

About the game and rules

Come closer to your spouse. Find your spark again.

The purpose of the game

THE SPARK is a consent-based intimacy game for spouses who want to step out of routines and return to each other. You can use it for flirting, closeness, warming up or intercourse. You decide how far you want to go, and you can stop at any time.

The cards draw on knowledge about couple intimacy, responsive desire, sensual touch and safe communication, with gentle inspiration from classic erotic literature. The goal is not performance or acrobatics. The goal is pleasure, tenderness and listening to what you both enjoy.

Intercourse and love are about more than positions. Use the categories to build anticipation at a pace that suits you: first safe contact, then more direct stimulation if you both want it.

Every card may be skipped

If a card does not suit you, simply say: «Let's choose another.»

It needs no explanation. That is part of the game.

The basic rule

Take turns drawing cards.

The person who draws the card does what it says for their spouse, unless the card clearly says otherwise.

Conversation, pause and adjustment

Talk while you play. The receiver can always ask for more, less, slower, a different angle, a pause or a complete stop. You do not need a safeword.

The person giving should listen and adjust without making it a problem. If anything feels uncertain, pause, hold each other and find out what feels right next.

Categories

Green — Clothes on — flirting, kissing and touching over clothes

In the green category, you keep your clothes on. You can be in the living room, kitchen, hallway, on the sofa or in the bedroom. The cards are about flirting, kissing, closeness and touching over clothes. Notice what she enjoys — it can help you later. When you both want more, move to the yellow category.

Orange — Underwear — intimate touch and light oral pleasure, no penetration

When you move to the orange category, start in underwear. The cards may involve moving or removing underwear, but there should be no penetration. Kissing, touch, external stimulation, light oral sex and using a vibrator on the outside of the body are all possible if you both want them. Let her response set the pace. When you both want more, move to the red category.

Purple — Intercourse — her pleasure first

The purple category is the intercourse category. The positions and techniques are chosen to help her enjoy herself as much as possible: a gentle start, good angles, a hand or vibrator along the way, and clear words. The cards tell you which position to use, and often one of you chooses. Some cards turn the focus around and let her give him pleasure — never at the expense of hers. When you both want to explore a little further, move to the black category.

Wild — The wildest — bold positions, dominance, impact, edging and stronger toys, with a safeword and aftercare

Wild is the game's most intense category. Here you let go of the limits the other categories keep to protect her: stronger sensation, clearer control, bold positions and wilder play. The frame is fixed — both of you must clearly want each card, you agree on a shared safeword before you begin, and "stop" halts everything at once. This is where bold, adventurous positions, firmer guidance and safe restraint, spanking and hair-pulling on safe areas, edging and orgasm control, stronger and paired toys, and anal touch with one finger belong. No breath play, no extreme temperature, never anal sex. Always end with calm aftercare and closeness.

Yellow — A private room — more sensual, still not naked

When you move to the yellow category, go to the bedroom or another private room. You may take off one or more garments, but neither of you should be completely naked. Keep your underwear on. The cards may involve sensual undressing, touching under clothing, kissing, massage and more direct closeness, but you should still not be naked. Use the cards to learn where she likes to be touched. When you both want more, move to the orange category.

Red — Naked — focused foreplay, with her pleasure at the centre

When you move to the red category, you are naked. This is the foreplay category: direct pleasure with hands, mouth and toys, lubricant when helpful, and techniques that may lead to orgasm — with particular attention to building her pleasure gently and steadily. Follow response, not performance. Intercourse belongs in the purple category — move there when you are both ready.

Black — One step beyond purple — new positions and new pleasure, still safe

The black category goes one step further than purple. Here you explore your bodies more, with new positions, new angles and new pleasure — still safely, gently and within your boundaries. No anal sex. No acrobatics. Nothing that feels pressuring or too extreme. Light anal touch with one finger is possible only if you both clearly want it. Use plenty of lubricant, keep nails short, go slowly and obtain clear consent. This is always optional.

Play modes

Open play: All main categories are selected. Change category whenever you like.

First spark: 3 green cards, 2 yellow cards, 1 orange card.

Romantic round: 2 green cards, 2 yellow cards, 2 orange cards and 2 red cards.

Intimate time: 2 green, 2 yellow, 2 orange, 2 red and 2 purple cards.

Passionate round: 2 cards from every category: green, yellow, orange, red, purple and black.

Ecstatic finale: 4 orange cards, 4 red cards, 4 purple cards, 2 black cards and 2 Wild cards.

Accessories

You may use: Lubricant · Massage oil that is safe for intimate skin · Blindfold · Vibrator · Vibrating dildo · Massage wand · Womanizer or other air-pulse toy · Cock ring · Soft scarf or simple cuffs · Waterproof vibrator · Pillow · Mirror · Gentle music · Blanket · Towel · Duvet · A sturdy chair without wheels

Accessories are always optional unless you agree otherwise yourselves.

