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AWESOME ORAL SEX SECRETS!

LEARN THE POWER OF PERFECT CUNNILINGUS!

By Matthew Doeing

Cunnilingus - *cun`ni`lin`gus* – *noun* - oral stimulation of the vulva and/ or clitoris.

Also known as; clam digging, carpet munching, beaver eating, muff diving, licking the taco, and a hundred other crude but humorous terminologies.



Cunnilingus, or oral sex, can truly be one of the most wonderful things you can do for a woman. The **power** your oral cavity holds is **mind-boggling**.

Oral sex, when performed masterfully on a woman, makes her feel loved, admired, sexy, and horny as hell with the potential to give her an exceptional orgasm. Many women prefer it to intercourse, and for the babes who require a large amount of clitoral stimulation, it is the easiest way orgasm.

And guess what?

Many women now **expect 'to be orally serviced'** these days prior to sexual intercourse. That rare man who can perform cunnilingus superbly will always be greatly appreciated, considered an incredible lover and will be **the most sought after man in town!**

Remember this...almost **nothing is more exciting** to a woman than knowing her man **finds her absolutely delicious!** It excites the **hell out of her** to know that her man, **YOU**, loves the taste, smell, and feel of her snatch and that you adore the glaze of her vaginal juices on your lips and chin.

And here's the best part...

As long as you're gentle, there is almost **nothing you can do** when performing cunnilingus on your lady that will feel bad to her! Yes, you licking and sucking her labia, vagina, clitoris, and anal area will feel incredibly sensational to your partner. But the key to great oral sex on a woman is the ability to determine what excites her the most and the only way to determine this is to judge her reaction to each of your actions. Be observant to her body language as you dip your tongue into her paradise. Take note on the areas you touch which give her pleasure and those which make her uncomfortable. The more pleasure you give her during cunnilingus the more pleasure you'll receive after.



Discover that secret spot on her body that, when kissed, will have her begging you to stuff your face in her moist muff? Get [The Ugly Man's Guide](http://www.elitefitness.com/reports/uman) today at: <http://www.elitefitness.com/reports/uman>



Before we actual get too deep (pardon the pun) into these awesome oral sex secrets you will need to increase the muscle endurance of your tongue. You **need to train, boy!**

Here are some great tongue exercises to get your face in shape:

Exercise 1:

Stick your tongue as far out of your mouth as possible, and try to touch your nose. Once in this position, hold the same muscle groups still and begin moving your tongue around. Practice in sets, moving the tongue clockwise, counterclockwise, and up and down.

Exercise 2:

With a loose jaw, point your tongue while simultaneously trying to keep your tongue in constant contact with the top and bottom your mouth. Once you are in this position, practice moving your tongue in and out of your mouth. For the more advanced student, try keeping your mouth closed and circling your tongue around inside of it, while of course, maintaining position. An extension to the advanced exercise is trying to dissolve a lifesaver held in your teeth from the inside out.

Exercise 3:

Stick your tongue straight out of your mouth, trying to keep your tongue flat and relaxed. While holding this position, practice slowly curling the wide tip of the tongue upward, downward and side-to-side. Practice in five sets of ten, holding each move for 2 seconds.

Exercise 4:

Keep your tongue relaxed and open your mouth. Move your tongue in and out of your mouth forwards and in both directions. Practice in five sets of twenty.



Awesome Cunnilingus Techniques

Note: The techniques below should be used only after setting the proper mood with skillful foreplay. I strongly recommend you get your hands on [The Ugly Man's Guide](http://www.elitefitness.com/reports/uman) to learn great foreplay techniques.

Keep in mind that women **love to be teased emotionally, physically, and sexually**. As far as sexual teasing, the better your talent to tease becomes before cunnilingus the better your cunnilingus talents will be.

Here are some teasing tips to please your woman...

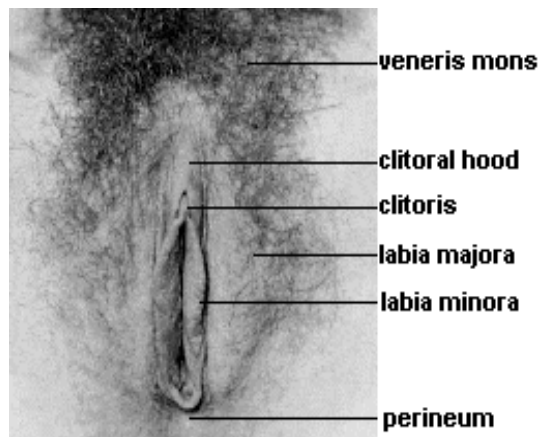
The inner part of her thigh is her most tender spot. Lick, kiss, and make designs on her inner thigh with the tip of your tongue. This is **a very tender area on her body!** Come close to her snatch, and then drift away. Make her eager for it. Make her almost beg. Gently lick that lovely crease where her leg meets her snatch. Bury your face into her bush. Brush your lips over her vaginal slit **without** pressing down on it to further excite her. Let her feel your breath on her vagina. Tease, tease, tease!



