

The position library

Full guidance for every position card. The card itself has the short version — here you will find setup, angle, pace, hands, check-in and adjustment for each card.

R7 The woman comfortably · ≈ 6 min

A receiving position where she lies comfortably and everything reaches.

Setup: She lies on her back with a pillow under her head and preferably one under her knees or hip. You lie or sit next to it.

Angle: The pillow under her knees releases the tension in her stomach and hips, so she can receive without holding anything herself.

Pace: Begin with gentle kisses and hands on stomach and thighs. Go for direct pleasure only when she is hot.

Hands: Use hand, mouth or vibrator calmly. Lubricant for direct hand stimulation.

Check-in: Ask once: "More, less or the same?" Follow the answer without changing everything.

Adjustment: If she gets tense, go back to calm touch. Adjust the cushion until the angle feels like it is resting.

R11 Up to the chest · ≈ 5 min

The receiver rests against your chest — close behind, hands in front.

Setup: Sit against the headboard with a pillow behind your back. The receiver sits between your legs and leans against your chest.

Angle: The receiver rests its entire weight on you and can be lowered completely. You reach the neck, chest, stomach and thighs from the front.

Pace: Begin with kisses on the neck and calm hands on the stomach and chest. Let it build slowly.

Hands: Your hands work from the front where the recipient wants. Lubricant by direct contact.

Check-in: The recipient places their hand over yours and moves it to where it is best.

Adjustment: If your back gets tired, put more pillows behind it. The receiver can tilt the hips slightly forward for a better angle.

R12 Hand in hand in side lying · ≈ 5 min

Lie side by side face to face where you give at the same time — at the same calm pace.

Setup: Lie on your side facing each other, close enough to kiss. Each of you has one hand free.

Angle: Giving at the same time means that no one just waits their turn. Mirror each other's pace instead of competing.

Pace: Agree to keep it calm. If you slow down, your partner follows suit.

Hands: Use your free hand with lubricant. The other arm can rest under the partner's neck.

Check-in: Whisper: "Same beat?" A smile is also an answer.

Adjustment: If you lose your rhythm, stop and just kiss a little. One can always give while the other rests.

L1 Missionary with pillow · ≈ 7 min

A quiet missionary variant where the angle works for her.

Setup: Have missionary intercourse: she lies on her back with a firm pillow under her lower back or hips, he over her with his weight on his forearms.

Angle: The pillow tilts her pelvis up slightly. He lies high, so his body rests against the clitoris area instead of moving straight in and out.

Pace: Calm, rocking movements with even contact. Rhythm is more important than depth and speed.

Hands: She can put her hands on his lower back and show the rhythm she wants. A vibrator between you is optional.

Check-in: He asks: "More pressure or the same?" Follow the answer without changing everything at once.

Adjustment: Don't hit the angle, move the pillow up or down a bit, or put her legs around his hips.

L2 She at the top · ≈ 7 min

She is at the top and decides everything — movement, depth and pace.

Setup: Have sex with her on top: he lies on his back and she sits over him with her knees on either side of his hips.

Angle: Upright, she manages everything herself. She can alternate between sitting straight and leaning forward, depending on what suits her best.

Pace: She sets the pace — he follows her movements instead of taking over. Small, rocking movements often work best.

Hands: His hands support the hips or stroke the thighs and chest. She can put her own hand or a vibrator where she wants.

Check-in: He asks once: "Like that?" She answers with "the same", "more" or "quieter".

Adjustment: If her knees get tired, put pillows under them — or calmly lie on your side without letting go of each other.

L3 Spoon with hand in front · ≈ 7 min

Sidecar that is made to last — closeness in the back, pleasure in the front.

Setup: Have sex in spoon: lie on your side with him behind her, both with pillows under their heads. She puts her top leg slightly forward, on a separate pillow.

Angle: The pillow under the leg opens the angle without her having to hold anything herself. Start shallow and calm.

Pace: Small, quiet movements. This position is about endurance and calm, not speed.

Hands: His hand lies in front — on her stomach, chest or clitoral area — or holds a vibrator wherever she wants.

Check-in: He asks softly, "Right place?" She places her hand over his, moving it if anything might improve.

Adjustment: Fall asleep his arm, put it under her pillow. If she wants more direct stimulation, he lets her take over the hand or the vibrator himself.

L4 Female focus during sex · ≈ 7 min

She chooses the position for intercourse — spoon, she on top or on her lap — so her front is free for hand or vibrator.

Setup: She chooses between the spoon, her on top or sitting on his lap. The point is that one hand reaches in front.

Angle: Intercourse alone provides many women with too little direct stimulation. A free front means that she gets both at the same time.

Pace: Keep intercourse calm and steady, so that the hand in front can maintain its own steady rhythm.

Hands: His or her hand — or a low-power vibrator — works steadily in front. Don't change technique too often.

Check-in: He asks, "Right place?" She moves her hand if something can be improved.

Adjustment: If the rhythms crash, let intercourse stand almost still for a while while the hand continues.

