Special Cunnilingus Techniques and Secrets

The best part of sex, in my far-from-humble opinion, is the pleasure you can cause in your partner(s).

While being stimulated by your partner is certainly far better (for most people, if their partner's any good at it) than masturbation, it is still pretty much the same, only better.

Going down on a lover, on the other hand, allows you to get a kind of pleasure that you cannot give yourself, even in part; the vicarious or empathic response you get from their reactions.

The techniques here, therefore, are centered around cunnilingus, including (since there's no separate name) using your fingers. Along a similar line I've now written Advanced Fellatio Techniques and Secrets. This was learned as a subject, not performer, but with the same quality of skill involved. Because of the number of questions I received on the subject, I also have Advanced Anal Sex Techniques, for those who want to know about that.

Basic Guidelines:

- "Less" is always the best way to start out if you don't know exactly what a specific person likes. It's much safer to build up from "not enough" than to try to back down after shattering the mood by being too rough. The final argument to ensure that you always apply this rule is this -- If you start out "too" gentle/slowly, in most cases this just excites your lover more, even in the rare cases that it frustrates her a little. But if you start out "too" rough for her, it almost always turns her off to the whole thing.
- **The differences between women** cannot be emphasized enough -- **no matter what you have encountered so far**, always assume that you have no idea what a new partner enjoys. It is entirely possible to have had many lovers, and think

    A. They are all pretty much the same or

B. You've learned all of the variations, and can tell who's what.

But this can be (and usually is) just a matter of random chance...you happened to get several similar lovers. Eventually you will run into someone, or many people, who are completely different than those you've known before.

- **Don't start by going down on her**. Work your way up to it. Exceptions may be if you're in a hurry before your Press Secretary shows up, or other situations where you're expected to act more directly. It's worth observing that "work your way up to it" remains true no matter how many times you've been with that lover. With a long-term lover it may seem like you can get right to the direct stuff, but working your way up still has the same effect of increasing her excitement, with most women.

- **Along the same line** of reasoning, don't start licking her clitoris immediately, when you do get there. Start with the area around it, which can be pretty sensitive with some women, even if it doesn't seem to cause the same dramatic response.

- **Even more important** is to not immediately start inserting fingers in her vagina. With most women, that *really* needs to be built up, first. It usually doesn't hurt to build up a little, even if she's already excited.

- **Remember this** -- Most often, the tongue works best with the clitoris, the fingers with the vagina/g-spot. Someone else's fingers on her clitoris tends to be a little rough, no matter how careful they are...and almost all of the excitement she gets from attempting to lick into her vagina is psychological; she can't really feel much that way.

- **Hand Care** It's best to be sure your fingernail edges are *very* smooth, and preferably cut all the way down to where they connect to your skin. No matter how careful you are, they are likely to cause her to get a little sore inside, or even really hurt, feeling like a knife cutting her. This can even be the cause of soreness that she doesn't realize is being caused by your nails. Being a guitarist, I have the nails on my left hand trimmed back as far as I can cut them, anyway. Guitar also gives one's fret-hand amazing endurance and finesse, for g-spot stimulation and other tricks.

- **Dental Dams** These are, in most cases, just plain silly. Unlike almost any other form of sexual activity, the odds of you transmitting or catching AIDS this way are almost zero. There are almost no cases of any female homosexuals, for instance, even /claiming/ to have caught AIDS this way. In case you're wondering what the hell I'm talking about, a "dental dam" is simply a condom cut in half lengthwise and used to keep fluids from passing between mouth and vulva. And it's being advocated primarily by people who are simply jealous that they're missing out on a great chance to be a "victim" in the issue of sexually transmitted diseases.

Interesting note -- A little noise on your part usually doesn't hurt, and sometimes it helps. Some women are very hung up on cunnilingus, determined to believe that, no matter how much you say otherwise (and she claims to believe you), it may be at least a little unpleasant for you. If you're excited by her responses, or by the act itself, don't try to stay quiet about it. The same kind of sounds that will reassure and excite a lover when they're pleasuring you will often work when you're pleasuring them, too. This could be considered a secret weapon in sex in general, because most guys are rather quiet, and yet women almost always find responsiveness very exciting. The contrast between someone who's responsive and most of the other guys makes it even more effective than it would already have been.

More Advanced Techniques:

The G-Spot

This does exist. And in over half of the women out there, it works better than anything else you can do to cause a strong, prolonged orgasm. The original name is the Grafenberg spot, after a doctor, Earnest Grafenberg, who documented the area (which may have been known by people here and there throughout history) in the fifties.

This "spot" is a small "mound" of tissue inside the vagina, between a penny and quarter in size, which responds to being pressed upon. It's almost certainly not the skenes glands, (which are located around the urethra, which is behind the G-spot area), as has been suggested by a few people. In fact, the G-Spot is the tissue in that raised area of the vagina, which has a

higher concentration of sexual nerves, and produces hormones similar to those made by the male's prostate gland.

A sort of map to the area -- Imagine your lover lying on her back, legs spread. Your position is between her legs. You would slide a finger inside her vagina, palm up. With your finger straight back, middle finger is best, you would curve it toward yourself, gently, as if you were gesturing to someone to "come here". In doing so, the area you press on should be pretty near her "G-Spot" area. If you know enough to follow the urethra (the tube that leads from the bladder to where the pee comes out), along the inside of her vagina, you may feel a slight swelling (if she's excited) at the point where the g-spot is.

She must be excited, especially if either you or she is new to the g-spot, for the g-spot to have any real effect at all. It's not the ideal area for *getting* your lover aroused.

But when she is excited, this area (more often than not) is the best way to bring her to orgasm. You work your way back to it gradually, teasing her (typically, this works best) with your fingers, slowly and gently. It's easier to hit the right area with two fingers, but this may not be comfortable for her, depending on how "tight" she is at that moment. When you have your fingers around the right area, try gently pressing, not too quickly. The movement should be fairly rhythmic. It's typically best if you're licking her clitoris (or near it, depending on the woman) at the same time...don't make a big deal out of the "quest", this will often make her feel self-conscious, or distracted. The licking should *seem* to be the primary activity.

When you find the right area, she should respond by getting more excited. Most of the vagina's inside surface isn't really that sexually sensitive, believe it or not...most of the excitement of randomly inserting fingers is more psychological than from the actual stimulation.

While more complicated techniques work with some women, some of the time, the best basic technique, upon finding the g-spot, is to continue to slowly, rhythmically press on it, while licking her clitoris (for a few women, the labia (lips) are sensitive to licking, too).

