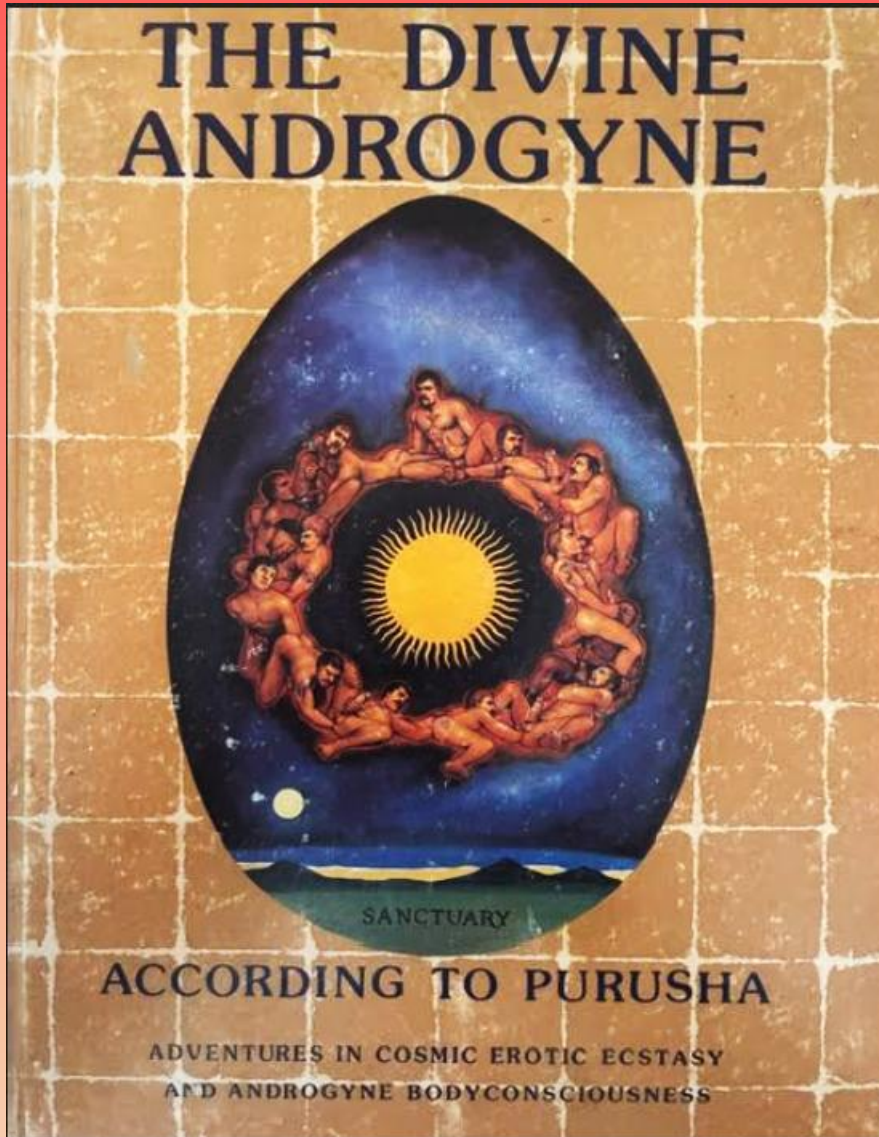




How my xl size fists lead me to present this class

Goals:

- Engage in practices that are enjoyable
- Be mindful of each person's limits and well-being
- Learn how to take and give a fist
- Identify someone who might not be right fit, or skill level for you
- Reduce the risk of injury

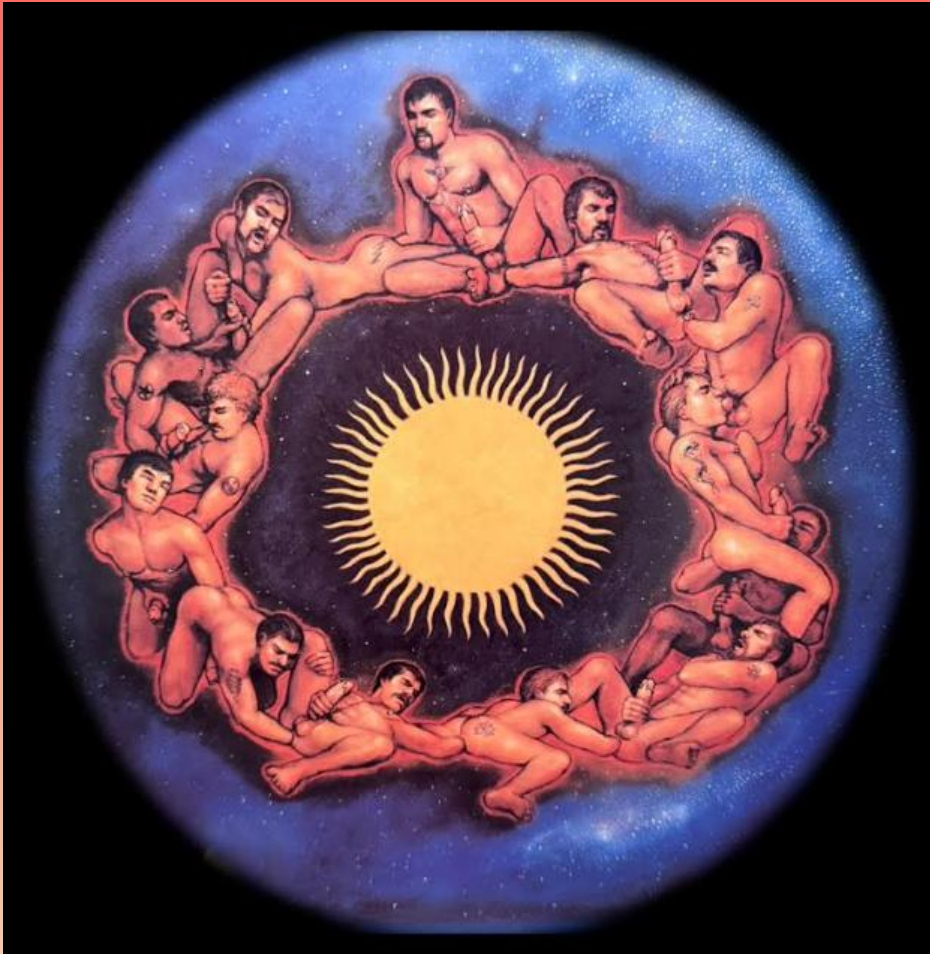


Acknowledgements

- www.consentculture.community.org
- www.bdsmptpath.org
- www.discover.hubpages.com
- www.scienceinsights.org
- www.shutterstock.com
- www.Fistingtheory.org
- www.Hanksocial.com/academy
- The divine Androgyne according to Purusha

Many other portals available for learning:

- Social media:
 - HankSocial
 - Asspig – certification of each other
- Events: Many US and European cities have monthly events and annual special events



What is Fisting?

- Among BDSM's most intimate practices - not because it is the most extreme (though it is intense), but because it demands a **quality of trust, communication, and physical attunement between partners** that few other activities require.
- It requires both partners to **move slowly, communicate continuously, and trust completely** -- qualities that make it one of BDSM's most demanding and most rewarding practices.



