



# THE ART OF ROUGH SEX

**YOUR GUIDE TO GIVING HER THE  
MASCULINE SEXUAL ENERGY SHE CRAVES**

 **GABRIELLE  
MOORE**  
*Better Sex. Better Life.*



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## Rough Sex: A Man's Guide to Becoming More Dominant in the Bedroom for Better, Hotter Sex

### Hello Lover!

Welcome to "Rough Sex: A Man's Guide to Becoming More Dominant in the Bedroom for Better, Hotter Sex". This eBook is designed especially for men (like You!) who want to learn how to unleash their masculine energy and become more dominant in the bedroom, in order to have the most passionate, amazing sex ever with their partner.

The truth is, even though a woman may say she wants a nice guy to buy her flowers and help her with the dishes, in truth, she really wants a man who will take charge in the bedroom and ravish her like an animal. At least in fantasy anyway!

In this eBook you will learn why women instinctually crave men who are dominant and want to be "taken", as well as tips and techniques you can start using today to create that sizzling chemistry that will drive her wild with abandon during sex.

Are you ready to give her the naughty, rough sex she craves and make her your sexy slave in the bedroom?

**Let's begin.**







## Part 1: Sexual Polarity

### *Primal Desires*

A primal desire is a raw, basic, animalistic instinct that is passed down to us by our prehistoric ancestors. Humans are born with the primal desire for sex to ensure the survival of the species. Both men and women find certain things sexy about each other based on their primal desires, because it has been hardcoded into them for thousands of years. But, back in the cave man days, not all the men got the chance to pass on their seed. It was the Alpha Male who got all the chicks.

### *What is an Alpha Male?*

An Alpha Male is a natural born leader. He radiates confidence, is strong and virile, assertive, composed, and dominant. Just like his cave man ancestors who had to be strong and dominant to make it to the top of the pack in order to provide for his family and protect them, those traits are still instinctually attractive to women today.

Take a look at any action movie and you will see an Alpha male who saves the day and gets the girl. All the old fairytales feature the Knight in Shining Armor who rescues the poor damsel in distress. Women's erotica and romance books are full of dark masculine rogues who sweep the heroines off their feet.



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Why? Because women LOVE that stuff! Women want strong alpha males who can take control, seduce her, show her she is desired, initiate sex, and ravish her like a sexual being. While men want to feel desire, women want to be desired. In other words, she wants a man who wants her so much he will do anything to have her and will take her even by force.

Now, I just want to say, not ALL women want to be submissive in the bedroom. Everyone is different. But, a good percentage of women do enjoy a strong man

## *Status Quo*

The status quo has made the modern man passive, as women have strived to become more dominant and gain equality in the work place. This equilibrium has changed how men and women relate in the bedroom as well, and has diluted the “natural” sexual polarity between the masculine and feminine, or of how opposites attract.

In Taoism, the masculine and feminine principles are opposite, yet complimentary and interconnected modes of being. The feminine (Yin) is earthy, emotional, passive, submissive, soft, yielding and open, while the masculine principle (Yang) is heavenly, logical, aggressive, dominant, hard, penetrating and controlling. They are interdependent and cannot exist without each other.





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Today, women have lost touch with their “divine feminine” and men have subdued their “masculine” nature. While striving to make more money and work in more powerful positions, women have lost a lot of their feminine traits: their openness, their receptiveness, their ability to be vulnerable and allow someone else to take care of them or take control. Likewise, men have learned to tame their aggressive nature, to be kinder, more compassionate, to be more passive in the bedroom and to basically be “nice guys”. This has taken the fuel out of the fire that is SEX.

## *Sexual Polarity—Opposites Attract*

It is true that opposites attract. In his book ‘The Way of a Superior Man’ Tantric author David Deida explains sexual polarity: “Sexual attraction is based upon sexual polarity, which is the force of passion that arcs between the masculine and feminine poles thus creating the flow of sexual feeling. It is this force of attraction that is the dynamism that often disappears in the modern relationship. If you want real passion you need a ravisher and a ravishee, otherwise you just have two buddies who rub genitals in bed.”

You and your partner may be equal in every other area of your lives, but, in the bedroom, there needs to be a polarity of opposites: one dominant and the other submissive. The more these polar opposites are extreme, the more passionate the couple will be during sex. Learn more about the female orgasm in my bestselling eBook, “7 Day Orgasm” here: <http://www.7dayorgasm.com>.







## *Women's Sexual Fantasies*

Romance novels are a sexual outlet that allows women to explore their fantasies. They are also a billion dollar industry (2013: \$1.08 billion in sales - source: BookStats) which proves their popularity. E. L. James "Fifty Shades" novels sold over 100 million worldwide by 2014, with the movie grossing \$400 million worldwide in its second week at the box office.

My point? Women have sexual fantasies and are eager to explore them. Yes!

Years before "Fifty Shades of Grey", author Nancy Friday compiled the top sexual fantasies that women thought about in secret after interviewing hundreds of women.

The most popular fantasies that women shared were "the surrender of control" (62%), dominant and submissive fantasies, and so-called "rape" fantasies. Studies on rape fantasies indicate that up to 57% of women have them, which is probably much lower in reality, as many women are ashamed to admit it.

