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### **POSITIONED FOR SUCCESS:**

FROM EROTIC TO Exotic, how to Go down in Style



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# Positioned For Success: From Erotic to Exotic, How To Go Down In Style

#### WHAT YOU'LL LEARN TODAY:

- What position works best for oral sex, and why.
- **Several variations** on the main oral sex position, including adaptations for folks with physical issues, erectile difficulties or the highly creative.
- The origins of G-Spot research, and why it matters to you and your partner.
- A list of G-Spot strokes to use, and when to try them out.
- How to make a woman ejaculate, as well as the why's and how's behind the process.
- Some suggestions to **rev up your oral sex life**.
- How to deal with the **most common of oral sex issues** and concerns.

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# CHAPTER 9 Assume the Position

The best oral sex position is one that both you and your partner love. Still, I recommend one favorite position for most oral sex encounters, and have explained it in full in the last section, *The Lo Down on Going Down*.

The following positions are offered to give you more ideas and inspiration, with the added bonus that some offer relief of neck, shoulder and jaw pain and others may heighten sexual pleasure in one or both of you.

#### **THE BASICS**

These are the positions that will be your stand-by's, the ones that you both rely on over and over when you want something comfy, sexy, or predictable.

#### **The Standard**



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The position that most people use and for good reason is one that is familiar: woman on her back, partner in between her legs. When describing how-to's in this series, this is the position I'm referring to. Specifically:

#### HER BODY POSITIONING

Unless otherwise indicated, the woman should lie flat on her back with her knees spread apart and bent, with her feet on a solid surface. It's easier if her feet are closer together than her knees are, because then she can push against whatever she's lying on to increase pressure and control how much stimulation she receives, but it's not possible to do this all the time, so don't worry about it too much when first starting out.

Make sure that her back is flat as well, so that the small of her back is against the floor, bed, or whatever she's lying on. Contrary to many pornographic films, an arched back only looks good but it doesn't help her get any closer to an actual orgasm. With some of the oral sex techniques mentioned, you'll want to have one of your hands along the small of her back to make sure that she's pushing against it slightly, thus tilting her pubic region in your general direction. If she's having problems getting her back flat and flush, prop her head and chest up with some pillows, place one hand on her Mons Pubis and one on the small of her back, and gently push her pelvis down into your lower hand. This should be a comfortable position for her, especially when she's relaxed.

If you find that your neck gets tired during oral sex, you can prop up her buttocks only (not her lower back) so that her pelvis is tilted even further forward, bringing her vulva closer and at a better angle for you to get to work. It may also be easier if she is on a bed, towards the edge, and you are kneeling on the floor.

#### YOUR BODY POSITION

Because you'll want a lot of room to get into a comfortable position, the easiest place for her is the edge of the bed, with you taking up most of the length of whatever space you are using. A bed is optimal, but the floor works just as well, just make sure to have some blankets underneath both of you so that there aren't any pressure points when you're done.

To give your arms a bit of support, use a pillow under any arm that isn't underneath her. Then, get right between her legs. If someone were to look at you from above, the two of you would form a straight line, save her legs opening to accommodate you between them.

Then, add whatever pillows or supports you'll need to stay in that position for a long time. You should be able to lick, move your hands around, lift her legs, slightly tilt her from side to side, get a hand underneath her back or over her Mons Pubis, and look at her in the eye as well.

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#### YOUR HEAD POSITION

There's a good reason why most people refer to oral sex as 'giving head' because it's more than just your tongue or hands getting in there, it's your entire head right in the midst of it all. Your upper lip should reach her Front Commissure, your nose right up against her Mons Pubis, and your tongue resting lightly against her vaginal opening.



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Make sure that you're able to reach your tongue from the bottom of her pelvic region (Perineum) to the top of her Clitoral Head. You should be able to flatten it so that it covers most of the area, depending on the size of her Labia, and it should be easy to perform flat tongue strokes, short quick licks, and everything in between.