L5 Face to face in side lying · ≈ 7 min

Side bearings facing each other — quiet, close and easy to adjust.

Setup: Have intercourse in a side position facing each other. She puts the top leg over his hip, preferably with a pillow under the knee. Start shallow.

Angle: The leg over the hip opens the angle without effort, and face to face you can kiss and talk softly all the way.

Pace: Small, quiet movements. This position is made to last, not for speed.

Hands: Both have one hand free: hold around, stroke the back — or let a hand slide down to her.

Check-in: Whisper: "Good like that?" She responds with words or by pulling you closer.

Adjustment: Fall asleep his arm, put it under her pillow. If she needs more, you roll calmly until she is on top.

L6 At the bedside for her · ≈ 7 min

She at the edge of the bed — he is standing, and her front is completely free.

Setup: She lies on her back with her hips at the edge of the bed and a pillow under her. He stands on the floor next to the edge. Have intercourse where she controls the depth with her legs.

Angle: Standing, he has free hands and she rests completely — and her entire front is free for hand or vibrator.

Pace: Calm and steady. Standing gives more power than he realizes — she sets the limit.

Hands: His hands: hips, stomach, chest — or a low-power vibrator where she wants.

Check-in: He asks: "Good height?" She answers briefly, and you adjust with pillows.

Adjustment: If it gets too intense, he gets down on his knees and uses his mouth and hands instead.

L7 Bones gathered · ≈ 7 min

A missionary variation with her legs together — more contact with less movement.

Setup: Have missionary intercourse with her legs together, preferably with a pillow under her hips. He lies over with his knees on the outside of hers.

Angle: Jointed legs provide smoother contact and more pressure in the right places — without anyone having to work harder.

Pace: Slow, rocking movements. Pressure and proximity do the job, not speed.

Hands: He rests on his forearms and can kiss her all the time. She can tighten and release her thighs in her own rhythm.

Check-in: He asks: "More pressure or the same?"

Adjustment: If it feels too tight, put the pillow higher under the hips or let her open her legs a little.

L8 She on her stomach with a pillow · ≈ 7 min

She lies completely flat on her stomach on a low pillow — the most restful variant available.

Setup: She lies flat on her stomach with a low pillow under her hips and her arms under her head. He calmly lies down on top of her with his weight on his own arms, and you have intercourse shallowly and calmly.

Angle: Completely flat, she doesn't need to hold anything — the whole body rests while the angle still hits.

Pace: Calm rocking, no jolts. Let the weight and proximity do the work.

Hands: He kisses her neck and shoulders. One hand can slide under the pillow, towards the clitoral area.

Check-in: He asks softly in her ear: "Good like that?"

Adjustment: If it feels a bit too deep, remove the pillow completely — flatter ones are quieter. If she wants more, up on her knees with a bigger pillow.

L9 Sitting with support · ≈ 7 min

He sits against the gable, she on his lap with her back to him — his hands are free in front.

Setup: He sits half reclining against the headboard with pillows behind him. She sits on his lap with her back against his chest, directing intercourse with her feet on the mattress.

Angle: She rests against him and decides for herself — and both of his hands reach freely around her in front.

Pace: Small, rocking movements. She leans closer for less, and rises a little for more.

Hands: His hands in front: chest, stomach and clitoral area — or he holds the vibrator while she controls the pressure.

Check-in: He whispers in her ear: "Like that?"

Adjustment: If his legs go numb, move to the edge of the bed. She can turn around at any time for face-to-face closeness.

L10 Calm rocking · ≈ 7 min

A missionary variant where he lies high and rocks instead of thrusting.

Setup: Have intercourse in missionary, but he slides up a few inches higher than usual, so his hips are resting against hers.

Angle: The high position means that his body rests evenly against the clitoral area throughout the movement — contact all the time, not just in between.

Pace: Swing together instead of bumping — small movements in common rhythm, slower than what feels natural.

Hands: He rests on his forearms; she puts her hands on his lower back and shows the rhythm.

Check-in: He asks: "Right pressure?" She adjusts him with her hands.

Adjustment: If you lose contact, stop completely for a few seconds with full contact and start again from there.

L11 Her combination · ≈ 7 min

She puts together the evening: position, additions and conclusion.

Setup: She chooses the position — from the cards or freely. He prepares what she points to: pillows, lube, toys.

Angle: Whoever knows best what hits, decides. His task is to follow her plan, not improve it.

Pace: Hers, all the way. She says when something needs to be changed.

Hands: Where she places them. She can move his hands along the way without explaining.

Check-in: He only asks if something is unclear: "Like that?"

Adjustment: If she changes her mind halfway through, that's part of the plan. New position, new addition — he follows.

S8 Back view with pillow · ≈ 7 min

A safe and calm variant from behind where she rests completely.

Setup: She lies on her stomach with a large pillow under her hips and her arms under her head. He kneels behind her and you have intercourse that starts shallow.

Angle: The pillow lifts her hips without her having to hold the position herself. The angle can feel deep — start shallow and calm.

