

The Gliding Mechanism of the Natural Penis

vs.

The Non-gliding Friction Action of the Circumcised Penis

GLIDING MECHANISM OF THE NATURAL PENIS

Upon erection, the foreskin is transferred to the penile shaft and becomes part of the total shaft skin system. This results in a loose, moveable shaft skin that provides the penis with a gentle gliding mechanism. During intercourse, *the natural penis shaft actually glides within its own shaft skin covering. This minimizes friction to the vaginal walls and opening, and to the shaft skin itself*, adding immeasurably to the comfort and pleasure of both partners. In the words of one survey respondent:

The foreskin is the best thing God ever invented for us women. It feels so good to have the feeling of the man's foreskin in my vagina...it glides easily. Once a natural penis is in your vagina, you wish it could stay forever. It makes you feel like you're on top of the world. You will only know if you've had sex with a natural man.

Because of its special gliding function, the foreskin steals the show and plays the leading role during the performance of intercourse—it's the SUPERSTAR of the sexual connection between a man and woman.

The interaction of the foreskin, penis shaft, and vaginal walls is passionate, sexual poetry in motion. The natural penis's coital "glide-ride" gives both partners a thrilling lesson in sensual schooling they shall not soon forget. Ah, the unforgettable foreskin—that's what you are. How I do love thee and your unforgettable ways, daydreaming of you as I do on this delightfully warm Spring day...

...But daydreams must eventually give way to reality, so below is a comparative example, which will help you to understand the foreskin's gliding mechanism. (See Figure 5-1.)

1. Take the first finger of your left hand and hold it in front of you horizontally, as if you were pointing at something to your right, but with your *knuckle skin facing up*.

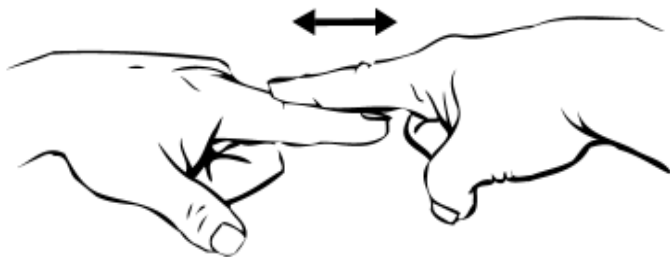


Figure 5-1. Finger simulation of natural intercourse.

2. Next, take the fingertip of your right-hand first finger and place it, flatly, on top of your left-finger's center knuckle. In this example, your left finger represents the penis; its loose knuckle skin represents the extra skin on the natural penis shaft. Your right finger is the vaginal wall, and its fingertip is the vaginal opening.
3. Now move your left finger (penis) forward and backward to the extent your knuckle skin allows. Notice that although the "penis" is moving in and out, it is, however, actually *gliding* on its own skin. Because it is gliding on its extra skin, there is no friction to the "vaginal opening" (right-hand fingertip).

(IMPORTANT: Note also that because the penis shaft is able to move forward and backward within its own skin, the skin itself, relative to its position against the vaginal opening, virtually doesn't move. *This allows the vaginal fluids to remain within the vagina because they are not dragged out with every stroke.*)

In actuality, of course, the adult penis is much bigger and has much more mobile skin. The important point you should gain from the example is that, because of its gliding action, the natural penis is infinitely more kind and gentle to the lower vaginal walls and opening, and the penis's shaft skin as well.

The 2½-inch average foreskin, once extended onto the erect shaft, provides mobility to the *entire* shaft skin system, from the coronal ridge to the penis base; thus the shaft skin can glide easily up and down the shaft. Or, inversely, if the shaft skin were held stationary, *the shaft can easily glide forward and backward inside its own skin.*

Once the penis is in the vagina, the purposeful vaginal-wall wavy-ribbing structure (Figure 5-2) “grasps” the loose skin of the shaft and *virtually holds it in place* while the thrusting penis

