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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| C | Q | U | J | W | H | N | Z | F | M | K | J | A | W | J | Y | Y | S | W | F | Y | B | E | H |
| F | Q | J | A | V | E | F | C | E | F | F | O | R | T | A | C | T | I | O | N | W | R | G | B |
| I | W | F | Y | M | S | J | P | E | R | C | Q | D | Q | M | N | J | I | S | Q | L | A | I | P |
| U | C | F | I | D | A | U | Z | G | N | U | V | R | Z | T | J | J | W | S | Y | N | R | J | X |
| B | M | T | X | O | F | U | O | G | S | I | J | A | B | X | A | R | H | S | A | L | S | A | H |
| U | W | D | U | I | M | Z | B | G | D | L | N | E | D | D | U | S | V | D | I | R | E | C | T |
| X | M | W | T | C | U | N | X | X | K | T | U | Z | D | P | M | A | N | C | Z | O | J | M | N |
| G | L | I | D | E | O | X | I | O | A | O | X | L | V | G | C | I | S | H | F | N | D | A | P |
| R | S | K | R | Q | E | W | Z | C | P | B | N | L | D | P | A | S | S | J | Q | F | B | F | L |
| I | P | R | C | W | F | D | O | N | D | E | N | I | A | T | S | U | S | E | W | A | B | J | C |
| H | A | X | Q | L | K | N | B | B | D | Q | S | W | K | R | T | B | X | D | L | A | Y | G | K |
| O | C | R | I | I | N | I | Q | M | S | J | Z | S | Y | A | O | R | E | N | O | M | P | D | P |
| R | E | C | R | W | Z | O | Q | E | K | X | V | L | O | B | L | V | O | G | T | X | S | T | S |
| L | K | Z | R | W | G | Q | B | N | T | W | V | L | N | X | D | V | G | P | O | R | N | L | O |
| M | D | T | G | N | I | R | W | A | X | O | F | X | U | W | F | M | D | D | D | V | I | S | V |
| K | F | T | A | H | A | B | Q | S | H | F | D | W | H | L | C | N | G | J | Y | G | R | P | P |
| W | E | J | B | N | U | L | Y | E | S | P | A | E | O | I | O | V | U | O | H | Z | B | M | R |
| K | E | B | S | W | G | O | A | B | U | Y | R | D | J | P | R | N | O | T | S | B | I | B | E |
| L | B | I | B | U | A | V | H | E | P | R | U | W | C | E | C | G | A | J | N | U | Q | K | S |
| Z | W | R | G | Z | Y | P | W | Q | P | R | R | K | F | A | P | J | S | L | Z | D | K | W | S |
| G | F | U | M | H | C | D | U | X | N | E | Z | K | Q | F | C | H | W | X | L | G | W | T | C |
| W | X | Y | U | U | T | A | D | N | I | N | D | I | R | E | C | T | X | T | L | H | T | X | Z |
| B | A | G | O | L | C | V | A | K | C | Q | V | D | K | S | X | B | K | Y | W | X | V | Q | G |
| U | X | C | I | T | U | L | B | W | V | H | G | D | Q | D | B | S | E | Q | K | R | S | R | O |

   Effort Action       Rudolf Von Laban       Press       Wring       Dab       Flick       Float       Glide       Slash       Punch       Light       Heavy       Sustained       Sudden       Indirect       Direct       Space       Time       Weight