

# STAMINA™

TRAINING UNIT

---



MASTERING THE ART  
OF BRINKMANSHIP





## CONTENTS

General Thoughts..... 3

Manual Stimulation..... 3

Rounding the Bases ..... 4

Brinkmanship..... 6

Short Circuits ..... 7

Routines..... 8

Goals ..... 9

Five Essentials.....10



FLESHLIGHT GIRLS.  
RILEY REID

*Inside this manual are tips, tactics, and techniques which, when used in conjunction with the STU, will assist your transformation into a sexual legend. Results will not come without persistence on your part, but if you are dedicated, you now have all the tools you need to improve your stamina and better yourself as a lover. The road begins here...*

## GENERAL THOUGHTS

There are two obstacles hindering a man's ability to last longer in bed. First there is the incredible sensation of divine friction. Then there is your mind. While the STU can mimic the sublime, unmistakable sensation of intercourse, it cannot recreate the sounds, the intensity, or the passion of sex. However, just like the athlete who practices for hours a day by himself so that he will be ready to perform in a game, you can do the same. Learn the skills. Practice the techniques. Your body and mind will remember this training and when the moment arrives for you to perform, you will excel.

## A WORD ON TANTRA

Many of the tips, tactics and techniques offered herein are based in varying degrees from teachings of the Tantric Arts. This is not by accident. In looking for the best advice, the soundest philosophy, it is only natural to go to the greatest source. Over three thousand years of knowledge is compiled into their systems, and their writing is free of the guilt that has tainted Western views of sexuality. But most importantly they began just like any of us—as men with a desire to better themselves. Their performances made them Legends.

## MANUAL STIMULATION

The percentage of women who can have an orgasm from intercourse alone is well under 30%. The problem simply being that there is not enough clitoral stimulation. That is why it is important to be able to take your 'Manus' which is Latin for 'hand', and simultaneously stimulate the clitoris concurrently with penetration. The motion for stimulation is generally a circular brushing of the clitoris. Depending on your position this is not always an easy thing to do. Practice different positions with your STU, and find which ones are suited for manual stimulation. You can combine this technique with any of the above routines, or any of your normal lovemaking rhythms. If you are gentle and smooth, 9 times out of 10, your efforts will be appreciated. For positions in which you are unable to reach the clitoris, try and help your lover feel comfortable about touching herself while you are inside her.



## ROUNDING THE BASES

When it comes to pleasing a lover, intercourse is only the tip of the iceberg. A solid knowledge of everything leading up to the sex will lay the proper foundation and make you more of a complete and well-rounded lover. Just remember, every minute you spend in experienced foreplay will pay it's dividend three-fold when it comes time for intercourse. Also, if you want to take the pressure off your performance, it is never a bad idea to give your lover an orgasm before you even begin!

A good percentage of women prefer oral sex to intercourse, so shhh... no more talking, your tongue has work to do. Surprisingly, in an informal survey of women conducted by Legend's Gym, well over half of the men giving oral were categorized as "having no clue what they were doing." This was followed by the resounding challenge, "It's not that hard, its only one spot!" To which was replied, "Right, and which spot was that again?" For those of you who need that question answered, it's the clitoris (that little hooded thing resting on the top of the vagina). The number one complaint was that men seemed to be getting lost, and were wandering all around the vagina like children separated from their parents at the mall. 'Would the child of Cun E. Lingus please return to the Clitoris? Thank You.' Now that we got that straight, here's what you do when you get there...

## THE KISS

Don't underestimate the power of a kiss.

## THE SECRET OF THE UPPER LIP

There is a meridian, or energy channel, that runs from the upper lip of a woman's mouth, directly to her clitoris. It is called the "wisdom conch-like nerve" and if you caress it with your lips, and tease it with your teeth, it will subconsciously stir her excitement. Which will subconsciously get her aching to have sex with you.

## G MARKS THE SPOT

The Legend's writers relinquish our pen and give way to our resident swashbuckler. Here is Captain Softbeard's 'treasure map' to finding her G Spot. Have her lie on her back. Walk 7 paces of your fingers down from her belly button. Find her love cave. Rub the pearl on the top of the entrance before you try to get inside. Take your two fingers, (clip your nails you scallywag!) and insert them pointing with the pads of them upwards. About 1.5-3 inches in you will feel a bit of spongy tissue on the top wall. AHOY MATEY! You've found the spot. Now move your fingers in a motion like you were trying to beckon your lazy first mate. Soon enough the ship beneath you will start to toss and turn like an angry sea. Shiver me Timbers, thar she goes! When the waters calm, give her a kiss, and the treasure is yours.





