

This Course was written for the common man,  
in plain English and in Narrative form by several  
different authors.

Each author describes his or her own journey in his  
or her own words.

No attempt has been made to edit or dilute their  
words. Therefor we apologize in advance for any  
English Language Rules that are not adhered to,  
as these men and women are simply travelers.

Another Note of significance, is that the most effective techniques  
and secrets most often come in the  
simplest of packages.

There's no Magic here, only true, no-nonsense methods  
which do work.

“Open minds and Open Eyes are the words and actions of  
the Wise.”

African Proverb.

Originally formatted for the World's most popular word processors  
Word Perfect, and Word for Windows.

We apologize for the page differences you may experience.

THIS MANUAL IS DESIGNED AND LAID OUT FOR,..  
EASY-READING-WHILE-YOU-PRACTICE.

THIS INFORMATION IS CONCISE AND TO THE POINT,AS  
SHOULD BE FOR AN EDUCATIONAL COURSE.

However, we endeavored to retain as much of the entertainment of the  
original manuscript as we could.

We also decided that we could not though we tried, insert every tip  
and technique that's contained in the original without over complicating  
the educational lines to the very important  
- Three points of power -.

Therefor we had to break the course down into this basic  
through advanced, and to follow soon, the Alternatives  
& Supra-Advanced.

This lastly mentioned course will also offer additional techniques  
that are at this time being gathered from the gardens of the world.

As always,... a generous discount will be offered to all who purchased  
the first course, in addition to membership in the Zenno Jojido Society  
which will enable you to attend the live workshops at various resorts  
around the Globe.

\*Before you begin this or any exercise program,

Mantesh

please consult your Physician.

\* If you feel any pain, or strain, stop immediately, and  
consult your Doctor.

\* Use this manual responsibly & sensibly,... & always  
practice safe sex.

\* Please keep this out of the hands of minors.

\* We take no responsibility for injuries to a person or persons resulting  
in the misuse or abuse of the contents of this course.

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WGA 637575

MEN,..... FINALLY.... THE SECRETS HAVE BEEN

Mantesh

## REVEALED.. ZENNO JOJIDO



### **The Sexual martial art & sexercise.**

Once only known to a select few around the world,...  
the power is now in your hands !!

The secrets to build it to its natural maximum size,  
keep it up, & regain or retain that teen's ability to  
keep it coming !!

Also, find out the winning card that the Afro-American  
male holds in the arena Sexual prowess !!

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Or (tricks of the long distance runner)

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Master Strokes ! Or ( moves to do the job)

Putting it all together.

## **ZENNO JOJIDO**

Closely guarded secrets gleaned from around the world From Asia to Africa have been combined to form the most powerful

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method of making love, ever, to be in the hands of any one person.

Available in both Male & Female versions.

You can now earn your Black belt, in the most satisfying  
martial art of all.

Brought to you by,.....

Hello people,.....we are World Wise and our mission is to  
make the main connection of life, that magical hook-up  
that makes two people one, & creates life,.. the most  
wonderful & satisfying experience of Life.

To this end, we have traveled to 19 countries  
around the world, researched the various sexual histories,  
attitudes, & secrets.

We have interviewed hundreds of people, attended live  
sex demonstrations, & experimented personally & the result  
is this entertaining, informative & factual manual  
that will astoundingly improve your love life & self image.  
We implore you to take full advantage of every secret we reveal  
to you, as we have researched them ,  
to the maximum, use them ourselves  
& know them all to be actual & factual.

## **Section 1.**

### **Size and Female Requirements**

" BIG PENIS EQUALS WOMEN'S NEEDS SATISFIED' ? "

In this culture, the damage of this myth is driving men who  
don't measure up into purchases of gadgets of all kinds,  
pumps, extenders, & even sports cars.

More dangerously some men are opting for radical  
& expensive forms of surgery.  
All of these men are wasting their precious time & money.  
Though penis size is not as important as the myth claims,  
size can be added naturally by building the muscle like  
organ called the "Penis."

Building the penis instead of artificially enlarging it, brings the  
added & most important benefits, of conditioning & strength, and  
flexibility, which will bring you more praise in  
your performance than any  
Jumbo size one minute lover.

All myths aside, what do women actually physically need in  
inches to get off ?  
What do they require for fulfillment ?

Well, let us start with a little anatomy,.... 1st of all, a woman's  
vagina only has nerve endings in the 1st 2 inches from the  
opening,.. most of those being right around the ring of muscle,  
or mouth of the opening.

Therefor, if a man with only a two-inch penis who knows all  
the factors (you will know the factors),...  
is with a woman who has learned to bring about a vaginal climax,  
he will bring her to orgasm !

If she is among the women, who have yet to learn  
how to experience a vaginal climax, don't despair,  
for you will learn a methods which will carry her into  
climax as well !

" What about penis thickness ? " Do you ask?

Well thickness can be important,..  
However, the need & degree of thickness,  
depends upon the amount of muscle control a woman has.  
It is Not, as one has been led to believe, Age, or the  
amount of babies, or partners a particular woman has  
gone through, which affects that need.

In Japan & most Asian countries, size is not a factor simply  
because Vaginal muscle control has been raised to an art form.

Cont,..

WE have witnessed live sex shows in the red light districts of  
Singapore & the Philippines.

There women push six ping pong-balls into their vaginas,  
then shoot the balls out, one at a time, 15 feet away,  
into a bucket, using only their vaginal muscles.

