

This is Montique Stephon and I am going to go over the technics of the shake out technique. This is a technique that can be used when you want to be able to maintain an erection and continue having sex when you are not able to hold back you ejaculation. You have to understand that not everyone is going to be able to mentally block ejaculations. So in the event that you are not able to hold your ejaculation back, this technique will allow you to shake out your first spirt, hold back the second spirt and continue.

Now first of all let us go over the process that happens when you ejaculate. Basically when you masturbate or when you are having sex, when you ejaculate, your ejaculation happens in spirts an in-between those spirts what do you have to do? You have to continue massaging yourself or continue thrusting to bring one spirt out after the other. The thing that incapacitates men when they are ejaculating is going through each spirt level and the stimulation that you feel at the head of your penis as you go through each of the spirts. It's a combination of the overwhelming sensitivity that you feel at the head of your penis along with that ejaculation spirt process happening that incapacitates you.

So if you can take away the sensation that you feel at the head of the penis and you do not move the second ejaculation spirt forward, you are able to actually pause your ejaculation process and also maintain an erection. You will be able to maintain the erection because your body knows that it has not completed the ejaculation process. It knows in order to complete that process it has to maintain an ejection.

Now in some situations, after you let loose the first spirt, your body will relax and it will feel as though your penis is going down. However, if you pause and then massage yourself, you partner can massage you, you can rub it on her, concentrating on bringing back that feeling, concentrating on bringing back that erection, you will become erect again, because your body knows that it has more ejaculate to let loose, so it is going to be responsive to you trying to reengage an erection. In a nutshell all that means is that when you let loose the first spirt, you sometimes will need to auto stimulate yourself to bring back the erection, but your body will agree with you, because it feels as though it needs to get that erection so that it can release the rest of that ejaculate.

So now that you understand the science behind why this works, let's walk through it step by step so that you know exactly how to perform this shake out technique. When you are having sex, the second that you feel the sensation that you are about to ejaculate, what you are going to do is stop. You are going to stop, you are going to pull out and you are going to shake you penis. You are going to shake your penis at the hilt. You are not going to jerk or jelq your penis, you are going to shake it at the hilt and you are going to feel that ejaculate move up and fly out the head of your penis, but it's not going to feel like you came, it is going to feel more like you urinated a little bit; almost kind of the way that you shake urination out of your penis when you are finished urinating. What that is doing is it is releasing the extra pre-cum and it is also releasing your first spirt without triggering the sensitivity and sensation that happens when you do so when engaging the head of your penis. See you are not touching the head of your penis, you are just shaking that first spirt out; you are not jerking it out, you are shaking it out. And because of the fact that you are not going to jelq and more the second spirt into position, you are going to be able to continue having sex after that. In fact in many causes you will be able to go even longer than you would have normally, because of the fact that you don't have that first spirt pressing on you.

Often the second spirt of ejaculate takes more effort to get out, so you will be able to pull at least another 10-15 minutes of sex if you are stroking correctly.

So let's go through it one more time. What you are going to do is the second that you feel the sensation that you are about to ejaculate, you are going to remove yourself, hold your penis at the hilt and then shake out that first ejaculate. That first spirt you are going to shake it out and then after you shake it out, you auto stimulate and if you went down a little bit and go back to stroking. It is that simple. It is really the first spirt of ejaculate that causes the chain reaction of the other spirts coming behind it. That in conjunction with the sensation at the head of your penis makes it very difficult for men to have multiple orgasms or to continue after they feel like they are about to ejaculate. However, if you don't touch the head of your penis and you shake the first spirt out, that second spirt will lie dormant inside of your body until you work to push it out during sex. It will also contribute to you maintaining an erection because your body will be in the know that it has more ejaculate to release, thus supporting your erection.

This is a fantastic technique if you are not mentally able to hold back your orgasm. This also is the key to becoming multiply orgasmic as a man. This is the key, because what happens is that when you shake that first spirt out of yourself, you are going to feel the sensation that you have orgasm. However, because of the fact that you are not touching the head of your penis, it's not going to be debilitating, it is not going to make it so that you numb. You will just be able to feel the orgasm, maintain sensitivity at the head of your penis, and then continue stroking after you release that first spirt. It is really the first spirt of ejaculate that causes that chain reaction; it is really that first spirt you have to defeat. If you defeat that first spirt, if you can shake that first spirt out, you will get a sexually second win and you stroke very vigorously without having to worry about premature ejaculation, because the second spirt is a lot more difficult to bring forward than the first. That is how come when you masturbate, after that first spirt comes out, you have to really jelq yourself to bring that second spirt forward.

This is the secret to becoming multiply orgasmic and it is the secret to catching yourself when you actually orgasm when you don't want to. Is that clear? Good. I hope this tip enriches your sexuality, I hope it changes your life. You now have the secret to the sexual second win.