

## CHAPTER 24

### *Sex Positions*

'I've tried several varieties of sex. The conventional position makes me claustrophobic and the others give me a stiff neck or lockjaw.' So said Tallulah Bankhead.

Either she was hard to please or lacking in imagination. There are so many variations that every couple should be able to find one to suit both.

Look at the good old 'missionary' position. The woman can spread her legs wide and to the sides, wrap them around the man's legs, draw them up to her chest or put them up on his shoulders or chest.

Placing a cushion under her buttocks, hooking her legs over those of her lover and placing the soles of her extended feet together easily allows deep penetration and good stimulation of her clitoris.

Bending her knees, lifting her buttocks off the bed in an arching movement and opening her legs wide while her partner stretches himself above her in a semi-kneeling position, supporting himself by placing his hands flat on the bed on either side of her, provides the same effect.

If she raises her thighs so that her legs are slightly bent at the knees, her partner can ply her with relaxed, rhythmic strokes, the depth of which he can adjust so as not to cause her any pain, making this position extra useful for a man with a long penis.

She can also raise her buttocks slightly, while her partner kneels between her legs, tucks his feet under his rear and grasp her with one hand reaching forwards under her neck and the other turned backwards to hold her by the ankle. This provides both a refreshing intimacy and a sense of capture that some women find exciting.

She can take this a bit further by raising both her buttocks and vulval area off the bed, wrapping her legs around the back of her partner as he crouches between her legs (he grips the bed with his toes) and pulling him towards her. For more support, each puts their hands around each other's neck. Penetration can be controlled by pulling away from or pushing towards, the partner.

If she lifts both of her legs into the air and throws them backwards so that each foot is as close as possible to her ears, this raises, tilts and exposes her vulva, making for a degree of penetration during love-making that gives satisfaction to both partners - even if his penis is on the short side. It also gives her greater stimulation because of the angle at which she is penetrated, while at the same time providing him with a full view of her vulval and clitoral area, which may add considerably to his excitement. Unfortunately, it may be difficult or impossible for her to attain or hold this position, especially if she is overweight, pregnant or has lower back problems or a weakness in the pelvic region.

An easier variation for her to achieve, that also allows very deep penetration, is to place one of her legs over her lover's shoulder and the other over his opposite thigh.

She can also place both legs over his shoulders as he kneels between her legs. This raises her entire vulval area off the bed - an advantage for a man with a small penis. This position also allows for the angle of penetration to be easily altered for the maximum enjoyment of both. If necessary or desired, a pillow or cushion can be propped under her buttocks, giving her support and lifting her vagina even higher.

Taking this a step further, her partner can lift her legs up, gripping her buttocks or legs, until only her head and shoulders are resting on the bed and her feet are entwined around his neck. She can control some of the penetration and, therefore, sensations, by raising or lowering her buttocks. This position can be quite erotic but places considerable strain on her spine and neck and can lead to discomfort or even damage to the woman.

She can also lift her legs vertically, with her thighs widely parted, while the man kneels in front of her and leans forward. However, this makes deep penetration quite difficult and the

clitoris does not receive much stimulation.

A better variant - at least for the man - is for her to keep her thighs together as she raises her legs, while he crouches before her, his thighs either side of her hips and supporting her legs with his hands. If she contracts her pelvic muscles, rhythmically squeezing them around his penis, it will further stimulate him and give him added pleasure.

With her legs down, the man can stretch out on her or support himself on his elbows or hands. With her legs up, he can rest on his hands or he can sit or kneel up against her, resting his hands on her thighs or sliding them under her buttocks to move her up and down. In the latter version, he moves in and out while she rolls her thighs up and down, enabling her to give precise aim at the G-spot. Again, she can reach through between her thighs, gripping the man's waist. This allows her to roll her pelvis up and down, regulating the depth of penetration.

In all these variations, there's excellent support for thrusting, so the man can feel his power and strength - though, if he's well endowed, there can be too much of this. It can provide the closest intimate contact; mouths, legs and arms can all be locked and genitals closely touching. If the woman is tired or slow to warm up, she can relax. Since the penis comes close to the cervix and there is a cuplike space formed where semen can be deposited, it's an ideal position for conception, especially if she has her knees drawn up to her chest and stays that way for five minutes or so after he's ejaculated. For the same reason, however, it's not a recommended position for the last half of pregnancy. It is also not a good position for men who tend to climax quickly, because the good stimulation of the glans provided promotes speedy ejaculation. On the other hand, if he is ill, incapacitated or fatigued, he may not be comfortable in this position. And if he is much heavier than the woman and does not support his weight properly, it can be difficult for her to move freely.