The popping sound that those powerful vaginas make, as  
the balls are released, is astounding !

More striking, is the " His lover's Banana Cutter " where a  
peeled banana, is fully inserted into her vagina,  
and as a man lays under her vagina, mouth open wide,  
the fruit is pushed out & sliced bit by bit by the muscles  
of that magnificent vagina !!

Then there's the "Payday" where women stack 5 inches of  
coins on the lip of a coke bottle, squat down, engulf the coins with  
their sex organs, then release them by any number you request into  
your hand.

As you can imagine, these women know how to please their



lovers & themselves, no matter the size of the penis.

We know for a fact that as lovers, these women are fantastic!  
For even without any effort or technique from our members,  
the women kept them up- and going all night.  
Unbelievably in the sunshine of morning,  
the men were still up for more !

**Unfortunately,** in western culture, these skills are not  
known or practiced,  
yet,...  
(but not to worry brothers... we're working on this problem too.)  
.....therefor the only known equalizer to a weak,  
& untrained vagina is "Size" !!

Notice we said "known" equalizer,...because there are methods  
and means you can utilize which will please a woman,  
yourself included within this culture,  
that do not require excessive thickness or hose length.

When you maximize your penis size, add correct motion,  
conditioning, & control,  
{all of which you will have mastery of},  
then you will be able to please any straight woman,  
loose or tight, muscle tone or the lack thereof.

You will be experiencing delicious Sex and Explosive climaxes  
beyond your wildest dreams as well.

Next, learn what the optimum size is,...

## **Size,...the pitfall's & advantages**

Since most of us know all too well, the perceived pitfalls of having a smaller than an average penis, whether we have one or not,...

Let us start with the pitfalls of having a larger than an average penis.

After interviewing hundreds of women & men on this subject.. More than three quarters of the women complained, that a large penis used incorrectly was a huge barrier to enjoying sex and makes the act a dreaded & uncomfortable undertaking.

The same percentage of larger than average men, have experienced grief and weathered the complaints and excuses of causing their sex partners pain and suffering. This situation can seriously affect a couple's sexual relationship, make oral sex a rare and brief event and anal sex a near impossibility.

Complaints of excessive thickness above one & one\half inch's diameter of thickness, (average size) if the female is built small, does not lubricate properly, or has not born a child, sex can be a major undertaking requiring her to bear the pressure & pain of the vaginal walls actually being torn apart!

Then there's the length factor, where if the length was  
above 6 inches (average length)  
for some women, an uncomfortable feeling  
of the penis reaching up into the internal reproductive  
organs & pummeling them was prevalent.

These situations can & do cause serious damage like cysts that  
require surgery, & infections that could result in the loss  
of childbearing capability.

However, these situations can be greatly reduced  
with knowledge of how to use your tool correctly.  
We will cover how later.

Advantages of the larger than average penis are  
as we all know too well are;  
If the woman has a loose,  
out of shape vagina and little control, a large tool  
can give her the feeling she once had when she was  
young & inexperienced, whether the man knows the  
correct methods and techniques or not.

Conversely,.. smaller than average penises can be of advantage to  
women with small & tight vagina's.

Like the large male & loose females match,  
these combinations can make it easier, and  
allow one to complete the act in a satisfactory fashion,

but the fact remains that in order to maximize  
the Erotic experience, Prolong it, as well as  
carry your partner with you, up into the light of Ecstasy,  
special technique's & conditioning must be learned,  
practiced, and implemented.

Techniques available here.

Next we discover the Samurai Building techniques,..

## **Section 2 Building that structure.**

Penis building, Samurai Style...

I'm in Japan, home again, for the first time in  
more than 17 years.

It's raining outside of the cab I've hired to take me

through the hills of a city called Hyama.  
I'm to visit a person whom I understand is the master of an  
ancient form of martial art, not known to the West, or even to most  
of the East.

As we pass people scurrying with their umbrellas,  
and turn the corner where a shrine shines with the rain,  
I wonder what I might find.

The rain clears as we pull in front of an older looking home.  
The door is answered by a kindly bent old woman, who bows after  
I introduce myself & then she smiles while I sit on a bench in the  
foyer to remove my shoes & put on the offered slippers.  
She leads me to a sliding rice paper door, which she opens  
& I am greeted by an old man, who stood up from  
a cross legged position with the grace of a cat.

I was taken aback by his remarkably strong & alert gaze.  
I bow respectfully after which he bade me sit at a low table.

After over 30 minutes of tea & pleasantries,  
a must in Japanese society,  
I can no longer hold my curiosity and I inquire after for  
which I have traveled so far.

At once, I felt I knew had made a huge mistake.  
My memory flashed the once forgotten knowledge  
of Japanese rule of the indirect.  
I had been away for far too long , for the Japanese  
would never be so impatient and direct.  
It is considered rude.

He sat there motionlessly without speaking for what seemed  
like five minutes, reading my face before he kind of sighed

in a disappointed manner, and finally spoke  
"This is a secret used for centuries by the Samurai, who believed  
in exercising all muscles of the human body.

From under a floorboard, he produced a black lacquered box, and  
with a sparkle in his eyes, he said " This is the secret to youth !  
I can now at age 82 outlast you."

With this, he proceeded to open the box which took a few  
minutes because it was a puzzle box that required a combination of  
sliding panels to be moved in a certain order.