This should cause her to build up to an orgasm.

A G-Spot orgasm is different (always, when it works at all) than any other kind women have. It is possible, with some women, to have different qualities and kinds of orgasms from vaginal, clitoral, anal, and even breast stimulation...but with other women, those kinds of orgasms are all pretty much the same. But the G-Spot orgasm not only feels different; it also causes her body to react in a different way.

First, it often causes a "push out" orgasm. The area around, or "above" (farther inside, that is) your fingers seems to swell up or to contract toward the opening of her vagina.

If you find the right combination of pushing back when this happens, and slacking off to let it push out, you can cause (in perhaps half of the women) her orgasm to continue happening, long after normal ones would have subsided. In some women you can even keep her at a "plateau" (raised level) of sexual excitement, like a prolonged orgasm (or a little less than one) afterward, building up to an even bigger climax. I've managed to keep this pattern of build-up, orgasm, plateau, orgasm, build-up, orgasm for over four hours, with one lover. We stopped when, though she wanted to go on, she was so exhausted that she really had to stop.

That brings me to another important point; G-Spot orgasms sometimes (less than half of the women, I'd guess, and in some of those women only occasionally) causes a *huge* amount (relatively speaking) of lubrication (juices, wetness)...far more than even the most excited woman gets from "conventional" stimulation. It's a good thing, too, because otherwise g-spot orgasms can only be prolonged for as long as she does not get raw/sore from it...which is yet another reason to be gentle.

When that extra wetness combines with the push-out orgasm, you get actual ejaculation...like a guy, but much better tasting. The built up juices can shoot out in such volume that you, or she, may be afraid that she lost control of her bladder. That is (almost always) not what happened. The fear that she peed can be enhanced by the fact that the urethra is behind the g-spot, so that in rare cases the woman can sometimes get the feeling that she needs to pee, even though she does not.

In reality, in both men and women, enough sexual excitement prevents peeing, unless you try really hard. This is a built-in reflex, because urine is something of a spermicide. The "pee hard-on" that men get in the morning is

partially his body taking advantage of this reflex, to keep him from accidentally wetting the bed with the urine that built up while he was sleeping.

Licking the Alphabet

Believe it or not, Sam Kinnison's suggestion of licking the alphabet, one letter at a time, on and around her clitoris/vulva actually works. I had come up with a similar technique myself, but his version is pretty close to the perfect formula -- The real goal is to be able to keep regular, rhythmic motions going, but to change them in some gradual pattern that isn't so different it throws her off, but isn't so redundant that she grows insensitive to it. The alphabet is probably the longest chain of shapes that you can be sure to repeat smoothly and rhythmically, without loosing track of where you are. Unless you are a victim of public education, I suppose, in which case you may have to stick to the letters of your name, or the numbers one through nine (being too confused by where to put the zero).

I would not suggest combining this with the g-spot stimulation, at least not with the intention of really giving her g-spot orgasms. The two techniques conflict a bit, as the focus of arousal is so different.

Cough Drops - Nothing to Sneeze At

After you've thought about it for a while, this will seem obvious. Just remember that it probably wasn't, until a minute ago...

The way a cough drop, either menthol or mint, works is to stimulate the mucus membranes in your mouth in the special way that feels "cool and tingly". Well, one of the few other places (easily accessible) on the human body that has mucus membranes is the vaginal area. Many people find that, correctly applied, a cough drop feels just spectacular down there. Most people at least find it a very...ah...refreshing change of pace.

A few important tips:

1. Use sugar-free cough drops. N'ice is a great brand, especially the menthol or mint versions. If possible, find one (whatever brand) with both menthol and mint. It's actually possible that sugar cough drops are just fine, or even better...the debate is over whether the sugar

might feed an already existing yeast infection. The things I've heard from semi-expert (medically) people are that it may feed one (and thus aggrevate it), that it actually will *protect* from yeast infection (I forget the reasoning, it may have been a Ph thing), or that it's not the kind of yeast that eats sugar anyway. One thing's unanimous: sugar cough drops won't make any difference unless you're already infected, they don't carry that kind of yeast. In fact, a human's fingers or tongue would be more likely to (and even that is pretty unlikely, if they're of even typical cleanliness).

2. Let the drop become even more rounded and smoothed by sucking on it for a while, if you're actually going to apply it inside (which is the most effective way).

3. Speaking of which, the best thing to do is actually insert it with your fingers. This only works if you're going to be using your fingers during the cunnilingus, though an alternative is to leave it there for a while and then engage in coitus, which can be pretty nifty for both parties.

4. If not insertion, the best way is to simply suck on it and then, with cough-droppy saliva, lick her as you would have done anyway,perhaps using the Alphabet method. This isn't quite as amazing, but is still pretty good.

5. Altoids are supposed to be pretty good, but they're very powerful. I haven't yet verified whether they work, though Don & Mike (Radio Gods) unintentionally made a big deal of it recently. They admitted they were working from a position of ignorance, much like their reviews of movies they have never seen.

6. Don't forget to try breathing on, or blowing lightly on, her vagina/clitoris. The effect is more subtle until you try this... it's the exposure to air that makes it especially tingly.

Just for Noel

When Christmas time rolls around, some stores sell a kind of candy cane that's over an inch thick and six or eight inches long at the straight part (it may not even have the hooked part at all).

Take one end of that, and suck/lick it until it is more rounded and smooth, and you have one of the most entertaining objects you might ever insert in your lover's vagina. It has that special minty feeling, like a cough drop but milder, and is the approximate size/shape of a penis.

Butt-Free Anal Stimulation

I like making up titles.

The vagina actually shares a wall, on one side, with the rectum. Not only does this mean that sexual stimulation is possible from anal entry (which is a whole separate page), it also means that a similar sensation can be acheived without ever touching her butt (not that there's anything wrong with that...heh) by stimulating the side of her vagina where it shares nerves with her rectum. This is more or less the exact opposite, one hundred eighty degrees around, from the g-spot. In other words, if you were to reach in and arch your finger to touch her g-spot, then rotate your hand to face the exact other direction and make a similar (but flatter) motion, you've got the right area. Common sense should tell you where I'm talking about, anyway, since it's the area where it *would* touch her rectum, inside.

It rarely works well to stimulate this early on...usually you need to not only build up to it, but even get her pretty excited and sensitive first. This is not only to make the area more receptive, but also, in some cases, so that she will be beyond any danger of distraction over the tabooness of how it feels somewhat like you're stimulating her anally.

Press more with the length of your finger, not the tip. This works best, in many cases, as a change of pace, not the main attraction. Which leads us to...

