



Tool Confidence Checklist

For New Dommies Exploring Impact Play

Purpose:

This checklist helps you become familiar with beginner impact play tools, understand when and how to use them, and build confidence in your control.

Step 1: Know Your Tools

Tick each box once you can identify the tool, its parts, and its purpose.

- ☐ **Riding Crop** – Flexible shaft with a small flap at the end for precise, stinging impact. Best for quick, targeted strikes.
 - ☐ **Paddle** – Flat surface (wood, leather, or silicone) for broader, thuddy impact. Good for warm-up or discipline.
 - ☐ **Your Hand** – Never underestimate this built-in tool. Excellent for warm-up, connection, and control.
 - ☐ **Check** I have checked over my tools for damage.
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Step 2: Learn Safe Zones

Mark safe and risky areas before use.

- **Safest Impact Areas:** Buttocks, upper thighs, outer shoulders.
- **Avoid:** Spine, kidneys, joints, face, neck, tailbone.

- ☐ I can name at least 3 safe areas.
- ☐ I understand areas to avoid and why.
- ☐ I'm unsure I'll head back to CollarNcuffs and look for the resources I need. I know they are within the free to use resource section

Step 3: Practice Your Grip & Swing

Before striking a partner, practice on a pillow or folded towel.

- Riding crop: Hold mid-handle, use wrist flick for precision.
- Paddle: Use whole arm for controlled thuds, not wild swings.

- ☐ I can hold each tool comfortably.
 - ☐ I can control light, medium, and harder strikes without losing aim.
 - ☐ I'm unsure I'll head back to CollarNcuffs and look for the resources I need. I know they are within the free to use resource section
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Step 4: Warm-Up & Build Intensity

Never start at full force.

- Begin with light strokes to warm the skin and muscles.
- Gradually increase intensity if desired.

- ☐ I can start soft and slowly build without rushing.
 - ☐ I'm unsure I'll head back to CollarNcuffs and look for the resources I need. I know they are within the free to use resource section
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Step 5: Communicate Clearly

- Agree on safe words/signals before play.
- Use clear commands during the scene.

- ☐ We have a safe word chosen.
 - ☐ I check in during play without breaking the mood.
 - ☐ I have planned what I want to say
 - ☐ I have planned my scene and know its direction
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Step 6: Maintain Scene Presence

Your partner responds to your energy and control.

- Stand tall, make eye contact, and be deliberate in movement.

☐ I maintain confident body language.

Step 7: Aftercare Awareness

- Check for marks or redness.
- Offer soothing touch, blankets, or balm.

☐ I can inspect and care for skin post-play.

☐ I have filled out the Aftercare Worksheet

☐ I have a first aid kit built for Femdom

☐ I don't have a Femdom first aid kit! I'll head back to CollarNcuffs and look for the resources I need. I know they are within the free to use resource section

Bonus Confidence Affirmations

Say these aloud before or during play:

- “I control the pace. I control the power.”
- “Every strike is a choice, not an accident.”
- “I own this space. My confidence keeps us safe.”