

We use the abbreviation Kino for kinesthetic, basically meaning touch.

You use Kino every day, every time you touch something or someone.

It can be found in all types of forms, from brushing something out of a girl's hair or hugging her to having sex with her.

Here are some listed examples of Kino that you can use:

Shaking hands

Hugging

Pecking each other on the cheek

Pushing her away from you / pulling her towards you

Linking arms

Kissing

Negging or complimenting her on her self adornment while picking it up and examining it i.e. rings.

Leaning in and smelling her (yes it counts)

Slapping her on her ass

Foot rub

ANYTHING which involves you coming into physical contact with her.

**\*\*Hint - Kino is always best when your skins contact each others and cause friction, so for example, try to lose the gloves.**

As pickup artists, we can use Kino in a way which is a beneficial tool to us.

For example, if you had not touched her for the entire night when suddenly you lean in and try to kiss her, she is more likely to reject you as you have not established any comfort in touching. Now all of a sudden you want to kiss her? Way out of her comfort zone.

# Kino Escalation Guide

**Emilie Sanchez**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Kino Escalation Guide:**

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