

# SST LEVEL *two*

Training

Physique

KeyStrokes

Breathing



ZENITY ARTS

# Zenity SST Level Two

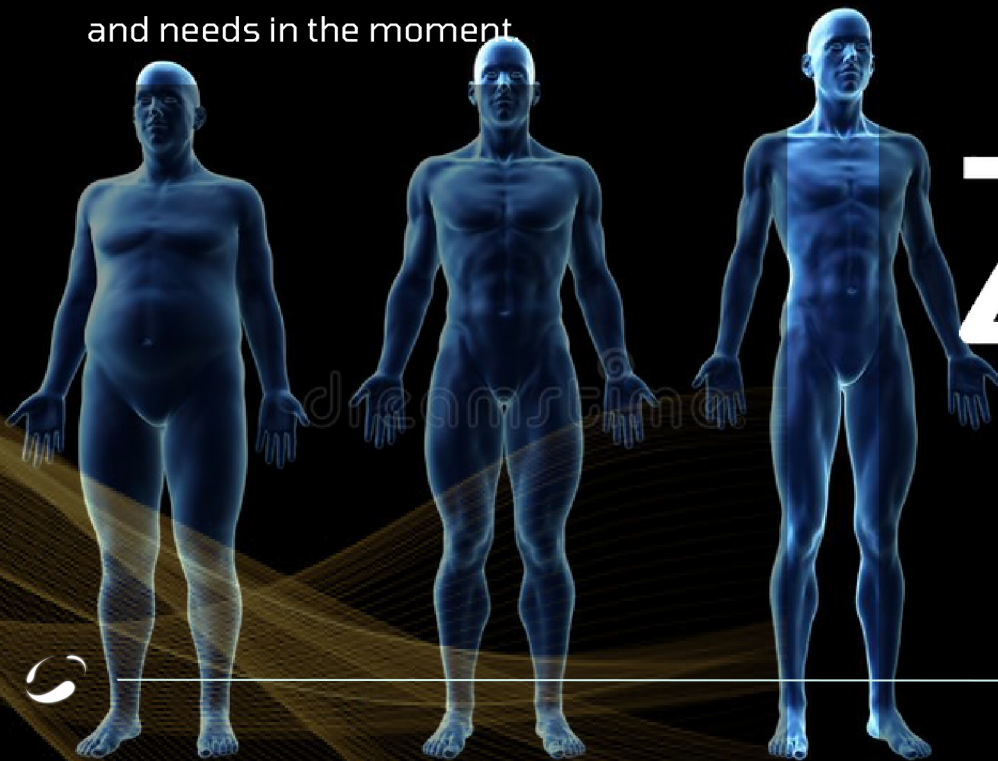
## SEXUAL STRENGTH TRAINING

Level SST Two

Welcome to the Zenity SST course, a revolutionary new program designed to take your sexual performance to the next level. This course combines the benefits of cardiovascular exercise with the mastery of sexual techniques, to give you the ultimate workout for both your body and your mind.

The Zenity SST program is not just about physical fitness, it's about gaining control over your body and your sexual technique. Our unique approach to training combines traditional aerobics with the practice of pelvic motility exercises, specifically designed to increase your accuracy and intentionality during sexual intercourse.

Zenity is designed to give you the tools you need to become a master of your own sexual technique. By training your body in specific sexual positions, you'll be able to develop muscle memory and the ability to respond to your partner's desires and needs in the moment.

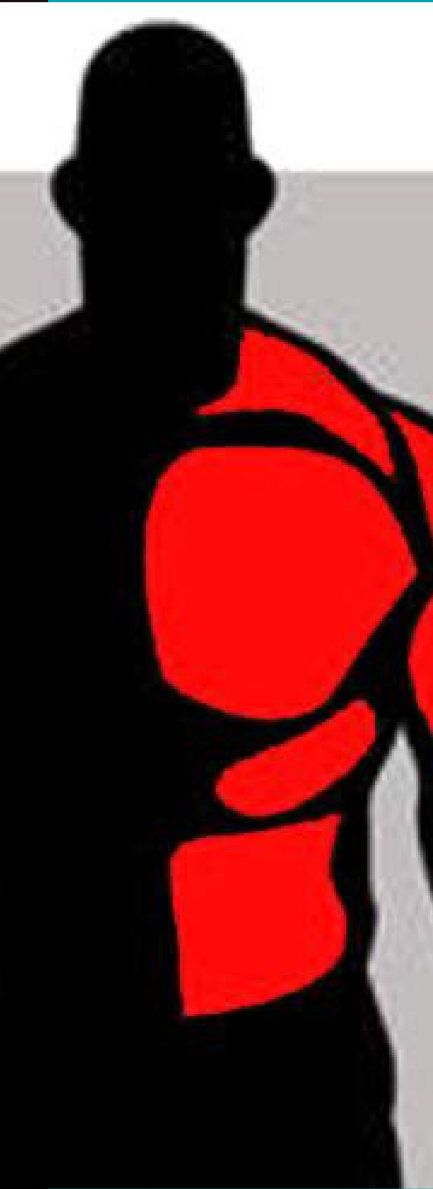


# Zenity



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# WHAT IS ZENITY

**Zenity is a martial art**, for fighting “Sexual Sameness” the #1 cause of infidelity the world over.

Like all martial arts at its core Zenity is a practice in self-mastery, it educates practitioners on their sexual super power and their ability to wield it with their own unique body, size and shape the exact same way that say karate or jujitsu adapts and allows you to wield a defense mechanism to your unique form.

Through practicing Zenity one build's their physical, mental and connective capacity like a Ronin yet it is the sexual physique that becomes herculean armed with STROKE Skills one applies intelligently with the purpose of extending their appreciation and affection for their partner



When Training Zenity, the exact same movements that one practices for strength and stamina will also empower strong erections, pelvic floor health and grow an arsenal of orgasm stimulating artisanal internal massaging patterns, code named, STROKE: Sexually Tactile Rhythmically Organized, Kinetic Exercises.

These are the most devastating sexual applications ever conceived, and they are fail proof and 100% proven to work (more on that later). Through training Zenity, practitioners do more than just learn to perform them, no, instead they are molded to the very shape, style, personality and intent of the sexual warrior. They are then emboldened by adjacent Stroke Skills (similar to weapon forms in martial arts) like sexual geometry, sexual rhythm, Blooming, breathing strategies and focal defense.

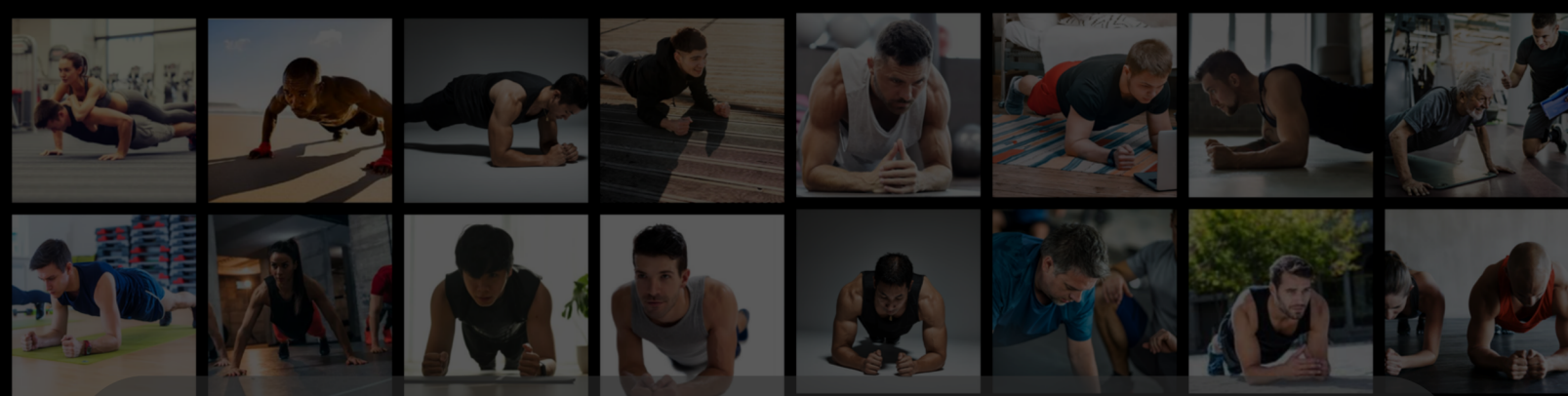
We're not just talking about one or two of these things. No, we're talking about an arsenal full, a sexual war chest stocked with the most intuitive, comprehensive technology ever devised for pleasure generation.



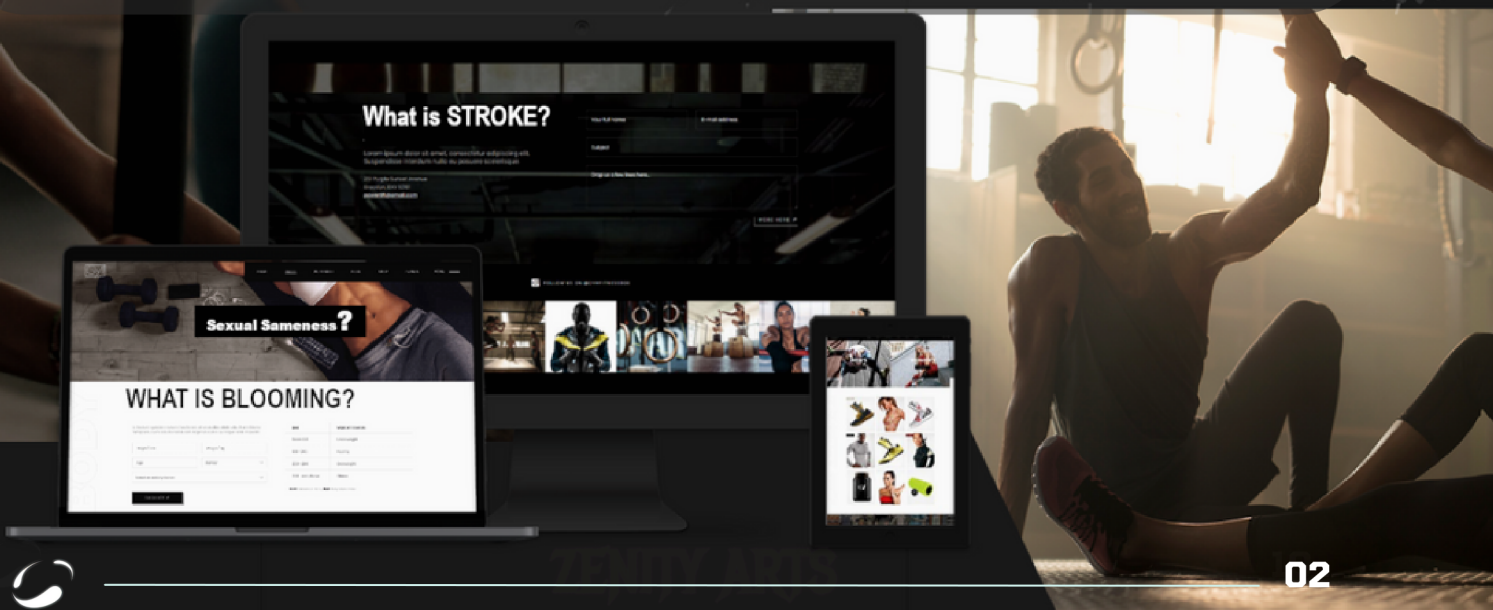
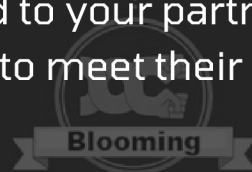
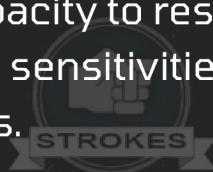
# What Is S.S.T

## Sexual Strength Training

SST is, a ground-breaking new course created to improve your sexual performance and the first stage/Belt in the S.T.R.O.K.E System. This training gives you the best mental and physical workout possible by fusing the advantages of aerobic exercise with the mastery of sexual techniques.



The Zenity SST program's patented methodology for teaching coitus as a high art incorporates originally fashioned exercises (Key Strokes) and places them in a conventional aerobic framework to develop muscle memory and sexual endurance simultaneously for the purpose of enhancing one's partner's your capacity to respond to your partner's unique rhythm, pacing, and sexual sensitivities so to meet their current and future expectations and wishes.



# What Is S.S.T

## Sexual Strength Training **Level 2**

### Level Two :: **The Path to Mastery:**

#### **Unleashing Your Full Potential with the SST and STROKE Programs**

By mastering the SST Key S.T.R.O.K.Es, men will be able to understand the connection between pressure, movement and pleasure during sex. They will also be able to respond to a woman's physical cues and adjust their strokes accordingly. This is the foundation of the Zenity Sexual Martial Art.

Furthermore, by training the SST Key S.T.R.O.K.Es, men will also be able to develop their core balance and control over their hips and penis. This is essential for providing pleasure during sex, as well as for preventing injuries during sexual activity.

In addition, men will also be able to develop their stamina and endurance through the training of SST Key S.T.R.O.K.Es. As they practice and perform these exercises, they will be able to increase their sexual endurance and last longer during intercourse.

Overall, mastering the usage and purpose of SST Key S.T.R.O.K.Es is a crucial step in the Zenity Sexual Martial Art. It allows men to understand the connection between pressure, movement and pleasure during sex, respond to a woman's physical cues and adjust their strokes accordingly, develop their core balance and control over their hips and penis, and increase their sexual endurance. With practice, men will be able to take their sexual performance to the next level and provide pleasure for both themselves and their partners.

The SST program is a comprehensive system that operates on the principle of building strength, stamina, and technique through a progressive series of levels. By diligently following this structured approach, you will unlock your latent potential, enhancing both your physicality and intimacy.



# WHY DO WE TRAIN SST?



Level 2 serves adds a functional element to the SST program, focusing on instilling a link between how SST Key Strokes are performed, what sexual skills they embed in one's muscle memory, and what situations they are applicable in. During SST Level 2 practitioners add Seven new Key Strokes to their SST training regimen.

## SST LEVEL 1 GOALS

- Memorize the introductory 4 keystrokes through practice & repetition
- Introduction to the STROKE Elements and connecting their operation to the Key STROKES
- Understanding situations where Key Strokes are used and shortening reaction time in their delivery.



***Through practicing these 11 Key Strokes practitioners in turn master the foundational movements that the STROKE Internal massage methods are created from. In addition to building stamina and endurance through repetition, practitioners are introduced to the STROKE Elements (methods in which the penis can massage the vulva and vaginal canal) and how the Key Strokes naturally create them.***



# What Is S.S.T

## Sexual Strength Training **Level 2**

### Level Two : **The Path to Mastery:**

### **Unleashing Your Full Potential with the SST and STROKE Programs**

In this course chapter, we will cover the proper form and technique for each SST Key S.T.R.O.K.E, including the movement involved in each exercise. We will also discuss how to incorporate the SST Key S.T.R.O.K.Es into a comprehensive training routine, including how to modify the exercises to fit different sexual positions and how they can be used to improve performance and increase pleasure in sexual intercourse.

By mastering the SST Key S.T.R.O.K.Es, you will be able to improve your sexual technique and increase your stamina, leading to a more satisfying sexual experience for both you and your partner. These exercises are an integral part of the Zenity

The SST Key S.T.R.O.K.Es are essential for mastering the S.T.R.O.K.E method, and by understanding and practicing them, men will have the ability to understand the different thrusting patterns that are taught in the course.

It is important to note that these SST Key S.T.R.O.K.Es are not just about physical movements, but also about mental control and focus. Mastering these SST Key S.T.R.O.K.Es requires both physical and mental discipline, as the practitioner must be able to control their body and focus their mind in order to execute the movements correctly.





# Zenity

## CHAPTER ONE INTRODUCTION

### SEXUAL STRENGTH TRAINING LEVEL 2

In this comprehensive training guide, we will delve into the effective utilization of "SST Key S.T.R.O.K.Es" in sexual strategy and their synergistic application with bodyweight to enhance pleasure and create satisfying experiences for women during sexual intercourse. The term "SST Key S.T.R.O.K.Es" refers to a specific knowledge base that can be employed to intuitively understand how and where to apply appropriate pressure to various areas of a woman's vagina. By mastering the usage of these SST Key S.T.R.O.K.Es in conjunction with your bodyweight, you will be empowered to respond to a woman's desires and needs, ultimately leading to heightened pleasure for both partners.

A fundamental concept explored in this guide revolves around comprehending how a woman's movements during sex relate to the manipulation of pressure against her vaginal walls. By acquiring proficiency in employing SST Key S.T.R.O.K.Es alongside your bodyweight, you will develop an innate understanding of a woman's movements and be able to adapt your techniques accordingly, delivering the precise pressure required to specific regions.

It is important to note that these SST Key S.T.R.O.K.Es are not intended to be used as standalone sexual techniques. Rather, they serve as the foundational building blocks of the S.T.R.O.K.E (Sexual Technique Rhythmic Operative Kinetic Experience) method—a comprehensive, multi-angled, multi-faceted, and rhythmic approach to sexual strategy. By grasping the application of SST Key S.T.R.O.K.Es, you will gain the intuitive knowledge necessary to effectively employ the advanced S.T.R.O.K.Es introduced later in the program, further enriching your sexual experiences.

# What Is S.S.T

## Sexual Strength Training Level 2

This program emphasizes the development of your sexual physique and the understanding of employing strokes that align with the sensations a woman desires. It is crucial to condition your body to utilize the relevant muscles involved in executing strokes and to cultivate a sapio-sexual scholar's mindset capable of deciphering a woman's body language to discern her desired sensations. The central premise is to recognize that during sex, your penis should be wielded like a paddle rather than a pool cue, while also understanding how to adjust your body to naturally apply pressure to specific areas within a woman.

Throughout this guide, you will learn about positioning, generating pressure, and basic strategies. This knowledge will enable you to position yourself effectively to apply pressure precisely as desired, facilitating the accurate execution of advanced rhythmic strokes when you encounter them later in the program. By mastering the combined use of SST Key S.T.R.O.K.Es and your bodyweight, you will be able to create friction and deliver pleasurable experiences tailored to a woman's preferences when you incorporate the multi-rhythmic, multi-dimensional advanced S.T.R.O.K.Es into your repertoire.

SST LEVEL 2





# Zenity

## CHAPTER TWO WELCOME



# How To Train S.S.T

## Sexual Strength Training **Level Two**

# SST LEVEL 2

Welcome to the course on SST Key S.T.R.O.K.Es and their application in sexual intercourse. Throughout this course, you will learn how to utilize specific movements to create pleasurable sensations for your partner. These SST Key S.T.R.O.K.Es serve as the foundation of S.T.R.O.K.E, a sexual martial art focused on using your body to generate pleasure in a woman. By understanding and practicing these techniques, you will develop the ability to read your partner's reactions during sex and respond with the appropriate stroke to create the desired pleasure.

The course will cover various SST Key S.T.R.O.K.Es, their application, and how to adapt based on your partner's responses. By the end of this course, you will gain a deeper understanding of how to use your body to create pleasure and have the capacity to learn advanced S.T.R.O.K.E strokes effortlessly. This course provides a valuable opportunity for men to improve their sexual skills and responsiveness to their partners' desires in the moment.

It is important to note that while these SST Key S.T.R.O.K.Es and their corresponding movements may work for some women, each woman's body and desires are unique. Effective communication with your partner and seeking their input and feedback is crucial to ensure that you are providing the desired pleasure. Furthermore, it is essential to practice consent and always ensure that your partner is comfortable and willing before engaging in any sexual activity.

As you continue to practice and master these SST Key S.T.R.O.K.Es, you will develop muscle memory and heightened body awareness. This will enable you to instinctively respond to your partner's movements and reactions during sex, resulting in a more pleasurable and satisfying experience for both individuals.



# How To Train S.S.T

## Sexual Strength Training Level Two

# SST LEVEL 2

Additionally, it is worth mentioning that mastery of these SST Key S.T.R.O.K.Es and movements extends beyond physical ability; it also requires mental and emotional control. Being able to regulate your movements and respond to your partner's desires necessitates mindfulness and focus. It is important to practice not only physically but also mentally by incorporating mindfulness and meditation techniques to enhance your concentration and control.

