

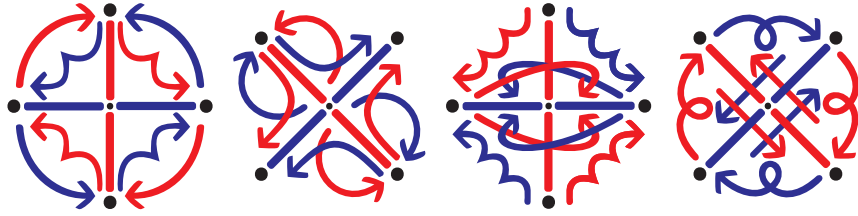
Inhale for 5

Hold for 10

Exhale for 5

Hold for 10

Repeat

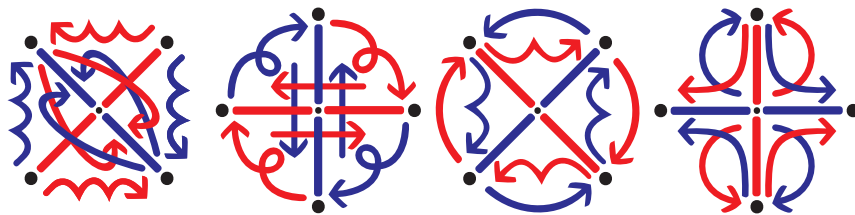


Level 3

Layers

Floats

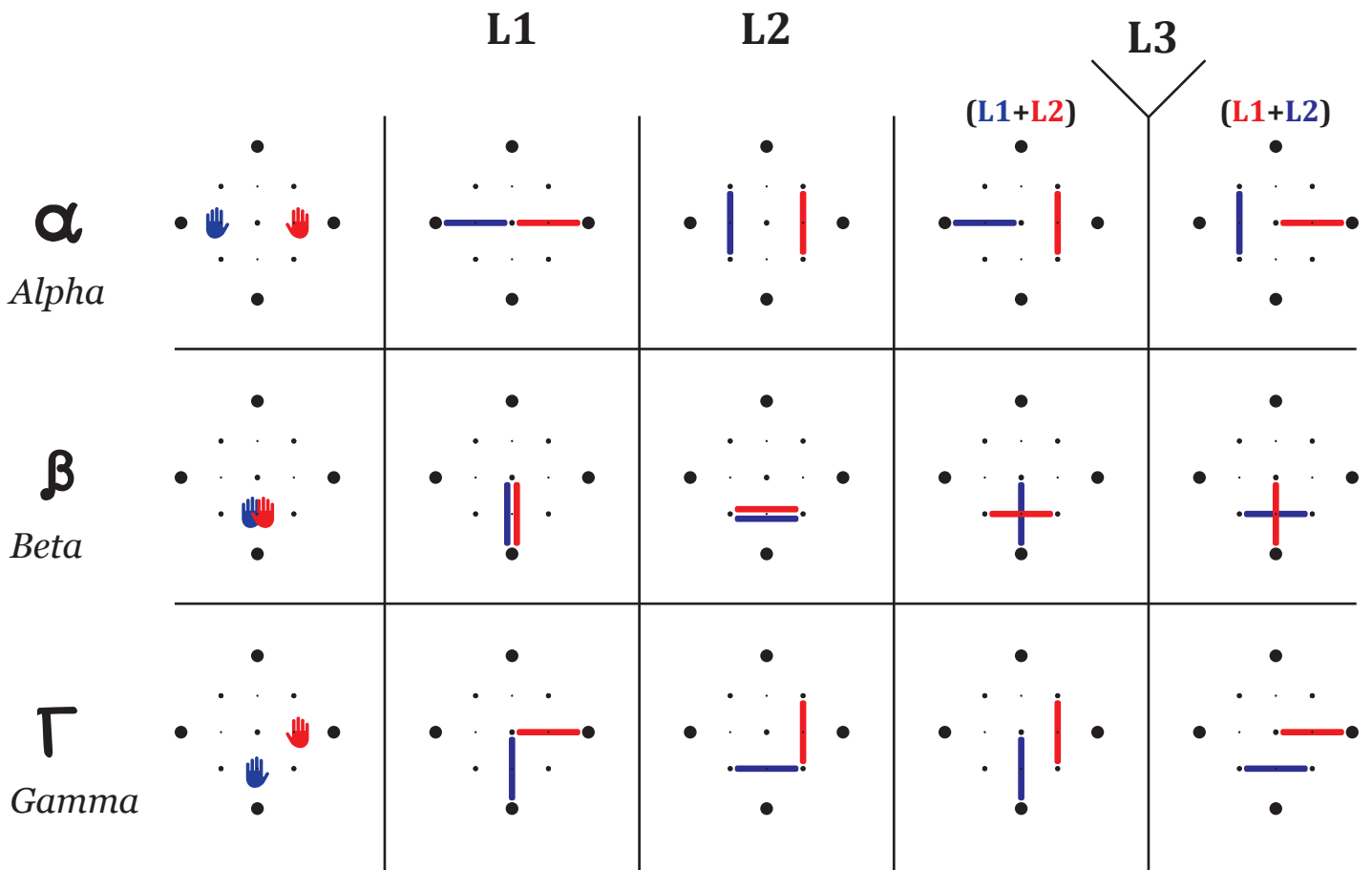
Half-Turns



Level 3 deserves a guide, but currently doesn't have one.

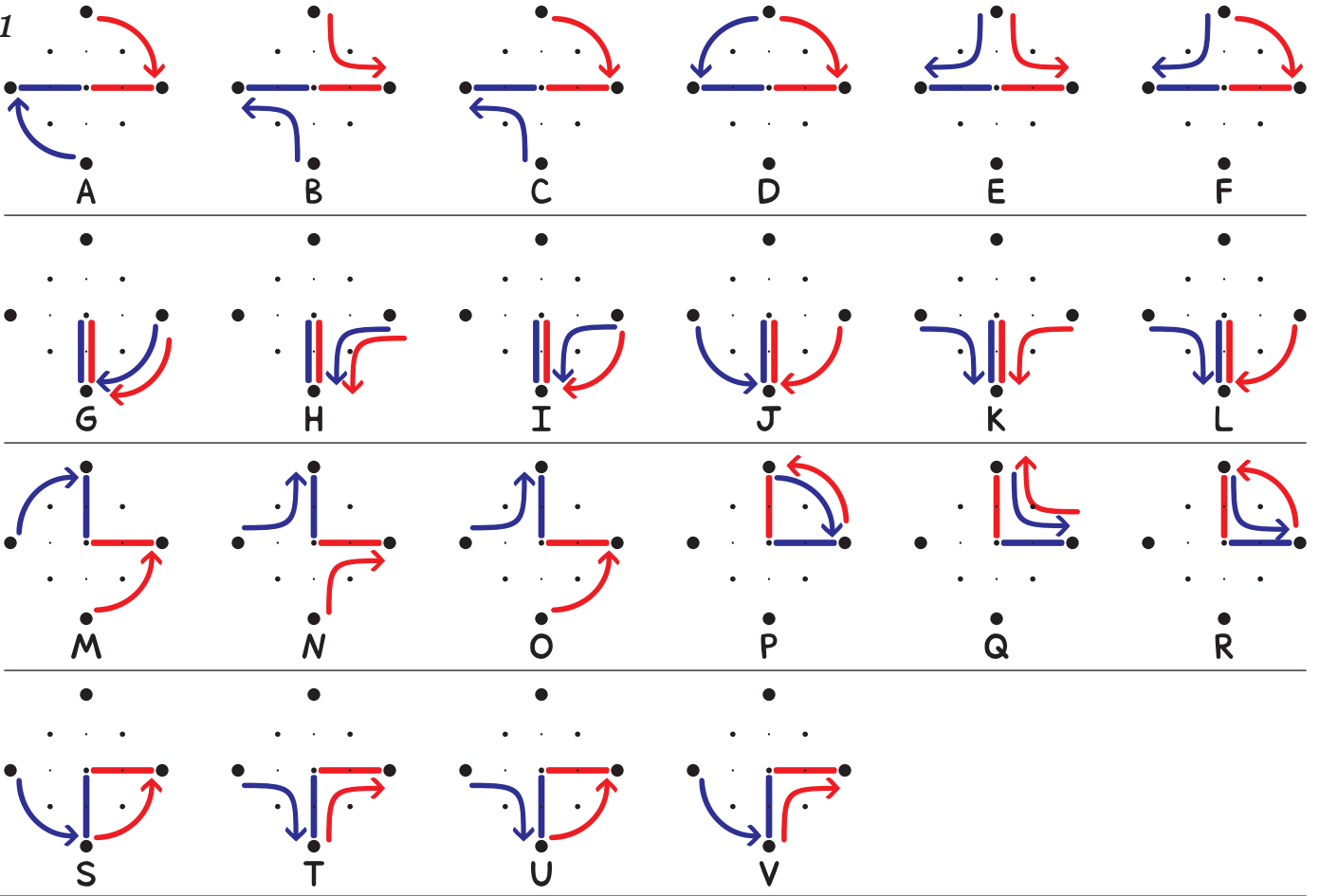
Follow @TheKineticAlphabet for updates!

