

# **The 5 Types of Female Orgasms**

**(And How To Give Your Girl Each One!)**

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First of all, THANK YOU for getting this special report. We hope you have as much fun using the secrets we're about to share with you as we did figuring all of this stuff out!

So... let's get right to the fun stuff...

The first thing you may be wondering is IF it is even possible to give a woman 5 (or more) different types of orgasms.

The answer we can give you, with 100% confidence, is YES!

You see, women aren't like guys. Guys cum once, it feels good and then we wait until we get hard again and go at it again.

However, science has proved that women are CAPABLE of MANY types of orgasms. While orgasms for men are largely PHYSICAL, based on the physical sensation and visual view (imagine a great ass bent over doggystyle :) women are very very different.

For women, not only are they capable of different types of orgasms but these orgasms can be created through emotional stimulation not just physical stimulation. And for women these orgasms are of completely different intensities and lengths. Some women can even orgasm for up to 20-30 minutes or the entire time you are inside her. (Make sure you read about this a little farther in the report :)

If you are a guy who wants to be able to totally satisfy his girl you are going to want to read EVERY WORD of this report. By the time you are done you'll know exactly how to give your girl 5 different types of orgasms.

You will KNOW that you are BY FAR the best lover she has ever had!

Ok, let's get into it!

### **Orgasm Number 1 – The Foreplay Orgasm**

The first type of orgasm to give her is simply a foreplay clitoral orgasm through fingering.

Overview: It is of great importance that you have the ability to give your girl orgasms during foreplay. The reason is because giving a woman orgasms during penetration without a foreplay orgasm first is VERY difficult. When you can give a woman an orgasm through fingering you can do it in a few different places. For the purpose of this report in this section are you are going to discover the 2 EASIEST and VERY INTENSE orgasms you can give while fingering her.



## 1) A clitoral fingering orgasm

## 2) A g spot fingering orgasm

Let's discuss the different fingering orgasms, the differences, and how to give them.

A clitoral fingering orgasm is often easier to give than ANY OTHER type of orgasm. Clitoral orgasms during foreplay will set up much more intense internal orgasms during penetration.

### How to give a clitoral fingering orgasm:

- Before you even begin touching her clitoris properly warm her up. "Warm her up" by kissing the side of her neck, her mouth, massaging her body and generally touching EVERY part of her body OTHER THAN HER VAGINA. This way she begins FEELING very sexual but you aren't touching the most important area until she is totally turned on and RELAXED!

The longer you can take before touching her vagina the better.

AT THE LEAST you should take at least 10 minutes from when you titrated to getting sexual to where you are ready to begin clitoral fingering. You CAN give her an orgasm through fingering after you give her oral sex but it is much easier to focus on either a fingering orgasm OR an oral sex orgasm. Pick one method and give her an orgasm and then switch to the other and do the same!

Once you have warmed her up (again for at LEAST 10 minutes of sexy touching WITHOUT touching her vagina) then you can begin touching her.

**Step 1)** Make sure your pointer finger on the hand you will using is wet. Either spit on it or rub some lube on it and some lube on her as well. However, after 10 minutes of sexual touching she should be wet and ready to go.

**Step 2)** With her lying on her back lie next to her with your left hand spreading her vagina and your right hand with the pointer finger on her clit.

**Step 3)** What you want to do now is slowly and lightly move that right pointer finger up and down on her clit. Again, start VERY slow and VERY light because even after 10 minutes of foreplay she STILL may not be totally aroused.

**Step 4)** Ask her if she likes it and notice how wet she is getting as well as her moans. At this point begin stroking her clit harder and a bit faster. See her response. Still move only in the up and down direction.

**Step 5)** Continue until orgasm :) Yes, it's that simple.

Do NOT worry about a putting a finger inside her. It's far easier to give her a clitoral fingering

orgasm than an internal fingering orgasm and putting your finger inside her will only take her away from her soon-to-cum orgasm.