In summary, the SST Key S.T.R.O.K.Es and movements covered in this course are the building blocks of the Zenity Sexual Martial Art. They provide a foundation for understanding how to apply pressure and movement during sexual intercourse to increase pleasure for both partners. Through consistent practice and mastery of these techniques, you will develop muscle memory, body awareness, and mental control, enhancing your sexual experiences. Remember to prioritize communication with your partner, practice consent, and continue developing your mental and emotional control through mindfulness and meditation techniques.

It is important to acknowledge that every woman's body is unique, and their responses to specific strokes or pressure points may vary. Therefore, paying attention to a woman's bodily cues during sex and actively communicating with her are crucial to ensure the strokes used are pleasurable for her. Additionally, it is important to recognize that these SST Key S.T.R.O.K.Es serve as a foundation and starting point for learning more advanced strokes and techniques.

To master these SST Key S.T.R.O.K.Es, regular practice and their incorporation into your sexual technique training regimen are essential. This can be achieved through individual practice, following instructional videos, or seeking guidance from personal or group trainers. Using a training mat with a graphic aid can also help improve accuracy in movements and develop muscle memory.



# How To Train S.S.T

## Sexual Strength Training Level Two

It is also worth noting that the SST Key S.T.R.O.K.Es not only benefit sexual intercourse but also function as aerobic exercises that improve overall sexual stamina and capabilities. Regular practice of these techniques can also enhance flexibility and muscle control, leading to more satisfying sexual experiences for both partners.

By mastering the SST Key S.T.R.O.K.Es, men will develop an understanding of the connection between pressure, movement, and pleasure during sex. They will also be able to respond to a woman's physical cues and adjust their strokes accordingly. This forms the foundation of the Zenity Sexual Martial Art.

Additionally, training in the SST Key S.T.R.O.K.Es enables men to enhance core balance and control over their hips and penis, which are crucial for providing pleasure and preventing injuries during sexual activity. Moreover, men can develop stamina and endurance through practicing SST Key S.T.R.O.K.Es, enabling them to last longer during intercourse. Overall, mastering the SST Key S.T.R.O.K.Es is a crucial step in the Zenity Sexual Martial Art, as it allows men to understand the connection between pressure, movement, and pleasure during sex, respond to a woman's physical cues, develop core balance and control, and increase sexual endurance. With dedicated practice, men can elevate their sexual performance and provide pleasure for both themselves and their partners.

In conclusion, mastering the SST Key S.T.R.O.K.Es of the Zenity Sexual Martial Art can significantly enhance a man's sexual performance and pleasure. By understanding how to apply pressure and movement in response to a woman's reactions, men can become more attuned to their partner's needs and desires, resulting in more pleasurable and satisfying sexual experiences. Regular practice of these SST Key S.T.R.O.K.Es will also improve overall sexual stamina and capabilities, making them a valuable addition to any sexual technique training regimen.





# Zenity

## CHAPTER THREE TRAINING



# How To Train S.S.T

## Sexual Strength Training **Level Two**

It's a 20-minute-a-day exercise program that helps to strengthen the pelvic floor, empower the psoas and hip flexors, amplify one's sexual stamina and gain total mastery over the lower lumbar, back, legs and hips specifically for engagement in coitus while also developing healthy reproductive blood flow and erection maintenance.

If you've been struggling with premature ejaculation and erectile dysfunction... and you're tired of the pills... the pumps... and the numbing creams... this system was designed for you.

And it works regardless of.....

- your size
- your age
- your level of confidence
- your track record in bed
- your health.

# Training Schedule



In this training guide, we will be discussing how to incorporate "key strokes" into your daily workout routine in order to improve your sexual performance. The idea behind this concept is that by practicing these "key strokes" in a structured workout format, you will be able to learn how to use your body weight to create pressure and respond to a woman's movements during sex.

The following training schedule is set for 3 weeks at which point one starts back on week one. This aerobic routine helps you become comfortable holding and shifting your bodyweight with the purpose of creating targeted pressure. Training SST Key S.T.R.O.K.E. used naturally and situationally applicable muscle memory, stamina and endurance

# Training Schedule



## MONDAY

- Warm up: 5 minutes of light cardio (jogging in place, jumping jacks, etc.)
- Exercise 1: "Stir" to your right - 3 sets of 12 reps
- Exercise 2: "Stir" to your left- 3 sets of 12 reps
- Exercise 3: "Move to the right" - 3 sets of 12 reps
- Exercise 4: "Slide" - 3 sets of 12 reps
- Exercise 5: "Crush" - 3 sets of 12 reps
- Cool down: 5 minutes of stretching



## TUESDAY

- Warm up: 5 minutes of light cardio (jogging in place, jumping jacks, etc.)
- Exercise 1: "Tilt to the left" - 3 sets of 10 reps
- Exercise 2: "Tilt to the right" - 3 sets of 10 reps
- Exercise 3: "Ream" - 3 sets of 10 reps
- Exercise 4: "Whip" - 3 sets of 10 reps
- Exercise 5: "Slip and slide" - 3 sets of 10 reps (alternate between the two)
- Cool down: 5 minutes of stretching



## WEDNESDAY

- Warm up: 5 minutes of light cardio (jogging in place, jumping jacks, etc.)
- Exercise 1: "Stir" to your right - 3 sets of 12 reps
- Exercise 2: "Stir" to your left- 3 sets of 12 reps
- Exercise 3: "Move to the right" - 3 sets of 12 reps
- Exercise 4: "Slide" - 3 sets of 12 reps
- Exercise 5: "Crush" - 3 sets of 12 reps
- Cool down: 5 minutes of stretching



# Training Schedule



## THURSDAY

- Warm up: 5 minutes of light cardio (jogging in place, jumping jacks, etc.)
- Exercise 1: "Stir" to your right - 3 sets of 12 reps
- Exercise 2: "Stir" to your left- 3 sets of 12 reps
- Exercise 3: "Move to the right" - 3 sets of 12 reps
- Exercise 4: "Slide" - 3 sets of 12 reps
- Exercise 5: "Crush" - 3 sets of 12 reps
- Cool down: 5 minutes of stretching



## FRIDAY

- Warm up: 5 minutes of light cardio (jogging in place, jumping jacks, etc.)
- Exercise 1: "Tilt to the left" - 3 sets of 12 reps
- Exercise 2: "Tilt to the right" - 3 sets of 12 reps
- Exercise 3: "Ream" - 3 sets of 12 reps
- Exercise 4: "Whip" - 3 sets of 12 reps
- Exercise 5: "Slip and slide" - 3 sets of 12 reps (alternate between the two)
- Cool down: 5 minutes of stretching



## REST DAY



## SUNDAY

- Warm up: 5 minutes of light cardio (jogging in place, jumping jacks, etc.)
- Exercise 1: "Stir" to your right - 3 sets of 12 reps
- Exercise 2: "Stir" to your left- 3 sets of 12 reps
- Exercise 3: "Move to the right" - 3 sets of 12 reps
- Exercise 4: "Slide" - 3 sets of 12 reps
- Exercise 5: "Crush" - 3 sets of 12 reps
- Cool down: 5 minutes of stretching



It is important to remember that these "key strokes" are not meant to be used as sexual techniques, but rather as a way to improve your overall sexual performance by learning how to use your body weight to create pressure and respond to a woman's movements during sex. As you progress through this program, you will begin to understand how to apply pressure to specific areas.

# Training Schedule



## MONDAY

Warm up: 5 minutes of light cardio (jogging in place, jumping jacks, etc.)

- Exercise 1: "Dip" to your right - 3 sets of 12 reps
- Exercise 2: "Dive" to your left- 3 sets of 12 reps
- Exercise 3: "Move to the right" - 3 sets of 12 reps
- Exercise 4: "Tap" - 3 sets of 12 reps
- Exercise 5: "Ream" - 3 sets of 12 reps
- Cool down: 5 minutes of stretching



## TUESDAY

• Warm up: 5 minutes of light cardio (jogging in place, jumping jacks, etc.)

- Exercise 1: "Whip" to the left - 3 sets of 10 reps
- Exercise 2: "Dip" to the right - 3 sets of 10 reps
- Exercise 3: "Ream" - 3 sets of 10 reps
- Exercise 4: "Dive" - 3 sets of 10 reps
- Exercise 5: "Slip and slide" - 3 sets of 10 reps (alternate between the two)
- Cool down: 5 minutes of stretching



## WEDNESDAY - REST DAY



## THURSDAY

• Warm up: 5 minutes of light cardio (jogging in place, jumping jacks, etc.)

- Exercise 1: "Dip" to your right - 3 sets of 12 reps
- Exercise 2: "Dive" to your left- 3 sets of 12 reps
- Exercise 3: "Move to the right" - 3 sets of 12 reps
- Exercise 4: "Tap" - 3 sets of 12 reps
- Exercise 5: "Ream" - 3 sets of 12 reps
- Cool down: 5 minutes of stretching





## FRIDAY

- Warm up: 5 minutes of light cardio (jogging in place, jumping jacks, etc.)
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- Exercise 5: "Slip and slide" - 3 sets of 12 reps (alternate between the two)
- Cool down: 5 minutes of stretching



## SATRDAY

- Warm up: 5 minutes of light cardio (jogging in place, jumping jacks, etc.)
- Exercise 1: "Dip" to your right - 3 sets of 12 reps
- Exercise 2: "Dive" to your left- 3 sets of 12 reps
- Exercise 3: "Move to the right" - 3 sets of 12 reps
- Exercise 4: "Tap" - 3 sets of 12 reps
- Exercise 5: "Ream" - 3 sets of 12 reps
- Cool down: 5 minutes of stretching



## SUNDAY

- Warm up: 5 minutes of light cardio (jogging in place, jumping jacks, etc.)
- Exercise 1: "Stir" to your right - 3 sets of 12 reps
- Exercise 2: "Stir" to your left- 3 sets of 12 reps
- Exercise 3: "Move to the right" - 3 sets of 12 reps
- Exercise 4: "Slide" - 3 sets of 12 reps
- Exercise 5: "Crush" - 3 sets of 12 reps
- Cool down: 5 minutes of stretching

It is important to remember that these "key strokes" are not meant to be used as sexual techniques, but rather as a way to improve your overall sexual performance by learning how to use your body weight to create pressure and respond to a woman's movements during sex. As you progress through this program, you will begin to understand how to apply pressure to specific areas.

# Training Schedule



## MONDAY

- Warm up: 5 minutes of light cardio (jogging in place, jumping jacks, etc.)
- Exercise 1: "Slip" to your right - 3 sets of 12 reps
- Exercise 2: "Tap" to your left - 3 sets of 12 reps
- Exercise 3: "Pushout" - 3 sets of 12 reps
- Exercise 4: "Slope" - 3 sets of 12 reps
- Exercise 5: "Dive" - 3 sets of 12 reps
- Cool down: 5 minutes of stretching



## TUESDAY

- Warm up: 5 minutes of light cardio (jogging in place, jumping jacks, etc.)
- Exercise 1: "Slip" to your left - 3 sets of 10 reps
- Exercise 2: "Tap" to your right - 3 sets of 10 reps
- Exercise 3: "Pushout" - 3 sets of 10 reps
- Exercise 4: "Slope" - 3 sets of 10 reps
- Exercise 5: "Dive" - 3 sets of 10 reps
- Cool down: 5 minutes of stretching



## WEDNESDAY - REST DAY



## THURSDAY

- Warm up: 5 minutes of light cardio (jogging in place, jumping jacks, etc.)
- Exercise 1: "Slip" to your right - 3 sets of 12 reps
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# Training Schedule



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## SUNDAY

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- Exercise 3: "Pushout" - 3 sets of 12 reps
- Exercise 4: "Slope" - 3 sets of 12 reps
- Exercise 5: "Dive" - 3 sets of 12 reps
- Cool down: 5 minutes of stretching





# Zenity

## CHAPTER FOUR KEYSTROKE OPERATIONS

# How To Train S.S.T

## Sexual Strength Training Level 2

SST Key S.T.R.O.K.Es are the foundation of S.T.R.O.K.E, a sexual martial art that teaches men how to use their bodies to apply friction to the walls of a woman's vagina in the way that she desires. In this lesson, we will discuss the basics of SST Key S.T.R.O.K.Es and how they can be used to give women pleasure.

- **Raises her left leg:** This is a sign that she desires extra pressure on her lower wall. To perform a right-side Slide Key S.T.R.O.K.E with a turn, move your hips to the right and apply pressure to her left wall.
- **Makes a Right circle hip rotation:** This is a sign that she desires pressure on her left wall. Use Stir Key S.T.R.O.K.Es to the left and apply pressure to her left wall.
- **Makes Left Circle hip rotation:** This is a sign that she desires pressure on her right wall. Use Stir Key S.T.R.O.K.Es to the right and apply pressure to her right wall.
- **Raises Her Hips:** This is a sign that she desires pressure on her northern wall. Use the Slide Key S.T.R.O.K.E to apply pressure to her northern wall.
- **She Drops her Hips:** This is a sign that she desires pressure against her clitoris. Use the crush SST Key S.T.R.O.K.E to lift your hips upward and apply additional pressure to her north wall.
- **Tilting Her Body To The Right:** This is a sign that she desires additional force on the right wall. Use the Tilt Key S.T.R.O.K.E to the left to exert additional force on the right wall.
- **Tilting Her Body To The Left:** This is a sign that she desires additional force on the left wall. Use the Tilt Key S.T.R.O.K.E to the right to exert additional force on the left wall.

INTENTSA



# How To Train S.S.T

## Sexual Strength Training Level 2

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- **She Is Running away:** This is a sign that you are applying too much pressure too deeply. Use the Ream SST Key S.T.R.O.K.E to apply shallower and more concentrated pressure on the clitoris on the exit stroke.
- **She is Pushing Towards You:** This is a sign that she desires pressure against her inside walls as she advances. Use the Whip Key S.T.R.O.K.E to apply additional pressure to deeper walls with your shaft.
- **Turning Face Down:** This is a sign that she desires tremendous pressure on her clitoris while turning over to face down. Use the Slip and Slide Key S.T.R.O.K.Es to massage her clitoris from two angles.

INTENSA



# How To Train S.S.T

## Sexual Strength Training Level 2

### "Faster"

Increase the pace of  
the last Key  
S.T.R.O.K.E you used

### "Slower"

Decrease the pace of  
the last Key your  
KS.T.R.O.K.E you used

### "Harder"

Apply More pressure  
with your pelvis

### "Tip"

"Do it with the tip"  
Perform the Last Key  
S.T.R.O.K.E you did  
with your hips  
toward the ceiling

### "Right "

Perform the Last Key  
S.T.R.O.K.E you did  
while leaning to the  
right

### "Left"

Perform the Last Key  
S.T.R.O.K.E you did  
while leaning to the  
left

### "Go Up"

Perform the Last Key  
S.T.R.O.K.E you did  
while leaning  
backwards

### "Go Down"

Perform the Last Key  
S.T.R.O.K.E you did  
while leaning  
forwards

### "Double it up"

Lorem ipsum dolor  
sit amet, consectetur  
adipiscing elit...

INTENSA VERBAL



# How To Train S.S.T

## Sexual Strength Training Level 2

### "Triple it up"

Repeat the last Key S.T.R.O.K.E you did three times

### "Go in reverse"

Decrease the pace of the last Key your KS.T.R.O.K.E you used

### "Switch sides"

Perform the last Key S.T.R.O.K.E You Did on the opposite side

### "Give it To Me"

Perform the Last S.T.R.O.K.E You Performed And Grind to Increase the Pressure

INTENSA VERBAL



# VERBAL

- "Faster" Increase the pace of the last Key S.T.R.O.K.E you used
- "Slower" Decrease the pace of the last Key your KS.T.R.O.K.E you used
- "Harder" Apply More pressure with your pelvis
- "Do it with the tip" Perform the Last Key S.T.R.O.K.E you did with your hips toward the ceiling
- "Right "
- " Left "
- "Go Up "
- "Go Down "
- "Double it up" Repeat the last Key S.T.R.O.K.E you did at the same pace ,
- "Triple it up" Repeat the last Key S.T.R.O.K.E you did three times
- "Go in reverse" Reverse the sequence of the last Key S.T.R.O.K.E you performed
- "Switch sides" Perform the last Key S.T.R.O.K.E You Did on the opposite side
- "Give it To Me" Perform the Last S.T.R.O.K.E You Performed And Grind to Increase the Pressure

By understanding these SST Key S.T.R.O.K.Es and how to use them in response to a woman's body language and verbal cues, men can improve their sexual performance and give their partners the pleasure they desire. In future lessons, we will delve deeper into the individual SST Key S.T.R.O.K.Es and how to master them for maximum pleasure.





# Zenity

## **CHAPTER FIVE KEYSTROKE USAGE DETAIL**



## Module 1: Understanding "SST Key S.T.R.O.K.Es"

In this module, we will be discussing the different "SST Key S.T.R.O.K.Es" and their intended use. Each "SST Key S.T.R.O.K.E" corresponds to a specific body adjustment or movement made by the woman and is used to apply pressure to a specific area of her vagina.

- Lesson 1: Raises Her Left Leg

The "SST Key S.T.R.O.K.E" used in this situation is the "right-side slide with a turn." This "SST Key S.T.R.O.K.E" is used when the woman raises her left leg, indicating that she wants extra pressure on her lower wall. To perform this "SST Key S.T.R.O.K.E," the man should move to the right and use a sliding motion with his hips to apply pressure to the lower wall of the woman's vagina.

- Lesson 2: Right Circle Hip Rotation

The "SST Key S.T.R.O.K.E" used in this situation is the "move to the left." This "SST Key S.T.R.O.K.E" is used when the woman makes a right circle hip rotation, indicating that she wants pressure on her left wall. To perform this "SST Key S.T.R.O.K.E," the man should move to the left and use a thrusting motion to apply pressure to the left wall of the woman's vagina.

- Lesson 3: Left Circle Hip Rotation

The "SST Key S.T.R.O.K.E" used in this situation is the "move to the right." This "SST Key S.T.R.O.K.E" is used when the woman makes a left circle hip rotation, indicating that she wants pressure on her right wall. To perform this "SST Key S.T.R.O.K.E," the man should move to the right and use a thrusting motion to apply pressure to the right wall of the woman's vagina.

- Lesson 4: Hip Raises

The "SST Key S.T.R.O.K.E" used in this situation is the "slide." This "SST Key S.T.R.O.K.E" is used when the woman raises her hips, indicating that she wants pressure on her northern wall. To perform this "SST Key S.T.R.O.K.E," the man should use a sliding motion with his hips to apply pressure to the northern wall of the woman's vagina.

- Lesson 5: Hip Drops

The "SST Key S.T.R.O.K.E" used in this situation is the "crush." This "SST Key S.T.R.O.K.E" is used when the woman drops her hips, indicating that she wants pressure against her clitoris. To perform this "SST Key S.T.R.O.K.E," the man should use a crushing motion with his hips, going upward to add additional pressure to the northern wall of the woman's vagina and the clitoris.

- Lesson 6: Tilting Body to the Right

In this situation, the woman is tilting her body to the right. To apply the appropriate "SST Key S.T.R.O.K.E," the man should execute a "tilt to the left" to exert additional force on the right wall of the woman's vagina. This tilt can be achieved by shifting the angle of the pelvis or torso to the left while maintaining contact with the right wall. It's important to note that communication is key in these situations and you should always ask for feedback from your partner to ensure that you are applying the desired pressure and movement.

- Lesson 7: Tilting Body to the Left

In this situation, the woman is tilting her body to the left. To apply the appropriate "SST Key S.T.R.O.K.E," the man should execute a "tilt to the right" to exert additional force on the left wall of the woman's vagina. This tilt can be achieved by shifting the angle of the pelvis or torso to the right while maintaining contact with the left wall. As with the previous lesson, communication is key and it's important to ask for feedback to ensure that you are applying the desired pressure and movement.