A variation beloved of sex therapists is for the woman to sit in a chair or on the edge of a low bed, with the man kneeling on the floor. It is a good position if she is pregnant or overweight and it allows good contact with the G-spot. The clitoris is left out of the action but can easily be stimulated by hand. By varying how far back she lies, the woman can easily change the stimulation. Though it looks a little awkward, this position is in fact very comfortable and provides maximum satisfaction and orgasm for both. However, most people who have used this way find it's less intimate.

It is also possible to use a higher piece of furniture, such as a sofa or divan, with the woman sitting and reaching behind her to grasp something for support, while the man stand before her and lifts her legs to twine them around his waist.

If there's a good solid table handy, the woman can also lie on her back, spread her legs, bring her box to the edge of the table and rest her thighs against the torso of the man standing between her thighs. After he penetrates, she hooks her legs over his shoulders, which gives her leverage to move her pelvis up and down. This almost guarantees contact with the G-spot, especially if the man alternates between shallow and deep strokes.

Again, the woman can lie on her stomach and the man can penetrate her from behind (she may need a pillow under her belly and hips to raise her buttocks and tilt her vulva slightly backwards and upwards). He lies down on her, being careful to take his weight on his forearms and elbows. She can hold firmly onto him simply by twining her arms around his elbows. This position provides stimulation to the G-spot in most women but it can also cause the penis to strike the cervix, causing pain. However, if she clenches her buttocks, it provides the impression of a longer vagina and may prevent this. If her vagina is rather broad compared with the guy's penis, this is the best position in which she can use her pubococcygeal muscles to narrow the gap. There is also maximum stimulation of the glans of the penis. Because skin contact between the partners is at a maximum, it can provide feelings of closeness. It is a good position for conception but is unlikely to be comfortable for a woman who is heavily pregnant or whose belly is large.

While most of us lost our virginity in some version of the missionary position, most of the 'how to lose your virginity' manuals highly recommend woman on top positions, mainly

because the woman can fully control the speed at which sex occurs and the depth of thrusting.

It also frees her from the often uncomfortable burden of being pinned down by her partner's weight. What's more, even though most men find the position visually stimulating, it can help with the guy's ejaculatory control. At the same time, it can boost her odds of being orgasmic, especially if she learns to lean forward and backward in turn, while moving up and down at the same time. Also, either partner can indulge in manual stimulation of her clitoris. Unless she's very heavy, it's also a good position for post-coronary sex. There is also good stimulation of the glans of the penis. On the other hand, it may be difficult for passive women to assume this position and it may not be comfortable for a woman if she is tired or advisable if she is in the later stages of pregnancy.

There are several variations. Most commonly, she straddles his hips, takes his penis inside her and then lies atop him, either with legs bent or stretched out. This allows for stimulation of her breasts and clitoris and of his testicles and nipples.

If he spreads his legs and bends them slightly, she can stretch out between his legs, supporting herself on her arms, and, perhaps with the help of a pillow under her feet to raise her pelvis a little, guide his penis into her vagina. She can then maintain a tight pressure on it by squeezing her thighs together as she thrusts herself upon it. By altering the direction of her thrusts she can make sure she gets the clitoral and other stimulation she needs. If he hooks his feet over the back of her legs or otherwise clasps or entwines them together behind her knees, this keeps their pelvic regions more tightly pressed together, heightening the feelings of closeness and intimacy and also providing more firm support for their energetic rhythms.

After straddling his hips, she can also lean back, lean forward or sit upright. In the latter version, she can squat and slowly lower herself onto the erect penis, which is held almost at a right angle. This can be extremely physically and visually stimulating for both and he can play with her various bits to his (and her) heart's content. However, it is possible for the weight of the woman's body and the force of her descent to deal Willy a serious blow. Slow and easy is best in this position. In fact, the woman, while fully penetrated, can remain still and both partners can stimulate themselves and their partner by using the pubococcygeal muscles.

He can also sit up, while she crosses her legs behind his back. She can wrap her arms around his neck while he embraces her around the waist, helping her with her up-and-down motion. Both will experience even greater pleasure if she contracts her vaginal muscles around his penis with each downward thrust. The main advantage of this method is that it simultaneously facilitates good penetration and kissing.

A more acrobatic variation is for the man to lie on his back with a cushion under his head and shoulders and then bend his legs up so that his knees are near his face. His partner straddles him, with her legs on either side of his, lowers herself onto his penis and thrusts it in and out of her by moving her knees up and down.