Layer Positions

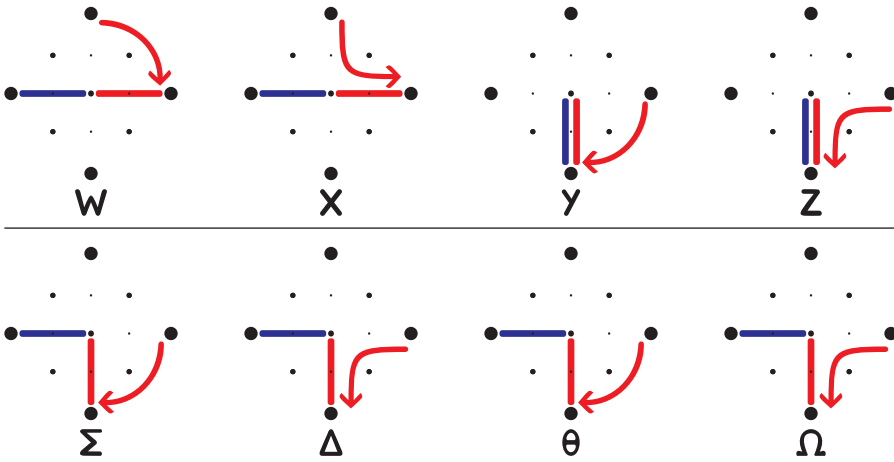


Layer 1

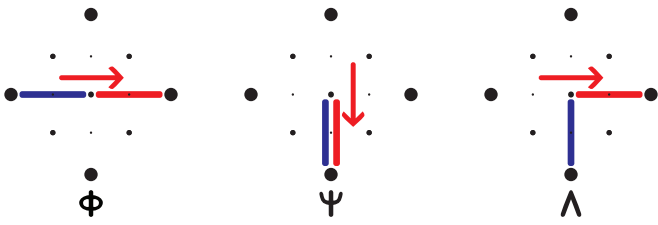
Type 1



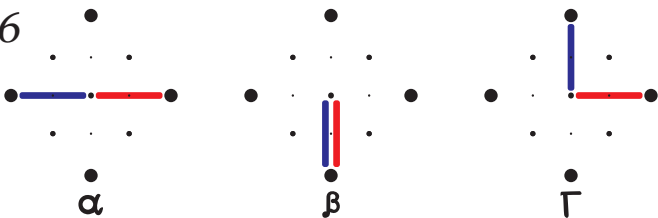
Type 2/3



Type 4/5

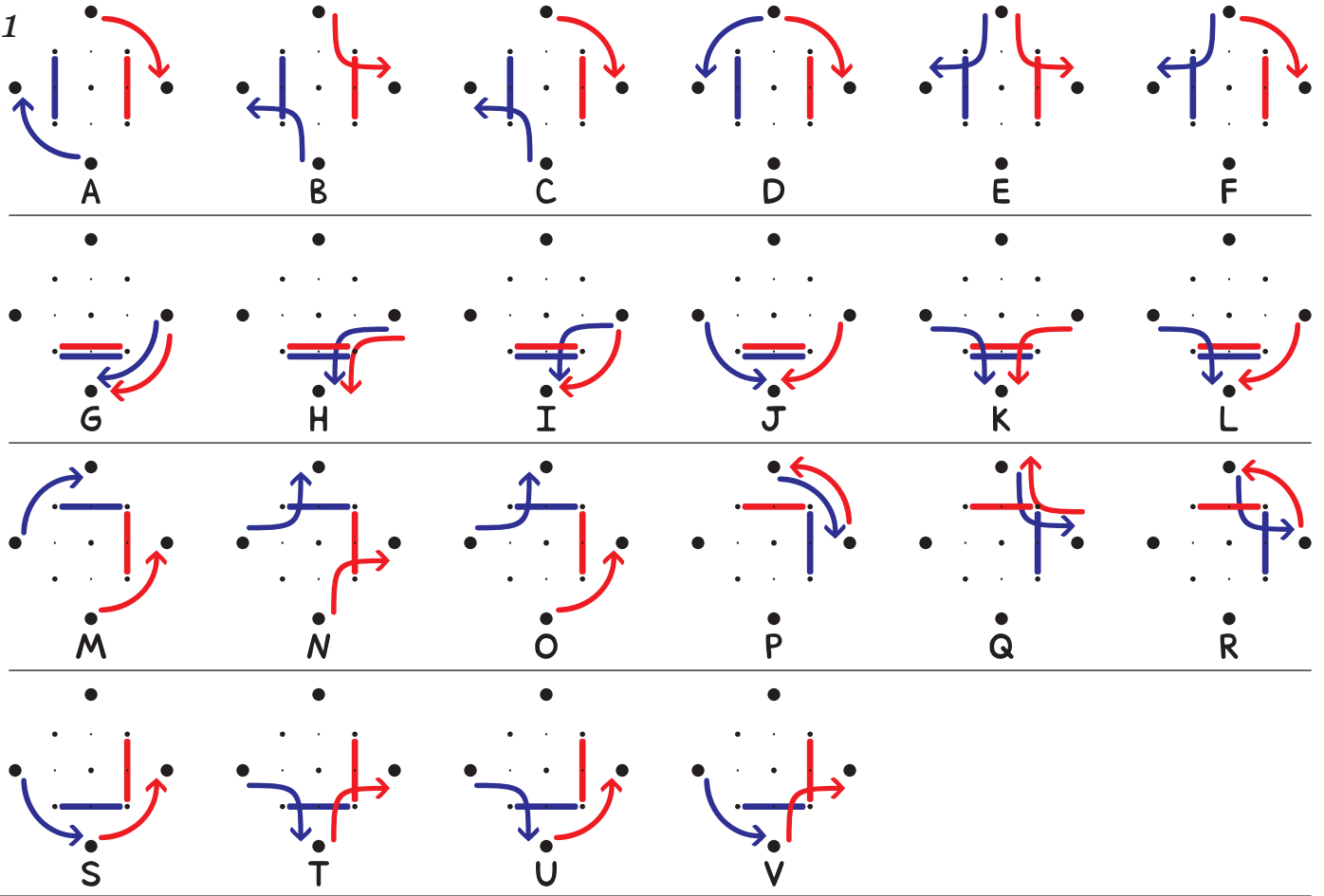


Type 6

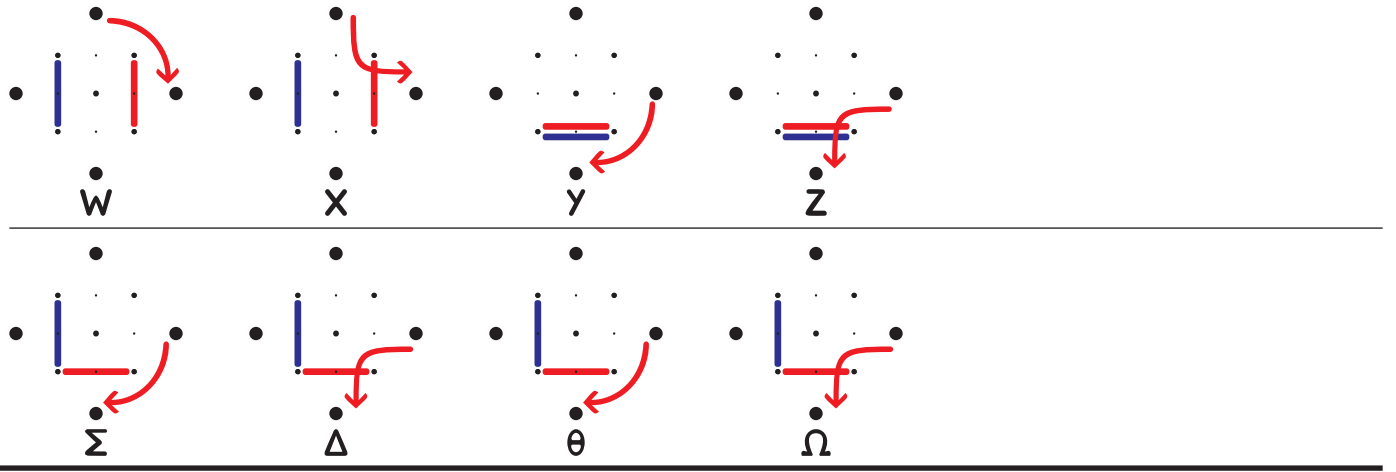


Layer 2

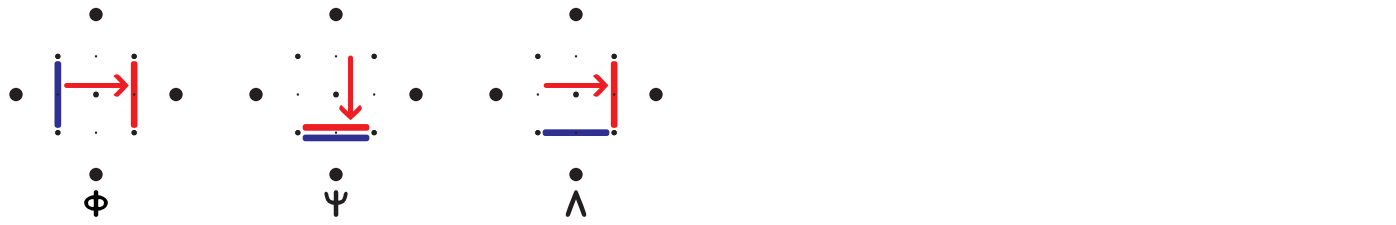
Type 1



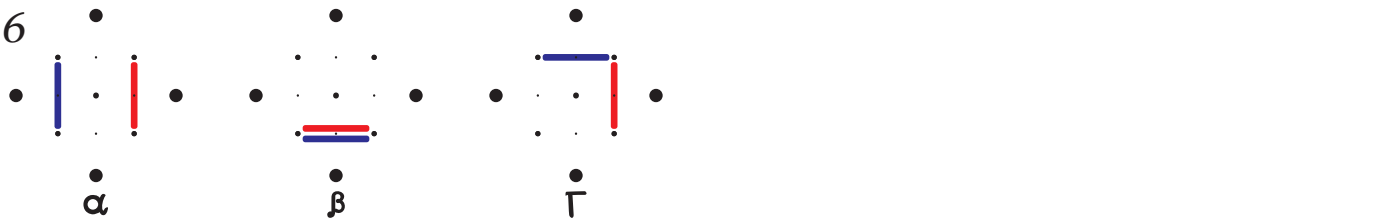
Type 2/3



Type 4/5

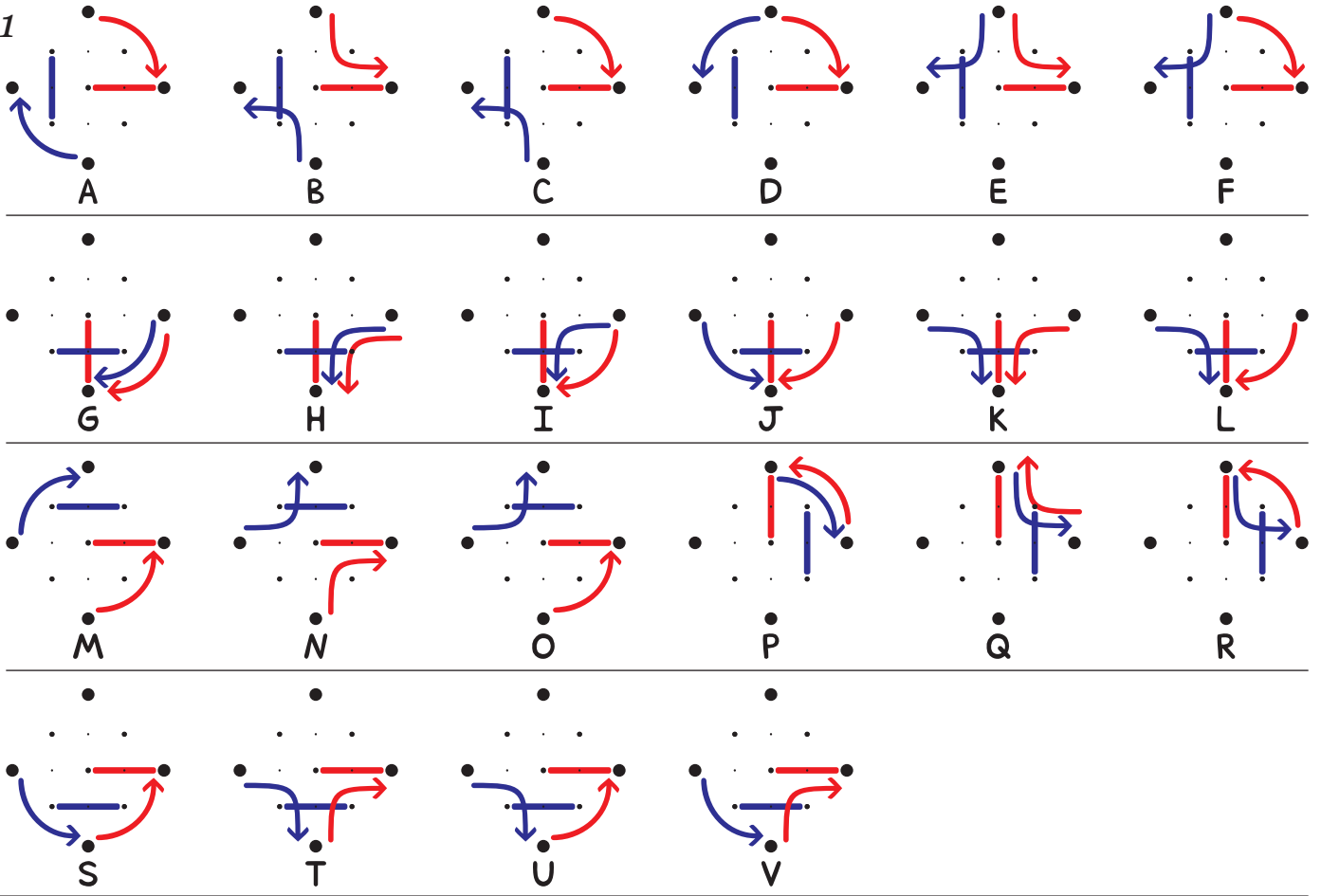


Type 6

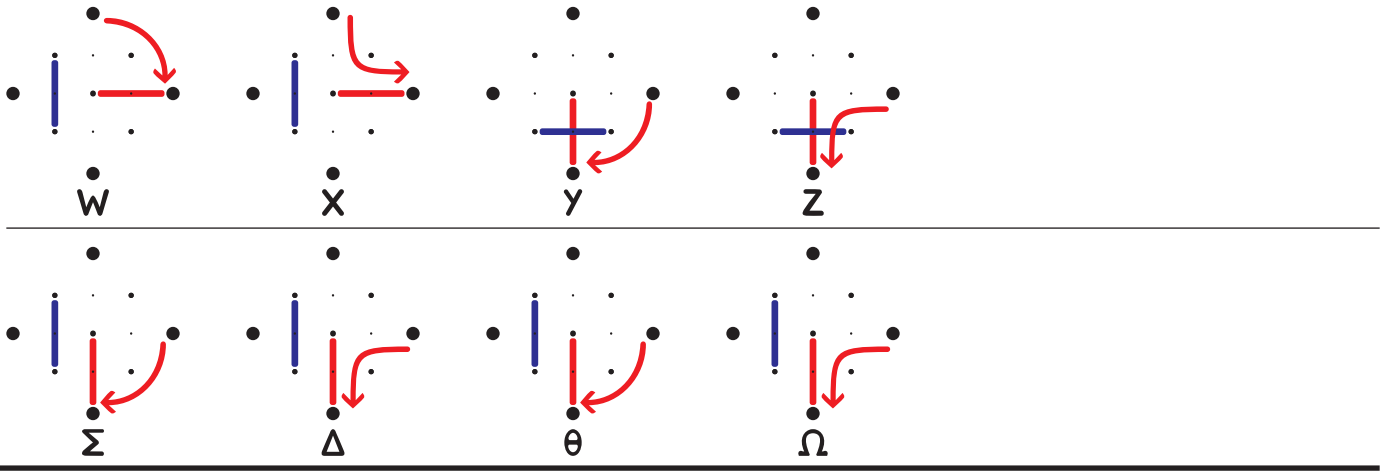


Layer 3a

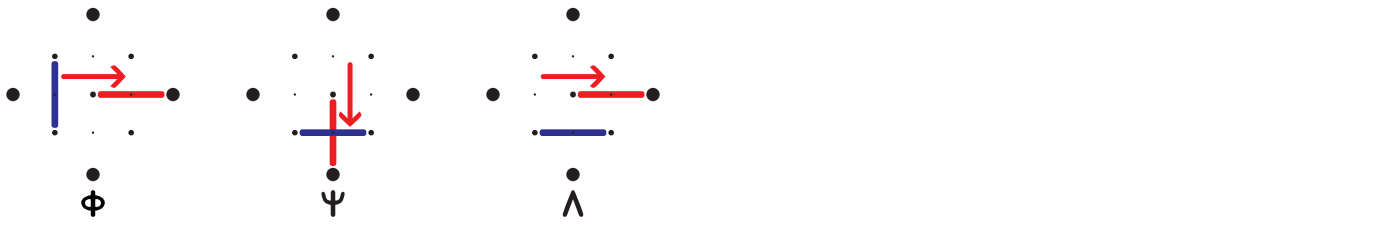
