

To Sell 34x3

The A-Z beginners..



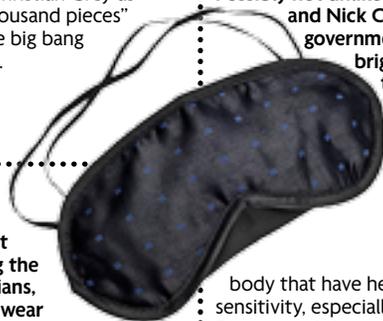
WITH WOMEN GETTING THEIR KNICKERS IN A TWIST OVER FIFTY SHADES OF GREY AND THE THOUGHT OF BEING BOUND UP WITH CHRISTIAN GREY'S TIE, S&M NOVICE **SIOBHAN MCNALLY** TAKES A PEEK INTO THE MYSTERIOUS WORLD OF FETISH-LOVERS

A is for **Anastasia Steele**: A 21-year-old virginal student – as hard to find these days as a Bosen Higgs particle. She describes sex with Christian Grey as “shattering into a thousand pieces” – at once solving the big bang theory for scientists.

D is for **Dominant**: The person on top in a BDSM (Bondage Dominant Submissive) relationship. Possibly not unlike David Cameron and Nick Clegg's Coalition government, but with brighter-coloured ties.

I is for **Injury**: Playing with sharp instruments and offensive weapons is all going to end in tears at some point – in fact that IS the whole point. Bondage is not intended for the risk-adverse, litigious-minded, or indeed thin-skinned.

B is for **Blindfold**: Not content with pulling the chord on the Venetians, fetish-lovers like to wear eye masks when having nookie. This has a two-fold advantage – it saves having to remove your mascara at bedtime and you can have a snooze without anyone knowing.



E is for **Erogenous**: Areas of the human body that have heightened sensitivity, especially when aroused. For men, this is often a tingling felt in the wallet pocket when checking out widescreen TVs, while the female of the species' pupils tend to dilate at the sight of the perfect wedge heel, often several times in a lunch hour.

J is for **Jolly hockey sticks**: Dressing up in uniforms is a very important part of role-play, although preferably St Trinian's gymslips or rubber nurse outfits. Bouncing around as Bugs Bunny, doing your impression of “Ehh... What's up, Doc?” is bound to put a chap off his stroke.

C is for **Christian Grey**: Self-made multimillionaire who flies helicopters and is deeply misunderstood. Any similarity to Noel Edmonds is completely coincidental.

F is for **Flogging**: Also see Caning, Spanking etc... Once just the preserve of naughty public school boys, it seems corporal punishment is de rigueur these days. With three levels of pain – pink, purple and GBH – expect to see Katie Price jumping on the bandwagon and bringing out a monogrammed pink paddle.

K is for **Kinky**: To enter the world of bondage requires that you first have a preference for some of the more bizarre sexual practices. To work out if you are kinky, ask yourself: “Do I look at small, confined spaces and wish I could be folded into them? Do I have urges to wrap myself in clingfilm when I'm making the kids' packed lunches?”



G is for **Grey Tie**: Bringing a whole new meaning to the phrase “done up like a kipper”, Christian Grey used his silk neckwear to shackle Anastasia and tease out her unspoken desires. Most blokes would prefer not to know in case they end up clashing with Match of the Day.

L is for **Legal**: Christian required Anastasia to sign a non-disclosure agreement binding her to his rules – that she get at least eight hours' sleep and eat three healthy meals a day, while he would keep the equipment clean at all times. That's not a legal contract – it's a spa weekend.

H is for **Handcuffs**: Restraint fans play out their innermost fantasies by putting their lover on a fluffy cuff lockdown, preferably with a quick release for when it's time to put the kettle on. Thumb cuffs are the travel version so you don't miss out on holiday fun.

M is for **Mummification**: Like a mini-break but without the hotel, dinner or disappointing date, deep bondage is only for the truly committed. Being bound and gagged with bandages or duct tape and then left in a state of sensory deprivation may sound like a nice rest from the kids, but it plays havoc with the school run, or even nipping to the loo.

of bondage for



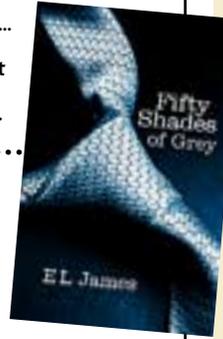
T for **Tickling**: A particularly deviant form of bondage, tickling makes the recipient cry with laughter. Chinese tickle torture was outlawed by the Han Dynasty in the second century AD for being too cruel, but the tickle stick was successfully reintroduced in this country by comic Ken Dodd to torment his audiences.

U is for **Underwear**: Anastasia finds herself having to wear sexy lingerie chosen for her by Christian Grey, and it all fits perfectly. This is stretching the boundaries of possibility. Man may have found the God particle, but checking his wife's bra for the correct size BEFORE shuffling around a branch of La Senza is still considered very much uncharted territory.

