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the
good in bed*
guide to:



Orally Pleasuring A Woman

by Mark Coriddi

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About the Author

Mark Coriddi lives in upstate New York. He began learning and developing cunnilingus techniques during his early twenties and spent the next three decades refining his knowledge. He wrote this guide so that others can benefit from these techniques, without taking 30 years to learn them. His advice is based on his own experience, as well as viewpoints gathered from women and consultation with a leading sex therapist. After working with him on this guide, his wife of 10 years mentioned that from the beginning of their relationship, she didn't realize he even used any special techniques but thought that his skills were "just some type of magic." He hopes his meticulous instructions will give you these skills, too, so that your partner believes the same.

About Good in Bed

Our mission is to revolutionize the way the people learn about sex. We know that it isn't easy to walk into a bookstore and buy about sex, much less read one on your way to work. That's why all of our Good in Bed Guides are downloadable in an instant to your computer, iPhone or other digital device. They are private, printable and portable. And always up to date with the latest information.

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When it comes to your sex life, we know we can't guarantee satisfaction. That part is up to you. But we can help. In addition to publishing our premium e-Books, we offer a library of free content and a respectful community in which individuals and experts can interact together. Talking about sex isn't easy, but, in the end, not talking about sex is even harder.

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Introduction

What you have before your eyes is a master class in the art of cunnilingus. As with any art form, the underlying principles need to be understood before the real enjoyment can begin. Unfortunately, many men do not learn the true principles of cunnilingus at the outset and so, even with the best of intentions, their form is without substance. That's a shame, because cunnilingus is one of the most effective ways to bring a woman to orgasm. It can also be one of the most pleasurable acts—for both of you.

If we were to compare cunnilingus to another art—the martial arts—it would be tai chi rather than kung fu. The literal translation of tai chi is *supreme ultimate*, whereas kung fu translates as *skilled achievement*. Over the years, and especially in Western culture, kung fu has come to mean a style of rapid punches, sharp kicks, and chopping blows. If you watch a lot of porn (and a lot of people do these days), you would think that female satisfaction relies on a “kung fu” approach to cunnilingus.

Tai chi, on the other hand, is slow, focused, and graceful, with an emphasis on the balance of yin/yang—male/female energy—to create a harmony of movement and

strength. The unique approach to cunnilingus detailed in this guide involves many of the same principles as tai chi: stillness within movement, balance and pressure, resistance, and key postures. We call this approach the Mount Method.

In this guide we'll begin with the fundamental concepts of the Mount Method, followed by the precise delineation of the basic "pathway" to pleasure, from foreplay to orgasm(s). We'll also describe alternate pathways to her pleasure, many of which are only possible with the Mount Method, such as the Frenulum Pop. We will also introduce you to the Maxilla Press and the Pelvic Grind, among other techniques, which will enable you to convert a woman's movement and internal force into stimulation and stability. These techniques are helpful for staying on course to her orgasm. After we guide you through different pathways and techniques, we'll end with the g-spot rodeo for the wildest ride of both of your lives.

Let's get started.



Getting Ready*

Chapter One: Understanding Her Arousal

Before you can learn how to please a woman through cunnilingus, you need to understand her anatomy and how all those parts—including her brain—work together to achieve sexual arousal and orgasm. Unfortunately, most men are uninformed about female sexuality—not just the physical aspects, but the emotional aspects as well. Here’s a rundown of the basics you should know.

First, understanding your partner’s genital anatomy is crucial to pleasuring her.

Clitoris The external parts of the clitoris are the glans, which is the head of the shaft, covered by the hood. Internally, there is an entire network of nerves and muscles that contribute greatly to arousal, including the g-spot. The clitoris is the most sensitive part of a woman’s body, and the only human organ that exists solely for pleasure.

Fourchette An area of mucous membrane where the labia major (outer lips) meet at the bottom of the vaginal entrance. The word means “little fork” in French and somewhat resembles that.

Frenulum The “little bridle” is a fold of tissue that secures an organ, in this case the clitoris. It is located just below the clitoris, where the tops of the inside edges of the inner lips meet. This area is dense with nerve endings and very sensitive. There are numerous frenulums in the human body: For example, a frenulum helps keep your tongue secure in your mouth; it’s the little flap under your tongue at the base.

Front commissure Where edges of the tops of the outer lips meet at the base of pubic mound, above the hood and glans, covering the clitoral shaft (internal); a female erection can be felt protruding from skin of front commissure when aroused. The fleshy pad of the front commissure is dense with nerve endings and responds extremely well to pressure.

Glans The glans is the head of the clitoris, at the end of the shaft. This is a fraction of the size of the head of a male penis, yet contains twice as many of nerve endings—approximately 8,000. The number and density of nerve endings make the glans incredibly sensitive. No matter what its size, the number of nerve endings will be the same, as will the sensitivity. In fact, the glans is so sensitive that nature has provided a way for it to retreat into the hood at the moment of climax.

G-Spot The Gräfenberg spot, named for the German physician Ernst Gräfenberg who first described it. It isn't a specific "spot," but a small area of erectile tissue located behind the pubic bone, surrounding the urethra, and accessible through the front wall of the vagina, that is responsive to stimulation. This area is part of the internal clitoral network.

Hood Also known as the prepuce, this is a protective covering of the clitoris formed by the outer edges of the inner lips. Friction created by rubbing or stroking the hood will stimulate the clitoris. The hood protects the extremely sensitive head of the clitoris, the glans.

Labia minora The inner lips of the vulva. They are located within the outer lips, surrounding the external clitoral parts, the urethra, and the entrance to the vagina. The lips are smooth and intensely sensitive, containing a high density of nerves. The inner lips, like the outer lips, may vary greatly in appearance—size, color, shape, and texture are unique to each individual—and may protrude past the outer lips.

Labia majora The outer lips of the vulva. The outer sides are covered with pubic hair, while the inner sides are smooth and sensitive. The outer lips vary greatly in size and appearance.

Mound Also known as the mons pubis, this is the area just above the external female genitalia. It is a thick, soft pad of tissue over the pubic bone, covered with pubic hair.

Perineum. The skin between the vaginal opening and the anus. This smooth little tract of skin lies over tissue containing blood vessels that swell when stimulated and is highly sensitive to touch.

Urethra A tiny opening in the vestibule, above the vagina, through which urine is expelled.

Vagina The vagina is a canal that extends from the cervix (internal) to the vulva (external). Lined with mucous membrane, it is approximately 6 to 7 inches in length, composed of muscular tissue. It can be thought of as a collapsible tube, expanding upon entry and collapsing upon removal; also capable of expanding and contracting during intercourse and childbirth.

Vulva The external genital organs of a female, including the labia majora (outer lips), labia minor (inner lips), clitoris, urethra, vaginal entrance, frenulum, vulval vestibule, and fourchette.

Vestibule The vulval vestibule is the area between the inner lips, from the glans to the fourchette. In it

are the urethra and vaginal openings. Immediately to its left and right are the labia minora, above is the clitoris (hood, frenulum and glans), and below is the fourchette.

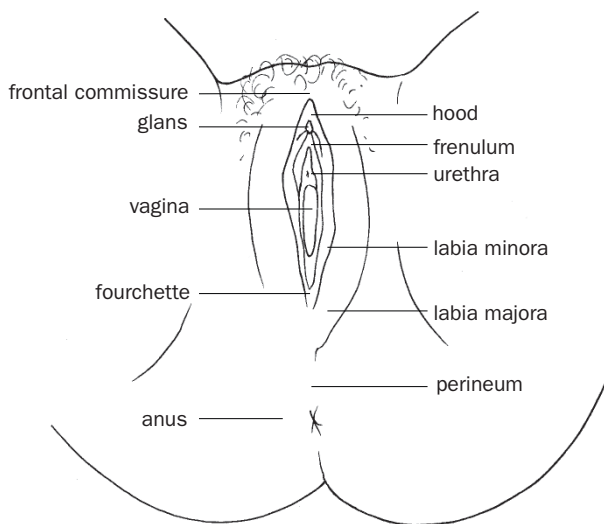


Illustration of the Vulva

It's important to realize that the vast majority of nerve endings that contribute to female orgasm are located on surface of the vulva and do not require vaginal penetration. That's why applying pressure and rhythm to the vulva, and specifically the clitoris, is more important than constantly thrusting or switching positions.

In fact, many intercourse positions don't stimulate her clitoris at all—and won't give her an orgasm. It's also why oral sex can be so pleasurable.

Stimulation of a woman's genitals and other body parts—including her brain—can lead to her arousal. There are four main phases of arousal. Keep an eye out for them when you're stimulating her.

In general, sexual arousal is the process of generating sufficient sexual tension so that her body crosses its threshold and releases all that tension in the explosive sensations of orgasm. The traditional model for thinking about this process is Masters and Johnson's four-phase model:

Excitement The first phase involves the rapid accumulation of tension. As a woman is stimulated, the blood vessels in her vagina and clitoris relax and fill with blood. Her heart rate, respiration rate, and blood pressure rise, and the erectile tissue all over her body (nipples, earlobes, lips, wings of the nostrils) swells and darkens.

