

Sexual Dominance Escalation – Reference Guide

Module 1: Introduction

- 00.00 Intro
- 01.56 Why learn from me?
- 04.40 What is Sexual Dominance?
- 18.04 Proof Sexual Dominance is important

Module 2: How to add it to your sex life

- 00.00 Building a sexual compliance ladder
- 02.13 The 0-100 Scale
- 05.26 Progressions
- 07.16 Stacks

Module 3: Female Sexual Anatomy

- 00.00 External Anatomy
- 02.09 Internal Anatomy
- 05.25 Nervous System

Module 4: The 0-100 Scale - Part 1a

- 00.00 What we're covering from 0-25

Module 4: The 0-100 Scale – Part 1b

- 00.00 Push against the wall make out
- 01.58 Smack her ass, Grind up against her
- 03.32 Grind up on her, Kissing her kneeck
- 04.42 Neck kissing, Neck nibbling
- 07.28 Trap biting
- 08.44 Put her hand on your dick
- 11.00 Dominant pussy eating
- 14.51 Sucking fingers
- 17.11 Spontaneous sex
- 19.48 Nipple sucking
- 21.22 Lower onto bed, Push onto bed
- 23.08 Throw around between sex positions
- 24.37 Restrict her movement, pin her arms above her head and by her side
- 26.21 Restrict her movement, pin her arms behind her back, pin knees by her shoulders
- 29.16 Hair pulling technique, correct and incorrect
- 34.30 Spanking technique, bent over the knee
- 38.51 Spanking technique, other areas to spank
- 40.54 Doggystyle spanking
- 43.14 Making her beg to stick it in

Module 4: The 0-100 Scale - Part 2a

- 00.00 What we're covering from 25-50

Module 4: The 0-100 Scale – Part 2b

- 00.00 Spit on the pussy
- 00.46 Nipple pinching, nipple biting
- 03.19 Suck fingers after fingering
- 04.23 Grab her neck
- 06.37 Grab her pussy hair
- 08.05 Face fucking
- 11.22 Thumb in the ass, buttplug in the ass
- 15.33 Carry onto bed, choke throw onto bed
- 17.37 Squeeze tits (fuck handles method)
- 20.19 Fuck with fingers in, Grab head, Pretzel fold
- 24.23 Make her beg to cum

Module 4: The 0-100 Scale - Part 3a

- 00.00 What we're covering from 50-75

Module 4: The 0-100 Scale – Part 3b

- 00.00 Slap the pussy with your dick
- 01.42 Squirting technique
- 08.13 Bondage demo: 2 Column Bind
- 15.29 Handcuffs
- 17.56 Nipple clamps
- 21.17 Choking Technique
- 24.08 Anal sex
- 30.14 Anal sex and fingering
- 31.37 Slapping her tits
- 34.26 Hand in her mouth
- 37.05 Panties in her mouth
- 39.52 A-spot and O-spot fisting technique
- 50.12 Spit in her mouth

Module 4: The 0-100 Scale - Part 4a

- 00.00 What we're covering from 75-100

Module 4: The 0-100 Scale – Part 4b

- 00.00 Ball gag, collar & leash, spreader bar
- 06.28 Ass to pussy, buttplug in her mouth
- 10.58 Hitachi vibrator technique
- 13.34 Riding crop technique
- 18.25 Flogger technique
- 23.45 Paddle technique
- 35.01 Slapping her clit
- 37.10 Foot stomp
- 39.50 Slapping her face

Module 4: The 0-100 Scale - Part 5

00.00 Putting it all together

03.55 Real life sex example

Module 5: Progressions

00.00 Intro

02.01 Throw down progression

05.52 Anal sex progression

21.55 Nipple clamp progression

27.08 Spit on face progression

31.48 Impact play progression

37.58 Ass to mouth progression

42.14 Face slap progression

Module 6: Stacks

00.00 Intro

05.00 Stack #1 – Neck grab, hair pull, choke

05.38 Stack #2 – Pin hands, tit squeeze, tit slap

06.10 Stack #3 – Neck bite, tit squeeze, throw down, neck grab, pin down, panties in mouth, spank

06.58 Stack #4 – Anal sex, riding crop, ass to pussy,

08.24 Stack #5 – Anal sex, ass to pussy, grab pussy hair, riding crop, tit squeeze

10.04 Stack #6 – Pin arms, choke, spit in mouth, slap face

11.22 Stack #7 – Choke, fingers in mouth, fingers in pussy while fucking, hand in mouth, tit squeeze

12.37 Stack #8 – Spank, pull hair, choke, pin down, neck grab

13.40 Stack #9 – Neck grab, choke, hair pull, slap clit

Module 7: Final Words

00.00 Where to contact me for follow up questions

Bonus Module 8: Improvements on Regular Sex Positions

00.00 Intro

02.09 Missionary improved angle

06.40 Cowgirl improved angle

11.30 Reverse spoon improved angle

14.06 Pussy eating foolproof method

Bonus Module 9: 2020 Rule Zero Live Presentation

00.00 Live Safe For Work Demos with Samantha Mack