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Guide to Oral Sex

Giving pleasure to a man

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General Introduction

This chapter is for those gals who wonder what sucking a mans cock is all about, think they might like to do it, or already do it but want to learn how to both give and receive more pleasure from it. It will teach them the skills they need so that both they and their partner can receive more pleasure from fellatio.

Studies show that from 50 to 80 percent of women perform fellatio. Of those, 35 to 65 percent find it pleasurable, with the rest saying they can take it or leave it or don't enjoy it. Other studies show 90 percent of married couples under 25 giving head. If you're just sucking cock because your man wants you to, read on, your man may find himself waking up in the middle of the night with his cock in your mouth.

Why would a woman like to suck a man's cock? Why would she even want to put his cock in her mouth? First off, you have to have a man with the right attitude about sex and your needs before you should even think about putting his cock in your mouth or anywhere else in you for that matter, enough said. I've sucked a few cocks over the years and talked to many women who have also. Some women submit to sex, some accept it, some willingly participate when aroused, but some really like it and don't always wait for their man to initiate it.

Unfortunately, a lot of those women who only submit to or accept sex simply have a lousy lover. Most women I know who really like sex also like to suck cock. I don't like to suck cock instead of fucking, I like it as a supplement to fucking. Sucking a man's cock makes my cunt ache to have one in it. I love to suck him off and then keep working on his cock until I can get him hard enough to fuck me. Those fucks are some of the best I've ever had, well, maybe tied with having him eat me first.

But never mind who does and who doesn't do it, I think that the reasons those who do suck cock do it are similar to the two that make men like to eat pussy, plus a third unique to women. First, they have a loving caring man and the more he likes what they do, the hotter their cunts get. The second is the role that the mouth and tongue play in sex. Why do people kiss? They receive pleasure from the interaction that takes place during a kiss. The mouth, lips and tongue are some of the more erogenous zones of the body and are active rather than passive, you do something with them. You nibble on his ears, kiss and suck on his nipples, kiss his navel, why not kiss and suck on the most sexual part of his body, that thing you love to have thrust into you, his cock. The third is the almost subconscious sexual desire of a woman to draw a man into her body, when she gets hot she wants his cock in her, and her mouth is an inviting place to put it. Put this all together and his cock in your mouth is where it's at gals. Just for a minute, forget how good it feels to a man for a woman to take his cock into her soft loving mouth, lick it, suck it, slide her lips down over it until she has her face buried in his bush.

Let your imagination conjure up images of your favorite movie star's cock in your mouth. It's live, warm, feel it throb as his hart beats. Feel it pulse as he tightens his muscles. Imagine sucking it inside you and bringing him to climax.

Sucking a man's cock can be one of the pure pleasures in a woman's life. It's sad to think that many women don't appreciate just how much fun it can be. One reason for this, outside of being with the wrong man, is that they don't know how to suck cock and so it doesn't end up being much fun. Because if you mess up, you don't get your reward. The cock doesn't get hard, the man doesn't have a good time and the woman feels like a failure. Other reasons are: a man's cock is dirty; he urinates through it; he won't respect me if I do it; he'll cum in my mouth. The answers are: if he washes his cock, it's as clean as your finger that you willingly put in your mouth; urine is not poison and doesn't carry germs, besides he doesn't urinate when he has a hard-on; he'll probably love you for it and give you head to boot; he won't cum in your mouth if you don't want him to, besides you'll probably want him to when you get into it.

Many women who do give head seem to think that simply making a cunt of their mouth, closing it around a man's cock, and bobbing their heads lustily up and down until he climaxes automatically makes them experts.

But here's the good news; it's easy to learn how to be a terrific cock-sucker and once you find out how to do it right, your man will love it and so will you. It'll take some practice, but that's work?

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What's Down There

But first things first. Let's talk about the "basic cock." LOOK at his cock. I don't mean a casual glance, study that thing you're thinking about wrapping your lips around. You've had it in your cunt and it felt good there, it just might feel good in your mouth. He'll be glad to let you look at it, if you want to look at it, you just might want to do something else with it.

Turn on a strong light and get him flat on his back on your bed. Take his cock in your hand and see if you can get it hard. Now, take a close look at it. The main part is called the shaft. There's a bulbous part near the outer end, slightly larger in diameter than the shaft, which is called the glans penis or head. The ridge where the head joins the shaft is called the corona. This is the most sensitive part of his cock. Follow this ridge around to the underside. There's a juncture where the two ends come together. This tiny area is easily the most sensitive spot on his entire body. Just like your clit, this is where the action is.

You can bring him to climax by gently tapping the tip of your tongue directly on it. The opening in the tip of the head is the meatus. Here's where that cum that's been squirting out into your cunt has been coming from.

The shaft doesn't have many nerve endings over a particular area or any special nerves. As a result, it doesn't provide a man with any high degree of stimulation when caressed, either with your hand or your tongue. The shaft will, however, respond to pressure. There is also power in numbers, so when all of its nerves are fully enclosed in a warm, wet mouth that's sucking and slipping and sliding around on it, the feeling is great. The deeper the better girls.

Underneath the shaft, where it joins his body, is the scrotum, and inside are the testicles (family jewels, balls, nuts). This is where his sperm is created. You're born with all of your eggs, but he continuously manufactures sperm to fertilize those eggs. They're also sensitive to temperature, they don't like to get too hot or too cold. When his balls get too cold, the scrotum shrinks and pulls his balls up against his body to keep them warm. When they get too warm, the scrotum extends to let them cool. His balls are also pulled up against his body inside his scrotum when he's getting ready to cum. His balls are sensitive to excessive pressure and are all too often ignored as an erogenous area. Big mistake! Men actually like for a woman they trust to play with their balls, if they know how to do it.

Study his cock, play with it with your hand, ask him what feels best. Run your tongue over it, feel the texture, watch his reactions as you lick the various areas. Take some of it in your mouth and hold it there for a while. Watch his reaction and think about how it feels in your mouth physically and what it feels like to have your man's cock in your mouth emotionally.

There are other parts of a man's body which respond well to oral stimulation. Spend some time finding them.

Getting Ready

Now that you've taken time to really look at his cock and play with it some, you've gotten beyond "Parts is parts" and recognize that some parts are more equal than others. It takes a reasonable amount of skill and practice to become a good cock-sucker, to know how to work on those parts in a way that provides him with the pleasure he's looking for and enjoy doing it. Lets start in with the first lesson.

Where should you be when you're sucking his cock? Between his legs, on top of him, in a sixty nine position? Actually, any place where you can get his cock in your mouth, a car seat, chair, him standing on his head, it really doesn't matter as long as you're both comfortable. However, because of the way his cock and your mouth, lips, tongue, teeth and throat are made and what you have to do to his cock, you can make him enjoy it more and get more out of it yourself by kneeling between his legs. This can be with both of you on the bed or with his hips at the edge of the bed and you on the floor. You can make eye contact and he can easily stroke your head with his hands in this position.

Deep-throating works better with slightly different positions but we'll get to that later, lets get his cock in your mouth first. Lets start out with both of you on the bed. The down side of you being on the bed is that holding your head up while you bend over his cock can tire you if you want to go at it for a long time but it'll be fine for these first lessons. You can stretch out between his legs and lay your head on his thigh with his cock in your mouth, but it's hard to do much with it in this position. A fairly common position, which also works well for deep-throating and throat fucking, is with him standing and you kneeling on a cushion in front of him.

We talked about him giving you head on a lazy summer afternoon in the first chapter, sometimes when you're giving him head, you'll want to just lie there and play with his cock. Maybe you've been fucking and he's cum a couple of times. You get the urge to give him a blowjob and can probably work up a hard-on for him with some effort, but it'll take a while for him to cum. The best position for this is probably the same as for leisurely eating pussy, him lying with his hips at the side of the bed, his feet and knees resting in chairs, you resting on a cushion on the floor with his cock in your mouth and his head on a pillow watching you. You can recline there with his balls in your hand and your head resting on his thigh, making eye contact while you suck on his cock for hours. If you want to tilt your head back to deep-throat his cock, just rise up on your knees and have at it. He can easily put his hands on your head in this position also. The side by side 69 position with your head on his thigh and his cock in your mouth is a nice comfortable position, it also puts his face enticingly close to your pussy. Try various positions. See what works best for the two of you.

