

How to jelq instructions

How to jelq step-by-step

Read through the jelqing instructions below, then try the jelq yourself. If you need any clarification on how to jelq after reading the instructions, see our video on how to jelq.

1. Lather your penis with lubrication and bring it to a 50 - 75 % erection level. When jelqing, your penis shouldn't be anywhere erect enough to have sex, but it should be engorged enough so you can effectively push blood throughout the penis.
2. With either hand, use your thumb and pointer finger to create an OK-grip around the base of your penis. Place the grip as close to the pubic bone as possible.
3. Apply pressure to the grip and slowly move it up the penis. The ideal jelqing pressure is one that does not hurt, but effectively forces blood up the penis.
4. Stop the grip directly before it reaches your glans (do not jelq your glans). You have completed one jelq. Each jelq should take approximately 2 to 3 seconds.
5. Subsequently, take your other hand and repeat the jelqing process.

Up next: Video of the Jelq