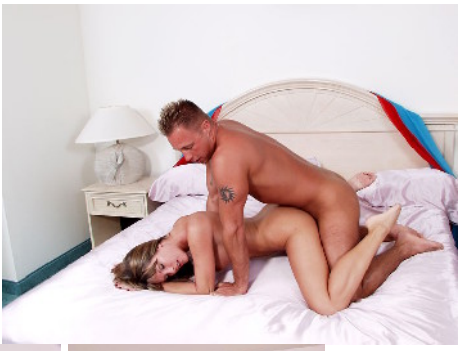


Lustmacher Positionen zum KiWu





ADVANCED REAR-ENTRY

He can easily reach her breasts and clitoris to stimulate them

She should support herself with her arms

ADVANCED rear-entry positions such as this one offer much depth of penetration, which is particularly helpful for men who have difficulty holding their penis inside their partner's vagina. While the woman controls the pace of lovemaking, the man's hands are free to arouse her.



BACK-TO-FRONT

IN THIS position, the man lies on his back with his knees raised. The woman sits astride her partner on his penis, facing toward his feet and leaning forward against his thighs and knees.

He can reach forward to stroke her buttocks

She can lean forward using his knees for support



DEEP PENETRATION

DEEP penetration positions enable the man to vary the angle at which he enters the woman. In the position shown here, in which the woman has her knees against her chest and her legs over his shoulders, he can achieve very deep penetration. Couples should only use deep penetration positions if the woman is flexible and fit, and not prone to back problems. The man should be careful not to thrust too deeply to avoid hurting his partner. These positions should also be avoided in the later stages of pregnancy.

He can press her legs together to vary the sensation

She grips his back for deeper penetration



FACE-TO-FACE KNEELING

SPONTANEOUS lovemaking involves making the best use of the available furnishings. With a little care you can make love on a swivel chair like the one shown here, especially if its height can be adjusted so that he can enter her in a kneeling position. Although you probably won't be able to strip completely for spontaneous sex, seminudity can often add to the excitement.

She can wrap her legs around her partner

She can use the chair arms to push upward



FACE-TO-FACE SITTING

TO ACHIEVE this position she starts by sitting upright on his lap, with both of her legs hooked over the arms of the chair. Once he has entered her, she can lean back on top of his thighs while he supports her back. For a greater degree of control, she can raise her knees and tuck her feet inside the arms of the chair. It is possible for him to kiss her breasts in this face-to-face position.

He can lean forward to kiss her breasts

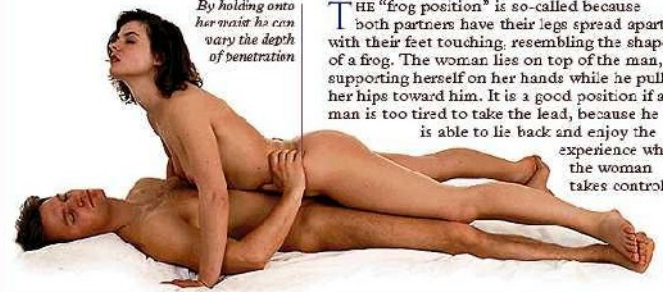
She can either sit up or lean away from him



FROG POSITION

By holding onto her waist he can vary the depth of penetration

THE "frog position" is so-called because both partners have their legs spread apart with their feet touching, resembling the shape of a frog. The woman lies on top of the man, supporting herself on her hands while he pulls her hips toward him. It is a good position if a man is too tired to take the lead, because he is able to lie back and enjoy the experience while the woman takes control.



LYONS STAGECOACH

THIS POSITION is known as the Lyons Stagecoach. The woman sits on the man's penis with her legs toward, or even over, his shoulders while leaning back on her hands. It is easy for her to control the pace of lovemaking. In this position, once penetration has taken place he can lean back so that his penis is pressed against the G-spot on the upper wall of her vagina.

She should lean back so that his erection presses against her G-spot



She can use her legs to press sensuously against her partner



MISSIONARY POSITION

THE MISSIONARY position is one of the most adaptable and widely used man-on-top positions. There is good eye-to-eye contact in this position, and also plenty of scope for deep penetration, kissing, and manual stimulation.

Both partners can vary the depth of penetration

Face-to-face contact helps communication



REAR-ENTRY

REAR-ENTRY positions are particularly suitable if the woman has a sensitive G-spot, as it is easier for the penis to press against the front wall of the vagina. Some rear-entry positions are more gentle than others and will suit people with medical conditions that may rule out other forms of intercourse.

He can vary the depth of penetration

He can use his hands to stimulate her genitals



REAR-ENTRY SIDWAYS

WITH HER partner sitting in an armchair with his legs apart, she sits to one side on his lap. One of her legs is hooked over the arm of the chair, making penetration easier. In this position, both partners have their hands free to give the other pleasure by stroking and caressing one another. Either partner can easily stimulate her clitoris, and he can kiss her breasts and nipples while stroking her legs.

Her hands are free to stroke and caress

She hooks her leg over the chair arm



REAR-ENTRY STANDING

He can maneuver his hips up against her buttocks



THIS UPRIGHT rear-entry doggy position is one of the most convenient to use when time is of the essence, because it requires minimal undressing. Wearing stockings rather than pantyhose will allow quicker and more comfortable access. The woman can support herself on a convenient chair or table. Rear-entry sex can be extremely enjoyable for both partners, allowing deep and satisfying penetration.

SIDE-BY-SIDE

SIDE-BY-SIDE positions are ideal for relaxed, unhurried lovemaking, and it is common for couples to fall asleep in one another's arms after making love in this way. The opportunity for intimate conversation, caresses, and kisses also makes these positions sensual and romantic.

Both partners can kiss and caress one another easily

Body contact



WHEELBARROW POSITION

FOR WOMEN who find vulnerability a turn-on, being entered from behind can be very stimulating, just as the sight of female buttocks can be extremely arousing for a man. If this is the case for you and your partner, the wheelbarrow could be the position for you, because it combines both of these elements.

Although this position requires flexibility, it is not actually very difficult. The woman rests her arms on the chair, and then the man lifts and supports her while she wraps her legs around his back.



She can clasp her legs behind his back for added support

She supports the weight of her body on her elbows

WOMAN-ON-TOP

WOMAN-ON-TOP positions are very satisfying for both men and women, and are very suitable for self-stimulation because the woman has easy access to her clitoris. They allow a woman to take a more active role in lovemaking and to determine the depth of penetration. By taking control, a woman is free to make the movements that excite her the most, while a man can lie back and enjoy the sensations she arouses in him.

She can use her hands to give him extra stimulation

She can either sit facing toward him or away from him



Quelle: <http://www.angelfire.com/folk/marriage/sexpositions.html>