What Do You Do With His Cum

If there's one thing you should try to cultivate a taste for it's his cum, you don't have to swallow it, just let him cum in your mouth. Any time you've had his cock in your mouth and he's been anywhere near cuming, some of his cum has been dribbling out of it and you probably didn't even notice it. It may seem that I'm devoting a lot of space to this subject. I am, but that's because it's currently a hot subject with many people going off on tangents about diets and using condoms and on and on. I think that his cum should be considered a part of his climax that has to occur with his cock in your mouth and that you should cultivate a taste for it. Although a lot of women like it's taste and look forward to it, it's not a pleasant taste for a number of women. However, it's a taste that can be cultivated and it becomes a pleasant experience if you just let your self get caught up in his climax and taste his orgasm, not just his cum.

I love the sensations of his pulsing, thrusting cock squirting his cum into my mouth and throat, but sometimes I like to watch it shoot. It gives me visual images for my wet dreams and besides, it's a thrill to see the spurting cum. It's amazing how that stuff shoots out. If you want to watch, you'll feel it coming with your hand and know when to back off. If you're fast, you can even try to catch some on your tongue. However, even though I like to watch it shoot, that's not necessarily what a man likes for it to do, not up in the air anyway. Lets face it, the male of the species' basic function in life is to impregnate the female. He does that by planting his sperm in her, not up in the air, as deep and often as he can.

He can control that desire to a point, but doing so robs him of a deep innate satisfaction that's very meaningful to many men, they're more emotional than they let on. He wants your body to suck all of that sperm out of his cock and swallow it up. Whether or not you swallow their cum is not a big deal with most men. They like to see you do it but they really don't want you to take their cock out of your mouth until they've finished cuming and started to come down from their emotional high. When he's fucking you, you feel that you're drawing him into yourself when you cum, part of his sexual makeup is a mirror image of yours and he feels that he's being drawn into you when he cums. He needs for you to keep his cock in your mouth, continuing to increase the intensity of your fellatio, until he cums and his climax lets down.

It's a real letdown for him if you take his cock out of your warm soft mouth just as he's reaching the climax that you've both worked so hard for and jack him off into a wet rag. It's almost like him pulling his cock out of your cunt just as you start to cum and finishing you off with his finger. So brace yourselves girls and keep that cock in your mouth until he's finished and you've both started to come down. You really were worked up over what you were doing weren't you? Besides, that's not a bad choice. Remember, he can jack himself off and watch it shoot on the shower floor without any help from you.

I'm not going to try and tell you his cum tastes like honey, it doesn't. What I am going to try and tell you is that its taste shouldn't be a big deal. Sex is messy, you get his cum and the juices from your cunt all over each other and the bed when you fuck and it doesn't matter until you have to clean it up. Most men will grab you, hug you and kiss you after you've finished giving them head, and they won't ask you to wash your mouth out first, it just doesn't matter in the heat of passion.

The taste of cum varies from man to man and from time to time. One man's cum can taste good to one woman and bad to another. It has a texture similar to the white of a raw egg. It can be almost tasteless with a faint aftertaste that I can't quite describe. It's usually slightly salty and can be somewhat bitter.

There's some evidence there's less taste if a man has had a vasectomy and there's no sperm in it, nice isn't it, he's safe and tasteless. There's also not much odor until it dries and then it's rather offensive.

You must remember, this is not like wine tasting where taste is everything, it's sex, and sex is mostly in the mind. I read a lot of questions from women about how bad cum tastes and what to do about it. I also read comments from those who say they love to take his cum in their mouths and swallow every drop of it. I think it's the same old story about a vocal minority opposing something they don't like while

the silent majority either likes it or doesn't care one way or the other. I said something earlier about women I know personally who like sex liking to suck cock, all of them like for their man to cum in their mouths and look forward to swallowing it. Some say they like the taste, most say the taste just doesn't matter, they want him to cum in their mouth to complete his orgasm and their blowjob.

You do a lot of things when you're sexually aroused that you might not otherwise do. When you're giving him head, you're already sexually aroused, or else you wouldn't have his cock in your mouth in the first place. To enjoy giving him head You need to let yourself go and become immersed in bringing him to his orgasm. This works better if he's done his part and gotten you good made you cum yet. The anticipation of him passionately eating out your pussy after you finish giving him head will keep your mind off such things as the taste of his cum and it running down your chin and dripping on your breasts while his cock is sliding in and out of your mouth. If you read the first chapter on eating pussy, you'll recall that the problem is similar to a man's first attempt at giving you head, accept that a woman's pussy does taste and smell like honey to many men after they get into it.

You'll probably let him cum in your mouth at first because you know it detracts from his orgasm if he doesn't and you want to give him as much pleasure as you can. You know it feels good to him and he likes to do it. Hopefully, taking his cum into your mouth will not be something you do just because he wants you to. As you let yourself get caught up in the emotions of having sex with your man, the thoughts, the anticipation of having his cock deep in your mouth and throat will excite you sexually. You'll want his cock in you, you'll fantasize about his cum shooting into your mouth, not to taste it but to taste his climax.

You'll do all you can to bring him to climax, eagerly waiting for his cock to start pulsing and thrusting in your mouth, signaling the beginning of his orgasm. You'll suck hard on his cock as it pulses to increase his pleasure, waiting for his cum to start so you can suck it out and let it shoot into your mouth. You'll feel his cum spurting out with each pulse of his cock, taste it as you suck out the last drops and swallow them and then lick his cock clean like you were sucking the juice off a popsicle. You'll may find yourself wanting to keep his cock in your mouth for a while after he cums until you start to let down from the sexual high you were on while you were sucking him off.

If you don't want to start out with him cuming in your mouth, let him cum in your hand. Then stick your tongue in it and taste it. Let him taste it at the same time, he'll do it if he's concerned about your needs. Dip your tongue in it and then give him a deep French kiss. Now take just enough in your mouth to be able to fully experience its flavor and texture, swish it around with your tongue and then spit it out. Don't wash your mouth out, just let the flavor slowly dissolve as it mixes with your saliva and learn about its aftertaste. Try taking the rest of it in your mouth and holding it there, then spitting it out. Once you get used to having a quantity of his cum in your mouth, try spitting out most of it and swallowing the rest.

When you've tasted his cum and feel you're ready to go for it, let him cum directly in your mouth, you don't have to take all of it the first time, there's only a spoon full or so, just take some of it in, pull his cock out, finish him off with your hand and let the rest squirt somewhere else, you can clean it up later. As you do it more often, you'll begin to like the sexuality of it and look forward to taking all of it, it becomes a sensual thing, a part of your natural desire to participate in his orgasm to the fullest extent, drawing him into you as he climaxes.

If you don't want to swallow it at first, spit it out. Then, smile up at him, take his cock back in your mouth and play with it for a while. Gently now, because it's sensitive just like your clit after you've cum, suck those last few drops out of it and lick it clean. This says, hey, I want your cock in my mouth when you cum, I want to suck your load out of your cock and feel it shoot into my mouth, I just don't want to swallow it. I bet you'll soon be looking forward to swallowing it, most women do, besides, it's not as messy that way. You'll find out that swallowing his cum can be an intensely intimate act for both of you, it can be a significant symbolic gesture of love. Good sex isn't just the pleasure of reaching a climax, it's when you share each other's climax. It's when your efforts to bring him to a climax excite you to the point where you could almost cum, sometimes his cum squirting into your mouth even drives you over the top.

If you like to swallow it and have learned to swallow with his cock in your mouth, swallow it as he cums, otherwise keep it in your mouth until he's done. If you're sucking on his cock while he's cuming, you won't have much cock in your mouth, just an inch or so. You should be able to swallow normally, just like you were drinking coke out of a bottle. When he's finished cuming, hold your lips tight around his cock, look up at him, and slide your mouth off it like you were sucking the juice off a popsicle, then swallow whatever is still in your mouth. Take his cock back in your mouth a couple of more times, sucking and licking it clean while maintaining eye contact and smiling. Let him know you like it.