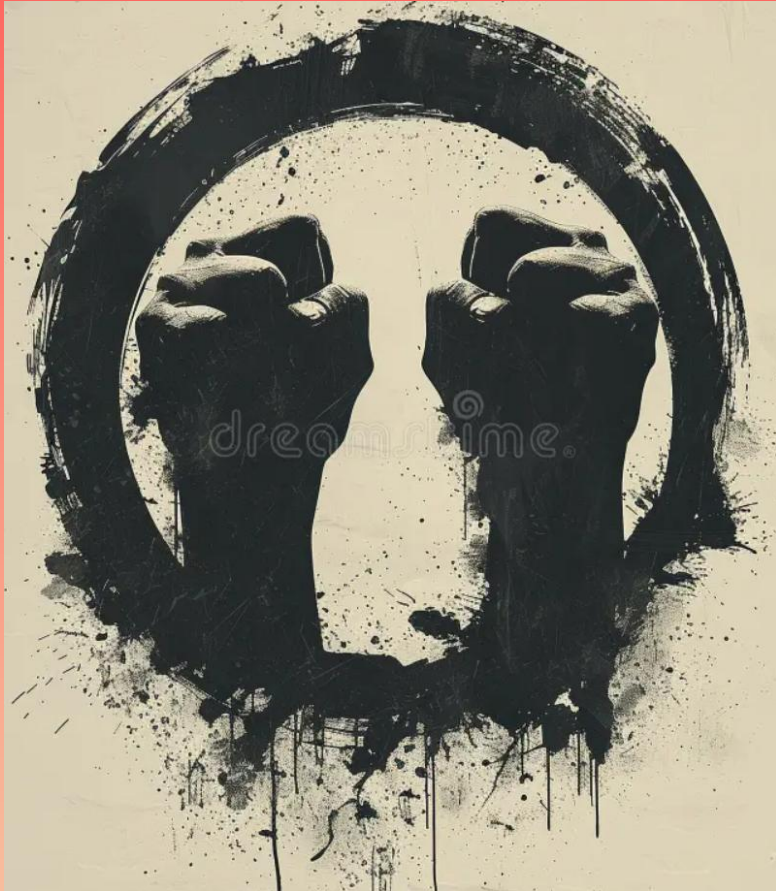
Can it be considered a spiritual practice?

- Pain has long been used in religious rituals to achieve peace and higher level of consciousness.
- Endorphins are released into the body when pain is induced. Some refer to it as feeling “high.” In the BDSM community, this is known as “subspace.”
- **Fisting allows for a unique spiritual exploration mixing power dynamics, vulnerability, pleasure, and FFun.**



Tantric tradition

- The spiritual consciousness is attained through the progressive opening of all seven chakra.
- The opening is accomplished by the mythological snake, known as Kundalini.
- I invite you to conceptualize your fists as the Kundalini's head which brings FFun, body pleasure, and cosmic erotic ecstasy.



Fists

- length
- diameter the knuckles
- diameter at the mound of thumb
- collapsable vs. not collapsable
- right and left – angle (right hand easier in sling) (left hand dogy style)
- dominant hand is more assertive

- Preparation

- Clipping nails:

- Filing nail:

- Grit 180
- Grit 240
- Grit 320

- Testing nail:

- on the underneath your own forearm
- on the bottom's inner leg (building trust)

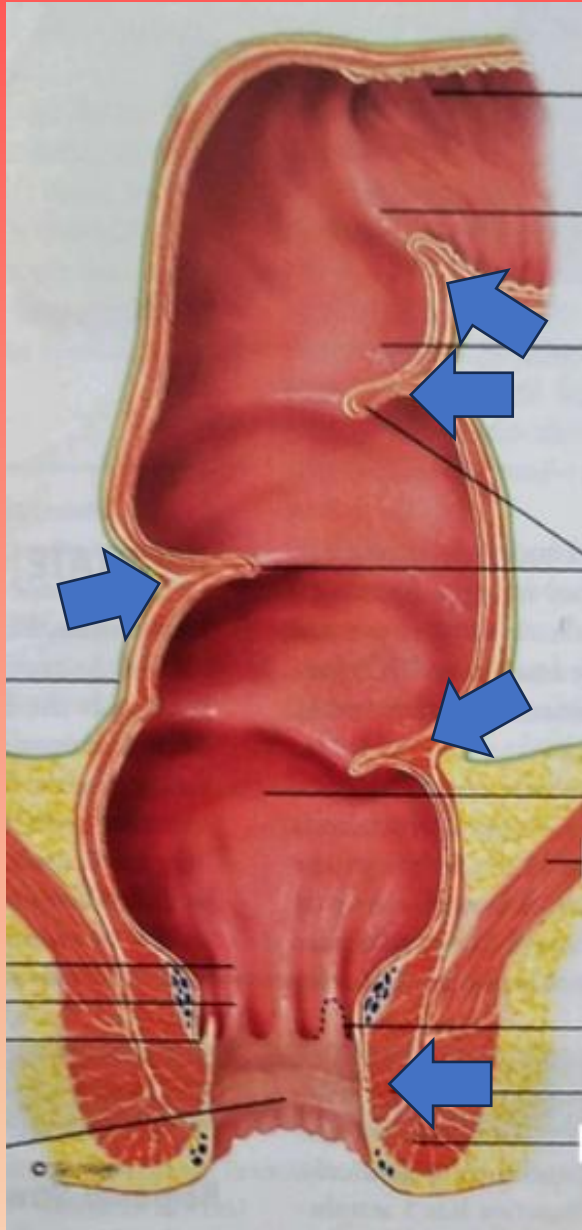
- Liquid bandage – for small cuts

- Gloves: Always turn inside out, and a size smaller than you would use otherwise.

