

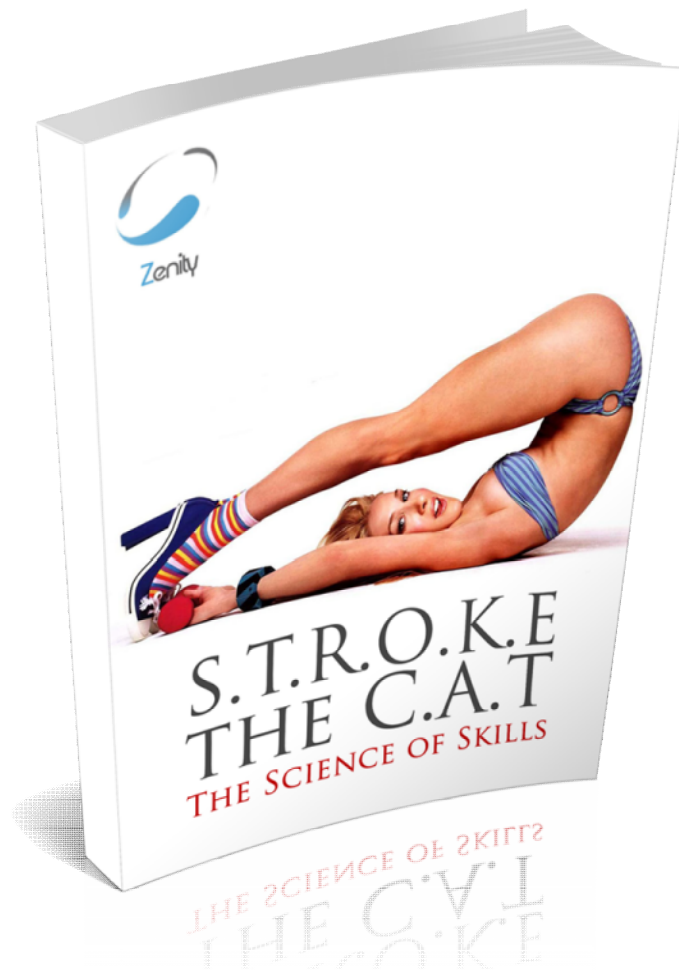


S.T.R.O.K.E
THE C.A.T
THE SCIENCE OF SKILLS



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BY ZENITY FITNESS

www.zenityfitness.com



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INTRODUCTION

S.T.R.O.K.E translates into Systematic Tactile Rhythmically Organized Kinetic Exercises; it is the world's first fitness system proven to add new sensual skills and abilities. Stroke Skills was carefully crafted to work plain and simple we painstakingly researched sensual science and fitness science to find the keys to interlinking them. It all started with the C.A.T Position.

In the 1980s there were a number of studies that quietly introduce a number of new concepts into the community of sexual science.

The "Coital Alignment Technique" or C.A.T "position" was believed to be the most effective position ever created as it pertains to engaging and promoting female internal orgasms. Called, hyperbolically perhaps, the "greatest sexual position in the world," introduced the concept that if a man aligns his body with a woman's so that he had direct contact with a woman's clitoris and moved a certain way that women could orgasm internally.

TABLE 3

Reported Sexual Satisfaction across All Four Conditions When the Coital Alignment Technique Was Used as Instructed, or "by Chance."

| <i>Orgasmic Attainment Criteria*</i> | |
|--|-------|
| Orgasm | .3156 |
| Simultaneous orgasm | .5525 |
| Build-up of orgasm physically connected to build-up of partner's | .5674 |
| Orgasm triggered by partner's orgasm | .4469 |
| Orgasm complete and satisfying without need for additional stimulation | .2964 |
| Orgasm starts in clitoris or penis and radiates throughout entire body and limbs | .3008 |
| Orgasm starts in clitoris or penis and radiates throughout pelvis | .3459 |
| Rhythm of sexual movement continues unbroken throughout orgasm | .4151 |
| Orgasm experienced as a melting sensation in pelvis | .2885 |

*The correlation was significant at $p < .01$.