All of these fantasies have common elements in which the man is in control and the woman is the object of sexual desire. Some fantasies are tamer such as the tall dark stranger who seduces and then makes passionate love to his willing



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victim. Other fantasies involve more brutality, such as the woman being taken against her will as she surrenders to his control.

According to one study entitled "Women's Rape Fantasies: An Empirical Evaluation of the Major Explanations", women fantasize about rape as a form of "sexual blame avoidance". In other words, the "rape" fantasy allows her to have raw, hot sex, without the guilt of being a slut or bad girl, so she is not responsible for her own sexual desires. Therefore a rape fantasy is not actually RAPE. It is consensual sex between two lovers where the ravisher plays a dominant role, by pretending to force his lover to have sex. The woman with the fantasy is actually in control because she is the one instigating the "rough sex" so consent is already implied.

## *Female Desires*

So, the question you may be asking yourself if, why would a woman fantasize about something that in reality would be very traumatic, painful and even life threatening?

That's a great question, and many researchers have been trying to figure this out, since "rape fantasies" are so common in our society and culture.



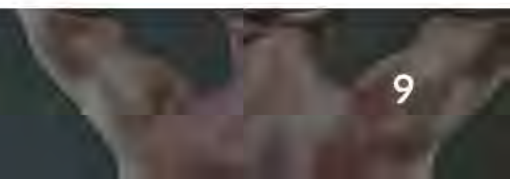




Joseph Critella and Jenny Bivona, researchers who published “Women’s Erotic Rape Fantasies: An Evaluation of Theory and Research” give several explanations. These include:

- “Sexual blame avoidance” (talked about above) which allows women the sexual freedom to be naughty during sex, without having the guilt.
- Openness to sexual experiences is a different reason women like rape fantasies as it gives them more sexual adventures to explore.
- Being desired is another reason why women enjoy rape fantasies, in which the man can’t resist taking them by force.
- The “biological predisposition to surrender” may also explain why women may like rough sex, because she is programmed to be submissive due to evolution.
- There is also the excitement of fear, when the nervous system goes into the “fight or flight” response which increases heart rate, breathing and genital arousal, all making for hotter sex.
- Then, there is the release of letting go, especially if you are in charge most of the time (via work and family duties), playing the role of the submissive can be very cathartic as well as erotic.
- Finally, some women may actually be naturally submissive and even masochistic (enjoy pain with their pleasure).

Thus, there are many reasons why a woman may crave rough sex, male dominance, and even rape fantasies. It allows her to unlock her sexual fantasies in a safe environment with someone she trusts, and to let go of her inhibitions (the biggest obstacle to sexual pleasure and orgasms for women), and her responsibilities, so she



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can experience body-ravishing, bodice-ripping, wild, playful sex where she can totally abandon herself to the guilty pleasure and become the naughty wanton dirty girl she truly wants to be inside.

For more exciting tips on how to spice up your sex life, check out my eBook "The Sex Starved Couple" at: <http://www.thesexstarvedcouple.com/>

## ***Rape Fantasies versus Dominant Rough Sex***

However, not all women secretly want to be raped in their fantasies. This is obviously the extreme. So it is important to talk to your partner about her desires before you ever try anything like that during sex. On the other hand, she likely does desire a masculine, virile man who is willing and capable taking control. It is important that you both define your limits before you begin.

In the next part of this eBook, we will learn all about the different ways you can seduce her and become more dominant both in and out of the bedroom.







## Part Two: How to be Dominant in and out of the Bedroom

The desire to have sex begins way before you get into the bedroom. This is the foreplay that you do every day to remind her she is desired as a sexual being, and that you want her bad. While normal foreplay is nice, today we are going to explore the naughty side of foreplay and how to be more masculine to her in your everyday life, before we ever get into the bedroom.

### *Naughty Foreplay and Seduction Techniques*

Like I said above, desire to have sex begins way before you get into the bedroom. You (as the male who is to instigate sex and dominate her) have to be building her desire every day by doing little seduction tricks so she is ready, willing and eager by the time you get her to bed.

For more exciting ideas on this topic check out my book on mastering the art of foreplay, "Turn Her On Faster" which you can find here: <http://www.turnheronfaster.com>.

### *Everyday Seduction*

Women want to be desired. They don't only want to be desired, they





want to be shown (both by verbal and non-verbal cues) that they are desired. They want to be shown this all the time, every day. They want to be the object of your desire and sexual attention.

So, how do you show them this?

## ***Non-Verbal Cues***

### **Eye Gazing**

This is not like the eye gazing in Tantra, where you sit apart dreamily staring into each other's eyes. This eye gaze is much more seductive, penetrating, wanting, desiring. It is when you look at her with intense sexual lust and imagine stripping her down and ravishing her. When you look at her with the force of your aggression and ownership. It is a knowing smile, full of confidence as you know you are going to take her in the bedroom and bend her to your every sexual whim. Your eyes are intense and full of lust. Your mouth stern, your jaw slightly clenched, a wicked smile curls your lips that tells her you are thinking wicked thoughts. As you casually turn and walk away she knows instinctively you WANT HER BAD.

### **Own Her Space**

Every person has a "comfort zone" or boundary that when crossed over can feel like the other person is invading their space. Most of the time, you don't want to invade someone's space. But, with your lover you want to come into her space, tower over her, get a little uncomfortably close, so she feels you are taking ownership over her. You don't have to touch her, just get close enough so she can almost feel your body heat, and smile and look down at her.





