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Jason Capital and Jason Julius



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FEMALE ORGASM

Jason Capital: Hello there, what's going on, guys? Jason Capital here and welcome to this discussion today with Jason Julius of OrgasmArts.com, in this interview where me and Jason are going to be covering a lot of different things, mostly FEMALE ORGASM. Actually, it's ironic Jason. I just realized we both have the same first name.

Jason Julius: Oh, yes we do.

Jason Capital: I think that bodes very well for this interview. That's what I think. If you remember, we're going to be talking about a lot of different things sharing stories, going over backgrounds, but mostly we're going to be answering that one cosmic everlasting question which is, of course, "How can I make sure that she cums the first night that I'm with her, that very first time?" How can I rock her world so hard that she never thinks about sleeping with another guy? Jason, thank you for being here, man.

Jason Julius: Absolutely. Thank you for having me, man.

Jason Capital: Yeah. This is cool. We talked in Skype for a few minutes. We actually never met before, but we have a lot in common and probably get along pretty well. This should be fun, man.

Jason Julius: We're talking about sex. What could be better than that?

Jason Capital: I have no better answer to that question. First of all, man, for the guys listening and for me because you alluded to it, but I don't know that much about it. How did this happen? How did you become the sex guy?

Jason Julius: Now that's a great question, actually, and I'm glad that you brought up talking about giving the woman that you meet orgasms the first time that you have sex because that was something I was obsessed about. I was probably obsessed maybe more than the average guy which led me to years of meeting interesting people from the adult industry to the pickup artist community to just my own general studies of psychology and stuff like that. I was just generally interested. I felt like there was something we weren't being told. I felt like there was an



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incongruence with male's sexuality in terms of it should be easier. It shouldn't be such a mystery to walk up to a woman's naked body and we're not given an instruction manual when we're born. How can we have a deep understanding of all the nerves that are going on down there all the way to how much our mind affects things? It's really just been my own obsession for years and it's just going to come together.

Jason Capital: Cool. Was there a story? Was there an experience and there's something that made you kick a rock bottom where you're like, "Okay, this is something I need to figure out?" Where did that come from?

Jason Julius: Yeah. Actually, there was, my first love. I think everybody has that first girl they were obsessed about. I was probably maybe 19. She was just my darling, the cute little girl that I always just imagined myself with. I was very inexperienced and self conscious of myself and she was a little bit more experienced than I was, and I didn't even realize that at the time. I started having a sexual relationship with her and I was on one end obsessing about her and she ... I found out it was on the other hand having sex with a guy named Joe the Boxer. His name was Joe like people called him Joe the Boxer because he was a big buff like an actual boxer. Long story short. I was absolutely devastated and I felt like it was on me like it was I doing something wrong. I think it's when you hate your low point and you just decided, "Look. I got to get this figured out."

To me, that's when I started obsessing about it and when I started getting into things in terms of meeting women, doing pickup, and stuff like that, that was one of the things that intrigued me the most and became something that I ... it's a void that I needed to understand and fill. Once I did that, I actually realized that there's so much us guys don't know. Left in the dark, so to speak, and our only experience was sex and sexuality is through pornography, which pornography is great for masturbation and entertainment but it has nothing to do with how sex actually goes down in the real world. More and more people are trying to mimic it and that's not a good thing as we'll talk about in a little bit. That's why most guys don't even know how to give a woman an orgasm via oral sex. It's because they learned the wrong techniques and a lot of guys get really self conscious about themselves because they watch porn, and every guy cast in porn is the guy not the upper one percent of penis size.

They think that they need to have large equipment in order to give a woman an orgasm and that's probably the least true of anything in terms of actually getting her to orgasm. There are so many more variables in place and I think once a guy understands that, he's like, "Hey, look. It's actually a totally different story.



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If I understand her anatomy and the way that she doesn't even understand her anatomy, and if I understand how her mind has to be in order for her to orgasm, I can orchestrate a situation where she can orgasm very easily. Most women, unfortunately for them, have never experienced the deep level of orgasm like a squirting orgasm because most women don't even know themselves that they're capable of it. Women are left in the dark just as much as guys are and so it gives us an opportunity to actually really learn the real variables of what gets her to orgasm and we re-learn, and we can be extremely good at it, whether it be the first time you're with her or the 200th you're with her. You can continue to make that better.

Jason Capital: That's something I'm curious about because there's no question about it, that most guys are certainly left in the dark about this shit, from the time they're born. It's one of those things when you're talking about it with your buddies. Most guys don't even want to talk about it because that implies that they don't necessarily know what they're doing and it's not like one guy is helping his buddy like, "Oh, man. Here's what you want to do. You want do that." It's just like everyone is, "Yeah, of course I fuck her." No one really talks about it but at the same time, it's not all that different for women.

Jason Julius: They're really not. They're listening to the popular magazines, popular culture, and nobody really tells them that they need to learn to get outside of their mind. They're just basically saying, "If you don't orgasm, oh well. You're doing it wrong. By the way, here's 10 tips to give him a better blowjob." They're not really that great either. It's to sell more magazines. I think when you really dive deep into the psychology of things, you realize how much more important that is. Maybe not more important but equally as important is knowing her body and how to touch her.

