

8 (Part A)

The Normal Thrusting Rhythm of the Natural Penis

vs.

The Abnormal Thrusting Rhythm of the Circumcised Penis

What is a “normal” thrusting rhythm, and what is an “abnormal” thrusting rhythm? That is the question. Can it dare be said that there is indeed such a thing as a normal thrusting rhythm? Does a man with a foreskin have a different thrusting rhythm from a man without a foreskin? And what effect does a man’s rhythm have on a woman’s pleasure during intercourse? What effect does it have on her ability to have a vaginal orgasm?

Nature endowed us with the potential to achieve orgasm and provided our sex organs with physiological mechanisms that are designed to bring on orgasm in ourselves, and in our partner, just from the interaction of the genitals and body contact during intercourse. In effect, then, it could be said that nature intended the sex organs of each partner to help bring the other to orgasm. And men usually have no problem achieving orgasm from the vagina during intercourse. So why should so many American women have trouble with the penis bringing them to orgasm? Rhythm! The secret is in the rhythm of a man’s thrusting movements. Here are two survey respondents’ comments:

“In general, the circumcised man either goes too fast or too slow. In my experience, the natural man is easier to fall into a *mutually rewarding constant rhythm*. To me, the natural penis is erotic and responds to the inner rhythm of my sexuality.”
(Emphasis added)

“With my natural partner, intercourse was so rhythmic, it was like dancing gracefully together. We were so in tune with one another. I felt like I was melting into him.”

The lyrics of a popular song put it crudely but succinctly, “It ain’t the meat, it’s the motion.” Many women would probably agree that the size of the penis in itself has little to do with the pleasure a woman experiences during intercourse. However, I think virtually all women would agree that motion* has everything to do with it. In her best-selling book, *How To Have An Orgasm...As Often As You Want*, Rachel Swift says, “Of the scores of women I have spoken to, all agree that a consistent rhythm in the buildup to orgasm is critical” (1).

This chapter adduces that the presence or absence of a foreskin makes a definite and discernible difference in the movements of the penis during intercourse. A man with a foreskin thrusts his penis more gently, using strokes that are lighter in pressure, shorter in length (while deep within the vagina), and *more consistently regular in rhythm*. Since the natural penis tends to stay more deeply embedded in the vagina using short strokes, it brings the

* Motion, in this instance, means the kind of action, stroking, thrusting, etc., a man puts into his sexual movements. Throughout this chapter, I refer to a man’s thrusting movements during true-to-life intercourse. This implies the interactive participation of both partners. The thrusting movements shown in adult sex videos usually do not represent a man’s true thrusting movements during real-life intercourse because the sexual activity is performed expressly for the camera, showing men and women in “unnatural” positions contrived for visual effect and camera angle, with little or no participation on the woman’s part. However, though adult sex movies usually do not give an accurate representation of a man’s true thrusting movements, they can be instructive for some of the points of this and the next chapter.

man's pubic area in frequent contact with the woman's clitoral mound, allowing her clitoris to be pressure-pleasured more often, and *at a consistent rhythmical rate throughout much of the intercourse experience*. Further, the woman's pleasure is often enhanced when his short strokes quicken into a rapid, exciting rhythm that can best be described as jiggling or diddling.

In contrast, the circumcised man thrusts his penis harder, using strokes that are more forceful in pressure, longer in length, and he often uses a thrusting *rhythm that is discordantly irregular*. His elongated strokes cause his pubic mound to make less frequent contact with the woman's clitoral mound. And when he does make contact, especially when he quickens the tempo of his long, hard thrusts, he often bangs his pubic mound and pelvic area against the woman's genital region. Here are what some survey respondents had to say:

“Circumcised man is too forceful with his thrusting. I lose all sense of feeling and I no longer desire to reach an orgasm.... When he is natural, he seems to be more gentle during intercourse and it really excites me.”

“Natural men thrust more sensuously, more gently.”

“A natural man has a gentler technique—more enjoyable. I noticed a difference after my first encounter with my next circumcised man after being with the natural.”

