan the scene in a place that helps set the mood and where you won't be interrupted.
  - iii. **Soundscape:** Along with the location, sounds, music, and lighting play a large role in creating a mood that aids in the completion of scene goals.

## 9. Where to hit? Where not to hit?

## 10. "Easing into Impact Play" by Tittan: <https://fetlife.com/Tittan/posts/12325524?sp=3>

- a. "A beginner's guide to relaxing, connecting, and exploring one strike at a time"

Starting with impact play can feel exciting, a little nerve wracking, and maybe even confusing. Whether you're drawn to spanking, paddles, floggers, or just the idea of sensation through striking, you're not alone in wondering how to ease in, and more importantly, how to enjoy the experience with confidence and calm.

First things first: It's okay to be new. It's okay to feel unsure. Impact play, like anything in BDSM, doesn't come with a rulebook you're expected to follow perfectly. Everyone begins somewhere, and what matters most is that you're curious, open, and approaching it with care.

A good starting point is understanding why impact play interests you. Is it the surrender? The deep connection? The physical sensation? The rush of adrenaline or endorphins? Maybe it's all of the above. Taking time to reflect on what draws you in will help you shape the kind of experience that feels right for you. You don't have to have all the answers, just a willingness to explore what feels good, meaningful, or exciting.

Before you even think about the tools, it's important to focus on trust and communication. Talk to your partner (or partners) about limits, fears, and fantasies. Be honest about what sensations you're curious about. Do you want light and rhythmic taps, deep thuds, sharp stings, or just to be touched with intention? That conversation builds trust and helps avoid misunderstandings. Remember: connection comes first, not performance.

When you're ready to begin, ease in slowly. You don't need to start with a paddle or cane. In fact, the best warm-ups often begin with hands. Gentle pats, squeezes, or even light spanking that builds over time. Think of it like a dance, a workout or a massage. Your body needs time to adjust, and your mind needs time to catch up to what's happening. Starting slowly also gives you and your partner the chance to tune into each other's rhythm, breath, and response.

Relaxation is part of the experience, too. Many people find that stretching, listening to music, or doing a short grounding exercise beforehand helps them shift into the right headspace. If you're the one receiving impact, try to stay aware of where you're holding tension, especially in your jaw, shoulders, or hips. Letting go physically often helps you let go emotionally. Just relax and enjoy.

Something else to keep in mind is that pleasure might not always feel like you expect it to. Some people get giggly. Others get floaty, teary, or very quiet. That's all valid. Impact play can stir up intense sensations, both physical and emotional. And your body will respond in its own way. Try not to judge those reactions. Let them be part of the journey.

And of course, safety matters. Always agree on a safeword or system before you play. Something that clearly signals when to stop or slow down. Using it doesn't mean the scene has failed. It means you're taking care of yourself and respecting the agreement you made.

Afterward, give yourself time to land. Whether it was light play or more intense, it's important to check in, offer comfort, and let your body and mind settle. Aftercare can be as simple as a glass of water and a hug, or a quiet talk about how things felt. Or it can be building a blanket fort, ordering pizza and cuddle until you feel restored. You are the only person who knows what works for you. What matters is that you close the scene gently and intentionally.

You don't have to be tough to enjoy impact play. You just have to be present.

Take your time. Go slow. Laugh if you need to. Ask for what you want. Whether you're striking or being struck, this is about more than sensation. It's about trust, communication, and finding joy in each moment you share.

#### **11. Negotiation:**

- a. <https://KuldrinsKrypt.com/survey>
- b. When?
- c. Where?
- d. What?
- e. Why?
- f. How?

#### **12. Negotiating Trauma-Informed Play**

- a. **What happened the last time you were traumatized?**
- b. **What kind of care was required for you to feel safe after you were last traumatized?**
- c. **What is the plan if one of us becomes traumatized?**
- d. **Is it an automatic end of scene?**
- e. **Do you want to do a check in at that point?**
- f. **Do you want to push through it?**
- g. **What if I'm not able to see you through your trauma?**
- h. **Is there a friend or therapist you can call?**

#### **13. Aftercare**

- a. Following the scene
- b. Check ins
- c. Secondary aftercare
- d. Check ins

#### **14. Warnings:**

- a. Therapy
- b. The mind can't let go of the scene/scenerio.
- c. Mild to serious injury
- d. Death

#### **• Sources:**

- Personal Experience <https://KuldrinsKrypt.com/impactplay>
- Tittan on Fetlife <https://fetlife.com/Tittan/posts/12325524?sp=3>
- "The Art of War" - Sun Tzu