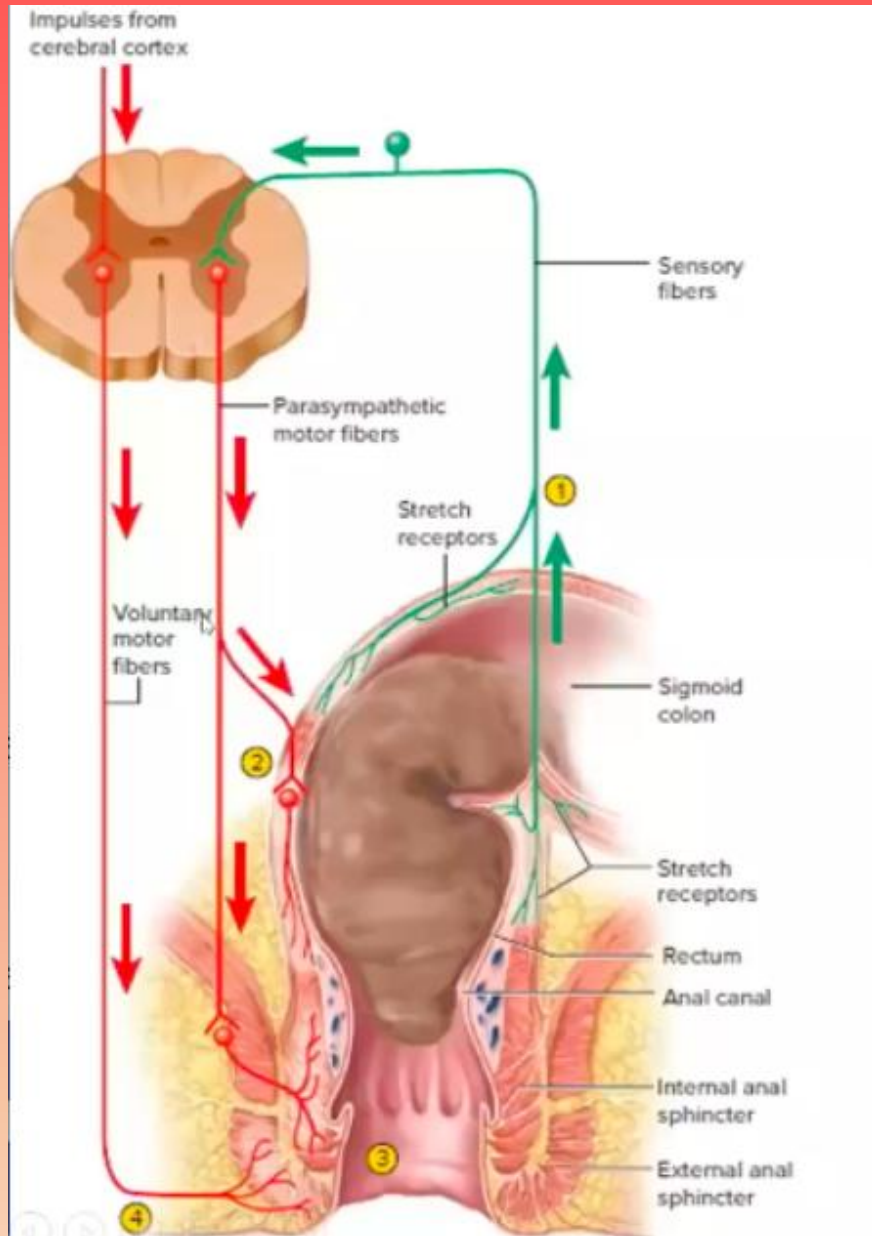


Anatomy



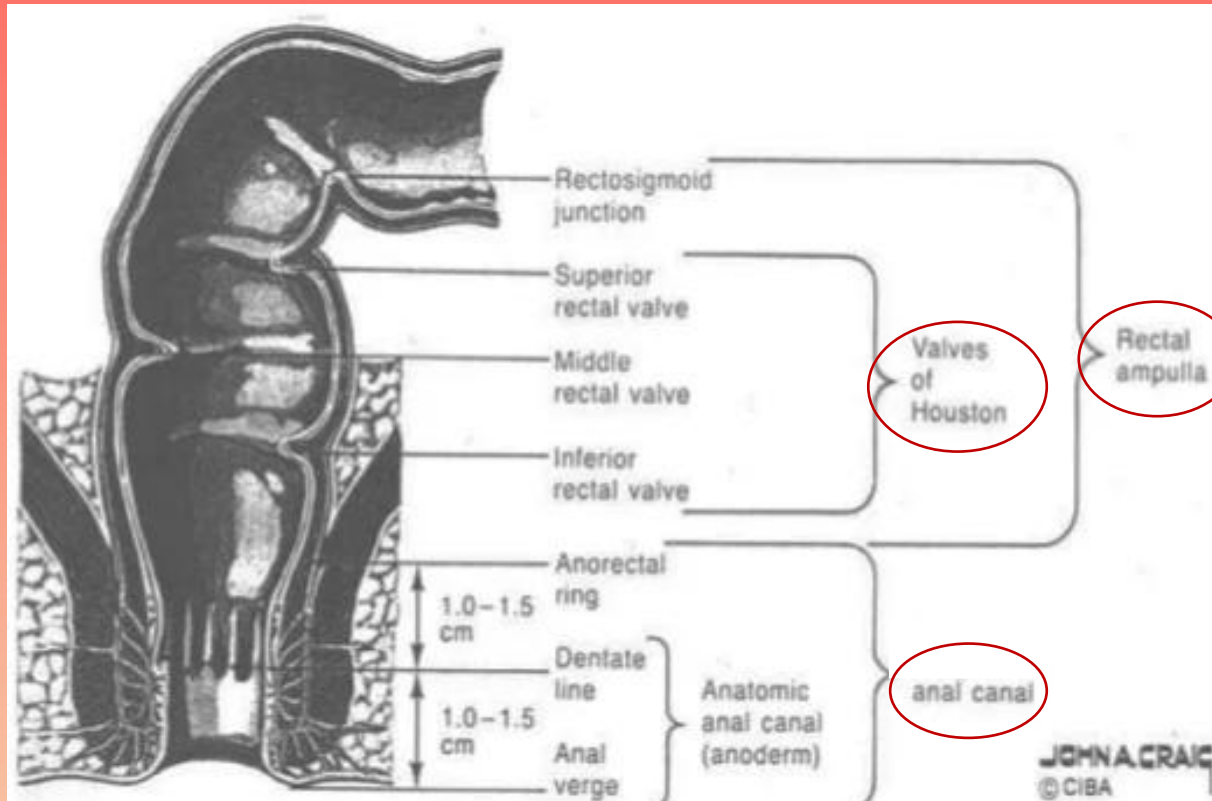


- The human rectum — especially the anal canal — is **one of the most nerve-rich areas in the body**, with a density of sensory receptors comparable to the fingertips and lips.
- The highest density is found near the **anal valves**, where the tissue closely resembles the sensory lining of the mouth
- This high density supports protective sensory functions and sexual pleasure.