If you are unsure, use water-based lubricant with toys.

Use lubricant for direct hand stimulation, vibrator use, dryness, longer sessions, anal touch or whenever something feels like friction rather than pleasure.

Massage oil is best used on external skin. Do not use oil with latex condoms.

How to move up a level

You always begin in the green category.

When you both want more, put away the deck you are using and move to the next category. You do not need to draw a set number of cards. You can use one card, many cards, or finish whenever you like.

Pace and duration

Times on the cards are only a guide.

The cards are made for short rounds, so that you can draw several cards and get variety. You can always extend a card if you both like it, or finish earlier if that feels natural.

Afterwards

Spend a few minutes holding each other. You might say:

- one thing you liked
- one thing that felt good
- one thing you would like to do again

Glossary

perineum: The area between the genitals and anus.

edging: Building towards orgasm, slowing down, then building up again.

air-pulse toy: A toy that stimulates with air pulses rather than vibration, such as a Womanizer.

position card: A card with full guidance in six steps: setup, angle, pace, hands, check-in and adjustment.

Appendix

Position cards have a short version on the card itself. Full guidance is in the position library at the back of the complete PDF.

Print the card sheets double-sided and choose 'flip on long edge'. 200–300 g/m² matte card stock works well.

GREEN

G1

Slow kisses

≈ 2 min

Kiss your partner gently. Start with short kisses and let them grow longer. Let your hands rest on their cheek, neck or waist.

GREEN

G2

Close on the sofa

≈ 2 min



Sit close beside your partner. Kiss their cheek, lips and neck while gently holding their body.

GREEN

G3

Tracing a back

≈ 2 min

Use your fingertips over clothing to slowly draw lines on your partner's back. Alternate between light touch and a flat hand.

GREEN

G4

Three compliments

≈ 2 min

Give your partner three compliments: one about their body, one about their personality, and one about something you miss or enjoy between you.

GREEN

G5

Close dance

≈ 3 min



Dance close with your partner to a gentle song. Let your hands rest on their back, hips or waist without going under their clothes.

GREEN

G6

Kissing without hands

≈ 2 min

Kiss your partner without using your hands for the first minute. Afterwards, hold them and continue.

GREEN

G7

Cheek to cheek

≈ 2 min

Move close to your partner. Let your cheeks, foreheads and noses touch before you kiss gently.

GREEN

G8

Three places

≈ 3 min

Ask your partner to choose three places on their body that may be touched or stroked over clothing. Spend about 20 seconds on each place.

GREEN

G9

A guiding hand

≈ 3 min

Let your partner take your hand and show you where touch over clothing feels good. Follow their pace.



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LEVEL 1 · GREEN



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GREEN

G10

Kiss map

≈ 3 min

Kiss your partner in five places: forehead, cheek, lips, neck and hand. Make every kiss gentle and deliberate.

GREEN

G11

Stop and continue

≈ 2 min

Kiss your partner for 20 seconds, pause for five seconds, then start again. Repeat a few times.

GREEN

G12

A good memory

≈ 2 min

Tell your partner about a time you felt especially attracted to them. Finish with a kiss.

GREEN

G13

By the wall

≈ 2 min



Let your partner stand or lean comfortably against a wall. Come close, but gently, and kiss their lips, cheek or neck.

GREEN

G14

Neck and hair

≈ 2 min

Kiss your partner's neck and slowly stroke their hair. Keep the touch soft and safe.

GREEN

G15

Small promises

≈ 2 min

Say one thing you want to do more of in everyday life so that your partner feels wanted. Give a long kiss afterwards.

GREEN

G16

The six second kiss

≈ 3 min

Kiss your partner for six seconds — count slowly to yourself. Let your shoulders drop and your thoughts quiet while the kiss lasts. Afterwards, agree to give each other a kiss like this every time one of you leaves the house this week.

GREEN

G17

Face your partner

≈ 3 min

Turn your whole body towards your partner. Ask your partner to share something small from their day, and ask two follow-up questions before sharing something of your own. Finish with a kiss on your partner's temple.

GREEN

G18

Guess your partner's touch

≈ 3 min

Guess out loud where on the body the partner would prefer to be touched outside the clothes right now, and whether it should be light or firm. Touch the spot like this for one minute while your partner adjusts you with "more", "less" or "same". Finally, let the partner show the facet with his own hand.



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GREEN

G19

Two minutes in the blink of an eye

≈ 3 min

Sit face to face, so close that your knees meet. Look each other in the eye for two minutes without speaking. Smiles and laughter are allowed, but keep your gaze. Then say one thing each about what you saw in the other's eyes.

GREEN

G20

The kiss on the upper lip

≈ 3 min

Kiss your partner's upper lip while your partner kisses your lower lip. Stay in the shared kiss for a few calm breaths, then switch lips. Hold your hands softly around your partner's face or neck.