I said earlier, you can either swallow his cum or spit it out. There's a third choice, if you're into deep-throating, he can shoot it into the bottom of your throat and it'll go straight down your esophagus into your stomach. We'll talk about deep-throating a little further on. For most men, it feels great, both physically and psychologically, for you to suck the cum out of their cock during orgasm, just like you were sucking it out of a straw. Your throat can't play with the head of his cock and suck on it while he's at the height of his orgasm, only your mouth can do that. You'll learn to use your mouth and throat to bring him up to a high level of excitement and then bring him to an intense orgasm with his cock in your mouth. Although sometimes you'll both want him to shoot his load down into the bottom of your throat, you still need to learn to take it into your mouth because you can give most men the greatest pleasure by completing their climax with their cock in your mouth.

Once you begin experiencing the pleasures of cock-sucking, you'll probably want to deep-throat his cock, it's that sexual thing of the more the better, he'll want all of his cock in you and you'll want all of his cock in you, it's a win win situation. There'll be times then, when his cock is sliding in and out of you from just inside your lips down to the bottom of your throat, that you'll both want to forget where his cock is and just let him cum, keeping up, or increasing, the intensity of your fellatio until he comes down from his orgasm. In this case, he'll probably leave a trail of cum from your lips to the bottom of your throat. We'll talk more about him cuming in your throat in the following sections.

Basic Playing Around

It doesn't matter what setting you choose, you can be home in bed or parked on your town's main street, just find whatever level of privacy you need to feel relaxed. For the purpose of these lessons let's say you're still on the bed where you were examining him and you managed to get his cock hard. Kneel down between his legs and take his balls in your left hand and his cock in your right. Squeeze his cock gently down toward the bottom of the shaft and get ready to suck. Run your tongue over your lips to get them good and wet and look into his eyes. Men love to watch their cock disappearing into a woman.

Now open your mouth just slightly to tease and excite him and come very close to his cock. Breathe on him, blow on him with your hot breath. Stick your tongue out again and reach for him, tease him. Making sure your tongue is dripping wet, begin at the bottom of his shaft and lick upwards, slowly. Turn your head sideways and pretend to take a bite of him, gently setting your teeth into his flesh. Wet him again with your tongue, use your hand to spread the liquid around. A wet cock looks and sounds a lot sexier than a dry one. Your left-hand meanwhile is massaging his balls, perhaps scratching them lightly with your fingernails. After you've licked his shaft lots of times and it's all wet and hard, he's going to start squirming with frustration if you don't start getting serious. A quick look up at his face will let you know when you're stretching things out too long. Teasing is great . . . to a point. A little experience in cock-sucking will teach you when you need to go on to better things.

On one of your upward swings with your tongue, from the base of his shaft to the rim of his knob, don't stop. Continue your long, wet lick up over the head of his cock, lingering at the hole in the center. Stick your tongue into it, but don't suck the head yet. Now run your tongue all the way around the rim of his knob several times, lingering to work on that sensitive spot on the bottom each time. Ask questions, find out how much he likes for you to work on that spot.

As I said earlier, the shaft of his cock does respond to pressure, and there are a lot of nerve endings when you include all of it. Don't forget that much of the pleasure we derive from sex is in the mind, it's psychological, emotional. When a man feels your warm soft mouth and tongue giving his cock a workout, feels you trying to suck his balls out through it, sees your lips sliding down over it until it fills your mouth, the overall feeling is hard to describe. When you take all of this into account, the deeper the better girls.

Each man is unique and so is his cock. Squeeze the shaft and see if some clear liquid pops up. If it does, dip your tongue into it and pull away. It will stretch with you and look fantastically erotic to him. Now, make like you love the stuff. Close in on that cock head like it was a chocolate ice-cream cone and take the whole knob into your hot mouth. Don't just open your mouth and close it around his cock, sliiide your wet lips down over it until they close around the shaft just behind the corona. Then gently suck on his cock just hard enough to pull a little more of it into your mouth. Sucking on it feels great to him, hold it there, listen to him moan. Now, move your head down quickly, sucking as much of his cock into your mouth as you can comfortable take. Don't worry, you won't choke so long as you don't try to take it in too far, we'll get to suppressing your gag reflex so you can take more of it in later. Encase the rest of the shaft of his cock with your hand. Remember the shaft is relatively insensitive to local stimulation. However, when you close your hand around his cock you give him the sensation of having his whole cock encased and that feels great.

Stay there with his cock filling your mouth. Feel it inside of you. When you get to where you can take it down into your throat, it can be almost as luscious as having one in your cunt. It grows in, uh, on you.

You're going to have to keep your jaws open wide enough to keep your teeth off his cock. When you first start out your jaws are probably going to get tired, it's sort of like sitting in a dentist's chair with your mouth open. You'll get used to it after a while. You can pull your lips back over your teeth for protection and let your jaws rest on his cock from time to time to relax them. Now try the basic fellatio movements. First, slide your lips back up to the tip of his cock and flick your tongue against it. Try twisting your head from side to side, up and down, and around and around, making sure your moist lips stay in contact with his ridge as they slide around. Keep sucking on it, sometimes gently, sometimes hard. While you're doing this, gently move your moist hand up and

down the shaft. He'll be getting antsy now, wanting you to take it all in. Don't let him, if he had his way it'd be over in two minutes and what fun would that be?

Then, moving as fast as he can handle it (don't let him cum yet), hold your hand against your lips and slide your mouth and moist hand up and down on his cock as if you're fucking him. Press your tongue against the bottom of his cock and let it's head slide back and forth between your tongue and the roof of your mouth, watch your teeth. You have to massage the head of his cock, not just the shaft. When he gets close to cuming, get ready for his climax. As he nears his climax, he may try to slide your mouth farther down over his cock. He wants all of his cock in your mouth. Instead, slide your mouth back up to the tip of his cock, working on the corona and sucking on it as you bring him to his climax. You need to feel the response of his cock to his climax in these early lessons.

We've been talking about sucking on his cock, but how do you suck on it? Besides just working on his cock with your lips and tongue when it's in your mouth, you should also be sucking on it any time its head is in front of your tongue (your tongue is what pulls the vacuum so its head has to be in front of your tongue for him to feel it where it counts). Sucking on the head of his cock feels quite different to him from licking it. Not just gentle sucks but strong ones, like you were trying to get something out of it, which you probably are by this time. Be careful though, don't pull a hickey on it. There are deep-sucks and little ones and both feel damn great. He may have a preference however, so watch his reactions. Taking just the knob in your mouth, suck on it as if it were a nipple or a straw while you're moving your mouth around the head with your lips massaging the coronal ridge. This feels so good to the man, it makes my cunt hot just thinking about it. The other suck is a long, sweeping one, where you suck his cock into your mouth as far as you can, and then pull your mouth back off it, sucking on it as if you were sucking the juice off a popsicle.

Any of these moves will feel great the first few times you do them, but after a while, it's as if the cock gets immune to feeling. When you sense this, change what you're doing. You don't want his cock to go to sleep. You want it constantly stimulated as you build him up to orgasm. Which is just about where we are now.

Okay, you've got a raging hard-on in your right hand and some tight balls in your left, lean back for just a moment and take a look at it. It's beautiful, isn't it? Move your right hand all the way to the base of the cock and squeeze it there. This will cause the shaft to fill and thicken, and by now the knob will be smooth and shining. Take his cock back into your mouth, sucking on it and trying out all your various moves until you know the man can't stand any more and he's going to blast off. What you do now is between you and your lover.

As you continue with these lessons, don't forget that sucking his cock should give you pleasure also, don't do it just because he wants you to. It's very important that your man take the time for enough foreplay to get you to the point where you want his cock in you. You'll learn to savor the sensations that come with having his cock in your mouth and throat, you'll enjoy bringing intense pleasure to him and sharing in his climax. As you continue with these lessons, don't get so caught up in the mechanics of bringing him to climax that you miss out on the fun. Suck his cock in a way that feels good to you also. There's no blowjob like a blowjob given by a happy cock-sucker who loves her work.

Can You Take it All in?