**Finally,..**  
the box opened to reveal four disc shaped stones of various sizes,  
with holes in the middle.

To tell you the truth, I was confused &  
not just a little disappointed.  
But after he explained, I understood completely.  
The stones were weights that were pushed over the head  
of the penis when it was flaccid, then as it swelled,  
the stone would stay in place & then be lifted by the muscles  
of the penis in reps,  
thus building & strengthening the middle erector muscle,  
the tube that runs along the bottom & center of the three tube  
muscles of the penis.

As I examined the stones, I noticed the intricate erotic artwork  
carved on them, but more important, the weight of even the  
smallest stone was to me quite heavy.

The stones according to him, were made in the 18th century and were unavailable today, unless I could convince someone to sell me theirs.

However, try though I may, I was unable to even locate any of the stones, let alone purchase any.

This led us to create a more modern & efficient version of doing the exercises & even creating a device that is three times as efficient as the original, but more on this later.

These exercises were then combined with Secret exercise techniques called “Cow Milk” which would complete the building process.

Not to be confused with masturbation, these advanced methods are the most effective form of manual manipulation for strength and size available in the world.

Note: We use the term “Muscle” with regards to the penis.

Some refute this as incorrect, however we know from many decades of experience, that certain tissues of the penis behaves, and reacts to exercise, in the same manner as muscle, so for lack of a better word, we will throw semantics aside.

We begin the building techniques on the next page,...

## **DAY 1**

### **Basic beginner method for building the middle erector muscle.**

This first exercise is very basic, and in our opinion builds only the lifting or Angle of Erection muscles of the penis.

If your erection is high, (lifts almost to the stomach) and you feel that you have no need for the basics, we would suggest that you still begin here, just to build a solid base for the more advanced techniques to follow, as well as to prevent future problems in this area.

To start, no device is needed.

The material you will need is a wash cloth, a bowl of water, & a lubricant. We would suggest some long lasting lubricant made for sexual purposes like K.Y. jelly (purchased at any large grocer) or if you are used to a certain oil or lotion, then by all means use it.

First, find yourself a private room, where you won't be disturbed for at least thirty minutes.



**Now remove your clothes**, & sit comfortably, knees apart,  
on the edge of a chair, or the edge of the bed with  
your feet planted firmly on the floor,  
so that your penis & testicles are hanging off, or stand if you wish.

Now you must achieve an erection.

If by chance you have difficulty in doing so, try to focus on a past  
situation, or fantasy that turns you on.

Use any method you are currently used to achieve erection,  
including magazines or videos.

If you are unable, we are working on methods  
to help you get there and remain.

Write us.

Once you are erect, take hold of the penis with one hand, palm  
facing down, with the head, nestled in the middle of your palm.

Now push the penis as far down as you comfortably can  
& pause while you gather your thoughts  
think of the muscles in the penis, all along the shaft down to  
the parts that run all through to the anus, ... additionally,...  
squeeze gently the internal muscles that cut off the flow of urine,  
called the Pubococcygeus. (Correct Spelling)

Since this is too difficult to pronounce, we call it the P.C. muscle.  
This last muscle is one of the most important muscles in your

body for sexual purposes & will eventually when well developed, allow you to control ejaculation, to the point of maintaining that fantastic pre-orgasm state for as long as you wish.

Okay now, still holding the penis, take a deep breath and hold it briefly for one second and exhale slowly through the mouth, making a Haaaa whisper sound as you pull in on the stomach muscles.

Repeat this twice, and on the third one, resisting the effort slightly with the hand, attempt to lift the penis to the navel using only the muscles of the penis, the anus and especially the P.C. muscle, additionally, time your exhalation so it lasts the full effort.

Do this three times,.. then remove you're hand from the penis & drape the washcloth over the penis.  
If the washcloth is not heavy enough, & does not weigh the penis down, then wet the cloth in the bowl or water, wring it if necessary & re-drape it.

Take a deep breath as before, hold it one second, then as you exhale with the Haaaa sound, do two slow lifts of the towel with each lift lasting 5 seconds, so you are exhaling for 10 to 12 seconds.  
**EXCELLENT !!**

Now,... Take a two minute or so break & repeat the exercise for three more exhalations.

Now you should masturbate to full orgasm, but try to make it last for as long as you can before you allow ejaculation, because your ultimate

goal will be to last more than thirty minutes,  
so if you can, shoot for it now, but if you cannot,  
don't despair because you will reach that goal & beyond  
sooner than you think.

Techniques to perfect delaying ejaculation will follow.

This is all for the first day.  
However don't forget to exercise your P.C. muscles, use them to  
cut off the flow of urine, after which  
alternating to force the flow outward more forcefully.  
Do this several times during each and every urination.

## **DAY 2**

Go back to your private space & allow for the same time for  
today's exercises repeat the steps;

1. Use any method to achieve erection.
- 2) Hold the penis with the palm facing down, &  
the head nestled in the middle of the palm.

3. Practice the P.C. squeeze, the penis muscles & anus squeeze a few times.

4) Take a deep breath, hold for one second then pull the stomach muscles in while you breathe slowly out through the mouth making the Haaaa whisper sound to a count of 10 seconds.

5. Now drape the towel over the penis & perform the lifting exercises as you did on day one. The difference today is you will try & increase your sets to six exhalations or 12 five-second lifts.

EXCELLENT,.. Now when you have completed this section, you can move on to the enlarging techniques, starting on the following page.