Spend a bit of time ensuring you're both comfortable and in the right position. If everything clicks properly, she should be able to look down along her body right to the top of your head or right into your eyes if you lift your head a bit and see all the action easily. You should be able to glance up at her without changing too much of your body position to see how she's doing and connect with her during the process.

#### The Standard, Woman-On-Top

The next most commonly used oral sex position is one where the woman is in Doggy position (her on her hands and knees) with her partner between her legs, on his back and with hands free.

This isn't the best position for oral sex because the man cannot use his hands for any length of time without getting immensely tired, and the woman has to hold herself up—a difficult feat as she gets closer to orgasm. It does however place it all on the woman to control how much the person below her penetrates or licks, as well as any appropriate rhythm—for the most part, this is a better position for the early stages of oral sex.

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#### **POSITION VARIATIONS**

These oral sex positions are basically just different versions of the main two, but they are slightly different and can be used depending on your body types, sexual needs and flexibility.



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With the woman lying on her back and her legs straight, bend one of her knees so that it is pointing toward her nose. Have her partner lie down next to the leg that is still outstretched, with his head at her belly button. Have him then lean into her genitals, so that both partners can use the bent knee as leverage. He should almost be lying on top of the leg that is straight.

This position is ideal for women who find one side of their clitoris more sensitive than the other.



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Pretty much as it sounds, the woman is flat on her back like The Standard, but puts one or both of her legs over her partner's shoulders. In this position, a woman has a lot of leverage and can control how much stimulation she receives. Plus, it opens up the entire pelvic area to someone who is trying to access all the wonderful parts held within, so it's perfect when you want a better look at what's going on. Finally, women seem to really love this oral sex position to feel even more connected to their partners; therefore this is an excellent choice if she's complaining of feeling distant, disconnected or floating on her own during the process.



POSITION — INTERTWINED, MAN ON TOP

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To get into this position, have the woman lie on her back with her partner next to her. His head should be around her hip area, and his legs pointing in the direction of her head. Then, he takes his arm closest to her, and sticks it between her legs with his head following right after. Get her to wrap her leg around his shoulders so that her ankle touches his back and her knee is just shy of his elbow. If done correctly, both partners will be on their sides slightly, and he'll have a fantastic view of her entire genital region, with easy hand access to her Perineum, Anus and Vaginal Opening.

#### Sixty-Nine

Sixty-nine is the position where one partner is on top of the other, and each has their head near the other's genitals. The problem with this position is that it's unlikely she'll be able to reach your penis to pleasure you, unless you both are exactly the same height or have the same leg length. Plus, most women are unable to relax in this position, which is necessary to bring one to orgasm.

If the guy is on top, it makes things a bit easier for him but then she has to carry his weight along her body, and it makes giving him head more of a forced event than anything else. If she's on top, where your hands and arms go is infinitely easier but then getting to her sweet spot is difficult. Therefore, sixty-nine can be a lot of fun, but it's more a novelty position than one to be used to get her off. MODULE

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#### Side by Side

The same as sixty-nine, just rolled over so that you are on your sides instead. Side by side has the same issues that sixty-nine does, although it is a bit easier to get to one another if you both put one knee up in the air and bend at the waist to ensure good positioning around their genitals.

Side by Side also allows for more relaxing, especially for those with neck problems, just make sure to use extra lubricant because this is one position where all the air flow can dry things out too much to make the experience fun and sensual.

#### Woman Standing

In Woman Standing, the female is standing upright and their partner is squatting or sitting down so that their face is right next to the woman's vulva. She can sometimes be propped up against the wall using the partner's shoulders, or have one knee on a chair both of which provide extra maneuvering room.

This is a sexually charged position, and for many it is one that they can't do without. Having said that, it's a difficult one for the woman to feel confident enough to let go while standing up, and thus, is probably one best used early on in a cunnilingus session.

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#### Doggy

Take normal Doggy style, come up behind the woman and lick her—that's how you perform this oral sex position.

There are a number of fans of this position, and for good reason. It's excellent for analingus (mouth touching Anus), it lends a bit of animalistic pleasure to the event, and it shows off a very attractive angle of a woman's anatomy. Having said that, the Vaginal Opening and Clitoris are almost impossible to reach in this position, there's no way to perform many of the hand movements required, and it's an unnatural angle for even the most flexible of oral connoisseurs.