- Lesson 8: Running Away

In this situation, the woman is running away which could indicate that you are applying too much pressure too deeply. The "SST Key S.T.R.O.K.E" to use in this situation is the "ream." This "SST Key S.T.R.O.K.E" involves a horizontal movement from a plank position, which can be used to achieve shallower and more concentrated pressure on the clitoris.

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- Lesson 9: Pushing Toward You

In this situation, the woman is pushing toward you, indicating that she desires pressure against her inside walls. The "SST Key S.T.R.O.K.E" to use in this situation is the "whip." This "SST Key S.T.R.O.K.E" involves drawing an "S" shape with the pelvis, which can be used to apply additional pressure to deeper walls with your shaft.

- Lesson 10: Turning Face Down

In this situation, the woman is turning over to face down, indicating that she desires tremendous pressure on her clitoris. The "SST Key S.T.R.O.K.E" to use in this situation is to alternate between the "slip" and "slide." The "slip" is a tilt pushout followed by a reverse pop, while the "slide" is a pushout followed by a pop. This combination of "SST Key S.T.R.O.K.Es" allows for the massage of the clitoris from two angles and can provide a more intense and pleasurable experience for the woman. It's important to note that communication is key in this situation and it's important to ask for feedback to ensure that you are applying the desired pressure and movement.

In conclusion, understanding and mastering these "SST Key S.T.R.O.K.Es" can greatly enhance a man's sexual performance and pleasure-giving capabilities. It's important to note that communication is key in all sexual situations and to always ask for feedback from your partner to ensure that you are meeting their desires and needs.

Additionally, it is important to keep in mind that every woman is different, and what works for one may not work for another. Be open to experimenting and adjusting your technique to suit your partner's individual needs and desires.



# Zenity

## CHAPTER SIX KEYSTROKE DETAIL



## Techniques

## Definition

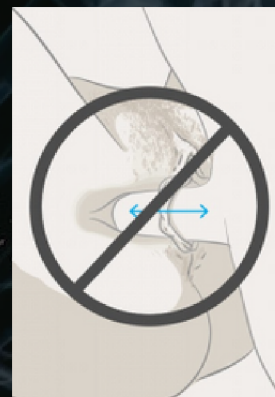
## Example Illustrations

**Angling**

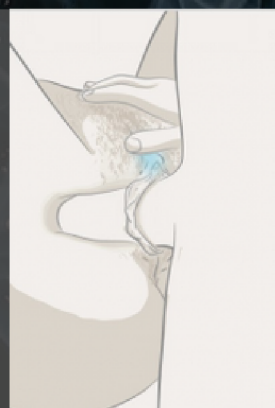
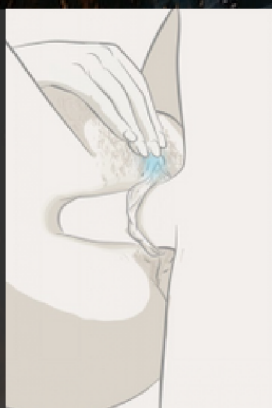
Rotating, raising, or lowering the pelvis/hips during penetration to adjust where inside the vagina the toy or penis rubs and what it feels like.

**Rocking**

The base of a penis or sex toy rubbing against the clitoris constantly during penetration, by staying all the way inside the vagina rather than thrusting in and out.

**Pairing**

When a woman herself (Solo Pairing) or her partner (Partner Pairing) reaches down to stimulate her clitoris with a finger or sex toy at the same time as her vagina is being penetrated.

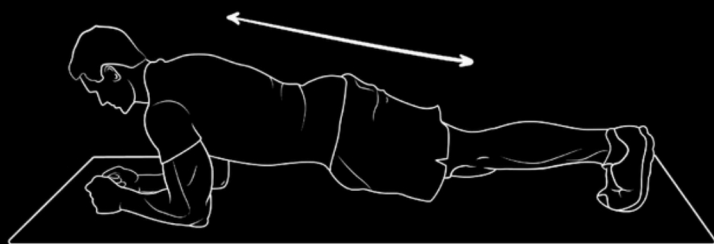


The Dip is a Key Stroke that is used to teach Angling and Shallowing and it is regularly used in the S.T.R.O.K.E system. When you see a S.T.R.O.K.E that has a Dip element incorporated into it that stroke it will often be when a shallow stroke and depth stroke are connected together. Practicing the Dip is key because it is an introduction to linking Key Strokes together in combinations.

The Dip teaches how to use Angling and Shallowing together by demonstrating how to apply leverage bodyweight to the head of the penis with the purpose of targeting a shallow wall.

## Stroke Skills Elementals Dip

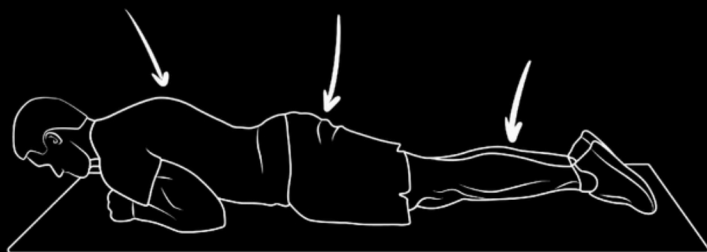
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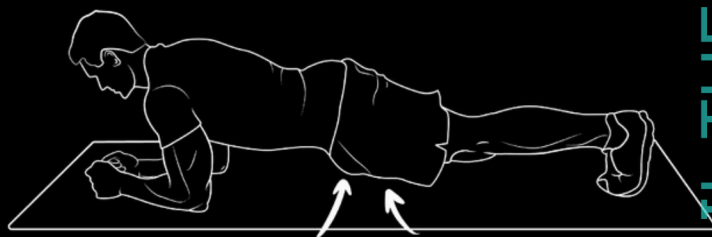
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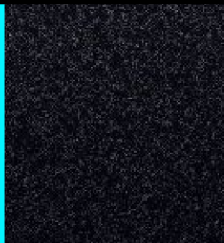
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KEYSTROKES

# DIP

A S.T.R.O.K.E commonly combines a shallow stroke with a deep stroke. The DIP is used to teach Angling and Pairing



Stroke Skills Elementals



KEYSTROKE DETAIL THE DIP

The Dip is a key stroke in the S.T.R.O.K.E system that is used to teach the techniques of angling and Pairing. It serves as a foundational technique for practitioners to understand how to leverage their body weight and create angles to apply pressure against the internal vaginal walls.

Shallowing is a technique focused on massaging the first few inches of the vagina during sexual intercourse. It specifically targets the sensitive shallow walls of the vagina, providing enhanced pleasure for many women. The Dip helps practitioners learn how to combine Shallowing with angling, resulting in more pleasurable and satisfying sexual experiences.

The Dip is often employed alongside other key strokes in the S.T.R.O.K.E system. For instance, it can be combined with deep penetration strokes to introduce more variety and dynamism into the sexual encounter. To successfully incorporate the Dip into a S.T.R.O.K.E session, consistent practice is crucial, with a focus on using the head of the penis to target the shallow walls of the vagina.

Angling plays a vital role in the Dip technique. It involves utilizing body positioning and leveraging body weight through the penis to create angles that apply pressure against the internal vaginal walls. This technique is especially effective for targeting the shallow walls of the vagina, as the angles can be adjusted to apply varying degrees of pressure to specific areas.

The Dip also highlights the significance of deep penetration, which involves inserting the penis as deeply as possible into the vagina. By combining deep penetration with Pairing, a more varied and dynamic sexual experience can be created for the partner.

It is important to note that key strokes like the Dip are not inherently sexual techniques. Instead, they serve as vehicles for teaching the fundamentals of various penetration techniques, including the S.T.R.O.K.E elements such as angling, rocking, and Pairing. These elements have been scientifically validated by the Second OMGYES Pleasure Report as methods that can enhance female pleasure during vaginal penetration. Key strokes provide a foundation for learning these techniques, which can then be combined and modified to develop more advanced S.T.R.O.K.E techniques.



Furthermore, key strokes are not limited to sexual activity but are meant to train and enhance stamina, body knowledge, muscle memory, and intuition required for effective use and mastery of S.T.R.O.K.E skills. They can be practiced individually or with a partner, fostering confidence and proficiency in technique application during intercourse. Therefore, key strokes serve not only as a means to learn new techniques but also to enhance the overall experience of sexual activity.

It Is essential for practitioners to have a solid understanding of vaginal anatomy, the natural curvature of the penis, and concepts like rocking, angling, and Pairing, as well as the use of the hilt and the shaft, as these are key elements of the S.T.R.O.K.E system. As with any sexual technique, open communication with your partner and practicing safe sex are important considerations.

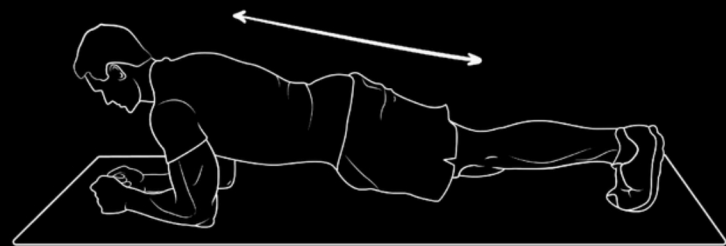
In summary, the Dip is a key stroke in the S.T.R.O.K.E system that teaches the combination of angling and Shallowing techniques. It emphasizes using the head of the penis to target the shallow walls of the vagina and can be complemented with deep penetration for a more diverse sexual experience. Regular practice of the Dip is essential for mastering advanced techniques within the S.T.R.O.K.E system

The Crush is a Key Stroke that is used to teach Shallowing and Rocking and it is regularly used in the S.T.R.O.K.E System. When you witness a S.T.R.O.K.E that has a Crush element incorporated into it, that stroke will often use the Crush to stimulate the compression of the clitoris with the shaft during the exit stroke.

The Crush instructs in how to use the Rocking technique at the at the opening inches of the vagina.

## Stroke Skills Elementals Full Body Crunch

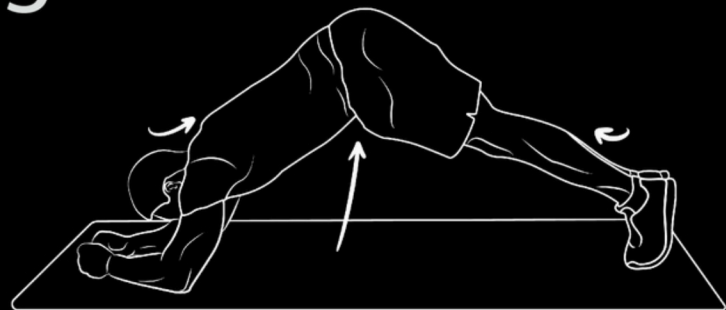
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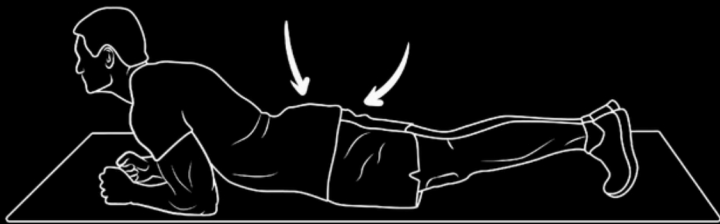
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# CRUSH

*S.T.R.O.K.Es tend to have parts that involve arching the body into a C shape. The CRUSH is used to teach Shallowing and Rocking*



Stroke Skills  
Elementals Full  
Body Crunch-01



KEYSTROKE DETAIL THE CRUSH

The Crush is a key stroke in the S.T.R.O.K.E system that is used to teach the techniques of Shallowing and rocking. These techniques have been scientifically validated by the Second OMGYES Pleasure Report as methods to enhance female pleasure during vaginal penetration.

Shallowing is a technique that involves massaging the first few inches of the vagina during sexual intercourse. It specifically targets the shallow walls of the vagina and the uppermost part of the vaginal canal, which are known to be more sensitive than deeper areas.

Rocking is a technique that applies pressure against the vaginal walls through a rocking motion of the body while the penis is inserted into the vagina. It creates a sense of fullness and pressure, which can be pleasurable for some women.

The Crush combines these Shallowing and rocking techniques by using the shaft of the penis to compress the clitoris during the exit stroke. This can provide a highly pleasurable sensation for women, as the clitoris is a highly sensitive area.

Practicing the Crush is important as it introduces the linking of key strokes together in combinations. By mastering the Crush, individuals can learn how to effectively use Shallowing and rocking techniques in combination, particularly for stimulating the clitoris.

Key strokes like “The Crush” are not solely sexual techniques but serve as vehicles for teaching the fundamentals of various penetration techniques, including the S.T.R.O.K.E elements of Angling, Rocking, and Pairing. These elements are scientifically validated methods that enhance female pleasure during vaginal penetration. Key strokes form a foundation for teaching these techniques, which can then be combined and adapted to create more advanced S.T.R.O.K.E techniques.

It is worth noting that key strokes are not limited to sexual activity alone but are intended to train and develop stamina, body knowledge, muscle memory, and intuition required for effectively learning and utilizing S.T.R.O.K.E skills.



These exercises can be practiced individually or with a partner, helping individuals gain confidence and proficiency in applying these techniques during intercourse. Therefore, key strokes not only facilitate learning new techniques but also contribute to improving the overall experience of sexual activity.

Practitioners should have a solid understanding of vaginal anatomy, the natural curvature of the penis, and the concepts of Rocking, Angling, and Pairing, as well as the use of the hilt and the shaft, as these are key elements of the S.T.R.O.K.E system. As with any sexual technique, open communication with one's partner and practicing safe sex are important considerations.

In conclusion, "The Crush" is a key stroke used to teach Shallowing and rocking techniques in the S.T.R.O.K.E system. It combines these techniques to stimulate the clitoris and enhance female pleasure during vaginal penetration. Regular practice of this technique is essential for developing proficiency in combining these techniques and achieving more advanced strokes.

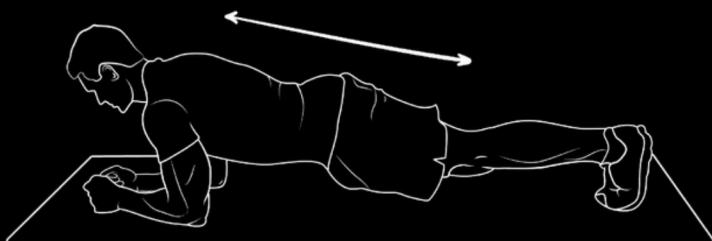


The Tap is a Key Stroke that is used to teach Angling and it is regularly used in the S.T.R.O.K.E System. When you see a S.T.R.O.K.E that has a Tap element incorporated into it that stroke uses an internal stroke that puts pressure on the left or right wall using the head of the penis.

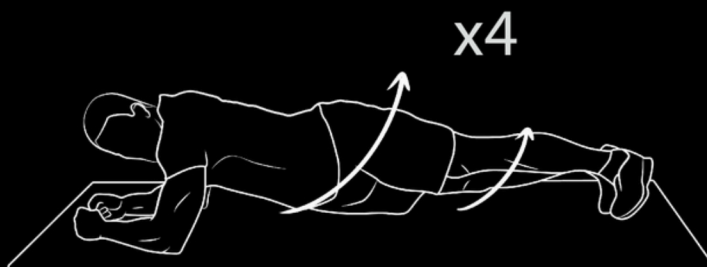
The Tap teaches how to use leverage to create Angles inside the vagina, putting pressure against the left or right vaginal walls using the head or shaft of the penis.

## Stroke Skills Elementals Core Tap

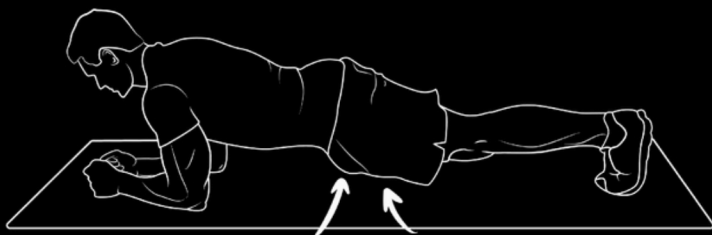
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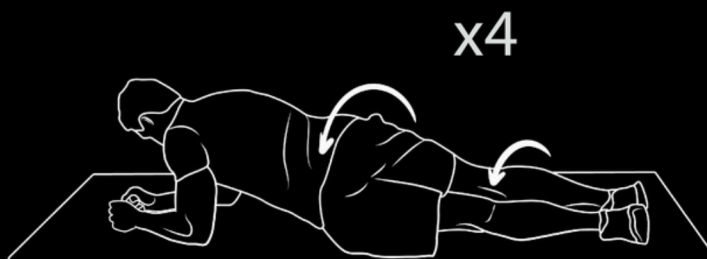
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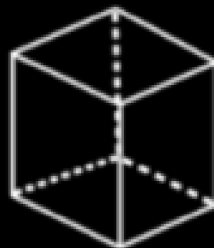
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KEYSTROKES

# TAP

**S.T.R.O.K.E drops the hips to the left or right. The TAP is used to teach Angling**



Stroke Skills



KEYSTROKE DETAIL THE TAP

The Tap is a key stroke in the S.T.R.O.K.E system that teaches the Angling technique. It involves using leverage and bodyweight to create angles inside the vagina and applies pressure against the left or right vaginal walls using the head or shaft of the penis.

Angling is a technique that has been scientifically validated as a way to enhance female pleasure during vaginal penetration. It utilizes the position of the body and leverage of bodyweight through the penis to create angles that apply pressure against the internal vaginal walls.

The Tap is unique in that it focuses on applying pressure specifically to the left or right walls of the vagina using the head of the penis. This is achieved through an internal stroke that targets that specific area. It is particularly effective for stimulating the G-spot, which is located on the front wall of the vagina.

In addition to the Angling technique, the Tap also incorporates elements of the Rocking technique. The rocking motion of the body and the use of the shaft of the penis are combined to apply pressure against the vaginal walls. This combination allows for maximum stimulation of the left or right walls of the vagina.

To perform the Tap correctly, it is important to use proper angling techniques. This includes adjusting the angle of penetration, the position of the hips, or the use of specific positions like missionary style. Proper communication with your partner is essential to ensure that the pressure applied is comfortable and pleasurable for both parties.

Key Strokes, including "The Tap," are not inherently sexual techniques. Instead, they serve as vehicles for teaching the basics of various penetration techniques, such as Angling, Rocking, and Pairing. These techniques have been scientifically validated to enhance female pleasure during vaginal penetration. Key Strokes provide a foundational method for teaching these techniques, which can then be combined and modified to create more advanced S.T.R.O.K.E techniques.