GREEN

G21

Climb the tree

≈ 3 min

Stand firmly with both feet on the floor. The woman puts one foot on top of the man's, puts her arm around his neck and pulls herself up towards the man as if in a climb after a kiss. Hold tightly around your partner's back — the woman decides how long the kiss lasts.

GREEN

G22

Half saw slowly

≈ 3 min

Stroke your partner's arm from shoulder to wrist at what you think is a leisurely pace. Halve the pace, and then halve it again — feel how your own hand wakes up. The partner chooses which of the three tempos you continue with for one minute.

GREEN

G23

Completely quiet hand

≈ 3 min

Place one warm, flat hand between your partner's shoulder blades and hold it completely still for one minute while you exhale slowly together. Then move it to the lower back and rest there for the same amount of time. If the partner says "more", the hand remains for a while longer.

GREEN

G24

The heart circle

≈ 3 min

Face to face. Place your right hand on your partner's sternum, above the heart, while your partner places his right on yours. Then place your left hand over the hand on your own chest, and your partner does the same. Look each other in the eyes and breathe calmly together for ten breaths, without words.

GREEN

G25

Breathe in your partner's rhythm

≈ 3 min

Sit behind your partner with your chest against your partner's back and your hands calmly on your stomach, outside your clothes. Feel your partner's breathing through your back and match your own breathing to the exact same rhythm — your partner's rhythm, not yours. Continue for two minutes and notice what changes in both of you.



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THE SPARK

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YELLOW

Y1

Warm back

≈ 3 min

Place both hands beneath your partner's top and slowly stroke their back. Use a flat hand and an even pace.



Ask whether your partner would like a blindfold. Gently kiss their hand, neck, cheek and shoulder. Finish with a gentle kiss on the mouth.

YELLOW

Y2

Gentle blindfold

≈ 3 min

YELLOW

Y3

From forehead to toe

≈ 3 min



Kiss your partner from forehead to toe without going beneath their underwear. Keep the pace slow.

YELLOW

Y4

Waist and hips

≈ 3 min

Hold your partner around their waist or hips. Pull them close, kiss them, then ease off a little again.



YELLOW

Y5

Edge of the bed

≈ 3 min

Let your partner sit on the edge of the bed. Stand or sit close and kiss while your hands rest on their back, thighs or hips.

YELLOW

Y6

Back to chest

≈ 3 min



Sit behind your partner. Kiss their neck and stroke their stomach, chest or arms over clothing or underwear.

YELLOW

Y7

Almost off

≈ 3 min



Pull your partner's top halfway off and pause for five seconds. Kiss the skin that appears, and ask with your eyes before taking the garment all the way off.

YELLOW

Y8

Thighs over clothing

≈ 3 min

Stroke the inside of your partner's thighs over clothing or underwear. Do not move all the way into intimate areas.

YELLOW

Y9

One wish

≈ 3 min

Ask your partner for one simple wish: 'kiss here', 'hold here' or 'stroke here'. Follow their wish.



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YELLOW

Y10

Lower back and bottom

≈ 3 min

Massage your partner's lower back, hips and bottom over clothing or underwear. Use a calm, firm hand.

YELLOW

Y11

Kisses and hands

≈ 3 min

Kiss your partner while your hands move beneath their top or along bare skin. Keep the touch warm and slow.

YELLOW

Y12

A small strip of skin

≈ 2 min

Find a small strip of bare skin at the stomach, back, shoulder or hip. Kiss it slowly.

YELLOW

Y13

Vibration over clothing

≈ 3 min

Use a vibrator over your partner's clothing or underwear on their thigh, back, hip or stomach. Start on a low setting. Not directly intimate yet.

YELLOW

Y14

Under the duvet

≈ 3 min

Lie close to your partner under the duvet. Kiss and touch over clothing or underwear.

YELLOW

Y15

Your partner's favourite

≈ 3 min

Ask your partner where it feels good to be kissed or touched right now. Keep it gentle.

YELLOW

Y16

Neck, ear, shoulder

≈ 3 min

Kiss your partner's neck, ear and shoulder. Use soft lips and warm breath.

YELLOW

Y17

Hand over hand

≈ 3 min

Place your hand over your partner's hand. Let them guide both hands where it feels good, over clothing or underwear. Follow the pace and pressure they show, without taking over.

YELLOW

Y18

The underwear boundary

≈ 3 min

Touch around the edge of your partner's underwear, but not underneath it. Kiss their stomach, hip or thigh between each movement.



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YELLOW

Y19

Flat hand or fingertips

≈ 3 min

Stroke your partner's back first with the whole flat of your hand, then just with your fingertips. Use the same route and the same leisurely pace both times. Ask the partner: "flat hand or fingertips?" Continue with whichever partner chooses.

YELLOW

Y20

One hand with oil

≈ 3 min

Warm some intimate massage oil in the palm of your hand — if you don't have it, use a lubricant. Never pour directly onto the skin. Stroke your partner's back alternately with the oiled hand and the dry hand, and finally ask: "oil or without?" Continue with whichever partner chooses.