## PULLING UP THE HOOD



Form a suction with your lips around the area. Not 'trying to suck a thick milkshake through a straw' kind of suction, but a gentle 'take a breath through your mouth' kind of suction. Then taking a moderately soft tongue, gently caress the clitoris in a circular motion. Unless you are intentionally trying to make your girl insane, make sure that you are not merely encircling the clitoris, but actually brushing the inside of it as well. You have enough tongue that you should be in contact with most of the clitoris the whole time, but the motion is what is critical. Also the top part of the clitoris, right where it meets the hood, is one of the most sensitive spots, so make sure your stroke pulls the hood back and you get the very top of that spot. Once you got this down, from there you can vary it with a little side to side, maybe

occasionally dip a little lower for a moment, use a finger. Spice it up however you would like. For the more dexterous, try a figure 8 motion instead of the preferred circular.

## THE HUMMER

No we're not talking about the vehicle. That's what you use to try to get her to bed with you. This hummer, is you. Yes, you are the hummer. While you are already giving great oral sex, start vigorously humming a tune or a monotone, with a lot of deep notes. This will cause your mouth to vibrate, and just like a vibrator, will provide added stimulation. If you don't want her to hear you humming the theme from Rocky, you might want to do this with some music on.

## THE TAHITIAN METHOD

Why this is called the Tahitian Method, no one is for sure. Perhaps because just like Tahiti, almost no one has seen it, and just like Tahiti, its amazing. Whatever it is, this advanced technique when done correctly will give your girl powerfully intense orgasms in half the time as normal cunnilingus.

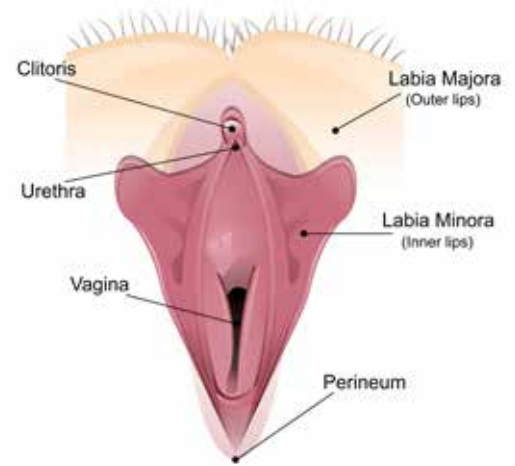
Maneuver her to lie on her back with legs flat on the bed, spread out in a v shape. You lie on your stomach at a 90 degree angle to her hip (so your bodies together form a kind of T shape). Get your tongue nestled next to her clitoris (the side of your mouth will be up against her pubic bone) and then move your tongue in an up and down motion. Due to the angle, this motion should be moving her clitoral hood side to side. As she is becoming aroused, you should feel two bumps called K points on either side of her clit. These are your guides. Make sure you hit each one.



FLESHLIGHT

FLESHLIGHT GIRLS.  
ABIGAIL MAC

Continuing the up and down motion of your tongue, gently place your well manicured finger on her perineum. For those of you who are like most of us and have no idea what the perineum is, it's the spot in between the vagina and the anus. You should begin to feel her pre-orgasmic contractions pulsing. But don't move your finger cowboy, just the slightest steady pressure is necessary. And when her hips start to buck and you feel the nails running through your hair and grabbing at your shoulders, just keep licking and prepare to ride her off into the sunset.



## CURIOSLY STRONG SENSATION

Consider this an accessory only to be used in conjunction with sound oral sex techniques. Its quite simple really. Begin oral sex. Smoothly, pull back, and use your fingers to stimulate her clitoris for a moment. Insert two peppermint Altoids into your mouth and chew them until there are no solid pieces. Your mouth should be tingling from the curiously strong peppermints. Resume oral sex, and the tingling sensation will transfer to her vagina and intensify the sensations. Repeat as often as necessary. This may not be for everyone, but if it works, you'll have one girl who will never lose your phone number.





## BRINKMANSHIP

If you are to learn only one skill with your STU, this is it. Mastery of the art of brinkmanship is the single most effective and pleasurable technique for increasing sexual stamina. Literally, brinkmanship is the art of bringing yourself to the 'brink' and then back again, while remaining in control. A master of brinkmanship can either delay the impulse to climax as soon as it begins, or bring himself right up to the very point that one more stroke would put him over the edge. In either case, when he feels himself reaching the threshold (the brink), he begins a cool down mechanism.

The cool down can be one of 4 things...

### SLOWING THE PACE

As it sounds, sometimes all it takes is slowing your penetration pace in order to get back your composure. This also helps you settle into another rhythm. This method is least likely to interrupt your girl's progression to orgasm.