#### **Supported Doggy**

Supported Doggy is exactly the same as Doggy, but the woman has pillows under her hips to prop her up. In this position, it's much easier for the woman to relax, and it doesn't take much to gain access to most of her vulva if she merely tilts her hips back and puts her head right down as far as she can.

Supported Doggy is also great for the woman's partner, as he too can use the pillows to prop himself up. Plus, it allows for a fuller range of motion for both parties. However, it may seem too distancing for some women, as they cannot see their partner during the act or you, them.



POSITION — SUPPORTED DOGGY

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#### **DOWNRIGHT ACROBATIC**

For those who really want something unique, there are a couple of oral sex positions that few have tried or if they have, mastered. All of these require a healthy partner with some flexibility, and none are recommended for long-term adventures because of their acrobatic requirements. Still, they can inject some levity into your sexual repertoire, just make sure you both stretch and get limber, first. Hot

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POSITION - THE CRAB

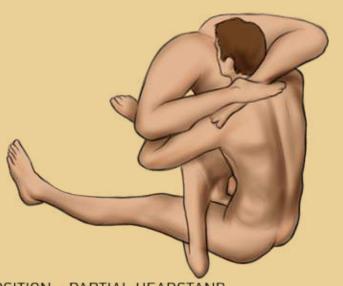
**The Crab** 

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Have the guy lie on his back, propped up with pillows behind his head and shoulders. The lady then sits on his belly with her legs at his ears and her hands by his knees,

and pushes her belly towards the ceiling so she looks like a crab crawling. She can then move as close or as far away from her partner as she wants, even using pillows underneath her buttocks if she gets tired.





POSITION—PARTIAL HEADSTAND

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The Partial Handstand sounds a bit more difficult than it really is. Have the man sit down in a comfortable position where his knees are bent and wide apart. A pillow should be between his feet. Then have the woman climb from behind the man, and Hot

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wrap herself around him so that her head is on the pillow, her thighs on his shoulders, and her knees around his head. There are some women who swear by this position, as it forces all the blood to their head, thus increasing their orgasm's intensity, but it can be a challenging pose for both partners, especially in the middle of her thrashing about.

#### **Supported Headstand**

Take a thick blanket and fold it so that it'll support the woman's shoulders and neck; if she's a yoga fan, she'll know exactly what to do. Then have her put her shoulders along the longest side of the blanket and help her get into the headstand position. The man should hold her legs so that the backs of her thighs are supported by his shoulders, and that when he looks down her body, he looks right into



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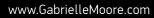
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her eyes. The folks that have tried this position say they love it, because it's one

for obvious reasons can be quite dangerous to hold for any length of time as well.

that is very connected, plus it allows for easy access to her genitals and breasts, but



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# CHAPTER 10 Houston, We Have a Problem

Have you ever had a situation with a woman where you had no idea what to do, or worse, you knew what was wrong but needed a nice way to say it? This is the section for you then, where you'll get feedback on several tricky yet manageable situations and questions you know, the kind that you want to ask about, but were afraid to.

#### "She Doesn't Seem To Enjoy My Oral Technique."

t could be that you've noticed her not as engaged as she usually is while in the heat of the moment, or maybe she isn't as excited about you going down on her lately as she used to be. There could be a few reasons why she's acting a bit different:

• You're so concerned about your technique and pleasing her, that her anxiousness is rubbing off on her and she's not able to get in the mood in turn;

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• You've lost the fun quotient and are a bit robotic or mechanical, and she's getting a bit bored with the lack of variety.

Really though, it doesn't matter what the reason is because the answer is the same: if she gets even a whiff of you not being 100% enthusiastic or into oral sex with her, she'll have a hard time enjoying it.

So how to remedy this? Put your concerns or fears out of your head for a bit, and focus on the aspects of oral sex that are a total turn on for you. Most women will go crazy with that knowledge, and be able to open up and enjoy themselves more fully. So flash her a winner of a smile with a tweak of naughty to it, and then just go to it. It's highly unlikely that with that attitude, you'll get any complaints.