### **The All Important "Cow Milk" Method.**

This next series of exercises will build a thickness to your organ.

Keep in mind that the changes do not happen overnight, and in some cases months may pass, however do not give up!

We cannot stress this enough, as different body types respond in different rates.

One key to remember is that the longer it takes you to respond, the more dramatic and prolonged the improvements over time to where some men continue to achieve gains for years afterwards.

**Begin Thus,**

(Note: For some, better results can be seen if one takes a hot bath before, or during these exercises)

Lubricate the penis with whatever lubricant you have on hand.  
(If in water, use soap)  
Rest for five minutes while maintaining erection  
by stroking slowly while relaxing.

Then start squeezing quite strongly, the whole penis from base to tip, like farmers do, when milking a cow, also pull the head down toward the knees, as far down as you can.

**Use your fingers, especially the tips to rub  
deeply into your shaft.**

(If you feel any pain, Lessen the pressure.)

Then push the penis through your hand with the same pressure.

Do this with the right hand then the left hand, so that the fingers can massage both sides evenly.

Spend at least ten minutes with each hand,  
more if you can.

**Then reverse your palm,**  
so it is holding the upper side of the penis,  
and the fingers are wrapped tightly around the underside..  
Then pull the hand down as close to the base of the penis as you can,...at the same time,... push the penis down, in small bounces,  
to stretch the ligaments that hold the penis to the pubic bone.

Hold the position applying pressure and bouncing gently but firmly for a few minutes.

(This is best done in hot water which will help relax the ligaments.)

End the stretch with a milk squeeze out toward the head of the penis, and use the fingers to firmly massage the underside of the side tube from the altered position,

**Repeat this last step about twenty times with each hand.**

**Okay now,**

Making sure your lubrication remains in full effect,

Twist your wrist so the extended thumb can rub the underside of the Right or left tube,

(depending on which hand you are using)

and Pull outward, applying pressure along the whole length of the penis, squeezing with the whole hand,

**but putting an emphasis on the thumb.**

**Now switch hands and repeat.**

Be sure to always end your pulls with a strong push of your penis back through a strong hand.

Repeat all these exercises until you feel a good swelling.

**The Cow Milk, or Super-Jelq series of exercises are very important ,**

for not only will it increase blood flow to the penis & eventually size, & length,.. it will build a firm turgid toughness into your erection that's excellent for the thrusting techniques you will soon learn.

So even though this is new to you, will take some getting used to as a form of masturbation, we implore you to do it until you are comfortable with it & we guarantee you won't be disappointed !!

Now masturbate to orgasm, however use the cow milk techniques.

Though we know some of you are tired, numb, or both,.. try to last a full thirty minutes by doing moderate stimulation, only enough to remain erect, but not enough to boil over.

The attempt is very important.

Then this time at the point of orgasm squeeze your P.C. muscle & attempt to keep your ejaculate inside, you will not be able to at this point, but eventually you will, & one quick bonus is the effort will allow you to become sexually active a lot quicker than usual starting today!!

Try later to get sexually aroused and see for yourself.

" IMPORTANT,!!!! "

Do not use your hand to attempt to squeeze the sperm inside because this can cause serious damage to your ejaculatory muscles !

Very important, for those seeking additional gains.

After your climax, and your erection has softened but not deflated, do, for as long as you can, additional cow milking, in all the various forms.

This will aid as well, in your size growth, and eventually, will allow you to continue intercourse even after a

zero control climax.

However the point right now, is to take advantage of the semi-erect state, for stimulation of tissues which cannot be reached when fully erect.

This is all for the day, skip a day or two between you're next session to allow the muscles to rebuild & remember use your P.C. muscles when urinating, both the stop flow & the force flow.

**Day 3**



This third day should follow a day or two of rest from day 2 session.

This day we are going to practice on controlling the movement up and down the effort on order to gain from the negative resistance.

Go through steps 1 through 4 as before, but on step 5 there's a difference.

5. This time, there being a difference in the lift. Instead of doing two lifts on one exhalation, we need you to lift as before to the count of five but this time, control the drop of the weight to a count of five also. So it goes as so, lift 1 2 3 4 5, then descent control 1 2 3 4 5 .

This will give you double benefit & muscle conditioning. Repeat this a total of 12 times then cow milk for at least 6 minutes.

Now cow milk to orgasm once again & keep the 30 minutes in mind. Don't forget to squeeze as much of your ejaculate in as possible with the P.C. muscles only. This is all for the day.

Please don't forget the P.C. squeeze & force flow when urinating.

### **Day 4 & beyond,**

**Pop open the bubbly, for Congratulations are in order !!**

Now you have learned the basic method for building & conditioning the external muscles on the middle tube which runs under the penis, & you have begun to gain mastery of the wondrous P.C. muscle !!

All that remains is that you increase the resistance with more weight by using larger towels & more water & also the sets or exhalations as you gain in strength.

Do the exercises at least 2 times a week.  
You will begin to see immediate & dramatic results not only in the strength & power of your erection, but also you will be more virile,  
& able to regain desire & erection a lot quicker after orgasm.  
If you desire more masturbation or sexual activity, don't forget the cow milk technique.  
If you are with a partner, try to last the 30 minutes and attempt the P.C. squeeze on ejaculation.

NOTE; ...there are two more muscle tubes on the penis that run along the left & right on top of the middle tube that can be built & conditioned in a different manner.

There is a specialized device made for the purpose of advanced building all three tubes on the penis.

