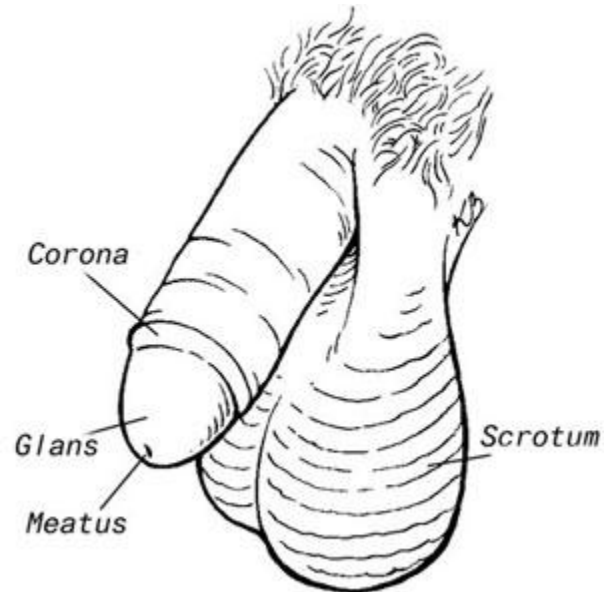


Sex Coach Nikki Presents:

# I Heart Fellatio

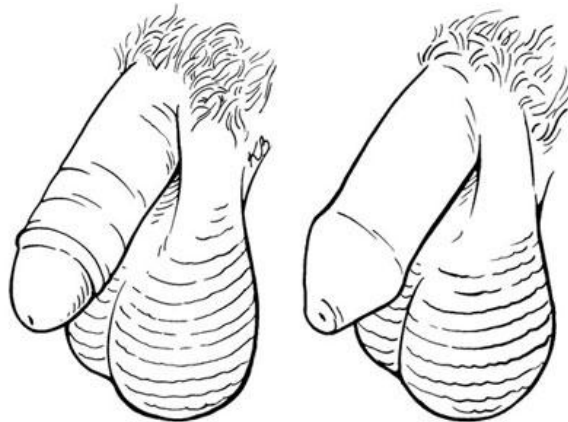
## External Anatomy of Male Genitals



<http://www.dummies.com/how-to/content/anatomy-of-the-human-penis.html>

- The tissue of the scrotum is made up of the same tissue as the outer labia and can be just as sensitive.
- Include using your mouth and hands on his scrotum during fellatio.

Circumcised and uncircumcised.



<http://www.dummies.com/how-to/content/anatomy-of-the-human-penis.html>

A penis with foreskin has its own benefits and challenges.

Find out - verbally - how sensitive your partner is if he has his foreskin. Some men prefer to keep it down all the time while others prefer to have it pulled back with the glans exposed. Either way, the part of the foreskin and the glans that is normally covered is extremely sensitive because it is protected and moist. It can be very similar to the clitoris hood.

