

BLACK

S1

Outer prostate area

≈ 5 min

Massage his perineum — the area between the scrotum and anus — with the flat pad of your finger, lube and gentle, even pressure. Do not enter. Ask: "More pressure or the same?"

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S2

One finger, clearly yes

≈ 5 min

Anal touch can only be tried if the partner clearly wants it. Use one finger, plenty of lube, short nails and a leisurely pace.

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S3

Her fantasy light

≈ 6 min

Ask her to describe a gentle fantasy. Only do the safest and easiest part, if both want to.

BLACK

S4

His fantasy light

≈ 6 min

Ask him to describe a mild fantasy. Only do the part that both actually want.

BLACK

S5

Edging

≈ 7 min

Edge: build your partner up to orgasm, calm down, kiss for 30 seconds and start again. Maximum three rounds.

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S6

She controls toys

≈ 6 min

Let her control the vibrator herself outside her body. Get close, kiss her neck and chest, and hold her around while she finds what hits.

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S7

He controls toys

≈ 6 min

Let him direct the vibrator towards the root of the penis and the perineum. Kiss his stomach and thighs in the meantime, and let him show where your hands should be.

BLACK

S8

Back view with pillow

≈ 7 min

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

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

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S9

Conversely she at the top

≈ 7 min

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

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



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S10

The chair

≈ 6 min

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

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

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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.

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

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S12

From behind on the knees

≈ 7 min

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

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

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S13

Leg to shoulder

≈ 7 min

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

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

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S14

Show me how

≈ 6 min

Show your partner exactly how you touch yourself when you're alone — real, not pretend. The partner watches from the edge of the bed without touching, noting pressure, pace and location. Afterwards, the partner's hand takes over and repeats what it saw. Switch roles another night if both want.

BLACK

S15

Light clap

≈ 6 min

First ask if the partner wants to try a light slap. Warm up the seat with firm strokes and gentle massage, then give a light pat with a flat, relaxed hand — only on the fleshy part of the bottom, never the lower back or coccyx. Brush over the skin between each. The partner controls with "more", "easier" or "done".

BLACK

S16

Out of the bedroom

≈ 6 min

Move the evening out of the bedroom, if both want. Choose another room — the sofa or a blanket on the living room floor — and prepare the blanket, pillows and lubricant. Have foreplay and intercourse there, at a leisurely pace. New surroundings make familiar touches new; the bedroom gets a rest tonight.

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S17

The remote control

≈ 6 min

Let the partner place a remote-controlled vibrator outside, where the partner wants — and take the remote control or the app themselves. Start at the lowest power from the other side of the room, while maintaining eye contact. The partner controls with "up", "down" and "off" — you immediately follow. Switch roles if both want.

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S18

Vibrating ring

≈ 6 min

Put a vibrating penis ring on him when he's ready, with the vibration facing up. Have sex with her on top or in tight missionary so the vibration reaches her clitoral area — small, rocking movements maintain contact better than thrusts. Take the ring off in case of discomfort, and at the latest after twenty minutes.



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S19

Bent over the furniture

≈ 6 min

Have intercourse standing: she leans her upper body over a chest of drawers or a stable table, with a pillow under the iliac crest and her feet firmly planted. He stands behind and bends his knees until the height is correct. Start shallow — she controls with "deeper", "shallower" and "stop".

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S20

His hips on his thighs

≈ 6 min

Have sex with her hips lifted: he kneels and sits on his heels, she lies on her back and puts her hips up on his thighs, with her feet on the mattress. The angle deepens as both rest — his hands are free to hand or vibrator on the clitoral area. Start shallow; she controls with "deeper", "shallow" and "stop".

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S21

Over your face

≈ 6 min

Lie on your back with your head on a low pillow. Your partner kneels over your face, facing the headboard, with hands on the headboard or wall and weight on their knees. They control place, pressure and pace by lifting and rocking their hips. Agree first: two pats on a thigh means "pause", and "done" ends the card.

BLACK

S22

Bound and spoiled

≈ 6 min

Ask first. Tie the partner's wrists loosely in front of the body with a soft scarf — two fingers should fit underneath, and the partner should easily free himself. Never around the neck. Then use a few minutes to stimulate your partner below with your hand or mouth. Feel free to move on to intercourse if both wish.

BLACK

S23

The Whispering Game

≈ 6 min

Whisper in your partner's ear one sentence about what you want to do — in your own words, close by. The partner answers "yes" or "rather...", and then whispers his own sentence back. Continue every other time, and only do what gets 'yes'.

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S24

The egg

≈ 6 min

Give him pleasure with a masturbation egg: fill it with plenty of lube, slide it over his penis and use calm, steady movements. Kiss his neck and stomach in the meantime. He rules with "tighter", "looser" or "same" — follow exactly.

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S25

Bedside with vibrator

≈ 6 min

Have intercourse with her on her back by the edge of the bed and him standing or kneeling. She keeps the vibrator on low power herself, while he keeps the tempo low and immediately stops at "stop".



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