Women who had never had orgasms let alone internal orgasms were having great sex, but because it was relegated as a position and not truly a technique it was not examined as a concept by the general population but instead as something to try.

The true benefit of the study was that that the alignment and engagement of a woman's most sensitive areas during penetration and the importance of pressure, rhythm, build up and motion (all inclusive in the studies) was never relayed adequately. Many people have tried the "position" along with missionary, etc. But in regarding it as a position and not principal of thought continues a damaging cycle of women not having orgasms during sex of which more than 70% do not.

The renowned sexual researcher Kinsey made the observation that there are no appreciable differences in timing of the female and males sexual responses in masturbation and concluded "there seems to be something in the coital technique which is responsible for their slower response in reaching orgasm"

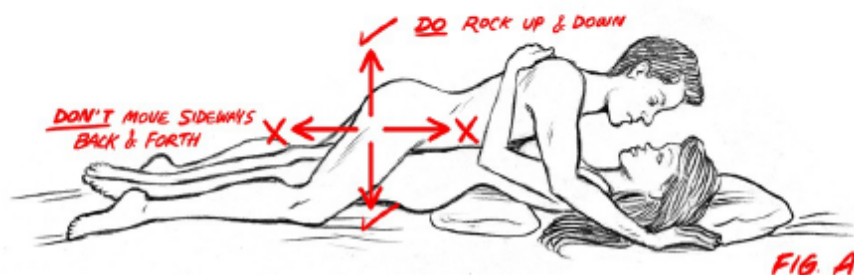
Stroke Skills Tantra Bodybuilding is built upon research of the C.A.T "position". Our findings have determined that it is the first true case to prove the important role that motion plays in sexuality.

Stroke Skills offers a new genre of techniques that applies Coital Alignment to any position and a means to practice them that strengthens the body and stretches flexors.

Let's examine the Coital Alignment Technique

COITAL ALIGNMENT TECHNIQUE (C.A.T. POSITION)

LIE ON TOP OF HER WITH YOUR LEGS ON THE **OUTSIDE** OF HERS, SQUEEZING THEM TOGETHER FOR ADDED TIGHTNESS. THEN, MOVE YOUR BODY FORWARD SO THAT YOUR ERECTION IS TILTED **DOWN** INTO HER. NOW THRUST IN AN **UP & DOWN** MOTION. YOUR PUBIC BONE & THE BASE OF YOUR PENIS WILL RUB AGAINST HER CLITORIS AS YOU PENETRATE HER - GIVING HER A **VERY INTENSE ORGASM!**





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HERE'S MY FAVORITE WAY TO GET INTO IT SMOOTHY:

STEP #1

Start off in the basic missionary: she's lying on her back with her legs just outside his; he's inside her with his legs very close together. In order to initiate penetration most easily, you'll notice his upper body is raised a bit and his pelvis may be a bit lower than hers (i.e. a bit further down her body) and between her legs. This is a great position for the typical in-out, but once penetration has occurred, you must kiss this stance goodbye if you want to successfully achieve the C.A.T.

STEP #2

Here's where the crucial alignment takes place: he cups her shoulders with his arms under her armpits so that he's resting on her (some of his weight can be on his forearms, but he should maintain as much body contact and pressure as is comfortable). While keeping his penis inside her, he pulls his body up along hers, toward her head, so that their pelvises are aligned (his directly on top of hers). His legs are straight and together, and her ankles are resting on his calves (her legs should be as straight and elongated as possible while wrapped around his lower legs; if it feels better you can try laying them straight on the bed right up against his legs). In this position, his head (the one on his shoulders) is beside her head (to one side of her face). His penile head should still be inserted, though much of the shaft will now be outside of the vaginal canal, pressing up against the top half of her external genitalia. Both spines should be as straight as possible. His upper body should be relaxed.

STEP #3

While in position #2, as he's pushing up along her body, she tips her pelvis away from him (down into the bed) so his penis comes almost all the way out and she can feel its base pressing against her clitoris. It's a very small, subtle movement – you don't want the penis to fully withdraw from the vagina.