Pace: Relax, feel for it, and let her say when and if there will be more. Depth should never surprise.

Hands: He strokes his back and hips. One of you can hold a hand or vibrator in front, towards the clitoral area. Lubricant if needed.

Check-in: Use simple words along the way: "continue", "calm", "shallow" or "stop".

Adjustment: If the angle feels too deep, lower your hips lower towards the pillow or calmly change to a spoon position.

S9 Conversely she at the top · ≈ 7 min

She at the top, facing away from him — she rules everything, he sees and supports.

Setup: He lies on his back. She sits over him facing his feet, with her knees on either side, and you have intercourse at her pace.

Angle: The angle is new for both of them, and she controls the depth and direction all by herself. He must follow, not rule.

Pace: She sets the pace with small, calm movements. He keeps his hips still.

Hands: His hands rest on her hips or lower back. She can use her own hand or a vibrator in front.

Check-in: He asks once: "Good for you?" She responds with words or gestures.

Adjustment: If the angle feels sharp, she leans forward a little with her hands on his legs - or she calmly turns around.

S10 The chair · ≈ 6 min

Sitting on a sturdy chair — dense, simple and different.

Setup: One sits on a sturdy chair without wheels. The other sits cross-legged on his lap, face to face. If you have intercourse here, whoever sits at the top is in charge.

Angle: The chair provides full upper body contact and eye contact, and feet on the floor give the supreme control without effort.

Pace: Rocking and calm. The chair invites closeness, not acrobatics.

Hands: Hold each other around. One hand can slide down between you.

Check-in: Whisper: "Good like that?"

Adjustment: If your thighs get tired, move to the edge of the bed in the same position. A cushion on the seat makes the chair softer.

S11 In front of the mirror · ≈ 6 min

A familiar position — in front of the mirror, so you see each other from a new angle.

Setup: Find a mirror that you can sit or lie in front of. Choose a quiet position you like, preferably sitting close or lying on your side.

Angle: The mirror allows you to see what you usually only know. Look at your partner in the mirror, not at yourself.

Pace: Calm. Let the looks in the mirror do half the work.

Hands: Stroke and hold so your partner sees it in the mirror — seeing a touch coming builds anticipation.

Check-in: Catch your partner's gaze in the mirror and ask with it. Words: "go on" or "calm down".

Adjustment: If it feels unusual to see yourself, dim the lights or move so that only your partner is in the picture.

S12 From behind on the knees · ≈ 7 min

Classic back-to-the-knees — deeper and more intense, with her at the wheel.

Setup: She stands on all fours with a pillow under her chest. He is behind her on his knees. Have intercourse that starts shallow — she rocks back against him when she wants more.

Angle: The angle is deeper than in most positions and feels more intense. The depth should never surprise — he holds the position, she decides how far.

Pace: Start slower than you think you have to. Increase only when she says or shows it.

Hands: His hands are holding her hips. One hand — his or hers — can slide up to the clitoral area, or hold a vibrator there.

Check-in: Use simple words: "deeper", "shallow", "quieter", "stop".

Adjustment: If the angle is too deep, she lowers her upper body lower towards the pillow. If your knees get tired, calmly switch to a spoon.

S13 Leg to shoulder · ≈ 7 min

Missionary with one of her legs up against his shoulder — new and deeper angle.

Setup: She lies on her back with a pillow under her hips. He kneels in front of her, and she puts one leg up against his shoulder. The other rests around his hip. Have intercourse that starts shallow.

Angle: The leg against the shoulder gives a deeper and tighter angle than the usual missionary. One centimeter up or down the leg changes everything.

Pace: Calm and steady. Deep angle and speed at the same time quickly becomes too much.

Hands: His hands support her thigh and hip. Her hand or a vibrator easily reaches the clitoral area.

Check-in: He asks: "Good depth?" She answers with "deeper", "shallow" or "the same".

Adjustment: If it stretches too far behind the thigh, move the leg down to his armpit or let it rest around his hip. Switch legs halfway through.

GL24 Deep angle, you control · ≈ 8 min

Have intercourse in a deep angle where you control the depth, while the partner has the stopping word. Only do this if both clearly want it, and agree on a stop word first.

Setup: Your partner lies on his back with a pillow under his hips and both legs lifted up to his chest or up to your shoulders. You kneel close. Have intercourse that starts shallow, with the ankles resting against you.

Angle: With the hips lifted and the legs together, the angle becomes the deepest in the tire. Here you control the depth - but only within what you agreed, and only as long as the partner does not say "calm down" or "stop".

Pace: Start slower than you think you have to. Deep angle and speed at the same time quickly becomes too much. Only increase when your partner says "more".

Hands: Hold your hands around your partner's calves or ankles. Let a hand slide forward to where the partner wants it, or hold a toy there. Lubricant if needed.

Check-in: Use simple words throughout: "more", "less", "quieter" or "stop". At "stop", you calmly pull out straight away.

Adjustment: If it stretches too much behind the thighs, lower your legs down around your hips. If the angle becomes too deep, lift the partner less or calmly change to a shallower position.