



Course Description

Historical details and cultural references regarding the creation, development, and advancement of fisting.

Course Objectives

After completing this lesson, you will be able to complete the following tasks:

- Identify the most significant limiting factor to fisting (throughout history) and the technological innovations that have eliminated this factor in modern play.
- Provide two possible cultural references about fisting prior to the industrial revolution.
- List two scholars who have conducted or compiled research on fisting trends within the last century.
- Lead a discussion on recent phenomena that have increased the ubiquity and acceptance of fisting.