Jason Capital: I feel like that's psychologically powerful for a lot of guys who might not feel empowered in this situation ... is that even if you're with that girl right now when she is a little bit experienced, you can be pretty confident knowing that she doesn't really know what's going on with her body. She might think she does but, as you're alluding to, she actually has no idea.

Jason Julius: Absolutely. I feel every man can know a woman's body better than she does. I really do, and particular, in this day and age where, unfortunately, like I said, most women just don't get the right information just like we don't. Once you understand how to make her extremely present in her mind, and just be able to make her fire off multiple orgasms and she will be like, "What did this guy do to me?"



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Jason Capital: That's when you become her addiction, right, at that point.

Jason Julius: Exactly and I think that's what guys want when they want to give her an orgasm the very first time they have sex ... is that they want the opportunity to be able to have a relationship that they want or even if they don't want to be serious. They want her to just deeply want them back. I think learning her body really well and understanding how to orchestrate the orgasmic experience, I think that's really what it's about.

Jason Capital: Yeah, and once you do that, man, you have the sexual power in the relationship as you should. A couple of days ago, I caught ... I don't know ... in YouTube or something. There was some comedian, some chick, like a 30-second vid, but in it she was saying like guys who can make her cum should have different conversations with her than guys who shouldn't like who can't make her come. She was like, "Guys who sleep with me and you know how to make me come, you can be one of those dudes who just show on the couch and just like, 'Where the fuck were you? You can tell me what to do and I'll listen to you.'"

Jason Julius: Exactly.

Jason Capital: She's like, "If you're a guy who doesn't know how to make me cum, you better not be telling me what to do. You better be like the sweet, nice, little puppy and waiting on me hand to foot." She's like, "If you're a guy who knows how to make me cum, you can yell at me and stay where the fuck you want. I don't care."

Jason Julius: Yeah, exactly. That's so different from the general dynamic you see in most relationships where the woman a lot of times has ... maybe the more the power that guys begging for sex and he doesn't really get it very often except for maybe on his birthday. The weird thing is I think we're all led to believe that women don't want sex as much as men and I find it to be almost the opposite. I feel like women are very good at turning that part off, but once you know how to awaken that part of her she's capable of wanting sex maybe even more than you can handle, which you can always handle it but I'm just saying like I think some guys are just ... when I think to that story, I was saying that little, sweet, innocent girl, I had this idea that she didn't like sex as much as I did. It was to the demise of my relationship with her because I didn't really understand how to evoke emotions in her that made her see me as the guy that she respected enough to say, "I'm over on the couch, get over here," and you can just make her come. "I didn't know how to evoke those type of emotions in her" and that's really important.



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Jason Capital: Yeah. I'm just thinking back to the first girl that I was living with and it was similar. It wasn't that I ... I'm starting to think how to describe this, It wasn't like she didn't want to have sex all the time. It was more of like I personally didn't want to have sex as much as she did because I was more into basketball at that time in my life. That was just more important to me. What I've found is, obviously the same thing you found, is that women are fucking, they're maniacs. Once you wake them up, it's all they want. My dream girl at this point is just the girl who stays locked in my bedroom at all times and is just waiting for me to fuck her at any point.

Jason Julius: I know. You can turn her in to that practically. Obviously, she might need to leave and go to work. When she gets off work ... I'm telling you. The first woman I ever taught to squirt, she never had a squirting orgasm before. You fast forward to like weeks later. She's showing up just totally ditched out on work, shows up with a trench coat on with nothing underneath it. She couldn't wait to fuck my brains out. This is a 180 from something I had ever experienced before and I'm like, "This is pretty cool."

Jason Capital: Right. Go fuck yourself, Joe the Boxer.

Jason Julius: Exactly. It's like you did me a favor because then I had to go learn this stuff and it makes me a million times more sexually confident, which then actually makes you be that guy that she respects and trusts, and you just really can evoke those emotions in her.

Jason Capital: Exactly, and that's a huge part of what I teach my guys and we talk about being confident techniques and the tricks. That's like 10 percent of it, but the main stuff I'm always teaching and talking about are the sub-communication with the eye contact, the body language. It's a masculine polarity, but having your boundaries and not sacrificing your standards and you're about like really laying down the wall and cutting through when you need some shit like that. It's all those things and living through those qualities all the time, being that man that makes her want to fuck you all the time. That's what it is. When you add being able to make a woman squirt when you fuck her, she's done. She's yours.

Jason Julius: Exactly. I think that's one of the big secrets to picking up women is actually once you actually become that guy, at first you try to be that guy because you've never heard that you can walk up and be more masculine or evoke emotions in her, or whatever and there's techniques for that. When you actually become that guy who looks through her eyes and actually knows that you can actually have her on the bed, squirting all over the place and having the best orgasm in her life,



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and teach her something she didn't know, they're ... some of the stuff just takes care of itself because you genuinely are that guy.

Jason Capital: Exactly. Awesome. It really is. As we said before, man, it gets right the core of everything and once you get this everything else falls into place.

Jason Julius: It really does.