Type 1



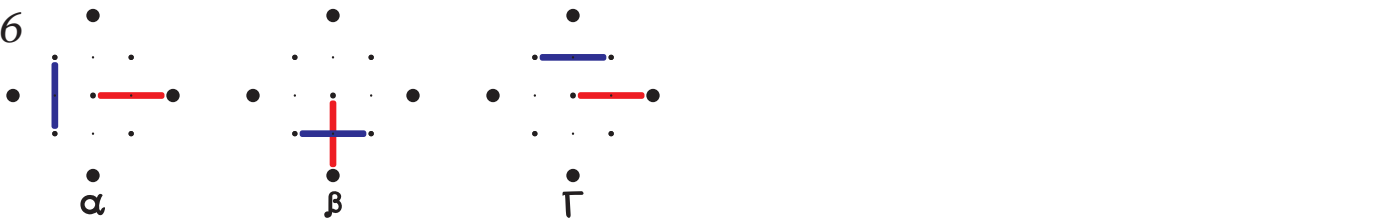
Type 2/3



Type 4/5

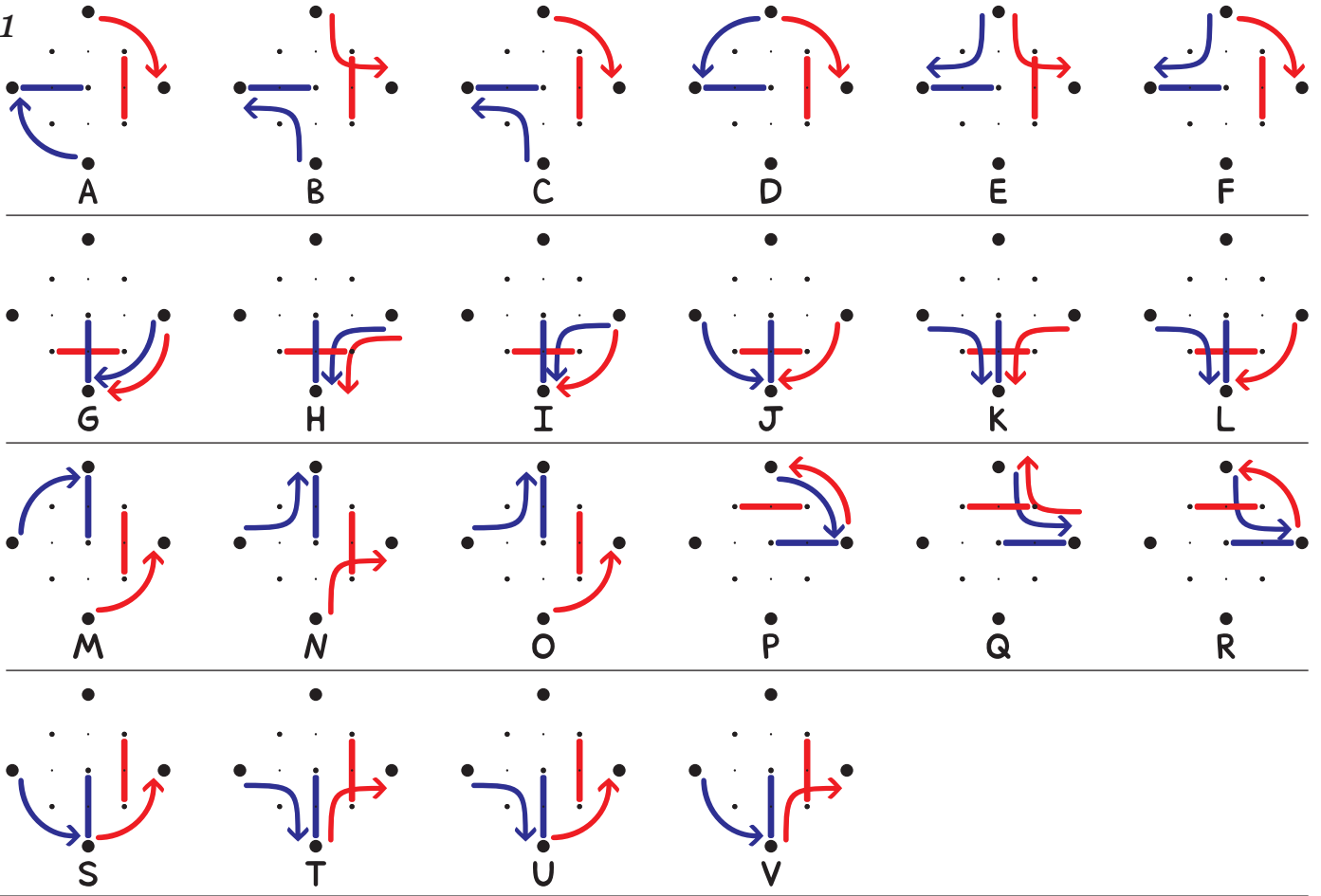


Type 6

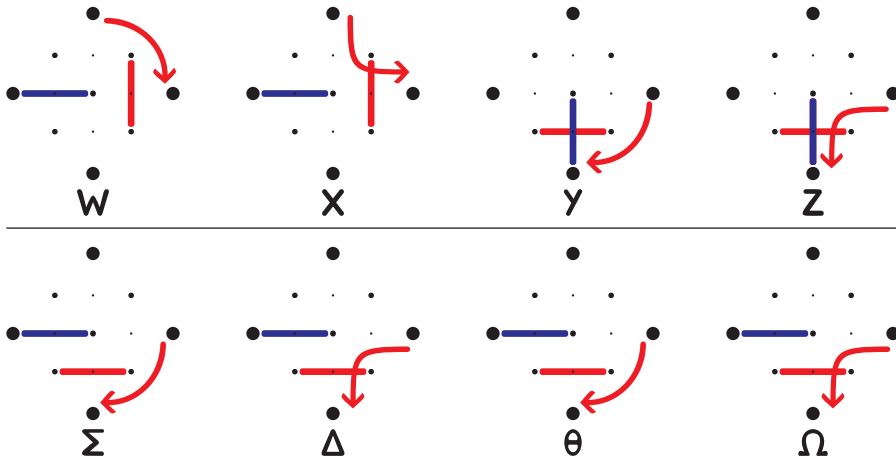


Layer 36

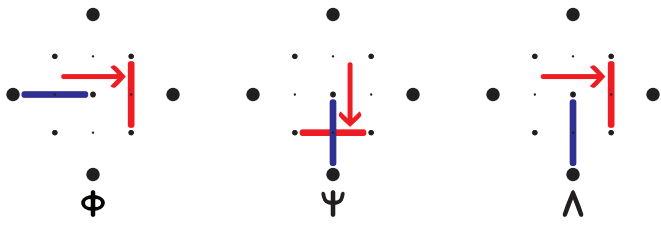
Type 1



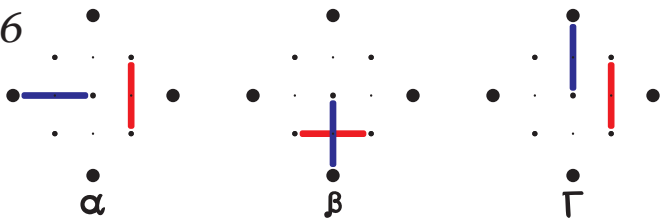
Type 2/3



Type 4/5



Type 6



Floats from $\mathcal{L}ayer 1$

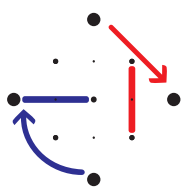
Single

$\mathcal{L}1 \rightarrow \mathcal{L}4$

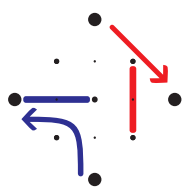
Dual

$\mathcal{L}1 \rightarrow \mathcal{L}2$

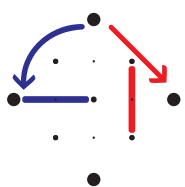
