

# Masturbation Techniques

## Basic Grips

### The Fist

In this common technique, you simply wrap your fingers around the shaft of your penis and rub up and down. It provides lots of contact between hand & penis – and more contact means more pleasure. This technique is especially good if you have a big penis; if your penis isn't much longer than your fist is wide you won't be able to stroke it very far, so another grip may be more effective.



### The Five Finger

In this technique, your hand and arm form an angle with your penis, with four fingers on top of the shaft at a diagonal and your thumb below. This allows you to get more control over hand to penis contact, and lets you move your hand along the entire length of your penis, even if it isn't very large.



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## The Three Finger

This one is good if you have a smaller penis. Simply hold your penis like it was a pen or pencil. This grip allows maximum control and maximum distance of motion (from the base all the way to the head), but the hand to penis contact is less than with other grips.



## The Backhand

This one – kind of a backwards version of the “fist” – is a little funny but it feels very good. This time hold your penis from the left side rather than the right (if you are right handed). To this, rotate your wrist so your thumb is pointing down; you may have to pull your penis to the side a bit. It’s a little awkward at first, but it’s an excellent grip to use when you want to try something other than your normal grip for a while.



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## Techniques

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### The Pump

Lie down on your side and hold onto your penis with the 'Backhand Grip' – roll over further and brace your hand against the bed, and thrust your penis in and out of your hand. This closely mimics the movements of intercourse. It's a very different feeling to masturbate by moving your pelvis rather than your hand.

#### Variation: Pump Finish

If you like the "Pump" technique but don't have a lot of stamina or energy, masturbate normally until you can feel that if you don't stop, you'll ejaculate. At that point, wrap both hands around your penis and start pumping "Pump"-style.

#### Variation: Two-handed Pump

Lube up well, and lock together the fingers of both hands, palms together. Place your erection in your hands, and wrap your hands around your penis. Pump your pelvis front to back, without moving your hands. You may have to lube up a few times.

### Rosy Palm

With lubrication, rub the tip of your penis head against the palm of your other hand. The resulting orgasm will be very powerful.

#### Variation: Rosy Fist

Masturbate regularly with one hand, and with the other, do the Rosy Palm.

#### Variation: Rosy Palm & Blanket

Lie in bed with a soft blanket on top of you; hold your penis with one hand and stick it straight up so the head is touching the blanket. Then with your other hand go outside (on top of) the blanket and try the Rosy Palm technique through the blanket. You don't need lube; all you feel on your penis head is your soft blanket. You might not be able to continue this for long because of how sensitive your penis head can become.

#### Variation: Rosy Arm

Instead of rubbing your penis head on your palm, rub it on your forearm. You don't need lube, and it's softer than your hand.

### Circle 'n' Stroke

With one hand, do the typical "up and down" motion — but with one finger of the other hand, circle around the head of your penis. This resulting orgasm will be great!

### Infinitely Deep

Make an open fist with your hand — but instead of holding your penis, put it just in front of the head. Then push your penis through your fist. When the head of your penis is about to pop out of your hand, continue the "tunnel" with your other hand. That way you'll be perpetually penetrating.

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## Milker

Make a ring around the base of your penis with your well-lubricated hand's thumb and forefinger, and slide it up along the shaft. When the ring reaches the head, make a ring around the base of your penis with your other hand, and work it up. Repeat the process when each "ring" reaches the head of your penis. The idea is to go up without ever going down. You can use only the thumb and forefinger or add the other fingers as you get away from the base.

### Variation: Reverse Milker

Instead of beginning at the base of the penis and going up toward the head, use both hands and do this in reverse. It is important that the penis and both hands are well lubricated. Make a "C" with both of your hands, and then stroke your penis downward. Rest the bottom of your palm at the tip of your penis and bring it down; when the bottom of your palm hits your body, do the same with your other hand, bringing the first to the top of your penis, and repeat what you did before. You increase speed as you go, and you always use a downward motion.

## Belly Rub

Get an erection, and if you want, lube up your penis really well, and also lube up your lower stomach area just above your pubic hair and below your belly button. Place the base of your thumb just below the head of your penis and under it, so it enables you to push your penis against your lower abdomen. When your penis is against your lower abdomen, push it from right to left to right to left over and over again. This way, the surface area of your penis head is in constant contact with your skin.