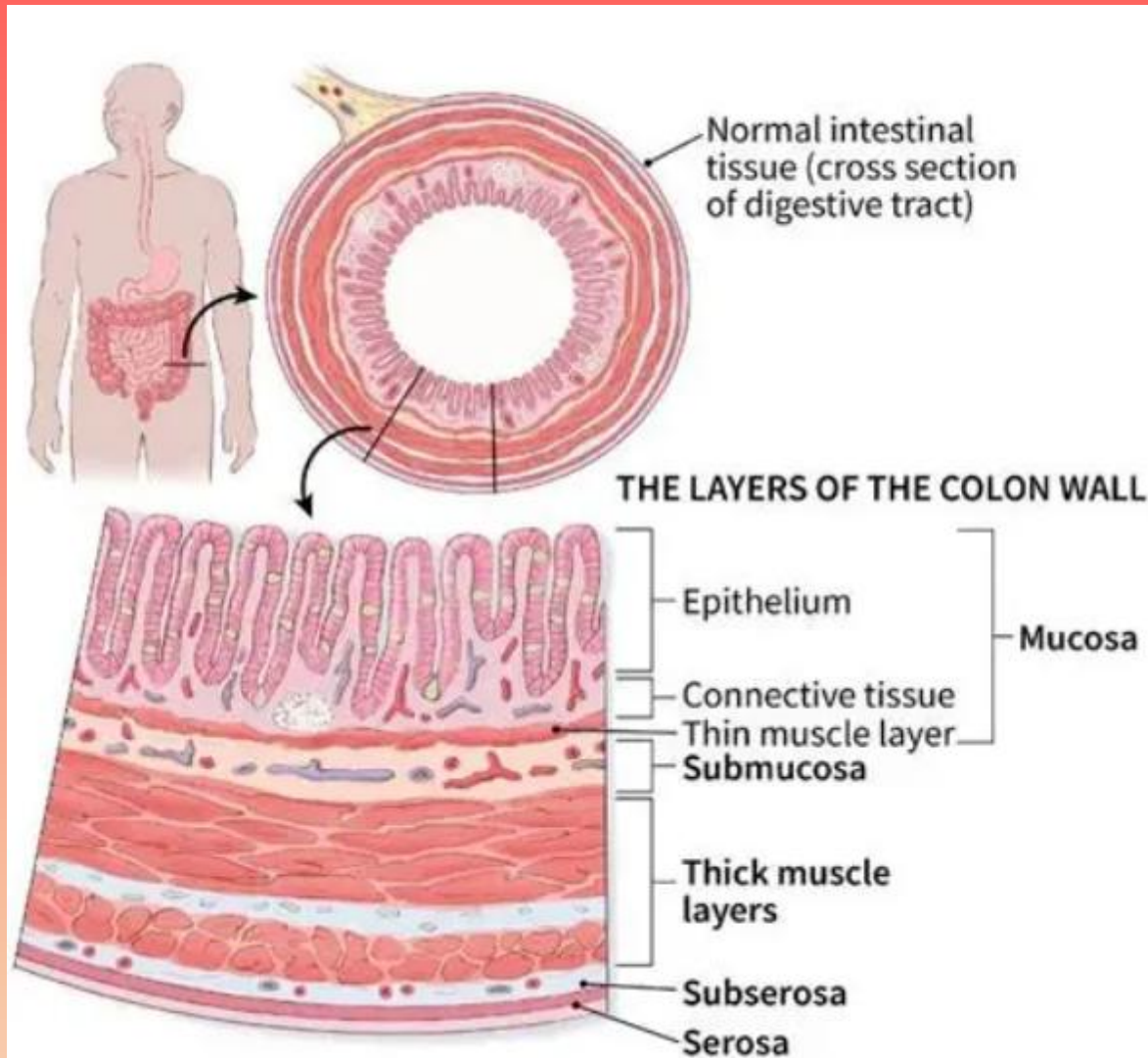
Re-training the nervous systems

- The reptilian brain maintains the sphincter closed, and the sensation of pression on the rectum wall generates contractions that will lead to bowel movements.
- We are re-training our brain in the sense:
 - opening and relaxing the sphincter and valves,
 - sensation of pression becomes pleasure.



The rectal ampulla

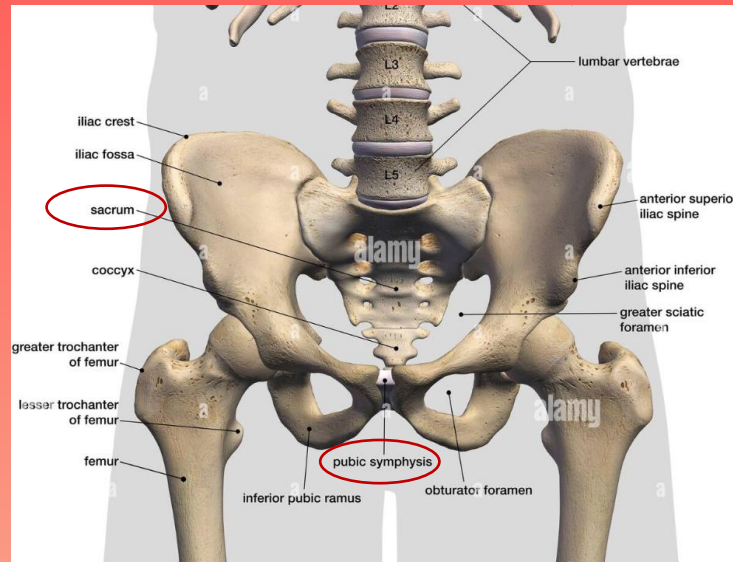
- Stretchable and acts as a reservoir during defecation
- Stretchable to take a fist elbow deep or further
- It is safe place to fist – past the sigmoid the tissue of the intestine gets thinner and delicate – with high risk of injury.



Colon and rectum have a tubular shape with:

- Inner circular muscle layers that are stretched with **rotative movement**
- Outer longitudinal muscle that are stretched with **longitudinal movement**

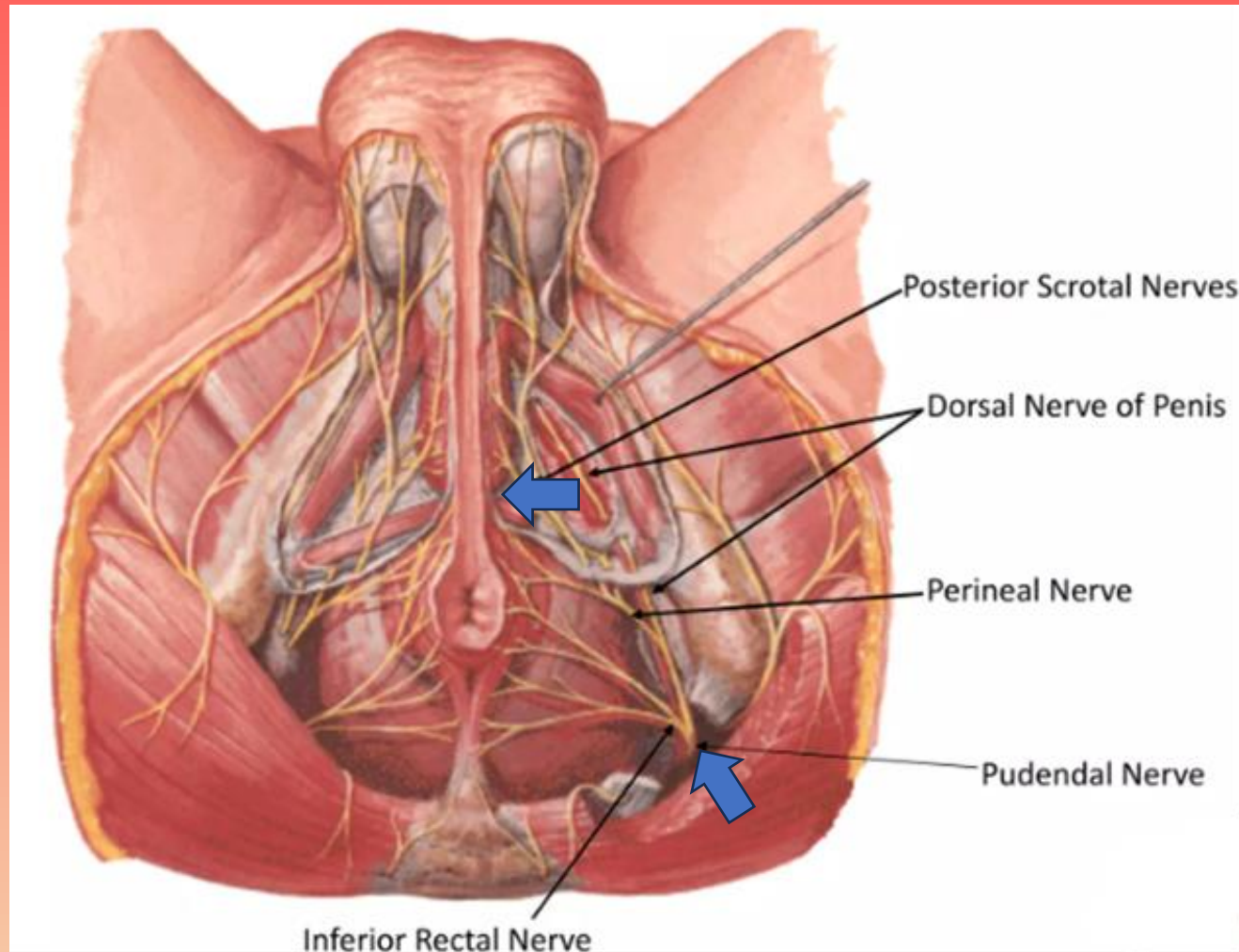
Produces **Rectal mucus** – gel like substance that creates a viscous yet slippery substance reducing friction – proper lubrication is essential to **fisting**.



