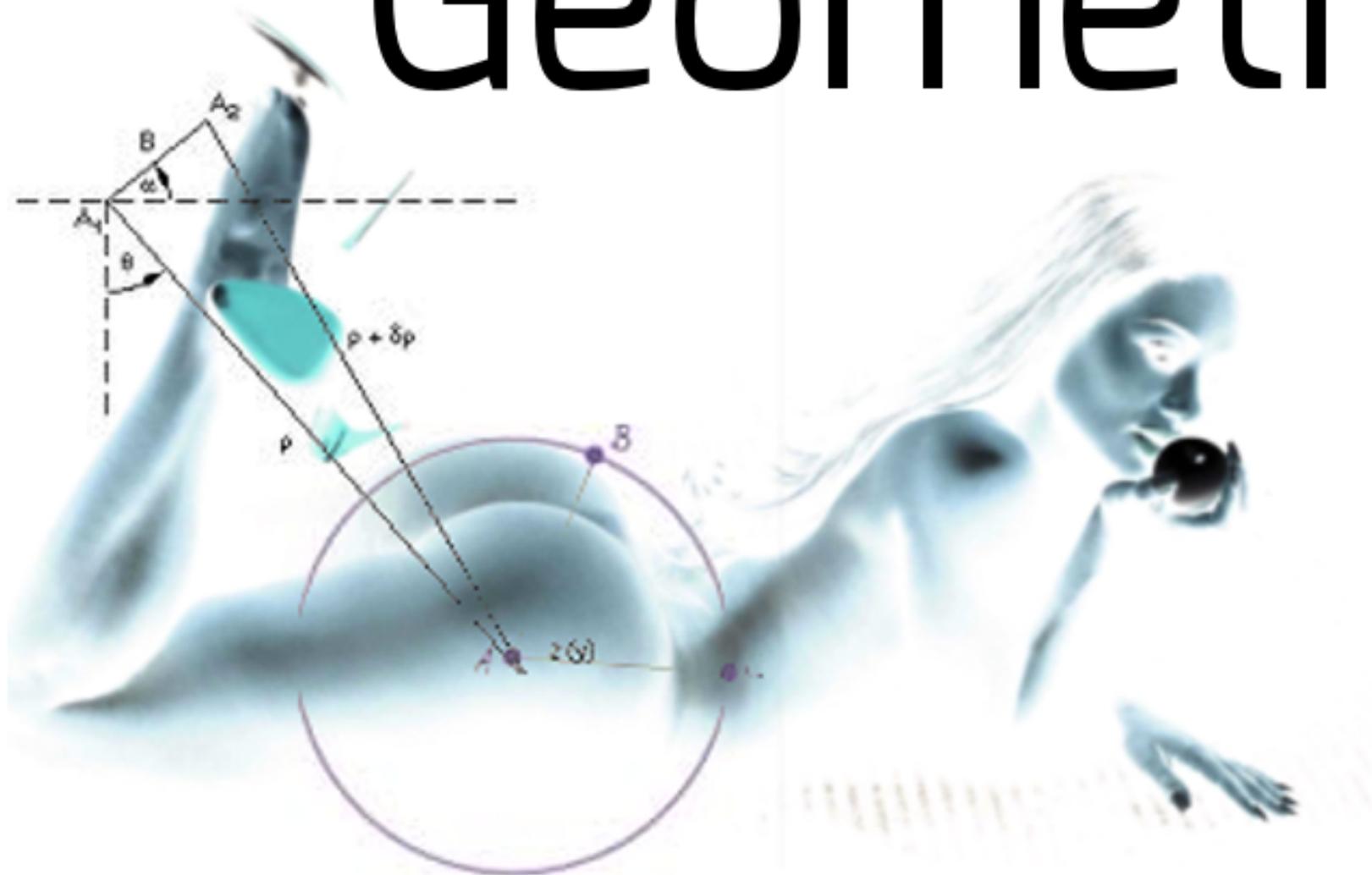


Sensual Geometry



SENSUAL GEOMETRY

zenityfitness

Special Limited Time Discounts

ADD SOME NEW SKILLS TODAY

In this millennium who teaches us how to make love? How do we learn? Even as a personal trainer in sensual fitness I am still trying to figure this out. What makes us feel confident enough to go out there and try it and feel like we will be good?