Adult movies often feature the version of the position in which the woman is facing away - horribly antisocial but very stimulating, especially if she learns to lean backwards and forwards and/or move her pelvis from side to side to make the penis touch all the right spots. Also, it provides her with a good view - direct or mirrored - of herself being penetrated, and many women find this exciting. It also provides good stimulation of the glans of the penis and is a good position for a pregnant or overweight woman. As well, the man can see her buttocks and stroke them or her back, while she can easily fondle his testicles, encircle the base of his penis with her fingers or even stimulate his anal area.

A slightly acrobatic variation is where the man has his legs bent and apart and she sits astride him with his legs pressing her sides, while she puts her hands on the bed in front of her. In this position, she can lower her head and look back towards her partner's rear.

Sitting positions are for slow motion sex; the angles are all wrong for vigorous thrusting. It's because of this, and because it's good for caressing and intimacy (including fondling of her clitoris), that Tantra uses them for its path to ecstasy and enlightenment. It's also about the only

way you can do it in a VW or Mini. Many of both sexes find it visually stimulating. It works equally well on a chair (some swear by rocking chairs) or even with the guy sitting cross-legged on the floor, whether face-to-face or otherwise. It does require some physical dexterity. The usual position is with the woman sitting backwards across the man's knees, with her legs on either side of his, and facing away from him. The clitoris is not likely to receive any direct stimulation but the hands of both partners are free to do the job, as well as her pubic area, breasts, nipples or whatever else pleases her. The man can also kiss and nibble the back of her neck or shoulders. A similar position can be achieved with the woman facing the man. Both can be assumed while virtually fully clothed - a definite advantage on some occasions.

This is not the only advantage of a sitting position. The version where the man sits with his legs outstretched, leaning backward slightly and supporting himself on his hands while the woman sits astride, facing away from him and with her knees bent and resting on the bed beside his thighs is ideal for situations where the woman wants to be in complete control, since he is in a poor position to thrust. She, however, is free to move up and down on her lover's penis and to contract her pelvic floor muscles, while stimulating her clitoris herself. He is limited to nibbling or kissing her neck and shoulders or lightly stroking or scratching her back.

A fun sometimes variant is to sit on the floor on your tailbones with buttocks barely touching the floor and facing each other. Each partner puts a thigh over their partner's opposite thigh, the penis is inserted and, holding each other round the upper arms, they begin rocking back and forth in unison in a kind of see-saw motion.

An even more exotic, extraordinarily difficult to achieve, variant is for the man to sit with the soles of his feet together or with his ankles crossed and his feet pulled up towards his genitals. The woman sits upon his feet, her thighs pressing against his hips and her arms around his neck, while he draws her towards and onto him and tries to get some movement going either by moving his feet backwards and forwards or by pulling her backwards and forwards on his penis.

Standing positions bring up visions of quickies and illicit sex in alleyways. At least in the face-to-face version, they are more complicated to achieve than most positions. Firstly, the vagina is not tilted forward, as in most positions, and entry is therefore more difficult. Second, women tend to be shorter than men and it may be necessary to find a convenient box or step for her to stand on. Whatever you do, don't try it in the shower; one slip and the guy's dick could be ruined for life.

The simplest way to do it is for the woman to part her thighs while the man moves forward towards her so his feet are between hers, one slightly in front of the other. If they then grasp each other round the hips or waist, they can proceed to make love in this intertwined stance - preferably in a rhythmic, alternating (he pushes a little, withdraws a little, she pushes, draws back a little, etc) fashion.

If the woman is comparatively light, intercourse is possible with her in a suspended position, with her legs encircling his waist and her arms his neck and her back against a wall or other secure vertical surface. A variation of this is for her to keep one foot on the ground and to wrap the other around her partner's thigh. This actually spreads the vulva open and allows deeper penetration. If he holds her buttocks with one hand and her raised thigh with the other, he can readily control his thrusting movements.

A much easier variant is for the woman to face a wall or bookcase or other convenient solid object and hang on while he penetrates her from behind. Better still if she bends at the waist and holds on to a bed or table or similar object. With her legs parted, her partner can then stand between them and penetrate her, grasping her waist and hips for support as he thrusts. Some women describe this as the best position of the lot for achieving orgasm, even though the clitoris is not stimulated directly. This is because the G-spot can be stimulated to the maximum. So too can the glans of the penis. It is a good position for conception.

