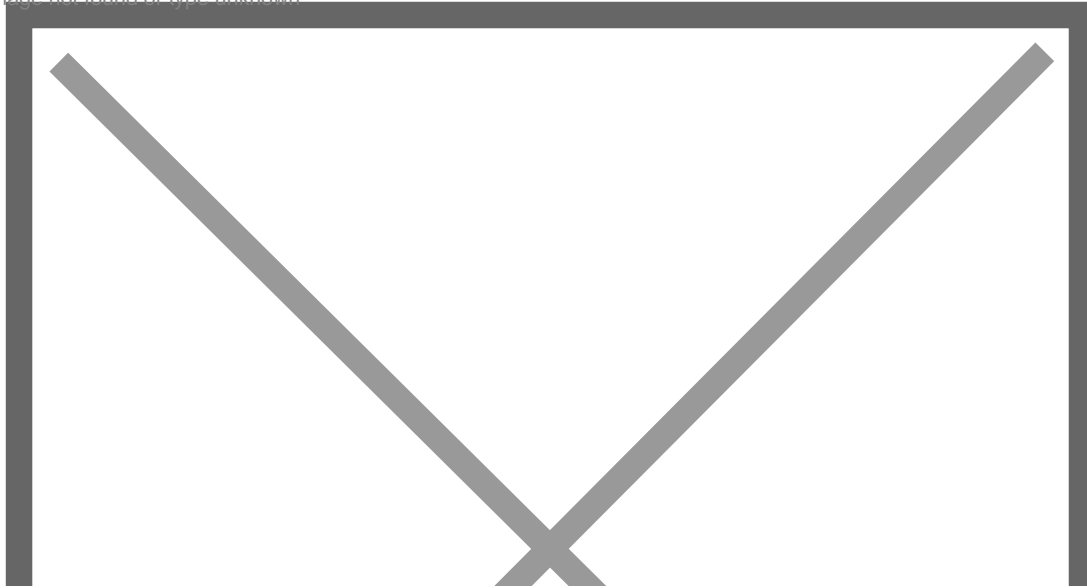


## Praktiken Bastonade

A bastinado or falaka is the term used to describe a blow to the sole of the bare foot. Depending on the purpose of the blows, the bastonade was used for torture or chastisement and was executed with the appropriate severity.

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Spanking Lexikon

The term bastinado comes from the Romance languages and meant something like caning or beating. The term [Falaka](#) describes the same practice, but originates from the Arabic region. New German also bastinado, booting, foot whipping or sole caning are used.

A bastinado or [falaka](#) is the term used to describe a blow to the sole of the bare foot. Depending on the purpose of the blows, the bastonade was used for torture or chastisement and executed with the appropriate severity. The term bastonade comes from the Romance languages and meant as much as cane blow or beating. The term [Falaka](#) describes the same practice, but originates from the Arabic region. In modern German, bastinado, booting, foot whipping or sole caning are also used. The term bastinado or [falaka](#) is used to describe your sole caning, that is, the blow on the bare sole of the foot. Depending on the purpose of the blows, the bastonade was used for torture or chastisement and was executed with the appropriate severity.

The term Bastonade comes from the Romance languages and meant as much as stick blow or beating. The term [Falaka](#) describes the same practice, but originates from the Arabic region. In modern German, bastinado, booting, foot whipping or sole caning are also used. Until today the [Falaka](#) is used in the Near and Far East for punishment. Sometimes the [Falaka](#) is performed in public to increase the pain for the punished. Also in some western countries the Bastonade is used as punishment until today.

In the bastinado, blows are administered to the bare soles of the feet with a suitable percussion instrument. Sticks, whips, canes, straps or rods are often used as percussion instruments. With them the blows are executed, which mostly hit the area between the ball of the foot and the heel. In the [Falaka](#), the blows are mainly executed with a stick, but the feet are fixed. The feet of the punished are tied to a beam and pulled upwards, in order to have a better striking position for the [falaka](#) and to avoid unwanted injuries.

Intense pain is triggered with the bastinado, as there is a particularly dense network of nerve cells in the underside of the foot and thus it has a very high sensitivity to pain. Even with very punctual impact on the

sole of the foot, the pain sometimes radiates from here to the entire body, since the nerves located here are directly connected to the sciatic nerve. Unlike other regions of the body, the nerves and thus the sensation of pain cannot be dulled. A multitude of blows even increases the pain sensation significantly, so that later even light touches are sufficient to trigger pain.

In the BDSM area, the bastinado is performed by the [top](#), who fixes his [bottom](#) to then treat the soles of the feet. For the fixation are here gladly foot cuffs, pillories or spreader bars used or BDSM pussy to which the [bottom](#) is tied by means of bondage. The bastinado used in BDSM is more like the Arabic [falaka](#), which is why it is often referred to as [falaka](#).

Considerable pain is inflicted on the [bottom](#) by targeted blows to the sole of the foot. The degree of pain is significantly influenced by the striking instrument used and the force exerted. Due to the bastinado, the feet swell slightly and convey to the [bottom](#) even some time later from the chastisement. Especially with the [falaka](#), it requires a high degree of trust by the [Bottom](#) in the [Top](#) and his abilities. Hitting the wrong parts of the foot, such as the ball of the foot or toes, too hard can result in a significant risk of injury, from open lacerations to broken bones and permanent damage. If the bastonada or [falaka](#) is performed correctly, there is very little risk of injury. For the bastonada, flexible percussion instruments are usually used and the blows themselves are aimed at the area of the arch of the foot. The skin here is particularly tough and impact is absorbed by the muscles of the foot. Particularly with the [Falaka](#), where rigid percussion instruments are often used, caution is advised. Injuries can occur even with light blows.