As I discussed earlier, it's man's nature to want to thrust his cock into you as far as he can get it, particularly at the moment when he cums. If he wants all of his cock in you, can you take it all in? Do you want to take it all in? Do you even need to take it all in? Well, the length of your mouth from your lips to the back of your throat is three to three and a half inches while the average cock's length is five to five and a half inches. The laws of nature would seem to say that getting all that cock into your mouth is an impossibility. The laws of sex say that you'll want to get all of it in you.

Don't look so sad, I can do it and so can you, you can take as much of his cock into you as you want. You simply take as much of it into your mouth as will fit there, and then slide your throat down over its head until the rest of it is in your mouth and your face is buried in his bush. It's called deep-throating, and when you really get into cock-sucking you'll probably want to do it. The term was made popular by Linda Lovelace in a porno movie in the seventies. She wasn't the first woman to do it by any means. Women have been taking men's cocks down their throats for centuries, she was simply the first to give it the current popular name.

You can give your man fabulous head without using your throat. Remember, most of the action occurs at the head of his cock, taking any more of it into your mouth is simply icing on the cake. You can use your mouth on the head of his cock and your hand on its shaft and put him on cloud nine. Personally, I like the icing and am willing to work for it, I want my face buried in his bush. Although most men will be satisfied with the cake, I've never met one who would turn down the icing. You need to try it to find out if you get any pleasure out of it, if you've given it a good try and simply don't like it, then don't do it, he'll understand.

It's fairly easy to learn to "take it all in." Getting his cock in your throat is easy, getting your throat used to it being in there is what takes the practice. I don't want to be boring, but if you understand the anatomy of your mouth and throat, you'll see how easy it really is to take his hard cock down into your throat. The biggest obstacle to getting it into your throat is usually not the size of either his cock or your throat, it's that sharp bend behind your tongue at the entrance to your throat, you know the one your doctor uses a mirror to see around while he presses your tongue down with that stick. Stand in front of a wall mirror and use a hand mirror to get a good side view of your head and neck. Open your mouth wide, tilt your head as far back as you can and see how your open mouth almost lines up with your neck, that bend is almost gone. Check out your guy's cock, feel how flexible it really is, especially the end of it. Look at the shape of its head, no problem to slide it around that curve.

A little more anatomy, yours this time. The length of your mouth, oral cavity, is three to three and a half inches from your lips to what I'm going to call the back of your throat, its that vertical part of your throat that you see when you look in a mirror. Your trachea, the tube to your lungs, is at the front of your neck, you can feel it with your fingers. Your esophagus, the tube to your stomach, is behind the trachea. Your throat, which is vertical and about four inches long, connects your mouth to your esophagus in a straight line. When you take anything into your mouth, your tongue rises against the rear part of the roof of your mouth, the soft pallet with its attached uvula, to close off your throat. When you swallow, your tongue whips backwards and shoots whatever is in your mouth down your throat and into your esophagus. There's an opening in the front side of your throat that leads into the larynx, the entrance to your trachea. The larynx has a flap or lid, epiglottis, that closes off the larynx to prevent anything from entering your trachea, like his cum, when you swallow. The larynx also contains your vocal cords. This arrangement lets his cock slide from your mouth down to the bottom of your throat without entering your larynx or disturbing your vocal cords.

Your throat is about two inches wide at its entrance, a little less from front to back as it passes behind the larynx. It's somewhat bigger in diameter than the average cock. The entrance into your esophagus from your throat is only about one inch in diameter, so his cock won't go into your esophagus. This lets you take slide your mouth and throat down over a cock about seven or so inches long and an inch and a half or so in diameter until your lips are pressed against his groin and have the head of it just pressing against the bottom of your throat. It makes a nice fit, your guy's cock will just about fill your mouth and throat, you'll like the feel of it filling you up.

Practice, Practice, Practice

You should do some homework before you try to deep-throat a real live cock. I don't like to get into technical discussions about anything as pleasurable and emotional as sex, however, I don't want you to run into any unpleasant surprises that will turn you off before you experience the pleasures of deep-throating. You'll need to learn some simple details that'll help you overcome your gag reflex and control your breathing before the pleasures of deep-throating can really be enjoyed.

Probably one of the first things you encountered when you started sucking his cock was a gag reflex when it went too far in. It's the natural tendency of your body to gag when a foreign object, such as a deeply thrusting cock, is sliding down into your throat. With practice you can learn to control your gag reflex. The next thing to learn is how to relax your tongue so you can slide his cock past it and down into your throat. You also have to learn to control your tongue during the entire time you're deep-throating.

There's really not much learning involved. You've already gotten used to having his cock in your mouth, now all you have to do is get used to having it in your throat. Get a soft, flexible dildo of the proper size so you can practice with it in private at your leisure, the solid jellies are the most comfortable. Get what's called a "double dong" so that you'll have something straight with enough length to hold on to, one and a quarter inches in diameter and ten inches long is a good size to start with. Most cocks are not much bigger in diameter and you need one this long to find out how much cock you can take. If your guy's cock is bigger in diameter, then get a bigger one after you've mastered the one and a quarter. Depending on the size and shape of your throat, you may be able to breathe slowly through your mouth, maybe your nose, after you get the dildo past your pallet and down into your throat a ways. Otherwise, learn to time your breathing with the in and out strokes of the dildo.

If you don't have any adverse reaction to the medicine, dissolve one or two Cepacol or equivalent sore throat lozenges in your mouth about fifteen minutes before you start to practice with the dildo. They'll mildly anesthetize your throat and may eliminate the gag reflex until you get used to having it in your throat. Be careful though and don't get too aggressive with the dildo when your throat is anesthetized or you could bruise the lining at the back without feeling it.

Now that you know what you're pushing it into, open your mouth and slowly slide the dildo in as far as you can without gagging. Hold it there, breathing normally, until you're comfortable with it in your mouth. When you put something in your mouth, you begin to salivate. It's difficult to swallow the saliva with the dildo in your mouth, it'll interfere with your tongue as it tries to drive things out of your mouth and down your throat. You can go through the motions of swallowing with the dildo in your mouth but you probably won't swallow much if it's in very far. If you get the urge to swallow, do it, it won't hurt anything and you won't really swallow the dildo, or his cock if that's what you're working on at the time. For most women, swallowing can suppress the gag reflex, so practice swallowing with the dildo in your mouth, starting with it just past your teeth continuing until it's all the way down your throat. Try swallowing when you get his cock in your throat, it feels good to him.

If your head is tilted back, the saliva will run down your throat and interfere with your breathing so you'll have to take the dildo out and clear your mouth and throat from time to time. Try sliding the dildo in a little farther. By now you've probably got it to the point where you'll start to gag. When you feel like you're going to gag, try swallowing, this usually stops the gag. If it doesn't, pull the dildo out and relax. Now slide it slowly back in until you feel the gag reflex again, pull it back out a little, swallow and push it back in.

Play with it with your tongue, feel how it fits in your mouth. Learn get your tongue to come down from the roof of your mouth at the rear when you have the dildo in there. You'll have to get it down before you can get the dildo to go down into your throat. Stick your tongue out as far as you can between your teeth and the dildo. This will pull your tongue down, all you have to do is get used to keeping it down. Play some music, read a book, watch TV, just get used to it being in there. Suck on it, work on it like it was a big piece of stick candy. When you get used to it being in that far, slide it in further. Keep going, a little at a time, until it comes up against the back of your throat. As it nears the back of your

throat, it'll begin to close off the passage to your nose and interfere with your normal breathing. You can probably breathe through your mouth so try that. If you can't, then take a deep breath, slide it in and hold it there until you need to take another breath, take it out, breathe and slide it back in. Keep practicing with the dildo until you're comfortable with it in your mouth, your tendency to gag is gone and you can keep your tongue down.

Once you're used to the dildo being all the way in your mouth, the next step is to get it down into your throat. To do this you'll have to get it "around the corner." Tilt your head back so that your mouth and throat lie almost in a straight line and try to slide it in further. Try tilting your head back and forth while you're sliding it in. You'll be able to feel the improvement this makes. There's also a vertical ridge in the back of your throat. The dildo will slip to one side or the other of this ridge as you continue to push in on it. You can twist it around to make it go one way or the other. If one side begins to feel uncomfortable, use the other.