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## Have a Commanding Presence

Be direct, take control, be daring, fearless and don't ask for permission. Let your confidence shine through like a peacock full feathered. And, if you don't feel it, then fake it.

## Touching Her

Touch her lots when given the opportunity. Come up behind her when she is washing the dishes and press the length of your strong body up against her. Put your strong arms around her and hold her captive in your embrace. Let your hands take ownership over her body. Grab her breasts, or ass and softly bite the back of her neck. I think she will get the message, don't you?

Touch her whenever you can, as she walks past you let your fingers brush over her arm. Grab her and press her up against the wall showing her your virile strength and kiss her deeply, like you own her.



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For hot tips and techniques on how to give her oral sex, check out my sexy eBook, "Hot Licks", here: <http://www.hotlicksprogram.com>.

## Light Spanking

She may not like you to do this in public, but in privacy, anything goes. Giving her a light playful smack on the ass again shows ownership, that you find her ass sexy and that you are thinking of having sex with her.

## Show Ownership

Put your arm around her, or hold her hand in public to show everyone she is yours.

## Verbal Cues

### Whispering in Their Ear

Whispering in her ear is a highly seductive gesture, especially if you are pressing up against her and telling her how sexy she is, or what you plan on doing to her later tonight.

### Compliments

Give her lots of compliments about how sexy she is, how much you desire her, the







parts of her that turn you on, how that dress flatters her boobs, butt, legs, etc... Again, this enhances her desirability. The more sexy and confident she feels about her physical appearance, the more open to your masculine advances she will be in the bedroom.

## **Talk Dirty**

There may be times that are more appropriate than others to do this, like when you are both alone. However, a quick dirty whispered reminder in her ear about what naughty treats you have in store for her later on, can bring blushes to her cheeks and nether regions as well.

## **Growling**

Guttural noises like growling in her ear are very primal and get your point across quickly.

## *Tickle Your Ass With a Feather?*

All of the above seduction tips can be used as foreplay every day, or as a warm up to the big event. But, you can also use them to gauge how accepting she is with your dominant advances. You should easily be able to tell by her reactions if she likes your dominant approach or not. It's kind of like the old joke to find out how kinky a girl is when the guy says: "Tickle your ass with a feather?" Either she is game with it and wants to try it, or she is outraged and the guy changes it to: "Nice day except for the weather", thus leaving her to think she just misheard him. Either way, he has opened up the conversation about sex (or the weather) and found out if she is into kinky sex or not.



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Your seductive advances are basically asking her how kinky she is? If she's down with it, cool. If not, better start talking about the weather, or finding another way to seduce her.

## *How to be More Masculine*

Women are drawn to a masculine alpha male. Maybe you were born with it and maybe you weren't. Either way, there are many ways you can turn up your masculine qualities and start strutting your alpha male superiority.

### **Work Out**

Not only does working out build muscle and keep your body fit, but it also helps you tune into your manly, animal nature. Also, women desire men with that perfect V-shape (strong wide shoulders, slim waist and hips). You don't have to be a body builder, but having a lean strong body will make you more desirable and give your mega confidence.







## **Do manly chores**

Build something with your bare hands, or paint the house, or fix the plumbing, something that shows her you are capable, good with your hands, and allows you to flex your muscles for her. Make sure to take off your shirt while you do it as well. Wink, wink!

## **Practice a Martial Art**

This teaches you composure, self-control, self-defense, builds self-confidence, balance and posture, builds muscular strength, motor skills, physical fitness and a leads to a healthy lifestyle. All very sexy!

## **Become an outdoorsy man**

Learn outdoor survival skills. Learn how to use an axe, chainsaw, build fire, hunt (if you are into that) and gather and provide for her on a very primal level. Even if you just chop wood for her for your outdoor fireplace (again shirtless please!), that is showing off your manly caveman skills. Rawr!

## **Be Assertive**

If you are not assertive, take assertiveness training. Learn how to stand up for what you believe in, how to ask for that raise, how to get what you want and not take "no" for an answer.

## **Be Confident**

Act as if you are invincible and can do anything, like her sexy super hero. Be confident in your ability and skills. Don't have any skills? Get my eBooks and start learning some sexy tricks! Then practice until your confidence is real.



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## Be Successful

Strive to be the best you can be in everything you are passion about. Especially with your job. And, if you are not passionate about your job, get one that you are passionate about. Successful men rise to the top of the pack. And passion fills you with desire and

accomplishment, while purpose gives you self-confidence and self-actualization so you can reach your highest potential.

## Practice Chivalry

Open her door for her, pull out her chair, show her you are strong and capable of taking care of her in small ways.

## Initiate Romance

Plan a date night together or a weekend getaway and don't tell her what you have planned. Let her know you are in control. Instigate sex and even just foreplay more often. Even if foreplay doesn't lead to sex, it gives her a prelude to the real event.







## **Don't be a nice guy**

Okay, sure, be a nice guy but don't beg, plead, or politely ask for sex. You are the man, you are the dominant, seduce her into wanting sex. Ravish her with your desire. The rest will follow.

