

The Cunnilinguist: How To Give And Receive Great Oral Sex

Top tips from both ends of the tongue

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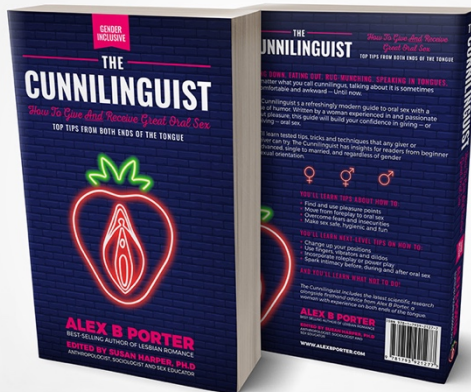
EXCERPT 02

CLITORAL ACTION (DOWN TO BUSINESS)

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Clitoral action: Down to business

Not only are you now between the legs of a naked beauty, but you have engaged in lots of genital foreplay and should have developed a good feel for what really gets your partner going. You'll want to use everything you've learned so far as you progress to stimulating the clit.

And contrary to popular belief, bringing your partner to orgasm through oral sex needn't take forever.

Climax could surface within as little as a few minutes. Reasons why it takes a short or long time depend on many factors including levels of arousal, comfort, anxiety, and, of course, technique.

Let's take a look at some key considerations and techniques.

Pressure matters

Pressure matters when you're licking and toying with a tiny nub of flesh that contains around 8,000 nerve endings—for perspective, that makes it about 50 times more sensitive than a penis. Too much pressure can be painful; it can make the clit hypersensitive and then shrink. Most folks aren't particularly fond of having a hard, jabby thing thrust at their clit. So a pointy tongue poking around probably isn't going to win you a round of applause.

If you have, or have ever had, a penis of your own, try thinking of this clitoral nub as a tiny penis head with all those nerve endings concentrated in a super small area. That should help you understand why folks who have clitorises are so protective of them and why they are so delicate. Ask yourself: Would a giant-sized, pointy tongue jabbing repeatedly at the head of my dick turn me on? Would it feel good? No? Okay, then soften it up: Use your tongue to make flat, broad, slow strokes.

With cunnilingus, you are not actually trying to fuck the clit or give it a blow job; you're trying to stimulate it, and since it's such a hot button of quivering nerves in the first place, it generally doesn't take a lot to do that.

But too much, too fast can kill it.

When using your tongue, apply pressure over the clitoral hood initially, rather than directly to the clit. The hood will act as a barrier. It will create a grinding effect, distribute the stimulation and build arousal. This alone can result in orgasm.

Try rotating the tip of your tongue around the clitoral hood and explore the labia folds that protect that cherished nub. This is great for teasing and warming up as these areas above, below, and around the clit are not so sensitive as the clitoral head itself. Pay attention to your partner's reactions to gauge if they are ready for direct tongue-on-clit stimulation.

Controlling pressure is one area where those dental dams can come in handy beyond their primary purpose of safe sex.

Spreading one over the area allows you to play with sensitivity levels. You can tickle lightly or run your tongue across it with more weight, almost creating a grinding sensation and letting arousal build. Done right, you can tease the hell out of someone with one of those!

Once you get going, there are several ways to lick a clit...

The alphabet myth

Please don't use the "writing the alphabet with your tongue" technique when you're in the moment. That is, unless you want to kill the mood. I swear this is a myth created by some (male) sex "guru" in order to offer a 100 percent guaranteed, easy-to-understand—but completely bullshit—technique as to how to get any woman off. Sorry, folks. No such technique exists.

As mentioned in the previous chapter, tracing letters or words has its place—usually in the form of distraction during foreplay, either to reduce insecurities or to have a bit of pre-coitus fun that might just get you in the mood. But what writing the alphabet does do is take away your attention from the person you're working your tongue-magic on. You're thinking M, N, O... and they're trying to give you a cue—or several—that you're missing because you're so busy rushing toward X, Y, Z.

Same goes for recalling combo-moves and counting licks or the length of time you spend on each particular technique. Whilst it may be useful to have an idea of order and duration, every

person progresses differently. When you're concentrating on the alphabet, counting licks or trying to recall from memory the next button you need to press in order to complete your super combo sequence, it takes your attention away from reading and responding to your lover's signals. Going down on someone is not a video game or a chore with a quota to fill; it is a privileged experience that you want to lose yourself in and lavish.

Oh, and doing the alphabet can also stop an orgasm in its tracks.

WHAT?

Yes, it's true. If you ever wonder why your partner is hot for the first five letters, lukewarm for the next ten, and mostly asleep thereafter, let me help you with that.

So you managed to hit a rhythm your lover loved between say, A and D. Then, the rhythm changed. There is nothing more frustrating. Whatever peak your partner was hitting, it just died as soon as you hit E. Now you have someone lying there, waiting for you to find that rhythm again, and you don't find it until you get all the way back to A. By the time you get there, your partner's gone cold. They're barely warmed up again when you get to C. Then D comes and they're moaning with pleasure but you're ignoring their cues, determined to form that E and make it all the way to X, Y, Z again.

