

Sample story

Personal Trainer (Female x Male)

Mika's coming of age ceremony was only two weeks away, and she needed to lose weight. In order to fit in to the kimono Mika inherited from her mother, she needed to lose at least 5 to 7 kilos. That was when her friend told her about one gym. At the gym was a trainer, whose clients never fails to reach their goal weights. The gym seemed no different than the other fitness centers, except for the pricing. The "commitment course" had no initiation fee and the customer didn't have to pay anything until she lost 5 kilos. After that, she would pay 5,000 yen for each 500 grams lost. Intrigued by the somewhat confident-looking plan, she signed the entry form, and met with the trainer. They discussed their training plan.

"So, you'd want to 8 kilos before your coming of age ceremony. Considering the time you have and the amount you want to lose, I think this is achievable. After reading the terms here, please sign at the bottom. We have no time to lose; we're starting tonight."

<In order to enroll in this course, the trainee had to agree to something else other than the typical terms and conditions. The first few lines were something Mika would read anywhere else, but when she read on...>

"Um, trainer Yamaguchi? Isn't this like... um... like... where's my privacy? Why do I have to tell you my curfew and oversleeping... and... binging... well, I can understand this, but... Like, why? Why do I have to tell you these? And what's this "punishment" in the penalty room?"

"The penalty room is over there. See that bulky door? This is a special program essential to this course. We call it "punishment" for the sake of simplicity, but it's a room you go to when you break promises between you and the trainer. Of course, it's sound-proof and this course starts at 9pm, after everyone else goes home. So there's lots of time for you to learn your lesson, and it's very effective for your weight loss.

<Yamaguchi spoke of “punishments”... words that made Mika blush. The trainer created a strange atmosphere that made Mika consent to the terms, and she signed the form.>

“Well then. We’re done with the paper work, so I’ll have you go to the penalty room and make the “commitment”. The uniform for this course is in the locker at the penalty room, so you can go head and change.”

<Mika did as Yamaguchi told her to, and opened the door to the room. The room was dim, and the locker was at the right corner. In front of the locker, there was a chair of some kind. On the wall was what looked like a carpet beater, a ping pong racket that was too big, a long stick made of what seemed to be bamboo. However, the most eccentric of them all stood in the center of the room: a wooden horse.

A few minutes later...

“I see you’ve changed. Oh! The room’s a little dark, right?! But you don’t have to worry, because when you’re in the room, you’ll be wearing this blindfold, so it’ll be completely dark.”

“Huh... right... so what’s this wooden horse...!? It looks like something for gymnastics...”

“I’ll explain after you put on the blindfold. Okay... wear this and you won’t be able to see anything. Now, move your body as I say!”

<When Mika wore the blindfold, suddenly Yamaguchi’s tone changed to a stern one. It didn’t seem to fit the trainer’s sweet face, but as Mika could not see anything, she felt even a little scared. Yamaguchi continued to instruct her with an even stricter tone.>

“Now, hold the spanking bench. Yes, put your hands in front of you. I’ll strap you right now. And your head... put it in the hole... and don’t move!”

<Mika’s hands and feet, as well as her head and neck was now impossible to

move by the straps. Only her mouth was free. This all happened just 10 minutes after Mika signed the form. Regret ran through her head, but it was now too late.>

“Mika! You’re going to commit with your ass! Do you really want to lose weight before your ceremony?! I will spank you until I can hear words from your heart! Let’s start with a racket, over your sweatpants!”

WHACK!

“Owww!”

<Mika was wearing a red gym shirt and sweatpants, which was made of nylon and was very thin.>

WHAAAACK! WHACK! WHACK!

“‘ow’? What ‘ow’? If you can’t stand hands and rackets... I’m worried how you’re going to scream when I hit you with the carpet beater. But then, this room is sound-proof, so you can scream all you want. I myself am going to need earplugs, though. Haha.”