## **Grow Some Man Stubble**

Studies have shown that women desire manly stubble more than a beard or clean shaven face. To achieve the perfect five o'clock shadow, use an adjustable beard trimmer with a built-in guard on the lowest level.

## **Smell Sexy**

While you can't change your natural pheromones, you can keep clean and smell good. A nice clean manly scent is hot, especially if you just worked out and have a bit of manly sweat mixed in. You could also try subtle scents like musk oil to bring out your manly scent more.

## **A Deep Sexy Voice**

Okay, not all guys are born with a deep sexy voice. But you can practice projecting your voice and speaking with slow confidence. Take a public speaking class to develop the qualities of being a better, more confident, sexy speaker.

## **Body Language**

Practice confident, open, casual, relaxed body language. Don't be stiff. Instead, nurture a casual relaxed posture. Don't cross your arms. Instead, have relaxed arms and an open body language. Take up as much space as possible (without be overly dramatic that is), as this shows you are more dominant.



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## **Body Posture**

Don't slouch. Stand up straight. Chin up. Walk proud, strutting your stuff.

## **Have a Sense of Humor.**

Women find men with a good sense of humor who are able to make them laugh sexy. So, go out and learn some good jokes!

## **Be Fearless**

Don't be afraid to take what you want and never show fear. A woman wants a man who is fearless, who can protect them, and with whom they can trust to sexually surrender to.

## ***Dominance in the Bedroom***

Before you become a Dominant in the bedroom (with a capital "D") you need to find out if your partner is into it or not. In Everyday Seduction, you learned verbal







and non-verbal techniques to flex your masculinity a bit and test the waters. Being masculine, assertive and taking charge in the bedroom is much different than being Dominant and “making” her submissive.

In fact, you can’t “make” her submissive. If she is not already naturally submissive, or doesn’t want to be submissive, no amount of force or persuasion is going to change her mind. She may have past traumas that could surface, or she may just not be wired that way. In any case, she has to consent to being submissive to you. So, this is something you will have to talk to her about first.

### ***Communication***

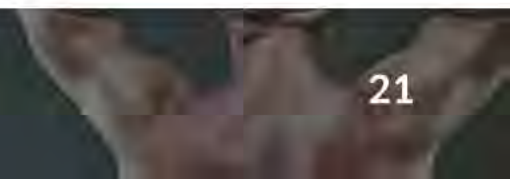
The first step you need to take is to broach the subject with your partner. Never engage in any kind of dominance play unless you have her permission to do so. Once your partner has indicated she’s open to dominance, proceed with caution so you don’t accidentally hurt her. Also, keep in mind that conversations about sex (especially dominant sex) should be ongoing as your beliefs, feelings and situations change as you grow, so likes and dislikes always need to be updated.

### ***How to be More Dominant in the Bedroom***

As I’ve mentioned before, you should start your dominance with everyday foreplay, to build desire in your lover. Once you get her in the bedroom there are lots of ways to be more dominant and take control.

### ***Suspense***

Creating suspense is great way to seduce your partner, when you do something unexpected or spontaneous to keep her on her toes. So use variation and don’t do the same things over and over again. Try something new, create a sense of adventure.





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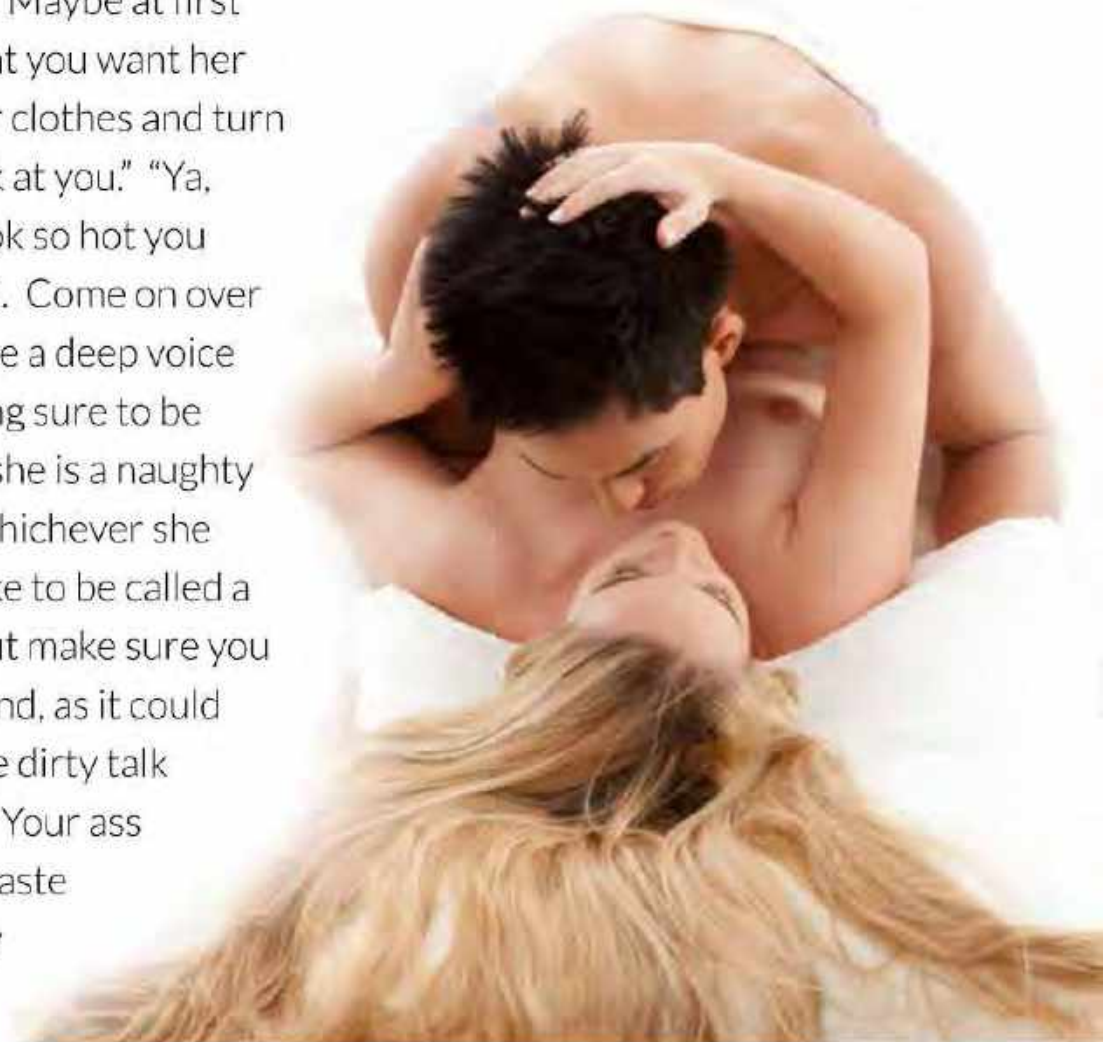
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Tell her to wear her best dress, but don't tell her why. Then take her out to dinner at a special place. Buy her a new piece of lingerie and ask her to put it on and wait for you in the bedroom. Then rip it off of her and ravish her with your desire. Put a pair of fuzzy handcuffs on her pillow, then later that night cuff her to the bed posts and give her amazing oral sex all over her body. Think of ways to seduce and surprise her, so she constantly has butterflies in her stomach and never knows what to expect.

