Massage My Man

Foundation, Intermediate & Advanced elements

This chart identifies the erotic and sensual massage elements associated with the three Massage My Man training levels. It is a guide to the available curriculum, not a fixed list that every student must practise. What Colin demonstrates or teaches in a session depends on the student's experience, ability, confidence and progress, as well as the receiver's preferences and everyone's agreed boundaries. An element may be adapted, deferred or omitted; consent can be changed at any time.

COLOUR KEY

FOUNDATION **INTERMEDIATE** **ADVANCED**

A coloured dot indicates an element taught at that level.

	ELEMENT	FOUNDATION	INTERMEDIATE	ADVANCED
01	Head massage	●	●	●
02	Overture script	●	●	●
03	Towel reveal	●	●	●
04	Feather sweep	●	●	●
05	Gentle hand / finger stroking of the back	●	●	●
06	Body pressure points	●	●	●
07	Hand hold	●	●	●
08	Two hand pressure down spine	●	●	●
09	Finger press of perineum	●	●	●
10	10 minute therapeutic massage back with hands & thumbs	●	●	●
11	Giver topless module 1	●	●	●
12	5 minute therapeutic massage underarms and elbows, breasts touching back	●	●	●
13	Side of body x 2 Effleurage/kneeding/teasing	●	●	●
14	Arm slide & body connection	●	●	●
15	Breast slide down arm through hands x2	●	●	●

Blank cells have no level assigned. Markings include Colin's corrections.

Elemental training chart

ELEMENTS 16–35 OF 74

	ELEMENT	FOUNDATION	INTERMEDIATE	ADVANCED
16	Leg effleurage x 2	●	●	●
17	Kneading of leg muscles x 2	●	●	●
18	Bicep perineum push	●	●	●
19	Waist to neck thumb press and body connection	●	●	●
20	Breast shoulder massage	●	●	●
21	Finger neck press and blow on neck	●	●	●
22	Cross arm push and hug	●	●	●
23	Figure of 8 buttock massage	●	●	●
24	External anal slide & teasing	●	●	●
25	Side pulls	●	●	●
26	Arm slide and forearm groin push	●	●	●
27	Pressure points down spine to anal tease	●	●	●
28	Signature - Testicle stroking and hold	●	●	●
29	Rake stimulation	●	●	●
30	Back stretch and anal slide	●	●	●
31	Become fully naked	●	●	●
32	Standing body to body massage	●	●	●
33	Leg lift and groin massage x 2	●	●	●
34	Finger grip massage testicles x 2	●	●	●
35	Pull out penis and light massage x 2	●	●	●

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Elemental training chart

ELEMENTS 36–55 OF 74

	ELEMENT	FOUNDATION	INTERMEDIATE	ADVANCED
36	Firm edging penis massage	●	●	●
37	Move to head effleurage back hands on buttocks	●	●	●
38	Reach under and masturbate penis	●	●	●
39	Body on body massage - head to toe	●	●	●
40	Body on body massage - toe to head	●	●	●
41	Groin back to shoulder slides	●	●	●
42	Slide off through legs to penis massage	●	●	●
43	Rear facing kneeling penis and scrotum massage	●	●	●
44	Upright kneeling penis massage	●	●	●
45	Receiver demonstrates his masturbation technique	●	●	●
46	Receiver taken to orgasm/ejaculation	●	●	●
47	Cover with towel & turn over		●	●
48	Foot & ankle massage		●	●
49	Pad up towel and massage penis through towel		●	●
50	Blow and mock oral through towel		●	●
51	Right leg massage		●	●
52	Left leg massage + gentle penis massage		●	●
53	Shoulder & neck massage		●	●
54	Figure of 8 chest massage breast over face		●	●
55	Nipple oral tease from receiver		●	●

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Elemental training chart

ELEMENTS 56–74 OF 74

	ELEMENT	FOUNDATION	INTERMEDIATE	ADVANCED
56	Nipple stimulation to receiver		●	●
57	Penis reach stimulation from head		●	●
58	Arms and hand massage		●	●
59	Lift leg buttock stroke and anal tease		●	●
60	Managing givers reciprocal touch		●	●
61	Various positioning for masturbation to ejaculation		●	●
62	Edging to orgasm		●	●
63	Mutual oral positioning			●
64	Practicing various oral techniques			●
65	Body on body with anal rimming			●
66	Prostate massage			●
67	Mutual oral / face sitting			●
68	Breast / penis massage			●
69	Spanking			●
70	Dominant / Assertive Techniques			●
71	Sex toy stimulation			●
72	Frottage			●
73	Speed bump cushion penis / anal stimulation			●
74	Incorporating givers taken to ejaculation			●

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