For most women it will take anywhere from 5 to 10 minutes of clitoral stroking to have an orgasm.

Here are some DON'Ts to do while you are giving her clitoral fingering orgasms:

- Never do anything to break her concentration on her own pleasure. (you will have your pleasure later AFTER you please her :)

Things that break her concentration and that you need to avoid at all costs include:

- 1) stopping and then starting again after a break
- 2) taking your finger off her clit and putting it inside of her
- 3) putting her hand on your cock to start jacking you off or stimulating you
- 4) anything that she has to "do" while the clitoral stroking is going on...(examples: not having her head or body supported so she has to concentrate on holding herself up, distracting her by kissing her, playing music with changing songs)

The ONLY times in which to break these rules is when she specifically tells you to do something. If she is telling you it is because what she is telling you to do will INCREASE her sexual pleasure and bring her closer to orgasm. Things that you might here which would allow you to break the above rules include:

- 1) "kiss me here"....and she will TELL YOU what area of her body she wants you to kiss
- 2) "I need a break" After you are stimulating for a while she will reach orgasm. After orgasm some for some women their clit becomes very sensitive. At this point you'll need to take a break and then move on to penetration :) (However, during penetration women are capable of coming over and over but many THINK they are too sensitive to do this..this will be explained a bit farther in this report)

The second type of foreplay fingering orgasm you can give her is a g spot orgasm. Although there is much debate about the EXACT location of the g spot here is a tried and true "g spot" that will bring most women to orgasm. You may have also read about the "A Spot" or "Deep Spot" and I will show you how to hit those as well.

As with the clitoral fingering orgasm it is extremely important to warm up your girl. Spend at least 10 minutes getting her warmed up by caressing her breasts, inner thighs, kissing her, and stroking her neck. (or you can use any other warm up techniques that you like to do.)

Now you are ready to finger her...

For the g spot fingering orgasm you will lie in a totally different position than the clitoral fingering orgasm. Lie her flat on her back with her legs spread a comfortable distance apart for her. You want to face her, knees on the bed with her right leg between your legs. (if you are right handed and using your right hand :)

Step 1) Make sure you get some lube or that she is sufficiently wet. (Sufficiently wet means that when you put your fingers on the outside of her vagina she is wet) If she is not wet from her own anticipation apply a small amount of lubrication (astroglide works well) to your middle finger. Use that middle finger to slowly add the lube to the outside of her vagina and the opening of her vaginal labia (lips).

Step 2) First try the g spot....put your middle finger inside of her and with your palm up gently press the middle finger against the top wall of her vagina about 2-3 inches in. You should feel a spongy area. The motion for fingering her is simply a "come hither" motion with your middle finger slowly releasing the light pressure and then adding more.

Step 3) Continue this "come hither motion" and try increasing the speed and the pressure of what you are pushing. You can ask her "how does this feel" in addition to noticing for heavier breathing, increased wetness, or her hips bucking up and down (meaning she is getting highly aroused).

Every woman is a bit different but your girl should come within 5-10 minutes of this g spot fingering.

Now let's discuss some variations in case this isn't EXACTLY hitting the spot.

Many sex "gurus" speak of the "deep spot" or the "a spot". Science doesn't really have a conclusive answer on ANY this but there is a SECOND spot that takes many women who have never had an "internal" (non clitoral) orgasm to having one. Here is how to hit it:

Stay in the same position as above and again place your middle finger inside of her with your palm up. THIS TIME THOUGH slide your finger in AS FAR as you can where her vagina is now smooth and firm instead of spongy. You can again press and curl your finger in a "come hither" motion. In this spot you can press MUCH HARDER although start off gently as she warms up and see how she responds.

Another variation of this is to have her in the doggy style position on the bed. Again put your middle finger in palm up but now you are stimulating what is really the bottom of her vagina. Go as far as you can and curl your finger to press against her tailbone and ass. Your girl may love this and it may lead to a very strong orgasm originating in the back wall of the vagina.

