

MEN'S TRAINING CUP

Acceleration Training

Training Guide



Training Flowchart

For proper training implementation, first, verify your condition using the following flowchart.

I can get an adequate erection during sex.

No

Start by improving ED (erectile dysfunction) **P2** →

No
(I can only ejaculate using floor humping.)

First, refrain from floor masturbation / humping **P2** →

※ In cases other than floor masturbation (shower stimulation, etc.), start by stopping the high-risk masturbation method that is causing the problem. If you do not know how to deal with the problem, please consult with a professional counselor.

STEP 2
Go to the Hip Thrust Training **P4** →

I am able to ejaculate during penetrative sex.

STEP 3
Go to Maintenance Training **P4** →

YES
(or I do not have any experience having sex)

I am able to ejaculate when masturbating by hand.

YES

STEP 1
Go to Incremental Training **P3** →

I can ejaculate within 15 minutes at Lv.5, but still have difficulty ejaculating during penetrative sex.

Treatment of ED (Erectile Dysfunction)

If you lose your erection during sex, regardless of the insertion time, you may have erectile dysfunction. When your ED improves, it may be possible to extend insertion time until ejaculation. If you are aware that you have ED, use erection medicines and work on improving your ED first. Make sure to speak to your doctor first.

- ※ If you do not have a sufficiently strong erection, you may not be able to insert successfully even with CUP training.
- ※ If your ED improves but you still have difficulty ejaculating during penetrative sex, continue from "I am able to ejaculate when masturbating by hand" on the flowchart.

Refraining from Floor Humping

"Floor Humping" is a type of high-risk masturbation that stimulates the penis by rubbing against the floor (or mats and cushions), and can be a major cause of delayed ejaculation and intravaginal ejaculation disorder. For those who practice floor masturbation/humping and cannot ejaculate using just their hands, training with the CUP is difficult for the following two reasons :

- They are not accustomed to the sensations of stroking movements, so they cannot get enough stimulation from the training.
- With Floor Humping, ejaculation is often done in a semi-erect state, so it may be difficult to ejaculate in a fully erect state if you are not used to it.

Based on the above issues, those who can only ejaculate through floor humping need to first cease the high-risk masturbation method before training with the CUP. Aim to stop floor humping by following steps ① and ② below, getting used to both stimulation by hand and to being able to ejaculate with a full erection.

1 Switch to masturbating by hand just before ejaculating.

As a first step toward becoming accustomed to ejaculating by hand, switch from floor humping to masturbation by hand just before ejaculating. Floor humping to get close to climax is OK at this stage. When stimulating with your hand, use a gentle grip. In some cases, it may require 4 or 5 attempts. If there is no progress after 4 or 5 attempts, there may be other reasons why desired results are not experienced, and it could be worth speaking to a medical professional.

2 Take time to get used to regular stimulation.

If you are able to do 1, gradually increase the time and frequency of manual stimulation. Ultimately, aim to be able to ejaculate only by hand. At the time of ejaculation, try to maintain a fully erect state, not semi-erect.

※If you are unsure about what a "fully erect" state is, please think of a morning erection state.

If you are able to ejaculate by manual stimulation, proceed to page 3, Incremental Training.

STEP 1

Incremental Training

Using the training CUPS for gradual stimulation, aim for a level where you can ejaculate even with weak stimulation.



Strong Stimulation



Weak Stimulation

CUP Level	Lv.1	Lv.1	Lv.2	Lv.2	Lv.3	Lv.3	Lv.4	Lv.4	Lv.5	Lv.5
Day of Training	/	/	/	/	/	/	/	/	/	/

Training Method

- For Lv. 1-4, even if you cannot ejaculate, proceed to the next level after completing the recommended number of times.
- Perform 10 training sessions in the above order, once or twice a week.
- In each training session, your goal should be to ejaculate within 15 minutes.
- If you still cannot ejaculate within 15 minutes after completing the training session at Lv.5, continue training at Lv.5 or using TIMING TRAINER -ACCELERATION- (see reverse side).
- When training, please refer to "Safer Masturbation Methods" on page 5.
※If you use a condom during normal intercourse, we recommend that you also use one during training.



TIP

Lv.5 training can be substituted with TIMING TRAINER -ACCELERATION- (TTA, sold separately) TTA is recommended because it is reusable and can be used after STEP 2.

When you are able to ejaculate within 15 minutes at Lv.5, you have completed STEP 1.

Proceed to the next training, monitoring the progress of your condition.

Ejaculating with penetrative sex is :

Still difficult



Proceed to STEP 2 Hip Thrust Training

I am able to do it



Proceed to STEP 3 Maintenance Training

STEP 2

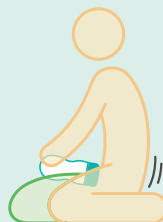
Hip Thrust Training

If you still have difficulty ejaculating reliably during penetrative sex after completing STEP 1, the cause may be in the way you thrust your hips. Get used to ejaculating with the same movements as actual intercourse with Hip Thrust Training.

*Recommended to be performed with a Lv.5 CUP or TTA.

Training Method

- ① Hold the CUP or TTA against a pillow, cushion, etc.
- ② Thrust your hips as you would during actual intercourse and aim to ejaculate within 15 minutes.
- ③ Training should be done at least once a week.