“The natural man was far more aware of my experience as well as his. Also, his thrusting was of a more sensitive/sensual motion—whereas the circumcised man tends to need more of a rougher stimulus to achieve orgasm.”

“Most circumcised men would or needed to bang away to get off.”

The thrusting techniques and rhythms of the natural and circumcised penis are determined by these major factors: 1) the location of the primary pleasure zone, 2) the kind of stimulation the pleasure receptors receive, and 3) how far the penis travels outside the vagina during its outward motion. These, as well as other factors, are influenced by the presence or absence of a foreskin.

The two types of penises have different *primary* pleasure zones. The primary pleasure zone is the area of the penis where a man experiences most of his pleasure *during intercourse*. For the natural penis, this area is in the upper area of the penis; for the circumcised penis, it is in the middle and base area of the penis.

Although the entire penis is sexually sensitive during intercourse, nature intended the male to derive most of his sexual pleasure and orgasmic build-up from the upper part of the penis. That's why nature densely packed this area with supersensitive nerves and then covered them with the outer foreskin to protect them from stimulation until sex takes place. *By concentrating most of the penis's sexual firepower into this localized area at the forefront of the penis and making this the primary area of activity, it minimizes the distance the penis has to travel during its inward and outward strokes to induce and sustain a high level of pleasure.* This is one of the reasons why the natural penis thrusts with shorter strokes. Much to the delight of the participating woman, because as stated, *the movement of these shorter strokes, thrusting while the penis abides deeply within the vagina, allows the man's pubic mound to make frequent pressuring contact with the woman's clitoral mound, which is her primary pleasure zone.* This rhythmic frequency of contact excites her sexually throughout the act and helps her achieve a vaginal orgasm—an orgasm induced by the movements of intercourse.

One survey respondent explained it this way:

My natural partner kept more constant contact and pressure on my whole genital area during intercourse. I felt like he was in sync with me, and with pleasuring me. During natural intercourse, I had more time to relax, and I would always orgasm before it was over, so afterwards I felt content.

In contrast, for the circumcised penis, the upper penis nerves are not the primary source of pleasurable sensations. Circumcision significantly damages the functioning of this area. Consequently, the nerves of the upper penis cannot generate enough pleasure sensations to satisfy the pleasure centers of the brain. *The circumcised penis finds it can derive greater pleasure by stimulating its middle and lower area against the vaginal opening. To stimulate this longer area, the circumcised man thrusts with an elongated stroke that pulls more of his penis out of the vagina on the outward stroke.* This reduces the amount of time the penis stays deep within the vagina. *These elongated strokes cause the male's pubic mound to make considerably less contact with the female's clitoral mound* and at the wrong rhythmic frequency, which hampers her ability to achieve an orgasm from the movements of intercourse.* The survey respondent last quoted had this further comment:

In circumcised, I was aware of a lack of body contact and the absence of the nice constant pressure that I got with natural intercourse. It seemed that my circumcised partner wasn't paying attention to me.

* The clitoral mound (the entire area surrounding the clitoris—the outer vulvar lips, the female pubic mound, and the clitoris itself) is sexually excited through body contact and pressuring by the male pubic mound during intercourse. Although the female pubic mound and vulvar lips are erogenous in themselves, importantly, they serve to transmit cushioned pressure to the female clitoris during intercourse. In effect, this entire area works as a unit to build up sexual excitement during intercourse, combined with penile stimulation of the vagina.

or my pleasure and was just banging away at my vagina. I often felt he was not in sync with my thrusts.

Both types of penises fall into a thrusting rhythm pattern that feels right for them, and both derive various amounts of pleasure from their thrusting strokes. Even though the two penises have different thrusting techniques, each man thinks his penis is using the right thrusting rhythm because, to him, it just feels “right.” However, keep in mind that the woman is on the receiving end of the penis and, for her, the two thrusting techniques feel quite different and affect her *overall* appreciation of the experience. The following are four women’s comments:

“With circumcised men their bodies never seem close enough. There’s not much stimulation during intercourse unless I use hand stimulation. Most don’t pay any attention to know if I had an orgasm or not.”

