

# **The Amazons' Bliss**

**When women love women  
and seek pleasure in fighting**

A Handbook on the Art of Tribadic  
Competition

By Julia Morgenstern

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# 1. Introduction & About the Author

I am very pleased to welcome all readers to the beginning of my little literary excursion. For many years I have been toying with the idea of putting down on paper my knowledge, my experiences and my opinions about the world of erotic female fighting, which I can shamelessly call my long-standing passion. In the end, I felt obliged to do so, as the selection of informative literature on this topic is vanishingly small or non-existent, regardless of the language. The only exception I know of is the *non-fiction book* **“Kampfes Lust: Über die Erotik der Körperbegegnung im Zweikampf/Beschreibung einer Szene/Wenn Frauen kämpfen und Männer zuschauen: Emanzipation, Stimulation, Obsession?”** from 2002. It was written by the German journalist and long-distance runner Werner Sonntag, who died in 2021 at the age of 95.

And although this 662-page volume has inspired me a lot and I will regularly use it as a source, two problems arise: Since the author is no longer with us and the publisher by which the book was published no longer exists, there is

hardly any possibility today (as of 2025) to get into its possession, neither in stationary bookstores nor in online sales. Furthermore, as already mentioned, *Kampfes Lust*, was published in 2002, i.e., at the time of writing, 23 years ago – by a man who was already in his mid-70s at the time. With all due respect for Mr. Sonntag, he took a rather one-dimensional perspective in his thematic approach, which reflects the views of the “men's world” of the 20th century. Although the homoerotic aspects of female fighting were certainly illuminated, they were hardly examined with the thoroughness and conscientiousness that seems appropriate in the 21st century. Additionally, the general developments of the last 20 years, especially regarding the importance of the Internet for the scene, but also other facets of pop culture were not mentioned by Mr. Sonntag for obvious reasons.

Alternatively, there would be erotic reading, which may entertain, but hardly enlightens. Or feminist literature that tends to go to extremes, denigrating everything that includes fighting women beyond the mainstream (i.e. media-lit sporting events) and is often summarized under the umbrella term “catfight” as misogynistic, patriarchal,

tasteless barbarism. I also see myself as a feminist, but when it is suggested to me that I am promoting a misogynistic worldview through my passion, I feel attacked by this paradigm.

As a result of these circumstances, the Internet remains almost the only source of information for interested people (especially women, since we often have fewer points of contact with such matters while discovering our sexual preferences). And anyone who even remotely understands the World Wide Web knows that this is not good news. Misinformation en masse and since every opinion can unfortunately be blown into the ether, it can be difficult to separate the wheat from the chaff. Especially regarding questions of sexual nature, as quite a few people dismiss everything that does not correspond to their own taste or personal idea of “normal” as a perversion. Although my wife and I have done our best in recent years to counteract this with our blog **International School for Sexfighting and Amazonology** and to do educational work, a book conveys much more gravitas in comparison.

I would like to avoid digressing into erotic reading, even if this will be challenging in the face of this spicy topic, as well

as over-feminist prejudice, although I will reserve the right to criticize existing or past conditions for myself.

But before we get into the theory together, a quick word about myself: My name is Julia and I was born in 1995 in Lauenburg (Schleswig-Holstein). I discovered my weakness for fighting women at a quite young age. As a girl who grew up mostly in the early 2000s, I had irregular but noteworthy contact with such representations through commercials, afternoon talk shows, films, video games, the burgeoning Internet or other media, which triggered something in me that I was of course not yet able to name at the time. In my teenage years, on the other hand, when certain inclinations became more apparent, my lesbian sexuality could no longer be denied and while my classmates exchanged thoughts about which of the boys they found the cutest, I only had eyes for the girls. When I still hadn't had a crush, let alone a boyfriend, at the age of 17, even the last one could no longer ignore the obvious, which fortunately didn't change my relationship with my family or most of my friends. Nevertheless, until the end there were some who wanted to sell me my lesbian identity as a "phase" because of my "traditional-feminine" appearance as well as

unfulfilling clichés, which in the end cost me more nerves than my actual coming-out.