There are 3 ways you can finger your girl to a foreplay orgasm. Let me know which one your girl likes best and how hard she came for you!

## Orgasm Number 2: The Oral Sex Orgasm

Many women LOVE oral sex. This is NOT a mystery. But the problem is most men are terrible at giving oral sex.

Let's go over some techniques for giving great oral to your girl for the purpose of GIVING HER AN ORGASM before sex.

Before we hit the techniques here are some common mistakes guys make with oral sex:

1) Going down on her and thinking that she just enjoys "oral" but without focusing on making her cum

Remember this, men can usually only come once and then its over for a bit while we recover. Women on the other hand can come over and over...So think about it, what do you think women want from a man going down on them? If you guessed AN ORGASM...then you are right!!!! Men enjoy blowjobs without coming, and while women do enjoy oral sex without an orgasm they would far PREFER to come during it! The focus of you going down on your girl should be to give her an orgasm. Never go down on her just to go down on her!

2) using their tongue like a penis and "fucking" her with it

Sometimes men are focused on penetration that they think oral sex is simply an EXTENSION of penetration. This couldn't be farther from the truth. Penetration is to stimulate the inside of the vagina and the MIND of the woman to create intense vaginal orgasms. Since you can't talk while going down on your girl (it is harder to stimulate her mind) you should be focused on one thing, giving her a clitoral orgasm! Your tongue is not a penis, don't use it as one and you don't even need to put it inside her at all....

3) not concentrating on the clit

Just as while many times guys will put their TONGUE inside her vagina there are other ways they will screw up going down on her as well. Often, guys will go down on her in a half ass attempt. They will hit everything BUT the clit. They'll lick around the lips of her pussy, her inner thighs, her stomach, but never really concentrate on her clit! Remember, when you are going down on her clitoral stimulation is what is going to take her over the edge.

4) not using the right rhythm

For the guys who do recognize that the clitoris is the "pleasure zone" for her during oral sex there is another mistake they often make. A lot of times a guy may lick the clit or brush over it with his tongue. While you are hitting the right area the rhythm is completely wrong! Most



women require CONTINUOUS clitoral stimulation in order to come and INCREASING pressure as they warm up. All of this will be explained momentarily in a step by step manner.

5) not doing it long enough

Another common mistake guys make when going down on their girl is not doing it long enough. Most likely the reason for this is that men relate going down on a woman to a woman going down on them! Obviously for a BJ a guy wants it as long as possible but usually he doesn't want to come so that he can last and penetrate his girl after. So the length of time to not only get aroused but also to get ready for penetration is not that long. For a woman, she WANTS to come from oral sex because she can come again during penetration so most guys do not stay down there long enough for her to achieve orgasm. Many men can come quickly from a bj if they wanted to (or even TOO quickly if they are too aroused!) but for a woman usually it takes ten solid minutes of continuous oral stimulation for her to achieve orgasm.

Now let's talk about HOW to actually give her an orgasm through oral sex.

Start out by making sure that she is relaxed and comfortable. Maybe have a glass of wine or relax by watching a movie or some tv.

Take your time and ENJOY every moment of the sexual encounter. The more you drag out the foreplay even before you go down on her the more relaxed she is going to be and the better chance of achieving an orgasm. You're probably noticing a common theme here, to take your time :) Women warm up slowly, far slower than men. I'm sure I'm not the first to tell you this, but I will tell 2 things:

1. It's absolutely TRUE
2. You can never have TOO MUCH warm up!

In fact, even most guys who KNOW a girl needs to be warmed up and try to take their time would still benefit by warming her up even LONGER.

So...

Take as long as you can to undress her DOWN TO HER PANTIES.

Once you have down to her panties spend 3-5 FULL minutes kissing her inner thighs and her vagina OVER her panties. Really take your time. There is no hurry.