Jason Capital: Let's get to this question, man. I have a big question. First night, maybe it's after a date and maybe you picked her up in the car, maybe a coffee shop. You have no idea but it's the first time that they're getting physical and they're going to be sleeping together whether it's that night, that afternoon or whatever. He wants to make sure that she comes, right, because in his mind, "I make her cum tonight, she's mine. Later on, I can give her multiple orgasms. I could teach her to squirt and we can talk a little bit about that. This first time, I just want to make sure that she cums at least once. What do I do?" If someone asks you that question, what do you say?

Jason Julius: Okay. Well, I think you just need to know all the variables. I think us guys like to talk a little bit more logically about stuff. What are the variables at equal orgasm? If you look at an equation, it's basically how you touch her, plus what state she's in, equals orgasm. Those are the variables. First, you have to know how to touch her. What are her pleasure zones, so to speak, and how does she like to have them touched? With that, you need to know that women are capable of having two different types of orgasms: A clitoral orgasm and a vaginal orgasm. Do you want to give her a clitoral orgasm or a vaginal orgasm? Possibly, even both. If she's never had a vaginal orgasm before, the variable might be that she may not easily have that so you might just touch her clitoris. There's a lot of stuff going on there.

The part that most guys don't look at is what really will determine whether or not she has an orgasm with you once you get to touch stuff down which is extremely important. Once you have that down is understanding what state she needs to be in. When you look at it from a logical perspective again, they did brain scans on women when they're orgasming. Well, what they noticed is the cerebral cortex of the brain, the thinking part of the brain, totally goes dark. It gets quiet and that correlates to my experience of what I teach is basically learning how to get a woman out of her own mind. Guide her mind to orgasm. The more comfortable she is with you, the more comfortable she will feel letting go. That's extremely important.



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Really, her ability to let go is going to really be determined in a lot of ways by, “Is she self confident? Is she comfortable with you? Is she comfortable giving herself to you completely?” That might be different when you actually just grab a girl and you go bang her in the bathroom, which like you’ve known her for a few minutes which could happen when you’re doing pickup and stuff like that.

In a scenario like that, you’ll only have so much influence, but you could still touch her in a way that she’s never been touched before even if she doesn’t have the orgasm, which is the cool part, versus maybe you build comfort over a date or two. She just really wants to bang you, and then at that point, she’s going to be a little bit more comfortable. What I’m getting at is leading up to the bedroom. It’s just as important to frame yourself as a sexual guy and make her feel comfortable. Be playful, dominant. Lead her through the situation and don’t be afraid to talk sexually with her. You know what I’m talking about when you get into the bedroom and you haven’t really escalated with a woman like been playful or touchy, and then all of a sudden things are awkward when you just go to kiss her and take off her shirt. Before all that stuff happens, unapologetically, you hold her hand. Do all those things to make her very comfortable. Building comfort is a big part of it.

The next part is knowing that ... like I said the pleasure zones. There are different ways you can stimulate her via oral sex, her G-spot, her A-spot. Ultimately, if you can give her a squirting orgasm, that would be the best thing. Again, it’s going to really be determined on how much should she trust and respect you and want to give herself to you.

Those are a little bit of the variables. I think for most guys, it’s just learning a woman’s body and her anatomy. We’ll put them ahead of 99.9% of guys and I commend every guy for learning that stuff because there are so many guys that will go into this like, “Whatever, man. I just want to stick it in a hole and rub it around, and all that stuff. She will probably orgasm. She’ll probably like that.” There’s so much going on down there with her clitoris. Most guys don’t know that behind her vulva, it splits into a wishbone to either sides of the outside of her lips. If you rub on the outside of her vulva with your thumbs, you can actually stimulate her clitoris because the nerve endings go all the way down the side. If you just rub on the outside of her vulva, that’s a very good way to lead up to touching her sensitive spots, so to speak.

I think one of the big things is as you do that escalation, a big part of it is not really just going for the sweet spot. Show her that you’re someone who cares to get to know her body like a lot of guys who will just a rip off a girl’s shirt and just



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go right for the nipple or they'll go down to perform oral sex and they'll go right for her clitoris. Women take longer to orgasm because it takes them longer to get out of their head and into a state of being very present. There are no thoughts going on in their mind.

The more you can actually slowly work your way up to that, the easier it's going to be for her to be calm, to feel comfortable, to get out of her head and not be self conscious. That's so important because you could be sitting or grinding away at her clitoris and in her head she's like, "Oh, my God. Does my vagina stink?" I would say that's exaggerating but women are self conscious too just like us and they could feel uncomfortable with a man putting his head down there. She might be in her mind challenging herself. "Is this okay for him?"

Like I said, the biggest thing is making her comfortable with you and make the situation, such that she feels like anything you do to her, you're doing with her instead of to her. When you're performing oral sex on her, tell her how good she tastes. Tell her how much ... babe, I love touching you like this. You're turning me on so much letting me touch you like this." She can get out of her head and allow you to do that because women are more givers than receivers. You go into this like, "I'm going to give her an orgasm," and she might be laying there interrupting her own orgasm because she's thinking. "God, this feels good but when are we going to get to sex because I've never had sex with this guy before?" If it's all about her, she might feel uncomfortable about that.

Again, that's just going over the variables, not really getting into the techniques yet.