Plateau The second phase isn't physiologically distinct from excitement, but a lot of people will recognize the experience of the plateau. It's a sort of leveling off at

a high level of arousal, following the ascent through Excitement. During the plateau phase, her body is building up adequate sexual tension to cross the threshold to orgasm. As she approaches orgasm, her abdomen and thighs get tense, her hands and feet clench uncontrollably, and her breathing becomes uneven, even gasping.

Orgasm The third phase is what most people consider the highlight of the sexual experience. Orgasm is the explosive release of sexual tension.

Resolution The fourth phase is the post-orgasmic dénouement. This is the time when a man's erection is gone and won't be back for a while (unless he's 18 years old). For women, it's more complex. In fact, for some women the first orgasm is just the start. Other women have a more male-like experience of wanting to sleep. You can use this time for after-play or sleep, depending on what feels right for you and your partner.

Chapter Two: What (and Where) is a Mount?

The Mount Method of cunnilingus revolves around the use of a “mount”. Both men and women have one: Yours is the area of your upper lip just above your teeth known as the maxilla. Hers is the center of the pubic bone, where there is a slight cradle into which your mount naturally fits. Connecting your respective mounts and maintaining that persistent connection throughout the process of arousal is essential to mind-blowing oral sex. Specifically, it allows you to firmly place your mouth just where it needs to be for maximum stimulation of your partner’s clitoris.

Why do most women find the Mount Method so pleasurable? The reasons are complex. A woman’s vulva has an intricate system of nerves, blood vessels, and tissue. Some areas are more sensitive than others—the clitoris and the areas immediately adjacent to it have the greatest density of nerves; this includes the front commissure. The best form of stimulation here is pressure, and when using the Mount Method, some degree of pressure is always used. This continual pressing of your mount into hers, just above the clitoris, keeps her nerves transmitting signals of pleasure. This

stimulation can be sustained even when the clitoris itself is too sensitive for direct stimulation, or to either increase or slow arousal.

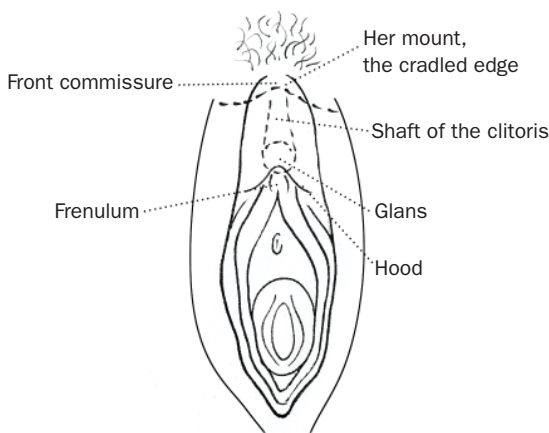
Here's how to find her mount—and yours:

Her Mount

Underlying the front commissure is the bottom center of her pubic bone. The edge of it cradles inward. Her mount is this edge. Press against that area with your fingertips to feel it. Be sure not to press on the glans. Instead, press above it, on the front commissure.

Note: If you feel the shaft of her clitoris (it feels like a cord under the skin), do not press hard. Gently massage your fingertips upward a little along the shaft. You'll feel the shaft retreat inward when you reach her mount. At this point, you can firmly press your fingertips in to feel her mount.

Her mount provides a firm surface to bear down upon and prevents your face from pressing into soft flesh. It is your point of contact, and has sufficient strength to withstand pressure from your mount.



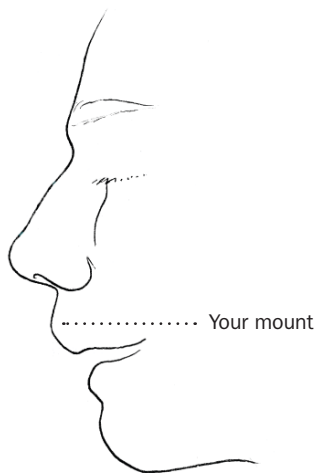
Close-up of Her Mount

Your Mount

There are two features that create your mount:

1. The first is the maxilla, which is the underlying bone structure of your face and encases the top set of your teeth. Specifically, the area of the maxilla over the roots of your front teeth forms your mount. It's part of a convex curve that allows firm contact to her mount.

2. The second area that forms your mount is the upper lip, which needs to be firmly curled down tight over your teeth.



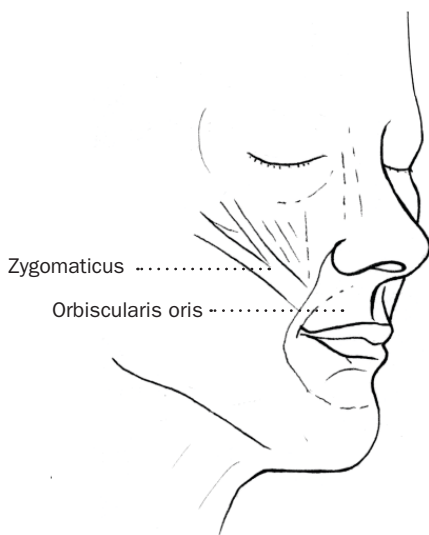
Chapter Three: Two Keys to Great Oral Sex

While many people think of oral sex mainly in terms of tongue work like licking, there's more to it than that. Two other factors—pressure and stability—are just as important.

***Stability** A stable mount provides firm contact with her body and helps you balance. To do so, keep your upper lip curled down tight over your teeth, which prevents your lip from bunching up. This gives you precise control to stay in position when you slide. As small as the area of her mount is, you'll be surprised at how nimbly you can move within that space. Your mount maintains your ability to balance, with your mouth always centered to her clitoris.

***Pressure** The pressure you apply with your mount to hers doesn't just feel great for her. It also determines your stability. You'll always maintain some degree of pressure, ranging from light to heavy, as needed. Use the muscles of your cheeks and upper lip: the zygomaticus muscles of the cheek; and the orbicularis oris muscle (which surrounds the mouth) of the upper lip. With those muscles, concentrate pressure to your mount for a tightly curled down upper lip.

The philtrum is the groove between your nose and lip and is the center of your mount.



Facial Muscles

As a general rule, only apply enough pressure to maintain the bond. If you exert too much pressure, it may cause her discomfort. As a woman cycles through the process of arousal, physiological changes allow her to withstand (as well as desire) higher degrees of pressure. But remember this: It's not just *what* you do to provide pleasure; it's *when* you do it. Every woman is different,

but, in general, a woman's clitoris is most sensitive to pressure at the start of the process of arousal and then again post-orgasm. So you need to be especially gentle during these times. When she does exert pressure, respond with slightly more than hers in order to provide resistance and stay in place. Think of it as a delicate dance—and she's leading you.

Chapter Four: The Importance of Rhythm

Like a dance, great cunnilingus also requires the right rhythm. Simply put, rhythm is a recurring set of movements—a beat. It can be slow or fast, simple or complex. Generally, we use simple rhythms during oral sex. After all, you want to focus on providing pleasure, not counting strokes.

Think of a song with a simple, memorable beat. The rhythm you use for licking and other tongue play can have the same patterns. Now, imagine the pressure you apply with your tongue as the difference between a faint treble (a delicate touch, barely grazing the skin) and firm pressure (a deep, resounding bass). By graduating the degree of pressure to your rhythm and tempo, the possibilities are endless.

In general, begin your rhythms slowly, then pick up the pace. This also applies to pressure: Start with light, tender licks and build up to deeper, firmer strokes. Go back and forth between these two approaches to build the momentum of her arousal. Don't rush—the longer the momentum has to build, the stronger and more satisfying her orgasm will be. When she is fully

aroused and pre-orgasmic, you'll increase both pace and pressure to bring her to climax.

Now you've got the basics down. Let's move on.



Going Down*

This section is presented in stages, from “getting into position” to “post-orgasm”. Each stage is explained in detail, so you will probably want to read through it all at least once, then go back and revisit each chapter. In practice, this will become a natural flow of events. It will probably take you longer to read and learn a technique than to actually do it.

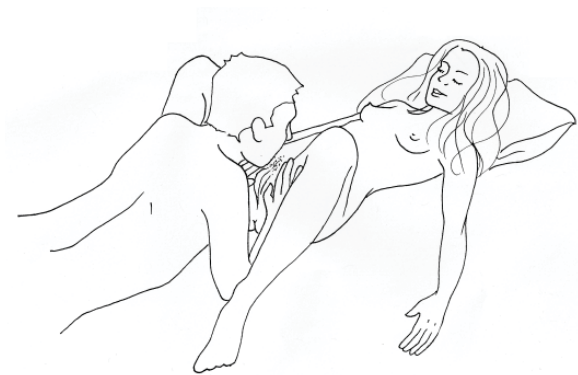
Chapter Five: Getting into Position

Your respective body positions give you the foundation to stay balanced, react to movement, and apply techniques—and to do so with as little strain or fatigue as possible. As in exercise, form is of the essence. If one of you is uncomfortable, all your efforts will be for naught. The following positions will make sure that won’t happen:

- * Start out with her lying on her back, knees up, feet on the bed, and position your body between her legs.

You can vary the position in one of two ways with:

* **The Straight Frontal:** both arms between her legs



or

* **The Wrapped Frontal:** both arms wrapped around her thighs. Slide your arms under her thighs and wrap them up around her legs, your hands on top of her thighs.