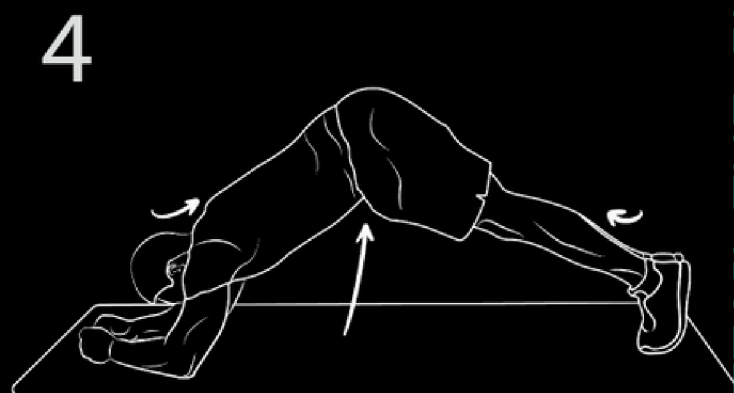
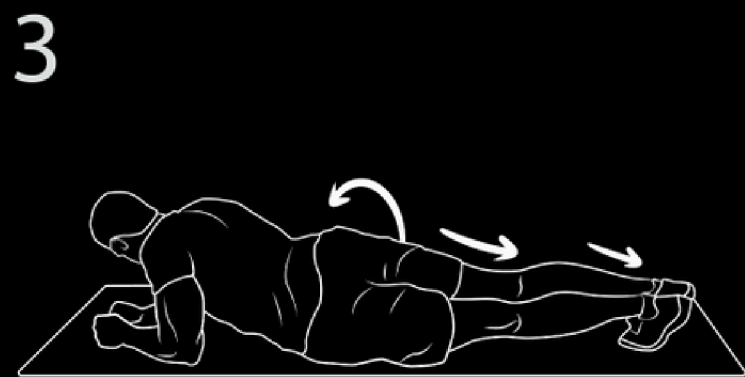
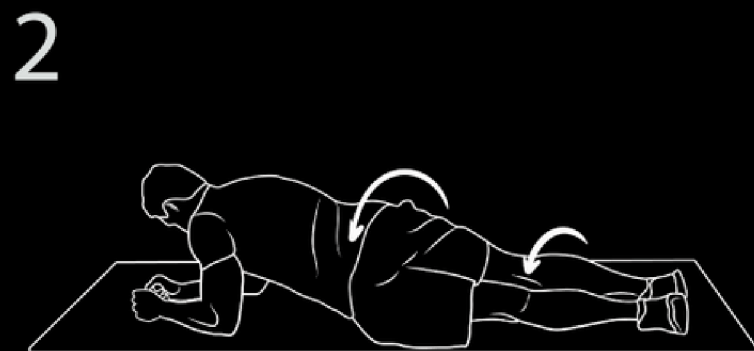
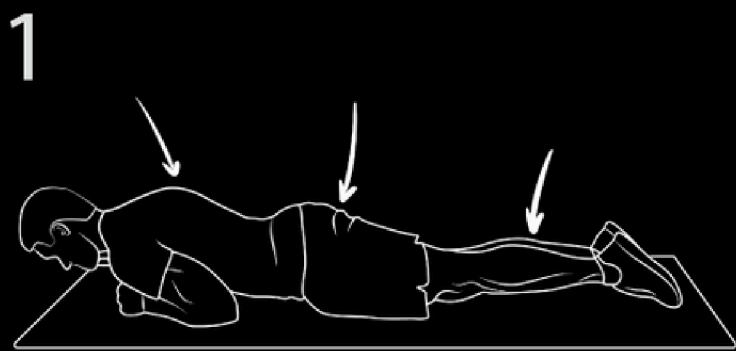
It is important to note that Key Strokes are not limited to sexual activity but are also used to train and build stamina, body knowledge, muscle memory, and intuition required to effectively use and learn S.T.R.O.K.E skills. These exercises can be practiced alone or with a partner and can help individuals become more confident and proficient in their use of these techniques during intercourse. Therefore, Key Strokes not only serve as a way to learn new techniques but also improve the overall experience of sexual activity.

Practitioners should have a good understanding of the anatomy of the vagina and the natural curvature of the penis before attempting to practice any of the S.T.R.O.K.E techniques. Familiarity with concepts like Rocking, Angling, and Pairing, as well as the use of the hilt and the shaft, is crucial as they are key elements of the S.T.R.O.K.E system. As with any sexual technique, open communication with your partner and practicing safe sex are essential.

In conclusion, The Tap is a key stroke in the S.T.R.O.K.E system that teaches the Angling technique. It involves applying pressure to the left or right walls of the vagina using the head or shaft of the penis. By combining the Angling technique with the Rocking technique, the Tap provides maximum stimulation to enhance female pleasure during vaginal penetration. Regular practice of these techniques can lead to improved sexual experiences.

The Slip is a Key Stroke element that is used to teach Rocking and Pairing. When you see a S.T.R.O.K.E that has a Slip element incorporated into it that stroke applies pressure to a wall during a depth stroke, meaning that it increases the pressure on a specific vaginal wall using the shaft of the penis while fully penetrated within the vagina. The Slip instructs on how to use Rocking and Shallowing together. The Slip uses a twist in the body while fully inserted to use leverage to initiate the Rocking technique and increase pressure against a vaginal wall. When performing the exit stroke, the Slip engages Shallowing as bodyweight is applied through the penis to directly impact the sensor laden vaginal opening.

## Stroke Skills Elementals Core Slip



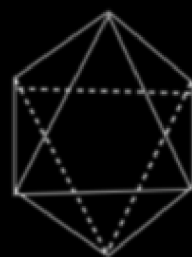
KEYSTROKES

# SLIP

**S.T.R.O.K.E uses full body twist while fully penetrated. The Slip is used to teach Shallowing and Rocking**



Stroke Skills  
Elementals Dip  
2-01



KEYSTROKE DETAIL THE SLIP

The Slip is a key stroke in the S.T.R.O.K.E system that teaches both Rocking and Shallowing techniques. It is regularly used and serves as a foundational method for teaching these techniques, which are scientifically validated as ways to enhance female pleasure during vaginal penetration.

The Slip technique involves applying pressure to a specific vaginal wall using the shaft of the penis while fully inserted within the vagina. This is achieved by using a twist in the body to initiate the Rocking technique, increasing the pressure against the targeted wall. This twisting motion creates leverage and intensifies the sensation for the woman.

Additionally, the Slip incorporates the Shallowing technique during the exit stroke. By applying bodyweight through the penis, the Slip directly impacts the sensor-laden vaginal opening, providing stimulation and pleasure. Shallowing involves massaging the first few inches of the vagina, further enhancing the experience for the woman.

Combining Rocking and Shallowing techniques, the Slip offers a more intense and pleasurable experience. The rocking motion of the body, coupled with the pressure applied by the shaft against the vaginal walls, creates a unique sensation that can be heightened by swallowing.

It is important to understand that Key Strokes, including the Slip, are not inherently sexual techniques. They are used as vehicles to teach the basics of various penetration techniques, such as Angling, Rocking, and Pairing. These techniques have been scientifically validated as methods to enhance female pleasure during vaginal penetration.

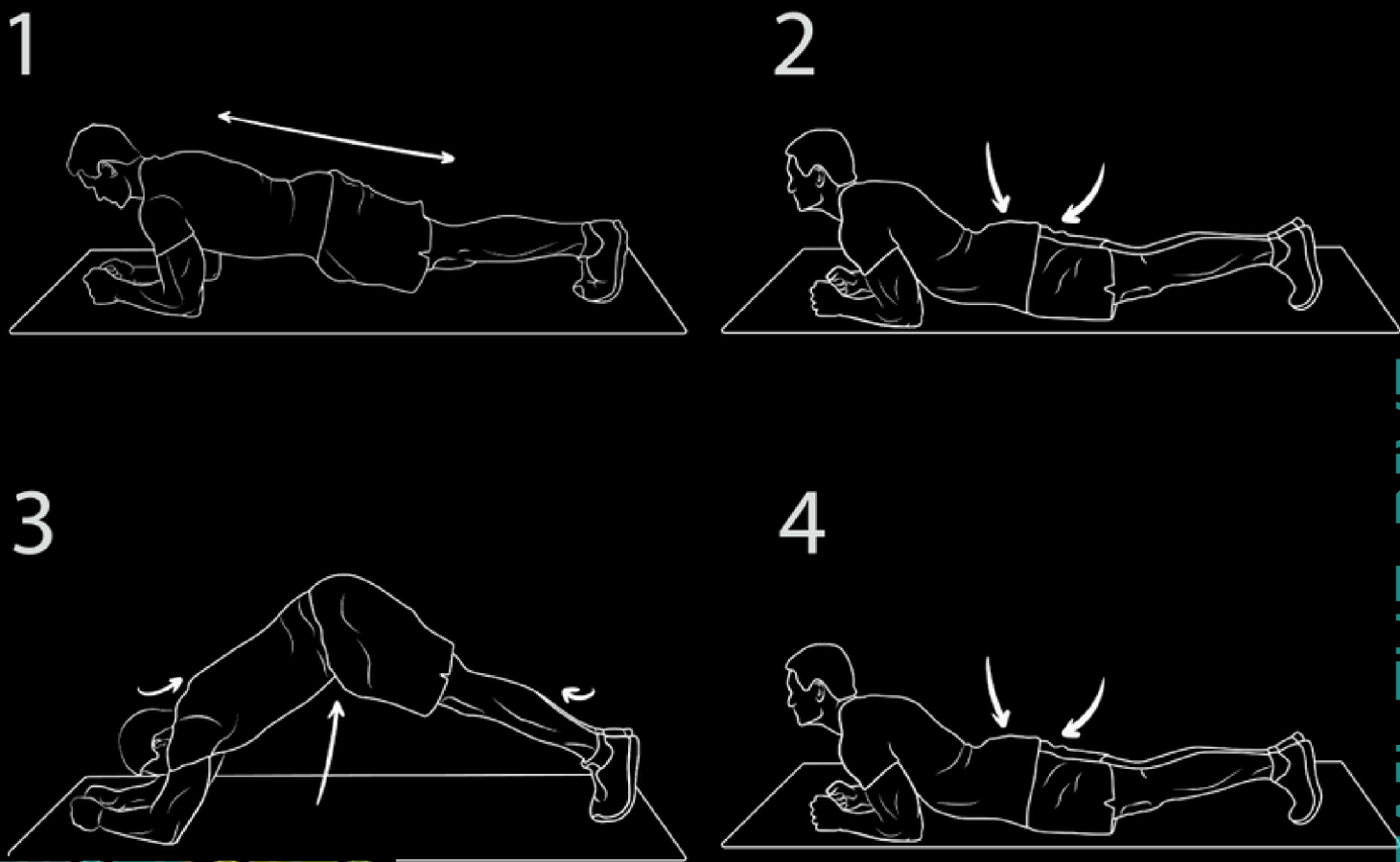
Key Strokes are not limited to sexual activity but also serve as a means to train and develop stamina, body knowledge, muscle memory, and intuition required to effectively use and learn S.T.R.O.K.E skills. They can be practiced alone or with a partner, helping individuals gain confidence and proficiency in these techniques during intercourse. Therefore, Key Strokes not only facilitate learning new techniques but also improve the overall experience of sexual activity.

It is essential for practitioners to have a good understanding of vaginal anatomy and the natural curvature of the penis before attempting to practice S.T.R.O.K.E techniques. Familiarity with concepts such as Rocking, Angling, and Pairing, as well as the use of the hilt and shaft, is crucial as they form key elements of the S.T.R.O.K.E system. As with any sexual technique, open communication with your partner and practicing safe sex are vital.

In conclusion, the Slip is a key stroke in the S.T.R.O.K.E system that teaches Rocking and Shallowing techniques. By using leverage and bodyweight, it provides targeted stimulation to specific areas of the vagina, enhancing female pleasure during vaginal penetration. Regular practice of these techniques can lead to a heightened sexual experience.

The Dive is a Key Stroke that is used to teach Rocking andShallowing together. The Dive is regularly used in the S.T.R.O.K.E System. The Dive teaches how to deliver a thrust and then leverage body weight through the head of the penis to draws a line of friction along the targeted wall during the exit stroke. When you witness a S.T.R.O.K.E that incorporates the Dive that Stroke will include a component that uses the Rocking technique during the exiting action. One will see the Dive often being a factor in Strokes that rapidly move in and out of the vagina, activating theShallowing technique by adding pressure to the vaginal opening during extraction

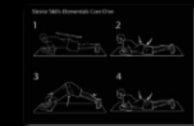
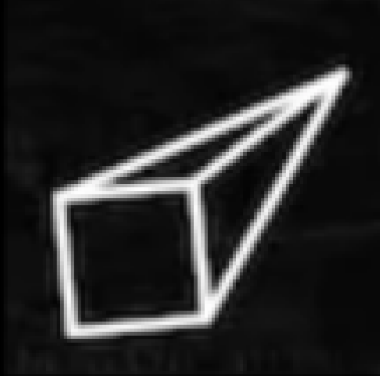
## Stroke Skills Elementals Core Dive



KEYSTROKES

# DIVE

**S.T.R.O.K.E uses full body twist while fully penetrated. The Slip is used to teachShallowing and Rocking**



Stroke Skills  
Elementals Core  
Dive-01



KEYSTROKEDETAILTHE DIVE

The Dive is a key stroke in the S.T.R.O.K.E system that teaches both Rocking and Shallowing techniques. It is commonly used and serves as a foundational method for teaching these techniques, which have been scientifically validated as methods to enhance female pleasure during vaginal penetration.

During the Dive, the giver delivers a thrust and then leverages body weight through the head of the penis to draw a line of friction along the targeted wall during the exit stroke. This creates a unique sensation for the receiver, adding to the overall pleasure.

The Dive incorporates the Rocking technique during the exiting action. It is often used in strokes that involve rapid movement in and out of the vagina. As the head of the penis comes out of the vagina, it activates the Shallowing technique by adding pressure to the vaginal opening during extraction. This can create a sensation of depth and fullness, which is appreciated by many women.

The Dive is a versatile technique that can be performed in various positions, such as missionary or cowgirl, and with different levels of pressure. It allows for customization and adds variety to sexual routines, enhancing pleasure and intimacy.

It's important to note that Key Strokes, including the Dive, are not inherently sexual techniques. Instead, they serve as vehicles for teaching the basics of various penetration techniques, including Angling, Rocking, and Pairing. These techniques have been scientifically validated as methods to enhance female pleasure during vaginal penetration.

Key Strokes are not limited to sexual activity but are also meant to train and develop stamina, body knowledge, muscle memory, and intuition required to effectively use and learn S.T.R.O.K.E skills. These exercises can be practiced alone or with a partner and help individuals gain confidence and proficiency in these techniques during intercourse. Therefore, Key Strokes are not only a way to learn new techniques but also improve the overall experience of sexual activity.

It is crucial for practitioners to have a good understanding of vaginal anatomy and the natural curvature of the penis before attempting to practice S.T.R.O.K.E techniques. Familiarity with concepts such as Rocking, Angling, and Pairing, as well as the use of the hilt and shaft, is important as they form key elements of the S.T.R.O.K.E system. As with any sexual technique, open communication with your partner and practicing safe sex are essential.

To summarize, the Dive is a key stroke in the S.T.R.O.K.E system that teaches Rocking and Shallowing techniques. By leveraging body weight and creating friction along the targeted wall, it provides a unique and pleasurable sensation. The Dive can be performed in various positions and with different levels of pressure, adding variety and enhancing the overall sexual experience.

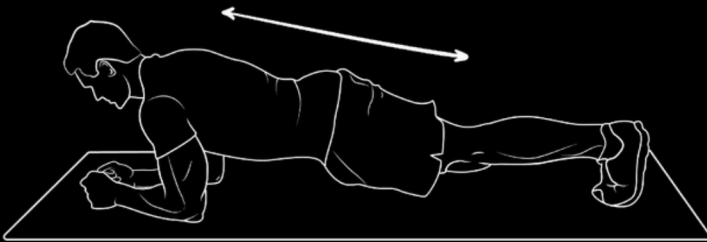


The Whip is a Key Stroke that is used to teach Angling and Rocking. The Whip is regularly used in the S.T.R.O.K.E System. One can realize a S.T.R.O.K.E that has a Whip element incorporated into it when that stroke displays various full body movements while fully penetrated in the vagina causing a stretching sensation.

The Whip, uses both Angling and Rocking techniques when full body horizontal movements are made the base of the penis moves along with it and can engage various walls of the vagina all within one full body movement.

## Stroke Skills Elementals Core Whip

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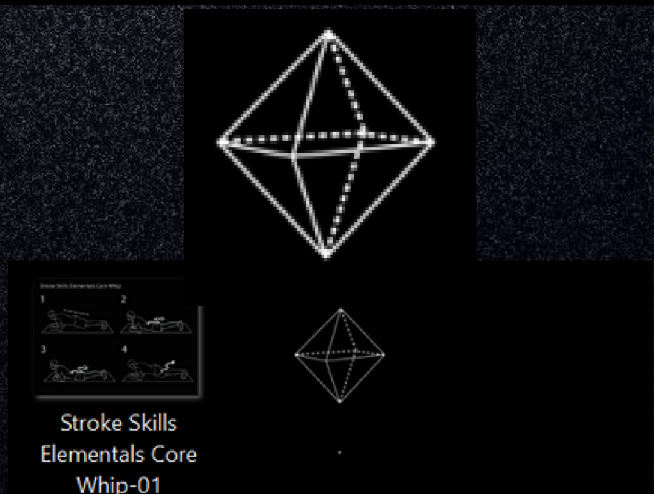
**KEYSTROKES**

# WHIP

**A S.T.R.O.K.E moves the body in non-standard directions while fully inserted**

**The Whip is used to teach Angling and Rocking**

KEYSTROKE DETAIL THE WHIP



Stroke Skills  
Elementals Core  
Whip-01

“The Whip” is a key stroke used in the S.T.R.O.K.E System to teach the angling and rocking techniques. It involves full body movements while fully penetrated in the vagina, creating leverage through the length of the penis shaft and applying pressure against the various walls of the vagina. The Whip is often used to increase the pressure and amplify the sensation of girth deep within the vagina.

By combining both angling and rocking techniques, the Whip utilizes full body horizontal movements to engage the base of the penis and apply pressure down into the vagina and against the vaginal walls. This can create a stretching sensation and stimulate various walls of the vagina within a single full body movement.

It’s important to note that Key Strokes, including the Whip, are not inherently sexual techniques. Rather, they serve as a means to teach the basics of different penetration techniques, including the S.T.R.O.K.E elements. These techniques, such as angling, rocking, and Pairing, have been scientifically validated as methods to enhance female pleasure during vaginal penetration.

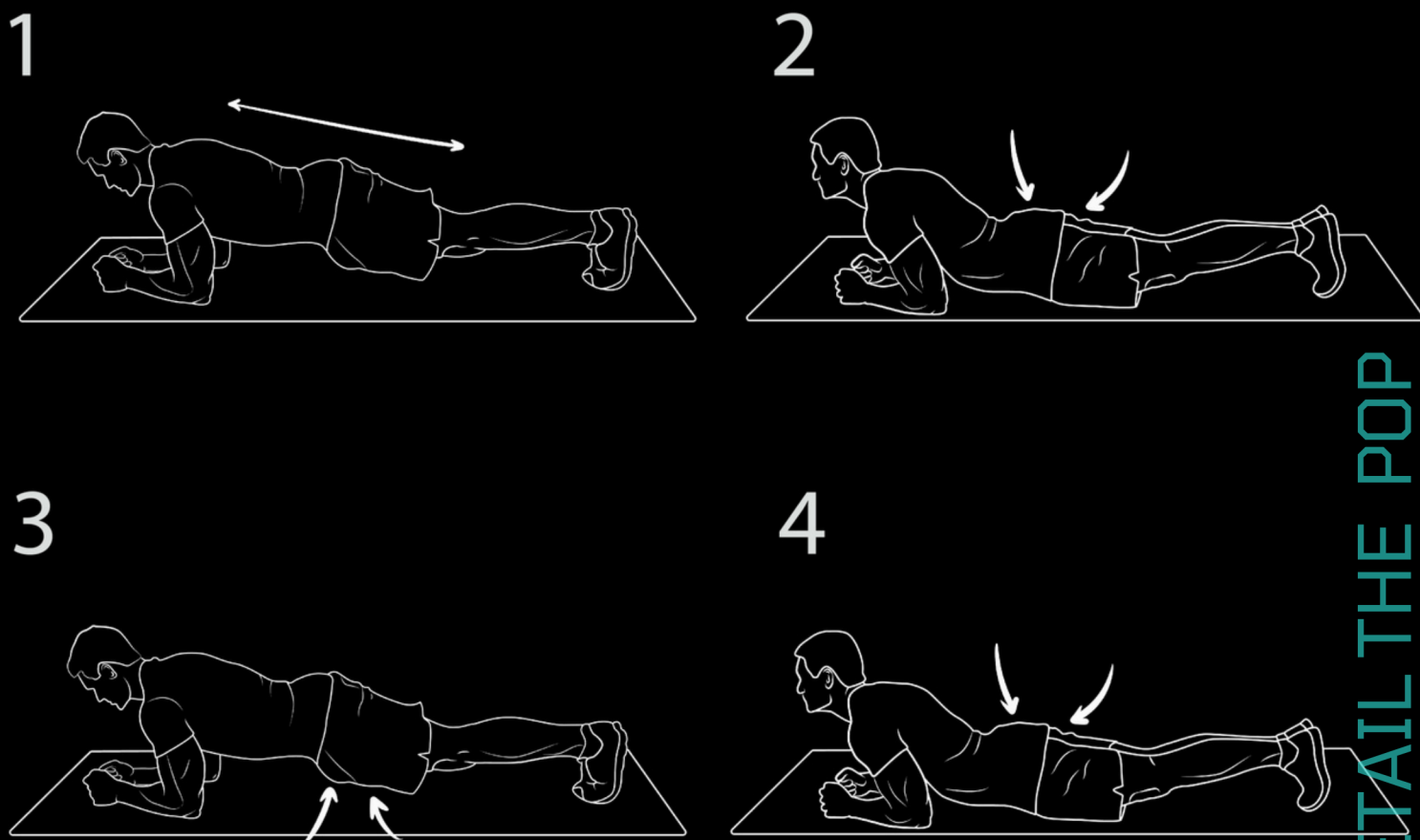
Key Strokes are not limited to sexual activity alone. They are designed to train and develop stamina, body knowledge, muscle memory, and intuition required to effectively use and learn S.T.R.O.K.E skills. These exercises can be practiced individually or with a partner and help individuals become more confident and proficient in using these techniques during intercourse. Key Strokes are a way to learn new techniques and improve the overall experience of sexual activity.

