

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 neck
- 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