Type 1



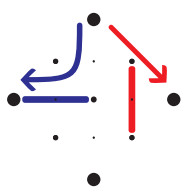
A*



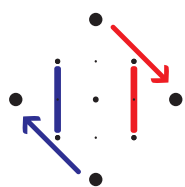
B*



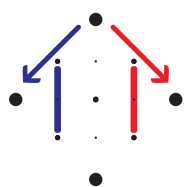
D*



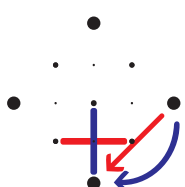
E*



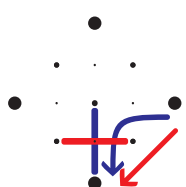
(A/B/C):



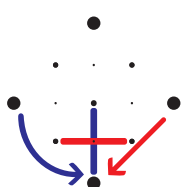
(D/E/F):



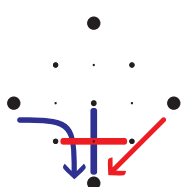
G*



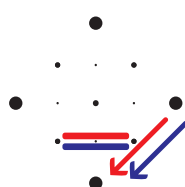
H*



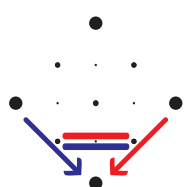
J*



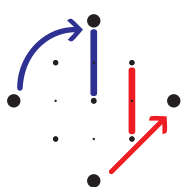
K*



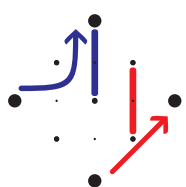
(G/H/I):



