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## **Disclaimer**

This guide is for informational purposes only and is not a substitute for medical advice. It is an opinion and should be used for personal entertainment purposes only. This guide is not to be considered as legal or personal advice and you are responsible for your own behavior.

## Introduction

If you're the kinda guy that wants results fast, then you're going to like this.

This guide contains a collection of strategies and techniques which you can use the very next time you have sex to give your woman breath-takingly intense orgasms.

That's why I called it the "Fast Track Guide", because this is like putting your sex skills development on steroids (without the negative effects of course).

Some of the techniques you find here may overlap slightly with what you find in The Female Pleasure Guru, and I did this because I wanted to include all the best and instantly actionable techniques for becoming better in bed, even if they appeared in The Female Pleasure Guru as well.

The bottom line is I want this guide to be a full collection of the most effective and instantly actionable advice I can teach to help you give a woman more intense orgasms the very next time you have sex.

Now of course, this guide is definitely not a replacement for the Female Pleasure Guru, but what this guide will do is accelerate your progress and show you instant tangible results to prove this whole "becoming better at sex stuff" really does work.

Now let's dive in with the first tip...

## **Never Ask For Sex**

To be the kind of lover that's able to give a woman incredible pleasure during sex you have to create the right social dynamics between the two of you.

If between the two of you sex is something a woman gives to you because you ask for it then you're approaching it from completely the wrong frame of mind.

Sex has got to be a gift you give to her.

And not a gift you give because you're trying to win her approval.

It's a gift you give her because you enjoy making her feel good...

But at the end of the day, you could take it or leave it.

If she doesn't want it, then it doesn't matter.

You're not putting any pressure on her, because you don't need it.

For example, if you offered to buy someone a drink at a bar and they said "no thanks" you wouldn't spazz out and go weird on them would you?

You wouldn't then start pressuring them to accept the drink you offered would you?

Of course you wouldn't.

You wouldn't think twice about it and you'd carry on with your evening without worrying about it again.

You've got to have the same attitude when it comes to sex.

You've got to want it, but not need it.

And as counter-intuitive as this may seem, it will drive her crazy, because only truly desirable men act this way.

And she will respond not only by wanting sex a lot more from you, but also by being a lot more receptive and likely to orgasm, because she will be so much more attracted to you.

And this all ties back in the title of this section "Never Ask For Sex".

Asking for sex is the exact opposite of what a sexually desirable man would do.

A man who is able to offer a woman incredible pleasure would never ask for it.

He is an alpha male and will physically progress things towards sex, but he will not outright ask "do you want to have sex?"

Asking this destroys all sexual tension and ruins the teasing and anticipation which women crave from a great lover (more detail on this later).

The bottom line is, starting from tonight, never again verbally ask for sex, use foreplay to create the desire in her for sex.

You'll find that by doing so the social dynamics between you change and it'll be much easier to get her to orgasm.

## Know Her Pleasure Zones

Understanding a woman's pleasure zones is essential to knowing how to give her the time of her life in bed.

But they're probably not what you think.

Because men and women are totally different.

Understanding a man's pleasure zones is pretty simple.

Here's a list of them...

1. His Penis
2. Not much else

I'm only slightly kidding.

The point I'm trying to make is that to understand where a woman likes to be touched you have to forget any assumptions and comparisons to what you like.

Women are completely different and should be treated as such.

As little as you might feel if she were to massage or stroke any of the following areas on your body, she on the other hand will feel a world of pleasure.

I've broken up her pleasure zones into yellow and red zones.

The yellow zones are less sensitive and pleasurable than the red, but it is incredibly important you don't skip to the red zones before spending time on the yellow as this can completely ruin her arousal and desire for sex.

Here are the different pleasure zones...

Yellow pleasure zones (in no particular order)

- Hair
- Lips (light kiss)
- Lips (heavy kiss)
- Neck
- Behind Ears
- Palms
- Wrist
- Inner elbow
- Ankle
- Feet

Red pleasure zones (in no particular order)

- Breasts
- Inner thigh (this is borderline yellow and red)
- Outer vagina (Labia)
- Inner vagina
- Clitoris
- Bum (this is borderline yellow and red)

- Anus

Remember that even if you feel nothing for having these areas stroked or massaged, it could mean a whole lot to her so don't dismiss them.

Take the time tonight to try out stimulating some of her pleasure zones that you haven't before (whether that be through massaging, stroking or kissing) and you will no doubt be amazed at how well she responds.

## **Tease The Pants Of Her**

As I talk about in depth in the Female Pleasure Guru, sexual tension is one of the single most powerful ways of turning her on and getting her to orgasm.

