

# List of sex positions – Helpful Hints

This list of sex positions includes descriptions of various forms of sexual intercourse and other sexual acts between people. Sexual acts are generally described by the positions the participants take in order to perform those acts. Since the number of positions that can be used for sex is essentially limitless, this list is only a starting point. Enjoy!!

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## 1. Penetrative positions

These positions involve the insertion of a penis or penis-like object (such as a strap-on dildo) into a vagina or anus.



The missionary position

### 1.1 Penetrating partner on top with front entry

These positions are primarily used vaginally, although some can be adapted for anal sex. The basic position is called the missionary position. In it, the receiving partner lies on their back with their legs apart. The penetrating partner lies on top of the receiving partner, facing them. The following variations are possible:

- The penetrating partner stands in front of the receiving partner, whose legs dangle over the edge of a bed or some other platform.
- The receiving partner lies on their back. The penetrating partner stands and lifts the receiving partner's pelvis for penetration. A variant is for the receiving partner to rest their legs on the penetrating partner's shoulders. Sometimes called the butterfly position.
- The receiving partner lies on their back, with their legs pulled up straight and their knees near their head. The penetrating partner holds the receiving partner's legs and penetrates from above.

## 1.2 Penetrating from behind



The leapfrog position

Most of these positions can be used for either vaginal or anal penetration.

- The receiving partner is on all fours with their torso horizontal. The penetrating partner inserts from behind. This is called the doggy position.
- In a variant on the doggy position, the receiving partner's torso is angled downwards. The penetrating partner can raise their own hips above those of the receiving partner for maximum penetration. This is sometimes called the leapfrog position.
- In another variant of the doggy position, the penetrating partner places their feet on each side of the receiving partner while keeping their knees bent and effectively raising up as high as possible while maintaining penetration. The penetrating partner's hands usually have to be placed on the receiving partner's back to keep from falling forward.

## 1.3 Receiving partner on top



Partner on top position



Variant of partner on top position

Most of these positions can be used for either vaginal or anal penetration.

- The penetrating partner lies on their back. The receiving partner kneels on top of the penetrator facing them. Sometimes called the cowboy or cowgirl position.
- As above, but the receiving partner sits on top of the penetrator facing away from them.
- As above, but the receiving partner arches their back with their hands on the ground.
- As above, but the receiving partner squats (instead of kneeling) on top of the penetrator facing toward them.

## 1.4 Sitting and kneeling

Most of these positions can be used for either vaginal or anal penetration.

- The penetrating partner sits on a flat surface, legs outstretched. The receiving partner sits on top and wraps their legs around the penetrating partner.

- The penetrating partner sits in a chair. The receiving partner straddles penetrating partner and sits, facing the penetrating partner, feet on floor. This is sometimes known as the lap dance.
- The penetrating partner sits on a couch or in a chair that has armrests. The receiving partner sits in the penetrating partner's lap, perpendicular to penetrating partner, with their back against the armrest.
- The penetrating partner kneels while the receiving partner lies on their back, ankles on each side of penetrating partner's shoulders.



Kneeling variant of the lotus position.



Another kneeling position.



A third kneeling position.



A sitting position.

## 1.5 Standing



A standing position can be used for either vaginal or anal penetration. In the basic standing position, both partners stand facing each other. The following variations are possible:

- The penetrating partner stands, holding the receiving partner off the ground. The receiving partner wraps their legs around the penetrator's waist and their arms around their shoulders.
- As above, but the receiving partner's back is pressed against a wall as a frictional support.
- As above, but the penetrating partner's back is pressed against a wall for stability.
- Both stand, the receiving partner facing away from the penetrating partner. This position is varied by having the receiving partner assume different semi-standing positions. For instance, they may bend at the waist, resting their hands or elbows on a table

## 1.6 Anal-specific positions

Most penetrative sex positions (see above) can be adapted anally, especially those that involve entry from behind. Other sexual practices involving the vagina, such as fingering, can also be adapted anally. However, some positions are not directly adaptable because of the different angles required for anal and vaginal entry. Here are listed positions which work well for anal sex. The penetrator can either be a man or a woman with a strap-on.

- Doggy style – see above. This position maximizes the depth of penetration, which may be desirable by either or both partners, but can pose the risk of pushing against the sigmoid colon. If the receiving partner is male, this increases the chances of stimulating the prostate. This position allows for vigorous thrusting. A variation is the leapfrog position, in which the receiving partner angles their torso downward. The receiving partner may also lie flat and face down, with the penetrating partner straddling their thighs.
- Missionary – see above. In order to achieve optimal alignment, the receiving partner's legs should be in the air with the knees drawn towards their chest. Some sort of support (such as a pillow) under the receiving partner's hips can also be useful. The penetrating partner positions themselves between the receiving partner's legs. This position is often cited as good for beginners, because it allows them to relax more fully than is usual in the "doggy" position.
- Spoons – see above. This allows the receiving partner to greatly control initial entry and the depth, speed and force of subsequent thrusting.

- Receiving partner on top – see above section. These are sometimes cited as a good beginning positions, as they allow the receptive partner more control over the depth, rhythm and speed of penetration. More specifically, the receptive partner can slowly push their anus down on the penetrator, allowing time for their muscles to relax.

## 2. Oral sex positions

Oral sex involves contact between the genitals and/or anus of one person (the *passive partner*) and the mouth of another (the *active partner*).

### 2.1 Fellatio

Fellatio is oral sex involving a man's genitals. Possible positions include:

- The man lies on his back while his partner kneels between his legs.
- The man lies on his back while his partner lies off to the side of his legs.
- The man sits in a chair and partner kneels in front of him between his legs.
- The man stands while his partner either kneels in front of him or sits (in a chair or on the edge of a bed, etc.) and bends forward.
- The glory hole – the man inserts his penis into a hole in the wall or fence while someone (usually a complete stranger unseen by him) gives him fellatio from the other side of the wall.
- Road head – the man drives a vehicle while his partner leans over from the passenger seat to the driver's seat to perform fellatio on him.

### 2.2 Cunnilingus

Cunnilingus is oral sex involving a woman's genitals. Possible positions include:

- The woman lies on her back as in the missionary position. The active partner lies on their front between her legs.
- The active partner sits. The woman stands facing away and bends at the hips.
- The active partner lies on their back while the woman kneels with her legs at their sides and her genitals on their mouth.
- The woman stands, possibly bracing herself against a wall. The active partner kneels in front of her.

### 2.3 Rimming

Positions for rimming, also known as "anilingus" or "anal-oral sex", are often variants on those for genital-oral sex. Rimming-specific positions include:

- The passive partner is on all fours as in the "doggy style" position. The active partner is behind them.
- The passive partner is in the missionary position with their legs up.

### 2.4 Simultaneous oral sex



Women in the 69 position

Simultaneous oral sex between two people is called 69. Each partner may be male or female. They can be lying side-by-side, lying one on top of the other, or standing with one partner holding the other upside down.