## ***Talk Dirty***

Dirty talk during sex is a sure fire way to get everything hotter. The way to do this is to start slow. Maybe at first you can tell her what you want her to do. "Take off your clothes and turn around so I can look at you." "Ya, that's good. You look so hot you are making me hard. Come on over here and feel it." Use a deep voice and talk slow, making sure to be seductive. Tell her she is a naughty girl or a good girl, whichever she prefers. She may like to be called a slut, or a bad girl, but make sure you know this beforehand, as it could also offend her. Use dirty talk to praise her body, "Your ass is so sexy," or, "You taste so good." Or, simply







describe what you are doing in a dirty way. "I love the feeling of being inside you. Oh, you are so tight and wet!"

## ***Give Her Orders***

Don't ask her, tell her what you want her to do. Command her to bend over and show you her ass, then tell her how sexy she is.

## ***Physical Dominance***

There are lots of way you can physically dominate her that is super hot and sure to turn her on. These include:

- Hold her down while making love.
- Pin her up against a wall and kiss her deeply with ownership.
- Hold her by the hair or pull her hair while she gives you oral pleasure.
- Hold her arms over her head as you slowly penetrate her.
- Press your body against her and kiss her passionately.
- Grind your pelvis against her and grope her breasts and ass.
- Rip open her blouse and bare her breasts.
- Pull up her skirt and pull her panties aside then finger her.
- Make love to her slow and seductive or have hot rough sex.
- Initiate sex in a bold way.
- Penetrate her from behind, doggie style. To learn more about the divine pleasures of anal sex, check out my eBook, "Anal Pleasure for Her" here: <http://www.analpleasureforher.com>.
- Tearing, ripping, or cutting her clothes off.
- Biting her neck, her nipples, or butt cheeks.
- Swatting, spanking or playful slapping her butt, pussy or thighs.
- Light bondage activities with handcuffs, ropes, and other restraints.



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- Rape role play where she pretends to resist (or plays hard to get) and you take her by force. Don't forget safe words!

Find out how to awaken her G-spot in my popular eBook, "Mastering Her G Spot" here: <http://www.masteringhergspot.com>.

## **Kinky Shades of Play**

The "Fifty Shades" books and movie

were hugely popular. Many women fell in love with Christian Grey, the hero, because he was dark, seductive, secretive, dominant, liked to play rough and took what he wanted. Many women crave that in a man, and some even want to explore the kinkier side of sex.

### **What is Kinky Sex?**

Kinky sex is what has been labeled BDSM, or Bondage, Discipline, Dominance, Submission, Sadism and Masochism. This type of play is often rough, with one partner dominant and the other partner who submits. It involves various types of activities including bondage, role-playing, spanking, sensation play, erotic torture, and master / slave play.





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## **Negotiation**

Whether you are merely being more masculine, or going full on dominance, you need to discuss the type and tone of the play with your partner. Are you going to just be more assertive, carry her off into the bedroom to screw her like a cave man? Or are you going to tie her up, blindfold her and spank her bottom until she cries like a baby?

You need to both agree to the TONE (intensity, roughness, or aggressiveness) and the TYPE of activities (bondage, spanking, talking dirty, name calling, humiliation, etc...) you are both willing to experiment with. In BDSM, this is called "negotiation".