Around the World -- or the Sea, Anyway

Once you have your lover "used to" the whole g-spot stimulation thing (she will actually get "better at" cumming from g-spot stimulation, the more it's done to her), you can try, occasionally and for variety, stimulating her g-spot until she starts to really respond, then switching back and forth between pushing (as gently as normally necessary for that particular lover) her g-spot and pressing the length of your finger on the opposite side, as per the last section. Sometimes you can even get to the point of doing one press on one side, one on the other, back and forth, which can feel amazing and a bit "what on earth are you doing? No, I didn't say to stop" to her. Most likely,

though, it'll work better if you switch every several seconds, not every time you press.

Around the World -- Part II

I should not fail to mention the cervix. You may not have even noticed it, by touch, but it's there and once you find it you'll wonder how you missed it (unless your lover has had histerectomy, in which case it's missing, no big deal). This is yet another area where you definitely want to build up to stimulating, as it can actually be painful to even touch if she's not excited enough...but, despite assumptions to the contrary, it can be *very* useful for stimulation, done correctly.

As I said, issue #1 is that she must be *very* aroused. Well, bearing in mind that everyone's different, of course.

The Cervix is also about 180 degrees around from the g-spot, but it's in much deeper (typically). It leads back to the rest of her reproductive organs, like the womb. If she's pregnant, don't mess with this at all. Watch out, too, for IUDs and diaphrams and the like. Hopefully you are on good enough terms with her to already know if she's using one of these contraceptive devices, which fit over the cervix.

The cervix is not an abtract "area", it actually juts up, like a little flesh mesa or something. It has an opening at its very "peak", but this is normally closed pretty tightly.

The best way to start is to gently caress around the sides and base of the cervix. Remember, she should already be very "hot" before you even start this part. Eventually, build up to circling it with one or two fingers, around and around, gently staying in contact with it so she can feel the motion through the cervix itself. How hard you can press depends a lot on the specific woman. This is also something that probably works better as a change of pace, not the "main course" of the cunnilingus session...unless she really gets into it.

That circling motion may get another round of "what on earth are you doing...hey! Don't STOP doing it!".

You may even, and in my experience this rarely works, but works well when it does, be able to press directly on the tip, with your finger or fingers,

pressing it the way a penis might if one happened be entering her at the right angle to hit her cervix.

Actual Anal Stimulation

This works very well with cunnilingus, if the woman is comfortable with it. In fact, it has its own section on the Advanced Anal Sex Techniques page...I won't go into any real detail here but to point you to that page.

Comments/Appendices:

Taste

- Anyone who likes, say, coffee or beer should have no room to complain about the way most women taste. No, I don't mean it tastes like coffee or beer, genius...I mean that beer and coffee are, at best, acquired tastes...they are not naturally pleasant to a human being, no matter how much your addiction to one or both has convinced you otherwise. Most people, whether they remember it or not, had to learn to like the taste of beer/coffee, and had the desire to be Like the Adults to help them along. Well, I'd list taking pleasure in cunnilingus above drinking addictive beverages on the list of things that prove maturity. Aside from that, there's the fact that many people who give it an honest try genuinely enjoy the taste/smell, myself included. Had I not liked it, for some reason, I would have simply taught myself to like it, because of the great pleasure it can bring. Aside from whether you find the taste/smell sexually exciting to begin with (and, because of pheromones, males (at least) should), surely it will become ever more stimulating for you as you come to associate it with the pleasure you can give.

Rest

- If you do have a lover who can experience repeated, extended orgasms from g-spot stimulation, and you (for some reason) need to take a break, the absolute best way to do this is to give her a clitoral orgasm. This can be as simple as pushing even more gently and slowly on her g-spot, while giving her clitoris more attention (it can often take more direct and firm stimulation by that level of arousal), so that her next orgasm is really caused by the licking, not the pressing of

your finger(s). This works because, with many women anyway, clitoral orgasms leave her feeling very sensitive, and momentarily satisfied (or at least wanting to take a breather).

There is, on the other hand, a very interesting trick for staying "in the game" when your tongue is getting tired. Switch from moving your tongue directly, to using your whole jaw to move your tongue, by slightly opening and closing it. If you tire of this, move your entire head, so that it's doing the actual work that makes your tongue move. When even your neck tires, it's on to the final backup-plan, but the one that works the longest; gently rock your entire body back and forth, at the same speed that you were doing each of the other, so that it's your body that's actually doing the work to move your tongue. For someone who hasn't built up the mighty endurance that's useful with a lover who can have hours of orgasms, this is a great trick. Of course it mainly works when you're going simpler, rhythmic motions...save the fancy tongue stuff for when your tongue's doing all of the work (you should be able to switch back to tongue-only motion regularly, as it gets rested).

Advanced Fellatio Techniques and Secrets

When I published Advanced Cunnilingus Techniques and Secrets, I included a comment about perhaps doing a fellatio counterpart. Well, I've gotten quite a few requests, and demands, that follow through, especially with the How to Swallow without it Tasting Bad part. So, OK, here it is...

On the other hand, it was the number of unsolicited questions on the subject that caused me to write Advanced Anal Sex Techniques, for those of you who want to know about that subject.

There are two ways one could become expert enough at fellatio to write this page: By being really good at it, or by having been subjected to the attentions of people who were even better at it. Consider me the latter.

As I've said before, the best part of sex is giving pleasure to your partner. But #2 on my personal list, behind going down on my lover, is being gone down upon myself. And I've had a couple of partners who were mind-blowingly good at this. I made a point of learning what it is they did, and how, as well as having simply learned what felt best on me.

Basic Guidelines

First, everything here is a generalization. "Most guys" means most guys, not all guys. With that in mind...

- **Most guys are very different** than women, when it comes to what they enjoy. With women, starting out very slowly is more important. With guys, there is a much better chance that the guy will be impatient, and there is most definitely a lower overall standard as to what most guys will enjoy.

- **When starting out**, the best bet is to start slowly, and indirectly. Men tend to be more visual than women, stereotypically, so part of taking your time would include *almost* touching...kissing around the rest of his body (depending on what's accessible under the circumstances), caressing, but not necessarily actually touching his erotic zones, yet.

- **When doing this, remember the "many guys get impatient"** rule. The longer you can drag out each step (while still making progress), the better, but some guys don't want much of this at all, and if you pay attention it should become obvious.

