

RED

R 1

Her rhythm

≈ 5 min

Let her take your hand and guide it to place, pressure and pace. When she lets go, proceed exactly as she showed.

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R 2

His rhythm

≈ 5 min

Let him place his hand over yours and show the grip and pace he likes. Use lubricant if necessary, and keep the rhythm even.

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R 3

Even clitoral focus

≈ 5 min

Stimulate her clitoral area with steady rhythm and light pressure. Don't change techniques too often — when something works, stick with it.

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R 4

Slow hand

≈ 5 min

Use lubricant and a steady hand on the penis. Keep the grip even and vary the pressure more than the speed. Feel free to take a break or two when you have your hand at the root of the penis, have a firmer grip/pressure, hold for a few seconds, before continuing. Ask your partner if it feels good.

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R 5

Perineum

≈ 4 min

Gently massage your partner's perineum — the area between the genitals and the anus — on the outside of the body. Use flat finger pad, even pressure and lubricant.

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R 6

Build and calm down

≈ 6 min

Bring your partner close to strong pleasure with your hand, calm down with gentle kisses on the mouth, neck and chest, and build up again. Only do it if your partner likes it.

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R 7

The woman comfortably

≈ 6 min



A receiving position where she lies comfortably and everything reaches.

Full guidance: see the position library in the rule booklet.

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R 8

Pause without distance

≈ 3 min

Stop stimulation, but maintain body contact: hold around your partner and kiss the neck and shoulders calmly. The partner says "continue" when you are about to move on.

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R 9

Do not change

≈ 5 min

Stimulate the partner. When the partner seems close to intense pleasure, ask once: "Should I continue just like this?" If so: keep the rhythm, pressure and place absolutely stable — and don't ask more.



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R10

Keep going right there

≈ 5 min

Find one type of touch your partner responds well to. Hold the same place, rhythm and pressure for at least three minutes — don't change even if it feels monotonous to you.

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R11

Up to the chest

≈ 5 min

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

Full guidance: see the position library in the rule booklet.

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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.

Full guidance: see the position library in the rule booklet.

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R13

Her main card

≈ 6 min



She chooses: hand, mouth or vibrator. Give her external stimulation with whatever she chooses. Keep the rhythm steady and don't switch too often.

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R14

Vibrator on vulva

≈ 6 min

Use a vibrator on low power outside the vulva. If it gets too intense, put a thin fabric in between. She controls the force with "up" and "down".

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R15

Pressure wave for her

≈ 6 min

Use the pressure wave toy on low power directly on or close to the clitoris. Keep it steady where she says it hits, and kiss her in the meantime.

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R16

Circles around, not on

≈ 5 min

Draw gentle circles around the clitoris with your fingertip and lubricant — along the sides and over the skin above, not straight on. Keep the circle even and round. Go to the middle only when she says "closer".

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R17

Three movements

≈ 5 min

Try three movements on the clitoral area with lubricant: up and down, small circles, and side to side — half a minute each. She chooses with the word "the". Keep the winning move perfectly smooth afterwards.

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R18

Silent tongue

≈ 5 min

Place your tongue flat and completely still against the clitoris, and lie down. Let her roll her hips against you in her own rhythm while you hold steady. Only when she says "more" do you start moving your tongue yourself — calmly.



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R 19

All the time in the world

≈ 5 min

Before you start, say out loud, "I have all the time in the world, and I love this." Then give your partner quiet pleasure with your mouth, and show that you mean it along the way — a low "mmm" against the skin feels like a weak vibration. If you notice that your partner disappears into your head, repeat the phrase calmly and continue just as slowly. The partner says "done".

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R 20

Almost there

≈ 5 min

Massage the inside of her thighs and groin with intimate massage oil — if you don't have it, use lubricant. Approach the clitoris slowly, and slide past without touching it. Repeat the almost touch until she says "now" — only then will you stay.

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R 21

Easier than you think

≈ 5 min

Start easier than you think: stroke the clitoral area with the pads of your fingers, as lightly as over an eyelid. Keep the pressure there until she says "more pressure" — and then increase it just one notch.

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R 22

One finger, completely still

≈ 5 min

Gently insert one finger with lube if she wants, and hold it completely still while her mouth or other hand works on the outside. Only when she says "more" do you slowly bend your finger towards the front wall in a "come here" movement.

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R 23

The underside of the top

≈ 5 min

Use lube and the pad of your thumb in small, light circles on the underside of the penis, just below the head — the point where he is most sensitive. Keep the pace calm and even. He adjusts with "lighter" or "firmer".

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R 24

Warm hand underneath

≈ 5 min

Place a warm hand like a bowl around his scrotum, completely still — just warmth and light weight. Gently stroke the penis with lubricant with the other hand. He adjusts with "tighter" or "looser".

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R 25

Lips that suck easily

≈ 5 min

Lick the clitoris area calmly and evenly until she is well into it. Then close your lips softly around the clitoris and suck very gently for one second — like a small, wet kiss — before returning to your tongue. Repeat the suction at regular intervals, always as softly, never harder on your own initiative. She rules with "more suction", "only heavy" and "same".



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