A similar, but much more difficult, variant is for the woman to bend well forward with her knees only slightly bent, touching the floor or grasping her knees for support. The man stands

behind her and holds her firmly round the waist. This makes for deep penetration but the man can control this so as not to cause any discomfort or pain. Some women find the feeling of the man's pelvis pounding against her rear sensational but others do not at all enjoy the experience.

Standing rear entry positions aren't a helluva lot different from 'doggy style', where she kneels on her hands and knees or elbows and knees and parts her legs and he enters her from behind, holding her waist and hips. During penetration, the woman should press out her vagina by bearing down on her pelvic floor muscles as much as possible. Both sexes can move freely and vigorously but, because she is supporting much of her weight, this position is a little restrictive for the woman. However, it does give good stimulation of the G-spot and allows deep penetration - too deep sometimes. It also provides good stimulation of the glans of the penis. There is no direct stimulation of the clitoris but the man can provide this manually. He can also reach forward and fondle his partner's breasts and squeeze her nipples. It is a good position for conception. Some women find it conducive to fantasising, while men often enjoy the visual stimulation. The variation where the man lifts his partner's thighs up until her vagina is level with his penis and the woman lowers her head between her arms means she only has to look backwards to witness her partner's thrusts - something which some women find exciting. Its main disadvantage is that it is less intimate than other positions.

Many couples find a side-by-side position especially satisfying, since it gives each person a great deal of freedom of movement and neither one is bearing the weight of the other. However, in the face-to-face version, usually someone must rest a leg atop their partner and this can sometimes cause cramping and pain. For all that, it is a good position when both are tired but still want to make love or during pregnancy or illness. Its main advantages are that it is very intimate, allows a slow buildup and freedom to caress and fondle each other's genitals and to witness each other's pleasure during intercourse. Its main disadvantage is that it does not allow a man to penetrate deeply; men with shorter penises can also find they tend to slip out easily. Either the man can be between his partner's thighs or he can leave his lower leg extended while raising his upper one over the woman's lower while she entwines her upper leg around her lover's hip. They can also both stay stretched out, with the woman's legs raised and resting across her lover's.

With the woman curled up on her side, facing away and with knees slightly bent and the man holding her tight and penetrating her from behind, sex is slow and relaxing. Ideal for those who like to sleep in snatches. At the same time, there is good stimulation of the G-spot and of the glans of the penis. There is no direct stimulation of the clitoris but this can easily be remedied by manual stimulation. It is a good position for conception.

There is also a sort of combo position, in which the man lies on his right side, while the woman is next to him on her back, with her right leg between his thighs and her left leg on top. This offers the advantage that the G-spot is well stimulated. Also, the woman can easily vary the angle and degree of penetration, allowing a variation in sensation for both, while the man, by leaning as far away from the woman as possible, can squeeze his penis around the rim and delay orgasm. It is also a good position for the latter months of pregnancy and for the overweight. A disadvantage is that the clitoris receives little stimulation, but this can easily be supplied manually, the hands of both being free for caressing. There is also excellent facial contact.

Another 'bit of everything' position is achieved by the woman curling up on her side and stretching out the underneath leg. Her partner kneels between her thighs with his legs bent and his calves doubled up under his thighs, and then lifts her upper leg to rest across his lower back. He enters her from a half-rear position and can hold her by her arms or shoulders to give himself support for thrusting. All she can do is lie back and enjoy it.

There are innumerable minor variations of these positions and several more acrobatic versions to be found in ancient and modern manuals and an enterprising couple will doubtless discover more of their own. Tallulah, you just didn't experiment enough - or maybe you picked the wrong partners. A little imagination and willingness to experiment can enrich anyone's sex life.

Couples should also be prepared to change their positions during intercourse. Some positions are particularly good as starters, while others are particularly good as finishers. Missionary positions, the above 'combo' position and woman lying on top positions come into the first category, while rear entry positions tend to provide the best finishing positions for both - though the man lying on top rear entry position gives the man fast satisfaction but may leave the female unsatisfied. On the other hand, women are more likely to enjoy finishing in the 'combo', woman-on-top and man-kneeling-at-edge-of-bed-while-woman-lies-on-it positions than are men.

All this is not to say that every performance has to be a full production. There is a definite place for the quickie - sometimes. And don't necessarily wait till your partner's there to begin foreplay - start it yourself sometimes. And remember that making love doesn't mean that either or both of you have to have an orgasm every time. Be open to every erotic opportunity and use it creatively. If it turns into a full-scale production, fine; if not, enjoy it anyway.