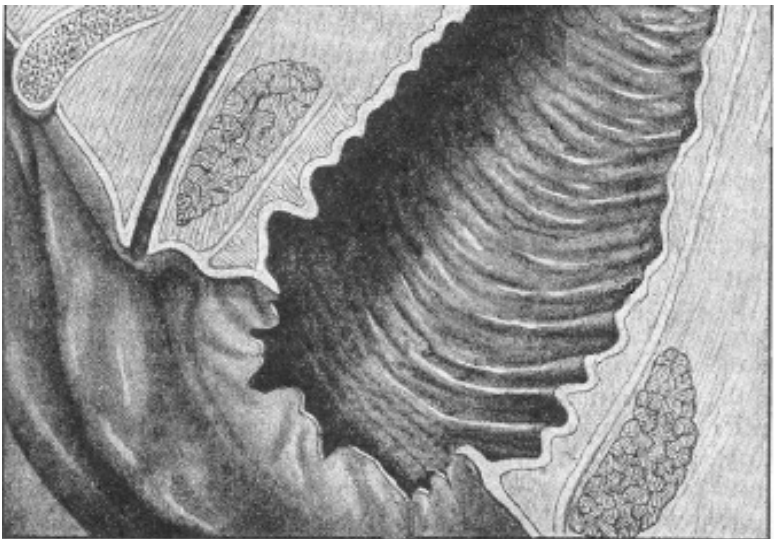


Figure 5-2. Cross-sectional view of the vagina showing the wavy-ribbing structure. (Adapted from *The Illustrated Encyclopedia of Sex* by Drs. Willy, Vander, and Fisher.)

shaft glides within its own shaft skin, thereby minimizing irritating friction. One survey respondent described it clearly and simply in this way:

A circumcised penis creates more friction, while with the natural penis, once inside me, the penis skin doesn't seem to move back and forth, only the penis inside the skin slips back and forth and the skin stays pretty much in the same place.

Friction is not entirely eliminated during natural intercourse but is largely eliminated. Friction can take place in the lower vagina, but only if the man uses a stroke that exceeds the (forward and backward) gliding range of the shaft's extra skin. And in such a case, there will be friction only to the extent that the shaft exceeded its extra skin, which is uncommon, since the natural penis has a propensity for short strokes.

(Primarily, it is the penis head that makes frictional contact with the vaginal walls. But this takes place in the upper vagina where there is ample lubrication. *Importantly, during natural intercourse, lubricating fluids tend to remain inside the vagina, because when the loose shaftskin of the penis bunches up on the outward stroke, it creates a seal that holds fluids in.* This beneficial factor, combined with the giveable, softly-stiff characteristics of the natural penis head, allows it to sensuously caress the vagina rather than rubbing it irritatingly, as does the circumcised. We will learn later that the structure of the circumcised penis works to pump fluids out of the vagina.)

The gliding principle of natural intercourse is a two-way street—the vagina glides on the shaft skin while the shaft skin massages the penis shaft as it glides over it. Since the gliding mechanism is an intrinsic part of natural intercourse, we must assume that the sex organs were designed to experience intercourse in this way. Glide in. Glide out. Glide in. Glide out. Smooth as silk. Sweet, tender, gentle, loving stroking. Poetry in motion.

I would like to emphasize this essential point: When observing the natural penis's stroke during a sexually explicit video, it appears, on casual observation, that the penis shaft is frictionizing as it thrusts in and out, but this is largely an illusion. On closer observation, you will notice that the shaft is actually moving forward and backward within its own skin while the skin stretches on the outward stroke and collapses on the inward thrust.

Here is another comparative example that will demonstrate what happens as the natural penis thrusts (Figure 5-3).

1. Grasp your hand around your forearm about an inch above the wrist bone.

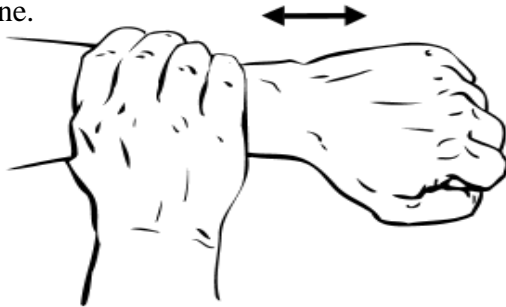


Figure 5-3. Forearm simulation of the foreskin's gliding mechanism

2. Now, move your hand forward and backward several times. As you do, notice that the area above your wrist gets longer and shorter even though there is no frictional movement underneath your hand. It simply happens because the skin is stretching and collapsing.
3. If you imagine that your grasping hand is the vagina and your forearm is the penis, you can easily see that the penis shaft can move in and out of the vagina with minimal friction.

The gliding mechanism is also an important factor during masturbation or foreplay because it allows the penis shaft to be stroked comfortably. During foreplay, when a woman grasps the

penis with her hand to stroke the penile shaft, *her hand and the shaft skin move as a unit*, up and down the shaft. The hand does not frictionize the shaft skin because when the hand moves, the mobile shaft skin moves with it, to gently massage the shaft tissue within. When oral sex is performed, the gliding feature allows her to stroke and stimulate the shaft while simultaneously caressing the penis head with her mouth. This doubles the man's pleasure.