It's easy to transition between the two frontal positions, and therefore adjust to her movements, while ensuring that you're both comfortable.

Start with the **Straight Frontal**, which gives you maximum use of your hands.

Chapter Six: The First Touches— Building Arousal

At first, you will focus on building arousal, moistening and separating the outer and inner labia, and stimulating all areas of the vulva *except* the glans and frenulum. Remember, the glans is most sensitive at the beginning of the process of arousal and again just after orgasm. So wait until she's fully aroused and you are mounted before touching the glans or frenulum.

For now, start off un-mounted in the Straight Frontal position so you can stimulate with both your hands and your tongue. The following techniques will help get you started:

- * With her lying on her back and you lying between her legs, hold her thighs up and apart a bit.
- * Slowly lick her inner thighs with short, firm strokes, interspersed with firm kisses (not too soft or they will tickle). Start from mid-thigh and slowly progress until you reach the vulva. The labia minora (inner lips) and hood may protrude from between the labia majora (outer lips), or they may be fully enclosed. Both are perfectly normal.

- * Using your fingertips, spread the outer lips apart from top to bottom to fully expose the inner lips. The inner lips may already be partially exposed if they protrude.
- * Give several soft, short licks all over the vulva; avoid the glans and frenulum.
- * Massage her mound with your fingers and the front commissure lightly with your thumbs.
- * While stimulating her front commissure, lick up and down over her inner lips to moisten them. Alternate this with probing your tongue between the inner lips, and with short, firm, side-to-side strokes to separate them. Keep alternating until her inner lips are very moist and separated. If there is a lot of tissue, making it difficult to separate, use your fingertips to help. The tissue there is silky and sensitive, so vary the touch of your tongue and change direction every few seconds. Soft, gentle licks can progress to firm strokes with the tip of your tongue.
- * Cup your hands, with your fingertips at the top of the front commissure. The opening of your hands should *only* expose the front commissure, hood, glans, and frenulum.

- * Make sure your hands are firmly placed on her body and your mouth is pressed in between your thumbs.
- * Exhale a couple slow, heavy breaths, then blow *lightly*. This will gently stimulate the clitoris.

Caution: Never blow or force air directly into her vaginal canal. Doing so can create an air embolism, a small bubble of air that can travel through the bloodstream and possibly be fatal.

Three Techniques to Try

Technique #1: U-spot Touch

- * Using your fingers, gently fondle her inner labia and separate them, exposing the opening of the vagina.
- * Insert your tongue into the vagina. Slowly lick side to side against the top wall of the vagina, like the motion of a windshield wiper.
- * Every five to ten seconds, lick onto the vestibule and over the urethra, also known as the “u-spot”. Note: Some women like the sensation of the urethra being licked, some don’t, and others need to be highly aroused before enjoying direct contact to the urethra.

Technique #2: Probe and Trace

- * Place one palm on her mound and press firmly.
- * Use your other hand to insert your index and middle finger into her vagina. Keep your fingers straight and tight together and slowly probe, moving your fingers in a circular motion along the walls.
- * While doing this, use the tip of your tongue to trace up along the side of the hood, across the front commissure, and back down the other side of the hood; alternate this with licking side to side over the front commissure a couple of times.

Technique #3: Perineal Squeeze

- * Place one hand on her mound.
- * With your other hand, hook the tip of your index finger to the bottom wall of the vagina.
- * Lick up and down between the inner labia.
- * Alternate with firm, side-to-side licks over the front commissure.
- * While licking the front commissure, give a perineal squeeze: Press your thumb on the perineum and firmly give a little squeeze between your thumb and fingertip.

Chapter Seven: Adding the Mount

Now it's time to add stability and pressure with the mount. Your approach to the mount will vary depending upon your frontal position:

- * From the **straight frontal**, keep your elbows out to the sides, with your face and hands to her vulva. Place your fingertips at the tops of the outer lips, directly to the sides of the front commissure.



Mounted in wrapped frontal

From the **wrapped frontal**, use your forearms to draw her thighs toward you, firmly pressing them against your upper arms. Place your fingertips at

the tops of her outer lips. If you cannot reach to the base of her mound in this position, use the Straight Frontal.

From either position, form your mount:

- * Curl your upper lip down tight over the bottom of your top row of teeth. Now, form a wide grin with the corners of your mouth curled upward, stretching your mouth to the sides. This allows you to open your mouth as wide as possible, sideways as well as up and down. The strain you may feel from the grin will subside once pressure is applied with your mount, holding the stretch of your upper lip in place.

Chapter Eight: Making Contact

First, make sure the area is exposed and taut so you can fit your mount firmly into hers:

- * Press your fingertips firmly on both sides of the top of her outer lips.
- * Gently stretch the skin by moving your fingertips in an outward and upward direction.

Now apply your mount:

- * Press your mount into the front commissure.

Note: If you feel the shaft of her clitoris (it feels like a cord under the skin), do not press hard. Gently massage your mount upward a little along the shaft. You'll feel the shaft retreat inward when you reach her mount. At this point, you can easily press your mount into hers.

- * Firmly massage your mount into hers, until you have full, even contact with it.
- * Tilt your head forward, pressing your nose firmly into her mound. Make sure the tip is pressed down, rather than pushed upward. This helps cushion your

face and prevents her pubic bone from pushing your head up and back.

- * Relax your lower jaw and open your mouth wide. For leverage, keep your chin tucked in and away from her vulva. This also angles your teeth away from her vulva.
- * Check your position: If you're up too far on your mount, you'll press against your septum—the bone in your nose that separates the nostrils. Down too far, and you'll be pressing only on your teeth—you won't have the strong support of the underlying bone and will lose contact.

Fine-Tune Your Bond

When you're mounted, you want to seat yourself into her mount and bond. It may take a little adjustment. The pressure you apply will vary from start to finish, and can be extreme at times—for instance, when she's grinding hard against you. That's when you need to exert strong pressure back and maintain resistance. But when you first mount, your partner probably won't be aroused enough to enjoy any pressure stronger than the bond itself. Either way, your pressure always needs

to be just slightly greater than hers to ensure your mount stays firmly pressed to hers.

Once you're mounted, your skin and hers press together, forming a bond. Both pressure and positioning make this happen. The bond is the skin between the mounts, moving in unison. It's up to you to maintain the bond.

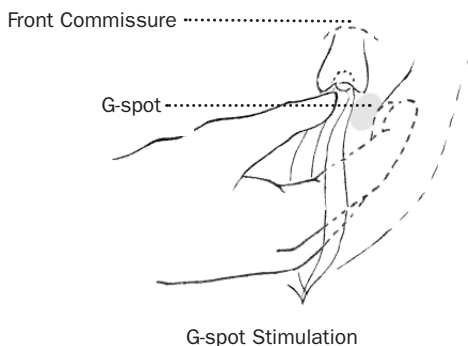
- * Try to stay centered on your philtrum, the vertical groove in your upper lip. With constant pressure, the philtrum moves and stays centered to her mount. The objective is to follow her movements while staying centered and tight to her mount. You want your movements to be as close as possible to a mirror image of hers. With this type of contact, you'll be able to stay centered directly above her clitoris.
- * Usually the hood covers the glans of the clitoris, so the stimulation is indirect. Whether the hood covers the glans or not, the pressure from your tongue to the hood and glans is incredibly stimulating.

Chapter Nine: From Here to Eternity (Or at Least to Her First Orgasm)

- * Lick up and down and side to side, changing direction every few seconds, over the hood and frenulum. Mix up the rhythm, tempo, and pressure of your tongue according to her response.
- * As her arousal heightens, you may want to add vaginal and g-spot stimulation. First, you need to firmly stabilize your mount and reposition one arm:
 - ◆ Place one hand on her mound. Depending upon your reach, use your fingertips or palm to slowly and firmly massage her mound, kneading the skin upward. This is stimulating, and as it draws the skin up, the area below her mound becomes tauter, increasing the intensity of pressure of your mount.
 - ◆ Bring your other arm close to your side.
 - ◆ Insert your index and middle finger into her vagina.

Your fingers will slide in more easily when they are on top of each other; when they are about half way in, rotate your fingers so they're side by side with the

pads facing up. About one to two inches in, you'll feel a small mound on the top wall of the vagina, which is actually her pubic bone. Just as your fingers curve over, you will feel her g-spot with your fingertips. The tissue feels a little rough, like the surface of a tongue.



The g-spot responds to firmer stimulation than the clitoris, so use greater pressure when touching it. As you tap the g-spot with your fingertips, your fingers should curve over her pubic bone.

- * At the same time, gently press your thumb to the base of her frenulum and lightly massage in a small, circular motion. Be careful not to press on the glans.
- * With your fingers and thumb positioned like this, you can actually grip her pubic bone much the way

you would hold a baseball. If she starts to pump her vulva against your hand, press against the wall of the vagina with the back of your fingers while still gripping the pubic bone and stimulating the g-spot. This gives you excellent leverage and control of her vulva.

- * Massage your mount firmly into hers in very small, tight circles or slide it side to side while licking her clitoris. Simultaneously stimulate her g-spot with your fingers and stimulate her frenulum with your thumb.

