



Disclaimer

This guide is for informational purposes only and is not a substitute for medical advice. It is an opinion and should be used for personal entertainment purposes only. This guide is not to be considered as legal, personal, or medical advice and you are responsible for your own doings.

Introduction

Hey, Jack Grave here.

I'm excited that you decided to download this special report.

In these pages, I'll outline an effective technique known as the "deep flick", which has been updated from old tantric principles into a modern method that many porn stars use today and that you can use to IMMEDIATELY help improve your sex life.

For many men, lack of stamina and inability to control their ejaculation can make a big difference to the quality and intensity of their sexual experiences.

However, it turns out all this can change with just a little practice.

With the "deep flick" technique, you'll develop a greater level of control over the hardness of your erections and the ability to make your woman orgasm... simply by following a few short steps.

Sound good?

I've kept this information as concise I can, with clear and practical instructions for carrying out the technique so that you can start enjoying more powerful and longer-lasting intercourse with your woman as soon as the next time you're in bed together.

Let's get started...

Jack Grave

About Jack Grave

Jack Grave is a leading men's health expert who has taught sex advice to millions of men from over 100 different countries.

Author of countless books and programs helping men improve their performance in the bedroom, men regularly seek out Jack for his expertise on erectile dysfunction, premature ejaculation and female pleasure.

What do I do?

The “deep flick” technique is a routine to help men improve sexual stamina and control the timing of their ejaculations during intercourse.

It involves sets of 10 thrusts with your partner, and a varying number of “shallow” and “deep” thrusts in each set.

- For the shallow thrusts, your penis should be stroking just inside her vagina on the upper wall, an area which generates higher female sexual pleasure upon stimulation. The length of each shallow thrust doesn't particularly matter, provided it's shorter than the deep thrusts.
- For the deep thrusts, aim to make them a bit longer and slower, with your penis stroking the same place as before.

With both types of thrust, you should avoid going too deep into her and being too harsh and quick in your thrusting – keep them steady and controlled.

1. Begin with 10 shallow thrusts.
2. After that, do 9 shallow thrusts followed by 1 deep thrust, then 8 shallow thrusts and 2 deep thrusts... and so on, in the same pattern.
3. Feel free to take a break in between sets if either of you needs it, and make sure to use lubricant wherever necessary.
4. Finish off with 10 deep thrusts.

Follow the process until you ejaculate – if you reach the end without doing so, then start again and continue until you reach orgasm.

By repeating these instructions, you'll find yourself managing more and more of the deep thrusts before ejaculation.

Eventually, you'll be able to stimulate your penis for much longer periods before orgasm – leading to fun and much more intense sex for you and your woman as a result.

Where did this technique come from?

To understand how the “deep flick” technique came about, let’s take a moment to understand how it came about.

Taoism is an ancient Chinese religion and line of philosophical thought, which was mostly practiced from around 400BC to the 17th century.

Among many other beliefs, they had some intriguing views on male sexuality. Essentially, the loss of bodily fluid (sperm) through male ejaculation leads to a decline of our “life force” – without which we undergo effects such as disease, increased aging and general exhaustion.

So, to avoid this, they believed that men should ejaculate as infrequently as possible without affecting their ability to live a healthy and enjoyable life.

Now, I’m sure some guys wouldn’t buy that for one second.

After all, you want to have better sex, not less of it.

But bear with me – here’s why this is relevant.

To help regulate their sperm retention more closely, the Taoists developed several techniques for controlling the timing and strength of their ejaculations.

And one of these methods involved carefully stimulating and massaging a man’s penis to be sure it was always in the ideal state of readiness for pleasurable ejaculation.

This method was, of course, what became the “deep flick” technique many centuries later.

How does it work?

For most men, the woman's vagina will place uneven amounts of pressure across the man's penis during sex, leaving it much harder to manage the rate and extent of stimulation the penis receives.

And the orgasm becomes harder to control as a result.

With the "deep flick", however, you learn to manage the pressure through the careful and controlled nature of the thrusting.

The shallow thrusts help stimulate the most sensitive nerve endings in the woman's vagina, triggering a desire for more powerful stimulation that a deeper thrust helps to satisfy.

Since most of the thrusts are shallow to begin with, you'll be able to slowly build up stamina by thrusting for longer until reaching the deeper ones.

Their motivations may have been totally different, but the Taoists helped develop a useful strategy for helping men like you gain control over their ejaculations – leading to more intense sexual experiences and more powerful orgasms, for both you and your woman to enjoy.

Conclusion

Hopefully you've seen from this report that the length and quality of your sexual experiences isn't set in stone and can easily be improved.

All it takes is a little bit of practice and repetition with the "deep flick" to quickly increase your stamina, as your body responds to the training and your erections increase in size and endurance.

Not only will you know how to manage your body to ensure greater sexual impact - you'll also understand how your woman's body responds to different levels of stimulation, ensuring more richly intense, mutually enjoyable sex for both of you.

She'll appreciate the effort you've put in.

Trust me.

ADVANCED tips for increased stamina and harder erections...

This report's been a quick introduction in training your body to experience longer and more intense sexual performance.

In fact, the "deep flick" is just one technique that barely scratches the surface of what's possible.

With the right advice, you can achieve a far greater level of control over your penis and learn how to get harder, bigger erections and orgasm practically on demand.

Want to learn how men like you can raise their sexual performance to the next level... and give your woman the kind of experience that'll have her screaming and begging you for more, with repeated deep orgasms over and over again?

Then watch the video below, created by adult film star Aaron Wilcox, to learn about his highly advanced sex techniques that you

too can use to up your game... and send your woman wild in the bedroom.



CLICK TO WATCH

Watch the video here: <http://3stepstamina.com/report-video>