

there is a great deal of skin manipulation. The hands and fingers explore the whole body surface, concentrating especially on the face and, at higher intensities, on the buttocks and genital region. As in oral contacts, the male pays particular attention to the female's breasts and nipples. Wherever they move, the fingers repeatedly stroke and caress. From time to time they grasp with great force and the fingernails may be dug deeply into the flesh. The female may grasp the penis of the male, or stroke it rhythmically, simulating the movements of copulation, and the male stimulates the female genitals, especially the clitoris, in a similar way, again frequently with rhythmic movements.

In addition to these mouth, hand and general body contacts, there is also a tendency at high intensities of pre-copulatory activity to rub the genitals rhythmically against the partner's body. There is also a considerable amount of twining and inter-twining of the arms and legs, with occasional powerful muscle contractions, so that the body is thrown into a state of clinging tension, followed by relaxation.

These, then, are the sexual stimuli that are given to the partner during bouts of pre-copulatory activity, and which produce sufficient physiological sexual arousal for copulation to occur. Copulation starts with the insertion of the male's penis into the female's vagina. This is most commonly performed with the couple face-to-face, the male over the female, both in a horizontal position, with the female's legs apart. There are many variations of this position, as we shall be discussing later, but this is the simplest and most typical one. The male then begins a series of rhythmical pelvic thrusts. These can vary considerably in strength and speed, but in an uninhibited situation they are usually rather rapid and deeply penetrating. As copulation progresses there is a tendency to reduce the amount of oral and manual contact, or at least to reduce its subtlety and complexity. Nevertheless these now subsidiary forms of mutual stimulation do still continue to some extent throughout most copulatory sequences.

The copulatory phase is typically much briefer than the pre-copulatory phase. The male reaches the con-