- **Unfortunately**, another general difference is that guys are less expressive. This is a shame, because it keeps them from enjoying it as much, as well as making it harder for you to tell what works with them. I cases like that, talking about them perhaps being more expressive, especially by telling them it excites you (hopefully this is true), is the best bet...but only if your relationship (or their personality) is secure enough to allow it.

- **The other day, on Don & Mike** (radio gods), a woman caller bragged that her nickname was "eight seconds", meaning the time it took her to bring a guy to orgasm from fellatio. While a sizable portion of guys do actually like that, it is not the way to give the best orgasm. In fact, it's the worst way. Remember that some guys do prefer it, though.

- **See, the longer a guy is "tortured"** (as one of the best fellatio artists I know puts it), the stronger his orgasm will be. "Tortured" means "kept sexually excited, and stimulated, but not actually allowed to have an orgasm".

- **DO NOT be afraid** to use your hands. If he's not one of those get-it-over-quick (GIOQ) types, there are many things you simply cannot do with your mouth, but can with your hands. Specific techniques in the advanced section.

- **Even among eroginous** zones, don't stick only to the penis. Some guys have more sensitive nipples than most women, for example (I'm one of those guys, in fact).

    - The scrotum/gonads (I mostly use technical terms, just to keep things consistent...I can write great erotic literature, but that's not what this article's about) are also essential, if he's not a GIOQ type.

    - The cheeks of the butt, on both men and women, actually have some automatic sexual response linked to them, especially from repeated pressure. This is because our distant ancestors often

had sex "doggy style", and so a patting sensation on the butt was a good standard signal for hormones to start moving. Guys have it too, for the same reason they have nipples. A good butt massage, or perhaps gently rhythmic pressure, can really get some guys going.

- The anus should be carefully mentioned here. I say carefully because, of course, a lot of guys feel uncomfortable with attention to it. But it *is* an erotic zone, especially because it includes the prostate gland. But more, again, in the advanced section.

- **Once he can't take it any more**, or *you* can't, the question of spitting versus swallowing comes up. Some people, in an attempt to not offend or upset, claim that it's not really a big deal. But it is, overall. Of course plenty of guys really don't care, or don't even like their lover swallowing, while even more haven't had the chance to find out the difference. But for most guys swallowing makes a (positive) difference. This isn't just because it feels better, or more intimate. It's also, perhaps even mainly, because spitting, or evading the ejaculation altogether, brings on (even if they consciously know it's not the case) a sense of rejection (conscious or subconscious). For a woman, imagine a guy starting to go down on you and then making sputtering noises and wiping your juices frantically from his tongue and lips. You might find it a bit disappointing, if not just plain hurtful, wouldn't you. If you're a guy reading this, then you don't *need* an example, you've probably had it done to you. But most guys *are* used to lovers not swallowing, so I only bring this up so we've made clear which way's more likely to work "best".

- **Don't forget** that, though guys have a different kind of insecurity than women, they *do* have frail egos...they just hide it more. So excited smiles/faces and noises can, with some guys, make a big difference in how much they enjoy it.

- **Condoms** This is your call. The odds of the blow-ee catching HIV/AIDS from the blow-er are probably about the same as if you were shaking hands. The odds of the person sucking/swallowing catching it are *way* less than the odds of transmitting HIV/AIDS by coitus, and astronimically less than catching it from anal sex, which

makes up probably more instances of transmission than all other forms of transmission combined. In fact, there is little evidence at all of HIV/AIDS being transmitted to someone who was performing fellatio, aside from a few people who had a form of gum disease that resulted in a lot of open cuts in their mouth. Oh, it's worth note that you get tiny cuts in your mouth when you brush your teeth, though they heal in minutes, so you might want to avoid brushing right before fellatio. Try chewing gum instead, I guess. Heh.

Advanced Techniques

Swallowing
(without it tasting really bad)

This is possible. In fact, only a mental barrier stands between those who "can't" and those who can. But you have to know the technique. Oh, I should point out that a large minority of people *enjoy* the taste, either for the flavor or because bringing that kind of pleasure to their lover is so wonderful.

But a larger number think it can taste pretty bad. This depends a lot on the guy himself (each guy tastes different, some very much so), and also on what they eat (rumor has it that fruit makes it taste better, and fatty foods make it taste worse, as do some spices).

The trick is to not taste it at all. This sounds too simple to be true, but:

When a guy starts to cum, the typical response is to try to pace it a bit...to hold it in one's mouth for a moment before swallowing. This is the *only* reason one tastes it.

Instead, just start swallowing, immediately and hard. If you can get the tip into the back of your mouth without having a gag reflect problem (more on that later), the ejaculation will go completely down your throat without you tasting it at all. All that's left is a vague aftertaste, and even that is much weaker than if you had allowed it to stay in your mouth. This technique fast-swallowing actually feels better, to a lot of guys, than if you *had* paced it normally.

Deep Throating
(overcoming the gag reflex)

A penis in the back of one's mouth sometimes makes them "gag". So does a finger, or a banana, actually.

I put quotes around "gag" because it's sorta an illusion. The "trick" to not "gagging" is to not interrupt the reflex. What, technically, is happening is that your body is trying to swallow, and a finger, penis, or banana doesn't cooperate. Some people can learn to just resist/ignore the reflex, but even better is to turn it into a real swallow. I believe (don't try it at home) that's how sword swallowers do it. Certainly it's how "deep throat" technique people do it. It's really just that simple. When you would have felt like gagging, you swallow. I, personally, have confirmed this with a banana, and a finger.

This isn't just for swallowing (which it helps). It can feel very, very good for fellatio overall.

Texture
(don't just keep repeating a single motion)

But don't forget texture. OK, the largest minority of guys doesn't care at all about variety (in a single session), he just wants rhythmic pumping. But in that case most of these techniques are wasted on him, anyway. But the rest of guys, a majority, are in various categories of liking at least some change at some point during a specific fellatio session. I should bring up the texture thing at the end of every section, but to save time and space I'll just hope you remember this paragraph. Switch from one technique to another every so often during a session, if he seems to respond well to that. Try to make the change smooth and natural, don't just stop one thing and start another. And we're not talking about switching every few seconds...more like every few minutes, maybe even longer.

Various Other Oral Techniques

- **Sucking *really* hard**

Some guys *hate* this, but some are amazed at how good it feels. This is especially good as a "texture" (variety) change during a blowjob. This doesn't just mean sucking at one constant pressure...to really amaze him, try sucking hard just on the out-stroke, or just on the in-stroke (a more subtle effect), or actually pausing any motion while doing it.