Rhythm lets you vary the sensations, keeping it fresh and tailoring your strokes to the moment; you can slow down or increase the pace to elicit, or respond to, her actions. But remember: during pre-orgasm, it's crucial to maintain a steady rhythm, tempo, and pressure.

Whether or not you use vaginal stimulation, the pressure of your mount, along with the sustained and steady rhythm of your tongue licking the clitoris, should bring her to a powerful orgasm.

As her arousal heightens, don't let your own excitement change the rhythm to bring her to orgasm faster. When you change the rhythm, you change what she's feeling: It might intensify the feeling and make her

come faster—but it might just as likely disrupt the moment. Unlike men, women don't experience a point of ejaculatory inevitability and can "lose" an orgasm, even as they are experiencing, or about to experience, one. She may hold very still for a moment right before her orgasm. Don't stop! Continue doing exactly what you have been doing; otherwise, you will interrupt the stimulation that has her ready to climax.

As her orgasm begins, you may notice that it feels like a very strong heartbeat. If the contact from your tongue becomes too intense, she may pull away or push your head away. At that point, stop licking her clitoris. Most women need to bear down with the pelvic-floor muscles, so she may need to lower and bring her legs closer together, at the point of orgasm.

If you are in a g-spot hold, you don't need to reposition. Otherwise:

- * From the Straight Frontal: Lift your arms up and over her thighs as her legs slide down, and slowly massage her mound with your fingertips for a little added stimulation. Her mound responds especially well to pressure at this point – that incredible network of nerves is already in high gear.

* From the Wrapped Frontal: Let her thighs rest on your shoulders. Keep your shoulders raised, so her legs don't clamp around your neck. Slowly massage her mound with your fingertips for additional stimulation.

While her clitoris, the glans in particular, will be likely too sensitive to touch, the pressure from your mount alone can intensify and extend her orgasm.

* Unless she actually pushes your head back, stay mounted. If she does push your head away, use your fingers to slowly stroke in and out of her vagina, as if having intercourse, or press the tips of your fingers to her g-spot. Pay close attention to her reactions and respond accordingly. Every woman—and every orgasm—is different.



Staying on Course*

Chapter Ten: Strategies for Staying on Course

Once you've mastered the basic road to successful oral sex, you'll be ready to venture down alternate pathways. First, I'd like to address some common situations that can make it difficult to stay on course. The following tricks and techniques can help you react to these situations quickly and effectively, while continuing your journey to her orgasm.

The Maxilla Press

Sometimes your partner may feel so turned on during cunnilingus that she begins to grind or lightly pump against you. Stay with her—and don't interrupt the rhythm of your tongue-play or move off of your mount. When she grinds, she's exerting pressure from her buttocks, and while you don't want them to lift off of the bed, you do want to allow for enough room for her to bear down. By "room," I don't mean physical space, but rather her ability to exert pressure with her mount onto yours. If and when she starts to grind hard, don't overcompensate with more pressure, which will only push her pubic bone down so hard she won't be able to exert her own forward pressure. Instead, try the Maxilla Press:

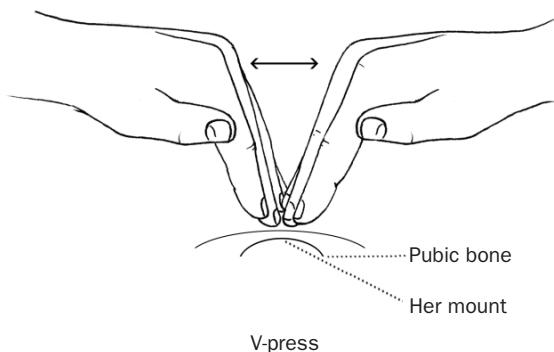
- * Keep your mount firm, bearing down on her mount with your chin angled away from her vulva.
- * Your shoulders should be hunched and firm and your neck muscles flexed to provide a strong base for your neck and head to bear down upon.
- * Adjust your neck about half an inch in or out from your shoulders. This half-inch allows you to have some give and take with your neck for resistance as she grinds. The pressure, rubbing, and licking can stimulate her to orgasm.

The V-press

This is a press that you form with your hands and use to control her pelvic pumping. A woman's hips and buttocks can be quite strong, especially when she's really turned on. The Mount provides consistent contact with her clitoris, but when body movement comes into play, the V-press lets you maintain that consistent contact:

- * Place your fingertips (the pads, not the nails) on her mound, just above her mount.
- * In a fluid movement, press down while lifting your wrists, with your fingers close together, joints locked,

to form a V with your fingers. Your hands need to be bent at the knuckles, with the fingers at a 90 degree angle to the back of the hand. If you need to strengthen the press, just lift your elbows a little higher and narrow the V. This allows you to easily apply pressure from your arms. Be sure to keep the 90 degree hand/finger angle in order to concentrate strong pressure to your fingertips. The basic rule is: The narrower the V, the more pressure you can apply. You can vary the pressure by changing the angle of the V. In the strongest V-press, the knuckles of one hand will be about 1.5 inches away from the other knuckles of the other—don't let them come closer together than that, otherwise the press will be ineffective. In the lightest V-press, your knuckles are about 4 - 5 inches apart.



If you don't use the V-Press and her movements escalate, your mounts may separate. If this happens, back your face away quickly so you don't get hit in the mouth. Do not try to re-establish contact until your V-press is in place.

Using both your mount and the V-press in conjunction with each other will help focus pressure on the center of her pelvic area and control the movements of her vulva. Her pelvis is still going to exert pressure, but you will have the mobility and pressure of your mount to stay with her.

If your mount becomes misaligned with hers, try to massage it back in place while maintaining pressure. If that isn't possible, quickly apply the V-press and keep it there while you reposition and are securely mounted.

Note: When you use a V-press, it means that your hands aren't free to do other things, like stimulate her genitals, massage her g-spot, use a vibrator, or simply caress her thighs or abdomen. Some women don't move much, others are very active, and most will cover the spectrum depending on how aroused they are. If your partner is likely to respond with sudden pelvic movement, such as pumping, apply a V-press before mounting. This will keep her pubis from hitting your

mouth and prevent possible discomfort or injury to her or you. Once your mount is in place, you can either remove the V-press or keep it there for control. Whether or not you use vaginal stimulation, the pressure from your mount and V-press and the steady rhythm of your tongue stimulating the clitoris should bring her to orgasm. Use your judgment and, if in doubt, be in position to apply the V-press.

The Strongest V-press

When things get really hot, your partner might start thrusting or bucking against you. The force of her movements can actually lift you off your elbows, and in these instances you'll want to use your Strongest V-Press. With this technique, it's very important for the joints of your fingers to be locked, otherwise it will be impossible to achieve the pressure you need. The knuckles on one hand will be 1.5 inches apart from the knuckles on the other, creating a form to apply maximum pressure:

- * Let your shoulders roll back to help ease the impact, using your arms as bumper pads to absorb the initial force of her thighs.

- * Keep your elbows out to the sides to create a wide frame for balance and lift them higher to apply more pressure if needed.
- * Tightly massage your mount into hers to maintain stability. Stop licking to reduce the stimulation to her frenulum and glans. The pressure from your mount will still provide sufficient stimulation for now.
- * From the Straight Frontal position, brace her thighs back with your forearms. Whether her thighs are still upright or have come down along your sides, immediately press the heels of your hands on her pelvic bone, to the sides of her mound. Apply a v-press.



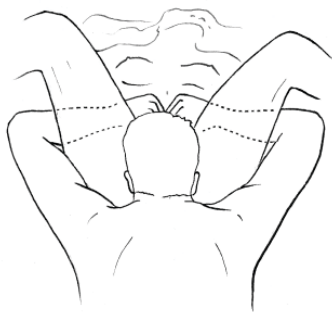
Applying V-press with Thighs Upright



Applying V-pressure with Thighs Down

From the Wrapped Frontal position, immediately press the heels of your hands to the tops of her thighs.

- * Raise your shoulders, arch your fingers, and quickly place the tips on her pubic bone.
- * Hunch your back, lift your elbows higher, and lock your fingers at the joints to exert pressure down to the base of the V on her pubic bone.



Applying V-pressure in Wrapped Position

*In applying the Strongest V-press, the lowest part of your sternum (the bottom center of your ribcage) should only rise about an inch above the bed while you balance yourself on your fingertips and abdomen. You'll be applying a great deal of pressure, so it's crucial to position your fingertips properly, directly—and only—on the bone above her mount. Keep your legs spread a little, bearing down on the bed. When applying strong pressure to her mount with yours, you might need to slightly lean the V away from your forehead. That's fine. Maintain the good form of the V and keep your fingertips in place, while applying firm pressure to her pubic bone.



Body Form for Strongest V-press

Now apply...

The Pelvic Grind

- * Stop licking and exert deep pressure with your mount, grinding it in very tight circles into her mount. She may focus her energy to your mount, transforming her movements from thrusting to grinding. This hard grinding can still be really strong, but it's more focused than the pumping or thrusting of her pelvis and keeps you on course.
- * Stay with her motion and provide resistance as she rubs against you. It's usually preferable to let her do the grinding: She knows what pressure feels good to her and you want to focus on providing a firm base with your mount.