If you are interested in maximizing your size & power, we will extend to you an offer of a generous discount in the purchase of this fantastic device !  
Read all about it at the end of this book.

Internal muscle control has just been touched on & we will cover it in detail in the next chapter.

### **SECTION 3.**

Tricks of the long distance runner.

#### **The BANGKOK BANGCOCK**

Another turning point in this course started  
in Bangkok Thailand, where I was sent to witness  
what I thought at the time  
was a freak of nature.

In a secret theater on a back street,...  
a group of Pacific islanders  
gave an amazing performance.  
Five young women & One man of about 45 years of age,

put on a live sex show that was an unforgettably dramatic  
and moving drama, of lust & desire !!

The simple stage was set up like a jungle, complete with a  
small hut, from which the women emerged,  
then started to fight one another to mate with this man,  
who stood passive, arms folded,  
with bright face paint,  
& native grass adornments.

What caught the eye was a huge bamboo penis holder,  
which stood upright in front of him.

The wildest of the women was the first to reach him & remove  
the bamboo "jock strap" and a gasp went through the crowd of  
about 27 people,.. women & men all tourists.

His penis was about as large as the bamboo & very erect !!

Wild woman immediately grabbed hold of his broad shoulders  
and jumped up, to engulf the huge penis with her soaking vagina  
down to the root !!

Mr. Amazing took them all in turn, while the other women,  
like starving nymphs, scrambled to touch, hold  
& suck any exposed part of his penis.

This man satisfied them all, with amazing agility,  
exotic positions, & ravenous hunger, but more amazingly he  
ejaculated for each and every one of them,  
over a two & one half hour period,  
in which his erection grew larger  
& more rigid as the minutes passed.

Needless to say, I had to know his secret.  
A secret he refused to reveal, even after days of coaxing,  
drinking, even offers of payment.  
Finally after 5 days, when I was about to give up  
& return home,  
he confessed that he held his secret tight because  
he feared that his livelihood would be threatened if I,  
or anyone went into competition with him.

Well after solid assurances that his means of  
making a living would be safe, as we could arrange  
payment enough for him to make a down payment  
on his own drinking establishment,.. he agreed to reveal to me  
this secret that was taught to him by his sexual mentor, an  
older Chinese woman who called it an  
"Ancient art from the Golden era "!!

We of course will share it with you now !

## **Internal control**

Remember that teen sex ?

Those hot, steamy sessions when you could climax,  
retain erection, desire then climax again and again ?

That ability was due to the young tone of your internal muscles,  
and an instinctual urge to hold in your ejaculate.

Over the passing years, you slowly lost that ability because  
the muscles once used, but not exercised,  
were stretched out of shape.

This chapter will teach you how to awaken those muscles  
and put them back in tone so, you once again  
can perform as you were meant to.

You are three small internal exercises from a paradise of  
sensations, additionally you will gain control  
that will bring you more well-being & confidence  
than you could ever imagine !!

No worries about having enough time or privacy to accomplish  
these simple exercises, for they can be done while driving,  
as well as while reading, watching movies ect. ect..

**The three exercises are as follows;**

**1. Pulsating P.C. squeezes, two sessions a day.**  
Do ten squeezes per set, and five sets per session.

To start, do as many as you can easily do.

Goal 100 per day or more.

**2) Pulsating P.C. pushouts.**

These exercises are similar to what you are familiar with already, but the difference is they are pushouts instead of squeezes.

When you attempt to push out the last few drops of urine, you are using the P.C. pushout muscles.

As you bear down to use these muscles, the anus will also open.

Do this a few times to get used to the feeling.

If you have problems feeling these muscles move, wait until you urinate then use the muscles to force the flow out more forcefully, then you will be able to recognize the feeling next time.

Do these next exercises in the same setup, as the

above squeezing exercises.  
Build up on these exercises gradually,  
but move up each day, so you can reach the goal of  
50 in a sitting and 100 per day within 30 days.

**3. P.C. squeeze inhales,**  
same as in the first P.C. squeeze however  
you will be doing it to a slow inhale,  
strongly squeezing during the entire inhalation  
of about 10 seconds.  
Goal; 20 twice daily.

Again, start slowly but keep the goal of 20 in mind at the  
end of 30 days.

The above exercises we know, seem to be a time consuming chore  
at this point & time, and the numbers seem astronomical.

However, as you will soon see, they will reap wondrous rewards!

A tip for you, is to do them mixed.

For example; ( Squeeze, Pushout, Squeeze inhale).

Regardless of how you choose to do them, you will find that they  
can be done fairly quickly while watching  
Television or during other activities.

We would recommend that you do these exercises for  
about 8 days skipping a day between each session  
before you proceed to the section following,  
which will show you how to use the muscles  
in conjunction with climax & ejaculation control.



1 day

2 dayz

3 dayz

4 dayz

5 dayz

6 dayz

7 dayz

8 dayz

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## **SECTION 4 Multigasm (the one hour joyride)**

### **Ejaculation Control**

Before we begin, you have a decision to make.  
If you have a partner, you can practice these methods  
of control during sexual sessions with them.

But know that they are more effectively learned  
by solo exploration.

A compromise, is that you can alternate with  
solo & partner sessions.

We will be using two basic methods of control here before we  
move on to the P.C. control.

These exercises will serve you in learning to recognize the three  
zones of pleasure as you rise up the hill to climax, &  
then to stop the ride,  
before you reach the peak.