STEP #4

Next, he pushes down with his pelvis so his whole body moves lower down her body and his penis enters her fully, while she tilts her hips up to help envelop him. He's still lying on her (some of his weight on his forearms, but he should maintain full body contact). Their legs are still as straight as possible, hers still wrapped around his lower legs (or as low as possible in this position) – her aim is to keep her upper thighs and knees close together rather than bent and opened like a flower (as in more traditional positions). The difference in his pelvis position between position #3 and #4 is only about 4 inches (so in #3, his pelvis is directly above hers; in #4 it's about 4 inches lower down her body and his pelvis is closer to the bed, tipped at an angle and between her legs).

COITAL ALIGNMENT TECHNIQUE (C.A.T. POSITION)

IN THIS POSITION, YOU ALIGN YOUR BODY SO THAT THE BASE OF YOUR PENIS RUBS AGAINST HER CLITORIS AS YOU THRUST DOWN INTO HER.



STEP #5

Now, you simply repeat this hip-rocking movement over and over again: he moves up as she tips down, he moves down as she tilts up, and so on. Do not speed up. The goal is to maintain a constant pressure and rubbing against the area from her pubic bone down to her vaginal opening (with the clitoris in between, of course) with his penile shaft, his own pubic bone, and the weight of his body. If you get it right and get into a groove, you might not be able to tell where one of you ends and the other begins.



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TAKING THE C.A.T

TO THE MAX WITH STROKE SKILLS

Researchers at Zenity examined the C.A.T intently and found that that the research was misaligned as the focus was on position rather than the concept of alignment and also of motion (of his member) that made it work.

According the Kinsey, the kinetic principles of body movement govern the physical dynamics of partner interaction.

So we saw that technique is actually responsible for orgasm and great sex. Not position, even though that position is the format that we are told indicates good sex, it is actually technique. And with every technique there must be a process and theory that would define why and how the technique would be applied. [STROKE SKILLS Tantra Bodybuilding](#) uses the theory of coital alignment to define the techniques it creates. It expands past the concept it being a position and explores deeply the role of rhythm and motion with the purpose of allowing users to successfully practice coital alignment regardless of position.



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THE CREATION OF S.T.R.O.K.E TECHNIQUES

Sexual movement is dependant upon pelvic mobility.

The study believes that it is because of impact and stimulation against the clitoris that women orgasm. But it is not. What made the C.A.T experiments ground breaking and unique was that they examined the role that motion and rhythm play into sexuality. It was the change in motion, the change in rhythm and the engagement of pressure against the walls that truly are the reason that C.A.T has proven incredible findings in recent studies.

“The up and down rocking is the success of the C.A.T . Do not thrust like you would in regular missionary position. Your penis should be pointing slightly downward, so your shaft and your pubic bone rub against her wall and clitoral surface with each stroke. The result is a series of “small collisions,” rather than the standard friction of thrusting...The movement is subtle, coordinated, gentle, rhythmic, and slow-building.”

In researching how to create **S.T.R.O.K.E SKILLS** we needed each movement to rub a wall and engage the clitoris. To make it practical we designed them to be done in the missionary position as it is the most generally used according to sexual surveys. However because of Kinsey’s research which establishes that sexual movement is dependant upon pelvic mobility, we knew that it could be applied to any position if the movements were truly absorbed.

Our framework for **S.T.R.O.K.E SKILLS** is based on the kinetic principles of movement as it pertains to coitus defined by researchers of the C.A.T.

“Physical movement can not be critically focused in the upper body and lower body at the same time and not outward in the limbs and inward along the spine at the same time. Action involving the upper torso, particularly focused activity with the hands and arms, prohibits the genital focus that is essential in coitus.”

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Following this kinetic principle we would isolate upper body movement as a precursor or follower of lower-body movement and vice versa. Further research by our team would determine that rhythm, pressure amount and angling (determining which wall would be stimulated and where on said wall) would be the driving force behind [S.T.R.O.K.E](#) creation further defining them stylistically.