Jason Capital: Before we do get into the techniques, let's talk a little bit more about the "bringing her present" and getting her in that right state. You just mentioned a couple of things right there like if you're going down on her and you want to reassure her a little bit more to bring her out of that. Let's say that you're making out with the girl like it's starting off and maybe you've hung out and spent some time with her and you can feel it now that she's in her head and she's not present, what are some things that you might do to snap her into the moment, into that state that you want her to be in?

Jason Julius: Whenever you want to snap her out of being inside of her head, there are three different things to focus on. What is her physiology like? Is she tense? Is she breathing really shallow? Can he tell she's going to focus on something, maybe internally? She's a little bit scared or she's a little uncertain about herself, and what you can do: **Just grab her, pick her up, and throw her down**



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on the bed. Absolutely interrupt her physiology. Absolutely interrupt what she's focused on and lead her. If you can lead her, she'll trust letting herself go to you. A big counterintuitive thing is a lot of guys will ask me this question. They're like, "Well, I want to make sure I give her an orgasm the first time. The counterintuitive part is when you're so focused and you're so logical during sex, she's not ... that's going to be mirrored under her state. She's going to be like, "Okay, so now we're taking my pants off." It should just happen.

If you can get yourself into a state of flow, that's going to be projected onto her. I know that sounds a little bit, maybe difficult to do, it's actually really simple. The more confident you are and the more relax you get yourself, the more she's going to be relaxed. I know that sounds simple, but you ...

Jason Capital: What's the better frame, then, in your mind? Instead of saying, "I want to give this girl an orgasm," what's the better lens to be coming through then?

Jason Julius: I think it's about just knowing her anatomy and techniques, which we'll talk about in a little bit and knowing that sex is going to happen on an unconscious level. This is a very primal act. If you can just relax yourself and just know that you're the leader in that situation, then she's going to be able to follow you to that place. Again, once you're sexually confident because you know her anatomy and you're going to be able to touch her G-spot in a way that she's never been touched before, I think that just comes through.

Jason Capital: Cool. Okay. You said you have three different ways to affect her state, right? The first one is interrupting her physiology.

Jason Julius: Yes.

Jason Capital: Do you recall what the other two are?

Jason Julius: Yes. What does she focus on? There's really so much we can do to control a woman's mind. A lot of times orgasms and sex get better in a relationship because the comfort level gets better. I think the guys want the magic bullet and that's why I said there's always so much you can do to get inside of her mind and make her on self conscious. If you're talking about having sex with an unexperienced 21-year-old who has never really had an orgasm and has only laid back for the first few guys that she's had sex with. She's not uber confident in herself. There's only so much you can do. With that same girl, if you touch her G-spot or her vaginal fornix in a way that she's never been touched, she's going to be like, "Sheesh. What did this guy do?" Even if she doesn't orgasm, even



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if she doesn't get there yet, she's like, "I want to go back for more. That guy touched me in a way that I've never been touched before."

Another way that you can do it, physiology focused and the meaning of the situation. You can change the meaning of the situation pretty easily with your language. You can make her feel comfortable by slowing down the way you talk and saying, "Babe, you feel so fucking good." Talk to her through dirty talk which a lot of guys are afraid to do. When she feels like you're being naughty with her, she's going to be like, "Oh, okay. I can be a little bit naughty with this guy." She can feel that through her language. Interrupting her state. Just totally shift her physiology. Change her focus or change the meaning of the situation by interrupting it with language. That's how you get into her state.

Jason Capital: Going there first and especially with the dirty talk type stuff. That's just so damn important because without saying it ... you just said but you're giving her permission to let that side of her out also once you're doing it.

Jason Julius: Exactly, when she knows she can be naughty with you, which she can't for most guys. Most guys are just that safe guy. When she knows that you command that she respects you and you come from that place, and you unapologetically do the things to her that you want to do, she's going to be like, "Yeah, finally. A guy who takes control. What's he going to do next? I'm going to just ... I can't wait to find out," instead of being like, "Okay. Oh, man. Here it comes. He's going to lick me down there and ... that's like a logical thinking but when she can get pass that then she's closer to the state of being outside of her head. When you can get outside of her head, you just touch her a little bit and all of a sudden she's like boom, she had an orgasm. You could touch her for an hour without her being out of her head and she's just going to be like, "Okay. Well, when is sex going to start."

Jason Capital: It's really just how most people do it and it's just very, very sad. It breaks my heart every time I think about it.

Jason Julius: It is.

Jason Capital: It's one that's used to remind me. When I play basketball and I've done this with other guys when I'm teaching them how to approach and different things like that. When I played, we had a team sport that's like how it is in college and one of the things he did to each of was, before the season, he would create an alter ego or like a different character for each person on the team. We had a note card. We'd write down the character's name and then we write down all



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the different qualities about that character. Right before every game, you do a couple of breathing exercises or whatever and you step into that character once you cross those lines. And for the rest of the game, you weren't you - you were that character for the rest of the game.