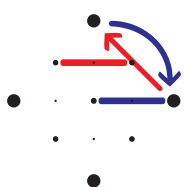
(J/K/L):



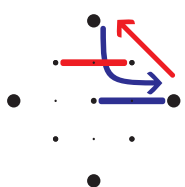
M*



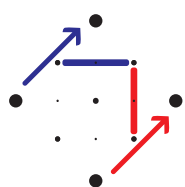
N*



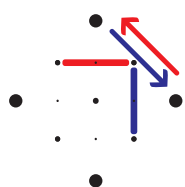
P*



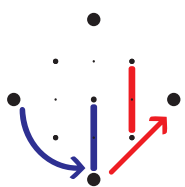
Q*



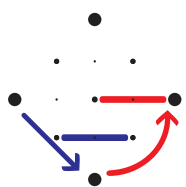
(M/N/O):



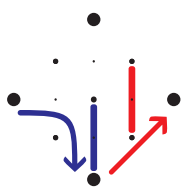
(P/Q/R):



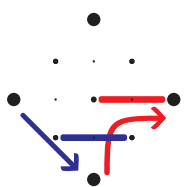
S*



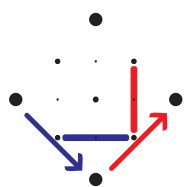
S.



T*

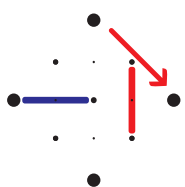


T.

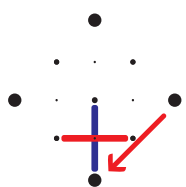


(S/T/U/V):