**Zone 1** lasts the longest & starts from the time you begin  
stimulation, to the time where it begins to feel really good prior to  
the ejaculation zone.

**Zone 2** lasts the second longest, & is characterized by that  
really good feeling we get, right before we peak into climax.

**Zone 3** is, as you've guessed, the time when we are ejaculating.

**The goal right now is to target the beginning  
phase of zone 2.**

Then with practice, to ride that zone all the way into the end  
and remain in control as we go over the peak.

Eventually we will be able to stay in that delicious zone for as  
long as we desire.

The beginning methods are as follows;

1. Halting stimulation. This simply means to halt the stroke & remain still until you once again feel in control.

2) Glans or (head) pinches of the penis.

Gently but firmly pinching the head  
thumb on the top & two fingers on the bottom to  
(shrink) it by pushing some of the engorged blood  
back into the shaft.

This will halt orgasm.

However if you are too late, please don't try to  
use this as a method  
of keeping the semen in the penis, attempt a P.C. squeeze so  
you will have the fuel for another try.

We will begin on the next page,.....

**After one of your external muscle exercise days, begin this new  
practice ,  
try a few head pinches,  
notice how the head shrinks then re-inflates.**

Okay now, after about 30 minutes of slow, safe,  
stimulation, go for the 2nd zone, and when you first  
feel that good feeling, stop stimulation and pause  
until you once again have complete control.

If by chance you lose control, squeeze the P.C. muscle as hard  
as you can, while holding your breath, & note how much fluid  
you were not able to retain.

If too much was uncontrollably expelled, then you should  
step up your internal exercise reps.

When the contractions are about over, resume stimulation.  
If your glans is too sensitive, stimulate the shaft & testicles only,

for a while until you can once again without sensitivity,  
touch the head.

If you are not able to retain your erection, don't worry,  
try again later,

or wait until your next external muscle exercise day.

If you can, retain your erection, Attempt to build yourself back  
up slowly to the 2nd zone, but if you cannot, don't despair,  
you are still learning  
& soon you will be able to accomplish it.

If you are able to regain the 2nd zone, ride it  
teasingly for 2 seconds  
then try a head pinch once or twice until you have control.

Again, if you go too far, utilize the P.C. squeeze then follow  
through again the slow stimulation of testicles & shaft only if the  
head is too sensitive, then Go again, if you are able & build to the  
2nd zone, do the head squeeze again when you sense  
yourself losing control.

When you know you have control again,  
start stimulation again,  
and if you carried through without having to P.C.  
squeeze until this point...,

Go to the end of zone 2 then apply the P.C. squeeze with all your  
might, breath held, while halting stimulation, & when the  
contractions have stopped,... go back through the steps to try for  
another orgasm in which you will apply the P.C. squeeze,  
then quit for the day.

Do this exercise after the external exercises for 2 weeks before you move onto the next step.

Which is Zone Surfing,...

### **Zone 2 Surfing**

Again, after one of your weight exercises, go for a 30 minute or more manipulation.

Enjoy yourself & take your time but stay clear of the 2nd zone.

After the allotted time, go cautiously for zone 2.

**In zone 2** go for the center of the zone,  
then try a P.C. squeeze  
while you cease stimulation & notice if you return  
to zone 1 quickly.

Go back for zone 2, this time in the middle try a P.C.  
inhale & open it up.

Notice if this halts ejaculation or brings it on.

If it brings it on, immediately squeeze the P.C. &  
retain as much fluid as you possibly can.

The purpose of these exercises is to find you what method  
will work for you.

Everyone responds to one or the other, some to both.

Practice you're preferred method for 3 weeks, learning to ride  
zone 2 as far as you can before utilizing the control.

If you can go to within a second before ejaculation  
and retain control,  
you will have made a big leap toward your ultimate goal,  
because that one second gap will allow you to have a "dry  
orgasm"

in which a full climax is achieved without ejaculation.  
As always if you lose control then retain as much fluid as you  
can at least twice before you end your session.

Next,.. Sail the Zone,..

### **Zone2 sailing**

"Look, ..... no hands !!"

Okay, now. You have progressed far !  
Now you can go to the final level, in control.  
In this level you will utilize the "no hands" technique  
of the "Masters !!"

Begin as always after an exercise session.

Zone one for at least 30 mins, then in the 2nd zone, sail as far as  
you can, jerking the skin to the head or whatever method you  
use for stimulation,  
until you feel yourself ready to explode, then p.c. squeeze or p.c.  
open , pause for a few seconds and jerk again to the apex,  
and repeat the cycle for as long as you can.

Notice that you will be able to go further & further each day until  
one day you will sail around the world.

The goal is to remain at the tip of the hill without falling over  
into descent. In the beginning, you will most likely go too far &  
have a short orgasm which will release some fluid, this is normal &  
as long as you remain P.C. closed, as your ejaculate, you can try  
again very soon.

This is a great time to begin working your new found strength & control with your partner.

Remember, the key to this "sailing" technique is to continue cautious stimulation, & try to remain at the peak.

This is your exercise now,... and from now on,... after external muscle building or with your partner.

However with your partner, at the end of your session, ejaculate & release some or all your fluid without control if you wish, but keep in mind that this will lower your sex drive more so than if you retain some fluid.

With your partner, now you have two very powerful methods of control that you can utilize.

Whether you want to have 3 or more orgasms, or you want to sail zone 2, or do both, it's all up to you friend.