Bone structure

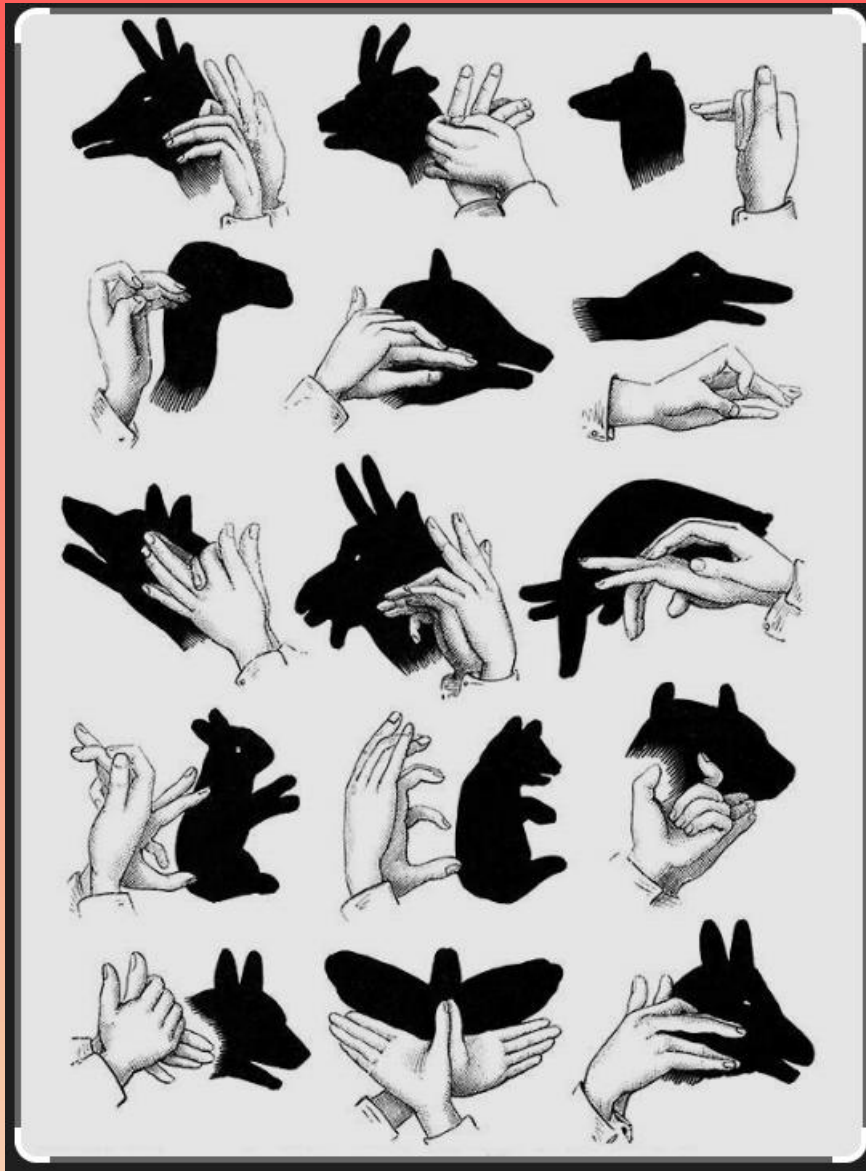
- The rectum goes through the pubic bone
- The tail bone / coccyx might be in the way !
- Pubic symphysis is the only part that can be stretched (hand knuckle is horizontal)



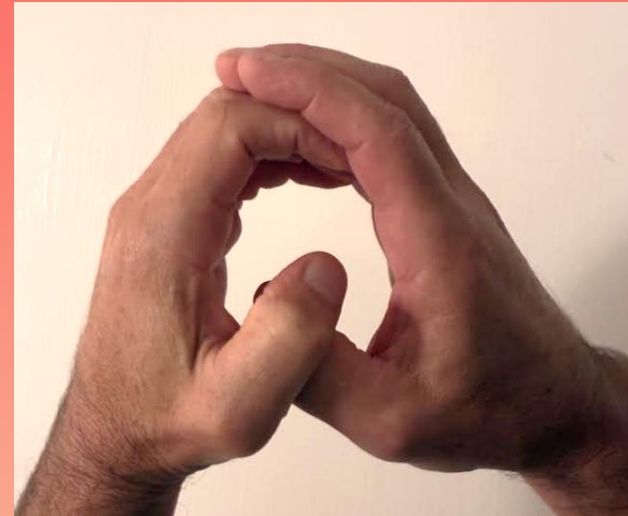


Nervous system

- Sphincter and genitals connect to Pudendal nerve pathway
- Perineum loves external massages
- “G” point for man is approximately located at the base of the penis near the sphincter

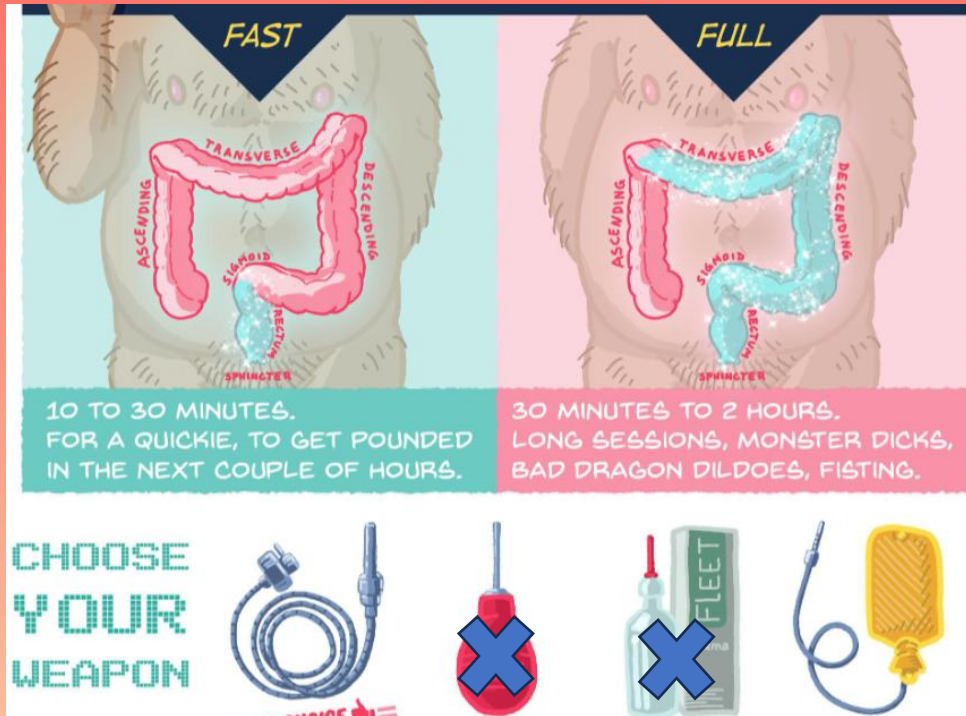


End of theory... Activities begin!



