

**Interactive
QR codes included**

Excerpt



Slave Training

**The ultimate BDSM training program for couples:
47 detailed lessons with clear rules, proven
punishment positions, numerous photographs,
and intimate questionnaires.**

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How You as a slave Can Best Use the Training Logbook

This book is not a guide you simply read from cover to cover. It accompanies you on your path and helps you grow. You do not walk this path alone—your Master guides you, assigns your lessons, and walks beside you with every step.

The sequence of lessons you receive is not chosen at random. Each chapter builds upon the one before. You acquire new skills gradually through completing tasks, and you develop continuously through challenges.

Your Master decides when you receive each lesson. Trust that he knows what matters most for you in this moment. Do not skip tasks or look ahead. Focus always on what is given to you now.

For most lessons, you will find a place in the book to confirm that you have worked through that lesson for the first time. Use this confirmation. It shows you and your Master how you are progressing and makes your growth visible.

Before moving to the next lesson, show your Master that you have understood and internalized the current task. This might be a conversation, a demonstration of a position, or a brief summary you give to your Master. Only when you are truly certain that you have mastered a lesson should you continue.

Learning something new is fascinating, but repetition is just as essential. Only through repetition does knowledge become true confidence. Your Master will regularly check whether you still command the previous lessons. See these checks as an opportunity to show what you can do and as a sign of his attention.

Sometimes your Master cannot be present when you practice. Then you can send him photos or videos showing you performing the tasks. Or you can record yourself reading a lesson aloud and send him the recording. Over time,

this creates an archive that documents your progress and shows you how far you have already come.

Do not forget: your Master is learning with you too. You grow together with every task. Be open to his guidance and give him feedback when you do not understand something or feel uncertain.

The Training Logbook is your shared tool. Use every lesson to develop yourself further, and take joy in growing step by step.



Excerpt from "Slave Training" by Wunibald. You can purchase the complete book on Amazon.

Lesson 06: Rules of Conduct 1–5 for the slave

On the Master's Position

Introduction

These five rules define my bearing as a slave toward my Master. They are not negotiable and serve as the firm foundation of my behavior, my thoughts, and my feelings. I accept them because I have chosen to submit myself completely to my Master. I do this with my body, my mind, and my attitude.

The rules help me find my way. They give me security in my role and remind me that my purpose is to serve, to obey, and to trust. They demand constant mindfulness from me and the willingness to subordinate my own desires to his will.

I will not merely memorize these rules—I will connect with them inwardly. They are part of my path to becoming a better slave. Clear in thought, obedient in conduct, calm and receptive within.

RULE 1	I serve and obey my Master.
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RULE 2	I honor my Master as a person, my Master's thoughts, and his body.
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RULE 3	I accept my Master's power over me without any inner doubt.
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RULE 4	My sole goal is to be a perfect slave to my Master. I subordinate all my actions and thoughts to this goal.
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RULE 5	I trust my Master. He knows what is best for me, he decides for and about me, and he watches over my well-being.
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The five rules are deliberately brief so that you as a slave can easily learn and remember them. At the same time, it is essential that you understand the meaning of each rule fully in order to truly internalize it. That is why you will find a detailed explanation here:

Rule 1: I serve and obey my Master.

This rule forms the foundation of my submission. It reminds me that my place lies in service. Not passively or mechanically, but with active attention, devotion, and readiness. For me, serving means anticipating his will, recognizing needs, and fulfilling tasks with care, without waiting to be asked. Obedience means following his instructions without hesitation, whether they come easily to me or challenge me. Even when my own impulse would be different, I submit to his command. This rule helps me relinquish control and clearly assume my role as a slave. Day by day, action by action.

Rule 2: I honor my Master as a person, my Master's thoughts, and his body.

This rule demands respect in its most complete form. My Master is not only my Dom—he is my point of reference, my model, my measure. I honor him through my behavior, through my speech, my gestures, and my bearing. This means: I speak to him respectfully, I do not interrupt him, I do not question him, either directly or indirectly. His thoughts are

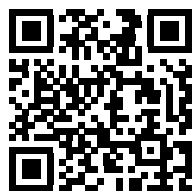
Lesson 12 - Questionnaire 2

Questions on Bondage

Before I answer the questions on bondage, I remind myself how important it is to engage honestly and openly with my own feelings, desires, and limits. Being bound is a powerful experience—I surrender complete control over myself to my Master. Filling out this questionnaire is therefore a valuable opportunity for me as a slave to reflect on my own preferences, uncertainties, and aversions and to communicate them to my Master.

By answering each question conscientiously, I help ensure that our shared play is based on trust, respect, and mutual understanding. Only when my Master knows what pleases me, what I can imagine, and where my limits lie can he treat me responsibly and guide or challenge me purposefully. At the same time, filling out this questionnaire helps me better understand my own feelings and fantasies and consciously embrace my role.

I know that I should only check “I don’t know” when I don’t understand the term, and that I should use “Not acceptable” as rarely as possible.