So as part of this fast start guide let me give you the quick break down of what sexual tension is and how to use it...

Sexual tension is when someone has a desire for some type of sexual pleasure, but there is something preventing them from having it.

For example, sexual tension would exist if you were flirting with a woman and she wants you to have sex with her, but you don't let it happen yet.

The desire for sexual pleasure is there, but there is something preventing it from happening (in this case that something is you).

Now you've probably been in a situation during foreplay where a woman's acting interested in sex, but when you go to make a move she stops you and says she's not ready yet, but then carries on with foreplay.

(If you haven't been in this situation just imagine how you would feel if you were in this situation)

This innocent act on her behalf will have created sexual tension in you, because you're clearly interested in sex and she's acting like it could happen, but you can't have it yet.

Think back to how horny this situation made you.

If you're anything like me then being in this type of situation makes me damn horny and wanting sex bad.

Now imagine flipping the people in this scenario around, so she's the one wanting sex, but you're not letting her have it yet.

Let me tell you something...

The power of sexual tension is amplified 10x in women.

If you were to consciously create a situation like this with a woman you will have created unbelievable levels of horniness.

And this is exactly what I mean by creating sexual tension...

Creating the desire in her for a sexual pleasure, but not letting her have it straight away.

This knowledge is dynamite in bed.

If you create enough sexual tension during foreplay it is common to have a woman orgasm within minutes or even seconds of sex.

So what's the specific strategy for creating sexual tension?...

TEASING.

Teasing means showing her the pleasure you can give her, but then not giving it to her yet.

So using the pleasure zones I shared with you earlier, the way to do this is to take two steps forward to a pleasure zone and one step back.

Say you want to stimulate her nipples.

The “average lover” way to do it is to just start sucking on them as soon as they can.

The “expert lover” way to do it is to lick around the nipple for a minute or so...

This is a way of teasing your woman about you actually licking her nipple and creates anticipation and sexual tension inside of her for you to lick it.

Then when you do go to lick it, lick it just once, then go back to licking around it.

You’ve now given her a sample of the pleasure and increased her anticipation and sexual tension even more.

You then slowly transition to full nipple stimulation, at which point she’ll appreciate it 10x more than if you went just straight for it.

And if you perform this strategy on several of the different pleasure zones I listed earlier then when it finally comes to sex so much sexual tension will be released that she will automatically orgasm.

## Slow Things Down

It's time for a shift in gears.

So far I've explained some important concepts and inner game stuff you need to know, but now I want to get into some very tangible and actionable advice.

And my first piece of advice is to "slow things down".

Now this may sound like boring advice, but stay with me...

For almost every guy this is very counter-intuitive.

99% of men when it comes to sex seem to get tunnel-vision.

They want that orgasm and they're going to get it.

Now if all you want from sex is to satisfy yourself, then that's fine, but if you want to please the person you're with, this instinctive attitude has got to change.

There are several problems with the animalistic let's go as fast as we can and have sex as fast as we can approach.

Firstly, it's a one way ticket to premature ejaculation.

If as soon as you start sex you begin thrusting 100mph, then the chances are that you're going to orgasm quickly.

It's a simple formula really...

More stimulation = quicker orgasm.

By slowing things down you make it easier to last longer and therefore have more time to give your woman an orgasm.

The second problem with going as fast as you can is that it completely stops you from being able to create sexual tension and tease your woman.

Creating anticipation and sexual tension requires that you take things slow at times so you can create lust and desire in your woman for the next stage of foreplay and sex...

And blasting through all that with an unwavering commitment to complete as fast as possible will shatter all chances of creating and benefitting from sexual tension.

Learn to love taking things slow and enjoy watching your woman quiver in anticipation for your penis.

The third thing I want you to know about the speed is that there's really no need to go fast anyway.

If you watch a lot of porn then it's easy to pick up the impression that rough and hard is how women like it, but you've got to remember something...

Porn is created (99% of the time) for the viewing pleasure of men.

That means that the women in porn are acting for the benefit of what men want.

Ignore all signs of female pleasure in porn.

Although the women may be acting satisfied, you've got to remember that's what they're being paid for and that's what they're job depends on.

I'm not saying all porn actresses dislike the sex in porn, I'm just saying to be aware of what's going on and what influences you pick up from it.

If you want to know what most women really like then go read a woman's erotic novel.

You'll notice that the approach to turning a woman on is totally different in one of those novels than what is designed for men in porn.

Overall, what you've got to realize is that going slow is good.

Many women actually like this.

If done in the right way (by following the other steps in this Fast Track Guide) it demonstrates to her your control, dominance, teasing, passion and intimacy.