- Pair the person next to you - one put his hands as shown above, and second with tips together - close your eyes. Playfully, insert the first ...
- Let's check your nails

Clean out



- We are buying “play time” before the next batch comes down. The deeper you learn to clean the longer (and deeper) you can play.
- Healthy adults typically have a **whole-gut transit time of 18 to 48 hours**.
- Fiber-rich diets, regular hydration, regular exercise, and probiotic (yoghurt, pickles, miso soup, kombucha, etc.) generally promote faster transit.
- Consider intermittent fasting or light eating according to your transit time. Avoid grassy food (hardest to move)



Shower hose :

- 6in wand is good enough for fucking and fingering
- 9-12in is good for cleaning the deeper in rectal ampulla

Reduce the amount of water (too much may damage lining and creates irritation):

- Gently fill the rectal ampulla with warm water at a low pressure
- Hold the water for a few minutes – let your body absorb the water – before expelling

Alternatively, use douche enema (coffee enema is stronger) – enema bottles are not useful.

Play with your hole

- Use a depth toy to open deeper and allow water to go deeper
- Move the wand to go through the valves
- Contract and push while using fingers or toys
- Massage your tummy clockwise
- Squat





Use both fat base and water base lubes

- Start with fat base:

- Shortening Crisco
- Cream: Elbow grease
- Vegetarian options: coconut, shea butter
- Vaseline (it is sticky)

- Great for warm up on the outer of the hole - fat base lube has higher friction than water-based lube - it is warming

- Make sliding much easier when apply water base lube

Water base lubes:

- They are powders that needs to be rehydrated – allow 2hrs or more.
- A typical session uses between 250 to 500 ml (1 - 2 cups) of lube per person
- The different types:
 - Polyethylene Oxide (PEO) lubes K, X, FFausten, Fist powder - can be temporarily stored
 - J lube and Xanthan gum are not shelf stable – should be disposed after a session
- Use soon after initial warm up with fat base – definitely before insertion



What Is Emulsification?



Emulsification disperses one liquid into another liquid that would normally separate.



Emulsions and Potions

- Emulsification of both lubes gives the best protection:
 - K, X, FFausten emulsify elbow grease
 - Xanthan gum emulsifies cisco
- Some add lidocaine, essential oils of clove – as topical analgesic
- There are a lot of options, refer to <https://www.fisttheory.com/> (Benji's venin)
- Disclose lubrication ingredients and additives to your play mates.



Water lube is messy!

- Dispense with:
 - Water bottle
 - Calf feeding bottle – half liter is ideal
- Prevent slippery ground and mess to clean by following the etiquette before play:
 1. Place a pad on the sling
 2. Place a pad on the ground
 3. Bucket on top of pad of the ground
- After play
 1. Top wipes off the excess of lube on the bottom
 2. Top wipe off his hands / forearms
 3. Paper towels are placed on top of mat on the ground.
 4. Pad on the ground is rolled like a burrito, and disposed in bucket.
 5. Help the bottom to stand up (poppers dizziness)
 6. Hugging / kissing is encouraged

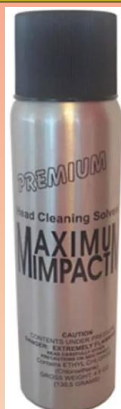
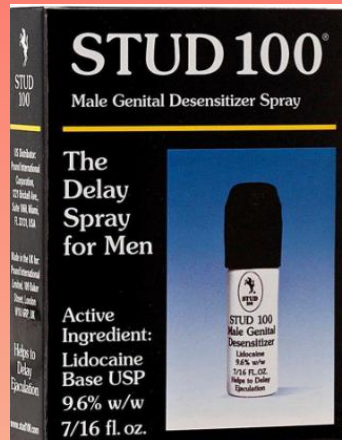
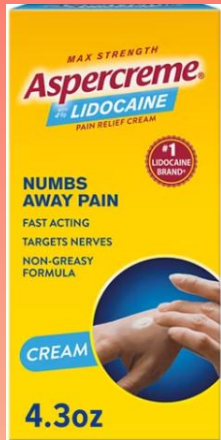


Pain management

- Breathing, relaxing, endorphins – might not be enough at the beginning of your journey
- Talk to your US doctor about:
 - Methocarbamol is a centrally acting muscle relaxant that reduces skeletal muscle spasms.
 - Ibuprofen is a nonsteroidal anti-inflammatory drug (NSAID) that reduces pain, inflammation,
 - Diclofenac sodium delayed-release tablets are a prescription non-steroidal anti-inflammatory drug (NSAID) used to treat pain and inflammation associated with a range of conditions.



Methocarbamol and ibuprofen and diclofenac can generally be taken together safely, providing complementary relief for muscle spasms and inflammation.



- Imodium works by slowing intestinal contractions (Take 2- 4hrs ahead of cleaning out, you may double dose)
- Lidocaine is a topical analgesic available in 4% gel, 5% cream, and 10% spray – higher % available with prescription.
- Benzocaine– cream Mandelz – muscle soreness in 5min
- Cannabis:
 - The endocannabinoid system controls a lot of what happens during sexual response. When the cannabinoid receptors are activated, they can change how the brain processes pain, pleasure and how the body senses touch.
- Poppers:
 - Release nitric oxide acts as a smooth muscle relaxant
 - Result in **short-lived “poppers rush”** characterized by warmth, lightheadedness, and euphoria
- Spray popper / Maximum Impact
 - Be cautious less is more!



Let's getting in!!!!

- The insertion of a hand into a partner's body is not an act of force but an act of patience!
- The receiving partner's body opens not through pressure but through genuine relaxation and trust!
- Phases of play:
 1. **Warm up** – up to the fist entering the rectum
 2. **Exploration** – once the fist entered the rectum
 3. **Finale** – cosmic erotic ecstasy

Warm up phase

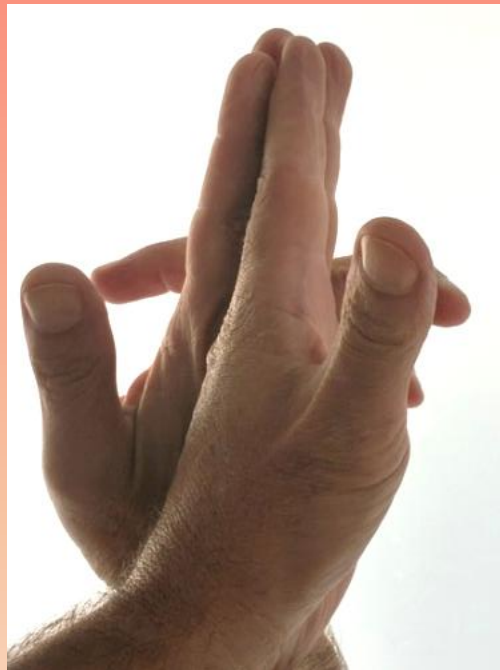
Sphincter seduction and hole seduction – building trust

- Bottom's job :
 - Being in your body and actively relaxing with slow breathing through the nose - like yoga
 - Synch your breathing with top's move:
 - Bottom inhales – top back off a bit
 - Bottom exhales– top sneaks a bit deeper or wider
 - Squeeze and relax sphincter
 - Bottom squeezes – top holds
 - Bottom relaxes – top sneaks a little bit more
- Top's job:
 - Caress the inner sides of the B's leg so he can feel your smooth finger tips
 - Use fingerprint side of the finger (softer)
 - Close your eyes – synch your breath with the bottom
 - Rotative and longitudinal movements at the same time – like a screw
 - Take it slow (unless told otherwise)



