

The Cunnilinguist: How To Give And Receive Great Oral Sex

Top tips from both ends of the tongue

**Written by
Alex B Porter**

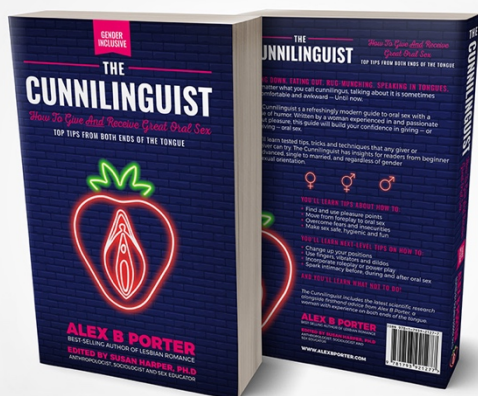
**Edited by
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EXCERPT 04 SAVING JAW & TONGUE

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The ultimate guide to saving tongue & jaw

One of the most common complaints and concerns I get from givers is tongue ache. I'll not lie to you—licking pussy can take it out on that tongue of yours and make it hurt like hell. Your jaw too, sometimes, especially if you don't do it often enough ;)

A lot of this is due to muscle ache or strain on the frenulum—the little piece of skin under your tongue that connects it to the bottom of your mouth and prevents you from swallowing it. So what the hell can you do to stop it?

We cover several ways to give your tongue a break, including ways that even enhance pleasure. In this free excerpt I'll cover eight of the ten exercises you can practice at any time to get your ready...

Ten tongue and jaw exercises to keep you going all night long

The tongue is one big muscle and if it's not used enough, it won't be able to keep pace. Put simply: The less oral sex you give, the more painful your tongue and jaw will be when you do eventually get down to it. Why? Because many of the repetitive movements your tongue does during cunnilingus are not typically performed in any other scenario. Same goes with the

position of your jaw. This means that some people may feel pain even after just a few minutes.

Fortunately, once you start giving oral sex more regularly, this tongue muscle will strengthen up and tire less easily. But for those novices out there, what can you do? Let's start by getting that tongue and jaw moving with a few exercises. The aim is to increase strength, flexibility, stamina, speed, and control, alongside improving movement and breathing.

When performing these movements, try to avoid tongue contact with teeth at all times and remember to be mindful of your breathing technique. Without further ado, here we go:

1. Try to touch your chin with your tongue.
2. Try to touch your nose with your tongue.
3. Quickly, move your tongue up and down so it touches the roof and floor of your mouth. Keep your mouth open and your tongue inside, behind your teeth.
4. With your mouth open slightly and tongue peeking out, move your tongue left and right, so it hits the corners of your mouth. Try not to touch your lips or teeth.
5. With your tongue inside your mouth, move it left so it touches your cheek. Use your hand on the outside of your cheek to provide resistance. Increase the pressure of your tongue and hold for a few seconds. Do the same on the right side.

6. Stick your tongue straight out, then move it in a circle around your lips. Keep your tongue straight and hard. This time, try to keep contact with your lips, but avoid teeth. Change direction and repeat.
7. Make this series of exaggerated moves with your mouth: (1) Say *ahhhh!* with a wide, open mouth. Just like at the dentist. (2) Say *ooooh!* Similar to a big puckered pout. (3) Say *weeeeee!* With a big wide grin, just like a little kid running in circles.
8. With your tongue touching the roof of your mouth, open and close your jaw as wide as you can. Keep tongue contact with the roof of your mouth.

Need to improve your stamina? Simply do more reps. Your speed? Go faster. Control? Go slower. And when you're ready, go find a partner who's willing to let you practice on them.

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

**Watch your inbox for the next sample
tomorrow: BEYOND LIP SERVICE**

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.

Table of Contents

FOREWORD

Research & the heterosexual orgasm gap

- 1. Lesbians have more orgasms than straight women*
 - 2. Vaginal sex can reduce a woman's chance of orgasm*
 - 3. Receiving oral sex can double a woman's chance of orgasm*
- And there's more...*

The dinner party & birth of a book

How to use this book and what to expect

- Watch yer language! A note on inclusivity*
- Pronouns used in this book*
- A short LGBTQ+ glossary*

CHAPTER 1: (Muff) Diving In

Anatomy

- First, let's clear something up: Vulva or vagina?*
- The pubic mound & labia majora*
- The labia minora (inner lips)*
- The clitoris & the hood*
- The secrets of the clitoral network & pudendal nerve*
- Got a penis?*
- Above the clit*
- Below the clit*
- The vagina*
- The G-spot: Myth or legend?*

[The Cunnilinguist by Alex B Porter](#)

Below the vagina
Anatomy roundup

Hygiene

Fingers, nails, & rings
Piercings
Holy feck, it's vajazzled!
Facial hair
Oral sex at that time of the month

Safer sex

Dam it
Don't blow me
Genital damage, pelvic pain, & anorgasmia

Getting wet

Hit the lube!