After graduating from school, I studied architecture in Hamburg, with a seven-month stay abroad at the University of California in 2017, which I will discuss in more detail in a later chapter. While I was still a student, I met my girlfriend at the time, Nina. In 2021, we tied the knot. Since then, we have been an inseparable team that has made it our life's work to promote lesbian sexual competition for what it is: a fun, aesthetic, fulfilling piece of Sapphic culture, which has been the victim of misunderstandings, anonymity and defamation ever since. With this work, we want to give a voice to all those who live out their passion in silence, whether by reading stories, watching videos or creating works of art – and of course especially those women who already like to compete against one another in a sexfight. But it is also dedicated to all ladies who are still completely unfamiliar with this facet of pleasure among women and who now want to take advantage of this opportunity to broaden their horizons and learn first-hand the art of the sexual test of strength. With love and in the hope that you will enjoy reading.

***Julia ♥***

## 2. Definitions

With the “academic” approach to the “sexfight” topic, it became clear to me relatively quickly that, strictly speaking, there are still no *universally valid* definitions for numerous buzzwords and consequently many people have widely varying answers to various questions. To begin with, it seems plausible to first classify the individual terms that we encounter when researching on any online search engines. This is intended to help those who have no previous experience in this field, so as not to lose track.

### 2.1. Sexfight

**Sexfight** is probably by far the most frequently used choice of word when it comes to the designation of the act itself. The compound of the words “sex” and “fight” is more of a hypernym, so it is divided into any subcategories. Nevertheless, the sexfight usually corresponds to a purely sexual act, which means that, contrary to common assumptions based on the “fight” designation, no martial arts elements (e.g.



boxing or jujutsu) or actions generally perceived as violent are involved.

The competition comes about when two women want to compare their respective sexual skills with each other. They want to determine which of the two can bring their “opponent's” libido to a boil first, while at the same time mastering their own lust. In other words, the victory condition of such a test of strength is traditionally considered to be: *the one who has an orgasm first loses the duel*. To achieve this goal, theoretically, all means that seem appropriate in such a scenario can be used: tribadism<sup>1</sup>, cunnilingus<sup>2</sup>, manual stimulation with the hands or the use of dildos or other toys. Nevertheless, the *tribbing* position is most commonly used. For this reason, all the following descriptions, which do not explicitly state otherwise, are based on the *tribfight*, which is described in detail in the following chapter (see p. 44).

Yet a sexfight is not only a physical competition but is also based to the highest degree on mental strength and resilience. Female sexuality, in contrast to male sexuality, takes place to a significant extent in the mind. Verbal, visual and

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<sup>1</sup> Tribbing, Scissoring.

<sup>2</sup> Oral sex (e.g. the 69 position).

auditory stimuli can massively influence arousal as well as the inclination to climax, which means that suggestions, seduction, dirty or trash talk<sup>3</sup>, determined looks or other “mind games” are intended to break the willpower of the challenger in order to tease orgasm out of her.

But what exactly is the appeal of sexfighting? Why do women decide to compare their sexual stamina with each other, and why do so many people feel arousal at the sight of two rivals trying to prove to one another that she alone is the “better woman” or the “better lover”?

Almost all people like to be captivated by a competition, no matter what nature. The tension or satisfaction that results from this is associated with pleasure. The classic depth-psychological explanatory model for this is the *Freudian pleasure principle*, according to which human actions are determined by *pleasure* or *pain*. If one tends to the former in personal relation to physical competition, this can be expressed in various facets: From the pleasure of a sporting wrestling or boxing match, to the foreplay of sexual activity, to the definite need to incite the sexual partner to a test of

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<sup>3</sup> Verbal, psychological warfare (e.g., in the form of insults, exaggerations, boasting, self-glorification, etc.).

strength, which is particularly relevant for our case.<sup>4</sup> Brain activity is also essential for the pleasurable practice of martial arts. Pleasure centers, such as the *nucleus accumbens*<sup>5</sup>, which is otherwise stimulated by good food, money or drugs, can also be activated by pain.<sup>6</sup> This suggests a continuum between pleasant and unpleasant feelings and could explain why some people find joy in fighting.

But not least the female psyche can play the role as the driving force behind a sexual duel. Rivalry among women can be much more pronounced than among men. Although this may be a prejudice often denounced by feminists, it nevertheless contains a very real core. When women want to impress, they often want to impress other women. This may start with something as banal as an outfit. During an early evening walk through Munich's Oktoberfest, for example, it is striking with what critical to derogatory glances younger women in particular look at each other. As a tourist, it is made clear that a dirndl is apparently not only an element of Bavarian traditional costume, but also an

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<sup>4</sup> Werner Sonntag: *Kampfes Lust*, pp. 9-11.