YELLOW

Y21

Long coats

≈ 3 min

Place both palms at the bottom of your partner's back. Stroke slowly upwards with one hand on each side of the spine, out over the shoulders and down the sides. Repeat in the same calm rhythm. Use intimate massage oil — if you don't have it, use lubricant.

YELLOW

Y22

Sesame seeds and rice

≈ 3 min

Lay face to face. Intertwine your arms and legs tightly into each other's, so close that you can feel the other's breath. Lie like this, kiss calmly and let your hands caress your back.

YELLOW

Y23

Five places, five numbers

≈ 3 min

Kiss and stroke five places on your partner, one at a time: neck, shoulder blade, lower back, stomach and hip. The partner gives each place a number from "one" to "five". Go back to the place that won and stay there for a good while.

YELLOW

Y24

Quiet heat

≈ 3 min

Rub your palms together until they are really warm. Place one hand on your partner's stomach and one on your lower back, skin to skin, and hold them completely still for one minute while breathing at the same rate. Finish with a single slow stroke.

YELLOW

Y25

Mirror look

≈ 3 min

Stand behind your partner in front of the mirror. Stroke your partner's shoulders, arms and stomach slowly while maintaining eye contact in the mirror. The partner says "continue" when you change places. Seeing and feeling at the same time makes the touch stronger.



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ORANGE

01

Kisses over underwear

≈ 3 min

Kiss your partner through or around their underwear, on their hips, stomach and thighs. Keep it light and teasing.

ORANGE

02

Chest focus

≈ 4 min

Kiss and stroke your partner's breasts or chest. Start with a flat hand and soft kisses, and ask whether they would like more pressure or intensity.

ORANGE

03

Vibrator over underwear

≈ 3 min

Use a vibrator over your partner's underwear. Start on a low setting and let them decide whether to increase it.

ORANGE

04

Focus on her, gently

≈ 4 min

Now it is her turn. Let her take your hand and place it where she wants to be touched over or around her underwear. Follow the place, pressure and pace she shows, without taking over.

ORANGE

05

Focus on him, gently

≈ 4 min

Now it is his turn. Kiss his stomach, hips and inner thighs, slowly moving towards the area around his underwear. Keep it playful and unhurried.

ORANGE

06

Relaxing massage

≈ 5 min

Let your partner lie on their back with their eyes closed, preferably blindfolded. Use intimate massage oil. With a flat hand, make slow circles from the ribcage over the stomach and thighs to the calves. Rest a little at the groin and inner thighs, then stroke back gently and finish with soft kisses on the stomach.

ORANGE

07

Blindfold

≈ 4 min



Ask whether your partner would like to use a blindfold. Gently kiss their stomach, chest, thighs and hips. If they want to, finish with a few gentle kisses near or over their underwear.

ORANGE

08

Warm water

≈ 3 min



Take a warm shower together. Wash each other's shoulders, back, stomach, legs and feet. Let the person receiving guide what feels good.

ORANGE

09

Find the rhythm

≈ 4 min

Try the same soft kiss in three places: neck, chest and inner thigh. Ask which place felt best, then stay there with the same rhythm for at least one minute.



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ORANGE

O10

Bottom and thighs

≈ 4 min

Massage your partner's bottom and thighs. Use oil or lubricant on external skin if that feels right.

ORANGE

O11

Only lips

≈ 3 min

Use only lips, cheeks and breath on your partner's neck, chest, stomach and thighs for one minute. Keep your hands behind your back, then gently place them on their hips and finish with a small kiss.

ORANGE

O12

Her turn

≈ 4 min

Stimulate her clitoral area over her underwear with your fingertips in slow, even circles. Keep the pressure light and steady, and let her adjust with 'more' or 'less'.

ORANGE

O13

Body to body

≈ 4 min

Rub your body slowly against your partner's, skin to skin, with the weight on hips and thighs. Use lubricant on external skin if friction becomes uncomfortable.

ORANGE

O14

Two minutes each

≈ 4 min

Explore your partner's underwear with your hands for your own curiosity — feel the texture, warmth and shape. Be brief on the chest and intimate areas, etc. The partner only says "stop" if something is uncomfortable. Switch roles when two minutes have passed.

ORANGE

O15

Say it before you do it

≈ 4 min

Whisper in your partner's ear exactly what you are going to do: "Now I'm going to kiss you on the bottom of your stomach." Wait three calm breaths, then do exactly what you said—never again. Repeat with new places around the underwear. The promise kept is half the fun.

ORANGE

O16

Ebb and flow

≈ 4 min

Gently stroke your partner's stomach, hips and thighs. Stay by the edge of your partner's underwear for just two seconds and slide on to a quieter spot. Turn back a little further each round, like a tide. The partner says "stay" when you have to stop there.