- **Licking**

You may think this is obvious, but it's not, really. Especially since many guys seem to just expect a rhythmic head-bobbing sorta suck-fest. But licking is another technique that can be surprisingly effective. Especially at two points - Early on, before you've actually touched his penis and are (in theory) exciting him by working up to it. Licking is a great way to make first contact. The other time is when you've prolonged things until he's so hard and excited that breathing on him seems to get him close.

Trace the lines and textures of his head (glans), down the ridge of his shaft (the side away from his belly/abdomen, more on that later), his balls (more on that later), and even the exact point where the inside of his thigh meets the skin of his scrotum, on each side. That last spot almost deserves its own section, because it can be very effective. Especially, again, early on before you've focused on his penis, or after he's really, really close. That area can also be sucked on, at other times...in some men this is *very* stimulating.

- **Giving him the shaft**

The line down the shaft of his penis, on the side opposite where his penis would touch his abdomen if pressed against it, is one of the best-kept secrets. This is because its effect isn't obvious at first. But firm, rhythmic stimulation at some point along the line down his penis on that side (where exactly it is depends on the person) can have a startling, strong effect. Depending on the situation, this can be done with fingers, the tongue, or firm sucking (just on that area).

- **Having a ball**

This varies so much from guy to guy that it's kinda hard to nail down. Some guys are almost indifferent to their balls/scrotum being given attention, or are even uncomfortable with it...but more find it at least a nice change, some find it fantastic. Various techniques include sucking a whole "ball" into one's mouth, and gently fondling it with the tongue, while it's there. This can't be done for very long without becoming uncomfortable, though. Or licking about firmly at them when not in the mouth, or to suck at the skin itself.

- **I don't think I'll go much** into analingus/anal sex. That would probably require a whole separate article. (OK, I got enough questions

about it that I decided to write an article on it: Advanced Anal Sex Techniques) Suffice it to say that a minority of people find this very stimulating, and technically it *should* be, considering the proximity to vaginal sexual nerves (women) and the prostate(men)...but most people are little (or more) uncomfortable with it, performing or receiving.

- But, nearby, one has the base of the scrotum, going in a line *toward* the anus. There is a spot along there which can be licked, or better yet gently pushed with a finger in a rhythmic fashion, that stimulates the prostate. This allows one to avoid the whole butt thing, if they're uncomfortable with it, and still get a little of the almost magical effect that stimulating the prostate can have. This may need to be something done rhythmically for more than a little while, with the penis being stimulated at the same time, to really work well. Gentle, but firm.

Hands

A lot of the best techniques involve hands. If you or he insists on sticking to purely oral, then a lot of amazing stuff is missed.

First, there's obviously caressing. This can be done all over the body, and not just during the initial build-up phase. This is also a great thing to do during pauses, when prolonging things when he's too close to orgasm too soon.

- **The Cock Pull**

One really effective trick for direct attention to the penis is to use both hands, but only in one direction. Saliva may be enough for this, depending on the situation...but some additional lubricant, preferably oil-based, may be necessary. Starting at the base, slide a hand up toward the tip, placing the other hand by the base. Just before it comes off of the tip, start the other hand moving up from the base toward the tip. While doing that, put the other hand down on the base. Keep this up, slowly getting faster. This works great with a really hard penis (and it's so different/stimulating that he'll probably have to look (or ask, if it's dark) to see what's going on)...but it's also a great trick for someone who's not erect yet (or even having trouble with it). This, obviously, is the one sure way to have a pumping-type stimulation whether hard or not. It's my understanding that this

works miracles on some people who, say, are using blood pressure medication or have some other erectile problem.

The opposite works, too, though only with an erect penis. I mean starting on the top and sliding down to the base, starting the other hand on the tip before the first finishes, et cetera, back and forth.

- **The Drum**

If you want to really amaze him, and have him trying to find out what you're doing, try this - gently wrap a thumb and index finger around his nuts, to pull them (again, gently) away from his body slightly, until you have a slight sort of surface tension on the "end" (spot farthest from his body), a bit like a bulging drum. Then *gently* (OK, with a very few people it can be more forceful, but work your way up to it) run your tongue in a circle around that "end" area. If one right (and it's hard to get just right), it creates a really amazing sensation. This won't get most people to orgasm, but it does feel really good. With a few people you can even use your fingertip. Or fingernail, though to me that feels a bit too much like a knife.

Hands are also a good backup plan for when your mouth tires. The best tactic is make switching back and forth a normal part of your technique, so it's not obvious if/when you do need to take a rest break for your mouth.

OK, there's a ton more I could write...but hey, there's also a lot I didn't include in Advanced Cunnilingus Techniques. I'll probably get back and spruce both of them up, eventually.

Advanced Anal Sex Techniques and Secrets

Having written the Advanced Cunnilingus Techniques page, and then the Advanced Fellatio Techniques page in response to reader demands, it seems that the next most common question I get is about various forms of anal sex (analingus, actual anal penetration with the penis or fingers). So, in keeping with my tendency to have an opinion on everything and be willing to let everyone know what it is, I have written this page on the subject.

Anal activities in sex are less talked about, and make many people feel more than a little uncomfortable. This is mainly because of the taboos about the butt, of course, and not because there's anything *wrong* with it, per se.

In fact, there is a unique form of pleasure to be gotten from anal stimulation, for a guy or girl. For men this is because of the prostate, which is an important sexual organ and can only be directly stimulated through anal contact, and on women it is because the rectum (sorry if you're not looking for technical terms, but I need to be specific) shares a wall with the vagina, and the sexual nerves are actually *closer* on that side, making the sensation different and sometimes actually stronger.

Anal sex is not always the #1 favorite, but it is certainly high on the list for many people, and can be a fun change of pace for almost anyone who isn't bothered too much by the taboos against it.

First, as always, a few basics.

Be Sensitive -- I mean this in several different ways.

First, it may be a difficult subject to bring up, if you and your lover haven't already discussed it. It's that taboo thing, again. There is a reasonable chance that they have already thought of it, and were afraid to bring it up themselves, but there's also a chance the idea would horrify them. Hopefully your relationship already involves open, relaxed, and frank discussion about sex, or else you probably should work on that *long* before you worry about testing the waters on this subject.

Second, the anus really isn't meant to be entered. Don't get me wrong; humans aren't really meant to fly, either...I'm not saying it's bad, I'm just saying you have to bear these little facts in mind. One should be *very* gentle when experimenting with these things.