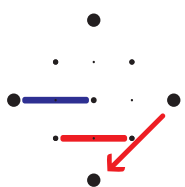
Type 2



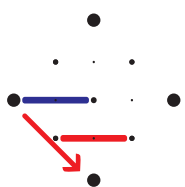
W*



y*

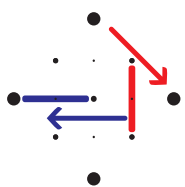


Σ*

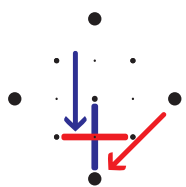


θ*

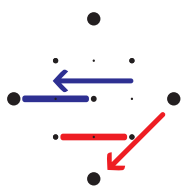
Type 3



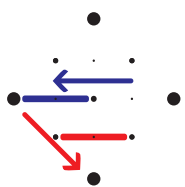
W-



y-



Σ-



θ-

Floats from \mathcal{L}_2

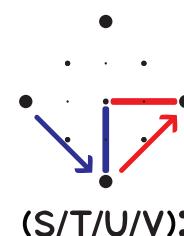
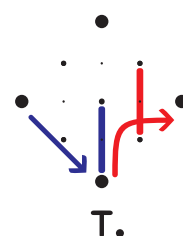
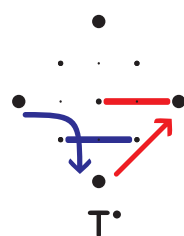
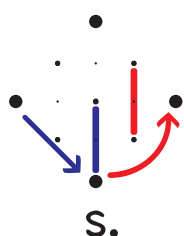
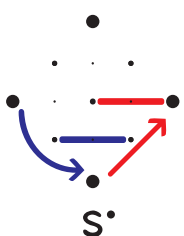
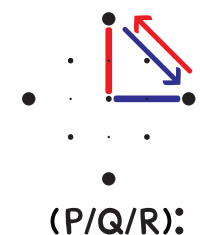
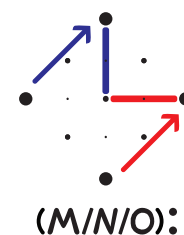
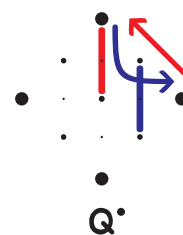
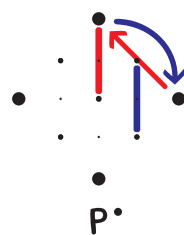
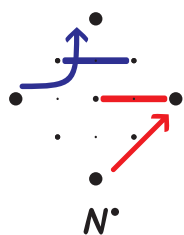
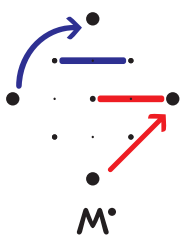
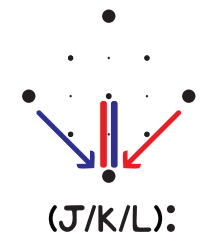
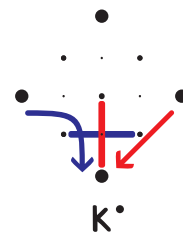
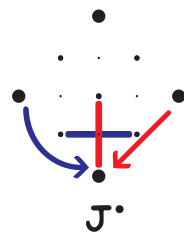
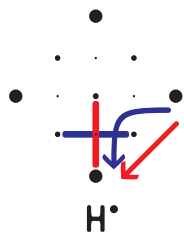
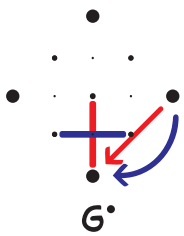
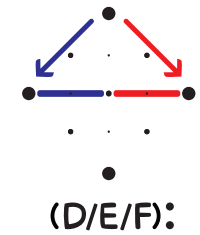
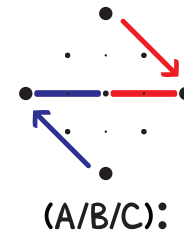
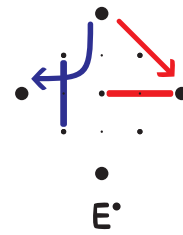
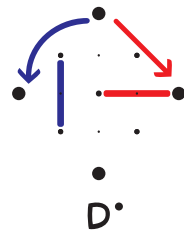
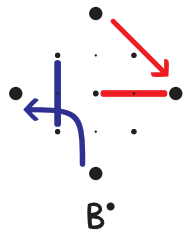
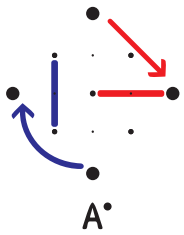
Single

$\mathcal{L}_2 \rightarrow \mathcal{L}_3$

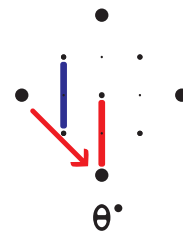
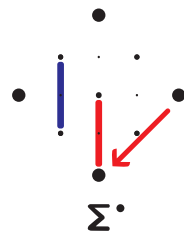
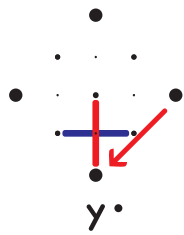
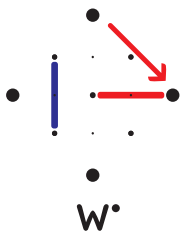
Dual

$\mathcal{L}_2 \rightarrow \mathcal{L}_1$

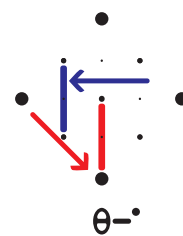
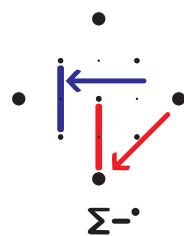
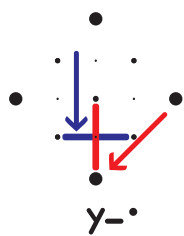
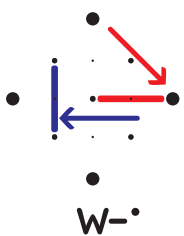
Type 1



Type 2



Type 3



Floats from Layer 3a

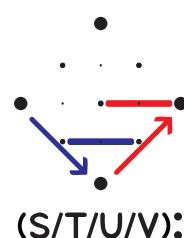
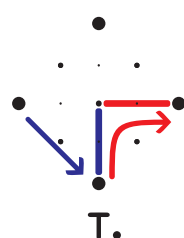
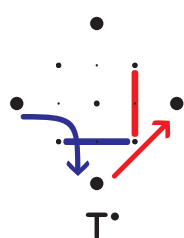
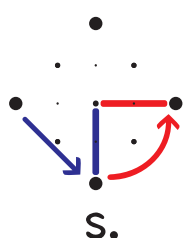
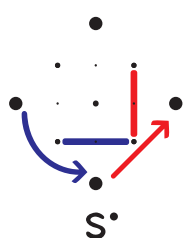
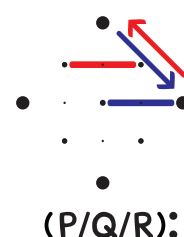
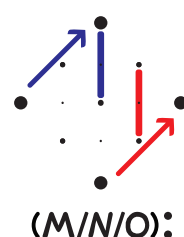
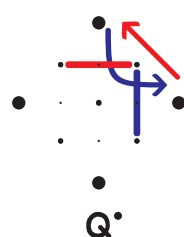
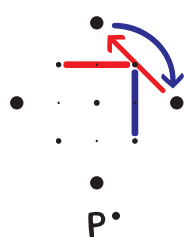
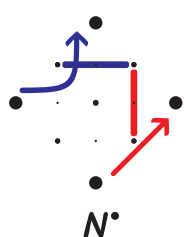
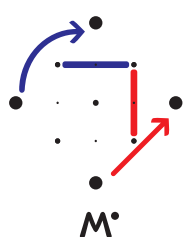
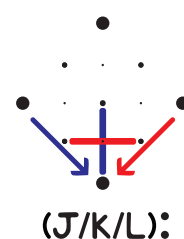
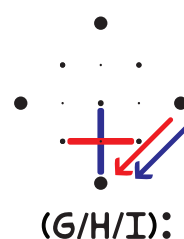
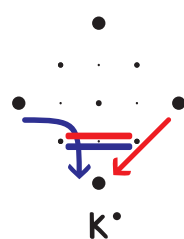
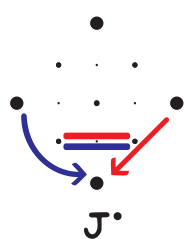
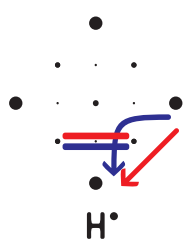
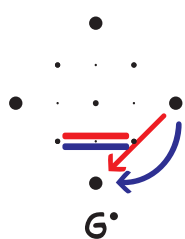
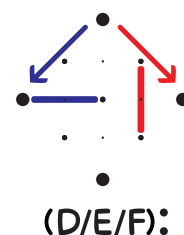
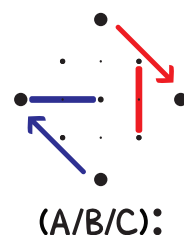
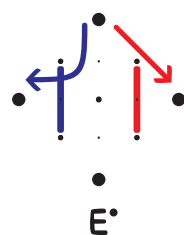
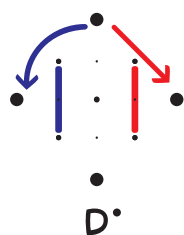
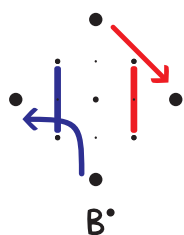
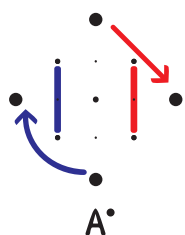
Single