In the beginning, the best way to get it "around the corner" and down into your throat isn't to just push it but to literally inhale it. This is also easier on the back of your throat. Put the dildo all the way in your mouth and fold your tongue up around it to make a seal, hold your nose, and, while pushing in on it, inhale hard using your lungs to suck it around the corner, it'll go easily as your lungs pull it down into your throat. You may be able to inhale it by simply inhaling quickly and deeply. You'll have to limit how deep a breath you take before you try to inhale it though. Once you get it around the corner, it'll just slide on down. With practice, you'll probably be able to simply slide it in your mouth and on down to the bottom of your throat with one smooth stroke, but inhaling it is sort of fun sometimes. When you push the dildo, or his cock, into your throat, it wants to stop against the back of your throat. As you push harder, it suddenly breaks loose and sort of pops down into your throat, after that it slides on down almost as easily as it went into your mouth.

Don't try to slide it all the way down your throat at first, just get it around the corner. If you can breathe with the dildo in your throat, great, open that book back up, otherwise, when you need to breathe, pull the dildo back out, take a deep breath, slide it back in and then open the book up. While it's in there, move it in and out some, twist it around. If you feel that you're going to gag, try swallowing or pull back on the dildo, it'll pop right out. If you do gag or cough with it still in your throat, don't worry, it won't hurt anything. Pull it out, relax, then try it again.

After you get the dildo down in your throat, it doesn't make much difference how you hold your head. It'll feel more comfortable in some positions and will have some effect on your breathing but nothing major. With your head held back, your saliva will run down your throat and interfere with your breathing. If you sit upright and are breathing through your mouth, it'll drool out of your mouth. The most comfortable position is probably sitting upright in a chair with a head rest, breathing through your mouth with a towel under your chin.

After your throat gets used to it being in that far, slide it in further and hold it there for a while. Continue sliding it down into your throat one step at a time, holding it after each step to swallow and relax your throat. Continue this pattern until you've got it in about four or five inches. If your throat starts to feel sore or just doesn't like for the dildo to be in there, stop and try it again the next day. Don't feel discouraged, these details will soon become second nature and you won't even realize you're doing them. Remember, you're practicing with the dildo so that one evening, when you're busily working away on his cock, you can look up at him, smile, and, with one smooth movement, bury your face in his bush. Look forward to taking his cock into your throat, it'll feel good there, not foreign like the dildo. It's much softer and will enter your throat without any discomfort.

Most of the time, you'll want to breathe through your nose when you've got his cock in your mouth. Find out where the dildo begins to block the breathing passage from your nose to your throat. It'll be at the point where the dildo pushes back on your soft pallet and uvula as it begins to enter your throat. Slide it in and out, blocking and uncovering your breathing passage, until you can readily find the location. The soft palate, which closes off your throat from your nose, may tend to stay closed as you withdraw the dildo, especially if you're trying to exhale at the same time, you'll get used to controlling this.

You'll soon get to the point where you can stroke the dildo in and out from your teeth well down into your throat and wiggle it around in your throat without getting the urge to gag on it. Now, slide it on

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down and find out how much cock you can really take. As it slides past the entrance to your trachea you may get a choking response and cough, like you had taken some water down the wrong way. Just pull it back out and relax, then put it back in and play around in that area until your throat gets used to it. If the choking response doesn't ease up, take it out and try it again the next day. When you feel any significant resistance or discomfort, probably around seven or so inches, stop, you've hit your bottom line. Set the limit of the size cock you'll allow anyone to shove into your throat about an inch short of that point, plenty of room to take the average cock all the way in. On one of your practice strokes, take a deep breath and keep the dildo almost to the bottom of your throat for a while, sliding it in and out using one or two inch strokes at about one stroke a second, getting the bottom of your throat used to his climax.

As you practice with the dildo, develop a breathing rhythm. Stop with the dildo just clear of your throat, take a deep breath and hold it. Then, push the dildo into your throat, sliding it all the way to the bottom in one smooth motion and hold it there until you feel the need to exhale. Smoothly withdraw the dildo until it just clears your breathing passage, stop, quickly exhale and inhale, hold your breath and take the dildo all the way back in. Wait until you need to take another breath and repeat the cycle. Do this until the breathing cycle becomes second nature without even thinking about it. It won't take long to learn.

If you practice every day for about ten or fifteen minutes, you'll have it down into your throat in less than a week. Another week of fifteen or twenty minutes a day and you'll be comfortably stroking it down to the bottom of your throat.

The Real Thing

It's hard to separate deep-throating and throat (face) fucking. Throat fucking is simply an extension of deep-throating, so we'll discuss some things together. One of the best positions to practice deep-throating with a real live cock is to kneel in front of him with your head tilted back while he's standing. The most restful position, and the one you should use when you first start, is with him sitting up slightly in bed while you kneel between his legs with your head tilted back.

The size and shape of most cocks is normally not a problem for deep-throating, you can guide it with your hands if you have to and can normally relax enough to handle some pretty big ones, but it's a different matter for throat fucking. A big cock can be a curse. As we discussed in the last anatomy lesson, if it's much over one and three quarter inches in diameter it's going to take some lady to let him fuck her throat with that. Anything much over one and a half inches can present difficulties for the average woman. If it's seven inches or more in length, watch out, he could injure the lower end of your throat and your esophagus since a cock won't fit into your esophagus and he'll have a tendency to bottom it.

Although curved ones can be fun to play with, the curve of his cock can sometimes present a problem. When you were examining his cock, which way was it curved? Lay him on his back and work up a good hard-on for him. Which way is it pointing? Most guys' cocks will curve slightly up toward their head or point straight to the ceiling. If his does then he'll probably be able to slide it home without any problems. A nice curve in the upward direction can be a perfect fit for man on top 69, now that I think of it, it fits nicely in my cunt too. It's the downward curve that's a problem. If it curves down very much, he may not be able to throat fuck in the 69 position as his cock will tend to bend instead of sliding in. You would have to guide it in with your hands on each stroke. It would be fine though if you were kneeling in front of him where he could hold your head with his hands and fuck away.

Let's get on with deep-throating. By now, with your practice with the dildo, you should be able to slide your mouth and throat down over his cock until your lips are buried in his bush without getting the urge to gag and work it around in the bottom of your throat for as long as you can hold your breath. If you can breathe with it in your throat, you should be able to slide your throat up and down on his cock until you simply get tired of doing it or he cums or something.

You'll have to polish up on timing your breathing since you'll have to interact with a man now. Just as with the dildo, you may be able to breathe some with his cock down into your throat, but maybe not all the way in, . . . if only I could.

It'd be wonderful just to lie there with my mouth and throat full of that luscious cock, working it around, picking at his balls and bush with my lips . . . oh well. If you're kneeling over him or in front of him then it's easy to time as you have complete control, remember, you're sliding your throat over his cock, he's not thrusting his cock into your throat.

If he's in a position where he can thrust his cock into your throat, establish some signals for each other. The simplest ones are for you to place your hands on his hips and, in effect, pull his cock into and push it out of your mouth. Since you're just starting to learn to deep-throat, choose a position where you have complete control, him sitting up slightly in bed with you kneeling between his legs is a good one. Now, suck his cock about halfway into your mouth and hold it there, working on it a little, while you relax and find the most comfortable way to continue.

When you're relaxed, start slowly taking it in further. Just as it begins to block your breathing, stop and relax again. When you're ready, take a deep breath through your nose and hold it. Now, slowly slide your mouth and then your throat on down over his cock, use your lungs to inhale its head "around the corner" if you need to but try to push your throat over it first. Once its head has popped into your throat, your throat will simply slide on down over his cock, be careful and don't bump your nose on his pelvic bone. Unless his cock is really big, it'll go into your throat easier than the dildo. Also, it won't irritate the back of your throat. If it's big enough, you won't have to use your tongue or hold your nose to inhale it into your throat.

