

(SEX (/SEX)

How The Ancient African 'Kunyaza' Tradition Is The Secret To Amazing Orgasms

Kunyaza is an ancient African sexual practice that will drastically improve your sex life.

By Habeeb Akande (/experts/habeeb-akande) – Written on Aug 27, 2020



Photo: Getty

Ever heard of "kunyaza" and how it can make the female orgasm intensely powerful?

No? Well, you have now!

(https://www.tumblr.com/share/button/?

(/sear

app_id=10280264700/Social-Media-Tools-Kit-19420

Originally from Rwanda, Africa, the kunyaza practice has the reputation of triggering female ejaculation and multiple orgasms for women.

akande/kanye/kande/kunyaza-kunyaza

secretsecretsecretsecret

gushingushingushingushing-

548 femalefemalefemalefemale-

SHARES orgasms&disin&super&and&ch&pin&nowsharebutton&on/sig/

In traditional African culture, men who don't satisfy their wives are considered inferior.

Women have a god-given right to sexual pleasure and should allow themselves to experience incredibly wet orgasms (<https://www.yourtango.com/experts/victor-gold/female-ejaculation>). The female ejaculate is sacred in ancient Rwanda, and men should perform the secret practice of kunyaza to discover a woman's sacred water.

Kunyaza empowers women who frequently ejaculate, awakens hidden sensations of women who rarely ejaculate, and introduces a new possibility of sexual pleasure to women who did not know they could ejaculate.

How to perform kunyaza.

The kunyaza practice involves a combination of non-penetrative (rubbing and tapping) and penetrative (deep thrusting) stimulation of the female genitalia with the male member to enhance her pleasure and induce squirting and orgasms.

As for the non-penetrative stimulation, it involves the tapping, rubbing, and stroking of the female flower with an erect penis head to inflame a woman's desire and send her into ecstasy.

(<https://www.yourtango.com/experts/holisticwisdom/8-simple-steps-for-women-to-have-squirting-g-spot>)

<https://www.yourtango.com/experts/holisticwisdom/8-simple-steps-for-women-to-have-squirting-g-spot> app_id=102802647006/SocialMediaImage/618/FB/006048/1942/

akande/kandy/kandy/kandy%2Fkunyaza-secretsecretsecretsecret-

gushingushingushingushing-

548 femalefemalefemalefemale-

SHARES [orgasms&disin&spine&and&blipin&nowsharebutton&h/sit/#](#)

You may not realize it, even as a woman, but most women do not climax from penetration alone (<https://www.mayoclinic.org/diseases-conditions/female-sexual-dysfunction/expert-answers/female-orgasm/faq-20058215#:~:text=Although%20some%20women%20experience%20orgasm,t he%20meaning%20of%20sexual%20response.>). Many men are completely in the dark about female ejaculation, or "squirting."

Related Stories From YourTango:

- > [People Who Love This Food Have The Best Love Lives, According To Research](/love/people-who-love-food-have-best-love-lives-according-research?utm_medium=amp-mid-recent-block) (/love/people-who-love-food-have-best-love-lives-according-research?utm_medium=amp-mid-recent-block)

- > [As A Black Woman, I Thought Having Sex Would Shame My Family](/sex/black-woman-thought-having-sex-would-shame-my-family?utm_medium=amp-mid-recent-block) (/sex/black-woman-thought-having-sex-would-shame-my-family?utm_medium=amp-mid-recent-block)

- > [Men Reveal The Horrific Lies They've Told Women Just To Get Laid](/sex/men-reveal-horrific-lies-told-women-get-laid?utm_medium=amp-mid-recent-block) (/sex/men-reveal-horrific-lies-told-women-get-laid?utm_medium=amp-mid-recent-block)

Many men don't attempt to give their partners a clitoral orgasm (<https://www.yourtango.com/2017301003/what-men-think-about-squirting-itll-surprise-you>) or to make her "squirt," even though the vast majority of women require clitoral stimulation to climax – something men need to understand!

(<https://www.yourtango.com/2017301003/what-men-think-about-squirting-itll-surprise-you>)

(<https://www.yourtango.com/2017301003/what-men-think-about-squirting-itll-surprise-you>)

[akande/kande/kande/kande%2Fkunyaza-](#)

[secretsecretsecretsecret-](#)

[gushingushingushingushing-](#)

548 [femalefemalefemalefemale-](#)

SHARES [orgasms&disin&spine&and&blipin&snowshant&button&sh/sht/#](#)

Given the kunyaza practice involves both non-penetrative and penetrative stimulation, it's something you and your partner can enjoy together!

For many, this centuries-old African practice can solve the West's orgasm gap problem – something the rest of the world should pay attention to, as well.

RELATED: [How To Make Yourself Squirt](#)

(<https://www.yourtango.com/experts/sean-jameson/how-make-yourself-squirt>)

More for You:

[What Men Really Think About Small Breasts \(As Told By VERY Honest Men\)](#)

([https://www.yourtango.com/2016292581/what-men-really-think-about-small-boobs?...](https://www.yourtango.com/2016292581/what-men-really-think-about-small-boobs?)

[The 9 Sex Positions That Help You Fall In Love \(Yes, Really!\)](#)

([https://www.yourtango.com/201082069/9-sex-positions-enhance-emotional-intimacy?...](https://www.yourtango.com/201082069/9-sex-positions-enhance-emotional-intimacy?)

[30 Best Role Play Ideas Couples Should Try At Least Once](#)

(<https://www.yourtango.com/2014207426/sex-love-valentines-day-30-role-playing-ideas-...>

[3 Erotic Sex Positions That Make Women Orgasm](#)

(<https://www.yourtango.com/experts/sexyoudeserve/how-make-woman-come-fast-3-...>

(/). <https://www.yourtango.com/experts/sexyoudeserve/how-make-woman-come-fast-3-...>
Habeeb Akande is a sex educator, YourTango expert, and author of *Kunyaza: The Secret to Female Pleasure* (https://www.amazon.com/Kunyaza-Secret-Pleasure-Habeeb-Akande/dp/0957484569/ref=sr_1_1?child=1&keywords=habeeb+akande&pd_rd_i=1597089886&s=books&sr=1-1).
Habeeb runs intimacy workshops on sexual well-being and was featured on a BBC documentary exploring female sexual pleasure. For more information on how to have (or give) female orgasms, follow him on Twitter @Habeeb_Akande.