It Is crucial for practitioners to have a good understanding of vaginal anatomy and the natural curvature of the penis before attempting to practice S.T.R.O.K.E techniques. Familiarity with concepts such as rocking, angling, and Pairing, as well as the use of the hilt and shaft, is important as they form key elements of the S.T.R.O.K.E system. As with any sexual technique, open communication with your partner and practicing safe sex are essential.

To summarize, the Whip is a key stroke used in the S.T.R.O.K.E System to teach angling and rocking techniques. It involves full body movements to create leverage and apply pressure against the walls of the vagina. Key Strokes are not solely sexual techniques but serve as a means to enhance sexual pleasure and improve the overall experience.

The Pop is a Key Stroke that is used to teach Angling and Shallowing, and S.T.R.O.K.E, when you see a S.T.R.O.K.E that has a Pop element incorporated into that stroke it uses the lateral shifting of the hips to use the left or right surfaces of the shaft of the penis to apply internal pressure against the walls of the vagina.

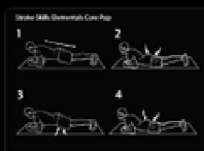
## Stroke Skills Elementals Core Pop



**KEYSTROKES**

# POP

**S.T.R.O.K.Es use non-linear thrusts.**  
**The Slip is used to teach Pairing, and Angling**



Stroke Skills  
Elementals Core



KEYSTROKE DETAIL THE POP

“The Pop” is a key stroke in the S.T.R.O.K.E system that combines angling, rocking, and Shallowing techniques to enhance female pleasure during vaginal penetration. It utilizes the lateral shifting of the hips to apply internal pressure against the walls of the vagina.

The Pop is a foundational method in the S.T.R.O.K.E system and is used to teach various techniques that have been scientifically validated to enhance female pleasure during vaginal penetration. It primarily utilizes the angling and rocking techniques to create pressure along the length of the penis shaft against the vaginal walls. By utilizing the movement of the body’s core, the Pop applies pressure to various walls of the vagina while fully penetrated.

Additionally, the Pop incorporates the Shallowing technique. By using the left or right surfaces of the penis shaft, the movement of the hips applies internal pressure against the walls of the vagina, specifically targeting the first few inches of the vaginal canal. This can contribute to the pleasure of the experience and provide a unique sensation.

The rocking motion of the body during penetration is also a key aspect of the Pop. The movement of the hips creates a rocking motion that further applies pressure against the vaginal walls, creating a stretching sensation and engaging various walls of the vagina within one full body movement. It’s important to understand that Key Strokes, including the Pop, are not solely sexual techniques but serve as vehicles for teaching the basics of different penetration techniques, including the S.T.R.O.K.E elements. These techniques, such as angling, rocking, and Pairing, have been scientifically validated as methods that enhance female pleasure during vaginal penetration.

Key Strokes are not limited to sexual activity alone. They are designed to train and develop stamina, body knowledge, muscle memory, and intuition required to effectively use and learn S.T.R.O.K.E skills. These exercises can be practiced individually or with a partner and can help individuals become more confident and proficient in using these techniques during intercourse. Key Strokes are a way to learn new techniques and improve the overall experience of sexual activity.



The Stir is a Key Stroke that is used to teach Angling, and is regularly used in the S.T.R.O.K.E system. When you witness a S.T.R.O.K.E that has a Stir element incorporated into it you can assume that the Stir element in that stroke is primarily focused on using hilt to stretch and massage the opening of the vagina and uses broadening, the Stir creates a sensation of increased girth.

The Stir teaches how to use Angling while fully inside of the vagina. With the Stir, bodyweight is applied through the shaft of the penis to apply pressure against the vaginal walls using Angling.

## Stroke Skills Elementals Core Stir

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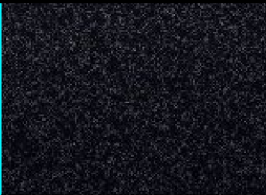


KEYSTROKES

# STIR

**S.T.R.O.K.Es with elements will**  
**Circle on the Z axis with the penis**  
**fully inserted.**

**The STIR us used to teach Angling**



Stroke Skills  
Elementals Core  
Stir-01



KEYSTROKE DETAIL THE STIR

The Stir is a key stroke used in the S.T.R.O.K.E system to teach the technique of Angling. Angling has been scientifically validated as a method to enhance female pleasure during vaginal penetration. When observing a S.T.R.O.K.E that incorporates the Stir element, the primary focus is on using the hilt of the penis to stretch and massage the opening of the vagina. This technique utilizes broadening to create a sensation of increased girth. The application of bodyweight through the shaft of the penis is used to apply pressure against the vaginal walls, emphasizing Angling.

The Stir is unique within the S.T.R.O.K.E system as it allows for the practice of Angling while fully inside the vagina. This provides a comprehensive understanding of how to use Angling to enhance pleasure for both partners. By stretching and massaging the opening of the vagina with the hilt of the penis, the Stir creates a sensation of increased girth. The technique of broadening enables the application of pressure against the vaginal walls using bodyweight.

In addition, the Stir key stroke emphasizes the use of the hilt of the penis to stretch and massage the opening of the vagina. The application of broadening creates a sensation of increased girth. By using bodyweight, pressure is applied against the vaginal walls, intensifying the experience for both partners.

It is important to recognize that the Stir key stroke primarily focuses on the vagina as the area of attention. The opening of the vagina is stretched and massaged by the hilt of the penis, generating a sensation of increased girth. Through the use of Angling and broadening, pressure is applied against the vaginal walls, intensifying pleasure for both partners.

It is worth noting that Key Strokes, including "The Stir," are not exclusively sexual techniques. Instead, they serve as teaching tools for various penetration techniques, such as the S.T.R.O.K.E Elements. These elements, including Angling, Rocking, and Pairing, have been scientifically validated as methods to enhance female pleasure during vaginal penetration. Key Strokes act as foundational exercises for learning these techniques, which can then be combined and modified to create more advanced S.T.R.O.K.E techniques.

Furthermore, it is important to understand that Key Strokes are not solely intended for use during sexual activity. They serve as a means to train and develop stamina, body knowledge, muscle memory, and intuition necessary for effectively utilizing and learning S.T.R.O.K.E skills. These exercises can be practiced individually or with a partner and contribute to increased confidence and proficiency in using these techniques during intercourse. Therefore, Key Strokes not only teach new techniques but also enhance the overall experience of sexual activity.

In conclusion, the Stir key stroke is a significant exercise in the S.T.R.O.K.E system as it teaches the technique of Angling, which has been scientifically validated to enhance female pleasure during vaginal penetration. Through the use of the hilt of the penis, the Stir stretches and massages the opening of the vagina while broadening creates a sensation of increased girth. This technique can be further developed into advanced S.T.R.O.K.E techniques, resulting in a more intense and pleasurable experience for both partners.

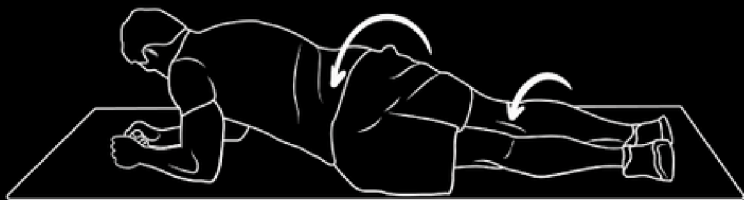


The Ream is a key stroke that is used to teach Rocking. The Ream is regularly used in the S.T.R.O.K.E system. This technique has been scientifically proven to enhance female pleasure during vaginal penetration.

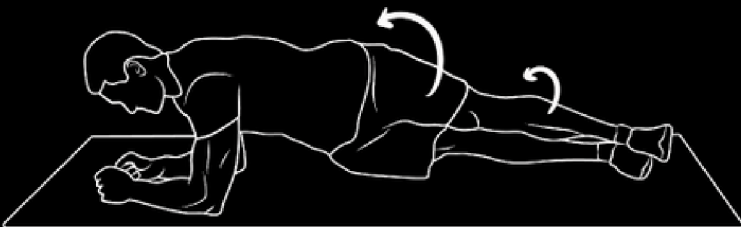
The Ream element will be using the lateral shifting of the body to create leverage pressure against the left or right vaginal walls using a lateral pressure massage to canvas the vaginal walls in a horizontal format allowing bodyweight to create a lateral pressure massage against the vaginal walls.

## Stroke Skills Elementals Core Ream

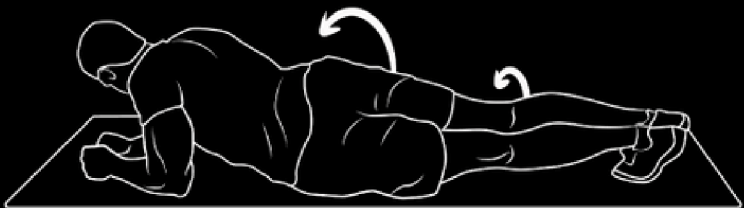
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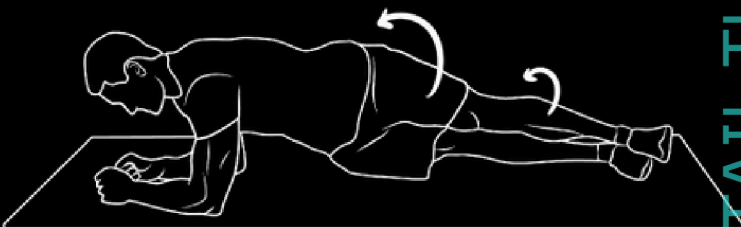
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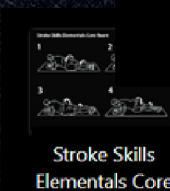
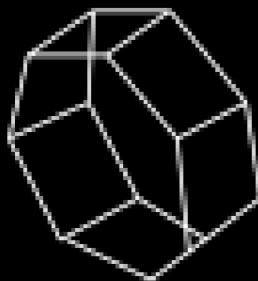
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KEYSTROKES

# REAM

**S.T.R.O.K.Es use non-linear thrusts.**  
**The Slip is used to teach Pairing, and Angling**



KEYSTROKE DETAIL THE REAM

The Ream is a key stroke used in the S.T.R.O.K.E system to teach the technique of Rocking. Rocking focuses on the lateral shifting of the body to create leverage pressure against the left or right vaginal walls. The Ream serves as an exercise to demonstrate the principles of Rocking and enhance female pleasure during vaginal penetration.

During a S.T.R.O.K.E that incorporates the Ream element, the lateral shifting of the body is used to create leverage pressure against specific areas of the vaginal walls. This is achieved by applying a lateral pressure massage to canvas the vaginal walls in a horizontal format. By leveraging body weight, pressure is applied against the left and right vaginal walls, while the pelvis stimulates the vulva through a horizontal massage.

The Ream emphasizes the use of the shaft of the penis to create a lateral pressure massage against the vaginal walls. The natural curvature of the penis shaft is utilized to apply pressure against specific areas of the vaginal walls, resulting in increased pleasure. The Ream not only teaches the physical technique but also serves as a means to understand the concept of Rocking and how the pelvis can be used to stimulate the vulva through a horizontal massage.

It's important to note that key stroke exercises like the Ream are foundational methods for teaching the S.T.R.O.K.E techniques. These exercises can be combined and modified to create more advanced techniques that suit individual preferences and needs. The Ream specifically focuses on Rocking and the use of the shaft of the penis to apply pressure against the vaginal walls, ultimately enhancing female pleasure during vaginal penetration.

Key Strokes, including the Ream, are not solely sexual techniques. They serve as teaching tools for various penetration techniques, including the scientifically validated S.T.R.O.K.E Elements like Angling, Rocking, and Pairing, which enhance female pleasure during vaginal penetration. Key Strokes act as foundational exercises for learning these techniques, which can then be combined and modified to create more advanced S.T.R.O.K.E techniques.



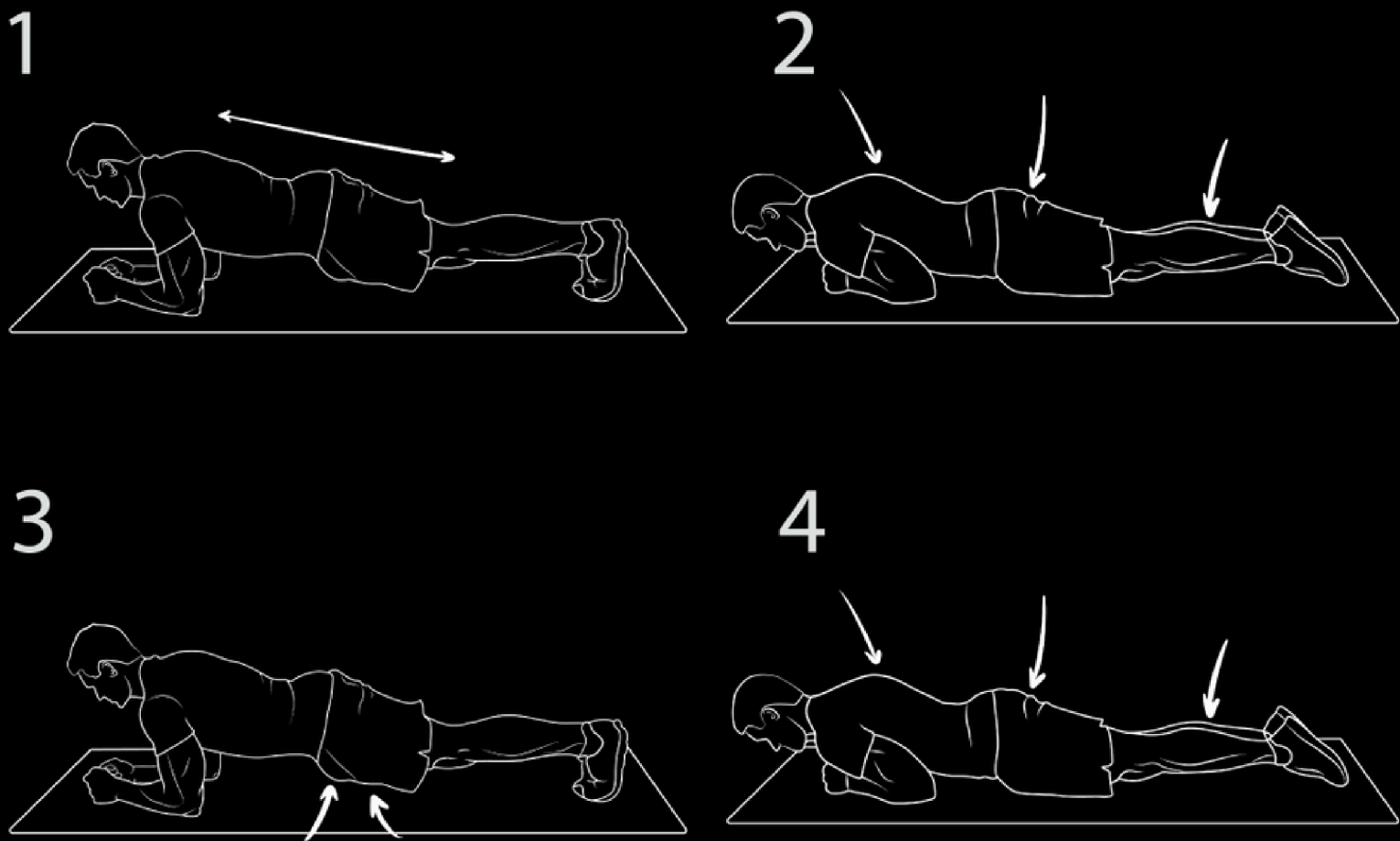
It's worth mentioning that Key Strokes are not exclusively intended for use during sexual activity but also as a means to train and develop stamina, body knowledge, muscle memory, and intuition required to effectively use and learn S.T.R.O.K.E skills. These exercises can be practiced individually or with a partner and contribute to increased confidence and proficiency in using these techniques during intercourse. Therefore, Key Strokes serve as a way to learn new techniques and improve the overall experience of sexual activity.

It's essential for practitioners to have a good understanding of vaginal anatomy and the natural curvature of the penis before attempting any of the S.T.R.O.K.E techniques. Familiarity with the concepts of Rocking, Angling, and Pairing, as well as the use of the hilt and shaft, is also important in the S.T.R.O.K.E system. As with any sexual technique, communication with your partner and practicing safe sex are crucial aspects to consider.



The Pushout is a fundamental technique in the S.T.R.O.K.E system, which focuses on teaching the Rocking Stroke Element. This technique has been scientifically proven to enhance female pleasure during vaginal penetration.

During the pushout, the practitioner initiates a full-body thrust and utilizes their body weight to create pressure against the top shelf of the penis upon entry into the vagina. Then, by using the bottom shelf of the penile shaft, they generate friction against a specific wall of the vagina during the exit stroke.



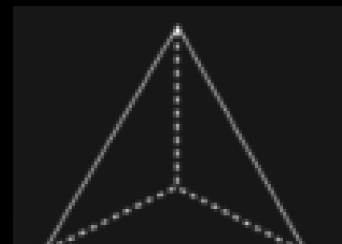
**KEYSTROKES**

**PUSHOUT**

*The Pushout is used to teach Rocking*



Stroke Skills  
Elementals Core  
Pushout-01



The Pushout is a fundamental technique in the S.T.R.O.K.E system, which focuses on teaching the Rocking Stroke Element. This technique has been scientifically proven to enhance female pleasure during vaginal penetration.

During the pushout, the practitioner initiates a full-body thrust and utilizes their body weight to create pressure against the top shelf of the penis upon entry into the vagina. Then, by using the bottom shelf of the penile shaft, they generate friction against a specific wall of the vagina during the exit stroke. This unique combination of movements and sensations adds to the receiver's overall pleasure.

The Pushout incorporates the Rocking technique during the exiting part of the stroke. It is frequently employed in smooth style internal massage techniques, as well as other methods that involve multiple forms of stimulation. The Rocking element is a crucial aspect of the stroke, as it can create a sense of depth and fullness, which many women find enjoyable. The pushout step is a versatile technique that can be executed in various positions, such as missionary or cowgirl, and with different levels of pressure. It allows for customization and adds variety to sexual routines, ultimately enhancing pleasure and intimacy.

It's important to understand that Key Strokes, including the pushout, are not inherently sexual techniques. Instead, they serve as instructional tools for teaching the basics of various penetration techniques, such as Angling, Rocking, and Shallowing. These techniques have been scientifically validated to enhance female pleasure during vaginal penetration. Key Strokes are not limited to sexual activities; they are also intended to train and develop stamina, body awareness, muscle memory, and intuition necessary for effectively using and learning S.T.R.O.K.E skills.