<sup>5</sup> Core region in the mesolimbic system, the brain's "reward system".

<sup>6</sup> L. Becerra, H. C. Breiter, R. Wise, R. G. Gonzalez, D. Borsook: Reward Circuitry Activation by Noxious Thermal Stimuli, in: *Neuron* (6.12.2001).

instrument for a real arms race. The credo in the choice of outfit seems to be: *“Who can show the most cleavage and thus outdo possible rivals?”*.

Without question, such scenarios often serve the purpose of finding a partner, but it is probably a deeply inherent, albeit often subconscious need in almost every woman to stand out from the crowd and make an impression on both sexes – whether at the Oktoberfest, on the beach of Copacabana or in the gym around the corner. If two women come into conflict with each other who feel threatened by the presence of the other in living out this need, glances can lead to words that arise from spontaneous feelings of envy, jealousy, recklessness and resentment. This is quite natural. The dynamic takes on a life of its own at a *point of no return*. Now it must be fought out – the aggression itself becomes pleasure.<sup>7</sup> If these are lesbian or at least bisexual women, the path to the entry of sexual vibrations into a battle of words is not far away. What options are left if neither of them is willing to fight each other in the dirt like two drunken troublemakers? What proof of one's own charms can be more convincing than bringing the rival to a

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<sup>7</sup> Werner Sonntag: *Kampfes Lust*, p. 394.

climax against her will? What could be more humiliating for the loser? This would lay the foundation for a sexfight. Of course, this is only one possible *casus belli*<sup>8</sup>. Not every sexfight is necessarily based on hatred or jealousy. No less can friends or lovers seek a sexual test of strength with each other for the fun of it or out of sporting ambition, without wanting to humiliate each other.

Sex is a mysterious affair. It can make you happy, it can make you jealous, it can be an expression of love, passion, service, rebellion or power. Hardly anything shapes us as diversely as the most beautiful pastime in the world. Above all, the power aspect, which also includes the sexfight, is particularly spicy. When ambition or deep rivalry enters sexual desires, the act of affection becomes a show of power and a contest for physical and mental dominance in a relationship between two women. Sure, such duels could only be fought verbally or with the fists, but why should we stoop to a “lower” level when women have been given the opportunity by nature to let their sexual abilities speak for

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<sup>8</sup> Lat. “case of war”, reason for hostilities.

themselves? After all, love and war often go hand in hand. They are two sides of the same coin. During sex or a sexually tense situation, both women can quickly get into a competition for beauty and attractiveness. Perhaps only subconsciously do they feel threatened in their self-confident position, even if there is no reason for it. Most of the time, this competitive thinking is lost as soon as a relationship of trust has been established. However, if these emotions are reciprocated, many women feel the urge to prove their own sexual dominance over a potential rival.

Forcing her to orgasm against her will is an art in itself. It requires both sexual-aesthetic skills and physical fitness. At the same time, the rival will do everything in her power to gain the upper hand in her favor. A sexual athlete must master numerous tricks to be able to react appropriately to every situation, both offensively and defensively (see p. 47). In addition, each “battlefield” has its own requirements. Fighting in bed is quite different than, for example, on mats (see p. 64). This ultimately ensures that every sexfight has its own laws. However, the keyword is always *erotic aesthetics*. To be more precise, the two women aim to overstimulate the opponent through elegant movements and the

skillful use of female charms, to break her resistance and to push her down first in this orgasmic tightrope act. Men are very easy to manipulate in this respect. But what happens when two women who fight with the same weapons meet is a showdown at the most intense level, an incomparable experience. Anyone who has ever been involved in a sexfight will agree with me. It can hardly be compared to “ordinary” sex anymore. It's about pushing your own physical and psychological limits. It's about proving your own superiority over an opponent. The aim is to find her weaknesses and turn them against her before she succeeds with your own weak points. If you can do that, you have the right to call yourself the “better woman”. This mixture of sexual stimulation and competition is unique among lesbian sexual practices in its intensity and physical strain. In this regard it is probably more sport than sex.

But what exactly makes a woman the “better woman”? She is able to intimidate or at least impress her opponent with her overall appearance. Conversely, she shows no emotion towards her rival. She is able to withstand harsh attacks and stay focused. She must not lose her composure. In a duel at eye level, she can use her vulva in different ways: Be it