Chapter 1 summary

CHAPTER 2: Going Deeper

The vicious circle

11 reasons why they might say no

Why letting go is important (for receivers)

And in saying that, I'll share some giver-honesty too...
11 receiver tips for letting go

Hey, givers get scared, too!

Empathy for the penis: Considerations for hetero and bi receivers

Letting go and building self-esteem together

Both inexperienced?

Before we move on, a quick note about porn

Early-stage foreplay: Set yourself up for success

Starting early
Kissing
Talk dirty
Sexting
Undressing
Breast attention
Two hands are better than one
Safeplay

12 simple ways to get in the mood

Perpetual foreplay

Chapter 2 summary

CHAPTER 3: Down to Business

Venus, Mars, & consent

Why lesbians have better sex than straight women

How sex expectation differs between “lesbian” and hetero couples

Slow and beyond (the #1 tip for guys and other folks with penises)

An overview of techniques for giving great cunnilingus

Genital foreplay

Position yourself

The #1 rule

Removing the panties

Hair tips

More than words

The awakening: Here clitty, clitty!

Telltale signs

The #1 reason givers need foreplay

Clitoral action: Down to business

Pressure matters

The alphabet myth

A little pinch goes a long way

Shapes and movement

Slipping the tongue in

Take it on the chin—or nose

Teeth tips

How to suck

Polishing the pearl

Get your squeeze on

The clit sandwich

Enter the fingers

Making, breaking, and holding still

Encourage your partner to engage

Receivers: Remember to breath

OMG, they’re coming!

Pre-orgasm vs orgasm

Ejaculation: Yes, it might just happen!

The kiss of sex: A hot ending... or a new beginning

Delivering multiple orgasms back to back

What to do after they orgasm

When your partner doesn't come

How to guarantee a happy ending

Don't make these five mistakes when you're down there

The ultimate guide to saving tongue & jaw

Three ways to give your tongue a break

Five tongue-break techniques that actually enhance pleasure

Ten tongue and jaw exercises to keep you going all night long

A few tips for the receiver

Hey, receivers! Here's a secret...

When they're getting it right

When they're getting it wrong

Every time with you is so different. It's not me, it's you!

Chapter 3 summary

CHAPTER 4: Take a Stance

Different shapes and sizes

Missionary & beyond

Raise that ass

Back and up

Knees on the bed, knees off the bed

Straddle and squeeze

Missionary considerations

Rodeo: Receiver on top

69

Doggy-style

Standing

Seated

On the kitchen table

Under the kitchen table

Chapter 4 summary

CHAPTER 5: Beyond Lip Service

About this section

A short guide to fingering

Testing the waters

Licky-licky finger penetration techniques

Going all in: Take it slow

Finger burst: A personal fave, but proceed with caution

Hold 'em back

Hitting the G-spot

Here's the easiest way to find it

Here's the best way to stimulate it

Skeptical receivers, listen up

Dick in pussy: A lesbian's insight to getting there

An example of how we roll

Care to vibrate?

Varied vibrators

Vibrator pros

Vibrator cons

First time vibe techniques

The Rabbit technique

To do or not dildo

Sex toy care

Fisting 101

Getting it in

Fisting in five steps

Anal stimulation (fingers, tongue, and more toys)

It's an asshole!

Okay, I'm behind this!

The three-in-one

Roleplay

Effortless roleplay

BDSM & power play

Verbal bondage

Physical bondage

Putting the receiver in charge

Pleasuring yourself

Mutual masturbation

Chapter 5 summary

Wrapping Up

Chapter 6: A Little Taster

I messed up

The moral to the story

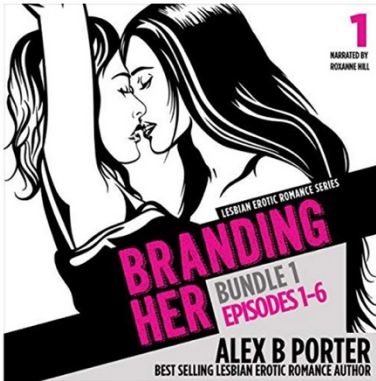
Cunni on the Cruise (a “Branding Her” excerpt)
That’s all, folks!
Bibliography and References
Thank you... and a favor...
Social fun: #TheCunnilinguist
Other books
Say Hi!

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

Watch your inbox for the next sample
tomorrow: **BEYOND LIP SERVICE**

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)