## Monkey Grip

This one is great if you like to massage your scrotum with one hand while you masturbate with the other. If you're right-handed, instead of holding your scrotum from the left side, cross your wrists (left wrist on top) so you're grabbing your scrotum from the right side. You may have to bend your body to get the best position. If you've never done this before, it will feel like someone else is holding your scrotum.

## Hump & Squeeze

This technique can provide that pre-ejaculatory feeling for as long as you want. Lie on your stomach, with your penis against your abdomen. With one hand, reach under you and grab your penis. Now "hump" the bed, and as you thrust your pelvis down, squeeze your penis. As you move back up, loosen your squeeze. Repeat these steps. Before long, you should get that feeling you get right before ejaculation — but don't stop or anything. Just keep going — if you "hump" at just the right speed, that feeling will last, and you won't ejaculate.

## Short Penetration

For this one, put the palm of your hand around the head of your penis, extending your fingers along the shaft (the thumb on top of the shaft and the middle and third finger on each side of the ridge under the shaft, the forefinger and the little finger being on each side). Using this grip, the head of your penis will bang against the palm of your hand every time you pump. With your free hand, you can lengthen the penetration or play with something else.

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## **Spread Your Fingers**

Masturbate with your dominant hand, and put your other hand palm-down on your lower abdomen with the little finger and ring finger on one side your penis, and the other 3 fingers on the other side. Push on your lower abdomen with your palm while squeezing the sides of your penis with your fingers. It produces a great sensation, as if there is another person lying on top of you and your pelvises are rubbing together.

## **Give Me 5**

Put a pea-sized amount of lube in the middle of your palm of your masturbating hand. With your fingers spread out like you're trying to gesture to someone the number 5, start rubbing the head of your penis back and forth as fast as you can. Hold your shaft in place with your other hand.

## **Mr. Spock**

After getting an erection, take some lube of your choice and rub it over your penis head, shaft, and scrotum (use a lot of it). Put some lube on your dominant hand and make sure to put some extra in between your middle and 4th fingers. Separate your two fingers on each side to make the "Spock" sign from Star Trek. Slide your hand up and down your lubed penis in between your fingers slowly, and at the same time, massage your scrotum and testicles. Vary the speed and pressure of your hand for best effect.

## **Figure-8**

Lubricate your hand very well wrap it around your penis and move your fist slowly up your penis in the traditional motion. When you reach the head, turn your hand over to a Backhand grip, keeping in contact with the head the whole time, and begin back down with the Backhand. Use varying speeds for best results.

## **Butterfly**

Masturbate while lying on your back, and keep your knees bent and pointed outward so the bottoms of your feet are almost touching. (Your legs should be spread.) When you reach orgasm, "pump" your legs, bringing your knees almost together back out again. Keep pumping the legs while you ejaculate.

## **Chopsticks**

With your dominant masturbation hand, spread your index and middle fingers as if they were chopsticks (or the "peace" sign). Orient your hand so your palm is facing you; the "chopsticks" should be pointing to the left if you're using your right hand. Insert your penis between the fingers so your index finger is on the underside of the penis (the side facing up if you're lying on your back) with the middle finger on the top. Next, squeeze the "chopsticks" together and move them rapidly up and down your penis. Your index finger does the important job of stimulating the sensitive underside of the penis, while the middle finger produces additional friction on the top.

## **Squatter**

Squat down. When your legs are bent, it stretches some of the muscles in your legs and makes the orgasm feel better. For more feeling, bounce up and down a little.

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## **Holy Thumbs**

Cover both hands with a lubricant. Put your hands together and interlock your fingers between each other; with palms up, touch your thumbs, which makes a hole between them. Slide your penis into this hole. Tighten your thumbs and move them up and down, or rest your fingers on a counter and thrust in and out.

## **Three Fingers to the Brink**

Just use two fingers and a thumb. Use the two fingers to rub just below the top of the head on the underside of your penis. The thumb goes on top of your penis. Get close to orgasm several times by rubbing up and down or in a circular motion. Stop and start several times. When you are almost ready to ejaculate, apply a little pressure just under the head on the underside with one finger. Just leave your finger there, and you will feel the orgasm build slowly and then feel the contractions start. The contractions themselves will often create an intense orgasm.

