

Pompoir

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Pompoir (also known as "*playing the flute*", and "*the Singapore grip*") is a sexual technique in which the woman uses her vaginal muscles to stimulate the man's penis.^{[1][2][3][4][5]} Both partners remain still, and the woman strokes the man's erection by rhythmic, rippling pulses of the pubococcygeus muscles, so this practice is best performed in a woman on top position.

Performing Kegel or pelvic floor exercises can increase a woman's skill in pompoir by strengthening the relevant muscles, and allow her to identify, and isolate, individual muscles, to contract them in turn to provide the rippling sensation.^{[1][2]}

Kabazzah

"Kabazzah" is a variant technique that originates from South Asia, where the female additionally uses her abdominal muscle contractions to stimulate the penis of the male partner, who must remain totally passive. Women are reported to have spent many years in training before becoming proficient in this technique, and as such this technique is considered highly difficult to perform. The act itself is a variety of tantra, its purpose being to enhance and increase the duration and intensity of intercourse. The word translates as 'holder', and the sensation can be likened to that of 'milking'.^{[6][7][8][9]}

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Further reading

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