As adults, how do we know what good is? We don't have a culture that passes down the ins and outs of good sex and our only respite for the most part is adult-themed material and literature. However, to date I have not found anything that relates good sex to movement, which is the essential constant in all sex, that you have to move it right as a man and as a woman. Why is this information so hard to find?

The Kama Sutra has these fantastic positions, but how do you incite orgasms in them? The Chinese accupressurists have detailed maps of the gall bladder meridians about the body; however, stamina, control and precise use of our male and female sex tools is left out, and without that it's just a lot of tricks, tips and gimmicks. Put your finger here, lick there, rub this, and vibrate that.

Sex is like the great amateur activity, no one wants to be very talented as they will be assumed to have had many partners and seem salacious. But, I think we should re-examine the idea of being skilled at love making.

But why? Because sex is serious business, it's a demonstration of your knowledge of self, and your ability to learn about your partner. A partner that understands sensual movement and owns a mastery of their tool is likely the only sure fire way to know that sex will never get boring or tired.

As we look at the change that most men and women fear as a new objective, an engaging new task, a victory to be had. Why fear change? It's an

opportunity to explore new sensations and push the limits of pleasure. It is a staple reason why having a consistent sexual partner can appreciate in value in a relationship. Even if you are in a progressive relationship, having at least one partner who is SKILLED will help you realize how to teach your other partners how to please you and most importantly, it will teach you about yourself.

I wanted to clarify some things with this eBook...essentially that we should be knowledgeable about what we are doing and have a purpose/mission no matter what sensual situation/position we are in. In no cases should we be just whipping about hoping something happens. If we as men understand the way that our bodies work and our partner's bodies work we can figure out how to bring pleasure to them no matter what their size, stature or interest.

Let's take a look at how we affect our partners with our pingas *penis.*

Fella, your pinga is an expandable cylinder you can use it in two general ways:

1. *You can squeeze your pc muscles and make it pulsate (do this if you're on a spot).*
2. *You can dive with added body weight pressure toward a wall (where all her sensors are).*

For us guys it's all about working the 360 degrees in the first 1-4 inches of hard body. Use your body weight to apply pressure onto all of the compass points and work each one vigorously. This is good for you because staying shallow will help you build your dexterity against the feel of good sensations and last longer, and it will get all her spots engorged so when you do dive back a little

further, you can tap each of those and watch the fireworks. Women's spots (G-spots, clitoris, and epicenters) all swell when proper pressure is added and their pleasure points are stroked to perfection.

Sensual Geometry will help you to know where the spots are no matter what position you're in and tells you how to move to engage them. Being able to find these spots and knowing how to stroke them is available in the e-Book SHERLOCKING. When matched with the STACKING eBook (that shows you how to link strokes together to get the desired effects creating S.T.R.O.K.E Strategies) and the RHYTHM eBook will direct you in how to improve your ability to build multiple orgasms and pace your strokes.

You don't have to be a pro-baller to have a mean J. You don't have to be in the league to get respect on the court. But you do have to know your way around how the game is played and know how to engage in a strategy that will let you emphasize your strengths.

The Zenity Stroke Skills are built off of this foundation. We start you out with some basics to get your mind engaged in the matrix and then we plug you in with all kinds of sexual martial arts so that you can chop it down with some karate or throw it around with some judo. Our intention is to make you so versatile that you can serve it just how they like it from day-to-day. For instance, tonight maybe it's Jamaican and tomorrow some Brazilian chuhascaria and maybe on Thursday you are gonna walk it like an Egyptian.

In any event, the only way any of us can be our best for our lovers is to practice and to be open, accepting and joyously investigative of change.

THE

Missionary

The missionary position is the primary position that S.T.R.O.K.E Skills teaches from. It gives a lot of room for movement and angles while giving a close and intimate view of your partner. In the missionary position there are so many options for modification such as leaning back, forward, left side or right side.