<A spanker by nature, Yamaguchi enjoyed Mika’s cries. Mika remembered being spanked by her parents as a child, but it was impossible for her to imagine what Yamaguchi was about to do. Once in a while, the trainer grasped and stroke her ass... Mika was sure these actions were not by kindness or any such warm feelings.>

“Shall we begin your commitment? First, you’re going to declare you won’t skip training until you lose 8 kilos. Let’s see... say “I won’t rest until I reach my goal!”, and repeat these words until I’m sure it’s what you really want!”

<Then, Yamaguchi removed the wooden spanking racket from the wall... He lightly pressed the racket on Mika’s cheeks, as if he were saying “I’m going to spank you with this”.>

“It’s not easy to lose 8 kilos in less than two weeks... and without rebounding... That’s why I want to make sure you’re determined enough... do you understand?”

<Placing the racket on Mika’s back, Yamaguchi slipped her pants down so he could see where he was about to spank. He felt her ass with his palm, and checked its hardness.>

“Good! I think this will hold.”

WHAAAACK! “Nooooo!”

<He kept spanking... as if he was practicing his swings...>

WHAACK! WHACK! WHACK! WHACK!

WHACK! SMACK! WHACK! WHACK!

CRACK! SMACK! WHACK! WHACK!

“Yee, I... I won’t rest... I’ll never skip my training! Noooo!”

WHACK! WHACK!

“Not yet! I’m not feeling you!”

WHACK! WHACK!

...

<Mika’s ass was now so red, red as the sweatshirt she was wearing>

“Are you really sure you won’t rest!”

“Yes, sir! I’ll never! Never! Rest!”

“Then... next... can you swear to tell you when you binge, whether at home or when going out?”

“Of... of course, sir!”

“You’re lying...”

SMACK! SMACK! SMACK!

“Yeowwww! Please stop! I’ll tell you everything!”

“Hmmm... I don’t feel you at all... My right arm’s a little tired, so I’ll hand you over to the spanking machine. 20 minutes... no, 30 minutes...”

“Wha... what are you doing?”

<Yamaguchi set the timer for the spanking machine, and moved the machine to where Mika was lying. Then, he changed her position so her ass and a leather belt of some kind lined up. The belt was wider than a typical one and used a harder material. The machine’s movement was very simple: it only rotated with speed. Anyone could make it if they tinkered with a training machine. There was a timer that turned the power on and off. One could set the time from 10 to 120 minutes. There was also a “continuation” mode of some sort. This time, Yamaguchi set the timer for 30 minutes, so considering the rotation speed, Mika’s ass would be hit for 20 to 30 times a minute.>

“Well Mika, I’ve set the machine now. I’m going to use this when my hands get tired, so you better remember this pain. It seems that the sensation in your ass changes after ten minutes or so.”

<Without notice, the machine started its rotation.>

CRACK! CRACK! CRACK!

“Yeeeeeeowwww! It hurts! Arrrrrrrg!”

“No matter how much you scream, this bad boy won’t stop once it starts moving!”

CRACK! CRAAACK! CRACK! CRACK!

“Ahhhh! I’m sorry! I’m sorry! Please stop this! Please!”

“I told you, it’s not stopping.”

<Yamaguchi pulled over a chair, and sat by Mika’s face. He took a magazine, and crossed his legs, as if he were waiting in a hair salon. All the while, the machine mercilessly kept its rotation; the room echoed with the cracking sound of it hitting Mika’s ass, precisely and relentlessly. A punishment is usually given to someone who did something wrong, in order to drive a wedge into the person physically or psychologically. A punishment is not supposed to be for someone who has done nothing to receive it. However, in the Yamaguchi-style bootcamp, the latter is the case. He foresees the mistakes the trainee would make, and punishes her beforehand to prevent those mistakes. Even though, this method is contrary to the typical idea of “punishment”, Yamaguchi’s training never failed to achieve its goal; therefore, nobody could naysay his ways. >

CRACK! CRAAACK!

