MASSAGE MY WOMAN / COURSE ELEMENT GUIDE

Massage My Woman

Male Giving to Female Elemental Chart

A visual guide to potential elements across Foundation, Intermediate and Advanced training.

HOW TO READ THE CHART

X marks an element listed for that training level. The chart is a guide, not a fixed checklist.
Teaching is adapted to ability, confidence, progress, and each receiver's consent and comfort.

FOUNDATION | INTERMEDIATE | ADVANCED

Male giving to female	Foundation Training	Intermediate Training	Advanced Training
Head massage	X	X	X
Overture script	X	X	X
Towel reveal	X	X	X
Feather	X	X	X
Gentle hand / finger stroking of the back	X	X	X
Body pressure points	X	X	X
10 minute therapeutic massage back with hands & thumbs	X	X	X
Giver topless module 1	X	X	X
5 minute therapeutic massage underarms and elbows	X	X	X
Side of body x 2 Effleurage/kneading/teasing	X	X	X
Arm slide & body connection	X	X	X
Leg effleurage x 2	X	X	X
Kneading of leg muscles x 2	X	X	X
Bicep groin push	X	X	X
Waist to neck thumb press and body connection	X	X	X
Cross arm push and hug	X	X	X
Figure of 8 buttock massage	X	X	X
External anal slide & teasing	X	X	X
Side pulls	X	X	X
Arm slide and forearm/groin push	X	X	X
Rake stimulation	X	X	X

Element guide / continued

The chart shows potential content at each level; individual sessions are tailored.

Male giving to female	Foundation Training	Intermediate Training	Advanced Training
Back stretch and light clitoral touching	X	X	X
External light genital massage	X	X	X
Vaginal clasp	X	X	X
Vaginal hand sweeping & fist rolling	X	X	X
Leg lift and clitoral stimulation x 2	X	X	X
Hand on buttocks / clitoral masturbation	X	X	X
Demonstration of vaginal thumb massage	X	X	X
Cover with towel & turn over	X	X	X
Foot & ankle massage	X	X	X
Right leg massage	X	X	X
Left leg massage + vaginal light touch and investigation	X	X	X
Vulva massage & reverence hold 2 min	X	X	X
Shoulder & neck massage	X	X	X
Figure of 8 breast massage	X	X	X
Nipple stimulation	X	X	X
Clitoral reach stimulation from head	X	X	X
Vaginal pull ups/hand slides and screwfist massage	X	X	X
Arms and hand massage	X	X	X
Lift and groin hook	X	X	X
Effleurage hands to buttocks and clitoral/vaginal finger stimulation	X	X	X
Demonstration of G spot & S spot stimulation	X	X	X
Head massage	X	X	X
Incorporating giver's arousal		X	X
Body on body massage - head to toe		X	X
Body on body massage - toe to head		X	X

Element guide / continued

The chart shows potential content at each level; individual sessions are tailored.

Male giving to female	Foundation Training	Intermediate Training	Advanced Training
Body on body naked slide		X	X
Nipples stimulation (oral)		X	X
Side pulls with breast stroking		X	X
Face down vaginal thumb massage		X	X
Face down vaginal thumb / clitoral stimulation (light)		X	X
Face down vaginal thumb / clitoral stimulation (intense)		X	X
Two finger vaginal penetration		X	X
Face up G-spot stimulation by student		X	X
Face up S-spot stimulation by student		X	X
Incorporating reciprocal touch and arousal		X	X
Body on body with vaginal oral			X
Body on body with anal rimming			X
Internal anal stimulation			X
Vaginal oral stimulation face down			X
Vaginal oral stimulation face up			X
Dominant / Assertive Techniques			X
Sex toy stimulation			X
Encouraging multi orgasm			X
Encouraging female ejaculation - position 1			X
Encouraging female ejaculation - position 2			X
Dominant vaginal stimulation sitting on back			X
Frottage			X
Speed bump cushion clitoral / vaginal stimulation			X
Legs stretch / push back intense vaginal stimulation			X
Incorporating the giver being brought to ejaculation			X