There are not many barriers to entry unless your partner cannot open her legs wide enough to support the width of your hips. You are in luck because most of the S.T.R.O.K.E Skills exercises are directly applicable from the missionary position, so you don't need to do any modifications, you just have to use your muscle memory and go! If you enjoy the missionary position be aware of the anatomical features when using this position.

Clitoris Geometry

In the missionary position the clitoris is pointing straight toward the ceiling at the top of her vulva. To engage it in the missionary you can perform S.T.R.O.K.Es that will connect your pelvis with hers to massage it with your pelvis or impact S.T.R.O.K.E.s that will lightly tap it.

G-spot Geometry

In the missionary position the G-spot is 2-4 inches in on the north wall. Because of the shape of the pinga (penis) it can be difficult to engage directly. Most men glide past it when long stroking, but to miss the impact and the most engaging orgasms. The key to impacting the G- Spot from the missionary is



The Missionary Position

in using the Z-Stroke Position or by dropping your weight onto your lower thighs when you are on top so that your penis points north and then pushing straight in.

Recommendations

We recommend purchasing S.T.R.O.K.E Skills fitness exercises and getting the Z Stroke Add on to really use the missionary position to its greatest capacity. Also, practice your S.T.R.O.K.E Skills so that you are adept at manipulating your hips and dropping your weight. How you drop your weight dictates the direction your pinga will point in.

Angles

Turn your hips right and your penis will point left.

Turn your hips left and your penis will point right.

Move your hips north and your penis will point south.

Drop your hips south and your penis will point north.

Rhythm

In the missionary you should go slow and you should be timing your stroke with other things you are doing with your hands. Change rhythms from the missionary to test what she likes and then stick with it.

Bonus

In the missionary you have the greatest ability to impact hilt control, manipulation of the first 2 inches of the vagina is key to igniting orgasms deeper in the vagina.

THE *Scissors*

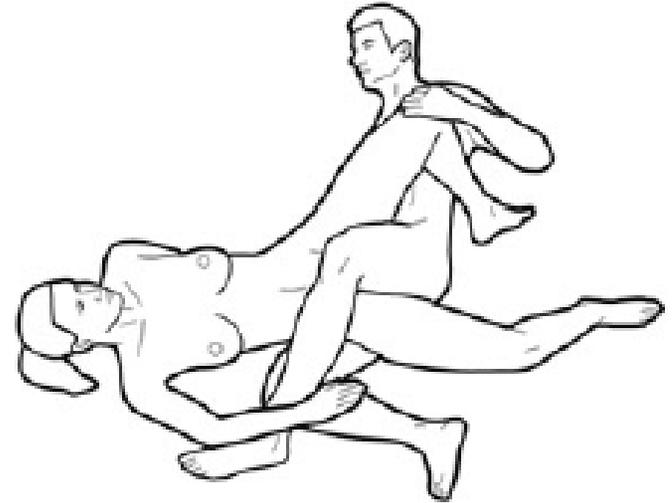
The scissors position is all about the angles and can actually be one of the most strenuous positions to stroke from. All of the S.T.R.O.K.Es are applicable from the scissor position if you can imagine that your chest is facing the right or left instead of facing the ground. A lot of core strength supported by shoulder strength is needed here so that you can do the S.T.R.O.K.E skills movements with your weight resting on one side. With your legs intercrossed with your partner's, it seems that there is limited movement for you, but in reality lifting her leg straight up opens many options. Using S.T.R.O.K.E Skills in this position will make you feel huge to your partner as the resistance your penis naturally creates will be against walls that normally do not feel that kind of pressure. Performing the S.T.R.O.K.E Skills from the scissor position is a master stroke.

Clitoris Geometry

The clitoris will be facing the same direction that your partner is facing. To engage it reach down with your free hand and rub / pat it. This position does not allow for pushing strokes, so oral pleasure and using your hand to stimulate the clitoris before/during intercourse is beneficial.