When you are reliably able to ejaculate during penetrative sex, proceed to STEP 2

*If you can ejaculate with hip thrust training but cannot ejaculate during actual intercourse, there may be mental or other issues interfering with the process. Please consult a medical specialist about what can be done.

STEP 3

Maintenance Training

Once your training is successful, work on Maintenance Training to maintain your condition.

*Recommended to be performed with a Lv.5 CUP or TTA.

Training Method

- Aim to ejaculate within 15 minutes by moving your hand or thrusting your hips in the same way as in STEP 1 and 2.
- Perform Maintenance Training at least once a week, and check whether you are able to ejaculate without issues.
- * If you have the opportunity to have intercourse on a daily basis, check whether your condition is being maintained.



Even if your training has been successful, returning to a high-risk masturbation methods may undo your progress. After your training is completed, always be sure to use safer masturbation methods. (See next page)

If you have any questions or concerns about training or delayed ejaculation, please consult a specialist.

Things to Consider When Masturbating

Although the medical condition of delayed ejaculation and intravaginal ejaculation disorder varies from person to person, many cases are caused by high-risk masturbation practices such as using a strong grip, the stretched leg posture, and floor humping.

In order to overcome or prevent delayed ejaculation and intravaginal ejaculation disorder, it is important to not only train, but also to use the following safer masturbation methods on a regular basis.

Safer Masturbation Methods

✓ Using A Gentle Grip

If you become too accustomed to a strong grip, you may no longer feel enough stimulation from penetrative sex. Try to apply as much force as you would when holding a mandarin orange in your hand.



Firm, but never too much that it would crush a mandarin orange.

✓ Stroking Slow and Steady

Move at a speed no faster than you would normally have sex. Also be sure that you can move slowly but still feel good.



Use the same speed as during sexual intercourse.

✓ Relax The Body

Avoid straining the whole body, especially the legs.

If you have a habit of stretching out and tensing your legs, try a sitting position.



Never use the Stretched Leg Posture.

✓ Avoid Using Adult Content (e.g. Pornography)

If you constantly masturbate using highly stimulating media (e.g. pornography), the actual act of sex may eventually not be enough to satisfy you. It is best to refrain from using overly stimulating videos and images. If at all possible, try to shift from visual stimulation to fantasizing about your partner.



Fantasize about your partner.

How to Use the MEN'S TRAINING CUP



1 Remove sticker from Air-Hole on top of item.



2 Remove shrink wrapping from base of item.



4 Insert and use the same rhythm/speed as intercourse.

※After use, please dispose of the product in accordance with your local waste disposal guidelines.

Delayed Ejaculation Self-Check

There is a way to self-check the condition of delayed ejaculation and intravaginal ejaculation disorder by using this scored test. Choose the answer closest to your condition and check your total score. After training, you should continue to measure yourself regularly to see how you have progressed.

Q1 How difficult is it to ejaculate during vaginal penetration?

- Not difficult at all (0 points) Somewhat difficult (1 point) Difficult (2 points)
 Very difficult (3 points) Extremely difficult / nearly impossible (4 points)

Q2 How often do you ejaculate during penetrative sex?

- Almost always or always (0 points) About three in four times (1 point)
 About half of the time (2 points) About one in four times (3 point)
 Almost never or never (4 points)

Q3 How often do you feel you have control over the timing of your ejaculation during penetrative sex?

- Almost always or always (0 points) About three in four times (1 point)
 About half of the time (2 points) About one in four times (3 point)
 Almost never or never (4 points)

Q4 Do you feel stress when you cannot ejaculate in the timing you would like during penetrative sex?

- No (0 points) A little (1 point) Yes (2 points)
 Yes, very much (3 points) Yes, extremely (4 points)

Q5 Are you worried that your partner may not be sexually satisfied because you cannot ejaculate from penetrative sex, or take too long to ejaculate?

- No (0 points) A little (1 point) Yes (2 points)
 Yes, very much (3 points) Yes, extremely (4 points)

Total Points (Before Training)	pts.	Total Points (After Training)	pts.
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0-2 points: Normal range / 3-5 points: Mild delayed ejaculation / 6-9 points: Delayed ejaculation 10 or more points: Severe delayed ejaculation			
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Training Products



TIMING TRAINER -ACCELERATION- & TRAINER LOTION

A special item for delayed ejaculation training that can be used repeatedly. Recommended for those who find Lv.5 of the MEN'S TRAINING CUP challenging or those who are committed to full completion of training, as it provides the same level of stimulation as Lv. 5.

Advisor to this booklet

Director of Fukumoto Men's Health Clinic

Kazuhiko Fukumoto (Urologist)

More and more people have difficulty with delayed ejaculation. In many cases, the cause is from being used to masturbating with sensations different from sexual intercourse, or with too strong stimulation to the penis, such as from floor humping, a too strong grip, using the stretched leg posture, etc. For such people, we recommend using the MEN'S TRAINING CUP Acceleration Training to train until they can ejaculate with more realistic and appropriate stimulation. The soft material inside is closer to the environment of the body rather than the hand, and the hard case of the CUP prevents the strong grip that can occur with manual masturbation. In this respect, training with the MEN'S TRAINING CUP Acceleration Training has several advantages. We have had patients use the product in our clinic and have seen positive changes in those who have trained properly with it. It is important to continue this training, so please be diligent with your training and maintenance.

