
Tactical Strategy Guide: Controlling Your Ejaculation

by Alex Allman



STRATEGY GUIDE

Command & Control

Complete Ejaculation Domination

STRATEGY GUIDE

How long is long enough?

How long does the average man last during sex before he can't hold back anymore and he ejaculates?

Not that long ago, according to research and surveys that were done... the average man lasted about 2 minutes...

Then more recently, another scientific study was done that said it was about 7 minutes...

And, of course, if you ASK the average guy how long he went with his girlfriend last Saturday night... well, he'll probably say they went an hour or two... or even, "All night!"

It turns out that there are some very basic problems with measuring how long men last in the bedroom... and the first problem is this:

Men lie.

The second problem is that the timer itself makes a difference... for some men the timer probably makes them nervous, and so they ejaculate very quickly... for other men, the timer probably creates a distraction and so they actually last longer... and of course, some men would find the timer so much of a distraction, or it would make them so nervous, that they wouldn't even be able to get an erection at all... much less worry about how long they were lasting.



Another problem with asking men how long they last is that it's not specific enough...

For example, if a man says that he can last for *hours*, does that mean hours of non-stop, continuous thrusting?

I call bullshit.

Because all 26 miles of a marathon are run across several hours, and the jogging pace that most people maintain in a marathon is quite a bit less physically demanding than thrusting during sex... so just what kind of athlete is this guy? How strong are his hip flexors and periformis muscles?

The fact is, most men stop and start. We change positions and we take a break, and we kiss a little, or we get sensual and slow for a few minutes to just enjoy being close to our woman. And then maybe we make a sprint again for...

how long...?

Nobody knows.

And so I have a very, very simple way of knowing what "long enough" is...

It is that EXACT amount of time for both YOU, and your PARTNER, to feel utterly and completely satisfied.

The two things that can make this difficult are:

- 1) Most women take much longer to feel "utterly and completely satisfied" than most men do.
- 2) The closer SHE gets to orgasm, and the more turned on she gets, the more difficult it can be for YOU to continue without going over the edge and ejaculating.

But the good news is...

You can, absolutely, learn the skills and discipline to completely control exactly when (and how often) you ejaculate.

You'll be pleased to know that the techniques in this report WORK. You could easily double how long you last just by trying any one of them... and if you can double, that means that it's possible to double again, and so on...

Even if your starting point is less than a minute right now, you CAN make very real progress towards gaining control.

Also these techniques are *fundamental ground-work* for the more advanced techniques in the full Command & Control Program, which includes a system that has worked for men with even the most severe and persistent cases of premature ejaculation to give them total control.

#1 CROSSING THE THRESHOLD

You're probably familiar with the old "start and stop" method. When you feel like your excitement is getting too high... you just stop for as long as it takes for you to calm back down enough to continue without ejaculating.



Ready... and... GO!

Obviously this technique has it's problems. For one thing, you will find that once you get to a certain level of excitement, it's impossible to calm back down. It may be that every time you "start" again, you have to stop sooner and sooner... until ultimately... you might only be able to go for only a few seconds. Or less. Maybe even the slightest touch will put you over the edge.

However... if you are patient, this technique is more powerful than it seems on the surface. Because if you wait long enough between trying to go again, you will eventually reach a point where instead of getting more and more excited... you will be less and less excited, and each time you'll be able to last longer... Significantly longer.

This is called "crossing the threshold".

And for some men, once they have crossed the threshold, not only can they last as long as they want, but often they will actually have a problem being able to ejaculate *at all*.

The biggest problem with this method is that not only does it require YOU to have patience, it can take a LOT of patience from *her*.

Like, maybe more patience than she's got. And she could become so frustrated that she'd just rather not bother.

The key here, if you want to try to make this work in your relationship, is to "*reframe*" the exercise so that it's not just a "technique to help you last longer", but a game that you can BOTH enjoy.

Instead of stopping to prevent yourself from ejaculating... what if you were stopping to *tease* her. What if you smiled at her and said, "no, no, not yet... you're just going to have be patient!" As she goes increasingly crazy with frustration, you just laugh playfully at her complaining and *enjoy* driving her crazy—

It can work... Teasing can be an incredibly powerful way to get a woman excited and drive her to more and more powerful orgasms.

Here's another game:

You could thrust a few times, then go down on her for as long as you need to calm down, then thrust a few times, then back down...

This should drive her completely crazy...

The GOOD kind of crazy!

#2 KNOW YOUR NUMBER

This is the first thing that most “professional” sex therapists will tell you to do: perform a simple self-diagnosis to know exactly how far you can go before you’ve “gone too far.”

Here’s how it works...