An important example is *never*...**ever** try it on your lover for the first time without them expecting it, especially if we're talking about penetration with a penis or similarly large object. Trust me on this, please. If you've ever had a really big, hard BM (Bowel Movement), that was really painful, that's nothing compared to being caught off-guard by this. Not only are there better ways to go about it, but you may never get the chance to *try* again, if they're upset enough.

That's doom and gloomy enough, I think, now as for some more useful info.

Basics

Positions

For most anal sex, there are a few positions which make it easier to access the butt. These generally apply to analingus, actual anal sex, or even using fingers...though with fingers almost any sexual position might work, if both parties enjoy it.

- The most basic is for your lover to be on their back, legs spread and/or knees pulled up. Put a pillow or two under their butt...this is a big help that's easily overlooked. In one way this is the most awkward of the positions, but it can be the easiest for your lover.
- Another is for your lover to be on elbows and knees, as for doggie style sex. This is easier for access, but it also tends to require your lover to tighten their butt muscles a bit.

  This may work better if your lover has some support under their chest/belly to lean on, so they can relax more, and possibly even so they can lean forward a little, extending their legs out and to the side behind them, which might put things at an easier angle for access.
- A third position is for them to be on their side. Their legs need to be in a scissors position, perhaps the upper one extended in front of them and the other straight "down" (as if they were standing),

else the upper leg drawn up toward the chest or straight upward (bent, either way), and the lower leg in whatever position is comfortable.

Cleanliness

As always, this matters more to some people than others, but in this case it's a more popular issue than with just about any other kind of sex, for obvious reasons. First, having bathed more recently than the last BM is a good idea.

It's a good idea to have a bowel movement an hour or so before, to ensure that nothing is encountered during any penetration (unless you're into that, I suppose), and *then* bathe the area.

Other than basic cleaning like that, oil-based lubricants are a great insulator for anal contact. They tend to cover up any potential (or simply feared) smell and transfer of icky stuff. If you use Vaseline/petrolatum, for example, the odds are that a simple wiping off with a dry cloth will result in finger/penis/whatever seeming to be just about perfectly clean. Again, this may not matter to some people, but it's worth mention because it is crucial to others.

To some people, enemas may seem like overkill, or even to be grosser than not having one before anal sex anyway. But they certainly do bear mention, in case this sounds like a good idea to you (feeling comfortable with things like cleanliness are potentially very important). This is especially worth considering in actual penis penetration, since one gets a lot deeper than even the most dilligent bathing process is going to be able to clean. But it is still not a really common practice, even for actual penetration. Of course a few people even find enemas to be sexually exciting themselves.

Lubrication

With anal sex of any kind, lubrication is worth seriously considering. And oil-based lubricants tend to work better, because of the treater pressure/texture involved. Drying out like water-based lubricants do is a more serious problem than with other kinds of sex. Bear in mind, of course, that oi-based lubricants can, in theory, be a mild threat to a latex condom, which might be softened a bit by it. That aside, vaseline is the

best, in the case of anal sex, because it will stay in place and lubricate much more determinedly than thinner lubricants, and yet not provide its own resistence like thicker ones will. Cocoa butter would be my #2 suggestion. Some kinds of massage oil can work well. Baby oil and other similarly thin substances are way down on the list, as the lubrication they provide is rather weak/watery, for oils.

That's all for the basics...except that I will address the whole thing from the ground up, dedicating much more time to "how to get started" in this article than in the cunnilingus and fellatio articles. The reasons for this include the fact that this can be *far* more painful if done wrong, the fact that it's more taboo and thus worrisome to some people, and the fact that it's rarer...even thinking in detail about it is rarer...and thus more people are more likely to need to go over the basics. Oh, and the basics can be much more complicated, too. A penis in a mouth or a licking of a clitoris is a lot easier to get started in an "acceptable" way than a painless penetration of an anus.

Analingus

We'll start with this, because it's pretty simple. No worry about accidentally hurting anyone.

It's probably the most taboo, though, so you can click here to get to the next section.

Still here? OK...

Work your way up to it -- as with any sex, it is often best to start out gradually, even away from errogenous zones completely. Remember how you used to fool around for hours before sex? It was pretty exciting, wasn't it. Anyway, even after you've gotten to the erogenous zones, you might consider performing cunnilingus/fellatio on them first. Simply work your way downward from there toward their anus, gradually.

An oil-based lubricant like vaseline is advisable here, though not really for lubrication, simply because it's that final protection from any smell/taste you might worry about. Of course, you might not mind, but it was worth mentioning in case you did.

No matter what position you're using, your hands, or your partner's will probably be necessary to make access easier. You have far more control and better contact if their butt-cheeks (is there a technical name for that?) are spread away from their actual anus.

What exactly to do, tongue-at-anus, varies a lot from person to person.

Some prefer a light flicking, gently licking around the center, or gently pushing at it.

Some prefer a deeper probing, with your tongue held rigid and pushed firmly inside.

Another method is to widen your tongue to apply pressure over the entire outside area...this is often much more stimulating than you'd imagine.

Another good idea is to try firmly licking, or even sucking on, the perrenium (the area *between* the anus and genitals. On a guy this is especially useful, because it indirectly stimulates both their balls and prostate.

The best method would be to combine all of these, and pay close attention to what your lover enjoys most. As in all sex, you would get them to believe in giving you a lot of feedback/signals, whether moaning, thrashing about, talking...whatever they are most comfortable with. They should increase or decrease this with their pleasure, so that you can learn what they like (it is different from person to person, this may be the most important secret of sex).

If you're going to engage in this for a long time, especially if you won't be switching back and forth between analingus and fellatio/cunnilingus for texture, you probably will want to provide some stimulation to their genitals, as analingus is a pretty mild form of contact that probably won't bring them to orgasm, or even keep them heavily stimulated, all by itself. The Cunnilingus and Fellatio pages on this site have some advice on hand-stimulation, which is often a vital part of oral sex.

Of course using your hands for their genitals will leave you short-handed for keeping their cheeks spread, so this is where recruiting them to do either the spreading or the stimulation is pretty useful.

The range of things one can do with analingus is a bit more limited than with cunnilingus and fellatio...but one reason for that is that the fingers need a

separate section. Many people won't really want to do a lot of probing with their fingers *while* licking.

In fact, one might want to avoid using them even on the outside, because fingers are a lot stronger and firmer than a tongue, and so might make the licking part seem less obvious.

Finger Stimulation

As with analingus, the best way to start out, if you're going to be using your fingers, is to work up to it. This also is where techniques you use on men and women begin to differ significantly, so I'm going to have to start breaking up my advice a bit, near the end.