## Frenulum



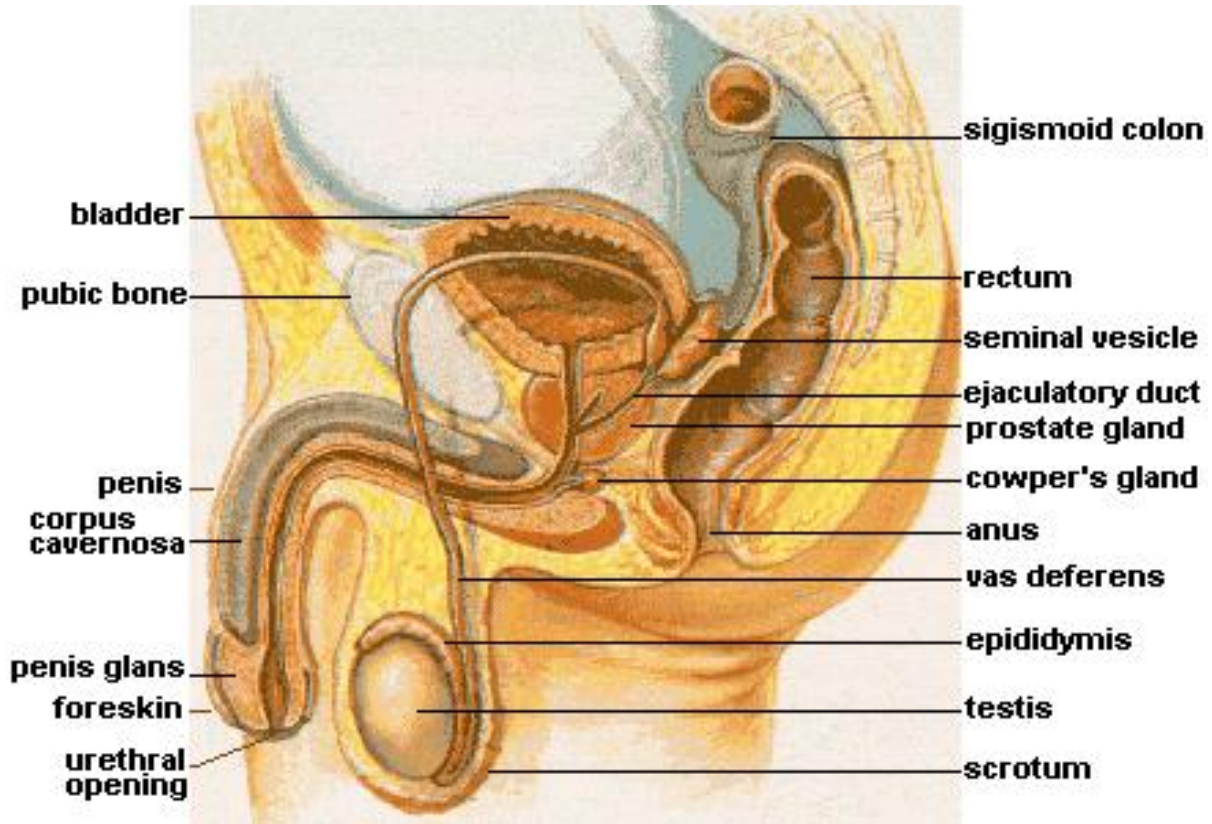
[http://commons.wikimedia.org/wiki/File:Preputial\\_frenulum.JPG](http://commons.wikimedia.org/wiki/File:Preputial_frenulum.JPG)

- The frenulum attaches the foreskin to the penis and marks the most sensitive spot on a penis.
- It is still present (partially) if he is circumcised.
- The sensitivity on this part of the penis can be compared to the sensitivity of your fingertip (only if it's not calloused!) or in more extreme cases the sensitivity of your eyeball.
- Rubbing your tongue on this part of him creates high levels of sensation.

One of my best techniques is to take the penis in until my mouth is full and then start using my tongue - licking up and down and side to side as well. When bobbing my head up and down I make sure to make as much contact with my tongue as I possibly can - he can feel the texture of your tongue as it moves against him.

## Internal Anatomy of Male Genitals

It's important to know what is happening on the inside - stimulating him with the intention of sinking in deeper will allow him to feel the sensations more deeply.