**The power is yours, enjoy !!**

Now you're ready to learn the moves that will make you an unforgettable lover !!

## **SECTION 5. Master strokes. (Moves to do the job.)**

### **THE MOTION OF THE OCEAN**

It's a hot summer night in 1972, and I'm in my neighborhood,  
an area of mostly Americans of African descent.  
My partners and I are attending a Saturday night basement party in  
which we have paid our 25-cent entry fee.

Under a red light, in a humid room packed full of couples slow  
dancing to that famous love song group the "Delfonics",  
I have just made the girl I am dancing with, climax  
for the 3rd time in four songs just by my "moves"  
against her hot body.

All of us teenagers are doing a very sexual dance that has been  
prevalent in the community since I can remember, and from what I  
understand, it originated in Africa Centuries ago.

It was whispered about in hushed excitement whenever the older  
adults weren't around and was practiced as a form of safe sex for  
women & a means of getting the women "Hot" by the men.  
The then current name of this dance was the "Grind" & it's  
basically fully clothed 'Sex'.

The essence of this dance is a secret as to why Black men hold  
a mystique around the world in the arena of sexual prowess.

In my travels around the world, I have encountered  
many Women from many diverse cultures,  
who to my amazement were very curious about  
and eager to have sex with me.

This is because of the stories that pass around from person to  
person about the sexuality of the Black man.  
Women pass the stories along about "Great Sexual Passion and  
Lust that melted their hearts and wills,"....



Men on the other hand distort the stories bring it down to  
"Penis Size"

which is a falsehood !

Oh, you thought it was our mythical third limb ?

Are the stories  
about our Huge penis true ?

**No I say**, & I can speak for more than just me,..  
For I have lived in close quarters with thousands  
of Black men and men of all "races" from all over the globe while I  
served those many years  
in the Armed Forces, &  
I've been part of many a "long time no port Orgies"  
where up to 15 men, pay for up to 30 women,  
in a huge hotel room,  
and "go at it all night,"  
ordering food and drink as we enjoy ourselves.  
So believe me when I tell you that Size doesn't run in "races".

"So" some ask, " are you sure that it isn't  
Great oral sex that's your secret ?"

**No !**

There's a long running joke in Black neighborhoods about the  
man who has to resort to " Eating that Putang"( oral sex )  
to satisfy their women.

Hmmm, what are the secrets that we hold dear like a winning  
hand of cards ?

The origin starts in Africa & is set in motion by the Drum.

The great secrets are "Movement, Positioning & Speed" &  
they can be learned No matter what your culture of origin is.

To begin, you need to first remember that the first two inches of a woman's vagina holds most of her pleasure nerves.

So the three very important African factors must come into play here ;

- 1) Speed; strokes should be at a speed where she can feel it. Most men make the mistake of pounding away at a furious pace. This is a waste of time in most cases unless it is done at the right time & I'll explain why.

We have interviewed hundreds of women on this subject and with the exception of the very few who have been abused for so many years, their nerves have been numbed to the point of feeling only the most rough stimulation,.....

For the vast majority of women, except for the few seconds right before she climaxes, the bang, bang, bang, style of love making ranges from painful, to just plain boring simply because feeling usually shuts down, as soon as he starts the pounding !

Please read this section carefully and remember it !!  
We cannot stress this subject enough.

Skin carried sexual feeling to the brain 10 times more efficiently when it is stimulated at a slower rate.

Take this test, Please,..  
and you will learn a very important lesson  
that will move you miles ahead of most men on the road to being  
the lover that Women Crave.

Next time you Begin' a session,... as soon as you achieve erection,  
place both non-lubricated hands on top of one another in fists,  
so there is a continual hole' that runs through both.

Now push your penis through your fists roughly and fast all the  
way to the base at least 10 times as if you were 'fucking' someone.

Feel the danger of tearing your skin ?  
Feel the pain as the fists bang into your family jewels, your balls'?  
Does this feel very Sexual' to you? Hate it?  
Unless of course you're deeply into Sado Masochism.

That is exactly what women feel,...and more,.....  
keep in mind that our skin as men, is on the outside and  
is dry and tough in comparison .  
Women on the other hand, their organs are on the inside,  
wet and tender as a rose pedal.  
Doesn't take a genius to figure out the tearing,  
as well as the pounding  
of the reproductive organs (ovaries) that women can feel.  
Is the same as shaft tearing and ball pounding.

Keep this in mind at all times when you enter them.

Women want when you are in them to move lovingly & need to  
feel  
that skin on skin rubbing to start that fire.  
Women hate the wham bam' man.

So whether you are having a short hot "Quickie" or a long passionate all niter, work with controlled passion' instead of aggressive banging.

See the sex act as a race, in which you will pace yourself, starting slowly, then moving a little faster in the middle, then at the end go all out & win the race.

A partial exception to this rule, is where the Female is already very hot, wet, & loose, and Burning passion must be quenched within a short period of time.

However, read on to find out how to get the best results from this situation.

2. Angle of attack; In the vagina about 1-1/2 to 2 inches inside, the upper wall at from either 11 o'clock to 1 o'clock but normally at the 12 o'clock position lies the vaginal orgasmic trigger.

To stimulate it, requires 1st the knowledge of its position, then the best angles of penile thrusting, to stimulate it.

The favored position in the Afro American community is the 'Doggy Style'.

This position is fantastic for more reasons than any other.