That little mind shift by becoming that other person, that alter ego, that character, it becomes so easy to emanate and come through those qualities that that person has that you might not normally have. After a while, as me and Adam Gilad like to call it, you practice until it's natural but that was like a really, really easy and a quick way to shift that. I think when you're with the girl here and you are doing things like slamming her down, right, some interrupt in physiology, or you're doing things like talking dirty to her, you're projecting this different character on her that she doesn't normally play. She's normally the safe girl and you're treating her like this naughty girl. When she feels that, that naughty side of her comes to the surface and tumbles like she's shifting characters. What's great about it is not only is that naughty character want to have sex all the time and get pounded and manhandled and all those things, that part of her is also like ... that naughty side is really, really present also as naturally.

Jason Julius: That's a great way to put it, yeah. At everybody's mind, it's capable of you being present. Whatever situation you're in, sometimes you just don't feel like you have that ability or you're too caught up inside your head. The mind plays such a big role on that and yeah when you put yourself in a different character. That's what you're doing for her. You're making it okay for her to be naughty and she doesn't feel like a slut. If she's worried like, "Yeah, this guy is going to think I'm a weirdo if I start squirting all over the place," she's not going to do that. When she feels like she can trust and respect you to let herself go with you, then all the physical stuff has almost like a different meaning and it allows her to actually feel it.

This has nothing to do with penis size. In fact, my friend, Alex Allman, was telling me about a study where they put different sized dildos inside of women and to see if they notice the difference in sizes. Very few women could notice too much difference in the penis size. During sex when a penis is going in and out it doesn't necessarily always directly hit her pleasure spots. An important part of giving a woman an orgasm, the first time that you have sex is to get her highly aroused and, again, into that state before you even have sex.

What I like to do is apply direct stimulation using my fingers or tongue because you can directly touch those areas in a way that your penis can't, but so much



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of the focus is like, “Okay. I’m just going to have sex with her and she’s going to orgasm.” The weird thing is if you give her an orgasm or close to an orgasm before you start having sex, she’s 10 times more likely to have the orgasm during sex and that all has to do with the physiology of her body.

Once a woman becomes orgasmic, she has one orgasm, the weird thing is you might have spent some time getting her there but it will not take long to get her to the next one. It’s just about getting her to that to an orgasmic state.

Jason Capital: Okay. Let’s get more with some techniques in getting her into that really physically aroused state. Are there some particular techniques you want to talk about? What are the basic ones that are just really solid ones for guys to start with, I guess?

Jason Julius: Absolutely. I think one of the things that really blew my mind is how just really simply touching her in a way where you can directly stimulate her sensitive spots, so to speak, can just make a world of difference. I didn’t know women were capable of body squirting orgasms. What I was alluding to earlier is there are different ways you can give her different types of orgasms. If you go down and perform oral sex on her, you might be able to give her a clitoral orgasm by stimulating her clitoris. That’s more of a localized type of a sensation.

Don’t get me wrong. It’s still an orgasm and that’s typically how women experience orgasms via masturbation. They will typically use a vibrator or their fingers and stimulate their clitoris. You can go even further than that and give her an orgasm that’s much deeper, and that’s what called a vaginal orgasm. That typically comes from stimulating her G-spot or her A-spot which is her vaginal fornix. The vaginal fornix is actually the muscles that contract during orgasms. You’re directly stimulating those muscles.

Before we get in the vaginal orgasms, I did say earlier that I was going to talk about oral sex. I definitely want to mention that. A lot of guys learn the wrong way to do oral sex from watching porn. You see guys in porn flicking their tongue at a woman’s clitoris and a lot of guys get the wrong idea that that’s what feels good to women, and I’ve had so many women write me and say, “Thank you for getting my husband to stop flicking his tongue at my clitoris because that feels so annoying.” Again, guys get the wrong idea how to do it.

That’s for porn. That’s for the camera to get in to see what’s going on. If you perform oral sex the right way, the camera couldn’t get in to see what’s going on. What you do is imagine biting into a sour apple and your face goes [ooh 0:34:36]



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and your tongue comes out. A little drip of that starts going down your lip and you pucker your lip up to catch that little piece that's coming down. If you do that and put that over her clitoris like a little suction and you actually suck on her clit, almost ... I hate using this metaphor but almost like sucking on her clitoris like it's a little penis.

Guys cringe when I say that, but the reality of the fact is when you study anatomy, a woman's clitoris is actually the part on her body that corresponds to the male penis. We all start out in the womb with a phallus. If it becomes a male, it grows into a penis. If not, it becomes a clitoris. You imagine this little area has over 8000 nerve endings and it's very, very, very sensitive to the touch. When you're flicking your tongue on it, it just feels overstimulated. It just doesn't feel good. But if you put your lips around it and like that sucking type of phase that ... it's hard to articulate just talking but you put your mouth around it and you suck on it rather than flick your tongue, that will bring a totally different sensation that she's ever had and she will absolutely love that. That's just a great way to start it with oral sex. When you're doing that, that's going to get her possibly to a clitoral orgasm. Sometimes when you get her to a clitoral orgasm, she'll have a way easier time having a vaginal orgasm.

You start with a little bit of oral sex and you're down there and, again, you want to reassure her that you're enjoying that because women are self-conscious about you being down there. I think sometimes when guys want the girl that orgasm so bad is because a part of them wants her to want him back. Well, she feels the same way. We have to remember. She feels the same way. She's like, "I want him to enjoy this because I want him to want me next time and again." You reassure her that you enjoy that, but then you move on to stimulating her G-spot which is in the inside of her vagina.