Take off her panties.

Now repeat the kissing of her vagina, inner thighs for 2-5 minutes.

Now you are ready to really begin going down on her. Use both your hands to spread her

vagina lips and start licking her clit with your tongue. Try and keep pretty light pressure (3 out of 10 on a scale of 10).

You can now switch to one hand and play around with rubbing her clit with your pointer finger while you lick it. Notice her moans. Also notice her hips. Once her hips start really bucking up she is VERY turned on.

Ultra important: At this point she is going to really want you inside of her (with your penis) but deny her. If you deny going inside of her now you are in a great spot to give her an oral sex orgasm.

At this point you have 2 options:

**Option A:** keep going with EXACTLY what you are doing for a few more minutes and see if it drives her over the edge to an orgasm. Hint: You may have to hold her stomach down with one hand in order to keep constant pressure on her clit as she will be squirming around in pleasure.

**Option B:** Suck her entire clit into your mouth and apply pressure with your tongue to it. This will be harder pressure and she may like it more than Option A or she may like it less. Let her moans and what she says give you the answer you need. Start soft!

Keep going with Option A OR Option B until she has an orgasm. (yes your tongue MAY get tired) For most women this will take anywhere from 5-10 minutes depending on how long you warmed her up before going down on her.

You'll know that she had an orgasm when her inner thighs are trembling slightly and she pushes you off of her!

### **Orgasm 3: Easy Missionary Position Orgasm**

The first thing to know about giving a woman orgasms in the missionary (or any other) position is that it is far easier AFTER you have given her any of the foreplay orgasms above.

Until your girl can easily come from missionary (or any other) position orgasm will be a bit more difficult to achieve. Focus on the previous orgasms first.

Here is how to give her a missionary position orgasm.



After you have give her a foreplay orgasm she should already be on the bed on her back. Enter her normal missionary position with you on top.

Now I am going to reveal to you an amazing yet little known secret to missionary position that almost every guy neglects.

The most important thing in missionary position is maintaining a **CONSTANT RHYTHM**, not pounding her as hard as you can... and maintaining it for at least 10 minutes.

Here is a version of missionary that usually allows guys to last a long time, hit her g spot, and drive her to a **SCREAMING ORGASM**.

### **Steps:**

- from normal missionary position place your head down on the side next to hers
- put your hands under her butt so each hand is gripping a side of her butt
- lift her up slightly as you thrust in and out of her

Here is what you are going to find...

You are not thrusting at full force and the strokes are not that long because of the positioning **BUT...**

because of the intimacy of this position and the stimulation on her g spot that pulling her in with your hand has and the rocking motion that you are doing is going to lead to a tremendous orgasm for her.

Maintain this position with a steady rhythm for 10 minutes (let the springs of the mattress help you so you don't get tired, that way you barely have to do any work) and she should be clawing at your back and screaming your name while she orgasms :)

Advanced tip:

Your head right next to her is in a great place to either talk **ROMANTICALLY** or talk **DIRTY**. If you aren't sure what to say tell her how good it feels to be inside of her or how much she likes it!

### **Orgasm 4: Multiple Orgasms**

If you can give a woman **ONE** orgasm during penetration you can give her multiple orgasms during penetration.

First before we get into the techniques for giving your girl multiple orgasms lets differentiate between multiple orgasms



and what we call "continuous orgasmic ecstasy"

**Multiple orgasms:** Giving a woman more than one orgasm in the time it takes from when you start kissing/getting sexual to the time you (the man) comes and needs to take a break from penetrating her.

**Continuous Orgasmic Ecstasy:** This is when you give a woman so many orgasms that she can't TELL how many she had! Any girl will tell you that this is the ULTIMATE sexual experience :)

The last and 5th type of orgasm we cover will be this Continuous Orgasmic Ecstasy. For now it is only important to recognize the difference between it and multiple orgasms.