So learn to love going slow.

If you do want to go faster and bang your woman hard then there's always time to do that after you've gone slowly at the start of sex.

## **Stimulate Her Clitoris**

If I had to pick one method as the “easiest” method for giving a woman an orgasm I would definitely say by stimulating a woman’s clitoris.

The woman’s clitoris is a highly sensitive part of her vagina and has as many nerve endings in it as the entire end of a man’s penis (also known as the glans), but it is only a fraction of the size.

You can find the clitoris just above the entrance to the vagina and underneath where a woman’s outer vagina lips meet at the top of the vagina.

If you haven’t used this before as part of your foreplay then you’re missing out big time.

Almost every woman loves having their clitoris stimulated and more women find it easier to orgasm with clitoral stimulation than vaginal stimulation.

During foreplay there are two main ways you can stimulate the clitoris.

The first way is by using your fingers.

If she’s not already well lubricated then I recommend you use some Astroglide for lubrication, because the clitoris is very sensitive and can be painful without lubrication.

In using your fingers it's best to try out a few different techniques, observe your woman's reactions and then when you find one she likes keep doing it until she orgasms.

It's a simple approach, but very effective.

The other great way to pleasure the clitoris is to use oral sex.

Most women love having their man pleasure their clitoris with his tongue.

When performing oral sex on the clitoris follow the same strategy as with using your fingers...

Try out different approaches, observe her reactions and then keep doing what she likes.

It's essential you test out different pleasuring styles, because every woman is different, some prefer circular motions, others prefer side to side, some prefer slow, other prefer fast, some prefer hard and intense, others soft, etc.

## **The Pelvic Rub Sex Position**

Here's a great way to stimulate a woman's clitoris during sex.

What's particular special about using this sex position, is that it gives her massive amounts of stimulation, because in it you stimulate both her clitoris and her vagina at the same time.

On top of that you can also slow down your thrusting in this position, so while giving her incredible pleasure you also have the time to recover some stamina.

And the way this position works is simple.

Move into the missionary position.

(In case you don't know, missionary is when the woman lies on her back facing up, with the man lying on top of her face to face)

And if possible slip a pillow underneath her pelvis.

This will rotate her pelvis slightly upwards towards you.

Once in this position thrust all the way in.

In this position your pelvis should rub against her clitoris.

For this position to work with maximum effect it's recommended you employ a good dose of foreplay.

Once fully in focus on rubbing your pelvis against her clitoris in a circular motion.

You can thrust in and out slightly if you like, but it's not necessary.

As you'll notice your woman will now be getting pleasure from both your penis being inside of her and you rubbing her clitoris.

If your woman is prone to clitoral orgasms this position can have her orgasming very quickly.

On top of that it's a very natural and intimate position too, so it doesn't break up the flow of sex unlike some other more complicated sex positions.

## **Hit Her G-Spot**

My final tip for giving your woman an intense orgasm the very next time you have sex is to hit her G-spot.

A woman's G-spot is found several inches inside the vagina.

You can most easily identify it by entering your middle or index finger into a woman's vagina with your palm facing upward and searching for it along the roof of the vagina.

The G-spot resembles the shape of a rounded bean and feels quite hard.

It also swells as a woman becomes more aroused.

Certain sex positions allow your penis to stimulate the G-spot during sex and some women go absolutely crazy for this.

Hitting the G-spot during sex is like adding a whole new layer of pleasure to sex, because not only is she getting vaginal stimulation, but G-spot stimulation too.

A great position for hitting the G-spot is the doggy style position.

This is the position where the woman positions herself on her hands and knees and the man enters her vagina from behind.

If you put a focus on angling your penis downward slightly you can hit the G-spot very well in this position and if the woman you're with is the more animalistic type, she will also love the fact that you're riding her too.

If the G-spot is something you're interested in I also recommend you check out my full break down of how to work the G-spot and more great sex positions for it too in the Female Pleasure Guru.

## Good Luck

You've just learned 7 immediately actionable and highly effective tips and techniques that you can put to immediate use in the bedroom.

The key question is not "do they work?", but "will you put them to use?"

It's easy to read something like this and say to yourself "yer, that's sounds good" and then forget about it immediately.

I challenge you to put into action what you've learned here tonight.

What's great about what you've learned here is that no extra reading, research or purchases are required.

And on top of that the techniques are easy and fun so there's really nothing stopping you from putting them to use straight away.

Try at least one of these techniques out tonight and enjoy the results.

Your sex life will thank you :)

All the best,

*Jack Grave*

Jack Grave

[www.FemalePleasureGuru.com](http://www.FemalePleasureGuru.com)