ORANGE

O17

Let it simmer

≈ 4 min

Kiss your partner intensely for two minutes — hands in hair, body close to body in underwear. Then stop completely, by agreement, and lie next to each other for one minute without touching. Know how much happens in the body when nothing happens. One of you says "continue" when the minute is up.

ORANGE

O18

The partner sets the pace

≈ 4 min

The man lies on his back. The woman sits over your hip in her underwear and moves towards you at her own pace and angle. The man can keep his hands calmly on his partner's hips without directing. The woman says "hold" for a firmer grip and "let go" for freedom — and decides when enough is enough.



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ORANGE

O19

Swing against the hand

≈ 4 min

Rest a flat, still hand over your partner's underwear with even, firm pressure — no movement from you. The partner rocks their hips against the hand in their own rhythm. Your job is to keep the pressure steady, like a wall to face. The partner adjusts with "heavier" or "lighter".

ORANGE

O20

Quiet mouth with quiet kisses

≈ 4 min

Lower your lips silently to your partner over their underwear, and let warmth and breath work for half a minute. Kiss four gentle kisses through the fabric. Do not remove it unless your partner clearly wants that. Afterwards, they choose between more lingering kisses or moving on to the next card.

ORANGE

O21

Touch on exhalation

≈ 4 min

Find your partner's breath with a flat hand on your sternum. Then stroke down the chest, abdomen and thighs only on your partner's exhalation, and rest your hand completely still on the inhale. Meet the gaze when it feels natural. Let your partner's breath set the pace.

ORANGE

O22

Briefly, so on

≈ 4 min

Stroke him over his underwear in short visits: a few seconds over his penis, then on to his stomach and thighs, and back. Let your fingertips also briefly touch the scrotum and the root of the penis. It is the exchange that builds. Don't stay anywhere until he says "stay there."

ORANGE

O23

Warm oil on the breasts

≈ 4 min

Warm intimate massage oil between the palms - if you don't have it, use lubricant. Never pour directly onto the skin. Massage her breasts in large, slow circles from the outside in, saving the nipples for the very end, just barely. She rules with "more" and "easier".

ORANGE

O24

The partner meets the vibrator

≈ 4 min

Hold the vibrator on low power completely still against your partner's underwear, with a firm hand. The partner moves his hips against it and finds space and pressure himself — the fabric cushions, and that's the point. Only move it when your partner says "move".

ORANGE

O25

Four kisses, one thigh

≈ 4 min

Give your partner four kisses on the inside of the thigh, one of each kind: completely light, with soft pressure, with the lips catching a bit of the skin, and with the tip of the tongue. The partner chooses the winner with a single "den". Repeat the winning kiss slowly along the edge of your partner's underwear.



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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.

RED

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.

RED

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.

RED

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.

RED

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.

RED

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.

RED

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.

RED

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.

RED

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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LEVEL 4 · RED



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RED

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.

RED

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.

RED

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.

RED

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.

RED

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".

RED

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.

RED

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".

RED

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.

RED

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.



THE SPARK

LEVEL 4 · RED



THE SPARK

LEVEL 4 · RED



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RED

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".

RED

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.

RED

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.

RED

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.

RED

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".

RED

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".

RED

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".



THE SPARK

LEVEL 4 · RED



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LEVEL 4 · RED



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LEVEL 4 · RED



THE SPARK

LEVEL 4 · RED



THE SPARK

LEVEL 4 · RED



THE SPARK

LEVEL 4 · RED



THE SPARK

LEVEL 4 · RED

PURPLE

L1

Missionary with pillow

≈ 7 min



A quiet missionary variant where the angle works for her.

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

PURPLE

L2

She at the top

≈ 7 min



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

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

PURPLE

L3

Spoon with hand in front

≈ 7 min



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

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

PURPLE

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.

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

PURPLE

L5

Face to face in side lying

≈ 7 min

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

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

PURPLE

L6

At the bedside for her

≈ 7 min

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

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

PURPLE

L7

Bones gathered

≈ 7 min

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

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

PURPLE

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.

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

PURPLE

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.

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



THE SPARK

LEVEL 5 · PURPLE



THE SPARK

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LEVEL 5 · PURPLE



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LEVEL 5 · PURPLE



THE SPARK

LEVEL 5 · PURPLE



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PURPLE

L10

Calm rocking

≈ 7 min

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

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

PURPLE

L11

Her combination

≈ 7 min

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

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

PURPLE

L12

His turn with his mouth

≈ 6 min

Now it's the man's turn to enjoy himself. Kiss his stomach, inner thighs, and the area around his penis, then gently give him oral pleasure. Let your hands stroke your thighs and hips, or keep a light grip around the root of your penis.

PURPLE

L13

His turn with his hands

≈ 6 min

Give him pleasure with your hand: use lube, keep a steady grip and vary the pressure more than the speed. Simultaneously kiss his neck, chest and stomach. He adjusts with "firmer", "looser" or "same".

