



Faster, harder, stronger, longer...

Ruder

For the following positions, you need to have an open mind and a fit body. They break sexual taboos and physically they can take a while to master, but once you've tried them you've opened the door to a lifetime of potential pleasure.

Mild-to-wild rating: 4

THE STOCKING FILLER

This tied-up tease is a great position for couples who are new to bondage as the restraints used are light and simple and the position is not physically challenging.

She lies back on the bed, spread-eagling her body so that her arms and legs are as far apart as they can go. Using a couple of pairs of her stockings, he ties her wrists and ankles to the bedposts. He allows her a little room to wriggle, and ensures that her blood can still circulate, but is firm enough so that she can't move until he unties her. He lies over her, supporting his weight on his elbows, enters her and thrusts. It's powerfully erotic, with the woman at her most open and vulnerable, and the man able to exercise his full sexual power. He controls most of the thrusting, and there's very little effort involved for her. Kissing and talking is possible throughout, as is all-important eye contact and close body contact.

He says: *'Because her legs are spread so wide, I get to see myself pumping in and out of her, which makes my erection even harder.'*

She says: *'I love the feeling of being laid out for him to explore and conquer. I've discovered all sorts of new erotic hidden places in this position, like the skin on the inside of my arms and inner thighs.'*



PUMP UP THE PLEASURE

Give her orgasm a helping hand.
A pillow under her hips alters the entire tilt of her pelvis, exposing her clitoris to much more friction, and making orgasm much more likely.

LASAGNA

Mild-to-wild rating: 3

She lies on her front and raises her ass towards him, spreading her legs to make penetration easier for him. He lies on top of her, resting his weight on his elbows, and takes her from behind and thrusts backwards and forwards. This is great for the man who enjoys being in control, because she can hardly move. But this works in her favour, too, as penetration is actually quite shallow and he can't overdo it.

He says: 'What I love about anal sex is the feeling of possessing my partner, and the fact that she was face down on the bed made her surrender complete.'

She says: 'This is a great position if I've already had my orgasm and my clit and pussy are too sensitive to take any more stimulation, but he still wants to come inside me. It's his favourite way to finish off a sex marathon as he knows he's building up to a dirty, deep finale!'

PUMP UP THE PLEASURE

This position is perfect for role reversal; women tend to be lighter, and if she's using a strap-on, she'll enjoy pressing her breasts and clitoris into his back as she penetrates him. Remember that his prostate gland is a few centimetres up the front of his rectum, so lavishing attention on his entrance before filling him right up will caress his most sensitive spots.