“Natural men are more sexually satisfying—the sensations are more intense and pleasurable. I find I can attain orgasm more easily with a natural man.”

“Natural is more relaxing! I love to make love to a natural penis! With my natural partner’s penis, I feel totally satisfied. After sex with my circumcised partners, I felt unfulfilled, painful, and very lonely.”

“Achieving vaginal orgasm with a natural man is much easier.... Vaginal orgasm is possible with a circumcised man but more difficult to achieve.”

Nature designed the female sex organ to experience a certain thrusting rhythm (i.e., frequency and consistency of pressuring contact on the clitoral mound) in order to enhance a woman’s

pleasure and build her up to orgasm. When a man's thrusting rhythm feels naturally "right" for the woman, and at the same time feels naturally "right" for him, they have found nature's ideal thrusting rhythm. Since nature designed the male sex organ with specialized anatomical parts (like the foreskin) to bring about this compatible rhythm, and also designed the female sex organ with specialized anatomical parts (like the clitoris) to pick up on the man's gentle rhythmic pressuring, then this compatible, ideal rhythm must be nature's natural or "normal" sexual thrusting rhythm.

Excision of the foreskin causes the penis to thrust with an unnatural, elongated stroke and an inconsistent, irregular rhythm, which put the man's and woman's movements out of sync with one another. Thus, it must be concluded that the circumcised penis thrusts with an abnormal thrusting rhythm. (This will be further explained later.)

Why does a man thrust during intercourse anyway? Why doesn't he just rest his penis inside the vagina and bask in the delight of the vagina's warmth and softness? He thrusts in order to stimulate nerves on and within his penis, which in turn "fire off" sensations of pleasure. After these pleasure nerves have fired off, they require a split-second rest from stimulation in order to recharge themselves for the next firing. We will learn that thrusting not only stimulates, but also serves to give sexual nerves a chance to *rest* from stimulation. That is, the nerves stimulated on the inward thrust rest during the outward stroke, and vice versa.

To better understand the rest requirement of nerves, try this little experiment. Take your finger and run it lightly and slowly in a wide, circular motion around the underside of your wrist. Notice the pleasurable sensations. This is an erogenous zone. The touch of your finger excites nerves on your wrist to fire off sensations of pleasure. Now, move your finger around the underside of your wrist again, slowly and lightly at first, but gradually increase the speed until you are going quite fast.

You will notice that the pleasure sensations are strong at first, but as you speed up your finger rhythm, the pleasure sensors in your wrist seem to go numb. This is because the nerves need a certain amount of time to recharge themselves before they can re-fire, and if your finger stimulates them before they recharge, they yield little or no sensation.

This same principle applies to the penis, which finds that varying the tempo of its thrusts affects how strong a feeling its nerves give off and how quickly they flow in succession through the nervous system. By moving about (thrusting) inside the vagina, the penis is seeking to find the right motion and rhythm that will send a high level of continuous pleasurable sensations to the brain. It is important to understand that during intercourse, it is the penis that controls its thrusting motions. It automatically seeks out the best pleasure sensations and moves accordingly. The conscious mind doesn't even have to think about it, *for the conscious mind yields its control completely to the penis's quest for pleasure.* In effect, ***a man's thrusting technique and rhythm are controlled by the penis, not by the man's conscious mind.***

This is an essential concept to understand, because after foreplay, it is the penis that sexes the woman, not the man, and as I've contended, the kind of sexing the penis gives a woman has a positive or negative effect on her attitude toward the man as an overall person, impacting the overall relationship.

IS IT THE MAN OR THE PENIS?

The vast majority of surveyed women noticed that their natural lovemaking experiences were more sexually and emotionally satisfying, but some were reluctant to attribute this directly to the penis. Instead, some explained that sex and the relationship were better because the man was more emotionally sensitive, more caring, and a more wonderful person. In effect, they wanted to say that it was the man, not the penis.