PURPLE

L14

First the partner, then you

≈ 8 min

Give your partner five minutes of hand and mouth — full focus, without the partner having to give anything in return. Afterwards, you choose your pleasure and get at least the same amount of time.

PURPLE

L15

Pause in the middle

≈ 6 min

Stop intercourse completely, but stay close with full body contact. Finish with a calm kiss. Draw another card when you are ready to move on.

PURPLE

L16

Resting on his thighs

≈ 6 min

Have intercourse with him kneeling: he sits upright on his knees, she lies on her back with her pelvis resting on top of his thighs and a pillow under her lower back. Both of his hands are free—the fingers rest in steady, calm circles on the clitoral area as his hips move slowly. She controls with "same", "calmer" or "stop".

PURPLE

L17

She at the top, all the way down

≈ 6 min

Interact with her on top, but all the way down: she lies flat against his chest with her legs inside or outside his. She rubs and rocks against his abdomen instead of riding — her clitoral area making contact the entire time. He lies still and gives light back pressure with his hands on her lower back. She rules with "same" or "calmer".

PURPLE

L18

The scissors in a sideways position

≈ 6 min

Have intercourse in scissors: he lies on his side, she on her back perpendicular to him, with her legs over his hip and his lower legs between hers. No one is carrying weight and her entire front is free for his hand or a low powered vibrator. Move in small, quiet swings. She rules with "deeper", "shallow" or "same".



THE SPARK

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LEVEL 5 · PURPLE



THE SPARK

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PURPLE

L19

The edge of the bed, he on his knees

≈ 6 min

Have intercourse at the edge of the bed: she sits back comfortably with a pillow behind her, while he kneels in front, preferably on a pillow. Face to face, you can kiss and keep the front of her body free. If she wants a change, he can use his mouth without her moving. She guides with "same" or "slower".

PURPLE

L20

Quiet start

≈ 6 min

Begin intercourse with silence: slide in, then remain completely still for one to two minutes with full body contact. Breathe calmly to the beat and feel instead of moving. She makes the first move when she's ready — shallow and slow. Would she rather continue the silence, she says "same".

PURPLE

L21

Nine shallow, one deep

≈ 6 min

Give intercourse a fixed pattern in missionary: nine shallow, calm movements at the end — just the first few centimeters — and then one deep. Most of the nerve endings are located at the outer end, and the deep one is felt more because it is rare. Hold the pattern for a few minutes. She adjusts with "shallower" or "deeper".

PURPLE

L22

Kiss through everything

≈ 6 min

Kiss her deeply throughout intercourse — not as decoration, but as half the point. Choose a position where the mouths meet, like missionary or she on top leaning forward, and let the movement of the hips stop before the kiss does. If you lose the rhythm, hold the kiss and find your hips again afterwards.

PURPLE

L23

The rocking chair

≈ 6 min

Have intercourse sitting facing each other: he half-reclined against the headboard with pillows behind, she between his legs, leaning back on her hands, legs over his hips. Swing calmly against each other, and adjust where it hits by leaning back more or less. Her front is open for hand or vibrator. She says "same" when the angle sits.

PURPLE

L24

Kneeling, close behind

≈ 6 min

Have intercourse with both of you on your knees: she kneels upright with her back to his chest, he close behind. She controls the rocking with her hips; he keeps one arm around her and lets the other hand rest evenly on the clitoral area. The angle is self-explanatory — that's the point. She says "deeper" only if she wants more, otherwise "quieter" or "same".

PURPLE

L25

Circles, not bumps

≈ 6 min

Alternate back and forth with circles: stay inside and move your hips in slow, small circles toward each other. The pressure moves around instead of in and out, and the clitoral area doesn't lose contact. Try it in missionary, spoon or with her on top. She controls the size of the circles with her hands on his hips and says "same" when it hits.



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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?"

BLACK

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.

BLACK

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.

BLACK

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.

BLACK

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.

BLACK

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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LEVEL 6 · BLACK



THE SPARK

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BLACK

S10

The chair

≈ 6 min

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

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

BLACK

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.

BLACK

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.

BLACK

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.

BLACK

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.

BLACK

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.

BLACK

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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BLACK

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".

BLACK

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".

BLACK

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'.

BLACK

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.

BLACK

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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LEVEL 6 · BLACK



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LEVEL 6 · BLACK



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LEVEL 6 · BLACK



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WILD

GL1

Tied to the bed

≈ 7 min

Tie your partner's wrists loosely to the headboard with a soft scarf or cuffs that can be easily detached. Only do this if both clearly want it, and agree on a stop word first. Calmly stimulate with hand and mouth, preferably with a vibrator if both want. The bound person can say "stop" at any time, and then you immediately release everything.

WILD

GL2

Calm commands

≈ 7 min

Agree on a stop word first, and only do this if both clearly want it. Give your partner short, calm messages: "lie down here", "don't move", "breathe calmly". Let your partner follow each message while you touch slowly and control the pace. The partner can say "stop" at any time, and then everything stops immediately.