During sex or masturbation, give yourself a rating for your excitement level on a scale of 1-10, where 1 is vacuuming the floor mats in your car and 10 is actual ejaculation. This is probably easiest to discover during masturbation so that you can really focus on what you are doing and really evaluate your level of excitement.

Take yourself to a 6 and then back down again... then take yourself to a 7 and back down again... then to 8... then to 9...

Somewhere during this process you will discover that there is a “point of no return” that happens before you actually get to 10.

So, for example, you may find that at 7 you can back down again, but once you reach 8... even though you are not at 10 yet... even though you’re not even at a 9 yet... you’ve crossed the point of no return. 10 has become “inevitable”... you simply can’t back down from 8, and you ejaculate.

You may find you can only make it to 7... or that you can make it all the way to 9.5 and still back down. The key is find YOUR number.

This is extremely useful, because once you know your number, it takes a lot of the guessing out of it when you are in the bedroom making love. Instead of just guessing when you need to stop and occasionally ending up in going “oops,” you’ll know EXACTLY when you should stop.

For some men this intelligence can be a revelation and give them a huge amount of additional control.

Becoming aware that you might be able to take a lot less arousal than you thought before things become “inevitable” can change the entire calculus of the situation. It begins to take some of the “helpless” feelings away from the situation. It gives you more power and understanding of your body. And, eventually, the next step is simply to work on increasing your “number”.

#3 NUMBING CREAMS

There are many creams, lubricants, and sprays that are sold under various brand names designed to help you last longer by deadening sensation in your penis.

Most of them contain an active ingredient of benzocaine or lidocaine— the same ingredients that are commonly found in topical pain relievers and the gels you find in the drugstore to relieve toothaches.

For many men, these work extremely well because the absence of sensation allows them to prolong sex with ease.

Unfortunately, there are some drawbacks.

Some men find that they don't work at all because the problem is so tied into their anxiety and psychology that the sensation (or lack of sensation) is not really the issue. They simply ejaculate anyway.

Other men find that they work TOO well and they can neither ejaculate nor enjoy sex at all when using these aids.

Some men are simply not comfortable with having to rely on an external “medication” every single time they make love, and the problem with using these numbing creams is that they don't “train” you to perform better without them... they become a crutch that you can never leave behind.

And, finally, one of the biggest challenges... keeping the numbing ingredient from getting onto HER and preventing her from having an orgasm as well.

The best way to use these creams is to apply it well before sex, and then very thoroughly wash it off before you begin. The effect should continue to last long enough for you to enjoy sex.

The easiest and most common way of using this method is to simply buy condoms lubricated with these active ingredients on the inside. They are commonly available and usually are sold with the label that says “prolong” or “enhanced” pleasure.

4. DISTRACTIONS

This is the oldest and most common method in the book... and like most things that have withstood the test of time... that's because it works.

This is sometimes referred to as the “baseball method,” because, back when baseball was THE national obsession, the joke was that the only thing that men cared about more than sex was watching baseball.

For many men that might still be true!

In case you're not familiar with it, the method works like this:

When you feel yourself getting too close to the edge (and if you have been working with technique #2, you know *exactly* how close “too close” is), you start thinking about baseball statistics, or re-play in your mind some amazing game from a past World Series. This distraction reduces your excitement and keeps you from ejaculating and you can just keep going and going.

Obviously, it doesn't have to be baseball statistics... like, trying to remember how many home runs some player hit in the 1986 season. It could just as easily be football, basketball, or... something completely unrelated, like rehearsing, in your head, what you are going to say to your boss to convince her to give you that extra week of vacation, or when you are going to take your car in to get the floor mats replaced.

In this case, the less exciting the distraction, the better. Imagining the euphoria of standing on top of Mount Everest or thinking about being in a fist fight, or anything else that tends to elevate your heart rate and make you feel “excitement” could backfire.

The bad news is that it can take a lot of the pleasure out of sex for YOU.

After all, when you are in bed with a woman you are attracted to, you want to think about HER, and her body, and the pleasure you are having from making love to her...

What's fun about spending your evening thinking about talking to your boss or changing your floor mats?

But the even larger problem with the distraction method is that it disconnects you from paying attention to HER, to her needs, and to making an intimate connection with her.

Women are EXTREMELY sensitive to this disconnection and to the reverse... that feeling of powerfully intimate *connection*.

When you disconnect from her and you are distracted by other thoughts it may let you keep on thrusting... but you might be preventing your woman from reaching orgasm— and you are certainly cutting yourself off from the possibility of becoming a truly excellent lover. And if you are in a loving relationship or marriage, you are cutting yourself off from deep intimacy during love making.

So while this is a very effective method... it is the one that I personally recommend the least.