Sticking your tongue out between your teeth and his cock to get the back of it down out of the way is the key to pushing the entrance to your throat over his cock without inhaling it. If everything is going your way, you'll be able to push it around the corner and bury your face in his bush in one smooth motion without having to inhale it. It'll make deep-throating, especially throat fucking, more enjoyable if his cock will simply slide all the way in, from your teeth to the bottom of your throat, in one smooth stroke. There'll probably always be a slight hesitation as his cock pops around the corner and starts down into your throat, but that tends to feel good anyway. You'll probably find him playing around back there, rubbing his coronal ridge back and forth through that restriction into your throat.

How far in is all the way in? As your lips get near his groin, you may find his balls getting in the way. The front of his scrotum is attached to the bottom of his cock, a little way out from his body. How far out depends on the man. To really get his cock all the way in with your face buried in his bush and your lips pressed against his groin, you may have to take some of his scrotum into your mouth along with it. His balls hang loose inside the scrotum so you can slide your mouth on down over the front part of his scrotum leaving his balls outside, you may not even notice it. When you are just stroking your throat back and forth over his cock and his orgasm hasn't started yet or you are not really hot yet, you probably don't want to take in much of his scrotum. Save the full thrusts for those times when he is cuming or you really want to feel all of it in you with your mouth and face pressed tight against his groin or just want to play around. All the way in is when his cock is tilted down slightly to get it away from his pelvic bone and your lips are pressed tightly between his groin and your teeth.

Once his cock is all the way in, hold it there, you want to get used to the sexuality of having all of it in you. Let your passions rise, feel your nipples harden and the juices start to flow in your cunt as you get caught up in the intimacy of giving head. Did you know you could smile with a mouth full of cock? When it starts to feel good, look up at him and try it, it'll show in your eyes and cheeks and the corners of your mouth. When you need to exhale, slide your throat back up off his cock, quickly exhaling and inhaling just as it clears, then slide all the way back down over his cock again and stop. Keep repeating the cycle, pausing at the bottom of his cock each time. As you begin to enjoy it and really get into the rhythm, start to play around with his cock while you're down at the root of it. Move your head back and forth and around and around, working your throat over the head of his cock. Feel that luscious cock pulsing and throbbing as you work it around in your mouth and throat. These are the basics of deep-throating, remember, practice makes perfect so don't forget to do your homework.

Now that you've mastered deep-throating, you need to carefully consider whether or not you want to get into throat fucking. It's not for everyone, and it's not the same as deep-throating. Deep-throating is you sliding your throat down over his cock when the urge strikes you during, or as a finishing touch to, good head. When a man wants you to give him head, he's in a passive mood. He wants to lie back and enjoy it to the fullest and looks forward with eager anticipation to those times when you bury your face in his bush.

Throat fucking is allowing a man to take charge and thrust his cock in and out of your throat in a way that's pleasing to both of you. Although the motions are similar, it's not the same as fucking your cunt. All too often, throat fucking ends up allowing a man to take control and use your throat for a vagina, which I don't particularly care for. I've got a perfectly good cunt that I like to use for that. If a man isn't interested in the subtleties of throat fucking and just wants to treat your throat like a cunt, he's liable to be in an aggressive mood and wants to shove his cock into something new. Let him find someone else to abuse.

But then life is full of apparent contradictions. Sometimes I want my lover to really fuck my throat. I want long quick thrusts of his cock deep into my throat with his groin coming up against my face each time he shoves his cock into me. I do dearly love man on top 69 with my lover, whom I trust completely. thrusting his throbbing cock in and out of my throat with long deep strokes at one end while he's passionately eating my pussy out at the other end. Sometimes, when his cock thrusts into my throat and tongue thrusts into my cunt are together, it feels like they are going to meet somewhere in the middle of my body. At times like that I completely surrender myself to him, becoming caught up in pure passion, my face and pussy rising to meet each stroke. But this isn't really a contradiction, it's an example of mutual trust and respect for each other. He knows how hard to thrust. He's not just using me for his sexual satisfaction, he's satisfying my sexual desires of the moment. He's deriving his pleasure as much through providing me with great sexual pleasure as he is by satisfying his own

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sexual desires.

When you deep-throat a man, you suck his cock into your mouth and slide your throat down over it in a way that excites him and is also comfortable and pleasurable to you. When you engage in throat fucking, you let him thrust his cock into your mouth and down into your throat in a way that's pleasurable to him and still acceptable and pleasurable to you. The two activities are not the same. It's not enough that you learn how to accept his cock during throat fucking. He has to learn how to control and direct his cock also. If you don't trust him completely, simply don't let him get on top of you and fuck your throat! Until you build up this trust, you'll never be able to relax enough to let him thrust his cock down into your throat in a way that gives you any pleasure. It will also take a significant amount of practice for him to develop a smooth straight thrust, especially if you move your head while he's thrusting. Until the two of you learn to synchronize your movements, expect to see a lot of bent cocks. It's not that stiff and if it's not pushed in straight it'll bend, don't worry, it'll straighten out. He also has to learn to control the intensity of his thrusts, how he pushes his cock around the corner, how hard he brings his groin up against your face.

Remember how a man responds during his climax when he's fucking you, it's his nature to thrust his cock into your cunt deep and hard, especially as he near his climax. There's nothing wrong with this, he needs to get his sperm near your uterus to fertilize your egg. Most women like it and urge the man on, raising their cunts to meet his thrusts. The pelvic area of both is designed for this and it doesn't hurt either. However, your face and throat are not designed for this. Hard thrusts can bruise your lips and nose and injure the back of your throat.

Before you start practicing throat fucking, you'll have to decide what position you want to be in. When he's fucking your throat, you have to hold your head still and push against him as he pushes his cock into your throat and that can be tiring. He can stand with you kneeling in front of him with your head tilted back, this gives you the most control since you can use your hands to push his hips back and pull your head back. However, unless you can lean forward enough, he may have to hold your head with his hands to help you push against him so that he can thrust his cock down into your throat without tiring you, but that can be sensual for both of you. 69 is probably not the best one to start with, but it may be the best with him on top when both of you are comfortable with throat fucking. One problem with throat fucking in the 69 position is that he has a hard time keeping his mind on fucking you and sucking you at the same time. Don't worry about his problems though, just lie there and enjoy being eaten and fucked at the same time.

Lying on the bed with your head tilted sharply back over the edge is comfortable for you. It lines up your mouth and throat and his cock better than other positions and provides support for your head so you don't have to push back against his thrusts. He can straddle your face and easily slide his cock all the way in, but it's a little harder for you to control the thrusts of his cock since you won't be able to pull your head back. However, once you really get into it in this position, you can grab his butt and pull his groin up against your lips and just lie there for a while enjoying his balls on your nose, his bush tickling your chin and his cock deep in your throat, don't forget to breathe though. This position, which is similar to 69, in addition to being very erotic to the man visually and psychologically, also feels nice to him as the bottom of his coronal ridge rubs against the back of your throat as he strokes it in and out.

Once you're ready for him, close your lips around his cock and let him push it about half way into your mouth. You'll probably be nervous now so play around with it some and relax. When you're relaxed, signal him to start. Now he begins to slowly slide his cock deeper and deeper into your mouth. As the head of his cock nears the entrance to your throat, signal him to stop. Rest in this position, playing with his cock with your tongue until you are relaxed and ready for him to shove it home. Then, taking a deep breath, flatten your tongue out under his cock and signal him to slide it slowly on down into your throat. Inhale it around the corner if you have to, but try to let him push it around and then on down deeper and deeper until he's got the whole thing buried in you. Although the feel of his cock in your throat will be the same, the sensations of him thrusting it into your throat will be far different from those you experienced when you were sliding your throat down over it, it really turns me on.

Hold him against your face until you need to take a breath, then signal him to withdraw his cock far enough for you to breathe freely. Let him hold it there while you breathe normally and relax again. Then, take a deep breath signaling him to slide his cock back down to the bottom of your throat and

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hold it there until you need to take a breath. Keep doing this until he can sense when needs to pull his cock out for you to exhale and when you've filled your lungs and are ready for another stroke, gradually increasing the nature and speed of his stroke from a slide to a thrust until you begin to feel uncomfortable with it. Then let him pull it up out of your throat and almost all the way out of your mouth and then thrust it right back in without pausing, stroking its head from your teeth to the bottom of your throat in one motion. Use the time between when his cock clears your throat on the way out and before it starts back into your throat again to quickly exhale and inhale. Let him increase the speed of his thrusts until it interferes with your breathing. Once you're comfortable with him stroking his cock back and forth between your teeth and the bottom of your throat, take a deep breath and let him use short quick strokes just popping the head of his cock in and out of your throat until you need to breathe. Take another deep breath and let him make short fast strokes deep in your throat with his groin gently bumping your lips until you need to breathe.