#### "What If She Has Lots of Pubic Hair?"

Some gents are quite fond of the 70s look, but others would much rather see what they are doing, or they find the trimmed and/or baby smooth look a real turn on. Doesn't matter really what matters is how you deal with it.

If it's the first time that you're going down on her, it may just be that she hasn't had time to do any grooming yet. Give her some warning next time and see if she takes

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care of things without you having to say anything on the matter. Warning, like, "I'm feeling like eating in later tonight", with a wink and a smile, "Think you'd be up for that?".

If your hints don't get the job done, it's time for the next step: subtlety. If the two of you ever watch porn together, try casually mentioning how hot you find the barely there hair on the ladies. Or, don't trim your pubic hair. When she's done going down on you next time, apologize for not keeping things neat and tidy, and then say with a naughty smile, "I will if you will!"

If neither of those tactics work and you really need her to perform some maintenance, your only other option is to talk to her about it directly. "I think you're amazing, and I love going down on you. I find it difficult to see what I'm doing though, and I'd really like to give you the most amazing orgasm ever! Is there any way that we could trim things up together? I'm totally willing to help...".



Then, actually help her. Make a night of it, pampering each other in preparation for an amazing night of oral sex. For tips and suggestions that won't hurt her (or you), go back to Day Two's Preparation 101 for more specifics.

#### "How Long Should It Take?"

he length of time it will take to get your partner off depends on her as long as it takes. There's really no way to predict how long, other than to use your past experiences with this woman as an indicator as to what might happen in the future.

Some women, it takes a while to get to where they need to be, both mentally and physically. Others can build the necessary tension in a few minutes, and can fly towards orgasm straighton without a lot of coaching or encouragement. And for different women it'll change based on their mood, cycle, past experiences, stress levels, diet, medications, and even alcohol. (Alcohol, while in small amounts can help her relax, but too much and it'll take her much longer to orgasm, if at all).

Women who masturbate cum faster and more easily; this is something I've found both in my professional work, private life and read in research studies. The reason? A woman who



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knows her body well enough to orgasm can do so in a variety of situations she just has to tailor the situation to her sexual response. As well, masturbation helps a woman to build the neural pathways needed to orgasm over and over again, throughout her lifetime. Masturbation also takes a lot less time for folks of both genders, and masturbation before oral sex just helps moves things along even more smoothly. So if you're able to prime her beforehand with a bit of her own solo play, you'll be that much closer to an orgasm when you do start licking her.

Another factor that needs to be taken into account as to how long a session will last, is how much foreplay time she received prior to oral sex. The more time you spend prepping her, the less time it'll take for her get to the finish line.

Also, the better you know your partner, the easier time you'll have of figuring out what's 'normal' for her, and how long it should take to make her cum.

Having said all of that, if you don't have the necessary information and want a very general idea as to how long oral sex should take, I'll throw out there a time line of anywhere between fifteen to forty five minutes, not including foreplay or after play.

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#### "What If She Doesn't Smell... Fresh?"

She may have looked irresistible when two of you went out dancing before your night of bliss, but once those beads of sweat have cooled? They aren't anywhere near as appealing.

The easiest answer is to suggest getting her out of her clothes and hopping into the shower together. Take the sensuality one step further by lathering her up yourself, making sure not to get any soap inside of her or else she'll be dry and may complain about itching and burning later. Icky.

If you don't have the opportunity to take a shower together, flavored dental dams work really well to mask offensive odors in a pinch, as do some flavored lubes. Worst case scenario? Grab a warm cloth and gently wipe her down yourself, making sure to let the heat of the water soften up her Mons Pubis and outer Labia Majora while you kiss and stroke her skin elsewhere. he

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#### "I Think She's Addicted To Her Vibrator and Can't Have an Orgasm With Me"

here is such a thing as too much, as you probably well know from your own masturbation experiences. When someone gets used to a certain method, feeling, or approach, it can be incredibly difficult to respond without it. Less variety in this case isn't a good thing, so you may need a bit of time to, literally, retrain your partner's clitoris to accept different, softer kinds of fondling.