If you imagine your woman laying flat on her back and you're in between her legs facing her vagina, what you can do ... and maybe this is right after oral sex or even during oral sex while you're stimulating her clitoris. What you can do is you can take your index finger and go inside of her with your hand palm up, just your index finger, to about the second knuckle and then go up to the front wall of her vagina. That's where the G-spot is. At rest, the G-spot is completely flat so it might be hard to find and I tell guys not to get too worked up about, "Am I in the right place? Am I feeling it?" You just want to go in to about the second knuckle and go up. What you want to do is you want to do a "come here" type of emotion on the front wall of her vagina to start stimulating it. As she becomes more and more aroused, this area will begin to fill with fluid and actually starts to almost become erect inside of her as you start to stimulate her.



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It will become more pronounced and it will be easier to find, but I tell guys, “Don’t get hung up on like, ‘Am I in the right spot.’” You’ll feel like a wrinkled or ridged area in there, but if you don’t feel that don’t get hung up on it. What you’re able to do with just the simple technique is touch her in a way that your penis cannot. You directly stimulate a very sensitive part of her, that as you continue to stimulate it that way, you can actually bring her to a full body squirting orgasm. Like I said, even if she doesn’t orgasm, maybe she’s self conscious and maybe she’s interrupting her own orgasm. You can touch her this way in a way that no man has ever touched her and she’s going to be like, “Wow. What was he doing?”

Does that make sense as far as like an explanation of it?

Jason Capital: Yeah, yeah.

Jason Julius: Okay. It’s hard because I do this a lot in video and stuff like that, so I’m trying to articulate. I’ll give you a video to give the guys ... that demonstrates how to do this and more, and stuff like that. That’s really the essence of it. It’s really pretty simple starting out that way.

Jason Capital: Okay. Let’s say that they ... if this is the first time, maybe they met her an hour ago. They’re not like that comfortable with each other. If he’s doing exactly what she said, he got his mouth in the clit and he’s working the G-spot with his finger at the same time, and he brings her to this amazing orgasm, what is she going to be dealing and thinking after that and what should she be doing within the first 30 or 60 seconds after that happens?

Jason Julius: Okay. A lot of times guys don’t know when she’s had the orgasm. When she’s had the orgasm if your finger is inside of her, you’re going to feel her vaginal walls come down and squeeze your finger a little bit. Another variable is in order for her to have a vaginal orgasm, she has to have a strong PC muscle. That’s one of the things on the first night you’re with her, you don’t know how strong her PC muscle is. When she becomes your girlfriend or your fuck buddy, you can teach her how to do exercises that strengthen that that make her orgasms even better.

Regardless, if you know how to touch her, there’s a pretty a good chance you’re going to be able to get her to an orgasm or very close. You’ll know she’s orgasmed if her vaginal walls come down and squeeze your finger. Again, if her PC muscle is not strong enough, you may not feel it too much so a sure fire way to know that she’s had an orgasm is to stick just the tip of your pinky inside of her anus while you’re stimulating her G-spot and it will be more obvious. It will



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come down and squeeze you really tight when she has the orgasm.

Then she has the orgasm. Well, what's next? That's a great time to just start having sex because she's already orgasmic. She's already extremely sensitive. Her nerve endings are engorged and the feeling of your penis is going to be way more intense her than it was if you just jump right into sex. You take the time to stimulate her for a little while to get her highly aroused up to orgasm and then she'll be able to have ... she'll orgasm 10 times easier during sex and have multiple orgasms because she's already there. At that point, it's just about lasting long enough.

Jason Capital: Okay. When you go to slide out in her, do you just go all the way and right away or are there any teasing or anything like that that you do before?

Jason Julius: I think the teasing really comes with when you're going down to perform oral sex on her or going down to stimulate her with your hands. Don't go right for the sensitive spot. I know I just talked about going at with your finger to the second knuckle and up, but if you go inside of her and actually just start feeling around the inside of her vagina she's going to have time to warm up to your touch. By the time you give her an orgasm before sex or you get her highly aroused, either one, you can go all in when it's time to have sex. She is going to be begging you to be inside of her because she is so aroused. She is turned on at this point. You've given her feelings she's never felt before and she is going to be begging to have a hard cock inside of her. At that ...

Jason Capital: My favorite kind of girl right there.

Jason Julius: Yeah, exactly. Exactly. What's interesting is like we're talking really about the first night you're with her. That's talking about the variables and that stuff, but as you're with her more and more she's going to learn what that feeling feels like to have her G-spot stimulated. More and more once you get her used to vaginal orgasms, you can jump in to sex a lot earlier because she will have an easier time getting turned on because she'll know what she's looking for. The sure fire way is to actually have direct stimulation of those areas. You're going to be 10 times more potent, so that when sex begins she'll be highly orgasmic and she'll be like ... even if sex only takes five minutes, she has a good chance she's going to have an orgasm during that time versus jump right into sex. She's hardly warmed up. She's hardly been able to even really get aroused, get outside of her head, and sex is over and she just had another night of boring sex where she never got to orgasm.