If she needs to lower her legs while your V-press is applied, and you're in the Wrapped Frontal position, let her thighs rest down on your shoulders; keep your shoulders raised so her legs don't clamp around your neck. From the Straight Frontal position, lift your elbows higher to allow room for her legs to slide under your arms as you maintain your V-press.

Chapter Eleven: More Stimulation Techniques

There are virtually no limits to the array of stimulation techniques at your disposal. The following techniques can greatly enhance her pleasure and add variety:

- * Depending on how much her hood protrudes, you can suck on it with your lips. You can also, very gently, hold it between your teeth. Do this in several spots across the hood, as if lightly nibbling. Alternate with licks or firm kisses on the hood.
- * While using a vibrator to stimulate her vagina, gently lick over the glans. If the glans is exposed, lightly lick over it. If it's too sensitive, she'll pull away or move your head back; instead, use horizontal strokes with your tongue on the frenulum for indirect stimulation of the glans. Many women prefer only indirect contact.
- * If she's not grinding against you, you can initiate the idea by grinding to her. It's a good way to stimulate and then let her take over.

Frenulum Pop

A wide open grin gives ample space to perform tongue techniques such as the Frenulum Pop, which relies on a degree of pressure and resistance that can only be achieved when you're mounted.

- * Firmly curl your tongue down over your bottom lip.
- * Bear down on your mount and keep your grin wide; lower your jaw as far as you can.
- * Stiffen your tongue and insert the tip firmly between her inner lips and against the base of the frenulum. Exert firm pressure with the tip of your tongue and keep it in place while trying to lick up at the same time. Think of this as an isometric exercise (muscular contraction against resistance, without movement) with your tongue.
- * Gradually increase the pressure until your tongue can no longer hold and quickly pops up and over the frenulum and base of the hood. It will feel or sound like a thump or a soft snap as your tongue pops over. If you can't feel it, use more pressure with your tongue until you do.
- * Repeat the Frenulum Pop as desired.

Roll With Your Mount

As you become more experienced, you can expand your mount area slightly to include the two teeth on either side of your front teeth.

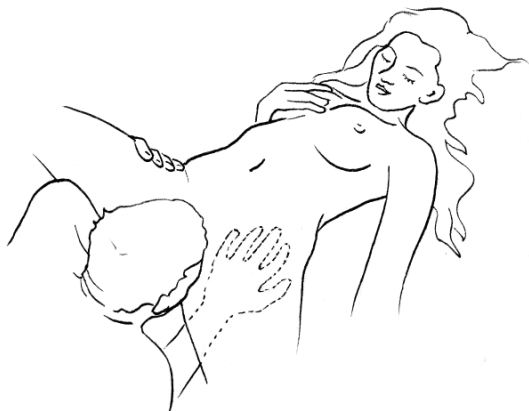
- * Use moderate pressure as you roll from one side of your mount to the other. By tilting to each side, you reduce the full contact you have with your mount. This technique is best used in the beginning stages of arousal, when she isn't likely to grind or pump. Use a slow, continuous motion to maintain control.
- * From the center of your mount, roll to one side of your mount—this is your starting point.
- * Keep your tongue close to your mouth and lick up and down the side of the hood.
- * Lick over the hood and probe between her inner lips.
- * Roll back to the center.
- * At the center, flick your tongue up and down over the hood a couple times, followed by a couple quick flickers from side to side.
- * Roll to the other side as your starting point and repeat the process as often as desired.

Chapter Twelve: Alternate Holds

The two basic body positions, Straight Frontal and Wrapped Frontal, are the ones you'll use most often during oral sex. But you may find the following variations to be useful as well. Each position has advantages, and you'll soon learn which works best for you and your partner. If she starts pumping and you are not in a position to use the V-press, or if you're in the Wrapped Frontal position and your reach isn't long enough, for example, try a Single or Double Cheek Hold to quickly regain the stability of your mount. The Single Cheek Hold will provide control while also allowing you to stimulate her with your fingers or a vibrator. The Double Cheek Hold gives you fast control if her movement escalates suddenly and your hands aren't in a position to apply a V-press.

The Single Cheek Hold

Use your dominant hand to hold her buttock to you. Wrap your other arm around her thigh, while exerting strong pressure to her mount from yours. By holding one thigh and the opposite cheek, you can control her movement and keep her stable while maintaining your mount.



Single Cheek Hold

The Double Cheek Hold

When time is crucial and you need to take control, the Double Cheek Hold can help, particularly if she starts to pump and your hands aren't in a position to apply a V-press or Single Cheek Hold.

- * Quickly grab her buttocks, one in each hand, with your thumbs toward the outside.
- * Keep your elbows out a little from your sides for better support and control of your arms.
- * Whether her buttocks are moving to, or away, from you, maintain firm, even pressure with your hands toward you.
- * At the same time, apply more pressure from your mount to hers, keeping her sandwiched between your hands and mount.
- * Brace the bottom of her buttocks with the heels of your hands for more support. This keeps her centered to you, while maintaining contact between your mounts.
- * Hunch your shoulders and bear your neck down into them, while exerting strong pressure forward with

your mount. Concentrate pressure to your upper lip, so your mount stays firmly planted into hers.



Double Cheek Hold

- * Use your forearms and hands together like heavy-duty springs under her buttocks to provide firm resistance and support. Raise and lower them in unison, keeping her centered and balanced as she moves.
- * Bear down on your elbows as you exert strong pressure with your hands to hold her cheeks, keeping her mount tight to yours. If you start to tilt to either side, spread your elbows out a little more for greater support.
- * Stimulate her to orgasm in this position, using the tempo and pressure of your tongue to her clitoris.

OR

- * Use the Maxilla Press and/or the Pelvic Grind. As you regain control, switch to the Straight or Wrapped Frontal and immediately apply a V-press.



**More Pathways,
More Pleasure***

At this point, you have hopefully gained experience with the basic pathway to her orgasmic pleasure, as well as learned how to stay on course and maintain control. Now it's time to consider alternate pathways to pleasure, which will enable you to add variety to your routines and enhance your sex life. Just as there are different positions for intercourse, so too are there different positions for cunnilingus.

Chapter Thirteen: From Behind

With proper techniques and some practice, you can also give her a wild time from behind.

You'll need two towels for this position, tightly rolled to a 6-inch diameter. Prepare them ahead of time so you don't have to do it at the last second. Beach towels typically have the best length and tightness when rolled.

Get into position:

- * Have her kneel on the bed with the tops of her feet resting over the edge.
- * Her hips need to be tilted downward for her vulva to be in the right position. Have her lean her thighs back to rest on the rolled towel. Her upper body

should be stretched forward comfortably on the bed, without lifting her thighs up off the towel.

- * The other towel goes under her abdomen, keeping it cushioned and slightly elevated from the bed to prevent strain to her lower back. The angle of the thighs, with the hips tilted down and the tailbone up, positions her vulva properly. Now the bottom of her buttocks can easily be propped up if needed. Kneel on the floor at the edge of the bed, between her feet, with your hands cupping the bottoms of her buttocks. Your face should be level with her vulva. If necessary, kneel on a folded blanket (or whatever works for you) for a little more height. Apply a bit of pressure upwards, to keep her hips tilted down.



Behind Position

If her thighs lift off the towel, immediately slide your hands around to the front of her hips and bring her

buttocks back to you, before they reach a vertical position.

Moisten, play, and prepare:

- * Alternate firm kisses with short strokes of your tongue on her inner thighs where they indent and join the torso.
- * With your tongue very wet, lubricate the fourchette and firmly probe between her inner lips and into her vagina. Gently wiggle your tongue side to side, separating the lips as you work your way down.

Hold her buttocks and lick between the inner lips and side to side over the frenulum. Alternate with licking up and down over the hood.

Mount to her fourchette:

Her fourchette is somewhat concave, making it a good fit with your mount and one that can withstand considerable pressure.

- * With your forefingers, spread her inner lips, and then gently push up, and slightly apart, so that you can fit your mount to her fourchette.

- * Press your mount into her fourchette and bear down with firm pressure, angling your chin away from her vulva. If you need more stability in your mount, press your nose more firmly to her perineum. Your nostrils will press shut, so breathe through your mouth. Don't concern yourself with the pressure; bear down if you need to.
- * Since her vulva is upside down compared to the frontal position (in which the upstroke is more stimulating), you will need to stroke her clitoris in a different manner. The downstroke from the underside of your tongue thumping on her vestibule and frenulum will give her a completely different sensation than does the Frenulum Pop in the frontal position. Using the underside of your tongue may seem awkward at first but will get easier with a little practice.
- * Applying firm pressure, insert your tongue into her vagina.
- * Hold your tongue still for a few seconds. Increase the pressure along the underside of your tongue. Curl the tip downward and slowly pull your tongue out, bearing down on the wall of the vagina. Just before your tongue exits, hook the underside of the tip to

the front wall and hold it there, so it creates resistance as you try to pull it out.