These exercises can be practiced individually or with a partner, helping individuals gain confidence and proficiency in these techniques during intercourse. Therefore, Key Strokes serve not only as a means to learn new techniques but also to improve the overall sexual experience.



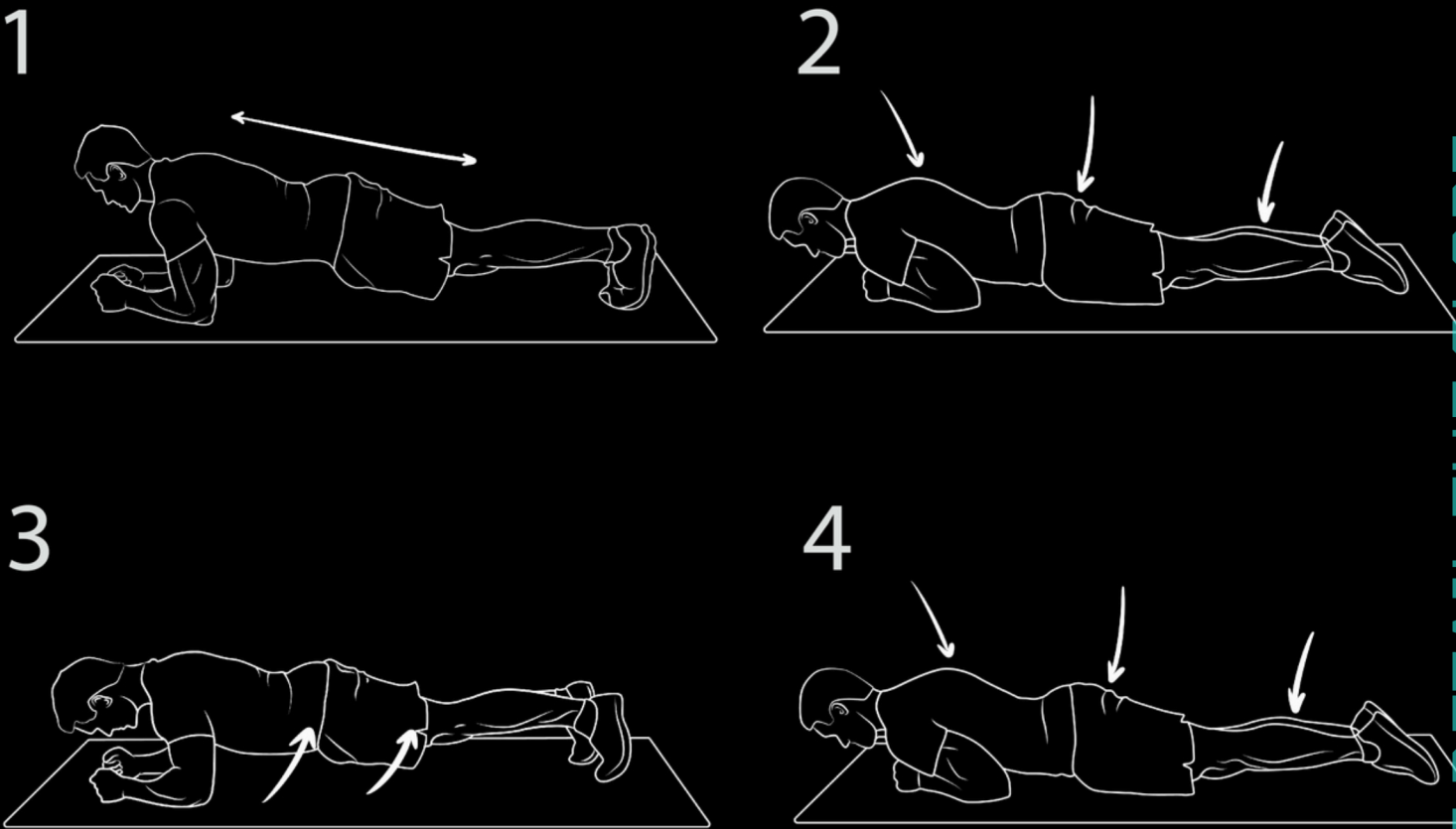
It is crucial for practitioners to have a good understanding of vaginal anatomy and the natural curvature of the penis before attempting to practice S.T.R.O.K.E techniques. Familiarity with concepts such as Rocking, Angling, Shallowing, as well as the use of the hilt and shaft, is important, as they are key elements of the S.T.R.O.K.E system. As with any sexual technique, open communication with your partner and practicing safe sex are essential.

In summary, the pushout is a significant stroke in the S.T.R.O.K.E system that teaches Rocking and Shallowing techniques. By utilizing body weight and creating friction along a specific wall, it provides a unique and pleasurable sensation. The pushout can be performed in various positions and with different levels of pressure, adding variety and enhancing the overall sexual experience.

The Slope is a crucial technique in the S.T.R.O.K.E system that focuses on training practitioners in Angling and Rocking techniques. These techniques have been scientifically validated as methods to enhance female pleasure during vaginal penetration.

During the Slope, practitioners learn to adjust the angle of penetration for optimal stimulation. By tilting their pelvis and adjusting the angle of entry, they can target specific areas within the vagina, creating a more pleasurable experience for the receiver.

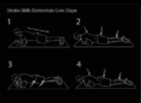
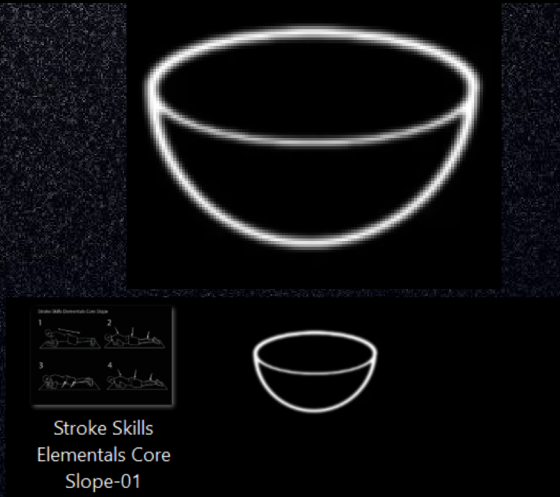
## Stroke Skills Elementals Core Slope



# KEYSTROKES

# SLOPE

**S.T.R.O.K.Es use non-linear thrusts.**  
**The Slope is used to teach Angling and Rocking**



Stroke Skills  
Elementals Core  
Slope-01

KEYSTROKEDETAILTHE SLOPE

The Slope is a crucial technique in the S.T.R.O.K.E system that focuses on training practitioners in Angling and Rocking techniques. These techniques have been scientifically validated as methods to enhance female pleasure during vaginal penetration.

During the Slope, practitioners learn to adjust the angle of penetration for optimal stimulation. By tilting their pelvis and adjusting the angle of entry, they can target specific areas within the vagina, creating a more pleasurable experience for the receiver.

In addition to Angling, the Slope incorporates the Rocking technique. This involves subtle movements that create a sensation of depth and fullness during penetration. Many women find this rocking motion highly enjoyable. The Slope technique can be practiced in various positions, allowing practitioners to explore different angles and depths of penetration. It provides a versatile approach to sexual activities, adding excitement and enhancing the overall experience.

It's important to note that the Slope, along with other techniques in the S.T.R.O.K.E system, is not solely focused on sexual pleasure. These techniques serve as a means to train practitioners in the fundamentals of penetration, including Angling and Rocking. They aim to develop stamina, body awareness, muscle memory, and intuition required for effective use of these techniques during intercourse.

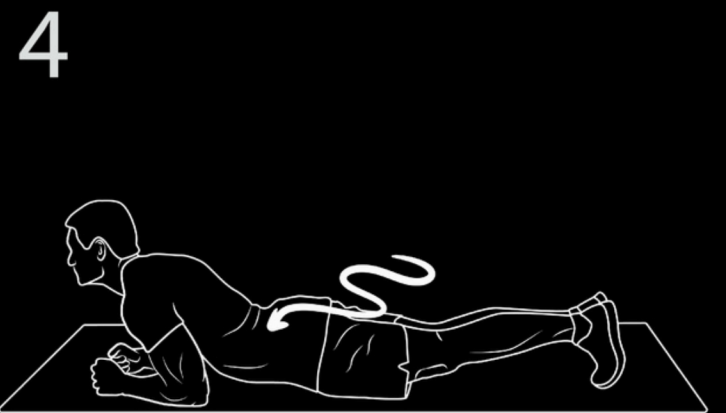
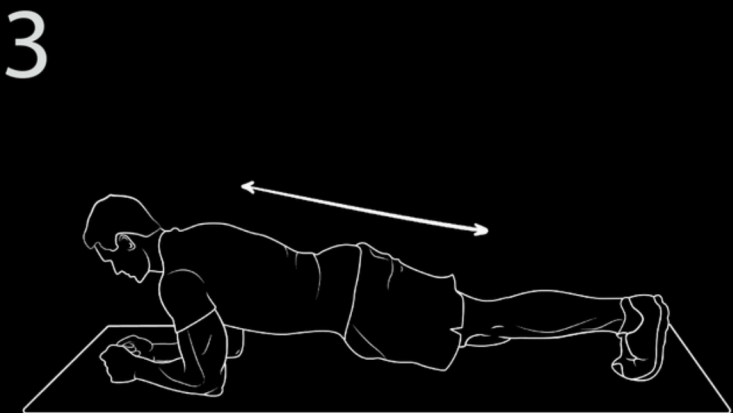
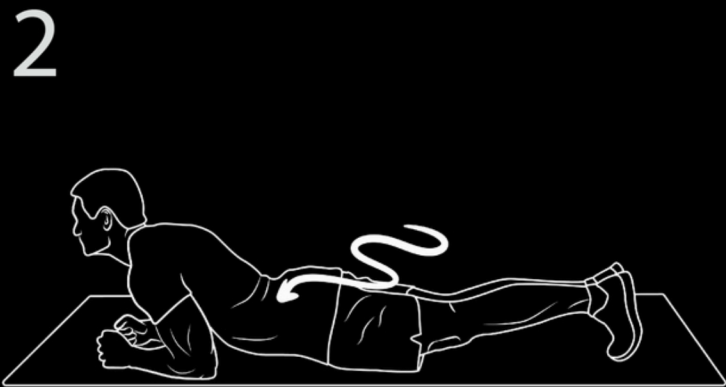
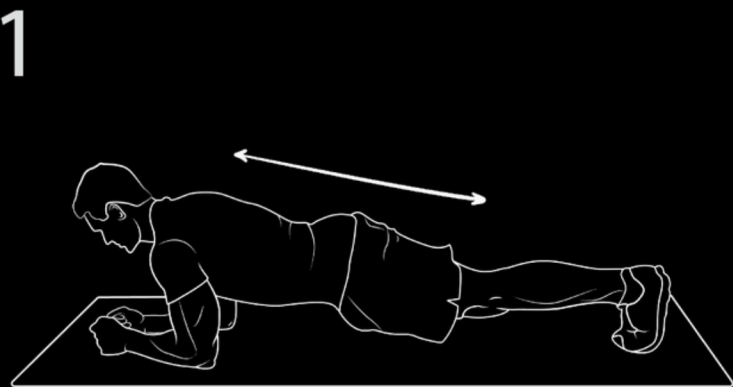
Practicing the Slope technique can be done individually or with a partner, allowing practitioners to gain confidence and proficiency in angling and rocking movements. It is important to have an understanding of vaginal anatomy and to communicate openly with one's partner to ensure a safe and pleasurable experience.

To summarize, the Slope technique is a fundamental aspect of the S.T.R.O.K.E system, training practitioners in Angling and Rocking techniques. By adjusting the angle of penetration and incorporating subtle rocking movements, practitioners can enhance the pleasure experienced by their partners. The Slope technique provides versatility and can be practiced in different positions, adding variety and excitement to sexual activities.



The Wave is a crucial technique in the S.T.R.O.K.E system that focuses on training practitioners in the Rocking Stroke Element. These techniques have been scientifically validated as methods to enhance female pleasure during vaginal penetration.

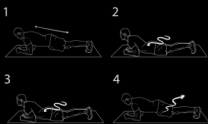
**Wave Key Stroke** a calisthenic movement that creates an undulating wave like motion using the back, hips and psoas, through repetition it teaches Rocking. The Wave Key Stroke fosters a rhythmic undulating motion involving the back, hips, and psoas muscles.



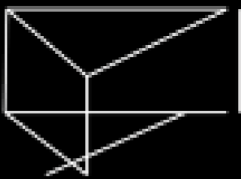
KEYSTROKES

WAVE

**S.T.R.O.K.Es use non-linear thrusts.**  
**The Slip is used to teach Pairing, and Angling**



Stroke Skills  
Elementals Core  
Ream-01



The Wave Key Stroke is a calisthenic movement designed to create a flowing, undulating motion using the back, hips, and psoas muscles. Through repetition, this movement teaches the skill of Rocking.

The Wave Key Stroke is a core component of the S.T.R.O.K.E system. While these techniques have been scientifically recognized for enhancing female pleasure during vaginal penetration, it's important to note that they serve broader purposes as well.

During the Wave Key Stroke, practitioners learn to manipulate the angle of penetration to optimize stimulation. By tilting the pelvis and adjusting the entry angle, specific areas within the vagina can be targeted, leading to a more pleasurable experience for the receiver. The movement also incorporates the Rocking technique, which involves subtle motions that provide a sense of depth and fullness during penetration. Many women find this rocking motion to be highly enjoyable. The Wave Key Stroke can be practiced in various positions, allowing practitioners to explore different angles and depths of penetration. This versatility adds excitement and enhances the overall sexual experience.

It's essential to recognize that the Wave Key Stroke, along with other techniques in the S.T.R.O.K.E system, is not solely focused on sexual pleasure. These techniques aim to train practitioners in the fundamentals of penetration while developing stamina, body awareness, muscle memory, and intuition required for effective use during intercourse. It's crucial to have an understanding of vaginal anatomy and maintain open communication with one's partner to ensure a safe and pleasurable experience.

In summary, the Wave Key Stroke is a calisthenic movement within the S.T.R.O.K.E system that creates an undulating wave-like motion using the back, hips, and psoas muscles. It teaches the Rocking technique and enhances the pleasure experienced during vaginal penetration. By adjusting the angle of penetration and incorporating subtle rocking movements, practitioners can provide a more enjoyable experience for their partners. The versatility of the Wave Key Stroke, practiced in various positions, and is an important element in several STROKES.



# Zenity

## CHAPTER SEVEN KEYSTROKE CHEATSHEET



*The Rocking Element: Using the motion of the male body to cause the penis to 'rock' in some direction during penetration while it is inside the female body to massage the vaginal walls with the shaft of the penis, rocking is not a thrust, but an internal motion.*

*The Angling Element: using the movement of the male body to cause the penis to create a 'angle' during penetration while inside the female body to massage the vaginal walls with the shaft and/or head of the penis, angling can be used during in and out thrusting as well as when the penis remains inside the vagina.*

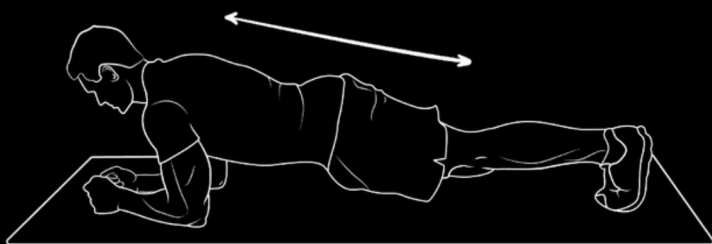
*The Shallowing Element: Using the movement of the male body to cause the penis to massage the vaginal opening and shallow walls of the vagina during penetration while inside the female body using the head and shaft of the penis.*

The Dip is a Key Stroke that is used to teach Angling and Shallowing and it is regularly used in the S.T.R.O.K.E system. When you see a S.T.R.O.K.E that has a Dip element incorporated into it that stroke it will often be when a shallow stroke and depth stroke are connected together. Practicing the Dip is key because it is an introduction to linking Key Strokes together in combinations.

The Dip teaches how to use Angling and Shallowing together by demonstrating how to apply leverage bodyweight to the head of the penis with the purpose of targeting a shallow wall.

## Stroke Skills Elementals Dip

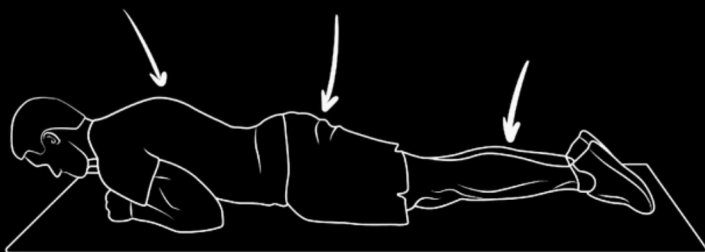
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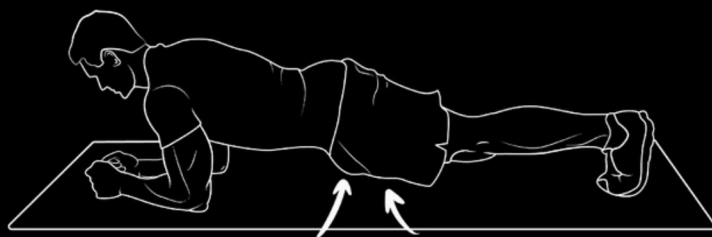
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**KEYSTROKES**

# DIP

A S.T.R.O.K.E commonly combines a shallow stroke with a deep stroke. The DIP is used to teach Angling and Pairing



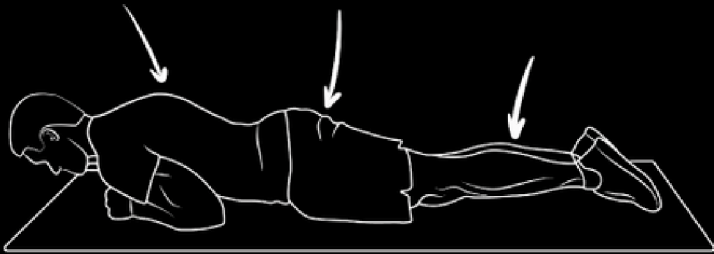
Stroke Skills



The Slide is a key stroke that that is used to teach Pairing, the Slide is regularly used in the S.T.R.O.K.E system. When you see a S.T.R.O.K.E with a Slide element added in, it will often be when a S.T.R.O.K.E is perform with the hips up in the air while the penis is inserted. When this happens the S.T.R.O.K.E. is using the top surface of the shaft to stimulate the external aspects of the clitoris on the exit stroke.

The Slide teaches how to use Shallowing while performing a deep stroke.

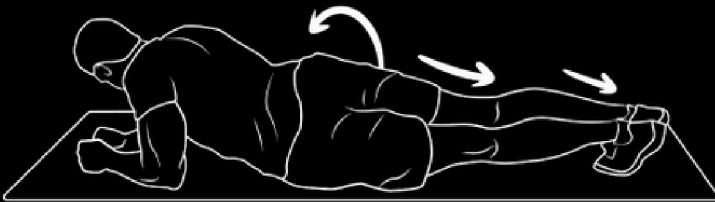
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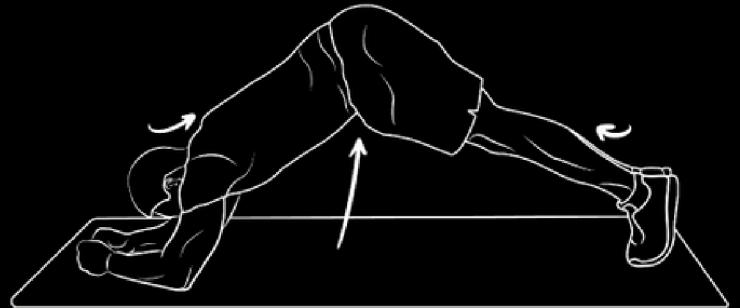
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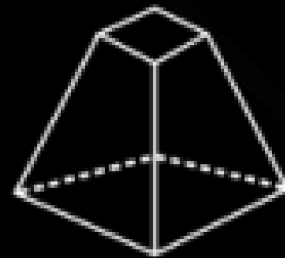
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## KEYSTROKES

# SLIDE

***A S.T.R.O.K.E will have a part of it performed with the hips in the air. The SLIDE is used to teach Angling***

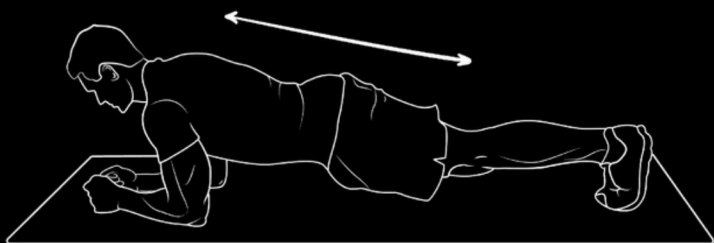


The Tap is a Key Stroke that is used to teach Angling and it is regularly used in the S.T.R.O.K.E System. When you see a S.T.R.O.K.E that has a Tap element incorporated into it that stroke uses an internal stroke that puts pressure on the left or right wall using the head of the penis.