THE NON-GLIDING FRICTION ACTION OF THE CIRCUMCISED PENIS

The circumcised erect penis usually has little or no slack skin on its shaft. As a result, it has no gliding mechanism, and during intercourse the tight-skinned penis and the vagina experience an abnormal degree of friction.

Let's go back to our finger comparison for a moment to see how this lack of shaft skin changes the feeling of intercourse (Figure 5-4).

1. Connect your left knuckle skin and right fingertip as in the previous example.
2. Next, turn your bottom finger over so that the undersides of both fingers are touching.

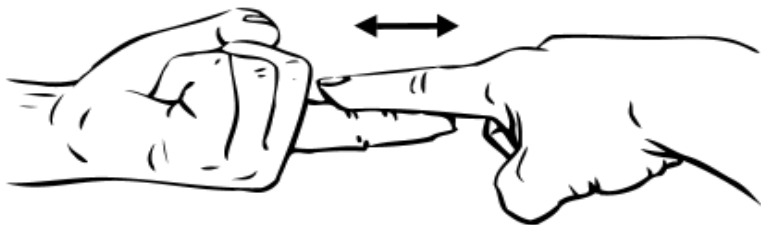


Figure 5-4. Finger simulation of circumcised intercourse.

3. Now *slide* your “penis” finger back and forth 15 or 20 times.

As you do, you will notice frictional discomfort because skin is rubbing against skin. This feeling of skin *sliding* against skin is entirely different from the comfortable *gliding* action you got on your knuckle skin in the previous example.

With circumcised intercourse, there is *constant* friction. The penile shaft continually frictionizes the lower vagina and vaginal opening because there is no foreskin to provide a gliding mechanism. Even the upper vagina is adversely affected because lubrication is reduced. In the upper vagina, where it is normal for friction to take place, *the projecting coronal ridge of the circumcised penis head works like a one-way valve to pump lubrication from the upper vagina into the lower vagina, where the penis shaft drags it out into the open air to evaporate.* Whereas, with natural, as you recall, the bunched-up foreskin creates a seal that works to keep fluids in the upper vagina.

Also, no slack skin is a problem during circumcised foreplay or oral sex because it is difficult to stroke the penis shaft without pulling on the skin too tightly. The hand cannot glide freely up and down the shaft; *instead, it frictionizes it.* Using an artificial lubricant can help, but stopping to apply a lubricant detracts from the spontaneity of sex, and once it has been applied, one usually wants to avoid mouth contact. The problems created by the lack of a gliding mechanism are very well expressed by the following survey comment:

I could never figure out the technique of touching a circumcised man. I recently found out the key was to keep a jar of massage oil by the bed. The man who I was with suggested this to me and asked me to keep his penis oiled. With the bottle of oil present, we could share more, but it seemed weird and unnatural. I felt it got in the way...because I had to keep this oil bottle in one hand while we explored together.... It doesn't make sense that a circumcised guy has to be kept oiled just to keep him turned on.

The constant friction of circumcised sex causes the skin of the vaginal opening (and the penis shaft skin) to abnormally heat up. As the skin heats up, so does the vagina's lubrication, causing the already diminished vaginal fluid to thin out and lose its lubricating usefulness.

Perhaps the following analogy will help to bring the point home more clearly: Suppose you have a car whose crankcase holds four quarts of oil. Suppose the engine starts to burn oil. Soon the crankcase will be down one quart, then two. At this point, there is not only inadequate lubrication, but the engine oil will change in density and become "thinned out" because of added friction heat. The engine may still run with inadequate, thinned out, overheated lubrication, but it's not good for it to do so. If the engine could talk, it might cuss you out to alert you to its discomfort. But, instead, it's polite and just lights up the dashboard warning light.

During coital thrusting, the constant friction and diminished lubrication of circumcised sex interferes with the sexual pleasure of both partners, whether they are consciously aware of it or not, and may cause either or both partners to become increasingly discomforted as intercourse progresses. In contrast, the gliding feature of the natural penis minimizes friction and conserves vaginal fluids, thereby maximizing both partners' pleasure.