Still, if you are having difficulty making the other techniques work, this one is worth a try, and once you cross the threshold (see technique #1) you might be able to have more fully engaged love making.

#5 EXPERIMENT WITH POSITIONS

One of the most common questions I get on this topic is: “what is the best position for lasting longer during sex?”

The unsatisfying answer to that question is that, you are going to have to experiment to find out for yourself.

Here are some guidelines...

The factors which affect what positions are the most exciting for you and which ones allow you to last longer are:

- How deep you can thrust
- How much friction is on the glans or the “head” of your penis
- How much psychological excitement you get from the position

Of these factors, the last one is certainly the most powerful... which is why there is no one answer to the question, and why are you going to have to do some experimentation.

MOST men find that traditional “missionary position” (face to face with the man on top) is the most intense and the most difficult to maintain control, however, there are so many variations of the position that it may be possible to find a way to remain face-to-face with your lover and still last longer.

One good variation to try is to put your woman at the edge of the bed and stand up between her legs. From here you can hold her hands to pull her in or wrap your arms around her legs. Many men find this position to be ideal for lasting longer because we don’t commonly associate standing up with ejaculating. It also is an easy position for thrusting and allows a lot of air circulation around your body to keep you cool.

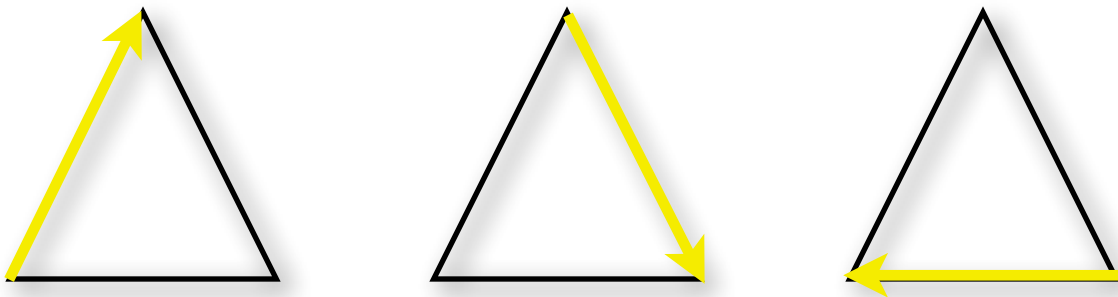
Most men find that various positions with the woman on top are better for lasting longer. But “most” men are not YOU. It is worth finding you what works best for you.

#6 TRIANGULAR BREATHING

Here is another important way to last longer that has been around for thousands of years and is the foundation for a great deal of spiritual sexual practices like tantra.

This is one of the most powerful methods for controlling your ejaculation. It works as well or better than the “distraction” method, but allows you to stay far more connected with your lover while you are doing it.

The essence of this technique is to use a simple yoga breathing exercise to relax your mind and prevent your anxiety over your sexual excitement from making you lose control over your ejaculation. And while some men have reported that it takes a little practice before they get good results, and other men say it doesn't help at all... for some men, when they figure it out, it “works like crazy”.



Here is how you do it:

Inhale very slowly and steadily for a nice slow count of 5... then hold your breath at the top for the same amount of time that it took you to inhale, counting slowly to 5... then exhale the same way, letting the air out in a slow, steady, continuous stream that lasts exactly as long as the inhale and the hold.

When your lungs are empty, repeat the breathing pattern.

The next step is to add the “visualization” of the triangle in your mind. Actually imagine or “see” your breath as a golden light moving along the legs of a triangle as you move through the pattern.

Your breathing should be very slow, very even, and very deliberate.

You can practice this breathing pattern before you actually use it for sexual control... in fact, you definitely **SHOULD** practice it... and **USE** it anytime you want to reduce your stress level.

It is a very effective way to get yourself centered and feeling calm when you are feeling any kind of stress or anxiety.

When you have become comfortable with the technique you can begin applying it to reducing your sexual excitement and anxiety as well.

As you feel your excitement level rising, you can begin to use the triangular breathing while continuing to have intercourse. When you have practiced this, you should be able to do the breathing exercise *and the visualization*, while staying connected and engaged with your partner.

This method also is great preparation and practice for more advanced tantric techniques that will prepare you for experiencing *Multiple Male Orgasm*.

#7 RELAX YOUR LEGS

Here's one so easy that it seems like it shouldn't work... but it does.

Most men have a natural inclination to tighten the muscles in their thighs and buttocks when they are getting close to ejaculation.

This flexing of the leg muscles becomes wired into the brain as part of the process of moving from excitement to ejaculation.