G-spot Geometry

Pushing your northward hip down toward the floor will make your penis target the G-spot. Once your hips are pointed toward the floor you can roll and grind your hips to circle the G-spot area. You will feel the tip of your penis pressed hard against the wall, and if there is no lump where the G-spot should be, then you need to build more energy up to it through oral, hilt control and over all stimulation of the first 1-3 inches.



The Scissors Position

Recommendations

Practice the Haitian S.T.R.O.K.Es to improve your inner-thigh strength and core stabilization so that you can really perform from this position.

Angles

Push your hips North it hits her right wall.

Push your hips South it hits her left wall.

Push your hips Left it hits her North Wall.

Push your hips Right it hits her South Wall.

Rhythm

The scissors is a position that you can really let loose from as long as your body can endure the physical issues concerning it.

Bonus

Try using a Knight Stick on your free hand in this position to help you directly engage the clitoris while stroking vigorously.

The arch is a modified bridge pose, with a woman resting on her shoulders while using her legs to hold her lower body off the bed. The geometry for the arch is very similar to the missionary and has some additional perks. It is an excellent position for impacting the G-Spot and allows you to control shifts in her weight to improve your S.T.R.O.K.E Pressure (the amount of pressure your S.T.R.O.K.E creates against her walls), as discussed earlier the more pressure that is applied the more frictive energy is loaded toward her pleasure points. Transitioning the S.T.R.O.K.E skills that are from the missionary to this half standing position is difficult, but possible; in some cases it is easier because you are not holding your weight using your arms.

Clitoris Geometry

In the arch position the clitoris is pointing straight toward the ceiling at the top of her vulva. To engage it in the arch you will need to use your hand to massage it or lightly tap it, pushing and tapping S.T.R.O.K.Es are not possible from the arch.

G-spot Geometry

In the arch position the G-spot is 2-4 inches in on the north wall. Because of the shape of the pinga (penis) the arch is a perfect position to the G Spot directly. The key to impacting the G Spot from the arch is in dropping your weight onto your lower thighs, pushing your hips toward where her head is and then lifting your hips straight toward the ceiling in sharp pumping actions.



The Arch Position

Recommendations

Practice your Jamaican S.T.R.O.K.E Skills that are done from the knees so that you are adept at manipulating your hips while being on your knees. Feeling comfortable with the action of dropping your weight is an especially important skill to master for effective stroking from the arch.

Angles

Turn your hips right and your penis will point left.

Turn your hips left and your penis will point right.

Move your hips north and your penis will point south.

Drop your hips south and your penis will point north.

Rhythm

In the missionary go slow and you should be timing your stroke with other things you are doing with your hands.

Bonus

In the arch you can push her hips in the opposite direction of your S.T.R.O.K.E to greatly increase the pressure/strength of your stroke while also making yourself feel huge.

THE *Bridge*

With the bridge, the woman is facing upward, using all four limbs to hold her body weight off the surface. She needs to stabilize herself so it's important for your S.T.R.O.K.E.s to not rely on impact, but instead be smooth strokes so that she can endure this difficult but extremely pleasing position. Unless she's really strong, she shouldn't expect to hold this position for long, so be sure that your S.T.R.O.K.E s count. The strength it takes for her to hold this position will cause her vaginal canal to tighten and grip tightly.

Clitoris Geometry

In the bridge position the clitoris is pointing straight toward the ceiling at the top of her vulva. To engage it in the arch you will need to use your hand to massage it or lightly tap it, pushing and tapping S.T.R.O.K.E.s are not possible from the bridge.

G-spot

In the bridge position the G-spot is 2-4 inches in on the north wall. Because of the shape of the pinga (penis) the arch is a perfect position to the G Spot directly. The key to impacting the G Spot from the bridge is different than the arch and the missionary in that she is not on a slant and is raised, so engaging the G-spot requires you to hit it at an upward diagonal slant. By dropping your weight onto your lower thighs and positioning yourself on a diagonal and pushing forward lightly as to not knock her over, you will come into contact with it if you have adequately managed this position.