- * Gradually increase the pull of your tongue until you can no longer maintain the resistance. Your tongue will thump out hard onto the vestibule and down, grazing the urethra. Give a quick lick back up, insert your tongue into the vagina again, and quickly probe your tongue in and out a couple times. While probing, massage the frenulum or front commissure with your thumb or finger. Avoid pressing on the glans. Repeat the whole process a few times.
- * When probing the vagina with your tongue, or thumping it out of her vagina, you need to be firmly mounted to keep your face secure and be able to bear down and apply firm downward pressure with the underside of your tongue.
- * Release your mount, hook your thumb into her vagina, and press to the inside wall of the perineum. Lick up and down over the hood and side to side over the frenulum while rubbing the perineal tissue with your thumb.
- * When she starts to climax, release your hands from her hips so she can move forward and lie on her

front. Lie on the bed between her legs. Cup the bottoms of her buttocks with your hands and push up and then apart slightly. Alternate gently probing her vagina with licking between her inner lips. Her clitoris is probably too sensitive to touch at this point so be careful in that area.

Chapter Fourteen: She's On Top

When a woman is on top during intercourse, she can control the pressure against her clitoris, making that position the most reliable path to orgasm. She can control both the timing and the degree of pressure to her clitoris by simply leaning into you and grinding. The same holds true for oral sex; she has more control over when and how much pressure is used. Many women find this position very visually and mentally stimulating because they can watch you. It may also add a feeling of domination. Sometimes this is called the “sit on my face” position, but she isn’t actually sitting on your face—she’s kneeling above you, with her vulva directly above your neck.

Your partner should already be aroused and wet before starting, because you will be mounted and providing direct stimulation to her clitoris throughout.

It’s best to lie on a carpeted floor when she’s on top because it provides solid support for your back and helps keep her knees steady and balanced. (Note: This position is not recommended for people with neck or back problems, since you may experience considerable strain.)

Place a small, very firm pillow under your head. The ideal pillow is made of high-density foam, measures 12 x 12 inches, and is 2- to 3-inches thick—the size of a small throw pillow. Experiment with the thickness. When you rest your head the pillow needs to keep your head up and flush with the back of your neck so you can rest your muscles for 5 to 10 seconds. If you rest on the pillow too long, however, your mobility is limited and it will be difficult to stay mounted.

- * For best results, lie on your back. The top of your head should be no more than two feet from a wall. When you rest your head, she will need to lean forward, and she can place her hands on the wall for support. Rest your arms on your abdomen and legs.
- * Have her straddle your neck, with the front of her body facing you. Her knees will be on the floor to the sides of your head.
- * Bend your knees and place your feet flat on the floor. This helps to stabilize your position and concentrate your energy to your upper body. You will also be able to brace her with your knees if she happens to fall back.

- * Shimmy up a little. Bring your right arm around to the side of her thigh, with your elbow out a little. Press the web of your right hand into the top of her hip, just under the top edge of the hip bone. Wrap your thumb to the front and fingers to the rear. For precise pressure, apply more pressure with the web, thumb, and forefinger than with your palm.
- * Press your left elbow tight into your side. Press the web of your hand against the back of her thigh, directly under the bottom of her right buttock. Your fingers will be pointing to her side and your thumb towards her vulva. Her buttock will rest on your palm, with your fingers and thumb holding it firmly.

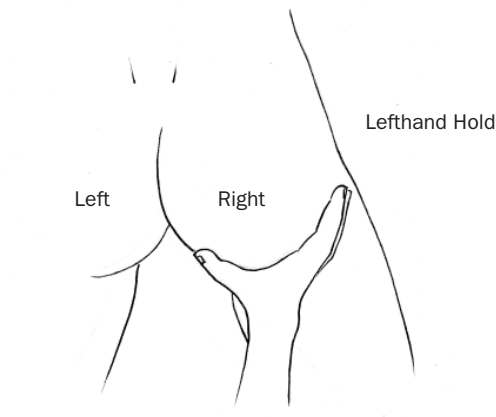


Positioning for She's On Top

Remember to use your hands in unison for positioning and stability.

- * Your right hand holds her hip and guides movement from side to side, or front to back, using pressure with the web, thumb, and forefinger.
- * Your left hand stays under her buttock to guide her right hip. Firmly squeeze the buttock with your forefinger and thumb while supporting it with your palm.

This positioning allows you to hold her from the top of one side and the bottom of the other at the same time, giving you better coordination and control. It also helps balance you to maintain stability while pressing her pelvis—her mount—to you.



Preparing for the Mount

- * Tighten your abs and lift (curl) your upper body, raising your shoulders for good neck and head support.
- * Fine tune your position by sliding up or down on your back. Firmly hold her buttock and hip and raise your head to her vulva. Adjust until your mount is in front of her front commissure.
- * Be sure your skin is tight over your mount and use strong pressure to curl your upper lip down tight, giving you the feeling that your mount is projecting out. You need a strong mount to sustain the pressure and strain that you could experience as you resist pressure from her, as when she grinds hard on you.
- * Exert firm pressure from the base of your neck.

Mount to Her

- * Since your hands are occupied, you can't manually tighten the skin over her mount for better penetration. Gently press your mount into the front commissure.

- * If you feel the shaft of her clitoris (it feels like a cord under the skin), do not press hard. Gently massage your mount upward a little along the shaft. You'll feel the shaft retreat inward when you reach her mount. At this point, you can easily press your mount to her.
- * Firmly burrow your mount in until you feel solid, even contact across her mount. Be sure the tip of your nose is pressing down rather than up. Relax your lower jaw and open your mouth wide.
- * If you need to rest your neck for a moment, do so. Otherwise, sooner or later, you will not be able to bear the strain and your head will drop to the floor. A slight adjustment of your body hold is needed to lower her vulva and maintain solid contact with your mounts.
- * As you lower your head, use pressure from your hands to bring her with you, keeping your mounts tight together. She will lean forward a little and can place her hands on the wall for support. When you're ready to raise your head again, use forward pressure with your hands to guide her back up with you.
- * Lick side to side over her frenulum, alternating with flicking your tongue up and down over the hood and

frenulum. Vary the rhythm, pressure and tempo you use with your tongue.

- * Use the Frenulum Pop.
- * Firmly and slowly, massage her mount with yours to initiate a grind. If she begins to grind back, let her take over. Use the Maxilla Press and vary the rhythm of your tongue.

If she starts to pump, lock her hips in place:

Simultaneously, apply some extra pressure *forward to the back of her right thigh and push back a little to the front of her left hip*. Make sure your hands are working in unison and exerting equal pressure. The opposing force you exert will balance her position and steady her movement. Apply a Pelvic Grind. Let her take over, while you maintain resistance by using the Maxilla Press.

As she is nearing orgasm, keep a firm hold of her body, with your mounts tight and your rhythm steady. When she does climax, she might hold your head to her—nuzzle into her and enjoy!



Preclimax or Orgasm position

The constant stimulation to her clitoris is intense in this position and can result in an orgasm fairly quickly. After orgasm, she will still be in a stage of semi-arousal and may be ready for more in a few minutes. If so, you can transition to a different position and begin again. Otherwise, just lie back and relax.

Chapter Fifteen: Unselfish 69

Can 69 be unselfish? Yes— and it's better that way! When both partners are giving oral pleasure in the 69 position, neither one can completely focus on the other or let go and truly experience the feelings of either giving or receiving. Between what you're doing and what your partner is doing, it's all too distracting and ultimately detracts from the total experience. In the Unselfish 69 position, however, she won't be doing anything in return, allowing her to fully enjoy what you're doing.

In this position, the mount requires much less pressure, due to the positioning, and it's simple and fast to switch between being mounted and unmounted. Unselfish 69 is uniquely suited for full use of your hands, giving you a wide variety of manual and oral stimulation options.

Getting Into Position:

Her mount is the fourchette; it's somewhat concave, making it a good fit with your mount.

* Lie on your right sides, facing each other from opposite ends—you'll be facing each other's pelvic area. (Of course, if you're left handed, you and your

partner will lie on your left sides—the right side is referred to throughout this section for the sake of consistency.)

- * Prop yourself up on your right elbow. Bring her right thigh up under your right shoulder, with her knee a little higher than her butt. Prop her thigh with your elbow pressed against the back of it. Move your elbow along the back of her thigh until your hand reaches her vulva. Keep your elbow firmly pressed into the bed to keep her thigh up.



Unselfish 69 Position

- * You can adjust when needed by using your right elbow to slide or pivot, making sure it's firmly pressed into the bed again after moving.
- * Her left leg will be drawn up, so the thigh is resting along the side of her abdomen. Place your left forearm along the back of her thigh, with your elbow towards her knee. Keep it in place, with your hand on her vulva.

Note: When unmounted, your head will be at a right angle to her vulva. When mounted, your head will be parallel with her vulva. Either way, be careful not to rub your chin on her skin, to avoid irritation.

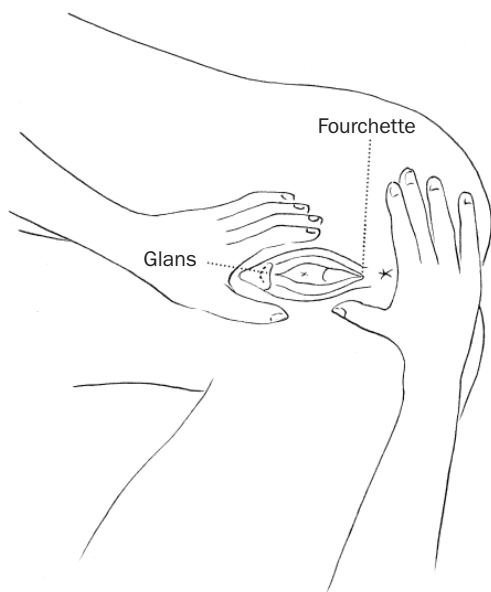
From the Unmounted Position:

Due to the positioning of her legs, she can't thrust forward; your arms will keep her body in place and your hands will be free. When you lick or kiss her clitoris, keep the pressure of your forearm and elbow firm on the back of her left thigh, to prevent it from pushing up.