If your gal isn't willing to let go of her vibrator for a while and try playing without one (it may take her longer to have an orgasm, but in time she'll reprogram her body to react in the same way), try it her way instead. Buy a long handled vibrator such as the *Flex-O-Pleaser*, so you can use it in tandem with your hands and mouth. See if you can alternate movements or change things up a bit with the extra 'hand', and watch carefully how she responds. It may take a bit of time for her to relearn how to orgasm by someone else's hand, but eventually she'll find the pleasure completely worthwhile.

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#### "I Think She Might Be Faking It."

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Why do you think she's faking it? Is it merely that she responds differently than what you're used to, or does she have different kinds of orgasms that seem to vary in their intensity? Are you worried that you aren't pleasing her? Or perhaps she's not very vocal in her appreciation. Whatever the reason, if you think she's faking it, it's a problem.

Asking her won't get you a direct answer think about when she asks you a direct question that makes you uncomfortable. Exactly. Instead, ask by your actions. Watch what her body responds to that she cannot control like the muscle contractions in

her inner thighs, how wet she gets (depending on her age this isn't a good indicator for women over the age of 45 or those who have had kids), the flush along her chest and neck, the tempo of her breathing. When you think you've done something right, ask her. Keep on doing whatever it is you're doing (if your mouth isn't full) and say, "Do you like that?"

If she does, it'll be obvious. She'll either not be able to talk, she'll reply but it will be hard, or she'll be so worked up that she'll yell her appreciation. If her reaction is difficult to gauge she's quiet, she shakes her head, she's not worked up or she seems really relaxed say, "Show me". Watch what she does closely, then try it out for yourself, and get her to show you again if you didn't quite get it right. Mimic her tempo, depth of her touch and movements as precisely as possible. Give her a few minutes to get used to your touch, and then look for the signs of arousal again.

Keep on doing this until either (a) she has an orgasm and it's unmistakable, (b) she asks you to stop (she may be raw, if that's the case, skip to Oral Sex Hurts Her, or (c) she says she just can't orgasm. No matter what the response, let her know that it's okay, you aren't mad, and that you care about her anyway. Or, ask her what makes her cum like gangbusters and ask her if she'll show you. Is what makes her orgasm in her head, physical, or some combination of factors? Whatever it is, take note, because you'll be using that information the next time you get busy, so you can try to make her forget that faking it is even an option.

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#### "She Wants To Cuddle After, But I'm So Exhausted I Just Want To Sleep."

When someone orgasms, a slew of hormones are pumped into the bloodstream. Most notable of these hormones is something called oxytocin, more commonly known as the bonding hormone In women, this same hormone floods her body during breastfeeding, assisting her in bonding with her child. Men also get a rush of oxytocin, but they also have the blood rush to their penis during orgasm, and then an even faster draining after. This blood flow away from the penis is what makes you sleepy.

There is a way to satisfy both partners however. Instead of just rolling over and going to sleep (you'd never do that, I'm sure, but let's just say for conversation's sake), let her know that you're exhausted and really need to recharge. Announce your need to



disconnect with affection, maybe by giving her a soulful kiss on the lips or a cuddle, while explaining your mental state and basic physical needs. If a woman is worth sticking around for, she'll understand what you're saying, and will gladly cuddle as you both fall into a blissful, satiated sleep.

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#### "Oral Sex Hurts Her"

here's a point in time where pleasure becomes pain, but in this case, we aren't talking about those situations where your partner is happy with the little owies you're inflicting on her, but rather, that the pain associated with oral sex is stopping both of you from enjoying the experience.

Does it happen? Definitely. Not as often as say, penetrative penis-vagina intercourse, but it's still possible. Here are some of the reasons why a woman might find oral sex a difficult experience:

**VIRGINITY:** It's only a myth that sex hurts the first time; for some women it does, for others, it's more getting used to the new sensations. The same goes for women who haven't had oral sex yet it's a totally new experience and they may not understand what's going on with their body yet.