Fingers are, unlike a tongue, rough. This is true no matter how baby-smooth your hands are, or how well-manicured. It's more true, of course, if your hands are rough or *not* well manicured. Caring for them ahead of time with some hand-softening lotion and the careful removal of as much fingernail as comfortable is a good idea.

Fingernails, in fact, are an important consideration. Even being well-smoothed may not be enough. Being a guitarist, I happen to keep my nails on my left hand trimmed all the way to the skin, and smoothed as much as possible. This is a big help, but even it may not always be enough, depending on the sensitivity of the partner.

Rubber/latex gloves, especially the surgical kind, are definitely worth considering, especially if *either* of you are just starting to experiment with anal-finger stimulation (getting or giving). The difference it makes is just astounding...discomfort which was actually assumed to be from other issues (like being thought a matter of penetration itself, or nervous tightness) sometimes disappears completely. Since the idea here, unlike condoms, is not to actually keep fluids from being passed between you, oil-based lubricants can sometimes be used with latex gloves. Because the gloves are so helpful, though, a water-based lubricant (K-9, Wet, Anal-Ease, whatever) might work fine.

Gently touching the anus is a good way to get started, once you're worked up to it. Because this area's not really messed with as much, it can be exciting to just be touched there.

The next step might be gently circling it with your finger. Consider whether you're using lubrication and/or gloves as to how lightly you do this.Even without penetrating, there is a difference in sensation between pushing right in the middle, and pushing/circling the area right around the center.

Actual penetration usually takes some tact. It's generally important that you work your way up *very* gradually, gently stroking the region right around the opening, then pushing gently at the center but not actually penetrating. Actual penetration may, especially if you're not using *both* gloves and lubricant (and even more especially if either of you is new at this) be best accomplished by locating the exact opening (DO NOT assume you know where it is, try to make a point of eyeballing it, sometimes even your lover can be mistaken if they're trying to guide you), and then making a rhythmic pushing motion at it, very gently, and only penetrating perhaps a millimeter more each time, especially until you've gotten the rounded part of your finger well past their actual sphinctor muscle (the ring of muscle that squeezes to close their anus shut).

They should, as with penis penetration, make a point of relaxing as much as they can. Hopefully they did relieve themselves shortly before cleaning for this, so they should be able to relax a lot without fear of any accidents. In fact, a good way to ensure relaxing enough to allow entrance is to make what *feels* like a slight pushing motion, as if having a BM. *Not* a **real** pushing motion; much of the basic BM action is actually just a relaxing of the muscles in that area, and the internal intestinal pressure is what actually pushes the waste out. If they can comfortably isolate that relaxing motion from *real* pushing, they're almost sure to be able to relax enough for almost any kind of penetration.

OK, I'm going to have to diverge, now...male and female:

If your lover is male:

The key to anal sex with a male is the prostate. If your lover is lying on his back, his prostate is on the "up" side of his rectum, several inches inside. It is stimulated by any attention to the region, though, including the perrenium (the area between his balls and anus).

You can gently push/massage the perrenium with your fingers, even if you're not penetrating his anus.

If you *are* penetrating it, though, follow the paragraph above on the subject, and once you're well inside, work your way gradually to the prostate (on the rectal wall on the side toward his genitals). Make this *very* gradual, as hitting suddenly can either be very uncomfortable, or cause him to suddenly have an orgasm, before you actually planned it (drawing out the time until an orgasm is a very powerful way to make sex more pleasurable, and orgasms amazingly stronger). Yes, sudden, strong stimulation of the prostate *can*, in some people, cause spontaneous orgasm...but remember that it may, instead, just be really uncomfortable. Some people do like it, though.

Stimulating the prostate for a while, until orgasm, also causes both a much different feeling orgasm, and (theoretically) more "watery" ejaculate (the prostate provides lubricant, whereas the gonads/balls provide the actual sperm). This may be of interest to someone who, for whatever reason, doesn't like the taste of a guy's ejaculate and hasn't mastered the trick of swallowing without tasting it(link). Performing fellatio when using your fingers to stimulate his prostate is a *very* good idea, by the way.

If your lover is a woman -- First, this is even more directly tied to oral sex...or at least the sex-specific section for doing it to a woman is.

The best way to engage in anal finger-sex (well, I can't find an official name for it) is to be going down on her, and add the finger as a part of your techniques.

First, be sure to follow the generic advice above, especially for penetration, and the cunnilingus advice (including finger techniques for the vagina) from the cunnilingus page.

One great way to start stimulating her anus is to make incidental contact with it, while you're stimulating her vagina with your finger(s). You simply allow a finger to, in the course of keeping it out of your way, stretch back past her anus, so that your pressing motions will happen to incidentally press lightly there, too. You might even work your way up to allowing a pinky to press (be sure there's a *lot* of natural or artificial lubrication against the opening itself, and perhaps even work its way inside, a millimeter every dozen strokes or less.

I'm definitely not advocating "tricking" her...this should be something you've discussed before, at least enough to know that she's not specifically against it if it feels nice. It is, though, a good way to demonstrate, without

pressuring her for some specific act, how it can be stimulating for her when you at least touch the outside of her anus.

Anyway, getting beyond the starting point, once everything's cleared for actual penetration, you work your way inside using exactly the same technique (assuming she or you are new to this)...have a different finger inside her vagina and make the main stimulation there, probably her g-spot, and let the anal penetration take a good, long time to actually progress. Lots of lubrication, and/or a latex surgical glove (surgical because this will interfere with sensation the least).

Once you're pretty well inside, concentrate (very gently) on stimulating the side nearest her vagina. A pressing motionis very helpful. In fact, you might not even do much sliding in and out, depending on how relaxed/excited (both at the same time, ideally) she is, and how well lubricated/gloved you are.

You might take several sessions to get to the point of actually concentrating your effort on the anal part, keeping it a secondary form of stimulation at first. But that depends on how well she enjoys it and how much discomfort, if any (some people are just "naturals", I guess) she encounters. Remember, gradual is safer, because you can always build up but if you go too far (this is true of any kind of sex) it may be hard to recapture the mood or continue the experiment.

Once/if she's really into it, one neat trick is to press along the same wall from both sides -- both press toward the rectum from the vagina, and toward the vagina from the rectum. The wall between them is thin enough that you will easily be able to feel each finger from the other one.

Make an effort to not swap fingers, though. The anus can, theoretically (I believe it's not common) carry common intestinal parasites that you'd never notice, but which might not have reached the vagina. We're not talking about any real major VD/STD or anything, but something her gynecologist might notice and complain about, anyway.

