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</table>

**Effort Elements within the Factors**

**1 Factor**: 8 total combinations of effort elements per factor

**2 Factors**: 8 total combinations of effort elements per factor, 6 spatial pulls per combination, 4 individual qualities

**3 Factors**: 6 total combinations of effort elements per factor, 4 individual qualities, 2 spatial pulls per combination

**4 Factors**: 6 total combinations of effort elements per factor, 4 individual qualities, 2 spatial pulls per combination

**Shape Qualities**: 8 total combinations of spatial pull per combination, 6 spatial pulls per combination, 4 individual qualities

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**Examples of Effort Elements**

**1 Factor**
- Moving/Contracting: Flow
- Increasing Pressure
- Rising
- Expanding

**2 Factors**
- Moving/Contracting: Flow
- Increasing Pressure
- Rising
- Expanding
- Decreasing Pressure
- Sinking
- Contracting

**3 Factors**
- Moving/Contracting: Flow
- Increasing Pressure
- Rising
- Expanding
- Decreasing Pressure
- Sinking
- Contracting
- Mobile State

**4 Factors**
- Moving/Contracting: Flow
- Increasing Pressure
- Rising
- Expanding
- Decreasing Pressure
- Sinking
- Contracting
- Mobile State
- Near/Rhythmic State

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**Examples of Shape Qualities**

**1 Shape Quality**: 8 total combinations of spatial pulls per combination, 6 spatial pulls per combination, 4 individual qualities

**2 Shape Quality**: 8 total combinations of spatial pulls per combination, 6 spatial pulls per combination, 4 individual qualities

**3 Shape Quality**: 8 total combinations of spatial pulls per combination, 6 spatial pulls per combination, 4 individual qualities

**4 Shape Quality**: 8 total combinations of spatial pulls per combination, 6 spatial pulls per combination, 4 individual qualities

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**Example of Diagrams**

**1D Diagram**: Simple line representing movement in one dimension.

**2D Diagram**: A grid showing movement in two dimensions.

**3D Diagram**: A cube showing movement in three dimensions.

**4D Diagram**: A complex model representing movement in four dimensions.

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