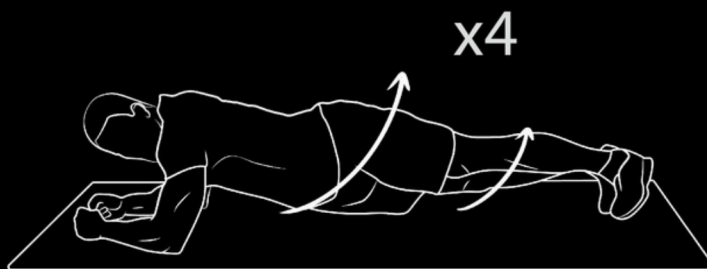
The Tap teaches how to use leverage to create Angles inside the vagina, putting pressure against the left or right vaginal walls using the head or shaft of the penis.

## Stroke Skills Elementals Core Tap

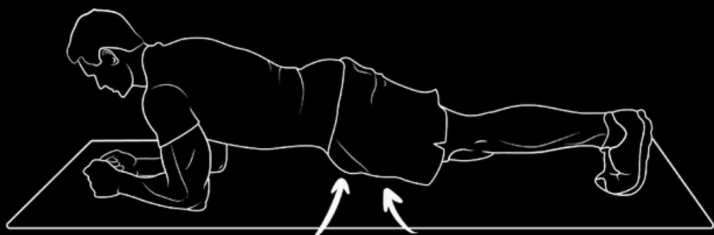
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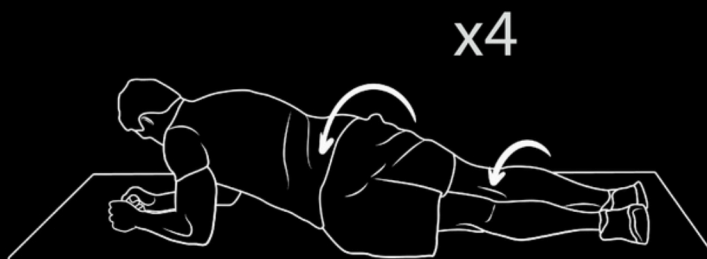
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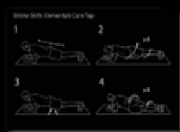
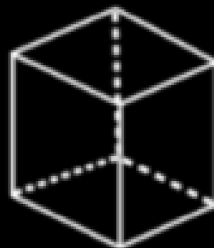
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KEYSTROKES

# TAP

**S.T.R.O.K.E drops the hips to the left or right. The TAP is used to teach Angling**



Stroke Skills

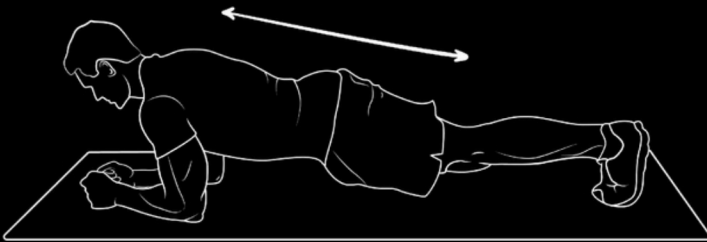


The Whip is a Key Stroke that is used to teach Angling and Rocking. The Whip is regularly used in the S.T.R.O.K.E System. One can realize a S.T.R.O.K.E that has a Whip element incorporated into it when that stroke displays various full body movements while fully penetrated in the vagina causing a stretching sensation.

The Whip, uses both Angling and Rocking techniques when full body horizontal movements are made the base of the penis moves along with it and can engage various walls of the vagina all within one full body movement.

## Stroke Skills Elementals Core Whip

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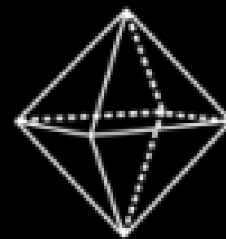


**KEYSTROKES**

# WHIP

**A S.T.R.O.K.E moves the body in non-standard directions while fully inserted**

**The Whip is used to teach Angling and Rocking**



Stroke Skills  
Elementals Core  
Whip-01

The Stir is a Key Stroke that is used to teach Angling, and is regularly used in the S.T.R.O.K.E system. When you witness a S.T.R.O.K.E that has a Stir element incorporated into it you can assume that the Stir element in that stroke is primarily focused on using hilt to stretch and massage the opening of the vagina and uses broadening, the Stir creates a sensation of increased girth.

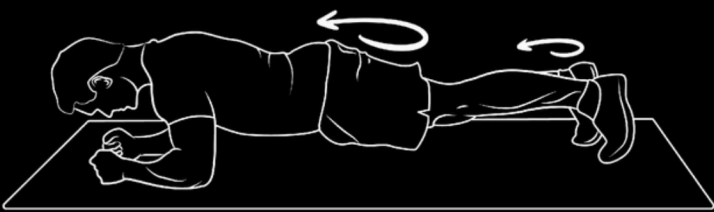
The Stir teaches how to use Angling while fully inside of the vagina. With the Stir, bodyweight is applied through the shaft of the penis to apply pressure against the vaginal walls using Angling.

## Stroke Skills Elementals Core Stir

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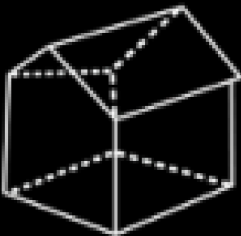


KEYSTROKES

# STIR

**S.T.R.O.K.Es with elements will**  
**Circle on the Z axis with the penis**  
**fully inserted.**

**The STIR us used to teach Angling**



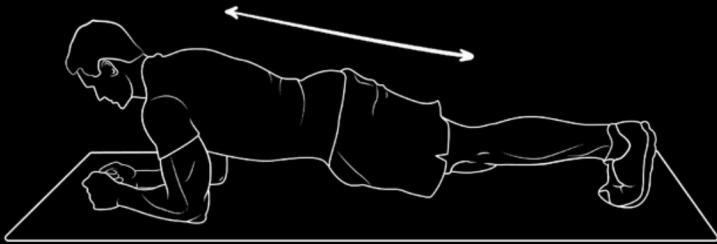
Stroke Skills  
Elementals Core  
Stir-01

The Crush is a Key Stroke that is used to teach Shallowing and Rocking and it is regularly used in the S.T.R.O.K.E System. When you witness a S.T.R.O.K.E that has a Crush element incorporated into it, that stroke will often use the Crush to stimulate the compression of the clitoris with the shaft during the exit stroke.

The Crush instructs in how to use the Rocking technique at the at the opening inches of the vagina.

## Stroke Skills Elementals Full Body Crunch

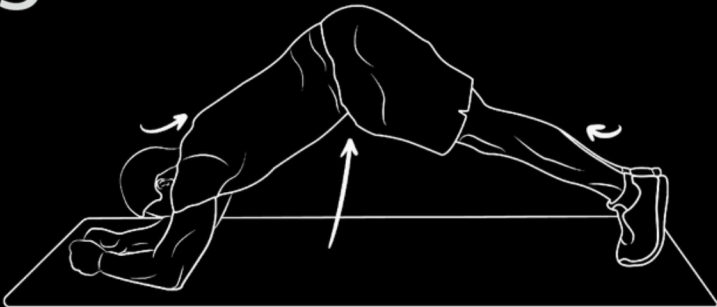
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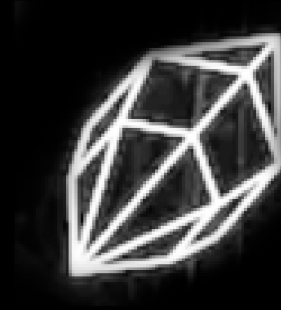


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# CRUSH

***S.T.R.O.K.Es tend to have parts that involve arching the body into a C shape. The CRUSH is used to teach Shallowing and Rocking***

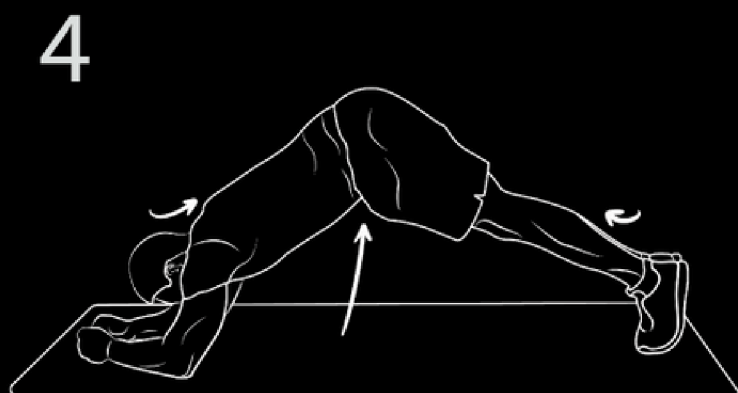
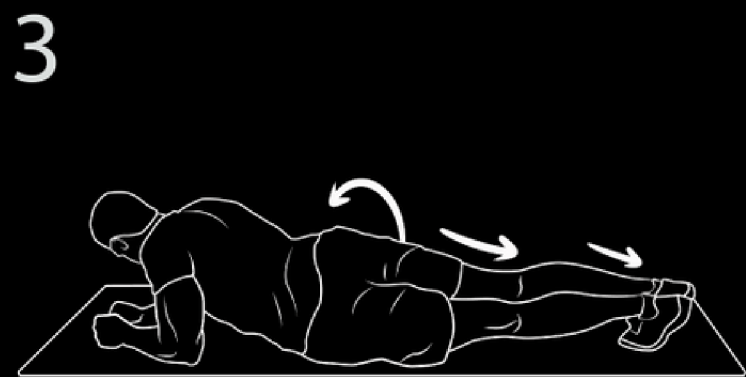
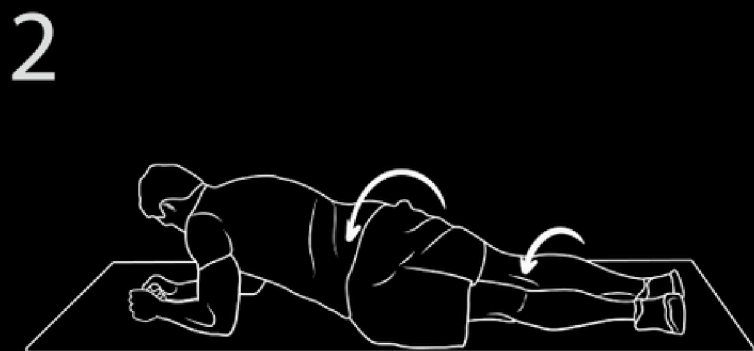
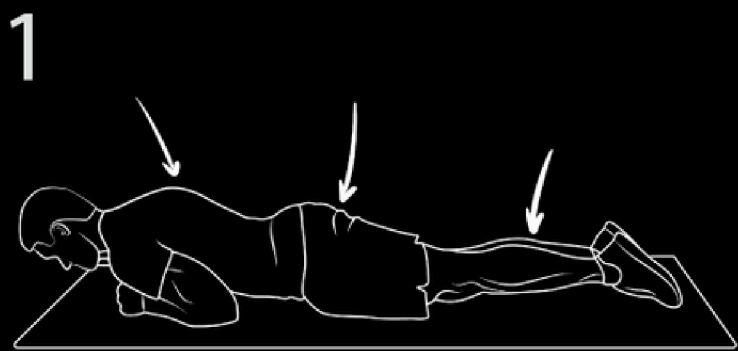


Stroke Skills  
Elementals Full  
Body Crunch-01



The Slip is a Key Stroke element that is used to teach Rocking and Shallowing. When you see a S.T.R.O.K.E that has a Slip element incorporated into it that stroke applies pressure to . during a twist in the body while fully inserted to use leverage to initiate the Rocking element and increase pressure against a vaginal wall. When performing the exit stroke, the Slip engagesShallowing as bodyweight is applied through the penis to directly impact the sensor laden vaginal opening.

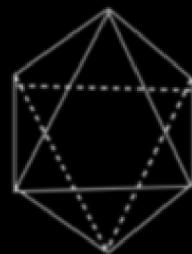
## Stroke Skills Elementals Core Slip



KEYSTROKES

# SLIP

**S.T.R.O.K.E uses full body twist while fully penetrated. The Slip is used to teachShallowing and Rocking**



Stroke Skills  
Elementals Dip

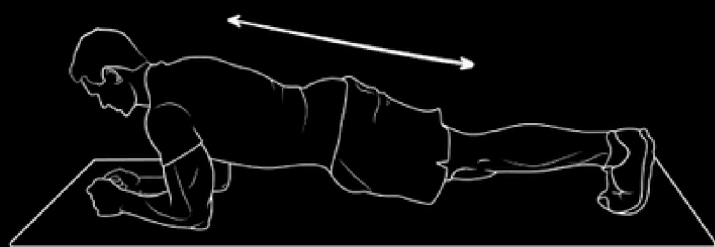
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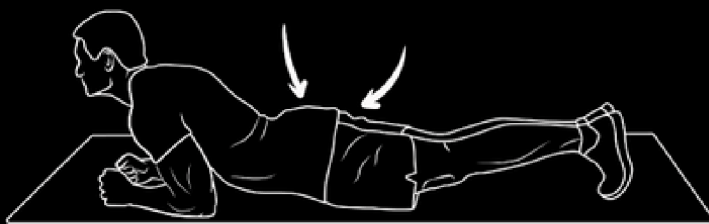
The Dive is a Key Stroke that is used to teach Rocking andShallowing together. The Dive is regularly used in the S.T.R.O.K.E System. The Dive teaches how to deliver a thrust and then leverage body weight through the head of the penis to draws a line of friction along the targeted wall during the exit stroke. When you witness a S.T.R.O.K.E that incorporates the Dive that Stroke will include a component that uses the Rocking technique during the exiting action. One will see the Dive often being a factor in Strokes that rapidly move in and out of the vagina, activating theShallowing technique by adding pressure to the vaginal opening during extraction

## Stroke Skills Elementals Core Dive

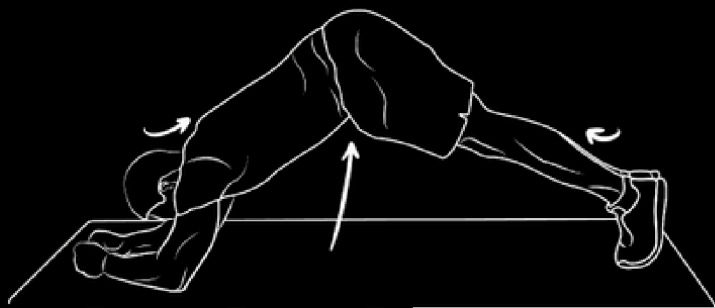
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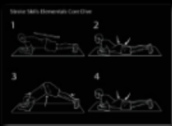
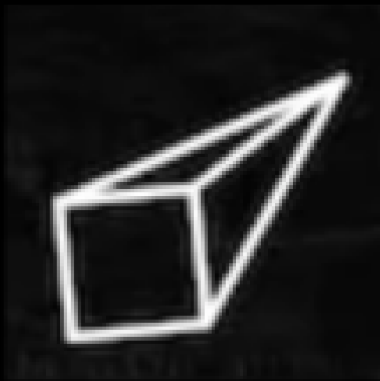
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KEYSTROKES

# DIVE

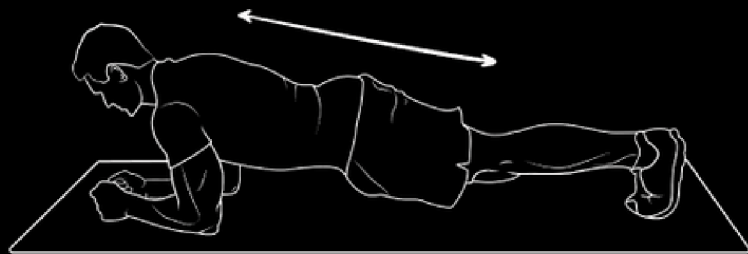
**S.T.R.O.K.E uses full body twist while fully penetrated. The Slip is used to teachShallowing and Rocking**



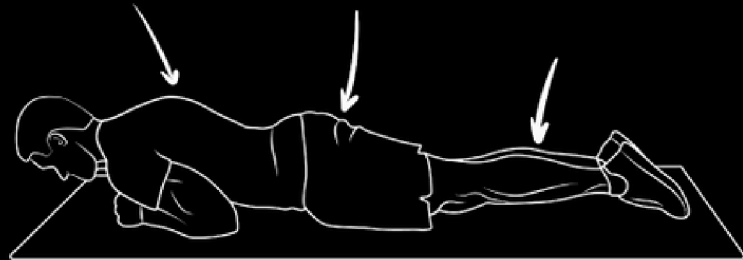
The Pushout is a fundamental technique in the S.T.R.O.K.E system, which focuses on teaching the Rocking Stroke Element. This technique has been scientifically proven to enhance female pleasure during vaginal penetration.

During the pushout, the practitioner initiates a full-body thrust and utilizes their body weight to create pressure against the top shelf of the penis upon entry into the vagina. Then, by using the bottom shelf of the penile shaft, they generate friction against a specific wall of the vagina during the exit stroke.

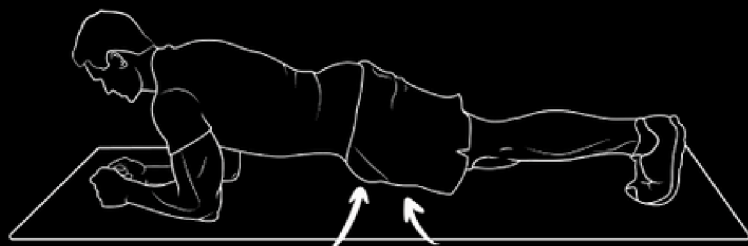
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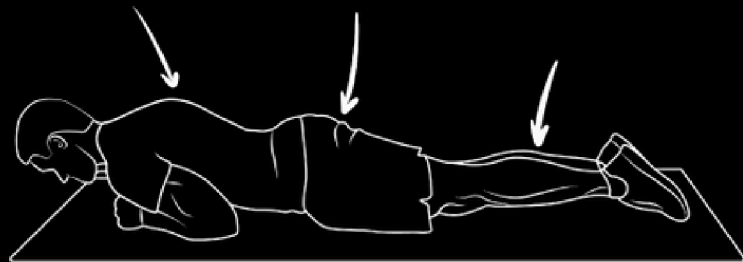
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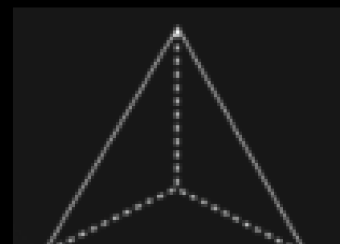
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**KEYSTROKES**

# PUSHOUT

*The Pushout is used to teach Rocking*

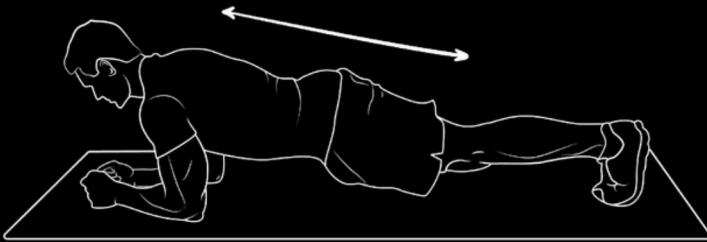


The Slope is a crucial technique in the S.T.R.O.K.E system that focuses on training practitioners in Angling and Rocking techniques. These techniques have been scientifically validated as methods to enhance female pleasure during vaginal penetration.