The result was dozens of [S.T.R.O.K.E](#) s being created using the framework that was used to create the Coital Alignment Technique. Now people would have options regarding how to apply C.A.T in a way that suits themselves and their partner. Our next step was addressing a concern that we had since the conceptualization of the S.T.R.O.K.E, we wanted C.A.T to be possible from any position and although we had created and defined how that would be possible helping users to memorize the S.T.R.O.K.Es was essential. We would find the answer while dealing with another issue, according to Kinsey a persons level of fitness plays a key role in his/her capacity. His discussion on the role of stamina would platform it as imperative as the C.A.T informs us that partners must establish a rhythm of sexual movement which is identical for the man and woman in pattern and pace.



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PRACTICE OF THE S.T.R.O.K.E

After studying dozens of techniques for memorization we found an interest in the concept of muscle memory. Essentially, it is established that when a movement is done consistently a neural pathway is created which helps that movement become more fluid and accessible. We found that many sports such as marksmanship, boxing, basketball, gymnastics and football train in building muscle memory via functional training. It improves reaction time and also makes those movements accessible in a number of various situations not restricting them to a specific environment. We came to the conclusion that [S.T.R.O.K.E](#) would benefit from being packaged as a functional training exercise system. It would satisfy our need to:

1. build muscle memory
2. improve stamina
3. activate universal application of [S.T.R.O.K.E](#)

As Kinsey made clear, sexual movement is dependant upon pelvic mobility that is the primary focus as that is the area that we look to primarily generate muscle memory. around primarily, However, because of the psoas muscle's relation to the core the system exists ad a full body exercise. Our research has found that [S.T.R.O.K.E](#) Skills increases stamina, a fluidity in rhythm and ambidexterity while promoting fat loss primarily on the abdominal section of the body. Its engagement of the psoas muscle further supports the kidneys and adrenal function while stimulating blood circulation to other internal organs.



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Users have found the techniques to be more than helpful in so many ways.

REAL TESTIMONIALS

Brandon *I can confirm that the program def helps the stamina. The last session iI had it was almost like li had complete control of my release. It has helped my core and muscles used during sex. Pretty sure that it has also helped my stamina as well.*

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Adam *The first time I used them I was accused of cheating! I wanted to keep my new moves a secret but she really questioned me on it like "Where did you learn that,you didn't learn that from me,where did you see that, don't lie to me." all that. I just showed her the video samples and printed ebook. All she could say was "okay." And she smiled.*

.....

Shamonz *Muscle memory is getting better, I don't have to look at the videos any more . I have been going to the gym and have focused on strengthening my lower back and lower abs as are needed with the S.T.R.O.K.Es. I have a couple people ask what li was doing that were bold enough to but plenty of looks. The results are great so far, I still have yet to do an 18 min session thru, but iI will try soon, it has stronger for sure. Thank you so much for all you are doing! Complete supporter here.*

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Jonathan *By the way, I read through the materials to get the gist and enough to practice a couple of the basic strokes, and already having that frame of mind, it's already had a very good impact on my lovemaking. I'm hearing more deep pleasure sounds from my girl after using even the little I've taken so far from the system.*

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Jeffrey *I actually look forward to working out. I have a couple of Stroke Skills programs. I've used it and it's been nothing short of a miracle! I have 3 regular lady friends and the all noticed an immediate difference in how much more often they orgasm (and I still can't finish 2 full songs worth of workout!). All three now have moved me from "very good lover" to "you are the Best!".*



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Visit our community and speak to these people and others around the world who practice [S.T.R.O.K.E SKILLS](#) here.

[S.T.R.O.K.E SKILLS Tantra Bodybuilding](#) is a complete, functional training system targeted at improving relationships through cementing coital alignment techniques into the user along with improved blood flow, stamina and strength. Applicable as exercise [S.T.R.O.K.E SKILLS](#) can be practiced as a regular callisthenic fitness routine joining pushups, squats and sit-ups for a fitness benefit and used during sensuality as well.

Contact us at www.strokeskills.com

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