So, let's discover how to give her multiple orgasms...

Since giving a woman multiple orgasms is defined simply as MORE THAN ONE ORGASM, your goal is pretty simple. Give her an orgasm during foreplay and then give her a few more during penetration.

The easiest way to give her multiples is to get that first foreplay orgasm using one of the techniques above.

Now here's what to do when you get to penetration.

Put her into a position where it's easy to give her an orgasm WITHOUT using up a lot of your stamina and physical strength. I'd suggest the missionary position orgasm referenced above to start. Give her that orgasm FIRST, by maintaining that steady rhythm for 10 minutes like we said.

From there, you can do either of two things:

**Option 1:** Stay inside her in that missionary position and give her a few seconds to "come down" from her orgasm and then start thrusting again until she has a second orgasm. (You can encourage her by saying things like "I love when you come for me" or "can you come again for me baby." If you stay in this position just do what you already did and she will come again.

**Option 2:** Give her a different orgasm from a different position. As I've mentioned before orgasms from different positions feel different to women. There is nothing wrong with giving her the same orgasm in the same position because it will still feel a bit different BUT a new position will give her a TOTALLY different orgasm.

For Option 2 switch to doggystyle. But it's important that you switch to a certain TYPE of doggystyle. The most likely for her to orgasm is with her bent over doggystyle on the bed and you standing up behind her.

The reasons are:

- you standing gives you the stamina to last longer and thrust at a harder and faster pace (important to doggystyle)
- she is more likely to come when she is supported by the bed because she can relax and not have to support her own body weight as if she was standing up bent over...this way she can have a much more intense orgasm

Here's how to give her that second (or third or fourth) orgasm once you've switched to doggystyle.

- Increase your pace until you are going as hard and as fast as you can without worrying that you will get too tired to continue.
- Place your hands UNDER the crook of her hip bones so you can pull her into you as you thrust and hit her g spot from behind
- Reach around with one hand or have her reach up with one hand and massage her clit while you are thrusting so she can have a clitoral AND g spot penetration orgasm (she may even squirt if she has both!)

For multiple orgasms it is also important that you maintain a steady pace, and again, it's important that you last long enough for her to get off! Just as women need longer than we do to warm up, they need longer periods of stimulation to get off, which means YOU need to have good stamina. (We'll talk more on that later...)

So, now as you are giving it to her from behind keep the pace steady (do not increase it) as she begins to come close to coming. Just continue on and she will have an orgasm and you will have succeeded in giving your girl multiple orgasms!

Note: If for some reason you do not want to do doggystyle for the second position move to whatever other position that allows you to keep a steady rhythm.

Having a your girl ride you is also a great way for her to GIVE HERSELF a second orgasm. If you decide on having her climb on top here are a few secrets what will help you out.

**Secret 1-** Some women are VERY good at making themselves come when they are on top. If this is the case, and you can ask her by saying "baby can you come like this?" don't worry about stimulating her clit with your hand or massaging her breasts. She'll tell you exactly what to do that will make her cum.



**Secret 2-** Other women are NOT good at making themselves come while on top. For this type of woman stimulate her clit while she is riding you by holding your hand thumb down and rubbing her clit up and down with your thumb. This should give her a clitoral orgasm while she is on top of you.

Now let's move on to "Continuous Orgasmic Ecstasy"

Very few men (and even women) really understand what "continuous orgasmic ecstasy" is.

Congratulations because you are about to become one of the RARE men who can put a woman into "continuous orgasmic ecstasy" :)

### **Orgasm 5: "Continuous Orgasmic Ecstasy"**

What is "Continuous Orgasmic Ecstasy?"

"Continuous Orgasmic Ecstasy" is when your girl comes so many times that she can't tell how many times she came. It's like multiple orgasms on STEROIDS to the point where she will be completely attached to you and always want sex. There is no better feeling for a woman. Sometimes it takes practice and being with the same partner MULTIPLE TIMES in order to get her to the point of continuous orgasmic ecstasy, but trust me it is worth it!