Many survey respondents made comments similar to this woman's:

**Circumcised intercourse feels like a friction burn.
With the natural penis, the extra skin makes it go
smoother...my vagina doesn't get sore.**

When abnormal amounts of friction are combined with the circumcised penis's abnormally hard texture and its characteristic rougher, tougher thrusts, the intercourse experience is completely abnormalized for both partners. Though each partner tries to make the best of the situation and does experience some degree of pleasure, still, if they really think about it, there is

something about the constant frictionizing and the roughness and toughness of circumcised thrusting that doesn't quite make sense. One woman had this comment:

With the circumcised penis, the vaginal tissues can get rubbed raw and sore from abrasion, painfully so. But with a natural penis, there is no abrasion—intercourse is much more comfortable and sexually stimulating.

Lovemaking should feel tender and gentle. Yet the circumcised couple experiences hard sex, rough sex, tough sex, as the penis shaft frictionizes itself against the vaginal walls and opening. Friction in. Friction out. In. Out. In. Out. In. Out. The vagina begins to feel assaulted and becomes tenser and tenser. Friction in. Friction out. In. Out. In. Out. In. Out. “Finish already—this is beginning to hurt.”

Here are some comments from surveyed women:

“The circumcised penis often leaves me feeling chafed on the inside.”

“Sometimes, too often, I got sore after circumcised sex. It felt like my insides were all moving.... Yes, sometimes I would classify it as pain.”

“Rubbing, in an absence of moisture, that leaves you sore is a real problem with circumcised penises.”

“I had one lover who was into setting a Guinness record, and after 30 minutes I would start to feel as if he were sandpapering me down there” (1).

In my own personal experience, the vagina involuntarily reacts to this abnormalized sex by tensing and tightening up, thereby

compounding the friction problem. As I look back, I always remember circumcised sex as discomfoting, even though I derived pleasure from it and was able to achieve orgasm. In my 20s and 30s, the discomfort was minimal, yet still annoying. But by my 40s, it caused me to develop *vaginismus*—a condition where the vagina tightens up so much it makes intercourse painful or virtually impossible. Fortunately, my *vaginismus* was cured after my husband became restored. Sex is now completely enjoyable with no discomfort whatsoever. (I discuss *vaginismus* and its relationship to circumcised intercourse in Chapter 11.)

A woman who has experienced only circumcised sex may not realize that her vagina is abnormally tensed and tightened. Only after she has experienced the relaxed vagina of natural sex will she realize the true extent of vaginal tenseness during circumcised intercourse.*

I believe that the abnormalities of circumcised sex can ultimately cause a woman to produce less sexual fluid as she ages, which augments friction irritation. It is well known that many women produce less vaginal fluid as they age, but this may be due to more than just the biological changes that come with aging—the abnormalities of circumcised sex may be a contributing factor. With the passage of time and repeated sexual encounters, the woman's brain increasingly associates sex with the displeasures and dissatisfactions she experiences. This in turn reduces her anticipatory sexual excitement and passion for sexual activity; hence, she produces less vaginal fluids.

Young women may or may not understand the concept of vaginal-dryness discomfort. They may be able to produce copious amounts of lubrication despite the fact that it gets exposed to evaporation with every outward stroke. But as these women repeat the circumcised intercourse experience again and again,

* Importantly, it may take several sessions with the natural or restored penis before the vagina truly learns to relax. In effect, it takes time for the vagina to “unlearn” the tensing and tightening reflex actuated with the circumcised penis. Still, I think a woman should be able to notice some degree of vaginal relaxation right away.

I contend that over time its abnormalities will condition a response where they get only minimally aroused, producing minimal amounts of lubrication.

In order to overcome a lack of vaginal lubrication, many couples may resort to using synthetic substitutes such as K-Y Jelly. But the need for man-made lubricants should be largely thought of as a man-devised reparation to compensate for a man-made problem—the friction action of circumcised intercourse—which shouldn't exist in the first place. Admittedly, artificial lubrication may be needed in certain situations, but I suspect that its use will decline considerably once circumcision is a thing of the past.

The dried-out-vagina syndrome of circumcised sex is not a comfortable topic to talk about. However, it must now be discussed so that circumcision can be brought to a halt, and future generations will have the freedom to enjoy one of nature's greatest gifts to mankind—the pure, nominally-frictional, gliding action of natural intercourse.

Yet remember, *today's* generation is not totally lost and abandoned, because foreskin restoration offers a real solution. In the words of my restored husband, “Restoring your foreskin is the best thing that's going to happen to you in this lifetime.”

With The Foreskin Restoration Revolution in mind, then, let us proceed to the next chapter where we will learn the solution to a puzzling anatomical riddle—why nature designed the penis head to flare out in a “hook-like” projection, and why its presence is proof that nature fully intended the foreskin to play a pivotal role in a couple's mutual pleasuring of one another during the act of lovemaking.