Likewise, if they found their circumcised experiences unsatisfactory, they were also reluctant to attribute this directly to the penis. Instead, they would explain that the sex and the relationship weren't as good because the man was a less considerate lover, or he was less sensitive emotionally, or they weren't really in love with him, etc. In effect, again, they wanted to attribute the unsatisfactory sexual and emotional relationship to the man, not the penis. Here are a few quotes representing the quandary some women had in this regard:

“Many of my negative feelings following intercourse with circumcised men had much more to do with the relationship with the man rather than the mechanics of the experience itself.”

“I’m not sure the difference was due to circumcised or natural. More likely the difference was due to the physical and emotional makeup of the man.”

“I think many of my answers are more positive toward the natural man because I care more about him than any of the circumcised men in my life. That has a lot to do with my answers. He treats me like no other man ever treated me...overall he makes me happy, satisfies me, and appreciates me. I’m in love, and when we make love it is very special. With circumcised guys, I used sex to fulfill my need for sex, just like the guys were doing, but I WASN’T satisfied!!”

“With my natural partner, for some reason, it feels more like ‘making love’ than ‘having sex.’ It doesn’t seem as rough. We are always happy afterwards and I feel so in touch with my lover because we both seem to enjoy it immensely. I’m not sure if I feel

that way because I'm really 'in love' and the sex is great or what!"

In general, if a woman had wonderful lovemaking experiences with a man, she tended to speak glowingly of him and the relationship. On the other hand, if the sexual relationship was unsatisfactory, unfulfilling, and frustrating, she tended to be critical of the man and attributed their unhappy relationship to his faults. *But perhaps, in many cases, it is actually the other way around. Perhaps the dissatisfying, displeasurable sex caused her to be much less tolerant of the man's faults and nitpick him for things she might otherwise overlook if he were pleasing her in bed.*

Let me give you an example of the subtleties of this. In a situation where the husband lets his appearance slide on the weekend, a woman in a bad sexual relationship might say: "When you don't shave, you really look terrible." A woman in a good relationship might phrase it this way: "You look so much more handsome when you shave." In another example, the man gives his wife a little pinch on the bottom in company when no one is looking. In a good relationship, the woman might say, "You're acting like a teenager, but I love it." A woman in a bad relationship might say, "You're so immature. I wish you'd grow up."

The influence of the penis can be so subtle it can often go unrecognized. As noted in Chapter 2, Drs. Phyllis & Eberhard Kronhausen addressed this *transference effect* in their book, *The Sexually Responsive Woman*:

One should not...be surprised to hear that failure to achieve sexual happiness is likely to have an adverse effect on the woman's total relationship with her partner and may lead to the breakdown of their relationship.

This does not mean that such a couple would themselves be aware of the sexual roots of their problem.... In many cases, the couple do not quarrel at all about their sex life, but may violently disagree on a variety of irrelevant matters (2). (Emphasis added)

Some women had had numerous circumcised relationships, but when they “found” a man with a natural penis, they characterized him as being more gentle, more caring, more emotionally sensitive, a better lover, etc. For some reason this man was not only a better lover but had more of the qualities they were looking for in a partner. Is this just coincidental? How much of it was the man, and how much of it was the penis? How much does the lovemaking ability of the penis influence a woman’s overall attitude toward the man in general? Let us consider this concept in the next comment.

The one natural penis I experienced belonged to a very wonderful, gentle person, therefore, his penis was gentler and smoother than the others [*the other 28 circumcised penises she experienced*]. [*Author’s note: This woman’s comment is a clear example of how some women tended to entwine the personality of the man and the sexual experience he offered. In actuality, his personality couldn’t really affect the physiology of intercourse, making his penis feel gentler and smoother. The penis simply felt gentler and smoother in and of itself. Could the physical appeal of the gentler, smoother penis cause her to look upon the man as a more wonderful, gentle person?*]

Certainly, non-sexual factors enter into a woman’s overall appreciation of a man—looks, personality, financial security, etc. But if all things were equal, and it were possible to have two men with equally pleasing looks and character traits, etc., the man who is the better lover would win out over the man who displeases a woman in the bedroom—every time. Moreover, if we were to find repeatedly that this better lover was a man with a natural penis, then we begin to see how important a role the type of penis plays.