Your partner has to start all over, and so do you. That's if they haven't died of boredom already or kicked you out of bed

because they know you're not actually paying any attention to them.

Delaying an orgasm purposefully is smoking hot, and we will discuss ways to do that later—but delaying it by losing rhythm through detachment and thus taking your partner up only to drop them into boredom is not the same thing.

So what are some good ways to get your licks in, you ask?

A little pinch goes a long way

A great tip is to gently, very gently, pinch the folds of the labia together right above the hood whilst you lavish those licks. This pinch will help to stimulate the nerves in the clitoral network, making the clit swell and become more aroused. It can also make the clit easier to find.

This pinching action can also be used to hide and protect the clit whilst you stimulate other areas of the vulva and build up to direct contact. To do this, use a broader pinch that encloses and hides the clit. Then kiss, suckle, and tongue the labia almost as though you are kissing your partner's mouth. I find this highly arousing as both giver and receiver.

Furthermore, you can manipulate what is shown, hidden, protected, or exposed by using your fingers to push and manipulate those lips and the pubic mound. Try pushing your partner's mound up towards their navel whilst you lap upward

from vagina to clit. Or push the lips apart and go in for an all-encompassing “French kiss.”

Shapes and movement

Don't be afraid to try different strokes until you find the thing that makes your partner twist and pant and grab that head of yours. Try tracing circles around the clit with your tongue. Do it gently at first because, again, not every person likes firm contact. And be aware that any up-down movement will likely expose the clit to direct contact, no matter how diligently you try to protect it. Experiment with positions where you can deliver sideways and diagonal strokes; for some people, they work a treat.

As you progress, you can increase the pressure of your tongue—but again, if your lover gives you a cue that that isn't working (if they stop ‘face-fucking’ you, their hips go flat and still on the mattress, they stop panting, or they just say it's too much pressure) then dial it back down a bit until you get them excited again. Try kissing your partner's inner thighs and working your way back up using some of the earlier genital foreplay techniques.

You can use an up-down lick or gently flick your tongue sideways across the clit, alternating with circles. Try a long purposeful lick, from the vagina to the clit, stroking in a diagonal direction or using the sides of your tongue. Try

holding your tongue against the clit and doing nothing. Let your lover grind against you if they wish. All this variety builds tension and allows you to test the waters and find out what does it for them.

One tip for the side-to-side movement, which can be a tongue-killer if you're at it for too long, is to tilt your head sideways. This allows you to lick and flick in a more natural 'up-down' manner whilst giving the receiver the side-to-side sensation. The same can be true for many techniques; if your tongue is struggling, try adjusting your head position.

That being said, research has shown that women masturbating generally have a preference of up-down or circular stimulation on their clit. They prefer to include a variety of movements during first contact. However, when it comes to orgasm, rhythmic motion is their main way to get off.¹

An added benefit of using varied movements at this stage is that it will help delay that tongue-ache that comes with repetitive movement. Eventually, however, you will come to a point where you've found the rhythm your partner loves. When this happens, stay consistent with the pressure you use, and don't speed up or slow down suddenly.

¹ Herbenick, Debby, et al. "Women's Experiences With Genital Touching, Sexual Pleasure, and Orgasm: Results From a US Probability Sample of Women Ages 18 to 94." *Journal of sex & marital therapy* 44.2 (2018): 201-212.

Slipping the tongue in

Most vaginal nerve endings are near the entrance. This is one reason why the length of your cock—if you have one—is of little importance. Rimming your tongue, or anything really, in a circular motion around the entrance and slightly inside is highly arousing. You can use your tongue to cover the entire entrance and create a slight vacuum before slipping inside, or to give a long flat lick across it and right up to the clit.

If you want to slip inside, you'll need to get your tongue as stiff as possible. I've heard not everyone is a fan of this, although I've never experienced a negative reaction. That's okay. If you give it a try and it's not well received, just return to what you were doing before.

Personally, I don't think tongues are the best tool for fucking, but a dip every now and then? Hell yeah!

Take it on the chin—or nose

Noses, chins, and entire faces can be used to enhance and add variety to your session and to give your tongue and jaw a welcome break. Once my lover's soaking wet, I'll sometimes break into a grinding motion with my jaw, applying pressure on the hood with my chin. If you choose to try this, be aware that what you *don't* want to do is crush the clit; lubricated, controlled grinding is a yes, but smashing or aggressive grinding is a no.

Try rubbing and circling the clit with your nose while simultaneously kissing and licking your partner's lips and tasting inside. Pressing and rubbing your chin against the vaginal entrance usually goes down well too. Personally, I use my entire face in a whole manner of ways, and my partner loves it.

Folks with stubble should proceed with extreme caution or not at all!

Enter the fingers

When I first started writing *The Cunnilinguist*, I was almost discouraged from including any form of penetration. But for me, penetration is a big thing, especially finger penetration during oral. And as the astute may have noticed, I already mentioned a little finger dipping action earlier. So, I'm going to touch on fingers briefly here and then come back to them with more detail in the "beyond lip service" chapter.

The desire for penetration varies from person to person. Some don't like the distraction, but I find most of my partners have really enjoyed it if they are adequately warmed up and it is done the right way.