Sphincter seduction

- Use your fingers as a dilator
- 4 fingers is really ideal





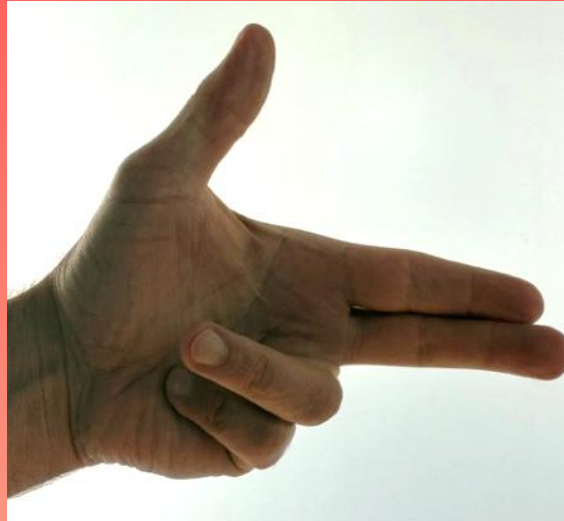
Sphincter seduction

Dilate in opposite direction:

- Release and turn slightly
- Repeat rotating clockwise and counter clockwise
- Horizontal direction is the toughest – bone structure

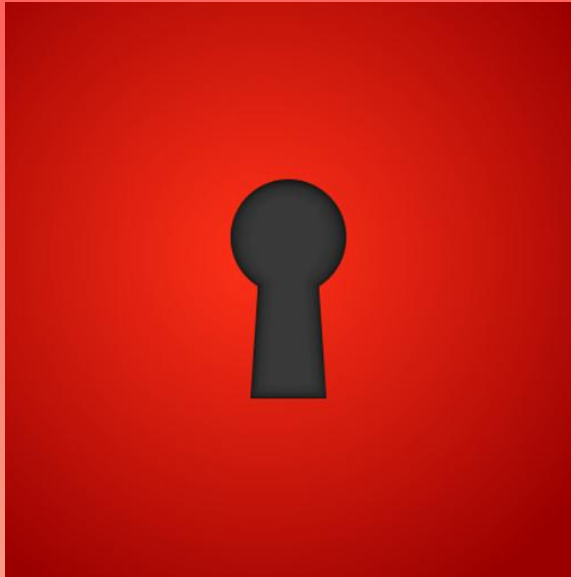
Bend the finger tip to grab the sphincter from the inside:

- Pull out gently (don't go out)
- Massage the inside of the sphincter as you spread it.



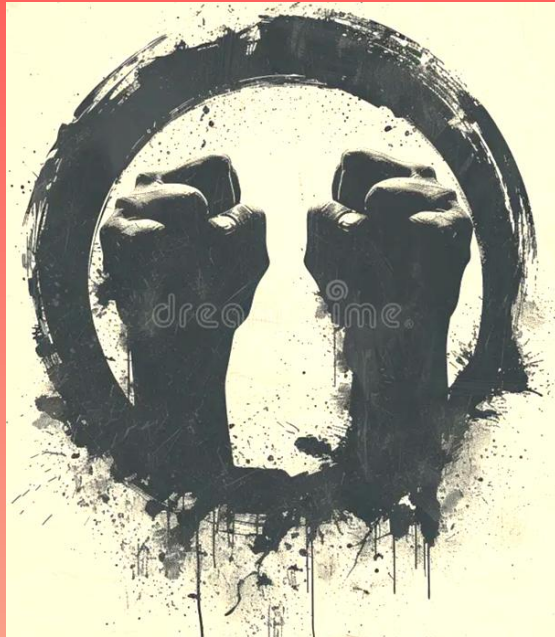
Deep hole seduction

- Before entering, you need to ensure there is room for the fist
- Tease the deep hole with the index and/or major finger
- Pistole figure is a good way to start with the tip of fingers vibrating and teasing the rectal ampulla to come forward
- Open the deep hole gives a sense where to aim with the finger when the fist enters.
- Pray figure is wonderful move. Insert two hands almost to the knuckle... Now the hole is ready to take top's smallest hand.



Sliding in

- Tips together - Kundalini's head
- Align yourself with the bottom: elbow + wrist + hole + belly button
- Visualize a key hole and you fist is a key (hand's notch fits with the tail bone)
- Like a key or a screw: use simultaneous rotative and longitudinal movements
- It may take several attempts - keep massaging and seducing the hole in between each attempt



As soon as the fist starts to slide in, the top quickly needs to figure out if:

- keeps the fingers together aiming to the second hole (deeper hole is open and hungry for massages)
- OR , he closes his fist (small size rectum, deeper hole not cooperating, partner not into depth)
- When the fist is fully in for the first time: **STOP** - let the fist feels the hole without moving.
- Let hole feels the fist:
 - Let the bottom process what just happened and give him the time to contract and relax on the fist at least once minimum
 - You may stroke to bottom's cock to take control of his rectum contractions (it also heightens the sensations).
 - After a few contractions, you may proceed exploring



Exploration phase

Bottom's job :

- Express yourself through heavy breathing / moaning / laughing or peering ... Sounds are exciting for the top, and group setting this is exciting for everyone.
- Show the way: contracting and releasing, the rectum may swallow the fist
- Encourage / guide:
 - “Thank you”
 - “Oh that is a good spot!”
 - “Can we do that again!”

Top's job:

- Listen to the bottom – it is a collaboration!
 - When B takes popper - T stops
 - When B asks lube - T adds more lube
- Check your alignment and replenish lube as needed
- If there is music try to match the tempo with your movements
- Alternate width and depth – B may have a preference, just ask.
- Alternate right and left hand: slight change of angle, both hands have different styles
- Continue slow (unless told otherwise) – it gives time to B to provide feedbacks.

Basic hand figures - Closed fist



- Thumb in the fingers, in that case the knuckle of the index & major will lead the exploration for depth (when the hole opens easily)
- Thumb is on top of the index, in that case the thumb will lead the exploration for depth (when the hole is stubborn)
- When you contract your closed fist, it gets even larger, and you can spread the knuckles

Basic hand figures of exploration



Kundalini's head / finger tips together

- The tips are rotating and vibrating
- The finger can spread open

The most common hand figure is in between - a closed fist with thumb /annular / pinky and index / major straight ahead. You can do everything:

- Massage the wall with your knuckles
- Seduce deep part of the hole
- Massage the sacrum



Style - width / depth



Width:

- Play with the sphincter and in the anal canal / rectum
- Punches - slow or fast
- Double

Depth:

- Play in the anal ampulla and sigmoid (but rarely beyond)
- As you go deeper move slower and with smaller range of motion (unless told otherwise)
- Close your eyes – listen to hole