Increase the length of his strokes again until the head of his cock is stroking from your lips to the bottom of your throat with his groin gently bumping against your lips. Let him learn to pull his cock out of your throat slowly and smoothly enough to keep it from coming out of your mouth and find out how fast and hard he can thrust his cock back into your throat without it either becoming unpleasant or too fast for you to breathe. If you'd like him to thrust it in faster but need more time to breathe, then slow his withdrawal stroke. That's throat fucking. Keep changing the length and speed of his strokes, how far his cock goes into your throat, how far it comes out into your mouth. Find out which strokes feel best to you, after all, you're the one being fucked and you should enjoy it too.

If you find that you're breathing too much and hyperventilating, or you're really into it and want to speed up his strokes even more, turn that Bolero tape back on and change your breathing pattern, inhale just before his cock enters your throat at the beginning of one stroke, exhale just as it leaves your throat at the end of that stroke and take it right back in on the next stroke with your lungs empty, inhale just as it clears your throat at the end of that stroke and take it right back in with your lungs full. I've known people who used a metronome to keep her breathing and his strokes synchronized. Continue repeating this cycle as long as it feels good or you get tired or he cums or something. It's not hard to learn and soon becomes second nature.

It's important that he know that he must always take reasonably slow, steady, even strokes, especially while he cums. You have to guide him when you want, or are willing to accept, faster harder strokes. He must start slowly, especially if this is a completely new experience for the two of you. His only other requirement during this exercise is to keep the motion of his cock straight and lined up with your throat.

One more word of caution concerning throat fucking.

Don't let him get carried away when he starts to cum. He'll have the urge to thrust his cock all the way down into your stomach, but that urge to thrust has to be controlled. The most important lesson of this exercise is, keep it under control! As the two of you gain confidence in each other through practice, you can let him step up the pace and intensity of his strokes as he nears his climax. When he's fucking you and getting near his climax, you bring your cunt up to meet his thrusts. You can do the same thing with your throat, respond to his climax by meeting his thrusts with your throat. Bring your face firmly up against his groin, not hard enough to bruise your lips, just firmly enough for both of you to know that he's got all of it in you. Use your hands on his hips to pull his cock into you to find out how hard he should thrust.

At least in the beginning, keep your hands on his hips while you're throat fucking so you can guide his strokes and control where his cock is when he cums. If you don't want to take his cum into your mouth, and can hold your breath and relax your throat long enough to keep his cock deep in your throat while he cums, you'll not be faced with the problem of tasting or swallowing his cum. His cum will shoot right on down into your stomach. If he's fucking your throat, he'll probably want to keep his cock all the way in, using short quick strokes at the bottom of your throat as he shoots his load down into your stomach, it's that desire to plant his seed deep.

You must relax completely to enjoy his short hard strokes with his cock all the way down in your throat and he has to be careful not to bruise your lips. To do this long enough for him to completely get it off requires more than a few days practice. With time and practice you'll become more comfortable with what you are doing. The ability to relax will come with the comfort, this is work? Since you've already practiced it, you'll be able to take him completely down your throat, but may not be able to maintain proper relaxation and hold your breath long enough for him to shoot his load.

Each time you practice you'll be able to hold him in longer. It'll help if you learn to get him almost to the point of cumming and then take an extra deep breath before he starts those final short thrusts at the bottom of your throat. Remember that you don't want to be inhaling while he's shooting cum down your throat. The only way you'll find out if you can hold your breath with his cock deep in you long enough for him to shoot it all is to try. If you try and he's started to cum but it's going to take too long for him to finish, just push his cock back out of your throat into your mouth quickly, swallow, take a breath and let him finish. Keep practicing this until you know your limits and how to deal with them.

It won't hurt you if he does cum in your throat, or if some of his cum runs down your throat while he's shooting his load. It's no different from swallowing a thick syrup. When you swallow, the entrance to your larynx is closed off and the liquid goes down your esophagus to your stomach, it'll also close when his cock slides past it. With practice, you can close it your self anytime you want to, try closing it while you're exhaling through your mouth. The only time you'll have a problem is if you try to inhale while his cum is running, or being shot out of a thrusting cock, past your larynx. Even then, it'll only be unpleasant, no worse than choking on a swallow of water. It's important that you learn to deal with this potential problem because you don't want to interfere with the natural flow of events when you're both enjoying his climax. The key is in your breathing. You can let him cum with his cock anywhere in your mouth or throat, including stroking it in and out of or up and down in your throat. He can even shoot his load down into your throat with his cock at the entrance, just don't inhale while his cum is running past the entrance to your larynx, swallow first and then inhale.

Whether you're deep-throating him or he's fucking your throat, don't be too mechanical about it. Once you get used to that luscious cock filling your mouth and throat with his belly pressing against your face, a few short quick strokes gently bumping his groin against your mouth, maybe with a little wiggle or two, can feel great to both of you. When the two of you become familiar with each others desires, you can add more pleasure by using your hands on each other. It will feel great to him when you grab his butt and press his belly tight against your face, rubbing your nose around in his bush. It can also feel great to you for him to place his hands on your head and gently press your face against him, it's a psychological thing, sort of like firm hugs when you're fucking. Don't forget, you can pull him tight against your mouth and hold him there any time you want to. It's psychological, for him and for you.

Every so often, take an extra deep breath, grab his butt, pull him all the way into you and hold him there. Play around with his cock, work it around in your mouth and throat, rub your face over his groin, play with his balls. Let him hold your head with his hands while he strokes his cock in and out in quick short gentle little strokes keeping it deep in your throat, bumping his groin against your lips. Let him try those same short strokes with the head of his cock moving in and out of the entrance to your throat. Let him hold your face tight against him while he works his cock around and around in your mouth and throat. Learn what feels best for each other. If you both understand what it is that you're trying to do, as well as the possible problems that may come up along the way, you'll never regret having learned to deep-throat.

Hopefully he'll understand that any initial difficulties are not a rejection of him or of what he's offering you and that all you need is practice. Not everyone will be able to accomplish all of the deep-throat techniques, but it's my sincere desire that you not stop trying and think that your blowjobs are unacceptable. If a man isn't satisfied just to have his cock in your mouth, then you probably don't want to have his cock in you anywhere.

One of life's more pleasant things for me is to rest between orgasms during side-by-side 69 with our heads on each others thighs. This is restful for both and you can play with and be played with for hours in this position. After he cums, let his cock really go down while he's resting, then quickly suck all of it into your mouth, I mean all the way up to his balls. I wonder if I could get his nuts in too? I could hold them in my cheeks like a chipmunk. Na, the whole works might get stuck in there and I'd be embarrassed to call 911 in that position. Then keep sucking on it and working on it with your tongue and mouth until he starts to get a hard-on again, it won't take long. Grab his butt and hold his groin tight against your mouth while that luscious throbbing cock swells to full size. It's that psychological thing again, it feels wonderful as his cock slowly fills your mouth and grows down into your throat.

Continue to practice deep-throating, you don't have to deep-throat on every stroke, or even every time you give head. You can give great head with just the head of his cock in your mouth and he'll love it, but it sure feels good to him when you put your face in his bush, sort of like how you feel when he leaves your clit and thrusts his tongue deep in your cunt. I know couples who have devoted ten months to this lesson and never regretted a minute of it. Continue because each time you practice you'll be able to take his cock deeper into your throat and hold it there longer. If you believe, as I do, "the deeper the better" and if you have the desire to both give and get the most out of giving head, you'll get this one down pat!

Putting it All Together

Now that you've learned all the fundamentals, it's time to put them into practice. Just like your man learned to respond to your desires by reading your body language while he was giving you head, his body will talk to you. Learn to listen to it, watch his facial expressions. The way he thrusts his hips and tilts his pelvis will tell you how far he wants his cock in you and whether he wants you to stroke it or mouth it. The pulsing in his cock will tell you when he's starting to cum. Let him guide your head and hands with his hands.