A few moments of this treatment and she will be bucking up and begging to get more of your face closer to her. **Now you got her where you want her!**

Place your lips gently on top of her beautiful slit. Kiss her there. Then kiss her a bit harder. Use your tongue to separate her vagina lips and as she opens up, run your tongue up and down her moist labia minora (see diagram below). Continue to warmly lick from her perineum up to her clit following the outer edges of her vagina along both sides. Treat her vagina as a delicate but juicy Popsicle careful not to let any of the tasty juice hit the sheets. By repeating this technique, you will have her melting in your mouth.

But we are just beginning....



The Clitoris...a brief lesson.

The clitoris is about the size of the tip of your little finger. Note that a woman's clit is the most erotically sensitive spot on her body with the sole purpose of receiving pleasure! Oddly, one side of her clitoris is normally more sensitive than the other and if she doesn't know which side – experiment until you get it right. When a woman becomes aroused, **the clitoris becomes engorged (enlarged)**. The more engorged it becomes, the more it craves to be touched. (What a problem to have!)

Now it's time to get serious...

Labial Hold

A simple technique...while holding the two parts of her labia (vagina lips) together with your lips, run your tongue between the inner and outer labia one side at a time.

Tongue Sex

The majority of a woman's nerve endings in her vagina are around the opening and within the first couple of inches inside. Target these nerves with your tongue by inserting it into her vaginal opening. Techniques are somewhat limited unless you have a 6 inch tongue but you can still cause her intense pleasure by gently moving your tongue in and out, as well as in circles around the inside of her opening.



Learn my sensational 'ABC Technique' that will leave her an orgasmic mess!
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The Flick

Spread her outer vaginal lips with your fingers. With your tongue pointed, gently flick your tongue around her clitoris. Feel free to roam around other areas of her snatch, but keep returning to her clitoris, as it is the most sensitive. This drives some women crazy with passion, and others find it to too intense. When stimulating her clit make sure to start out gently until you can determine how well she likes it. Watch her reactions to your actions and pay attention to whether those moans are ecstasy or pain.

Warning: Be careful with the following techniques and be sure not to apply them until your lady is fully aroused (i.e., very wet). These are intense techniques, and may be too intense for some women, even when they are near orgasm.



The Clitoris Suck

Expose her clitoris by spreading her lips and lightly pull back her hood. (See diagram) With her clitoris exposed, give it a quick little suck; pull it into your mouth briefly and let it go. Treat it as if you are licking cake frosting off of your pinky. This feels incredible, and is a fine thing to do if you feel like tormenting the hell out of her – **but don't overdo it!** Do **NOT** use your teeth or heavy suction when starting out. Again judge her reaction to your action. As you are performing the Clitoris Suck, insert your middle and index finger into her snatch with your goal being to find and stimulate her G Spot. Once perfected, this One-Two punch will leave your women breathless. (Get The G Spot Report by going to <http://www.elitefitness.com/reports/uman>)

The Clitoris Hold

Take her exposed clit into your mouth and gently suck on it, simultaneously flicking your tongue over and around it. This can be done very lightly or very aggressively, and combined with skillful finger action, will usually rapidly produce an intense orgasm.

The Tongue Tube

Roll your tongue into a tube (this is a genetic blessing...you either can do it or you can't...you can't learn it). This technique works best in an inverted or 69 position. Roll your tongue into a tube around her clitoris. Slide it back-and-forth; in effect, your tongue is doing something similar to a woman's vagina around a man's penis. This is likely to bring any woman over the edge to an explosive orgasm.

Remember...

A good lover's hands never stop moving, always keep exploring, insert a finger, squeeze her buttocks, or massage her thighs while you perform cunnilingus.

You can also try using a wide variety of flavored gels, oils, and lubricants. Some of these products, like the K-Y Warming Liquid™, heat up when rubbed on to add extra stimulation.

This is nifty...having a mint or cough drop in your mouth while performing cunnilingus can have terrific results. The mint or vapor action of the cough drop, as long as it is not too weak or strong, can create a very intense tingling sensation to enhance your performance.

I hope this brief report will help you in perfecting your oral sex skills. Get **The Ugly Man's Guide** for even more sensational methods to **bring your woman to orgasm every time you make love**. Don't underestimate this power.

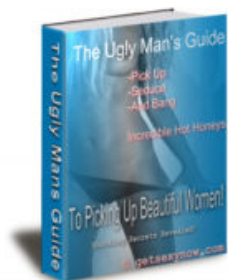
To your success,



Matthew Doeing



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