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Jason Capital: Okay. We have a little bit more time but you just mentioned it. I guess let's talk about this a little bit more. You mentioned the guy who ... things for five minutes and then it's over. When you say that's me like that ... obviously, that sounds terrible for both parties and a lot of guys, in their heads, they're like, "Well, I want to last longer so she can cum or we can do this." To me, I don't know how it is for you, but for me I'm like I want to last as long as I possibly want simply because I love sex. I don't want it then. I want to keep it going as long as I want to.

What are some basic tips, I guess, or techniques that any of the guys listening can use to last as long as they want to?

Jason Julius: Oh, absolutely. Lasting longer is the other part of it because remember if every time you have sex you're only lasting a couple of minutes, you're really going to have a hard time getting to that point where you can just jump into sex and she'll have enough time to be highly aroused. You definitely want to be able to last 15, 20 minutes. Maybe even an hour if you get really good at it. We're not born with that ability, which I think a lot of guys feel. That's another part guys get self conscious about because they're like, "Well, damn it. It feels so good. I ejaculated in a minute or two."

I think nature wants it that way. I think it's one of those things that you are in the act of reproduction and there is no advantage to you lasting a really long time in nature's eyes. You can train yourself to last a long time and one of the big parts of that is actually exercising your PC muscle. Your PC muscle is a muscle ... it looks like the shape of the hammock. It stretches from your tail bone down to your pubic bone. What you want to do is ... I mentioned the PC muscle for women. Women need a strong PC muscle in order to have a vaginal squirting orgasm, which I talked a lot about in some of my videos. It's something that's ... the stronger her PC muscle is, the more likely she is to have that type of orgasm. For guys, having a strong PC muscle is an important part of healthy sex life. It has a lot of benefits. Other than that, you can actually have stronger and harder erections.

What you want to do is you want to do Kegel exercises. That's K-E-G-E-L exercises. Yeah. Do you want to go into like Kegel exercises?

Jason Capital: Yeah. We can totally talk about that. I'll just throw it in there. One of my favorites lines to say to a girl which is something I said once and it comes out all the time now. We're just talking at a bar or something. I'll just randomly blurt out there, I'll just be like, "I'm doing Kegel's right now while we're talking."



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Jason Julius: Oh, yeah.

Jason Capital: It's beautiful. It's one of the greatest things you could possibly say to a woman.

Jason Julius: Oh, yeah. Yeah. If she reciprocates, she's like, "So am I," and you're like, "All right."

Jason Capital: You're like, "Wait. How do you know what Kegel's are?" They're amazed by it and then at the same time it triggers this--it plants a seed that like, well maybe this guy might be pretty good in the sack. We might be able to fun with that.

Jason Julius: Exactly.

Jason Capital: What you've already talked about now is ... it's not only ... but physically is it good but it's good knowledge to have women, in general.

Jason Julius: Yeah. When a woman knows you're sexually literate, it means that you probably can do some things to her that most of the safe guys can't so yeah. That's a great thing bringing up. PC muscle exercise. It's weird how many women don't know what it is. When you can actually teach them something, it would be like, "Wow. This guy really knows what he's talking about."

To do PC muscle exercises, to be able to last longer, what you want to do is the next time that you go to the bathroom to urinate, try to stop the flow of urine while you're using the toilet. It's the same muscle you can track when you stop your flow of pee like right in the middle of peeing. That's the muscle that you're looking to strengthen. Once you've figured out where that muscle is ... hold on. Sorry. I had something come in my room. Anyways, once you do that, you want to learn how to do the exercises by contracting that muscle and doing exercises. Like you mentioned, you can do those exercises unnoticed pretty much anywhere. It's just about identifying what that muscle is and being able to exercise it.

What you want to do is once you've isolated that muscle, lay down on your bed and so that you can really isolate it down to ... not your abs, not your butt muscles but that actual muscle feel what it feels like to actually contract it. Almost like you're trying to stop the flow of pee. What you do is you just hold that contraction for about three seconds and then you relax for about three seconds. Start out with, I guess, a set of 10 like three times a day and then continue to build up from that and continue to hold for longer contractions, and then see how many more you can do. The more you strengthen that muscle, the easier time you're going to have lasting and longer during sex.



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Now, that's just part of lasting a long time during sex and I think that's the most imperative part. I have actually a whole course on how to last longer, but that's an essential part. If you don't have your PC muscle controlled down, that is going to be a problem for you. That's probably one of the best things you can do for your own male sexual health.

Jason Capital: Awesome. In that course, I'm just personally curious. Do you talk somewhat about the movement of the sexual energy and like shifting it upwards and stuff like that?

Jason Julius: Not really. I talk about staggering your arousal. A lot of guys think sex is linear. It's just like I stick it in, I keep pumping her, and maybe we switch positions. I keep the same rhythm and then boom. It's over with. When you can understand your own threshold and when you get to say about an eight, you're close to getting towards ejaculation. What if you stopped at that point, hold back, and you started to stimulate her G-spot with your finger while you let yourself come down a little bit? Then you switch up the position a little bit. You go back to sex and you keep a sense of awareness of your own arousal. If you get back up to that eight or nine area, you pull back. What that does is it can actually create a compound orgasm in you. When you ejaculate, you'll ejaculate even harder because you've let it build up. Let it come down a little bit and then you start to let it build up again. Do that about three times or so and you will find that your ejaculations are actually stronger that way.