It could start off like this.

The two of you have been playing around for some time and you're both ready for you to do some serious cock-sucking. His cock is standing up straight, talking to you, come on, I'm hard, slide your soft wet lips down over my head and suck on me.

"Ahhh . . . that feels good, swing your head around and around and around . . . suck more of me into you, slide your mouth up and down over me, great! Take my balls in your hand, play with them, back up to my head, play with it, slide it out, lick it with your tongue, nibble on it with your lips, tongue its under-side, lick it like a lollipop, suck it back in, out, in, out, in . . . Take me back in you, let my head feel the back of your throat, take me back out until your lips close in behind my head, back in again, up and down, up and down and down and bury your face in my bush, hold all of me in your mouth and throat, back up to my head, circle your lips over my head, slowly suck me back into you. My crotch is rising up to you, waiting to feel the bottom of your throat again, short strokes bumping your lips against my groin, full strokes, up and down . . . up and down, my strokes meeting yours, shorter now, my head slipping in and out of your throat, back up to my head, taste the juices starting to flow, suck them out, feel me swelling, my hips thrusting me deeper into your mouth. I'm starting to pulse, my body shuddering, up and down on me, faster, not too far in, I'm starting to cum, suck it out of me, faster, harder, that's it, suck it out, swallow it, quick, take me back to the bottom of your throat, hold me there. I'm done, my last shot deep in your throat, my body relaxing, breathing coming back to normal, back up, clean me off with your lips and tongue, gently now, suck out the last drops, hold me in your mouth as I grow soft. Bring your lips up to mine, your breasts pressed to my chest, let me kiss that sweet mouth that brought me such pleasure.

Balls, Nuts, Family Jewels

Don't forget his balls, it can be fun for both of you if you play them right. Just as with women and their clits, some men's balls are extremely sensitive. Just as you must completely trust him before you let him thrust his cock down your throat in throat fucking, there must be a certain amount of trust built up between the two of you before he'll willingly let you have undisputed use of those two prize possessions! This is a serious concern for a man, it's his balls that secrete the hormones that give him his masculinity and he doesn't want any thing to happen to them.

Begin by gently licking his balls with your tongue. You may want to gently caress his cock with your hand while you're bathing his balls with your tongue. Remember that the balls are sensitive to excessive pressure, however, it can feel good to him if you put your thumb and forefinger around his sack and pull on it, surprisingly hard in fact.

Once you get them wet, try taking one of them into your mouth and playing with it, see if you can get both of them in. Watch his face and feel him quivering as you gently move them around in your mouth while you massage his cock with your hands. Try closing your lips around his sack above his balls and pulling with your mouth like you did with your fingers.

In a Hurry?

There'll be times when you'll want to give him a quickie. It's a very simple technique. Place your lips around the head of his cock and twirl your lips wetly and gently around the coronal ridge at the back of the head of his cock just covering and uncovering the meatus with each twirl. This doesn't require any great skill, it works simply because this is the most sensitive area on his cock.

It's not necessary to be all that skillful. All that's necessary is for you to find the most sensitive area around the coronal area. By sucking on this area of his cock continuously, you'll produce a quick powerful cum. It's not necessary to bob your head up and down on his cock to get him off. One other use of this technique is to get him hard again after he's already cum.

CONGRATULATIONS!

You're doing just fine and he loves it! Keep it up as long as you're comfortable with it. Now you've given him head that he'll not forget. I've heard from men that not one woman in fifty really knows how to give good head. The rest act like it's a big favor. If you don't like to give head at first, don't give up, most women eventually develop a liking for it as they allow themselves to get into the sensual, intimate nature of it. Older women seem to like it more, I know one woman who sometimes has orgasms while giving head.

One final note, this time for the men, don't push it! There's nothing more deadly to a relationship than pushing a woman's head down to your crotch. If she wants to do it, she'll get around to it in her own good time. Don't be afraid to discuss oral sex with your woman, you just might be surprised at her response.

Now, go get 'em girls!

The Best of Both Worlds: Blending Oral Sex and Coitus

As I said earlier, although I personally find 69 the most emotionally satisfying, I do dearly love a good fuck, the feel of a thrusting cock deep in my cunt. When a couple has become wholly at ease with oral sex and completely familiar with each others needs and responses, they should learn to blend it in with a good fuck. Because of a man's difficulty in achieving multiple orgasms and the way that cock switch in his brain works, thinking of sex - cock hard (anticipating it - like a rock), cum - cock soft, he should take the lead in the intercourse described here (there's a sequence where you want him to eat you and still keep his cock soft and I don't know any way to do that except wear him out first). However, as you become more familiar with each other's likes and dislikes, either can start if you rearrange the sequences a little, it's fun to try.

Sometime when you have a few hours to spend, try this. Start out on a nice comfortable bed and warm her up with some serious cuddling and kissing. Work your way around until she's lying at the edge of the bed with her feet resting on two chairs and you on top of her between her legs. Kiss and caress your way down her body as you slide your body slowly over her pussy until you are resting on the floor with your tongue in her cunt.

Now, give her the best head she's ever had. When she cums, ease up and carefully work her up toward another orgasm. As she begins to respond, slowly work your way back up her body, letting your body slide over her clit. When you reach her lips, slowly slide your tongue into her mouth and your cock into her cunt until both are all the way in. Now, start a slow fuck using short strokes while making sure your pelvic bone is massaging her clit at the end of each stroke. Sometimes it's fun to slide your tongues in and out of each others mouth in time with your strokes. Every few strokes, stop with your cock in hard and massage her clit with your pelvic bone while you French kiss.

Try different types of strokes to find out what feels best. Every so often try a few long strokes, some slow and easy, some fast and hard. Try a few where your cock comes almost all the way out with just the tip still in and then slide it in until the shaft just enters, keep the coronal ridge slipping in and out of the entrance to her cunt, that feels good, see if you can bend your cock toward her so that it rubs against her clit at the same time you're sliding its head in and out of her cunt, that feels great. Whatever you do, remember that it's manipulation of her clit that brings her to climax, not your cock in her cunt. You can only move away from her clit for a short time before she starts to come down. Just as when you're eating her, it feels nice to her when you slide your tongue down and thrust it into her cunt or play around in her vestibule, but you have to quickly lap it back up to her clit to maintain the intensity of her emotions.

When she starts to cum, don't change anything, keep up the pressure on her clit and maintain the rhythm or increase the intensity of your strokes if that's what she wants but don't slow down. If you cum first, don't take your cock out, keep it in deep and work on her clit with your finger until she cums.

The object is to work on as many of her erogenous areas as you can at the same time while keeping up the massage of her clit; your cock sliding around in her cunt, your tongues darting around in each others mouths like playful otters, her nipples and breasts rubbing against you, your hands caressing her head and breasts, until you both cum, which, with practice, will be together and won't take long.

Now, don't do anything distracting like washing up and especially don't let go of her. Hold and caress her, work your way back on the bed and cuddle.

Don't quit yet, keep up the momentum while she's still hot. Keep cuddling her while you lose your hard and work your way around to an upside down kiss. Then quickly kiss and caress your way down each others bodies into a side by side 69 position. Let her suck your cock into her mouth before it starts to get hard again, all of it, right up to your bush and keep her lips pressed against your groin. Gently start eating her pussy as she tastes the mixture of love juices your cock brought from her cunt and feels your cock filling her mouth, growing down into her throat, starting to throb. Make her passions rise as you begin to eat out her pussy. Thrust your tongue deep in her cunt, taste the same love juices her taste buds are now savouring. Keep your minds on what you're doing and make each other cum

again.

Go back to cuddling and keep her mind on sex. Maybe, after you've rested enough for a third orgasm and she's still hot, you can talk her into letting you lie back and relax while she gives you head, complete with some serious deep-throating. This may cost you though, you'll probably have to eat her again, so?

Take your time, relax, let your sexual appetites lead you, enjoy the pleasures of each others body. Take turns giving each other head, eat pussy first, suck cock first, 69, fuck, mix it up, as the mood strikes you.