	Love it	Like it	Would try / Curious	Barely acceptable	Not acceptable	I don't know
Light bondage	☐	☐	☐	☐	☐	☐
Wearing arm and leg cuffs	☐	☐	☐	☐	☐	☐
Breast bondage	☐	☐	☐	☐	☐	☐
Wearing a chastity belt	☐	☐	☐	☐	☐	☐
Wearing leather restraints	☐	☐	☐	☐	☐	☐
Wearing iron restraints	☐	☐	☐	☐	☐	☐
Wearing a full-face hood	☐	☐	☐	☐	☐	☐
Wearing handcuffs	☐	☐	☐	☐	☐	☐
Being restrained in public (under clothing)	☐	☐	☐	☐	☐	☐
Mummification (full-body restraint)	☐	☐	☐	☐	☐	☐
Heavy bondage	☐	☐	☐	☐	☐	☐
Spreader bars	☐	☐	☐	☐	☐	☐
Wearing a collar (at home)	☐	☐	☐	☐	☐	☐
Wearing a collar (in public)	☐	☐	☐	☐	☐	☐
Being restrained for several days	☐	☐	☐	☐	☐	☐
Date						
Signature						

Lesson 24

The Kneeling Prone Position

My task is to learn the kneeling prone position independently and to assume it in perfect form upon my Master's command. In this position, I express my humility and readiness by presenting myself to my Master in a particularly exposed and inviting manner. Through the deliberate lifting of my bottom and the controlled lowering of my upper body, I show myself open and receptive, so that my Master may use me at any time.

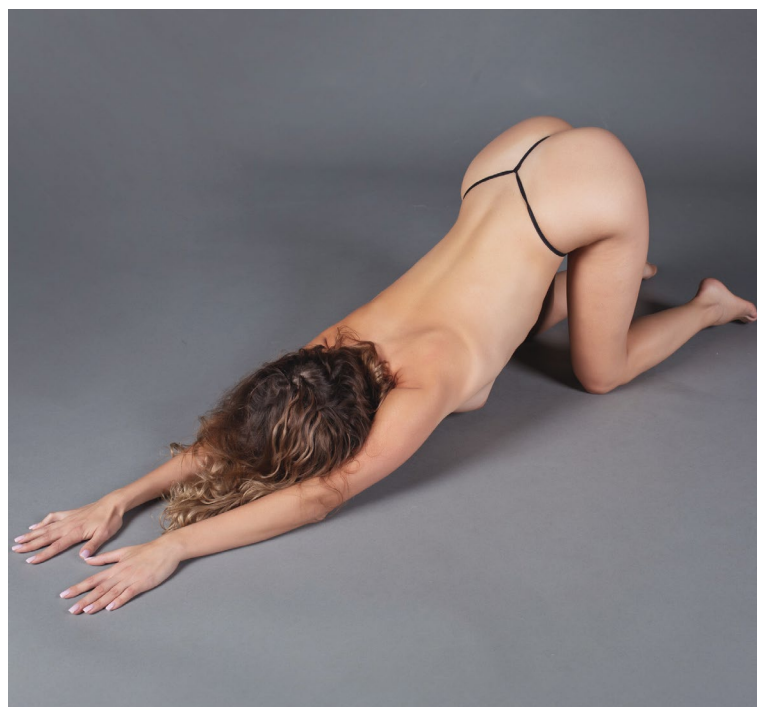
The kneeling prone position underscores my devotion and makes my submission to my Master visible and palpable. Unless my Master directs otherwise, I am naked in this position.

I assume this posture as follows:

1. I lie flat on my stomach, forehead to the floor.
2. Then I draw my knees under my body so that my thighs point straight upward and form a right angle with the floor.
3. I raise my bottom as high as possible.
4. I spread my knees approximately 12–16 inches (30–40 cm) apart and extend my arms as far forward as possible.
5. I press my upper body down so that my nipples just barely do not touch the floor.
6. I keep my buttocks as relaxed as possible, so that the view of my rosette remains unobstructed.

Notes for the Master:

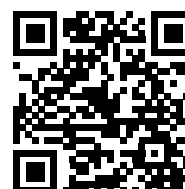
- Care must be taken that tension in the upper body is maintained at all times. This is best achieved by monitoring the nipples, which must not change their distance from the floor.
- This position is ideal for the slow insertion of an anal dildo.



Confirmation by the slave

I assumed the kneeling prone position for the first time on and will practice it regularly on my own in the future and execute it correctly upon my Master's command.

.....
The slave's Signature



Thoughts from Jana

How Postures Shape My Feelings

Sometimes I wonder how much of my submission truly lives in my heart and how much flows through my body, through every small gesture and every position I take. It's remarkable, for instance, how profoundly my feelings shift simply because I hold my arms differently or place my legs in a certain way.

When I cross my arms over my chest, I feel a hint of protection, almost as if I'm shielding myself from the world. It's a posture that gives me a measure of security, a remnant of control that I hold onto. But as soon as I clasp my arms behind my back, everything changes.