Individually, you should come up with a list of limits (activities you will NOT do) as well as your top desires, then compare your lists. This will give you an inventory of activities that can safely be explored together.

While it is not necessary to have a written contract, a BDSM Checklist can inspire you to add different elements to your play you may not have thought about, as well as learn about activities you may want to avoid. Keep in mind some of these activities are extreme and you wouldn't want to try them without training (or may not want to try them at all EVER!). But choosing the interests to share with your partner helps open up communication and get's the party started.





## Your BDSM Checklist (or Sexy Bucket List)

Wrestling	Vibrators/Dildos	Strap-ons	Fantasy Rape
Hot Wax	Foot Kissing	Anal Sex	Directed Bisexuality
Leather Paddle	Made to Masturbate	Riding Crop	Threesomes
Fire and Ice	Tickling	Anal Plugs	Group Sex
Wooden Paddle	Vaginal Sex	Fur-lined Paddle	Multiple Penetrations
Belt or Strap	Oral Sex	Silk Scarves	Dirty photos/video
Whip	Dirty Words	Rope Bondage	Leather
Kneeling	Breast Bondage	Mental Bondage	Nudity
Crawling	Secret Sex in Public	Cages	Lingerie
Lead on Leash	Public Display or Sex	Slings/Swings	Feathers/Fur
Verbal Abuse	Outdoor Setting	Orgasm Denial	Garters/Stockings
Gags	Indoor Setting	Master/slave	Corsets/Cinches
Face Slapping	Exhibitionism	Maid Service	Masks
Cuffs	Voyeurism	Role Playing	Costumes





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Nipple Clamps/ Clips	Biting/Scratching	Humiliation	Slutty Dress
Clothespins	Hair Pulling	Sexual Teasing	Innocent Dress
Blindfolds	Pinching	Wrestling	Innocent Dress

## ***Safewords***

The next thing you want to think about is a safeword. A safeword is a word that is used to either slow down or stop play immediately. It is used so things don't get out of control and you don't end up harming your partner or going too far. The Red / Yellow light system is the most common, in which RED means stop and YELLOW means slow down and proceed with caution.

So, why not just say, "no!" or "stop!"? If you are playing a scene where she will want to pretend to resist, then "no!" or "stop!" could be a part of her play acting to make it more realistic. In this case "no!" or "stop!" actually means "keep going, I'm just pretending to resist." So, if "no" means "keep going" then you need something that actually means "no, stop!" Hence, the RED and YELLOW system.

## ***Checking In***

Even with a safeword it is important to pay very close attention to your partner and her reactions. Are those cries of pleasure or cries of fear or pain? If you are unsure at any time, you can use the word YELLOW to check in with her, slow the scene down and make sure she is okay. Hey, she could be a really great actress, who knows, but be sure she is okay before proceeding if you are unsure.





There may also be times when she wants to go further and stretch her limits a bit. This is fine. However, if you see her getting into dangerous territory or you are worried about her emotional, mental or physical welfare at any time, slow it down or stop the scene. She may be floating in a euphoric cloud called “sub space” and unable to take care of her own wellbeing, or know when she has gone too far. So, it is up to you to protect her and safeguard her wellbeing. This is a BIG responsibility, so make sure you take it seriously and pay attention during your scene together.

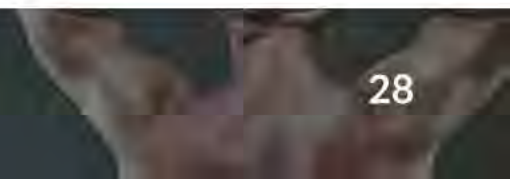
“Subspace: A “natural high” that a sub (or bottom) gets during a scene or when being controlled. The sub may feel disconnected from time, space, and/or their body, and may have limited ability to communicate. It is critical that a Dom(me)/top take responsibility for the sub/bottom and be aware of their sub’s well being if they are in subspace.”—Wikipedia

### **Aftercare**

In BDSM, “aftercare” is the time after a scene has ended that the dominant continues to ensure the wellbeing of their submissive. Often during dominant/submissive play or rough sex, the experience can be very intense, so it is important to nurture each other and reinforce what you did was hot, so you both don’t end up feeling guilty or even traumatized from the experience.

Some Aftercare Techniques include:

- Holding each other and resting together
- Food and water
- Verbal affirmations
- Expressing gratitude





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- Making sure both partners are physically, mentally, emotionally and psychologically okay

## ***Erotic Spanking***

Erotic spanking is a type of BDSM activity that many couples enjoy doing together. Here are some techniques on how to do erotic spanking the right way.

### Strike the Pose

Get her into spanking position, either bent over your knee, leaning over a table, kneeling over a foot stool, or spread eagle against the wall or on the bed.

### Bondage

Bondage is useful with spanking as it stops her from wiggling or moving or trying to avoid your swats. You can also use mental bondage and tell her not to move.



## Undress her Assets

Yes, by “Assets” I do mean her ass. Pull up her skirt, rip off her panties, or pull them aside so you can bare those butt cheeks.

## Massage Her Cheeks

Rub her butt cheeks and knead them to get the blood flowing and raise arousal.

## Apple of Her Cheeks

Begin lightly spanking the apple of her cheeks, this is the sweet spot just above her upper thighs where her butt is the most fleshy.