$\mathcal{L}3 \rightarrow \mathcal{L}2$

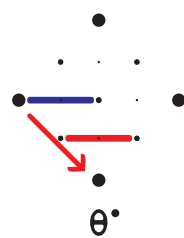
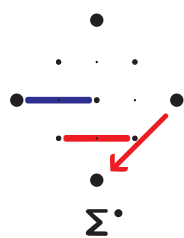
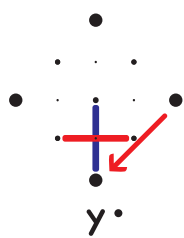
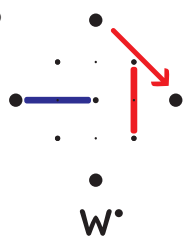
Dual

$\mathcal{L}3 \rightarrow \mathcal{L}4$

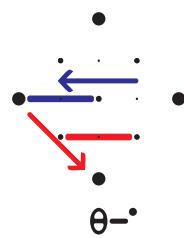
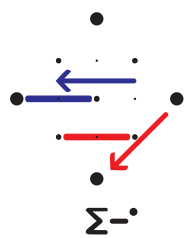
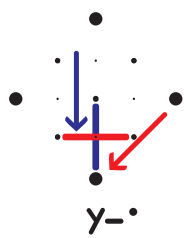
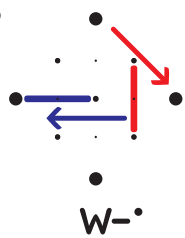
Type 1



Type 2



Type 3



Floats from Layer 3b

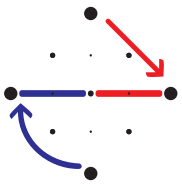
Single

$\mathcal{L}4 \rightarrow \mathcal{L}1$

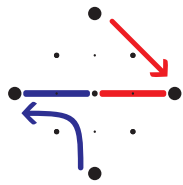
Dual

$\mathcal{L}4 \rightarrow \mathcal{L}3$

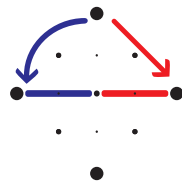
Type 1



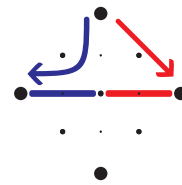
A*



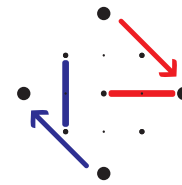
B*



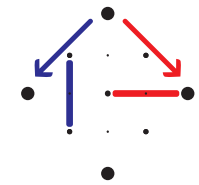
D*



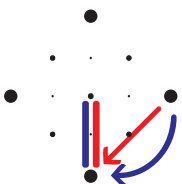
E*



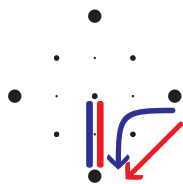
(A/B/C):



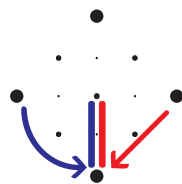
(D/E/F):



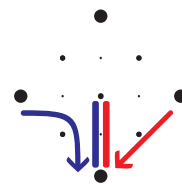
G*



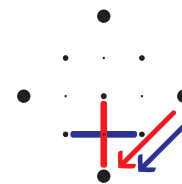
H*



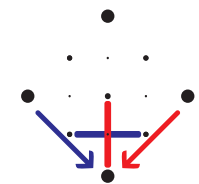
J*



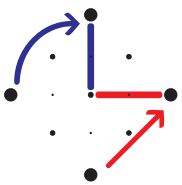
K*



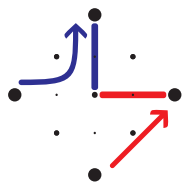
(G/H/I):



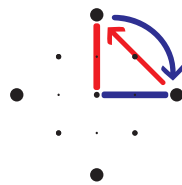
(J/K/L):



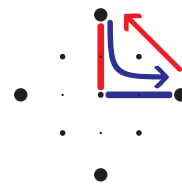
M*



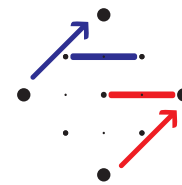
N*



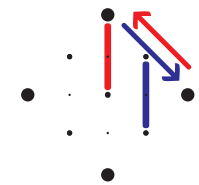
P*



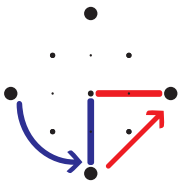
Q*



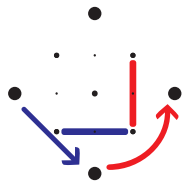
(M/N/O):



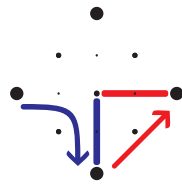
(P/Q/R):



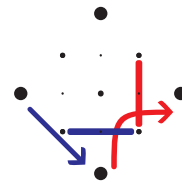
S*



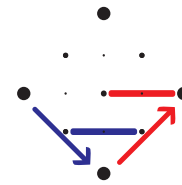
S.



T*

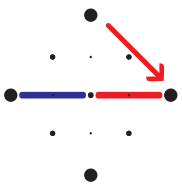


T.

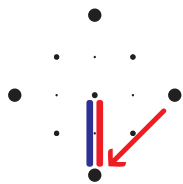


(S/T/U/V):