So assign one or two fingers to each opening, and keep them that way. In that case the "risk" is almost nil.

That's it for sex-specific finger stuff, for now.

Actual Anal Sex

You know, penetration with a penis, or some implement of destruction that substitutes for one. I'll refer to the penis, and if you are intending to use a vibrator or something, just substitute the word in your mind.

First, read all of the preliminary and finger stuff, because it all applies.

In fact, it is a very good idea to start out with fingers, even if your real goal is to you a penis. This allows your lover to get used to the feeling, and to relaxing their anus in the right way. It is even a good idea to work your way up to more than one finger. Bear in mind, though, that fingers are a great deal rougher (no matter how you care for them) than a penis, so be careful. If more than one finger is uncomfortable, and you're not going to use a glove, then skip multiple fingers (and remind your lover that a penis is smoother, if they're now worried).

Once you've worked your way up to the penis part, don't forget the importance of taking your time. You might even do some other things with it, first...coitus, for example, in the case of a female lover, or other contact between your penis and their genitals/thighs, in the case of either sex.

Stimulating your lover can be very important, especially to make the experience as pleasurable as possible for both parties. When working up to actual penetration, use your hands to stimulate your lover, probably taking a few things from the Advanced Cunnilingus/Fellatio Techniques pages, which both cover a lot of hand-techniques.

Don't forget, though, to be *very* careful about penetration. Done wrong, this can be more painful than, well, just about anything...childbirth, getting kicked in the 'nads, whatever. Done correctly, it's not painful at all, and can be very pleasurable.

Be careful about "hitting the hole". This is far more difficult to target than a vagina, if that's the experience you're going on. Enough light and a visual lining up is not that romantic, but is safest. This is also another reason to start out with finger penetration. There tends to be a slight softness, in some people, above or below the anus that can fool you, no matter the amount of care, into pushing at slightly the wrong angle or spot, so that *neither* of you realize it's wrong (yes, that's right, this mistake can be made even from inside your lover's body).

Don't miss my mention of angle, either. Because of the number of positions you might be using and the variety among individuals, I can't even begin to advise you on a specific angle as being the one to use...you need to figure this one out with a lot of care and observation. Just remember that most angles are the wrong one, so you need to make an effort to make it better than random.

Prior experimentation with fingers, again, would settle this problem before it even started, especially when they are also applied before (or even during, if fingers are turning out to be enjoyable) penile penetration. A fingertip already inside a relaxed lover can be the perfect guide, actually making insertion of the penis easier and less painful, believe it or not.

If the position allows, and you're both comfortable with the idea, you may also have your lover *help* guide you in (bearing in mind that they may not be able to tell, perfectly, either), which is helpful because they know what hurts and what doesn't. But you should still be using your own hand as well, so you can feel what they're doing and when to do what yourself.

Remember my admonishment about a millimeter at a time, for fingers? If not, go back and read it, because I'm skimming over things here that are vital, but which I covered in the finger section.

Go very slowly. The best method is probably to make a slight pumping motion, starting out just pushing slightly at the opening, not actually penetrating at all, and simply adding the tiniest, and I do mean tiny, bit of pressure each time. It should literally take you minutes to make any real progress.

A big factor, as with all of this, is your partner. The more they can relax, the better. This means both their mind, and their sphinctor/anus. The part about making what feels (but is not) a "push" like when you relax your anus to have a BM is a huge help. Again, not a *real* push, as one might do when constipated or in a hurry, just the relaxation of muscles which is actually what many people do when having a BM.

No amount of lubricant is too much, either, if there is any concern about pain.

The big key in getting through this is the initial penetration of the bulge of the penis' head getting past the actual anus' sphinctor muscle. Once this is past, sliding in (*if* at the right angle) should be nearly painless. There are

guys, though, whose penis is shaped in such a way that it still gets wider along the shaft, but for the average penis, which is *about* the same width all the way along except the head/glans, the difficult part is past once the head is inside.

Make sure the shaft was also lubricated, by the way, in case a "snag" from a dry area might cause discomfort.

Once safely inside, and once you've found the right angle, and everything is going well (basic sexual pumping works fine, here, but you may need to start out slower (though that's a good idea with coitus, too) and gentler), it may be a good idea to shift angle just slightly, so that the head of your penis is pressed more against the inside where the anus is closest to the prostate (men) or vagina (women). If you don't know where that is, you should have read the finger segment. So there.

This will make things, perhaps in a subtle way but in a way that will accumulate in effect, more stimulating for your lover. As for you, this is about the tightest form of sex you're going to encounter, which many people find very stimulating. Of course if this is involving an artificial device instead of a penis, of course that doesn't apply.

It's worth note that the sphinctor is *always* slightly torn by this, according to doctors. This isn't necessarily a big deal, you get lesions (cuts/tears) inside your mouth every time you brush, too, and yet you get along just fine doing that three times a day for your whole life. If you're comfortable then I'd think it's not really damage worth notice...but that tearing is why anal sex probably the cause of more HIV/AIDS transmission than all other forms of transmission combined. So, even if you haven't bothered with a condom for other kinds of sexual behavior, the odds here go from hundreds of thousands to one against transmission (by other sexual means) down to hundreds to one against (by my analysis of the CDC/NIH data), and so you might consider using one if there's any question of someone not knowing they're already infected.

Once you've done the full penetration thing a few times with your lover, and the penetrat-ee is getting to the point where relaxation is easy, and pain not really an issue (for some people it never is, or they like it, but it's necessary to have addressed the rest), you can consider trying more unusual positions and methods.

Like, for instance, the person being penetrated being on top. This is a very big mistake for a beginner, because one tightens one's butt muscles to hold them up when straddling a lover, but it is actually (once pain isn't a worry) a very nice position that people often don't think to try. If not for the butt-tightening, this would be a great first position, actually, because it gives the penetrated control over how fast things progress.

Another position, which is actually somewhat awkward but which some people find erotic, is standing up. If this simply means facing away and bending over a bit, the tightening of butt muscles is only a minor problem...but if it involves (yes, this even works with two guys) facing each other and having one leg, say, up on a table/counter, the tightening can become a real issue.

Don't forget the mutual stimulation. This (anal sex, not necessarily standing anal sex) can be the perfect way to try to time orgasms to happen simultaneously, and yet have the one doing the penetrating actually be doing the stimulating, too. Again I must refer you to (this page is already too long, without me repeating other pages) the cunnilingus and fellatio pages for hand techniques that work brilliantly for giving your lover orgasms of a power and timespan otherwise almost impossible.

OK, that's enough for now...whew.