## Alternate

Alternate smacking with rubbing and kneading, so she is not overwhelmed by the spanking and can eroticize it. The point is not to give pain for the most part—although pain once eroticized can become very pleasurable—but to give her pleasure.

## Body Language

Pay close attention to how she moves. Is she pulling away, flinching, or moaning and pushing up towards you?

## Humiliation

Spanking can also be a form of punishment or humiliation. She is a naughty girl and needs to be punished for her badness. This type of spanking is more about a woman wanting to feel submissive, rather than enjoying pain or being a masochist. Make sure you know why she wants to experience spanking play, as that would decide the type of spanking you give her: soft and sensual, for punishment, or pain eroticized into pleasure.







## ***Erotic Bondage***

Bondage refers to “restraining for pleasure”. Bondage is another popular type of kinky play. Bondage can be purely mental, in which you tell your partner not to move. Or it can be using a pair of handcuffs and cuffing her to your bed posts. It could be holding your lover down while you dominate her with sex. Making her wear a blindfold, or tying her wrists together with your tie.

## ***Bondage Safety***

Before you begin to play with bondage here are some rules to follow.

- Always have safety scissors on hand in case of an emergency.
- Learn as much as you can about a bondage technique before trying it.
- Learn where the basic pulse points are located on the wrists, upper-inner thigh and throat and avoid crossing these with direct pressure from the ropes.
- Ropes should fit snugly, but not too tight so as to avoid serious injury from loss of blood supply to the bound part. You should be able to slip one to two fingers under the ropes.
- Never bind rope around the front of someone’s throat.
- Never leave someone bound alone. Skin should be constantly observed for numbness, coldness, and discoloration as circulation decreases.
- Test new bondage techniques for 10 to 15 minutes before trying longer time limits.
- Agree upon a safeword before you begin.
- Negotiate limits beforehand.
- Avoid placing pressure on the Brachial Plexus nerve which runs along the back near the scapula (shoulder blade).





## ***Bondage Toys***

The following is a list of the basic bondage tools you can use during a bondage scene. A lot of bondage tools can be found in your home (scarves, neck ties, rope), or at your local hardware store (clothes pins, rope, chains). You can also shop together at an adult shop either online or in person, which can be quite hot and a part of your foreplay together!

### Hand Cuffs

When most people think of bondage, they picture a set of hand cuffs. Hand Cuffs come in several varieties from police cuffs to faux fur, and from stylish leather cuffs to plush fabric cuffs. There are also silk cuffs that tie and are made of silky material.

### Rope

Rope is often the main tool in bondage. The best types of rope for bondage are cotton or hemp, as they tie easily and don't stretch, but maintain the knots.

### Collars & Leashes

Collars and leashes are used in heavier dominance and submissive slave play.

### Blindfolds

Blindfolds a great, non-threatening type of bondage toy and are







perfect for beginners. They are excellent for sensation play and for creating suspense.

## Gags

Gags are bit more extreme, but even a scarf, tie, or your partner's panties can be made into a gag.

## Nipple Clamps

Nipple clamps or clothes pins pinch the nipples and add sensation. They are great for making her feel very conscious about her breasts and body, as if she is on display for your pleasure.

Bondage Kits—Bondage Kits are great for people who don't want to buy everything separately, or want a matching set. These include under the bed restraints, door jam restraints, and restraint kits that have all of your erotic bondage tools together.

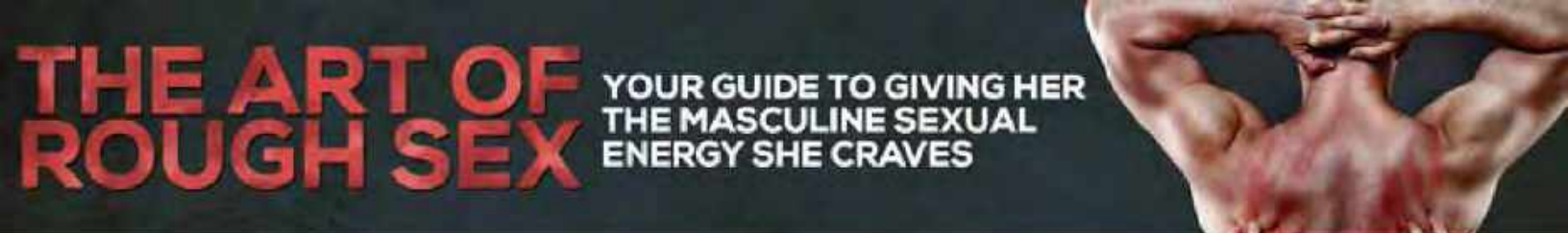
## Bondage Furniture

Some manufacturers also make bondage furniture, like chairs, or love lounges made especially for bondage, with cuffs built in.

## Bondage Swings

Finally, we have bondage swings which are super fun to play with and allow you and your partner to get into many difficult positions much easier. Check out my eBook on sex positions called, "Orgasmic Sex Positions", here to learn more: <http://www.orgasmicsexpositions.com>.





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## Role-playing 101

We checked out a few of the erotic fantasies that women have earlier in this eBook. Role-playing is a great way to play out some fantasies together.