**DISCONNECTED SEX:** It's the premise of many a romance novel or magazine article, but for women, oral sex that doesn't 'feel' right emotionally can actually make them feel badly about the experience in a physical sense. The easiest way to deal with disconnection is to ensure that you're both enjoying the experience for the right reasons.

**NOT ENOUGH LUBRICATION:** This one is a doozy for most women, and it's a hard thing for a woman to ask for more in the heat of the moment. Why? Because a lack of natural lubricant implies she's not excited or that something's not working right

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when usually neither is the case. To fix this issue, keep a bottle of lube nearby, and keep an eye on her lubrication levels and add more as often as needed for things to feel slippery-good for the both of you.

**TOO MUCH, TOO FAST:** Related to disconnected sex is too much, too fast, where the woman's partner is either in a rush to get to climax, or doesn't understand that great oral sex has to come in stages, not all at once. If you follow the instructions in this series however, you'll never a problem with this ouch-issue.

**SKIN CONDITION:** Your face or body aren't the only places you can have a skin problem, and most people's skin is extra sensitive between their legs. Maybe she's got a rash or sunburn, or perhaps she's allergic to latex or something in the lubricant that's used. If anything is red and irritated, try switching to all-natural lubricant Liquid Organics or non-latex dental dams like Hot Dams. If it doesn't clear up within a day or two, it's time for a visit to the doctor.

**SEXUALLY TRANSMITTED DISEASE:** Not all STDs are visible to the naked eye, but some can make oral sex extremely painful. If you can't see any issues with her genitals but she's still complaining of pain, again, it's time to visit the doctor.

**CONSTIPATION:** No one really wants to talk about bowel movements when discussing oral sex, but it is a reason why a woman might struggle with oral sex comfort. There's really no need to ask if she's having issues however, just hold off for a day or two to see if things get moving on their own.

**PAST ABUSE:** There's no way to tell if she's a victim of sexual abuse unless she tells you, and there really isn't much you can do about it even if she does. Having said that, it does affect a significant number of women with their enjoyment of oral sex. If you know this is an issue and she's crying out in pain, it might be helpful to join her on a visit to her therapist's office to learn skills to help her relax more and enjoy the experience.

**VAGINISMUS:** This, is a medical condition where a woman's pelvic floor muscles clamp down uncontrollably, and whenever anything is inserted into her vagina, it will cause extreme pain. There are treatments to help with Vaginismus, so if she's screaming during oral sex and not in a good way then talk to her doctor and with time it should get measurably better.

The Art Of Giving Her Exquisitely Orgasmic Oral Sex

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Program For Mastering

#### "When She Has an Orgasm, She Pees. Ick!"

What you think is pee is probably just a tiny bit of liquid that women ejaculate during orgasm. It's extremely rare for a woman to pee during orgasm same thing for a man so assume that it's really her body's signal that she's had an amazing orgasm. G-spot orgasms can also create a much larger amount of fluid, but again, it's not urine.

If the liquid really grosses you out or you're convinced it is pee, there are a few things you can do. First, go to the bathroom before you start your next oral episode, and then ask your partner if she needs to go too. It'll prompt her to empty her bladder just in case, without you having to say it. Also, make sure that there's a towel handy for quick and easy clean up after you'll want one too for your orgasm anyway, so it's not out of the ordinary. Dental dams provide a separation between her fluids and your mouth too, and if it's only a small amount you'll likely not even notice. Ine

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#### ORAL EXAM

We covered a lot in today's lessons. You should be able to answer the following questions after reading through it all:

- Why would a woman find oral sex painful? What can you do about it?
- What are the different ways to make a woman ejaculate?
- How and why would you want to fist someone?
- What oral sex position would you want to use if you're struggling with her taste or smell?
- Where should your head be during oral sex? Does it move as she progresses through the sexual response cycle? Why or why not?
- Why is 69 not recommended as an oral sex position?
- What precautions do you need to take before playing with, or tonguing her Anus?
- Do all women ejaculate? Why or why not?
- What's the normal length of time for an oral sex session?



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