### LIMITING THE DEPTH

Changing the depth of penetration is a simple technique that is still highly effective. This is generally a good idea to mix in every once in a while even if you aren't on the brink, as the motion of it is irresistibly tantalizing for your partner, and will inevitably lead to increased excitement on her part.

### COMPLETE STOP INSIDE

This is a defensive technique. You have gotten a little too far, and if you aren't careful, you could begin the irreversible countdown to ejaculation at any moment. Thrust all the way inside so that your pubic bone is pressing up against her. Make sure that you maintain

contact even if she starts to buck her hips back and forth. You want to minimize friction as best you can. If possible, you can grind in a circular motion to stimulate her clitoris, so as to maintain her heightened levels of excitement.

### TEMPORARY CESSATION

A last ditch effort. This should be avoided if possible, but sometimes, it's the last option you got. Pull out until only the tip of your penis is inserted in her vagina. The cool air should help cool you down. Pretend that you are teasing her. When you start to gain control, test the waters with a few shallow strokes before you dive back in.

How close you let yourself get, and your level of excitement will determine which method to use. The theory is simple, but the execution takes a great deal of knowledge of your own body, and a lot of mental discipline. Practice all of these methods with your STU, and learn to listen to the signals of your body so you will never be caught off-guard.

FLESHLIGHT GIRLS.  
NIKKI BENZ



## SHORT CIRCUITS

As it sounds, there are a few circuit breakers throughout the body that when pressed with enough force they manually prevent ejaculation. Learning to use them properly takes a little time, but once you are familiar, these can provide the ultimate emergency safeguard against any ejaculation before you are ready.

## MILLION DOLLAR SPOT

A long time ago a Tantric Master named Lu the Immortal discovered a place on the body that when pressed with adequate force would manually delay ejaculation for as long as required. He ordered his disciples to guard this secret closely, and made them vow never to reveal it to any outsiders. The legend goes that around the turn of the twentieth century a wildly wealthy American, (who will go unnamed) was on a journey in Western china, home of the disciples of the legendary Lu the Immortal. He had heard of their abilities, and sought to learn the ancient ways in order to improve a modern problem of his own.

Most of the masters he encountered were taken aback by his loud and abrasive mannerisms, and if they told him anything, they spoke only in intentionally vague and mystical language. In one of these sessions in particular, a younger master (and by younger I mean in his early 60's) was repeating through a translator the fable of the cobra. "While coiled, the cobra is quiet and poised. But when he strikes he becomes vulnerable." The American had simply had enough. In a wild outburst he exclaimed, "God, Damnit, isn't there just some spot I can push!" A very old and wise master who had been sitting in the corner of the room broke into a very uncharacteristic smile. This caught the American's attention.

In perfect English he spoke. "There is a spot, that if you push it, you can delay your ecstasy for as long as you wish." The American knew how to spot a bullshitter, but saw nothing but truth in the master's eyes. Intrigued, he asked in his most polite and beseeching voice. "Well where the hell is it..." The master replied, "I will tell you. For a million dollars." The American laughed, and then stared back into the long-beard's unflinching eyes. "Alright, I'll pay it." According to the story he did just that. In that place a great temple was built, and for the first time ever, Lu the Immortal's secret was revealed to the western world. The "million dollar spot" is in the area you might have heard called the 'grundle' or the 'taint', which is that strange stretch in between the scrotum and the anus.

The optimal pinpoint to push varies slightly from person to person, so start somewhere dead in the middle and adjust accordingly. Sufficient pressure on this area preceding ejaculation will prevent the semen from shooting up the vas-deferens, and will cause it to harmlessly return to the source, allowing you to continue lovemaking at your leisure. It is normal to feel your perineum contracting, just continue to apply the pressure until the contractions cease. It will have the sensation of orgasm, without the ejaculation, so you'll be able to keep going. And you thought that area was worthless.

**FLESHLIGHT GIRLS.**  
KENDRA SUNDERLAND  
& EVA LOVIA





## ROUTINES

These represent a sampling of a few different stroke patterns employed by masters of the tantric arts. They are not for everyone, but for some they provide valuable structure and focus.

### THE TANTRIC TEN

This is a basic technique that is widely practiced by highly skilled Tantric masters across many different cultures. It is quite simple really, 9 shallow strokes, followed by one deep stroke. Repeat ad infinitum.

### WU HISEN'S 81

This practice is recommended by the legendary master Wu Hisen. It calls for a lot of counting, but if you can complete it, you are in the company of Legends.

- Three shallow strokes followed by one deep stroke for 81 cycles.
- Five shallow strokes followed by one deep stroke for 81 cycles.
- Nine shallow strokes followed by one deep stroke for 81 cycles.