WILD

GL3

Replace the steering

≈ 7 min

Agree first and agree on a stop word. Only do this if both clearly want it. One takes over all control for five minutes: gives short commands, determines pace and every touch, and the other obeys exactly. Then switch roles. The person following can say "stop" at any time, and then everything stops immediately.

WILD

GL4

She gives up control

≈ 7 min

Let her relinquish control completely. Only do this if both clearly want it, and agree on a stop word first. You decide the pace and all touch to the clitoris and the rest of the body. Keep her on the edge for a long time before you let go. She only chooses tools: hand, mouth or vibrator. She can say "stop" at any time, and then everything stops immediately.

WILD

GL5

Hands above head

≈ 7 min

Ask your partner to put their wrists together above their head and lie still. Only do this if both clearly want it, and agree on a stop word first. Calmly hold them in place with one hand and use the other hand and mouth on him. He can say "stop" at any time, and you'll be released immediately.

WILD

GL6

Bound and blind

≈ 7 min

Secure your partner's wrists loosely with a soft scarf or cuffs and blindfold them. Only do this if both clearly want it, and agree on a stop word first. Touch slowly and unpredictably with hand and mouth. The bound person can say "stop" at any time, and then you immediately release everything.

WILD

GL7

The partner controls everything

≈ 7 min

Let your partner manage everything. Only do this if both clearly want it, and agree on a stop word first. The partner gives short messages about tempo and touch, and you follow exactly without taking over. If you want to have intercourse, your partner controls the depth and speed himself. The partner can say "stop" at any time, and then everything stops immediately.

WILD

GL8

Clap that builds

≈ 7 min

Agree on a stop word before you start, and only do this if both of you clearly want it. Pat the bottom lightly with a flat, cupped hand, one slap at a time, always on the bottom or thigh. Start so lightly that it almost tickles, and only increase the strength when your partner says "more". Stop everything immediately on "stop".

WILD

GL9

Overall hairline

≈ 7 min

Agree on a stop word first, and only do this if both clearly want it. Gather the hair at the bottom of the head, close to the scalp, and close your hand calmly. Pull evenly and firmly, never a jerk and never against the neck. Hold for a moment, release softly, and again just pull on "more" - immediately stop on "stop".



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WILD

GL10

Light biting

≈ 7 min

Agree on a stop word first, and only do this if both clearly want it. Place your teeth softly against the partner's shoulder or thigh, with light pressure and never against the neck or face. Alternate between gently biting and kissing the same spot. Bite a little harder only on "more", and immediately release on "stop".

WILD

GL11

Firm pinching

≈ 7 min

Agree on a stop word first, and only do this if both clearly want it. Gently and firmly pinch your partner's chest or inner thigh. Hold the pinch for a moment and release softly. Start barely noticeable, increase the pressure only on "more", go "calmer" when the partner asks for it, and immediately stop on "stop".

WILD

GL12

She races past the top

≈ 7 min

Let her hold the shock wave toy herself and continue past the first orgasm. Lie close, kiss her and hold her around while she controls everything. She goes on only as long as she wants, and immediately lets go of "stop". Agree on the game first, and only if both clearly want it.

WILD

GL13

Double stimulation

≈ 7 min

Gently insert the vibrating dildo into her with plenty of lube, holding the shock wave toy against her clitoris at the same time. She controls both forces with "more", "less" or "stop". Only do this if both clearly want it, and agree on a stop word first.

WILD

GL14

Penis ring and vibrator

≈ 7 min

Put the penis ring on when your partner is ready, and run a vibrator with a little lubricant along the shaft and root of the penis at the same time. The partner controls the vibration with "up", "down" or "stop". Remove the ring immediately in case of pain or numbness. Only do this if both clearly want it.

WILD

GL15

Penis ring during intercourse

≈ 7 min

Have intercourse with the penis ring on him, and hold a vibrator against the clitoris at the same time with calm, rocking movements. She controls the vibration with "more", "less" or "stop". Take the ring off immediately if you feel any discomfort, and do not wear it for too long. Only do this if both clearly want it, and agree on a stop word first.

WILD

GL16

Two toys on him

≈ 7 min

Move a vibrator to the head of the penis and a massage stick to the root of the penis at the same time, with a little lubricant. The partner controls the strength on both with "more", "less" or "stop". Start low and only increase to "more". Only do this if both clearly want it, and agree on a stop word first.

WILD

GL17

One finger, hand on her

≈ 7 min

Agree first and only do this if both clearly want it. Use plenty of lubricant, short nails and gently insert one finger to the first joint. Hold your finger still for a moment while she gets used to it, and gently stroke her clit with your other hand. Small movements only on "more", pull out calmly on "stop".

WILD

GL18

One finger, mouth on her

≈ 7 min

Agree on a stop word and do this only if both clearly want it. Have plenty of lube and short nails ready. Gently insert one finger into the bottom of the first joint and hold it completely still. Place your mouth softly against the clitoris at the same time. Move your finger a little only when she says "more", follow your breath and calmly pull out on "stop".