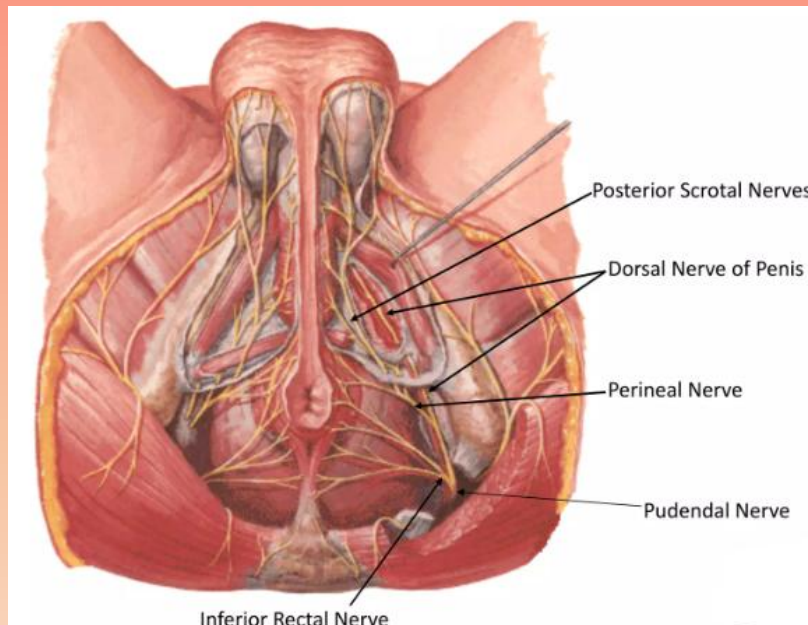
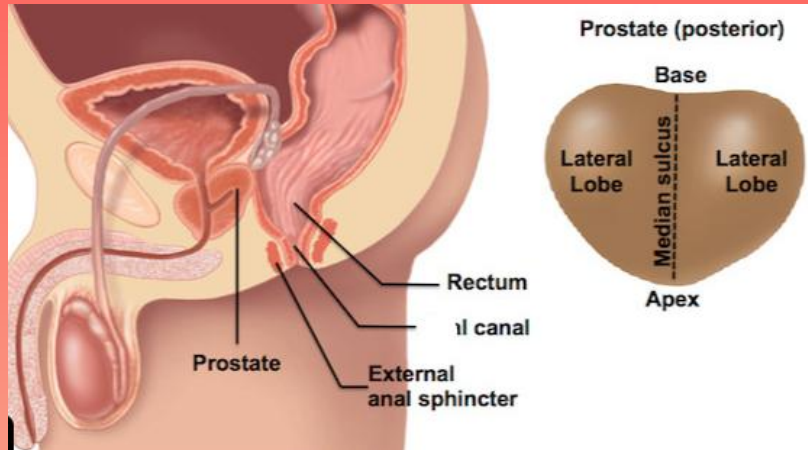
Ask B his preferences

Style - pushing / pulling



- Even so gently, there is always some pushing to get your fist inside a hole.
- The opposite is pulling, it is not used enough, it can be achieved:
 - With the tip of the fingers, you can hook the valves and pull them and vibrate the finger... A rose bud may show up
 - Contract closed fist inside the hole on horizontal / diagonal /vertical position, and pull out and roll the sphincter without exiting completely

Style - Massage



- Rotating from the wrist with the fist inside
- Massaging the sacrum: use the pinky side of the fist
- Massaging the prostate: use the knuckle of the thumb
- Massaging the perineum

Once the fist is familiar with the hole (knows the “good spots”), and the hole trusts the fist(s) the finale begins.

Finale is cosmic erotic ecstasy



Endorphins

Oc1ccc(cc1)C[C@H](N)C(=O)NCC(=O)NCC(=O)N[C@@H](Cc2ccccc2)C(=O)N[C@@H](CC)C(=O)O

1 Function

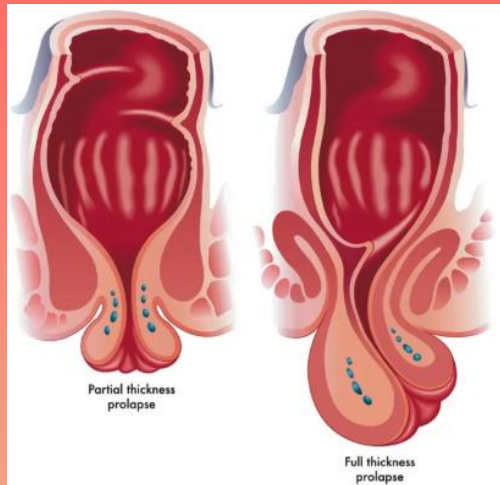
- Natural painkillers produced by the body.
- Enhance the feeling of pleasure and well-being.

2 Effects

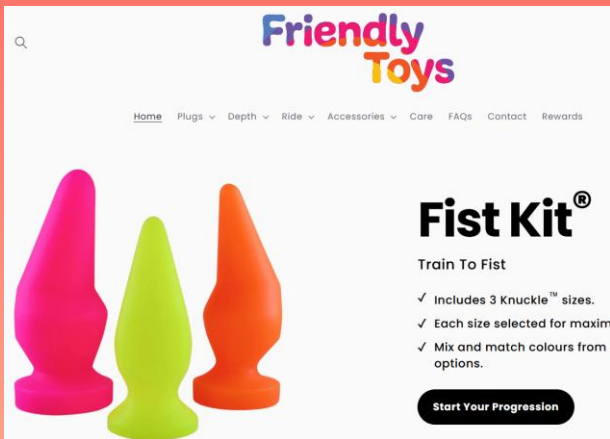
- Reduce pain perception and stress.
- Promote a sense of euphoria and relaxation.

- Going into cosmic erotic ecstasy is very personal, just ask the bottom *"Any special request?"*
- Reactions take many forms:
 - Peeing
 - Tremblor of anal orgasms
 - Shouting, growling, laughing....
- Endorphins are taking effects

Stretching to prolapsing and gaping



- It will happen overtime depending on your anatomy
- The bottom is in charge of stretching with toys :
 - sphincter is stronger than any hand, and it can hurt the fist
 - more practice the better - 2 to 3 times a week for quick progress
- There will be plateau ...
Practice Practice Practice



Toys

- Recommend platinum-grade silicone ... more expensive than PVC, TPE, or other soft plastics
- **Hankey's Toys** still offers a **25% birthday discount** for eligible customers (you need to register and they send you the verified coupon before your birthday)
- **Mr S Leather**, and most providers, offer sale and reward program – subscribe to their newsletters



Hankey's Toys



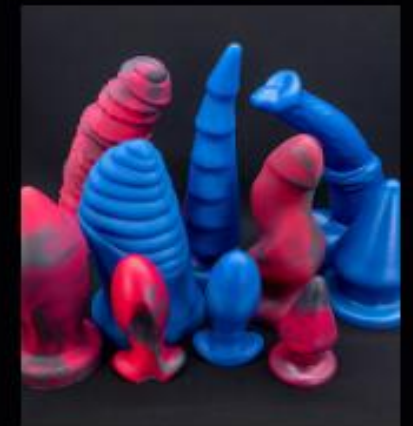
Erottixx Toys



Square Peg Toys



Bad Dragon



Topped Toys

Can fisting be harmful?

- Long term outcomes of anal fisting are not well quantified. Most self-reported practitioners do not report chronic problems (study on factually.com April 9, 2026)
- There are documented acute and surgical harms: external laceration, rectal tears, sphincter rupture, bowel perforation
- A systematic review found that intoxication was present in most cases suggesting that **impaired consent and techniques increase risks**. Be aware of your and your playmates intoxication level.



There is blood!!!! ... Depends on how much:

- Pinkish color indicates low amount of blood: it is quite normal, take a break, insert a few ice cubes as needed (asymptomatic hemorrhoids, blood thinner)
- Bright red blood and blood clots on the fist but it is not dripping out (it happened to me):
 - Your hole will shut down, and tight up, the discomfort may increase as the time pass, next day may be worse.
 - Cannot assess visually the damages – require blood test to assess your immune system response within 24 hours or to determine the gravity of the tear.
 - I went to emergency room, and was on observation for 6hrs. Based on my immune system response I was sent home to rest and allow my body to heal. I did not have any bowel movement for 4 days.
 - If my immune system were under alert, I would likely have received an antibiotic treatment.
- If blood is dripping out - **this could be a life-threatening, go the emergency room**



Q/A... Before hands on practice