Now lubricate and separate:

- * Separate her outer lips with your fingers.

- * Lick side to side over and between the inner lips to moisten and separate them.
- * Frame the area with your hands. Place one palm on her mound with the thumb and forefinger on either side of the clitoris. Put the other palm on her buttocks, over the anus. Apply moderate pressure to hold her steady.



Hand Position When Unmounted

Now Apply Stimulation:

The techniques that follow involve stimulating areas of her body according to their level of sensitivity, from least to greatest. Go through it in order first, after which you can mix it up, experiment to find what she likes, and indulge:

- * Lick along the perineum to the indentation of her inner thighs where they join her vulva.
- * Swish your tongue over her fourchette and perineum.
- * Dip your tongue into her vagina and swirl it around.
- * Lick side to side over and between the inner lips.

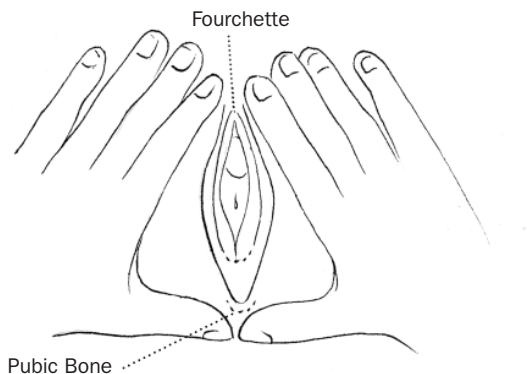
The side of your tongue provides a different type of sensation as she feels it go up and down. Try this on the vestibule:

- * If she's very aroused, circle the urethra with just the tip of your tongue and very lightly wiggle the tip onto it and circle again.
- * Lick up and down, alternating with side-to-side strokes over the frenulum and hood while probing her vagina with your thumb, fingers, or a vibrator.

Mounting the Fourchette:

You need to be mounted to be able to bear down for steady, fast thrusting or swirling of your tongue into her vagina. The transition from unmounted to mounted is easy:

- * Turn your head so it's parallel to her vulva.
- * Position your thumbs tip to tip, centered on her pubic bone. Apply moderate pressure. Put the tips of your index fingers close to the sides of the fourchette. This forms a triangular shape, which you need to keep wide open, so the area from her clitoris to the fourchette is centered and exposed.



Hand Position When Mounted

- * With your index fingers, spread the bottoms of her inner lips and push up slightly, making the skin taut to the fourchette.
- * Press your mount into the fourchette and bear down, so you can probe your tongue firmly in and out of her vagina in a circular motion. Alternate with slowly pulling your tongue out and thumping it over the vestibule (as in the Behind section).
- * Lower your jaw all the way and lick, with a flat tongue, side to side over the vestibule.
- * Dismount and press down on her mound with the palm of your left hand, massaging the front commissure with your thumb. With your head at a right angle above her vulva: Lick along the vestibule, glancing over the urethra. Probe her vagina with your fingers or a vibrator as you lick up and down over the frenulum a couple times; then switch to side to side over the hood and frenulum a few times.

While continuously repeating these steps, vary the pressure and tempo of your tongue-play. Let her reactions guide you to find what is most pleasurable for her. When she is nearing the brink of orgasm, stay with what you're doing, keep it constant, until she orgasms.

If she needs to bring her legs down before orgasm...

- * Shimmy in a little closer, leaning more on your right side. Slide your right elbow in, toward her buttock, a couple inches, keeping it on the bed. This gives her right leg room to come down a little.
- * Guide her left leg as it comes down by firmly sliding your left hand along the leg from her shin to her upper thigh. Apply pressure with the palm of your hand on her mound.
- * Apply pressure to her left thigh, just above the knee, with your right hand. This will keep her legs stable and apart.
- * With her positioned like this, you might not be able to release your right hand to use for vaginal stimulation. To bring her to orgasm, massage the front commissure with your left thumb while licking side to side and up and down over her hood and frenulum.

Chapter Sixteen: The G-spot Rodeo

This position, in which you're going to try to reach her g-spot with your tongue, is not for novices. You need basic tongue play skills, you need to be focused, and you both need to be physically fit. Much of the appeal of tongue to g-spot contact is psychological; the idea itself is exciting, as is the novelty of oral sex with her on a chair, rather than in bed. There is a lot to know about positioning and set up. It's not as complicated as it seems at first glance, however, so don't be overwhelmed by the Preparation section. It's detailed because it's important to get it right, but once you do, you won't forget it.

You will also go through some transitions: from mounted to unmounted and back to mounted again. This lets you build arousal, go for the g-spot, then mount again for her climax.

The positioning may seem a little awkward at first, but neither of you will mind when your tongue reaches its destination. You need your partner's participation, because in the g-spot rodeo, she's holding the reins.

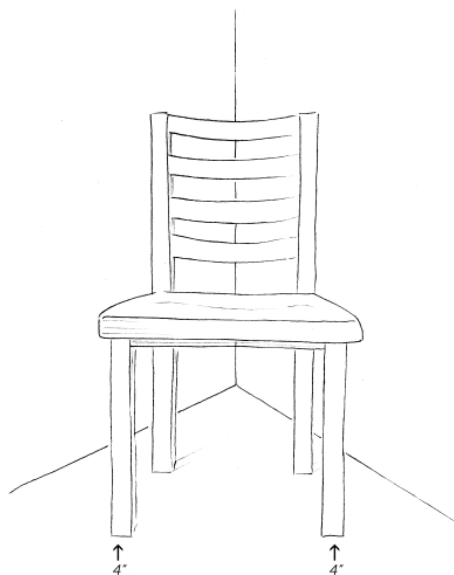
Preparation

Have on hand a long scarf that is at least 3 feet long and smooth and soft but not flimsy. If you don't have one, it would make a nice gift to her for your first g-spot rodeo experience.

You also need an armless wooden chair with a high, supportive back. Be sure the chair is sturdy and stable enough to support her weight easily. An upholstered seat is best for stability and comfort. Do not use a removable cushion, as it isn't secure enough for this purpose. For her comfort, drape a soft towel over the back of the chair but not over the corners. The corners have to be in direct contact with the walls. Use a room with wall-to-wall carpeting. Do not try this on a bare floor or on a carpet that isn't fixed to the floor and may slide.

- * Place the chair with its back facing the corner of the room, about X inches from it. It's easy to determine "X": You want the chair positioned so that when you tilt it back to the wall, the front legs will be four inches up off the floor, give or take half an inch.
- * Both top corners of the chair must touch the walls at the same time. This will center it to the corner. Do

not lean it on just one wall; the corner provides the best support. When the chair is tilted, the top of its back forms the base of a triangle, with the walls as the sides of the triangle. This provides the support and balance you need. The chair will not be slanted enough to allow the back legs to slide out from under it.



Chair Placement

- * A small wedge pillow can best fill the gap between her lower back and the seat of the chair. Place the

pillow so the wide end is on the seat behind her waist. The narrow end is up between her lower back and the chair. If you don't have a wedge pillow, use a throw pillow wide enough to cover the width of the seat. Be sure the pillow is large enough to cushion her lower back, but does not interfere with her ability to settle her mid-back comfortably into the chair.

Starting Position

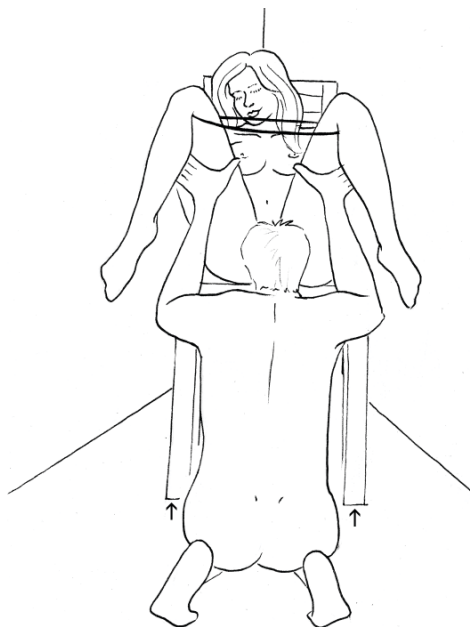
- * Start with all four legs of chair flat on the floor. Have your partner sit with her vulva at the front edge of the seat. Tuck the pillow between her body and the chair, making sure it doesn't move up between her mid-back and the chair. Otherwise, her weight cannot fully lean into the back of the chair for the tilt that's required.
- * Kneel on the floor between her legs, sitting on your ankles. Sitting low like that, you'll be able to crouch and position your mouth to the front edge of the seat. To crouch lower, sit back on your ankles with the top of your feet flat on the floor. Figure out what works best for you to be able to position yourself there.