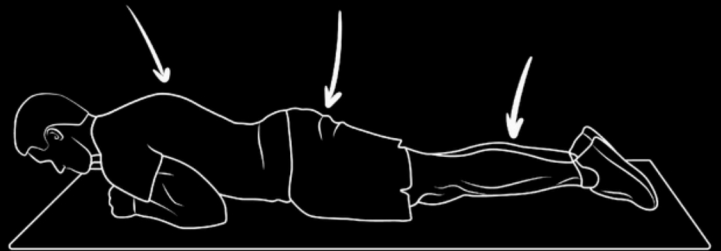
**During the Slope, practitioners learn to adjust the angle of penetration for optimal stimulation. By tilting their pelvis and adjusting the angle of entry, they can target specific areas within the vagina, creating a more pleasurable experience for the receiver.**

## Stroke Skills Elementals Core Slope

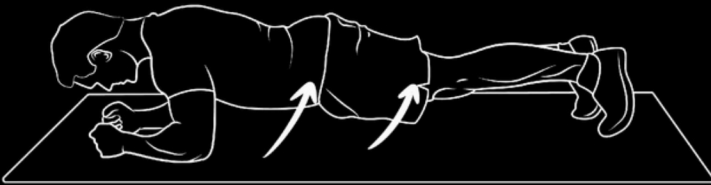
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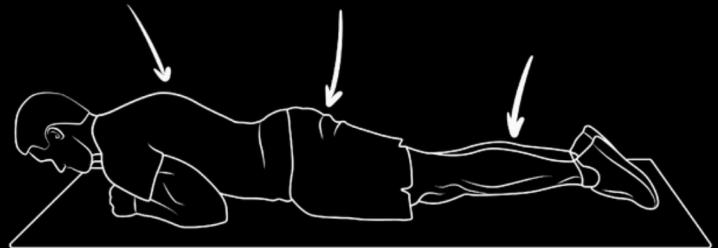
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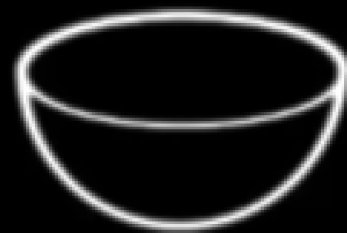


**KEYSTROKES**

# SLOPE

**S.T.R.O.K.Es use non-linear thrusts.**

**The Slope is used to teach Angling and Rocking**

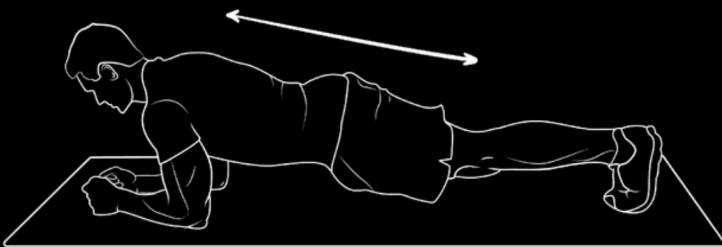


Stroke Skills  
Elementals Core  
Slope-01

The Pop is a Key Stroke that is used to teach Angling and Shallowing, and S.T.R.O.K.E, when you see a S.T.R.O.K.E that has a Pop element incorporated into that stroke it uses the lateral shifting of the hips to use the left or right surfaces of the shaft of the penis to apply internal pressure against the walls of the vagina.

## Stroke Skills Elementals Core Pop

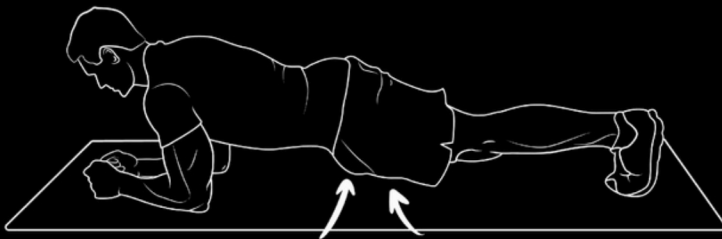
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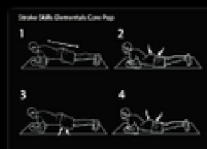
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**KEYSTROKES**

# POP

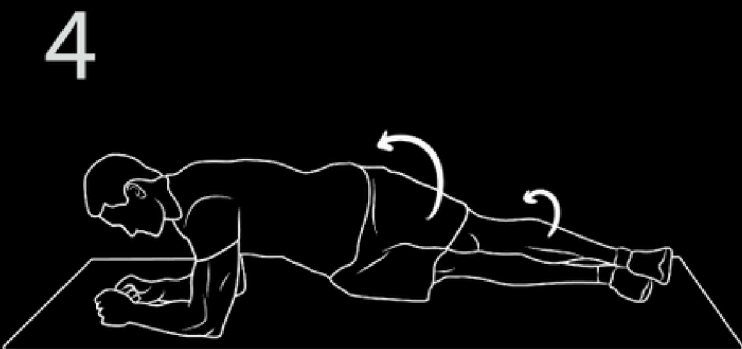
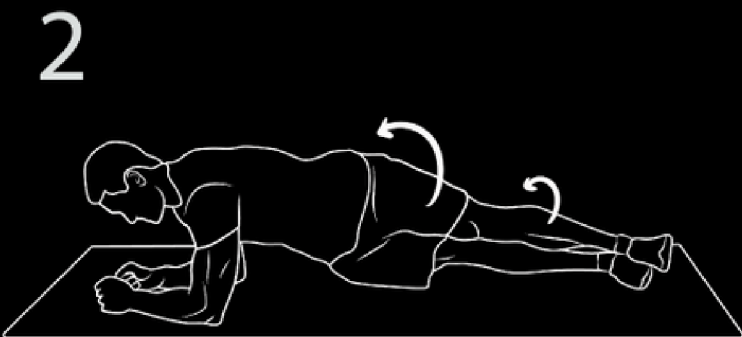
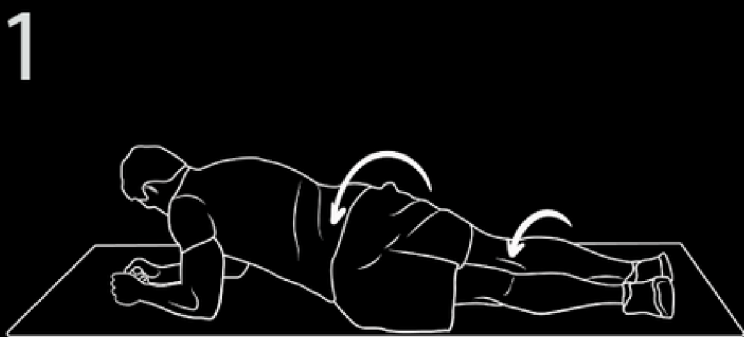
**S.T.R.O.K.Es use non-linear thrusts.**  
**The Slip is used to teach Pairing, and Angling**



Stroke Skills  
Elementals Core

The Ream is a key stroke that is used to teach Rocking. The Ream is regularly used in the S.T.R.O.K.E system..The Ream teaches how to use the Rocking technique to use the pelvis to stimulate the vulva with a horizontal massage while leveraging body weight to apply a pressure massage against the left and right vaginal walls using a lateral pressure massage to canvas the vaginal walls in a horizontal format allowing bodyweight to create a lateral pressure massage against the vaginal walls.

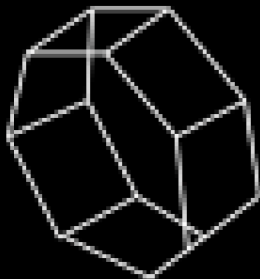
## Stroke Skills Elementals Core Ream



KEYSTROKES

REAM

**S.T.R.O.K.Es use non-linear thrusts.**  
**The Slip is used to teach Pairing, and Angling**



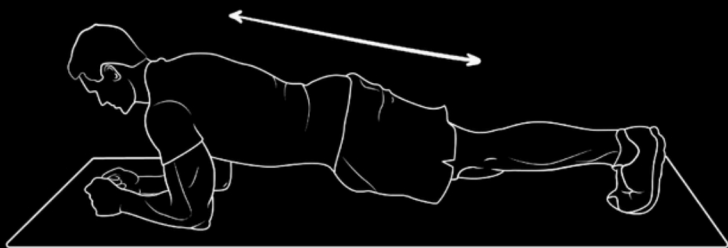
Stroke Skills  
Elementals Core



The Wave is a crucial technique in the S.T.R.O.K.E system that focuses on training practitioners in the Rocking Stroke Element. These techniques have been scientifically validated as methods to enhance female pleasure during vaginal penetration.

Wave Key Stroke a calisthenic movement that creates an undulating wave like motion using the back, hips and psoas, through repetition it teaches Rocking. The Wave Key Stroke fosters a rhythmic undulating motion involving the back, hips, and psoas muscles.

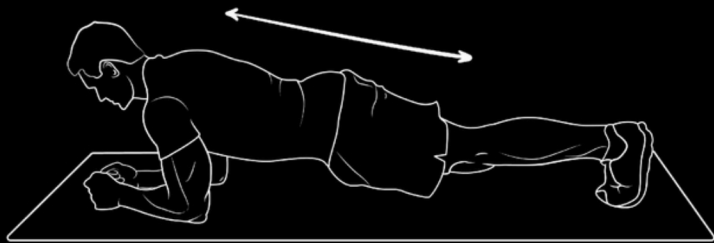
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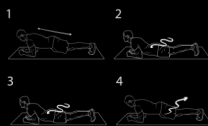
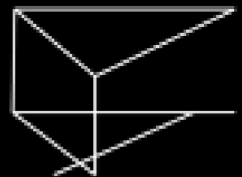
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KEYSTROKES

# WAVE

**S.T.R.O.K.Es use non-linear thrusts.**  
**The Slip is used to teach Pairing, and Angling**



Stroke Skills  
Elementals Core  
Ream-01





# CRUSH

*S.T.R.O.K.Es tend to have parts that involve arching the body into a C shape. The CRUSH is used to teach Shallowing and Rocking*



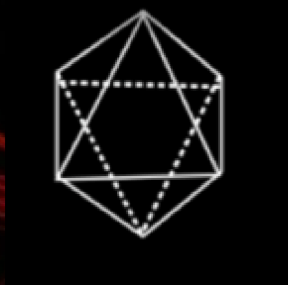
# TAP

*S.T.R.O.K.E drops the hips to the left or right. The TAP is used to teach Angling*



# SLIP

*S.T.R.O.K.E uses full body twist while fully penetrated. The Slip is used to teach Shallowing and Rocking*



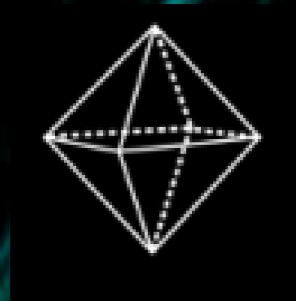
# DIVE

*A S.T.R.O.K.E commonly combines a shallow stroke with a deep stroke. The DIP is used to teach Angling and Pairing*



# WHIP

*A S.T.R.O.K.E moves the body in non-standard directions while fully inserted*  
*The Whip is used to teach Angling and Rocking*



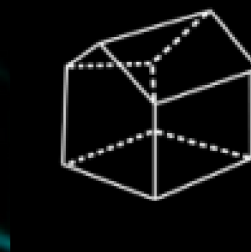
# POP

*S.T.R.O.K.Es use non-linear thrusts.*  
*The Slip is used to teach Pairing, and Angling*



# STIR

*S.T.R.O.K.Es with elements will circle on the Z axis with the penis fully inserted.*  
*The STIR is used to teach Angling*



# REAM

*In a S.T.R.O.K.E with element where the entire body will shift laterally (Left to Right) The Ream is used to teach Rocking*



# SLIDE

*A S.T.R.O.K.E moves the body in non-standard directions while fully inserted  
The Whip is used to teach Angling and Rocking*

# DIP

*S.T.R.O.K.Es use non-linear thrusts.  
The Slip is used to teach Pairing, and Angling*

# PUSHOUT

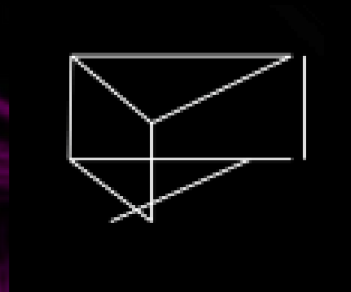
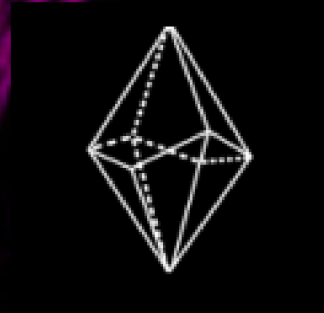
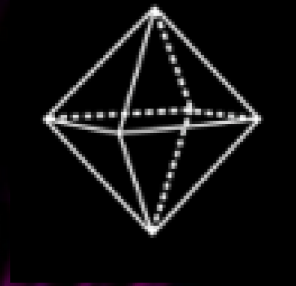
*S.T.R.O.K.Es with elements will circle on the Z axis with the penis fully inserted.  
The STIR us used to teach Angling*

# WAVE

*In a S.T.R.O.K.E with element where the entire body will shift laterally (Left to Right) The Ream is used to teach Rocking*

# SLOPE

*In a S.T.R.O.K.E with element where the entire body will shift laterally .The Ream is used to teach Rocking*





# Zenity

## CHAPTER EIGHT TESTIMONIALS

## JALON

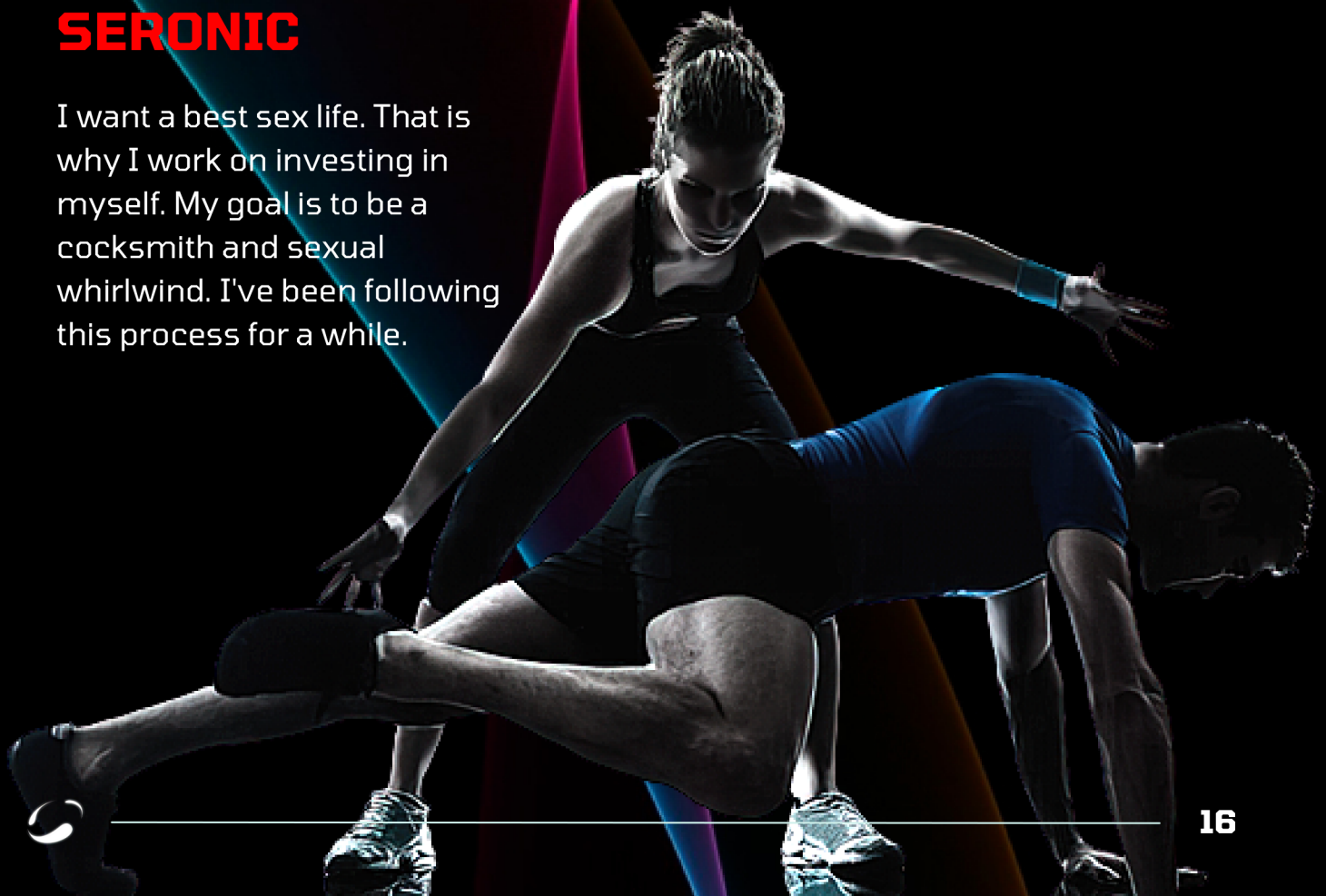
a workout schedule. My interest started from just wanting to improve and give greatness a shot I want to improve my sexual performance and unlock my potential.

## LISA

I ordered the product for my next partner to understand how to meet my needs. It is also my desire to understand the total art of satisfactio

## ROBERT SERONIC

I want a best sex life. That is why I work on investing in myself. My goal is to be a cocksmith and sexual whirlwind. I've been following this process for a while.



## GAVIN

I want most to be able to please women sexually and sensually of ALL types but mainly to have the confidence to approach beautiful, model-like women with the certainty that I know I'll provide experiences they've never had.

## MALCOLM

Your workouts are effective, the thing that interested me was how it changed my perspective of sex, and I'm a million times better in the bedroom because of it.

## LEE XIONG

I just wanted to be in better shape, always looking for a program that was gear toward stamina and performance. I didnt want to get membership to a gym, because I really want to master my own body weight, so I been doing body weight exercise only. I'm not sure how I stumble on to zenity fitness, but It was the thing I've been looking for all these years. A program that well help you master your own body weight and improved your sexual stamina. Just part of one my phase I need to work on, which is health. I want to have a stronger core and trunks. the foundation of a better body. I'm straight up unfit right now, so a total beginner. 5'7" 180ish. 26% BF from my scale more or less.



## JAMES

Hello, Here are answers to the questions you sent me. 1) I want to to develop my sexual skills. that is what I want most from working with you. 2) I became interested after seeing positive feedback about strokskills on the strokeskills facebok group and that is what made me take the plunge. 3) what i want to get out of this is to develop my core strength and increase my strokeskills.

## CHARLES

I would like to see some apps for workouts and possibly more instant downloads for any dvd's. I decided zenity fitness because I desire to become a better lover. Stroke skills are essential for me as well as being able to tone my body.



## BRIAN MOORE

What I want most is the overall confidence in my physical appearance as well my bedroom performance. My interest in your program(s) because I am a chronic over thinker having all of the information given to me where I don't have to think about it and let muscle memory take over. I have seen other programs with other people but your is different and i'm looking forward to not only satisfying my wife again, but more importantly being Satisfied with my self again.



## ARLINGTON WILSON

I want to gather knowledge on the female's sexual anatomy, in hopes of becoming a better lover.

## MICHEAL

I want a body that looks good and is functional. I think I ran across something about your company while surfing and it piqued my cheerios. I took the plunge with the unspoken goal of improving my sexual techniques along with making my body the temple it should be.

## ATHY

I like that I learn new things which I never knew before and I can learn use that knowledge to better understand sex as a men.