Here's how to do it.

First you must be able to give your girl multiple orgasms. You must master the methods above and be able to give her foreplay orgasms and penetration orgasms EVERY SINGLE TIME, and you must be able to last a minimum of 20 minutes.

Once you can do this you are ready to put her into "Continuous Orgasmic Ecstasy" (If you cant' do this yet then keep practicing until you can and then come back revisit this section.)

So if you CAN give her foreplay orgasms, penetration orgasms, and have your stamina in order, then you are READY to put her into "Continuous Orgasmic ecstasy"...

The secrets about to be shared with you are not difficult techniques to do. In actuality they are absurdly simple. The real magic lies in what you are saying and the confidence that you need to project in order for this to work....

Scenario:

You have given your girl a foreplay orgasm or orgasms and have moved on to penetrating her.

You move into a position where you can consistently give her an orgasm. But now, when you drive her to orgasm, you do something a bit different...

(Most women, when they actually have an orgasm their inner thighs shake and they get very wet. Their vagina also gets very sensitive and they want to take a break and "come down" from the orgasm before continuing to have more sex. However, you are not going to allow this. Women are CAPABLE of much stronger orgasms if you can take them there and they allow themselves)

This time as she comes tell her "this feels so good I want to keep going".

Now, instead of allowing her to come down from the orgasm STAY INSIDE of her and begin thrusting harder than you were before. Make sure to thrust harder than before but still at a pace that you can maintain. This is going to drive her crazy and she say that she needs a break. Continue thrusting and tell her to come again for you. Make sure you are not hurting her but nearly EVERY girl will begin to come again. Once she start cumming again then just keep thrusting and telling her to keep cumming. She will keep coming for you. After about 5-10 minutes of this very intense orgasming she will be completely worn out and you will have to stop. At this point she will be in a state of peaceful exhaustion. She will tell you how much she loves you and how amazing that it was.

Once you can give your girl this feeling you are at a level that 99.9% of men will never reach.

Once you reach the level of being able to take your girl to the state of "Continuous Orgasmic Ecstasy" no other guy will be able to compare.

Now you know 5 types of orgasms to give your girl.

Start out with those foreplay orgasms and then move on to multiple orgasms! See if you can take your girl to "Continuous Orgasmic Ecstasy"!

We hope you enjoyed these orgasms (because your girl sure will!) and let us know of any variations that you discover!

Your Friends,

*Keni Styles & Krissy Lynn*  
[www.GetSupermanStamina.com](http://www.GetSupermanStamina.com)

P.S. As you can see the MAIN THING you need to give your girl these WILD orgasms is

STAMINA. Your size makes no difference at all!

But if you can't last at least 10 minutes in bed, you can almost FORGET about giving most girls even ONE orgasm during penetration... let alone multiples.

And of course, if you want to REALLY rock her world like no other guy can, you need to be able to last a lot longer than that.

Sadly most guys CAN'T last more than a few minutes... and most guys never even take the time to learn how.

Keni knows, because he used to be a DUD in bed.

Keni was lucky to last 5 minutes... and if the girl was really hot or if he was REALLY into her... forget about it.

It took him a long time to fix his problem and figure out the secrets to lasting as long as he wanted in bed. But now that he's done that, let's just say life is good :)

And now, we want to help YOU do the same! And the best way to do it is by getting Keni's new course, "Superman Stamina":

[GetSupermanStamina.Com](http://GetSupermanStamina.Com)

Superman Stamina is the first program EVER designed specifically to show a guy how to last up to 60 minutes or more when making love. In it you'll get all of Keni's secrets for getting it up, keeping it up, giving your girl the most powerful orgasms of her life!

We'll be releasing this program very soon, so keep an eye on your email inbox for the announcement.

This just might be the most important thing you EVER do for your sex life!