Role-playing is exactly what it sounds like: each partner takes on a role in which they enact personas and sexual fantasies. Typically, one is the top or dominant (the giver) and one is the bottom or submissive (the receiver). Special forms of erotic role-play include age play, Doctor/nurse or Nurse/patient, Master/slave, Teacher/schoolgirl, play rape scenarios as well as many others.

Here is a list of roles to inspire you and your partner:

Amazon	Cowboy	Hooker	Nun
Baby	Cowgirl	Indian	Nurse
Barbarian	Daddy	Inquisitor	Rapist





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Bitch/Brat	Doctor	Interrogator	Pet
Boss	Evil Priest	Hero	Pimp
Burglar	French Maid	Kidnap Victim	Pirate
Child	God	Knight	Policeman
Clergy	Goddess	Master	Prince
Princess	Savage	Slave	Student
Principal	Secretary	Slave Owner	Suspect
Vampire	Sex Object	Slut	Teacher
Teen	Torturer	Victim	Warrior

Of course, these are only ideas. You can also just "play" yourselves, but play a more dominant role, or use your imagination and make up something new.

## **Sensation Play**

Sensation play is a more sensual type of erotic sex play that involves arousing the senses. It can be used to explore her limits and the types of play or sensation she may like to investigate further. It can be used for erotic foreplay and also heightens pleasure.

Sensation play is a sensual way of touching your partner. Sensation play can be erotic massage, using feathers, fur or materials over someone while blindfolded, or using heat or ice cubes to awaken the flesh. Sensation play can add a level of eroticism that can bring your arousal to new heights of pleasure and passion. Learn more about erotic massage with my e-book "Erotic Massage for Better Sex" at: <http://www.eroticmassage mastery.com>.



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Sensation play is also used to heighten any one of the senses such as smell, touch, taste, sight or hearing. Most of sensation is gentle and arousing, but it can also involve pain play that releases pleasurable endorphins.

Use a blindfold to heighten taste or touch. Use aphrodisiacs to arouse the sense of taste. Try different types of fabric for different types of touch. Erotic tickling or biting, nibbling, licking and sucking can all be used to arouse the body through touch. Also playing with hot and cold temperatures is another type of sensation play.

Sensation play can also be used to test certain types of play. Say you both want to try spanking, but are unsure of how hard to go. You can start with very light spansks and get her to rate it from 1-10, with ten being the most painful and at her limit. The slowly build to a more painful threshold. Then you can get a good idea of how hard to spank her during a scene, which is usually somewhere in the middle (around a 5) if you are going for a prolonged period of time and want it to be sensual, erotic and pleasurable.







Sensation play is a sensual experience and shouldn't be rushed. Go slow and explore your lover's body. See what reactions you get by trying various things.

## ***Tools for Sensation Play:***

- Rope, hand-cuffs, silk ties, under the bed restraints, blindfolds, or silk scarves.
- Hot and cold play items such as ice, candle wax, massage candles, warming, cooling or tingling lotions.
- Different types of fabric like fur, silk/satin, feathers, or hemp rope.
- Nipple clamps, clothes pins, breast or nipple pumps, snake bite kits.
- Various foods such as aphrodisiacs, hot and spicy, sweet and sour, chocolate, whipped cream, fresh fruit, oysters and more.
- Incense, pheromones, scented candles.
- Sensual massage oils and arousal lotions.
- Various sex toys and kinky BDSM gear.
- Your mouth, teeth, tongue, hands and fingers.



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## Orgasm Control

One of my favorite types of dominance play that I like to introduce to couples is orgasm control, in which you tease her, but don't let her come until you say she can. Orgasm control builds up her sexual desire and pleasure to a peak and makes her hold it longer than she naturally would, providing explosive orgasms.

You've probably heard of this sexy scenario before. You take her out to dinner at a romantic restaurant. You make her wear a remote control vibrator under her short skirt. Sometime during the evening you turn it on and with it her as well, as you send remote vibrations to her vulva and clitoris and make her squirm in her seat over dessert. She orgasms out loud like Meg Ryan in the restaurant scene "When Harry Met Sally", "Oh, OooooH, Ahhh!"





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Of course you don't have to do this in public (but that's half the thrill!). You can also do this in the privacy of your own home, and make her beg you to allow her to come. You can use a vibrator, or finger her, or give her oral sex, but don't let her come until you allow it.

If you'd like to learn advanced fingering techniques, check out my eBook, "Naughty Fingers", here: <http://www.mynaughtyfingers.com>.

Other public places you could try a remote vibrator at are at a party, museum, gallery, bus stop, subway, park, at the beach (get a water-proof vibrator for that), in a pool, Jacuzzi (using the water pressure jets), grocery shopping, at a movie, a dance club, motel room and much more.

Try it with various role-playing scenarios like Boss and secretary, school girl and teacher, an interrogation scene, the ideas are endless!

*"Learn how to unleash your masculine energy and become more dominant in the bedroom, in order to have the most passionate, amazing sex ever with your partner."*



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## Conclusion

I hope this eBook has given you lots of playful, juicy, hot ideas on how to be dominant and take control of sex in the bedroom. Try a few things with her or explore them all. Allow your play and exploration to build experience and confidence until you are a pro Alpha male, ready to make her wet with just one look.

As always, play safe and have fun!

Xoxo

Gabrielle Moore







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