V is for **Vanilla sex**: Normal, boring sex to you and me. Yep, no whips or chains – not even the merest whiff of a spanking. Frankly, it's a wonder how the human race managed to survive so long before Fifty Shades came along.

W is for **Wikipedia**: When Anastasia discovers Christian wants her to be his sex slave, she looks it up. Shocked, she fears something terrible happened to him as a child, to turn him into this... this... beast. Oh get over it, men think about sex 422 times a minute – it's a fact.

X is for **X-Frame**: The X-Frame is less comfortable than a Y-Frame, but the W-Frame is only for the truly advanced deviant, and can leave the unsuspecting in a Z-Frame – otherwise known as a Zimmer.



Y is for **Yellow**: Safe words are used in bondage play to warn the other when it really is time to quit. According to Christian's rules, the safe word "yellow" means "I'm getting cramp", while "red" means "I'm calling security". You can make up your own safe words – perhaps "Ivana" and "geddof".

Z is for **Zipper**: Fetish wear has taken the humble fastener and turned it into an indicator of a racy sex life. A jacket only has to have two zip pockets on it and some comedian is bound to come up and say, "Ooooh... get you in your bondage outfit."

N is for **Nipple clamps**: Clamps are linked by a chain and these days come with a rubber coating to prevent slippage. It's commonly thought they're used to cause pain, when in fact they're just a handy line to hang things. Just think, you never need to worry where you've put the tea towel – because it's right there, between your boobs.

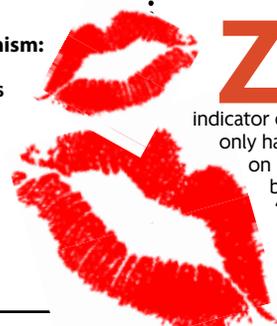
P is for **Paddle**: Inevitably hand strain must play a large part in the decision to partly mechanise spanking. Using a wide bat with a handle to administer punishment saves hurting your hand – and is handy for a game of table tennis.

R is for **Riding crop**: The single most important tool in a bondage babe's bag of tricks. Satisfyingly whippy, I defy anyone to pick up a crop and not crack it a couple of times, usually at the nearest cushion, while saying, "Bend over for Miss Whiplash" in an evil accent.

O is for **Obedience**: The central aim for any self-respecting submissive is to do exactly what they are told. Backchat, rolling eyes and saying, "D'oh, you divvy" when the master slips on the hot wax will just ruin the game for everyone.

Q is for **Quickie**: Out of the question in the bondage world. What with all the chaining, whipping, dressing up and dressing down, you need to factor in at least two hours for a dungeon session. Then there's all the clearing up to do.

S is for **Sadomasochism**: A subset of BDSM, sadists dole out hurty stuff, masochists like to receive it. If only all partnerships were so harmonious, there would be a lot less divorce.



Kristin's diary



LIVING WITH CANCER

Gifted time tied with a ribbon

This week's feel-good factor ☺☺☺●●●

This week's column is being written from my window seat on the Great Western train bound for Cornwall. It has been a while since I spent time in the "Cornwall office" – aka the house of my twin sister Maren, co-founder of CoppaFeel! I wish it was for pure pleasure, but alas I have a big report to write. Yawn! But how lucky I am to be able to leave London at the drop of a hat and do boring work from there. I had planned it because A) I didn't want to be in London for the entire Olympics – although, since seeing all the Games and the haul of Team GB



MAKING TRACKS: Kristin on her way to Cornwall

medals, I've actually realised it is THE place to be during the Olympics; B) to get away from distractions and tempting procrastination, and C) I had more treatment today and need snooze time amid report writing. I also had a catch-up with my oncologist who is really happy with how I am doing. Not that this allows for any kind of complacency or for me to remotely let my guard down, because I'm pretty sure the last time he said that, cancer bit me right in the ass. So I will choose to ignore his positivity just this once. Even if things are good in his books, I still have to return to the hospital every month for treatment, and at least every three months to have scans to ensure everything is A-OK. I live from scan to scan. Everything in between is gifted time with a big ribbon tied round it. I almost felt envious that the chap in front of me at the hospital reception was booking in his next appointment for six months' time. Oh how I wished that could be me, to walk out of that place knowing I wouldn't have to return for at least half a year! But the envy soon fizzled into oblivion when I thought of all the people who don't get to leave at all. I do count my lucky stars really, but sometimes I can't help but despise the chains that bind me to the hospital and drugs. So this is why, wedged in between report writing, I shall relish my dog-walking-on-the-beach time this week all the more!

I can't help but despise the chains that bind me

Kristin Hallenga is founder of breast cancer charity CoppaFeel! To find out more go to WWW.COPPAFEEL.ORG