* The tilt of her thighs is crucial. The angle is necessary to prop her vulva for placement of your mouth to her vagina. It also provides a more direct path to the g-spot. Wrap the scarf around the back of her knees and bring the ends around the front of her thighs. Her knees should be about a foot apart. Knot the scarf between her knees. She should hold her side of the scarf toward her to maintain the angle of her thighs. This won't be hard for her to do while she's tilted back. She needs to make sure the scarf stays up behind her knees, while she holds each side of the knot to her. This is a lot less strenuous than trying to hold her legs up with just her hands—she's holding the reins instead.

* Place your palms to the back of her thighs and push up from under her knees until her thighs are upright and she's slouched back. Push her thighs up toward her even more to tilt the chair against the walls. Keep the chair tilted against the corner.

With her thighs angled back towards her and her weight settled back, maintain the tilt of the chair. There always needs to be some pressure from you against her thighs. Since you will be constantly up against her, this should present no problem.

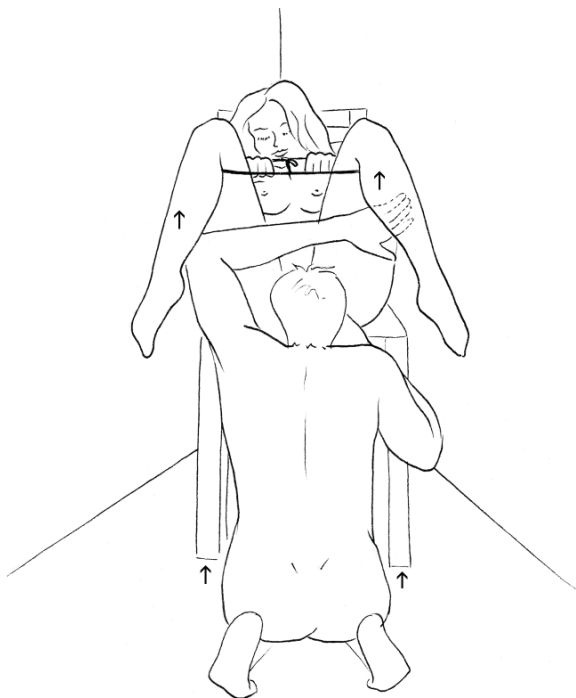
- * Begin by giving caressing kisses and licking with short, firm strokes along her inner thighs, including the very top where they indent slightly and join the vulva. Kiss her vulva along the sides of the outer lips and place your open mouth over her clitoris, exhaling a few warm breaths on it.



Tilting the Chair Back

Slide one of your forearms (the left, if you're right handed) across the back of her thighs, with the elbow area on one thigh and your palm on the other. Wrap

your fingers around to the side of her thigh but don't squeeze. Now your arm is in place to support her in case the scarf slips from her grip.



Feeling for the G-spot

As you proceed through the various methods used in the g-spot rodeo, you need to be able to reposition your arms to provide support if needed. You don't need to

use a lot of pressure; just be ready. She's holding the reins, but you're her backup.

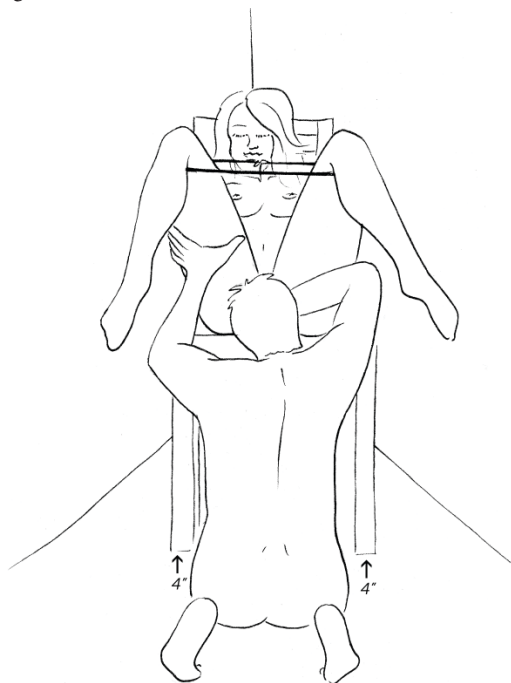
If her thighs become upright rather than angled back to her, the weight shift will bring the chair down and her legs down on you. If this happens, brace her and the chair and let the chair come down. Instead of trying to wrestle with the chair, let it come down all the way and start over. Don't get discouraged: It might take a little time to really get the hang of this position.

Applying Stimulation

- * Place your thumb and index finger to each side of her outer lips and gently spread them apart, moistening the center with your tongue as you lick up and down. Press your mount into hers and use a range of rhythms as you stroke over her hood and frenulum with your tongue.
- * With your index finger resting on top of your middle finger, insert those fingers into her vagina about an inch and then rotate them so they are side to side with the pads touching the top wall. You will feel a small mound, which is the base of her pubic bone. It presses directly to the top wall from above. Reach in

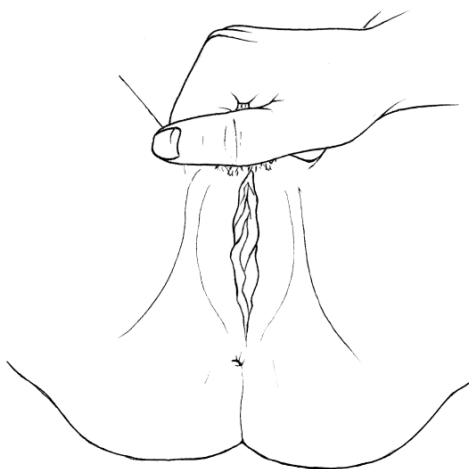
a little further, as your fingertips just begin to curve up on the bone, and you will feel the g-spot.

- * When you reach the g-spot you'll feel a tiny patch of erectile tissue. It feels like the surface of a tongue. Firmly press to feel the area, giving a moment of stimulation, then trace back from there to the entrance to get an idea of what you will feel with your tongue.



Tongue to the G-spot

- * Slide your left elbow down in front of the chair, with your palm on the back of her thigh.
- * Place your right hand on her mound, angling your elbow up against her thigh.
- * Proceed as follows:
 - ◆ If your partner has a good amount of hair on her mound, start with your hand fully open. Draw your fingertips in across the mound, gathering the hair from the roots between your fingers as you do. Keeping the fingertips down on the skin, draw your fingers back into a fist, clenching her hair tight at the base. If you pull at the ends of the hair, it will hurt. Holding the hair with a tight grip at the base won't hurt but instead will stimulate and slightly lift her skin, firmly holding her. Pull back a little on the mound with a firm grip to the pubic hair. This will hold her vulva steady so your tongue can stay on track.



Stability Hold to Her Mound

- ♦ If she has little or no hair, cup your hand firmly over her mound with your thumb pressed on her mount. Apply pressure with your palm, pushing up and back on her mound to slightly lift the area and keep it steady.

Apply G-spot Stimulation with Your Tongue

- * Hunch your back, crouching lower if needed, until your mouth is level with the front edge of the chair. Angle your head to the left side and tilt it back, so your chin is close to the perineum. The angle of your head is crucial because it gives you leverage to stretch

and lift your tongue, maintain contact with the top wall, and feel your way to the g-spot.

- * Wiggle your tongue between her inner lips, then into her vagina. Snuggle your mouth up against her vagina as you reach in to her g-spot. Rub your tongue side to side over the g-spot as firmly as you can. If you're able to maintain contact with it for 10 or 15 seconds, congratulations! She felt your tongue on her g-spot, and you experienced touching her g-spot with your tongue. Now, on to the grand finale...
- * Resume a forearm hold and brace her thighs, up and back. Insert a vibrator or your fingers into her vagina. Do not try touching the g-spot just yet. Probe her vagina for a minute or two, while kissing and licking her clitoris.
- * With the angle of her pelvis in this position, it's easy to switch to using your mount. You won't need a V-press, just moderate pressure to the back of her thighs.
- * Press your mount to hers. Exert firm pressure with it and give a slow, side-to-side massage to her mount. This gives more stimulation as you continuously flick your tongue up and down and side to side over

the hood. Pulsate the tip of your finger or vibrator against the g-spot.

- * She will feel intense stimulation, both inside and out, from your fingers and your tongue. It's a good thing she's holding on to the reins, because this is going to be one wild orgasm!

Note: If you cannot reach the g-spot with your tongue, that's ok. Practice stretching your tongue and eventually you will be able to reach it. And if you don't quite get there, you'll both have a lot of fun trying. The first inch or two of the vagina is the most sensitive to touch and pressure, and that's where your tongue will be.

Conclusion

Oral sex can be one of the best ways to pleasure a woman—it feels great and can bring you both closer. But it's also one of the most daunting sex acts for most guys. It's no wonder: Many men have never learned the “correct” way to perform cunnilingus, and women are all too familiar with the less-than-impressive results.

There's hope, though. In this guide, we've given you all the details you'll need to deliver mindblowing oral sex, again and again. These instructions will be key

to achieving the ‘supreme ultimate’ – the Tai Chi – of cunnilingus.

You can have a lifetime of rich, deeply satisfying oral sex. There are virtually no limits to the pleasure you can give and your partner can receive. This guide has shown you the why, what, where, and how. All you need to add is your time, desire, and passion.