By relaxing these muscles you interrupt this normal flow of sexual energy and prevent yourself from ejaculating.

For something this simple to explain... just consciously relax the muscles in your legs and buttocks... it can have a surprisingly powerful effect and many men have found it to be extremely useful in lasting longer, slowing their ejaculation, or in preventing ejaculation when they become too excited and need to stop the action.

Try it!

#8 WHAT TO DO IF NONE OF THESE WORK

Look, sometimes the ejaculation just sneaks up on you.

EVERY man, I don't care who he is, has reached orgasm sooner than he wanted to on several occasions in his life. It's just something that happens.

And if you have challenges with lasting long enough, then there's a good bet that just reading this report won't be an instant cure (though there is no reason to not expect INSTANT IMPROVEMENT).

So the last technique I want to discuss with you is, what to do if you are with a woman and you do ejaculate much sooner than expected, and much sooner than she needed to be fully satisfied...

It is very important to understand that it won't be a big deal unless YOU make it a big deal.

People are emotionally sensitive to what other people are feeling. So, for example, if you are at a sporting event where everyone is bored, chances are, you are going to feel like it is a boring game... but if the crowd is going wild with excitement, you'll be swept up in the feeling with them.

Right?

Well, women are, in general, much more sensitive to this emotional affect than men. And if you ejaculate earlier than you intended and you feel humiliated, ashamed, insecure, or upset... she is going to catch that emotional energy and get a terrible feeling right along with you.

So what started as something exciting or even joyful... the prospect of having good sex, of sharing intimacy, of being close to someone she is attracted to... becomes this terrible, yucky

feeling that gives her an uncomfortable coldness in her belly... and is it any wonder that she is feeling disappointed?

See, it's not just disappointment about not lasting long enough for her to have an orgasm.

That's the *least* of it for her.

It's disappointment that something that is supposed to be beautiful, special, and exciting has become... such a drag.

If you are married to a woman who is not particularly interested in "helping you through" your problem... THIS is why.

It's just no fun.

She doesn't like thinking of her husband/lover/boyfriend as someone who is humiliated, ashamed, and generally un-masculine.

Yet, she is with you... so obviously there are all of these other things that she must like about you... she likes the man you are when you are not in bed.

So if you have a problem with premature ejaculation, and you want to work through it with your partner, the first thing you **MUST DO**, is figure out how to be cool about it.

You need to be able to talk about it honestly, without fear, without shame, and not make her feel weird.

Joke with her. Have the capacity to laugh at the situation, and at yourself. Tell her that "she's just too hot," so it's her own fault (not to shift the blame... but to make her feel GOOD about it... to give her something *positive* instead of something *awkward* to attach to the experience).

And by doing this, you can maintain her sexual **ATTRACTION** to you, which will allow you to give her a **GREAT** experience in the bedroom, even if you can't last a long time.

Remember this:

7 out of 10 women report that they never have orgasms from intercourse anyway. Even if their man does “last for hours”. They still only reach orgasm from manual or oral stimulation.

So if you could just be cool about it, if you just stayed masculine and calm and had a sense of humor, so that you both could remain in a place of excitement and fun, then it would be completely okay to completely satisfy her sexual needs orally or with your hands, before or after intercourse... or, better, BOTH.

If you keep this in perspective, you can turn this situation around much more easily.

And, finally, and probably most importantly...

Don't “settle.”

These techniques WORK and you should USE them to improve your performance and your satisfaction with your sexual abilities TODAY.

But also understand that these are only most BASIC techniques of the **Command & Control System**.

Now that doesn't mean that you should dismiss them and “wait for the good stuff,” because these basics are an important foundation to the more advanced stuff to come. You should begin working with these ideas and getting a better understanding of what does and does not work for YOU in your particular situation.

If you have problems with premature ejaculation, then step one is just lasting a little bit longer. These techniques can help... and the full **Command & Control System** will absolutely eliminate the problem (and, yes, that is a guarantee in writing).

Lasting even longer... as long as you want... *as long as she can take it* is next. And it is an important and necessary thing for you to accomplish.

I look at it this way: It's YOUR body. So YOU should (and can) learn to completely control it. It's just something you should obviously want to accomplish.

And the final step is to take these techniques just one bit further so that you can unlock your potential for multiple orgasms. So that you can have orgasm after orgasm... and, yes, “all night long” if want to.

Any man can learn to do this because every man has the same basic anatomy and wiring to make it possible.

And I will teach you all of this in my easy to follow, step-by-step system called **Command & Control: Ejaculation Domination**.

Work with these techniques, and when you are ready for the full, incredibly powerful, step-by-step system for gaining complete and total control, check out the rest of the program at [Command & Control](#)

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