### THE TIDE

For this routine imagine your favorite shoreline beach. Watch as the waves begin to mount far out at sea, slowly building, hitting a peak, and then slowly withdrawing back out into the calmer waters. This is the rhythm you will be going for in this routine. Begin slow, long, soft strokes. The water is just beginning to gather its momentum. Continue but start to increase in depth and tempo, as a wave begins to form. Build more and more, a little faster, a little deeper. The water is beginning to crest. The wave is high, strong, so are your strokes. Deep, long, but not fast. The water has reached its peak, its beginning to topple. RUMBLE, RUMBLE, RUMBLE, it rolls to the shore!!! Then slowly it draws back out as the waves again begin to mount.

Just like the sea itself, sometimes the waves come in sets, and sometimes the waves are slow, and don't mount very much at all. This routine provides a little more variety than the above mentioned, and is a favorite at Fleshlight.

### ADVANCED TIP

Try sitting on a chair with a racquetball (or similar) pressing up against the spot. Have your lover straddle you and she is ready to ride all night long.



FLESHLIGHT GIRLS  
ADRIANA CHECHIK

## GOALS

These are goals and benchmarks to set for yourself while using the STU. Take out your timers and let the testing begin. Your goal is to go longer than the allowed time and/or stroke count.

### BEGINNER

*(Stroke count: 400 / Time: 6:00)*

While it is tedious perhaps to count the strokes, like taking your pulse, if you count the amount of strokes in an average 15 seconds, and then multiply by four, you can figure out roughly the amount of strokes you have made. In the beginner workout, you should get used to psychological diversions and practice the different techniques of brinkmanship. Simply become familiar with all the possible techniques, and in no time at all (if you aren't already there), you should be able to hit a respectable 6 minute mark with ease.

### INTERMEDIATE

*(Stroke Count: 1200 / Time: 18:00)*

This is a challenging workout, and mastery of the intermediate level will propel you to an echelon of lovers found rarely in the world. Perfect your psychological diversions and master the short circuits. If you can hit the 18 minute mark, you will be among the elite.

### ADVANCED

*(Stroke count: 2400 / Time: 36:00)*

Can you say Legend? No? That's okay, because that's what she'll be saying to all her friends. You will need to use all of the techniques you can to reach this mark, but hey, that's why you've been practicing them all along.

### TANTRIC MASTER

*(Stroke Count: 5,000 / Time: ???)*

This number has been informally set as the minimum for anyone wishing to call themselves a Tantric Master. If you make it to this level, write a book and send us a copy.





FLESHLIGHT GIRLS.  
NIKKI BENZ

## FIVE ESSENTIALS

You have put in the hours. You have learned the skills. Wu Hisen's 81 is not a problem. The million dollar spot is as familiar as a ten spot. You are ready for the game. Here are five essentials to remember when performing under pressure:

### 1. CONTROL YOUR MIND

It is said that it is the thought of ejaculation that brings one to it. The moment you tell yourself "oh no, I'm about to cum," it's already too late. So when you are making love, master your mind. Try not to allow negative thoughts to creep in.

### 2. STAY COOL

Heat and fatigue are the next biggest factors in expediting your climax. Try and stay cool, and if a position becomes too physically demanding, switch it up! One advanced technique for cooling your body is to breathe through your mouth with your tongue curled into slight U shape. Try it now. Feel how much cooler the air seems?

### 3. BREATHE

Its great to be passionate, but nothing brings you closer to the edge faster than heavy breathing or grunting. The Tantric Masters who are mentioned quite a bit throughout this manual expound on the value of controlling your breath. Practice deep breaths through your nose and settle into a calm, controlled rhythm. Make sure to pay attention to

each breath as it flows in and out of your lungs, nourishing you with cool oxygen, and expelling the hot carbon dioxide.

### 4. ACT AS IF

No matter who you are, it never hurts to adopt the mantra of 'as if'. If you act like a legend, it will help you to perform like one. Confidence is the biggest aphrodisiac of them all, even if you aren't naturally that confident. You might be surprised how quickly what was once an act becomes real, genuine confidence.

### 5. BE GOOD TO YOURSELF

If you put in a sub par performance, shake it off. You are not less of a man or a failure, you just had a bad outing. Even Legends have their poor performances, it isn't a big deal. Remember, sex is supposed to be fun. Keep your sense of humor. Stay positive, be good to yourself, and don't worry about it. Odds are that your lover cares a lot less than you do. And if she acts overly upset or angry, she is either completely self-absorbed or intentionally manipulative, both are good reasons to find another lover!

Our work is done here! It is now up to you to put in the time and dedication. You have the potential to be a legend, now is your chance to accept your legacy. Enjoy the journey!