The type of penis a man has controls its thrusting movements in the bedroom, and this affects a woman's appreciation for the sex act and influences her attitude toward the man as an overall person. After a Sunday morning of sex, she may either want to throw a shoe at him to vent her frustration or make him breakfast in bed to show her appreciation. She may then carry one of these attitudes with her throughout the next day or week of the relationship.

As you read the rest of this chapter and the next chapter, ask yourself from time to time: Is it the man or the penis? Then ask yourself at the end: Which of these two combinations would give a woman greater overall satisfaction: a wonderful guy with a circumcised penis or a wonderful guy with a natural penis? I addressed this in the survey with the following question:

You have been shipwrecked and washed ashore onto a deserted paradise island in the Pacific. Your rescue ship won't be by to pick you up for five years. On this island is only one other person—a man—a very attractive man, who is interesting to be with and very likeable. Because you are in paradise, you will be having sex fairly often. When you begin your first lovemaking encounter and you are slowly undoing his belt and pants, would you be hoping that he is...

Please circle: Circumcised Natural

In response to the above, the overwhelming majority of women (89%) chose the natural penis. The comments from one survey respondent below clearly show what I am trying to say about the question, "Is it the man or the penis"?

I didn't realize sex could be anything different until I met my natural husband, who was my last sexual partner [after 10 circumcised partners]. During

intercourse, he seemed closer to me and pelvic contact was greater. In fact, the first time I slept with him, I had a vaginal orgasm. The only other man I had a vaginal orgasm with was after many months of intercourse, and only when I was on top. I absolutely agree that a natural man uses shorter strokes and gently grinds the clitoral area. *I had thought that it was my husband's technique that resulted in greater pleasure for me. I never considered that it was due to his natural status.* (Emphasis added)

THE NORMAL THRUSTING RHYTHM OF THE NATURAL PENIS

The primary pleasure zones of the natural penis are located in the upper penis—the area that includes the penis head, the foreskin's inner lining, and the frenulum (the hinge of skin that connects the foreskin to the glans). As discussed, when the penis is flaccid, these highly erogenous areas are covered over by the foreskin's outer layer, but upon erection, both foreskin layers unfold onto the upper penile shaft, leaving the frenulum, glans, and inner lining exposed in readiness for sexual activity.

During intercourse, the exquisitely sensitive nerves of this area excite the man's sexual feelings and control the rhythm of the penis's thrusts. The pleasure sensations they send out tell the penis when to start and stop its inward thrust, and when to start and stop its outward stroke (just as the pleasure sensations that your wrist sent out told you at what rhythm to move your finger to derive the most feeling). The explanation below details how the foreskin's actions regulate the firing off and resting of these nerves and cause the natural penis to thrust with shortened strokes compared to the circumcised penis.

When the natural penis thrusts inward, the vaginal walls brush against the erotically sensitive nerves of the glans, foreskin's inner lining, and frenulum, causing these nerves to fire off sensations

of pleasure. The inward thrust of the penis keeps these pleasure sensations ongoing, but after these nerves have fired off, the penis senses a reduction in pleasurable feelings, so it stops its inward thrust and begins its outward stroke in search of stronger sensations.

During the outward stroke, the foreskin's outer layer slides forward to cloak the nerves of its inner lining, while the inner lining itself covers the frenulum. Once covered, these nerves are allowed to rest from stimulation until the next inward thrust. As the foreskin moves forward on the shaft, it bunches up behind the coronal ridge, and may sometimes roll forward over the corona, depending upon the length of the stroke. This applies pressure to the interior tissue of the corona and coronal ridge, where nerves that are excited by pressure send a wave of sexual excitement throughout the upper penis. Once these nerves have fired off, the penis stops its outward stroke and returns to its inward thrust in search of stronger sensations, giving these pressure-sensitive nerves a chance to rest until the next outward stroke.