The Bridge Position

Recommendations

Once connected with the G Spot, slightly rock her back and forward and this will increase the amount of pressure you are causing on the point.

Angles

Turn your hips right and your penis will point left.

Turn your hips left and your penis will point right.

Move your hips north and your penis will point south.

Drop your hips south and your penis will point north.

Rhythm

A medium to fast pace should be used, but with very short strokes

Bonus

The Bridge is one of the best positions for putting pressure onto the north wall, so you must enter and drop your weight as if you are going to kneel onto your knees. Your pinga will wall ride the north wall. This can prove very helpful when looking to engage the Epicenter and G-spot.

THE

Lotus

The Lotus is like an inverted missionary position. When using the lotus the core is engaged to stabilize the body, and since you are sitting on your arms and gluts (butt) are responsible for creating the S.T.R. O.K.E action. There are various S.T.R.O.K.Es that can be used from the Lotus and because of the intimate nature and closeness the Lotus offers it can be paired with whispering, Verbal Stroking techniques and massage.

Clitoris Geometry

The Clitoris is externally facing your pelvis and lower stomach. To engage it you can reach down and massage it with a free hand. You can also pull her hips toward yours and grind your pelvis against it.

G-spot Geometry

As stated, the Lotus is an inverted missionary, meaning if you were to shift from the Lotus and put her on her back she would be in the missionary position. So the same layout for the G-Spot applies; however, engaging it is different. The G-Spot will be on the internal wall of the yoni facing you approx. 2-3 inches in. To engage the G-Spot from the lotus position grab her hips and pull them to you and up diagonally (meaning you want the downward most part of her chocha to be pointing toward you as much as possible). From this angle pushing your pinga north will contact the G-Spot.



The Lotus Position

Recommendations

Like all positions you must build shallow so that her points become engorged with fricative energy. So even though in this position it is normal to be fully inside your partner, so you want to push her pelvis from you enough so that you can fully engage those 2-3 inches. Get the Stacking eBook for a better explanation.

Angles

Pull her Toward You = Rear Wall

Push her Away = Front Wall (wall closes to you)

Push her right = West Wall

Push her left = East Wall

Rhythm

Moving at a slower S.T.R.O.K.E pace then pushing to a medium speed. However mirror your partner's guidance if she sets a pace.

Bonus

The key to the Lotus is in thinking about the S.T.R.O.K.Es as far as movement and then using your hands either under or around her hips to simulate those movements by pushing and pulling her body.

THE

Cowgirl

In the cowgirl position, the woman straddles the inserting partner and the partners face each other. The lower part of the woman's legs are braced on the bed or floor, which will engage her gluts and core physically and she's going to flex her lower abs and pelvic muscles. Modifications include her coming up onto her feet, almost like a squat. It gives the receiving partner more control and also allows the inserting partner to view and caress the receiving partner's chest and abdominal region. As stated, the woman has the control in this position; however, in building muscle memory with S.T.R.O.K.E Skills the movements can be transferred. You are just doing them on your back rather than face down.

Clitoris Geometry

In the cowgirl position the clitoris is pointing straight toward you, externally at the top of her vulva. To engage it in the arch you will need to use your hand to massage it or lightly tap it. Add pressure to her hips, allowing the front of her vulva to drag against you. One can also disengage while pulling press her clitoris down toward pushing and tapping S.T.R.O.K.Es are not possible from the bridge.

G-Spot Geometry

The lady on top has primary angling control in the cowgirl position; she likely will maneuver so that you are engaging the angles that are most pleasurable. However, to directly engage the G-Spot from the bottom of the cowgirl push her north (toward your head) and use your legs to lift your hips and S.T.R.O.K.E



The Cowgirl Position

from this ramp and you will come directly into contact with the front facing wall.

Recommendations

Lift her up and push her forward (toward your head so you can engage the sensor laden 2-3 inches with any of the base S.T.R.O.K.Es. It's important to build fricative energy from any position.

Angles

Turn your hips right and your penis will point left.

Turn your hips left and your penis will point right.

Move your hips north and your penis will point south.