A. It rubs the head of the penis directly on the vaginal trigger when the man pulls almost all the way out on his stroke.

B) It gives the man & woman a lot of control as to where they want to aim the strokes, and allows that circular movement that women most women interviewed, love.

Circular movement is rotating the hips in a circle during the stroke, either from side to side or up & down or a combo of both.

D. Ultimate deepness or shallow thrusting is all under control.

All positions where the man is behind or to the side will afford you great angles of thrusting & more importantly for you, it will allow you to pace yourself to utilize your  
CLIMAX CONTROL TECHNIQUES.

However Any position can be utilized & made to work for you if you keep the 1st 2 inches in mind while you do your stroking & Unless your mate is versed in the Female form of JOJIDO, you must remain the GUARDIAN of the thrust.

A huge advantage of face to face intercourse is that eye to eye contact that you can have.  
This can be very important to some females as it gives a feeling of extra togetherness.

Another plus for the face to face is the ability to easily kiss, a factor not to be taken lightly, especially at the moment of her climax.

3. length of stroke; The head of the penis was designed not only ease of penetration, & for our own stimulation but to drive the female crazy.

Therefor your stroke should be designed to do exactly that !!

Certain women have not learned to climax vaginally but with a new method you are about to learn, this will not be a factor and soon she should be able to make the connection and break that vaginal climax barrier.

Use your strokes at first shallowly !  
This serves two very important functions.

1. In the beginning the female needs to be opened slowly & tenderly like a flower opens to the sunlight in the dawn !

Too fast an opening will wilt the flower, so go slow and use the head of the penis to do what it was designed to do.

What is called the "**Sausage & Bun**" or S.B. & is designed to bring climax to those clitoris climax only females.

Use your penis head to rub along the length of the vagina up and down from the opening to the clitoris at a speed of about 2 seconds for the up & 2 down.

This is best done from the back, or doggy position because you can, depending on the type of erection you have, do this hands free, but if you must use your hands, this is normal too.

Do this for as long as you can, until she is begging you enter her, then push only the head in the opening, back out & in only the head, letting her feel the delicious feeling of the initial penetration over & over.

Then repeat the S.B. pull out & slide the head up & down the outside up to her clitoris & repeat for a while,  
then return to the penetration,  
but this time go a little deeper but not past 2 inches.

Stay in control no matter what she says, no matter how she begs, you must be the master of the session.

She will thank you later Guaranteed !!

Slowly increase your depth until you are all the way inside of her as if digging a hole a bit at a time, then when you reach all the way to the hilt, alternate shallow strokes with deep & S.B. & move to a slightly faster speed as you feel her excitement building.  
Don't forget your Climax control skills.

When you feel her getting ready to explode, you can either, cease stimulation, & pause then stroke the fire back up to full flame, or give her that furious, but controlled circular thrusting.

Note, that if you delay her gratification a few times, her climax will be of a GREATER FORCE !!.

NEXT;..... THE MASTER STROKE !

## **THE ULTIMATE MASTER TECHNIQUE**

This last stimulation technique will make her feel your penis to the maximum when inside of her.

This all important technique was learned from a man who made his living for 20 years as a Gentle Pimp.

I say "gentle" because, he never had to resort to violence to keep his women happy and to stay with him.

He utilized his lovemaking skills which had to be extraordinary when you consider he made love to women that had been working with their vaginas all day or night & were by the time he got to them,.. fairly Numb.



This technique kept his women with him for year after year,  
very satisfied sexually. Though I do not condone his occupation,  
I must give him the credit he so justly deserves !

" Thank you Slim, this is dedicated to you. "

This is a quite simple trick actually, but oh so effective.  
You see usually, as you thrust, the very flexible skin of the penis is  
usually gripped by the mouth of the vagina,  
thus the only stimulation  
the woman gets is from the head of the penis.  
This technique will change all that.

As you're thrusting, hold your penis at the base with the thumb  
on top of the penis & two fingers on the bottom tube  
& push your fingers  
in towards the scrotum.

This will swell the head shaft & veins of the whole  
organ if you push  
out & squeeze the PCs,...  
additionally it will hold the skin taut over the shaft so the whole  
penis will slide in & out of her vagina,...  
increasing her stimulation by giving her the extra friction of  
all the skin & veins of the shaft going  
in & out,..  
On top of which the ballooning effect of the penis head  
will drive her CRAZY !!

Two drawbacks to having your hand in the way is it will  
shorten your thrusting length & stop you from using both hands  
from feeling her whole body as you make love to her.

So we have developed a " HANDS FREE" way for you to accomplish this move.

It is a simple device that can be worn the whole time, safely & with comfort.

For more information e-mail us. At [enlarge@earthlink.net](mailto:enlarge@earthlink.net)

### **CONGRADULATIONS !!!!**

You have completed a course that has turned you into a  
" World Class Lover !!"

YOU have earned your Black Belt in JOJIDO !!

Use your skills responsibly & please be careful of the life threatening Diseases that are running rampant out there !

If you know a Woman that you want to learn female version of this course, please E-mail us.

Also if by chance you would like to order the Full penis exerciser or the Hands free device, you qualify for a 25% discount on any first time purchase of a product that we develop, including the upcoming "Supra Advanced " course., and the Female version.

Thanks so much for giving us the opportunity to help you !!  
We welcome you to the Zenno Jojido Society.  
Sincerely,...

The World Wise people