In effect, the natural penis receives pleasure sensations from one set of sensory nerves on the inward thrust and a different set of nerves on the outward stroke. And by moving from one set to the other at the right tempo, it can maintain a continuous stream of erotic sensations.

Because this area is so localized, the penis only has to travel a short distance to excite one set of nerves or the other. Once it has finished its inward thrust, it doesn't have to withdraw very far to receive pleasure on the outward stroke. This allows it to stay deep within the vagina, thereby keeping the man's pubic mound in close and frequent contact with the woman's clitoral mound, which receives pleasure whenever these two areas press together.

There are other erogenous nerves located elsewhere on and in the penis, but the pleasure sensations coming from the upper area are so intense they dominate the brain's attention. In the

nervous system, stronger sensations override lesser sensations. For example, if you were suffering from a toothache and were to accidentally bang your thumb with a hammer, you would notice that the pain in your thumb could be so strong you'd lose awareness of the pain in your tooth. In much the same way, the upper area of the natural penis dominates the brain's attention so strongly it becomes the primary focus of sexual pleasure.

There is, however, a secondary area of pleasure located at the base of the penis and in the adjoining tissue of the pubic mound, and it contains many pressure-sensitive nerves that become aroused when the man's pubic area is pressed against the woman's genitals/clitoral mound.* The pressuring of these two areas against one another becomes more frequent as intercourse progresses because the woman instinctively draws the man in closer in order to satisfy her innate desire for the penis to remain deep within her and to pick up more stimulation against her clitoral mound. The man also draws his pubic area in closer because the act of pressing his pubic mound/pelvic area against her pubic mound/pelvic area and genitalia enhances his pleasure since it augments excitation to the pressure-activated nerves in this region. Eventually, their pubic mounds/genitals are pressing and pressure-pleasuring each other in either a rapid, rhythmic touching or gentle, grinding motion.

* The appearance of pubic hair at puberty is an indication that nature intended the pubic mounds of a man and woman to be in close proximity, and to press and grind each other during intercourse. Pubic hair cushions the contact and facilitates the sliding of the pubic mounds during intercourse, so that chafing of the genital area is minimized. I think its presence indicates that nature did *not* intend for the man to use the elongated strokes, characteristic of circumcised sex, that detach the male's pubic mound from the female's clitoral mound.

Various books on hygiene propose that pubic hair is a defense against germs because it provides pockets of air that allow moisture to evaporate, thereby discouraging germs from breeding. While it may be true that pubic hair has a hygienic function, keep in mind that young boys and girls are exposed to similar germ hazards and they don't have pubic hair. I think pubic hair appears at puberty because its primary function is sexual. It allows a man and woman to press their pubic mounds/genitals together comfortably, minimizing friction, and augmenting the pleasures of natural intercourse.

The genitally intact (natural) man tends to maintain a short thrusting stroke because, as intercourse progresses, the rhythmic actions taking place in the upper penis area have generated such a high level of pleasure intensity, the penis must use short strokes in order to not overstimulate its upper area nerves into climaxing before the man wants to. Shorter strokes give the upper penis nerves a respite from stimulation because the inner lining and frenulum get covered more often, and because some parts of the inner lining and frenulum may not get uncovered at all.

While the man is deriving pleasure from these rhythmic thrusting movements, the woman, of course, derives pleasure too. For her, the thrusts of a natural man produce frequent rhythmic contact with her clitoral mound, and they are gentle in pressure and often consistent in tempo. It is this type of gentle, smooth, rhythmic pressuring that her clitoral mound craves, indeed needs, to help bring her to orgasm.

One survey respondent described this rhythm of natural lovemaking beautifully:

Sex with a natural partner has been to me like the gentle rhythm of a peaceful but powerful ocean—waves build, then subside and soothe. It felt so natural, as if it were filling a deep need within me, not necessarily for the act of sex, but more in order to experience the rhythm of a man and woman as they were created to respond to each other. I didn't want the rhythm to stop.

Continued as Chapter 8 (Part B)