Keeping the pace!

There is a masturbation-technique that is **very simple**, requires a **lot of time** (depending on your level of arousal), requires **absolute discipline** in its execution and grants a **very intense** ejaculatory climax with probably an **above average amount** of semen ejected!

**It is simple:**
You jerk your cock with your fist, with 2 fingers (thumb and pointer that is, having formed an "OK-ring" or not), or a sleeve or a flesh-light. You pull up, you push down. With your foreskin or without. With lube or without. **The main objective is to establish and maintain a pace (of up and downs) that does not exceed the speed of one second per move!** One second the downward movement, a second later the upward movement.

**It takes quite a while...**
...until you experience tingling sensations in your cock and system and pelvis. Until your arousal level picks up. Consider **20-30 minutes or even an hour** or a little longer until you merge into the PONR-level. Stretching time will not be a problem, just become slower in your 1-move-a-second pace. Yet at the beginning of your session you may want to support your mood with porn to look at.

**You need to be disciplined with this technique!**
Keep the pace from the beginning to the end, even thru ejaculation itself (if you are able to control the latter)! This may be tough to achieve. The urge to trigger your climax will become stronger, the closer you bring your system to PONR! **Try to stay relaxed and keep the pace.** The tingling sensations will become sensational. It will become difficult to stay relaxed, your mind will be more than ready to shoot, while you body just does not get enough stimulus to meet PONR.
**Intense climaxing will be the reward!**
On your way to PONR you will be in an extended state of anticipation. You know for sure that your system will be triggered into ejaculation. Given that you keep the pace and do not speed up (even to the contrary, while you are slowing down when you are closing in on PONR), you will at some point assume that PONR is setting in any second, **while it is not!**
You will believe that ejaculation -or emission- will be triggered with the next push or pull, with the next second, **when it is not yet the case.**
Eventually your system will receive just that little amount of sensation from your cock necessary to trigger your ejaculatory climax. Or maybe rather almost, and it takes another second (or two) to finally make your system react.
This way your **PONR may be stretched.** Before (or while) your juices begin to mix inside, your internal sensations will run deep and build in intensity, because your system still needs further sensory stimuli from your cock, which you know is allotted only the next second and then one. **But that second will be reached!**
Since you built your arousal for a longer period of time anticipating your climax first impatiently then desperately, the **ejaculatory reflex**, the pumping, will probably be **very strong.**
Your glands will have had enough time to produce a **huge volume of your semen** which now must leave your system.

**How to top it off:**
**Have a partner masturbating you!** Your partner will have **full control** over keeping the pace, and that is already worth a big deal with this technique. But there is more. Your partner can **vary the tightness** of his grasp/grip. He/she can **apply lube**, can slow down just before you meet PONR. It´d be best if your partner **knows your reactions.**
The beauty of this technique:
You know you gonna cum. The impression of being triggered "any second" is stretched out. PONR may be stretched. The sensations within your cock, your balls (although left untouched) and your system are very intense and present. Psychologically your struggle between your strong urge to trigger your release and the non-sufficient sensorial input at your cock means overwhelming bliss. Your ejaculatory reflex shall consist of strong spasms producing an extended volume of semen!

This technique is closely related to performing emisjaculation after an extended period of edging, where the masturbator triggers his cum-release carefully as to separate emission from ejaculation and thus stretch his ejaculatory climax in a similar fashion. The main difference between the two techniques is, that the pace-masturbator totally surrenders to the pace masturbation all the way thru, while the edger has full control (or should have) of the sensations and timing that he allows upon himself.

Go for it! - Nandisa