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WILD

GL19

She controls her finger

≈ 7 min

Let her set the pace, and only do this if both clearly want it. Use plenty of lube and short nails, and calmly insert one finger into her ass, only to the first part, when she says "clearly yes". Keep completely quiet until she asks for "more". Place the other hand calmly on the clitoris. Follow her breathing and pull out on "stop".

WILD

GL20

One finger and hand on penis

≈ 7 min

Agree first and only do this if both clearly want it. Use plenty of lubricant, short nails and gently insert one finger to the first joint. Hold your finger completely still for a moment while your partner gets used to it. Gently wrap around the penis with the other hand at the same time. Small movements only on "more", pull out calmly on "stop".

WILD

GL21

One finger, mouth him

≈ 7 min

Agree on a stop word and do this only if both clearly want it. Have plenty of lube and short nails ready. Gently bring one finger in to the first joint and hold it completely still. Use your mouth calmly on him at the same time. Only move your finger a little when he says "more", follow your breath, and calmly pull out on "stop".

WILD

GL22

Back view with hairline

≈ 7 min

Agree on a stop word first, and only do this if both clearly want it. Have intercourse from behind, gather your partner's hair close to the scalp and pull smoothly and calmly — never against the neck, never in jerks. Place the other hand forward where your partner wants it, and start at a leisurely pace. Pull harder or go faster only on "more", and let go immediately at "stop".

WILD

GL23

Restrained wrist

≈ 7 min

Agree on a stop word first, and only do this if both clearly want it. Have sex face-to-face and hold your partner's wrists firmly against the mattress above your head — firm and secure, but easy to break free from. Start calmly and just increase to "more". Let go of the roof immediately at "stop".

WILD

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.

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

WILD

GL25

Massage stick against the clitoris

≈ 7 min

Agree on a stop word first, and only do this if both clearly want it. The partner chooses a position: on top or in the spoon. Have intercourse while the partner holds a massage stick against the clitoral area. Stay steady and follow your partner's pace so that the stick is at rest. Just increase to "more", and stop everything immediately at "stop".



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THE SPARK

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Conversation, pause and adjustment

Talk while you play. The receiver can always ask for more, less, slower, a different angle, a pause or a complete stop. You do not need a safeword.

The person giving should listen and adjust without making it a problem. If anything feels uncertain, pause, hold each other and find out what feels right next.

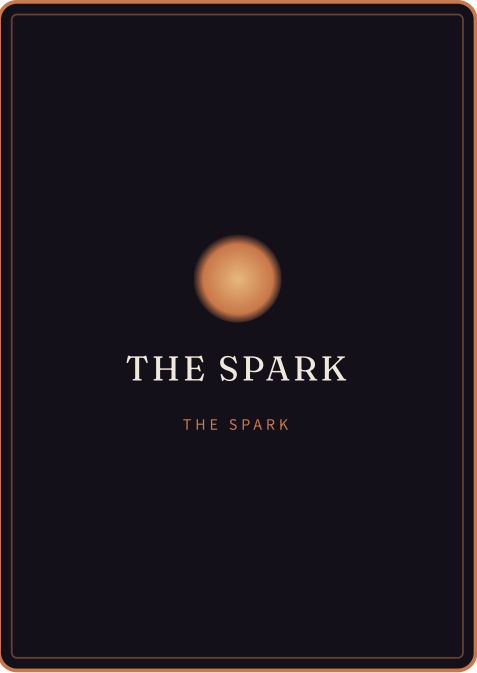
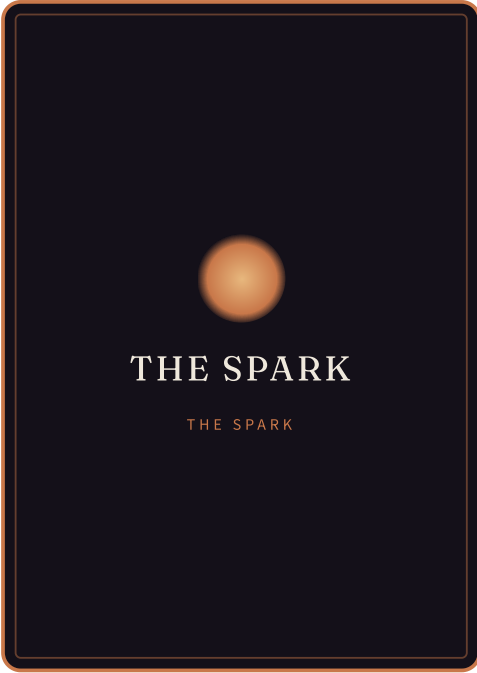
Afterwards

Spend a few minutes holding each other. You might say:

one thing you liked

one thing that felt good

one thing you would like to do again



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.