I think it's probably the 5-minute-fuck-minus-foreplay that gives penetration bad press, rather than penetration itself. Either way, slipping a finger or two inside and pressing toward

the G-spot can really ramp up the pleasure during oral sex. But as I said, there'll be more on that later.

Making, breaking, and holding still

The core of giving great cunnilingus is to watch, listen, and respond. You'll want to make rhythm, control it, and break it. Tease your lover. Pull your mouth away. Hold still. Then build it back up again. Find out what your partner likes, be it circles, flicks, or long cat licks, and take them on their own personal journey. But once your lover is closing in on the big O, you'll need to be prepared to keep going, hold rhythm, and maintain everything you are doing.

Encourage your partner to engage

Feedback is golden when licking pussy; however, if you're buried between the legs of a shy person who's not too vocal, you might need a few tactics for coaxing instruction out.

Start with a simple question between licks such as, "Would you like it slower or faster?" "More or less pressure?" Make it a question that allows for either a one-word reply or physical response. And make sure your tone is right so you don't break the mood; not too conservative and not too "I'm-trying-to-be-sexy."

Later, after your lover becomes comfortable giving you basic one-word guidance, you can try and elicit more insightful instructions or commands through open ended questions. “What about the movement? Is there anything you’d like me to try?” Most people who masturbate will know if they have a particular method or movement that works for them, be it circles or up-down. They just lack the confidence to tell you.

5 additional pro tips & techniques

That should be plenty of tips to get you going — I can’t give away all my tips for free ;) Here are 5 more oral sex techniques and tips I cover within the book:

1. Teeth tips
2. How to suck
3. Polishing the pearl
4. Get your squeeze on
5. The clit sandwich

OMG, they're coming!

Wa-hey! Steady on there, partner, and don't get too excited yet. Keep that head down and hold course until you're sure. Damn sure...

Pre-orgasm vs orgasm

One big difference between folks with penises and folks with vulvas is the length of their climax. For those who are new to it, pre-orgasm in folks with vulvas can be mistaken for orgasm.

When highly aroused and entering pre-orgasm, your partner's heart rate will soar and they will struggle to retain control. Their body may begin to thrash or tense and the ability to verbalize words may be lost. They might grab your head and pull you tight, locking you against their pussy. They will be flushed and breathing heavily. Frantic.

When this happens, do your best not to get too caught up in all the excitement. The last thing you want to do is yell *bingo* and start congratulating yourself when your lover is actually only halfway there. Try to maintain your current rhythm, speed, and pressure without giving into demands for more. Draw it out.

When the orgasm happens, it's usually explosive. You will feel multiple involuntary spasms and contractions throughout your partner's body, stemming from the vagina walls, pelvic floor, and anus. Your lover may ejaculate a small or large amount of

fluid. If your fingers are inside, you will certainly feel the spasms and may even feel sparks of energy dissipate and cause your partner to shudder. Their thighs will squeeze, their body may contort, and when they can't take any more they will physically push you away.

Delivering multiple orgasms back to back

It's almost always a lot easier for a receiver to come the second and third time than it is the first...

Tip: Awkward sex happens. It just does. The thing is, if the person you're going down on isn't giving you a lot to work with in terms of communication (vocal, physical, or otherwise), it's going to be hard to determine what works for them and what doesn't. So make sure to give this book to all your receiver buddies, too — it covers loads of techniques for both givers AND receivers. And it might even give you a giggle.

You can [view the full book on Amazon](#)
or [listen on Audible](#).

Watch your inbox for the next sample
tomorrow: #1 ORAL SEX POSITION

The Cunnilinguist

This document is an excerpt from [The Cunnilinguist](#). If you'd like to see what is included in the full book and audiobook, please see the full table of contents below.

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[The Cunnilinguist by Alex B Porter](#)

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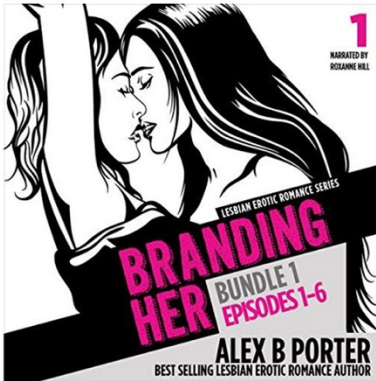
Cunni on the Cruise (a “Branding Her” excerpt)
That’s all, folks!
Bibliography and References
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Watch your inbox for the next sample
tomorrow: #1 ORAL SEX POSITION

Other books

This is an excerpt from my first non-fiction book, [The Cunnilinguist –How to Give And Receive Great Oral Sex](#) maybe there will be more – who knows?! Meanwhile, if you're interested in steamy lesbian romance please check out my series, [Branding Her](#), available in **eBook**, **paperback** or **audiobook** format.



Branding Her: Bundle 1, Episodes 1-6

Steamy Lesbian Romance Series

By: [Alex B Porter](#)

Narrated by: [Roxanne Hill](#)

Series: [Branding Her](#), Book 1-6

Length: 7 hrs and 50 mins

Unabridged Audiobook

★★★★★ 4.3 (61 ratings)