



**3 Mind-Blowing Strokes
Every Man Must
Try Tonight**

**by Lisa Welsh
Save That Spark**

It's time to take matters into your own hands!

You've just taken the first step toward making your solo sessions more exciting, satisfying, and deeply fulfilling. The three strokes in this guide are designed to break you out of routine, helping you rediscover the potential for pleasure and connection with your body.

How to Use This Guide:

1. Read through each stroke carefully.
2. Set aside time to try them without distraction.
3. Feel free to experiment—there's no right or wrong way to enjoy these techniques.

Remember, pleasure is personal. Use these strokes as inspiration to explore what feels best for you.

Stroke 1 Arcade Claw



Description

Claw your fingers over the head of your penis and drag them gently down the shaft. Think of it as a light, teasing motion that engages nerve endings in a new way.

Why It Works

The clawing motion stimulates areas that are often overlooked in traditional strokes. It adds variety and excitement to your solo play.

How to Do It

1. Gently cup the head of your penis with your fingers, forming a claw shape.
2. Drag your fingers slowly and lightly down the shaft.
3. Repeat at varying speeds and pressures to find what feels best.

Pro Tip

Use lube to make the motion smooth and sensual, and try alternating between hands for an even fresher experience.

Stroke 2

Fist & Twist



Description

Grasp the shaft with one or both fists and move up and down while adding a gentle twisting motion.

Why It Works

The twist adds a dynamic sensation, mimicking a spiral massage that keeps things exciting and prevents monotony.

How to Do It

1. Apply a generous amount of lube to your shaft and hands.
2. Wrap one or both fists around the shaft.
3. Move up and down while twisting your wrist slightly.
4. Vary the degree and location of the twist as you go.

Pro Tip

Experiment with alternating hands, starting slow, and incorporating pauses to build anticipation.

Stroke 3 Infinity



Description

Grasp the shaft with one hand, slide it down from top to bottom, and immediately follow with the other hand in a continuous flow.

Why It Works

This stroke provides uninterrupted stimulation, creating a wave-like sensation that feels smooth and seamless.

How to Do It

1. Apply lube generously to both hands.
2. Start with one hand at the base and glide it up to the tip, then back down.
3. As the first hand finishes, immediately follow with the second hand.
4. Maintain a consistent rhythm for continuous sensation.

Pro Tip

Close your eyes and focus on the rhythm—it can feel meditative and deeply satisfying.

Bonus Tips for Next-Level Pleasure

1. Make It a Ritual

Set the mood by dimming the lights, playing calming music, and using a favourite scented candle. Treat this time as a form of self-care.

2. Breathe and Move

Match your strokes to your breath, and don't be afraid to move your hips or make sounds to amplify sensations.

3. Experiment Without Judgement

Try new positions, strokes, or toys. Pleasure is about exploration, so let curiosity guide you.

Want More Mind-Blowing Techniques?



These three strokes are just the beginning. If you're ready to unlock even more advanced tips and tricks to elevate your solo sessions, check out Riding Solo. **It's just \$27!**

Yes, I'm ready for this



Take charge of your pleasure and start feeling more confident, connected, and fulfilled—starting tonight.