## **Rim Job**

When your penis is fully erect, lightly enclose the glans (head) and upper shaft in your hand. Lightly rub the upper surface of the glans, and the rim where it joins the shaft, with the ball and/or base of the thumb. Lightly tease your scrotum, and anywhere else you want, with your other hand. Vary the pressure and speed of your rubbing according to your excitement level and preference.

## **Crook & Palm**

Put the base of your thumb on the underside of your penis head. Right on that sensitive spot, rub up and down, using whatever speed you prefer. Now, with your other hand, use just your palm and rub the upper side of your entire penis head. Try to refrain from wrapping your hand around your penis. The sensation seems to be more intense with lube. For a variation, slide your hand up and down your entire shaft. This takes a little practice, but once you've got it, you will know!

## **The Prayer**

Press your hands tightly against each other, squeezing your shaft between your palms. Move them together in the typical up-and-down motion. This provides a different feeling, because only the sides are stimulated.

## **Top & Bottom**

One hand is placed palm-down along the top of your penis, while the other is placed lengthwise down the bottom. You wrap the fingers of the top hand around to the back of the hand covering the bottom side of your penis — then you use regular pumping or thrusting motions. Be sure to use lubrication!

## **Finger-Walk**

Place your thumb nearly lengthwise on the flat (top) part of the penis, with the end of your thumb toward your body. With your index and middle fingers, slowly alternate stroking the penis underside upward, toward the head. There is no downward stroke.

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## The Crook

Put lubricant on the head of your penis right at the rim where the bottom of the head meets the shaft. Now with the crook of your hand, between the thumb and the index finger, slowly begin to rub the area where you applied the lubricant, moving up and down over the rim. Be sure to use only the crook of your hand — do not wrap the rest of your fingers around the head of your penis, because the feeling will not be the same. The slower you go, the better the results in the end.

## Double Decker

Grip the shaft of your penis with both hands, one on top of the other (one near the base, the other near the head). Move them together in the typical up-and-down motion. You can also vary the directions of your hands — one hand going up while the other goes down at the same time.

## Tanning Lotion

Lie on your back, lube up, and sandwich your penis between your hand and your belly. Stroke up and down with your hand open (not closed around it), as if you were putting on tanning lotion. You get two sensations — the backside rubbing against your belly, and the front side rubbing against the hand. You can vary it by rubbing with the palm of the hand or with the fingers.

## Oral Simulation

To simulate the feeling of lips sliding over the penis head: Lube up your erection and hold the shaft in one hand. Put your dominant hand's index and middle fingers together horizontally, palm toward your face, in front of the penis head. Push the head into the gap between the fingers. The fingers should be relaxed, not tense. Now pull back and do this over and over the top third of the penis. Feel how the fingers conform to the penis's contour as they slide over the head and back. As you do this, position your other hand behind the "lips," and grip and squeeze the head as you push the penis in.

## Whip It Good

Sit, recline, or lie so your penis points straight up in the air. Grip it relatively low, near the base, and make fairly short, fast strokes. If you stroke with a slightly circular motion, you'll find that your penis head "whips" back and forth. The idea is to find the exact stroking rate that matches the sympathetic resonant frequency of your penis — guys with shorter penises will have to go faster to get the proper action. You'll know you are at the right stroking rate when the head whips back and forth with a motion opposite that of your hand. If your penis is very hard and/or short the opposing motion might not be apparent, but you should still be able to feel the inertia of your penis "fighting" your hand. You should not have to use a great deal of force to achieve the sensation — the timing is the most important factor.

### Variation: Whip It Hook

Make your index finger into a hook, and then use it to perform the technique. It provides more contact for a better feeling.

## Rumble Strips

This one is different. Hold your erect penis at the base with your left hand (right if you're left-handed), and spread apart the fingers of your right hand. Holding your penis straight up, move your right hand back and forth so the head of your penis bumps against your fingers rapidly. No lubrication is necessary.

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## **The Twist**

Place your thumb and forefinger on opposite sides of the penis head. Moving in short, quick motions, move the two fingers up and down while rotating at the same time.

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