Drop your hips south and your penis will point north.

Rhythm

If you can shift your hips so you are aligned against the wall, then her pacing will not make a difference, mirror your partner's guidance if she sets a pace.

Bonus

Rotate on the Z axis from the bottom, meaning use your whole body to make a circle, not just your hips.

THE *Standing*

When standing, the woman allows her partner to lift her and lowers her onto him. The man and woman are facing each other and for both, core and upper-leg strength comes into play: if she's standing on one leg, those leg muscles are worked to keep her upright, and core muscles are engaged to keep her balanced. If she's wrapping both legs around her partner, she will need good arm strength to hold onto her partner. From the Standing position not many S.T.R.O.K.Es are possible however, the basics are still relevant, and you will want to find her points, build fricative energy and then engage. Get the Sherlocking E-book and Stacking eBook for more information on this.

Clitoris Geometry

From the Standing position the clitoris is facing you around the location of your lower stomach. Add pressure to her back of her hips, allowing the front of her vulva to drag against you and lifting her to reset.

G-Spot Geometry

Push her away and S.T.R.O.K.E vertically.

Recommendations

Base S.T.R.O.K.E against a wall or headboard and use leaning forward to leverage and to control the depth of your S.T.R.O.K.E



The Standing Position

Angles

Pull her Toward You = Rear Wall

Push her Away = Front Wall (wall closes to you)

Push her right = West Wall

Push her left = East Wall

Rhythm

Moving at a slower S.T.R.O.K.E pace with controlled rocking S.T.R.O.K.Es is beneficial. However the Standing position is strenuous so if your legs are not strong, so go faster of course.

Bonus

From standing, cup under both thighs and rock her back and forward at a medium depth.

THE

Doggy-Style

The Doggy position is more complicated than we think because of the barriers to entry and the change in how stroking takes place given the inverted nature of her vagina. In the doggy position it's upside down, so if you have adequately Sherlocked her from the missionary you will need to know where her points are upside down and have an arsenal of strokes to engage them. Also, like with the missionary position, penetration-from-behind sex engages the woman's core because she has to stabilize herself on all fours so your intensity should be tempered against her strength. You'll also be working your quadriceps and gluts more than normal when using S.T.R.O.K.E.s in the doggy-style position. The Jamaican Stroke Skills series focuses on the Doggy position with over a dozen varied Strokes and combinations.

Clitoris Geometry

In the Doggy Style position the clitoris is pointing south, straight down. In order to engage the clitoris it reach down with your free hand and rub / pat it. This position does not allow for pushing strokes, so oral pleasure and using your hand to stimulate the clitoris before/during intercourse is beneficial.

G-Spot Geometry

From the Doggy-style position the G-Spot is on the south wall however it can shift positions given the curve of your partners back. The G-Spot is in a cul-de-sac, the location is curved, so any arching will affect its placement. As a rule of thumb, remember that the closer her chest is to the surface, the further south the G-spot is located.



The Doggy-Style Position

Recommendations

In the Doggy-style position, after building fricative energy into the G-Spot apply pressure downwards using S.T.R.O.K.Es to engage it. The more flat you are against her more vertically aligned the G-spot will be.

Angles

Turn your hips right and your penis will point left.

Turn your hips left and your penis will point right.

Move your hips north and your penis will point south.

Drop your hips south and your penis will point north.

Rhythm

Moving at a slower S.T.R.O.K.E pace with firm powerful S.T.R.O.K.Es is beneficial. Use the offbeat S.T.R.O.K.E rhythm as defined in the Jamaica Stroke Skills series.

Bonus

Shallow wall riding S.T.R.O.K.Es with increasing pressure are the key to huge orgasms in the Doggy-style position.

Sexual Physique On Auto

- Stamina - Spot Location- Stroke Patterns - Orgasm Targeting

START NOW

4 Build Signature Strokes & Styles

3 Compression Orgasm Stroke Strategy

2 Impact Orgasm Stroke Strategy

1 80-10-10 Stroke Strategy

0 Tantra BodyBuilding DVD