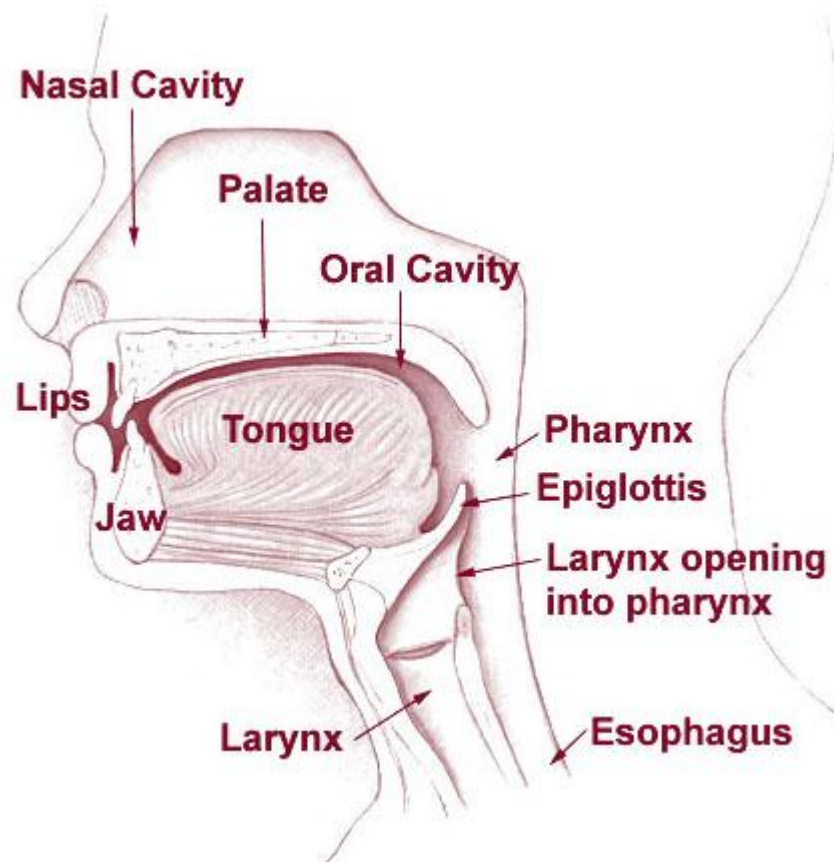


*Image from <http://www.luckymojo.com/faqs/altsex/penis.html>*

Massaging the pubic bone, testicles, perineum, anus and prostate will add to the experience.

Experiment with different oils and lube, different amounts of pressure and different types of strokes. Ask him for feedback about what feels good and what doesn't. Let him know that you are exploring and really want to know how these different touches affect him and it's great for him to let you know if he doesn't like something.

## Oral Anatomy



<http://www.replicatedtypo.com/phonology-and-phonetics-101/2583.html>

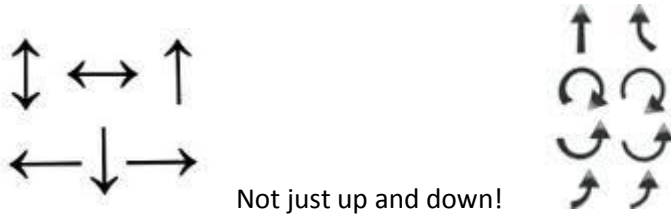
- Use your lips to encircle him.
- Alternate between using your lips to grip and wrapping your lips around your teeth to give firmer pressure. Make sure to never hold a position or repeat a movement for too long (to the point of irritation or pain).
- If you are having challenges experiment with lube. This will give your lips the glide you need if you are not producing enough saliva to reduce friction or to keep your lips moist enough to wrap around your teeth.

## Deep Throat

- Sink your head onto him slowly allowing your throat to relax so he can slip past your soft palette. If his penis is curved orient yourself to the curve so it is pointing down toward your stomach.
- Experiment with different positions. Sometimes lying on your side or back is better because you can relax your throat completely since you don't have to hold your head up. Different positions will also allow you to tilt your head back so that your mouth and throat are almost in a straight line.

- If you're dealing with a gag reflex go slow and get lots of practice. You can even practice on your own with a tooth brush. With relaxation and repetition you can overcome your gag reflex.
- Being aroused can help too because the body can interpret the sensations as additional stimulation.
- If and when you gag slow down and make his penetration shallower. Catch your breath. And then try again. Stop if you have any severe or sharp pain.

Use your hands



- Use your hand as an extension of your mouth to give your throat a break and as another sensation.
- As you bob your head up and down with your hand wrapped around his penis twist your hand.

### Kink

It's a good idea to talk about fantasies and limits before you start. Sometimes things that sound great during discussion don't work in practice. Sometimes things that are repulsive under any other circumstance are intensely erotic in the moment of action.

### Role Play

- Nurse/Doctor and patient. Conduct an examination:)
- Age play - Daddy/baby girl, aunt/nephew
- Babysitter - with their sittee, or the parent
- Whore and client

### Tease And Denial

- Get him hard and then consistently alternate your motion
- Tell him to let you know when he's going to cum before it's too late
- When he tells you he's nearing the point of no return back off until the intensity passes
- Keep doing this until he is begging you to let him cum and you are ready as well

### Power Exchange

- The submissive is truly the one in control - without their submission the dominant has no one to dominate.
- Decide in advance if you are going to use a safe word or just express in the usual way if you need to turn down the intensity.

- If you are the one performing the fellatio and you are taking the dominant role then you can verbalize your dominance in between the times he is in your mouth. You can also incorporate bondage and pain up to agreed upon levels.
- If you are performing oral as a submissive think a little bit about what kind of experience you'd like to have and what your motivation is. Are you doing it to be of service? To be "used" as a sex object for his pleasure? Do you like the feeling of humiliation? Do you want to "worship" his cock?

For more information visit [NikkiLundberg.com](http://NikkiLundberg.com). For explicit how-to videos visit [NikkisLessons.com](http://NikkisLessons.com).

I also work with people through email, on the phone, on video chat and in person.

See rates at [www.nikkilundberg.com](http://www.nikkilundberg.com).

Please contact me if you would like some private attention.

Make It A Sexy Day!

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