“Yeeeeowwww!”

CRACK! CRAAACK!

“T...Trainer Yamaguchi... Please... Please stop this ruthless machine...!”

CRACK! CRAAACK!

“Don’t worry, it’s going to stop when the time’s up. Leaving that aside, I’m going ask you a few questions now. Oh, and don’t even think about lying!”

CRACK! CRAACK!

“How... how am I supposed to answer you... with my ass being hit like this...?!”

CRACK! CRAAACK!

“Owww... please stop...!”

“During the last seven days, tell the bad things you did, and why you think they were bad!”

CRACK! CRAAACK!

“I... I didn’t do anything bad!”

“If you lie... The machine will speed up, and your ass his going to hurt even more...”

CRACK! SMACK! WHACK! CRACK!

“Yeeeeee...! I’m sorry!”

<Of course, the machine had no functions to change its speed, and it was only that Mika’s ass was getting sensitive to the pain by being hit for over 10 minutes. However, Mika was in no state to come up with such ideas. She could only think about the fear of being unable to escape from the pain and the sound of herself beaten. On top of that were Yamaguchi’s cold words, and tears flowed from her eyes. >

“Mmmm, good! Your cries are becoming real... You won’t lie to me anymore, will you Mika?”

“Waaa, let me go please! I’ll talk! I broke my curfew... and I ate the cake mom bought... I won’t do it again! So please...!”

“Good! It’s a little early, but I’m going to stop the machine.”

<Relieved by his words, Mika could not help but releasing the tension in her ass. This caused her ass to take the full impact of the last few hits

from the machine.>

“Arrrrgh! Stop it! Stop!!”

<Then, Yamaguchi sentenced her to an even more cruel punishment. Already, Mika was dying to know how hurt her ass was.>

“Well! To finish off tonight’s training... I’m going to punish you for the bad things you just told me... 50 hits with the cane, I suppose!”

“Wha... what’s a cane? My ass hurts everywhere! It even hurts when the wind blows! Please make it a little later... Let me rest for 10 minutes...”

“No no! It’s going to work because I’m going to hit you right now! Asking to wait for your punishment... Don’t be so saucy! Now, get ready for it, or you might faint!”

<Yamaguchi took the long cane from the wall without hesitation, and swung it for a few times.>

WHOOSH! WHOOSH! WHOOSH!

“Nooo... Please don’t tell me you’re going to hit me with that stick!?”

“Huh? How did you know this was a stick when you can only see the floor... It seems that after so much spanking, you get sensitive to the next tool... I didn’t know that. Okay, here we go! >

WHACK!

“O...one...”

WHACK!!

“Yeowwww! Two...!”

“No! I don’t want three!”

WHACK!!

“Owww! Three!”

“Shut up! I’m going to miss my aim... I only want to hear you crying and saying ‘I’m sorry’ from you, got it?”

WHACK! WHACK! WHACK!!

“Arrrrrggh!”

“This one doesn’t count! Here goes!”

“Ahhhh! I can’t take this! I... I’ll do anything the next time I’m a bad girl... So... please... please let me go tonight... I’ll be a good girl...”

“I see... You said that from your heart. Good, you’ll take the rest from my hand. Get over here, on my lap.”

Mika was freed from the machine, and collapsed on to Yamaguchi’s warm and reliable legs. His spansks were kind, and Mika felt as if her swollen ass was being healed. She was enchanted by Yamaguchi’s spanking. Holding on to his ankles, Mika wished that this moment would last forever. Barely a whisper, she said,

“I’m sorry...”

Mika poured out her heart, and repeated the words.

<<From the author>>

I hope you enjoyed this sample story! The main part will have stories that take place in various facilities, such as hospitals, as well as female x male spankings in which moms and strict ladies star. Have a good time reading these Japanese-flavored spanking stories!