Suddenly I am open, vulnerable, exposed. My chest lifts, my heart beats faster, and I feel naked—not in the physical sense, but in the spiritual one. It's as though I'm offering myself wordlessly to my Master, ready to release everything.

I feel the difference even more clearly when I write. Sitting with my legs crossed, I feel almost as I did during my university days—independent and free. But when I write while kneeling, legs slightly spread, every letter becomes a small gesture of devotion. My back is straight, my gaze lowered, and I feel my thoughts ordering themselves, feel myself opening more and more. It's as though humility flows through my fingers into the words.

Sometimes my Master requires me to sit on the floor, knees drawn to my chest, arms wrapped around them. In this position I feel small, almost childlike, and a deep calm spreads through me.

Other times I must kneel with legs spread, hands resting on my thighs—a position that forces me to show myself, to open myself, even when it's difficult. Or when my Master commands me to stand in a remote corner of the room, gaze fixed on the wall, hands spread against the cool surface.

In this position I feel my pride slowly fading as I let myself fall completely into this obedient role. At the same time, a tingling sensation spreads through my lower belly, my skin becomes more sensitive, and I notice myself growing wet between my legs. Simply because I'm opening myself so completely.

Each position is like its own language, a silent confession of my submission. It shapes my thoughts, my feelings, my self-image. Sometimes it's difficult for me to assume these positions, yet again and again I feel how they transform me. How they teach me to let go, to trust, and to surrender completely.

In these moments I know that humility isn't merely a thought, but something I live with my entire body.

Thoughts from Jana

The Art of Selling Oneself

Today my Master and I watched the film *Caligula* together. The images, the stories, the atmosphere of ancient Rome held me spellbound. I felt my Master watching me again and again, as though testing how I reacted to the scenes.

After the credits rolled, he turned to me, his voice calm but firm: "Imagine you are a slave in a Roman marketplace, and I wish to sell you for the highest price possible. Write an advertisement for yourself. Praise your virtues, explain why a patrician should purchase you, and describe what services you can offer your new Master after he buys you."

It was a fascinating task—to think about myself in this way, to describe myself, to offer myself to others. I took a deep breath and began to write:

Noble gentlemen, step closer and behold Aurelia, the most graceful flower of my house. Her body is young, supple, and blessed with desirable grace. She is willing, eager to learn, and ready to fulfill every wish of her Master, no matter how hidden or unusual it may be.

Her blond, lustrous hair falls in soft waves over her shoulders, and her amber eyes sparkle with promise. Aurelia's breasts are round and firm, her nipples standing erect like an Egyptian obelisk, ready to be caressed by desiring hands and lips.

Her fingers are skilled and gentle—she can play the lyre with graceful melodies. Those same fingers will coax sounds of the highest pleasure from her new Master on another, far more sensitive instrument. Her skin is flawless and her body carefully shaved. The wetness between her

thighs recalls the dew of a spring morning—fresh, inviting, and full of promise. Aurelia's bottom is firm, a sight that promises entry into a dark world of pleasure and secrets, while always ready to receive chastisement as well.

She knows how to seduce with her delicate lips and enchant with her humble gaze. She is versed in all the arts of love

and knows how to bring a man pleasure, whether through tender devotion or passionate ecstasy. She is tireless, obedient, and always ready to give herself completely to her Master, day and night, without hesitation or resistance.

But that is not all: she has also been trained in the art of love with another slave, so that she may, at her new Master's request, provide a sensual threesome and grant him double pleasure.

Whoever acquires Aurelia receives not only a slave for daily life, but a companion for the night who is ready to fulfill all fantasies and give herself body and soul.

Purchase her, and she will serve you with pleasure, devotion, and inexhaustible passion, as only a true slave can.

My Master read the text. A smile played at his lips. "Very beautiful, Jana," he said. "You've truly done a magnificent job. By the way, we're going out Saturday evening—we've been invited to a Roman-style party..."



Excerpt from "Slave Training" by Wunibald. You can purchase the complete book on Amazon.

Dominance & Submission

Are you in a dominant-submissive relationship—or would you like to start one? This training guide opens the door to a new dimension in your partnership. Across nearly 50 chapters, you'll discover the art of true devotion: the dominant partner refines their leadership, while the submissive partner experiences new facets of submission with each exercise.

Over a hundred pages await you, filled with in-depth knowledge, practical lessons, and inspiring ideas for your shared growth. Sixteen essential positions—from the basic submissive stance to the standing punishment position—are explained in detail and vividly illustrated with expressive photos. Seventy-five clear rules of conduct and in-depth questionnaires create structure, trust, and emotional depth in your D/s dynamic..



About the Author:

Wunibald, born in Vienna in 1965, founded the website “Zart und Hart” (Tender and Hard) in 1996. Among many other topics, the site also featured “The Training of the Slave,” which forms the basis for this book. He is married and lives in Austria.

You can purchase the book on Amazon.