In terms of like energy or anything like that, I basically teach it more from a physiology and psychological standpoint.

Jason Capital: With the more practical stuff, so to speak, that guys can actually use instead of trying to mentally masturbate over ...

Jason Julius: Exactly. You don't really want to think about your grandmother in sex. The conventional talk is like, "Oh, just think of something like non-sexual like thinking about"... I don't know. You want to be present. You want to be there with your woman and there are ways to do it without actually having to take yourself to another place. Because if she starts to feel you directing away, she's going to get inside of her head and all that stuff. I think there're a lot better ways you can do that and Kegel exercise is just really the foundation of it.

Jason Capital: Yeah. That sounds terrible, taking yourself out. It's just like the greatest thing on the planet. Why would you want to take ...



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Jason Julius: Exactly. What would you think if she told you later like she's been thinking about her grandma during sex? You'd be like okay. I was in a different place. I was having and you're thinking about your grandma? You don't want to be in that place. You want to enjoy it and understanding your own threshold, that's another part of sexuality. We're just really not taught is understanding our own arousal threshold and how to bring that back down, how to stagger.

Again, sex isn't linear just like pump, pump, pump, pump, pump orgasm. You can have sex for a while. Slow down and slow down your own breathing, your own physiology. Get control and in a meantime, you can stimulate her A-spot. You can do a lot of different stuff to keep the act of sex going, but just being really aware of your own arousal.

Jason Capital: That's just so awesome. Most guys are just ... that's not just taught anywhere. That's not in the culture of anywhere where you can actually stop pounding and then you can go to something else for a little bit and then go back to it. That is such an easy simple way to extend the succession without ... you know what I mean like without ...

Jason Julius: It is.

Jason Capital: You're hitting it. Most guys don't realize you don't just have to keep doing it. You can mix it up and bring all this variety into it. By doing that, not only are you making it more exciting and more unpredictable in your breathing, and you're taking charge. You're doing all these things, but you're making it last way longer at the same time.

Jason Julius: Precisely, and she's not going to really mind if you stop and then you go in, and you start making her G-spot balloon up and give her another orgasm. She's not going to really know what you're doing. She's not going to be thinking, "God, could he not last long enough?" You're stopping yourself but you go right into a different type of stimulation and she's going to be like, "Whoa." By the time she's about to orgasm, you go finish her off by putting your dick inside of her and she'll be like, "Oh, my God. I had such a strong orgasm with you inside of me." I know.

Jason Capital: I know those Jasons, yeah. It's true, man. It's my personal belief that even more than the techniques and making her come, and all those things, the thing that's most important or at least when I'm having sex with a girl is that to her is that I'm doing what I want to her. She loves that. She loves to see me just do what I want with her. By doing the staggering and by mixing things up, and



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doing all of that to her it looks like you're just the man who knows exactly what he wants. You're in complete control and you have complete certainty in every action you're taking. You're totally unapologetic and all of it and you're just doing with her body what it is you want. Because she sees how certain you are in taking that charge, she wants to give it up to you. She'll give her body and her mind just completely present and up to you when you do that.

Jason Julius: Yeah, exactly. When you said it exactly right. She's going to feel more desired when it comes from ... which she knows she's desired by a guy that turns her on that way which she knows you desire her. She will feel so turned on in a way that the safe a guy can never make her feel.

Jason Capital: Awesome. I think it's a fantastic place to cut it here. I think there was a lot of badass information for everyone listening. Where can they get, because I know we talked before about this G-spot video, right? The G-spot Detonator, right? It's what it's called.

Jason Julius: Yeah. Yeah, absolutely. Yeah. It really helps to see it on video. None of my stuff is pornography. I do it all in a tasteful way. It's all educational and stuff like that, but I will actually give you the link that you can just put with this recording and they can go ahead and check it out.

Jason Capital: Okay. What are they going to see exactly in that video?

Jason Julius: In that video, I will demonstrate. Well, first, I'll really distinguish the difference in clitoral and vaginal orgasms and talk a little bit about squirting orgasms. Then I go into a full demonstration of that G-spot technique that I was explaining earlier, about how to go in with her. I talk about the different options for lubricant. Lubricant is so important and a lot of guys that the woman is wet enough. If you're going to apply direct stimulation to a woman's sensitive spots, you really want to have the right kind of lube. I talk a little bit about that too and just really go into step by step how it all goes down.

Jason Capital: Awesome. Okay. Guys, definitely check that shit out. Is there anything that you wanted to add? Any last words before we close out here?

Jason Julius: Oh, sure. Yeah. No, this is cool. I love talking about this stuff. Like I said, it's been an obsession of mine for a long time and I think for guys who are going to have the first time of sex with a woman, learn her body. Learn how her mind works, but don't get too caught up in because she's going to feel that from you. You just really want to relax and be confident with yourself and you can



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orchestrate some amazing orgasmic experiences. That's it.

Jason Capital: All right. I love it too, man. I can talk about this stuff all day long, but I'm not doing it, of course, right?

Jason Julius: Absolutely.

Jason Capital: All right. I appreciate your time, man. Thank you all for joining us here today.

Jason Julius: All right, see you.

Jason Capital: Yeah, brother.