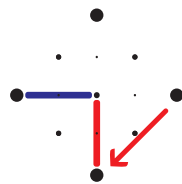
Type 2



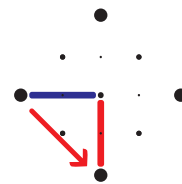
W*



y*

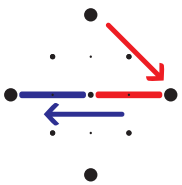


Σ*

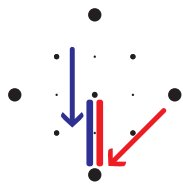


θ*

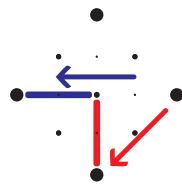
Type 3



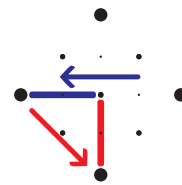
W-



y-



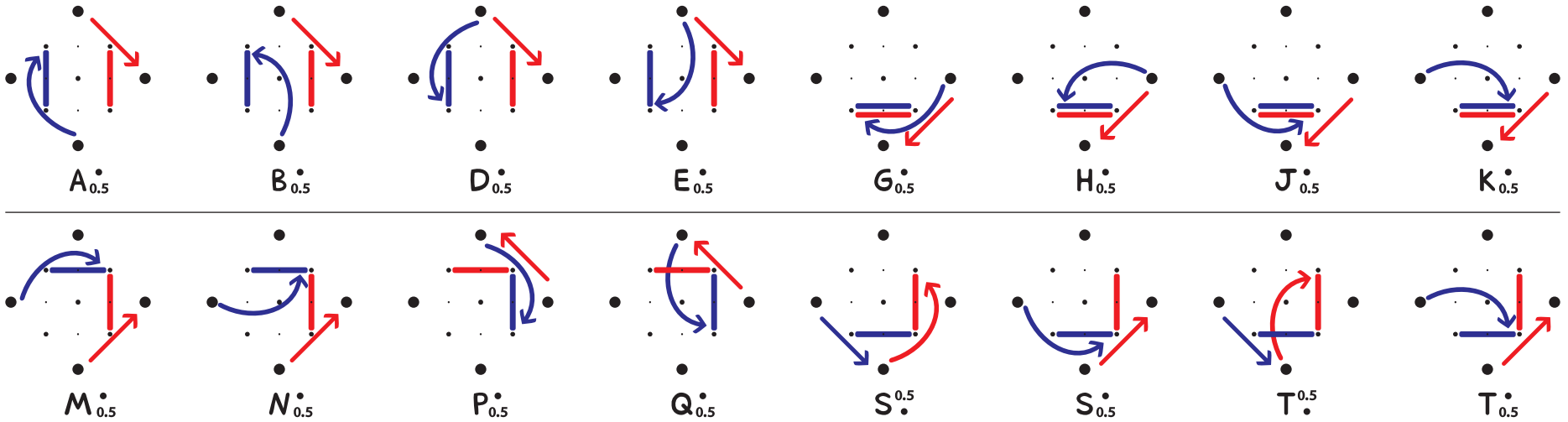
Σ-



θ-

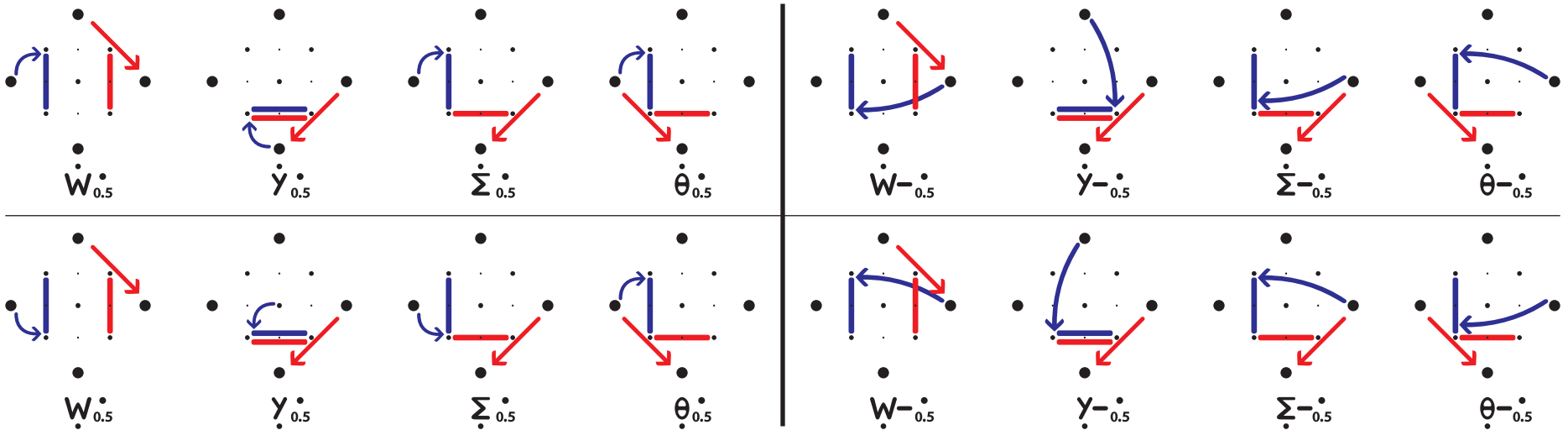
fl | 0.5

Type 1 - Dual-Shift



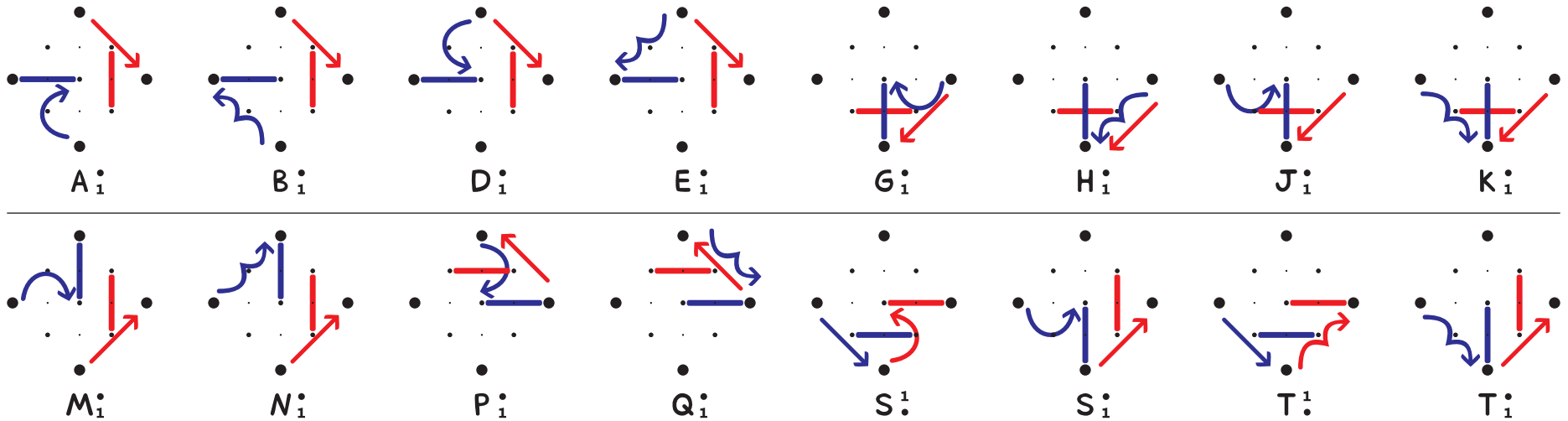
Type 2 - Shift

Type 3 - Cross-Shift

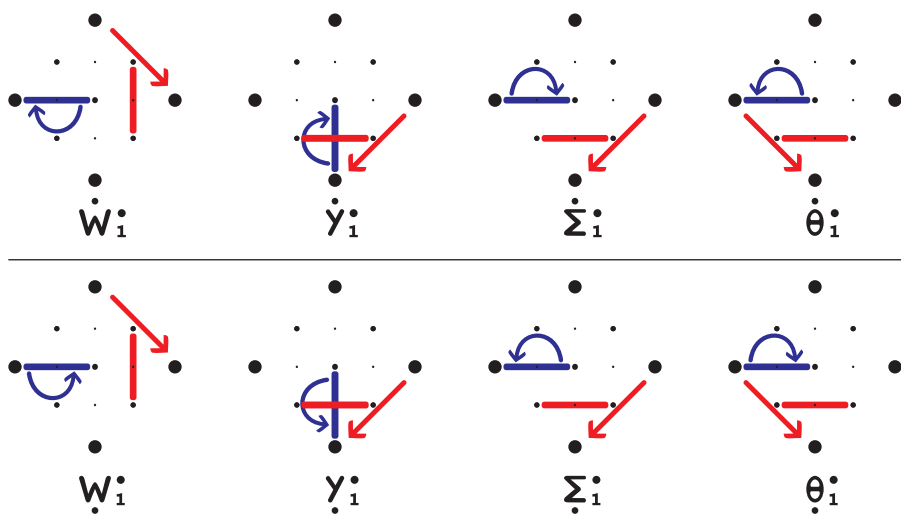


fl | 1

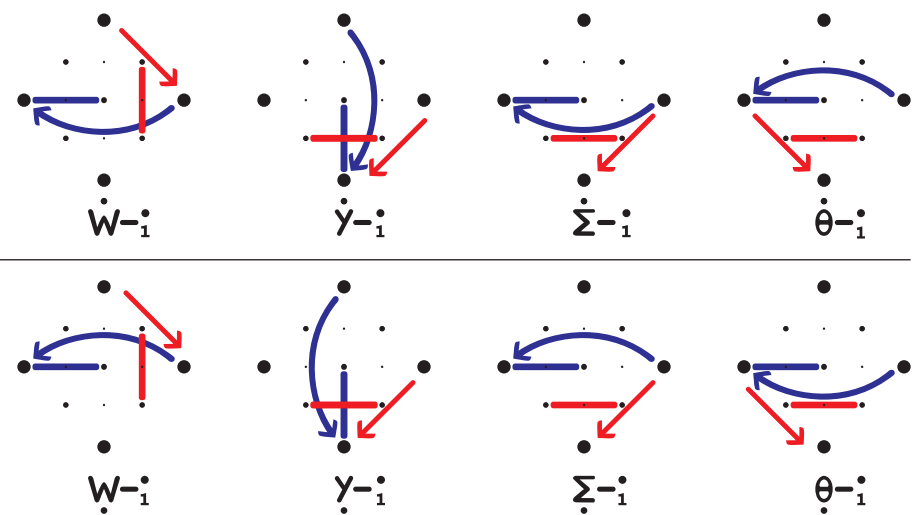
Type 1 - Dual-Shift



Type 2 - Shift

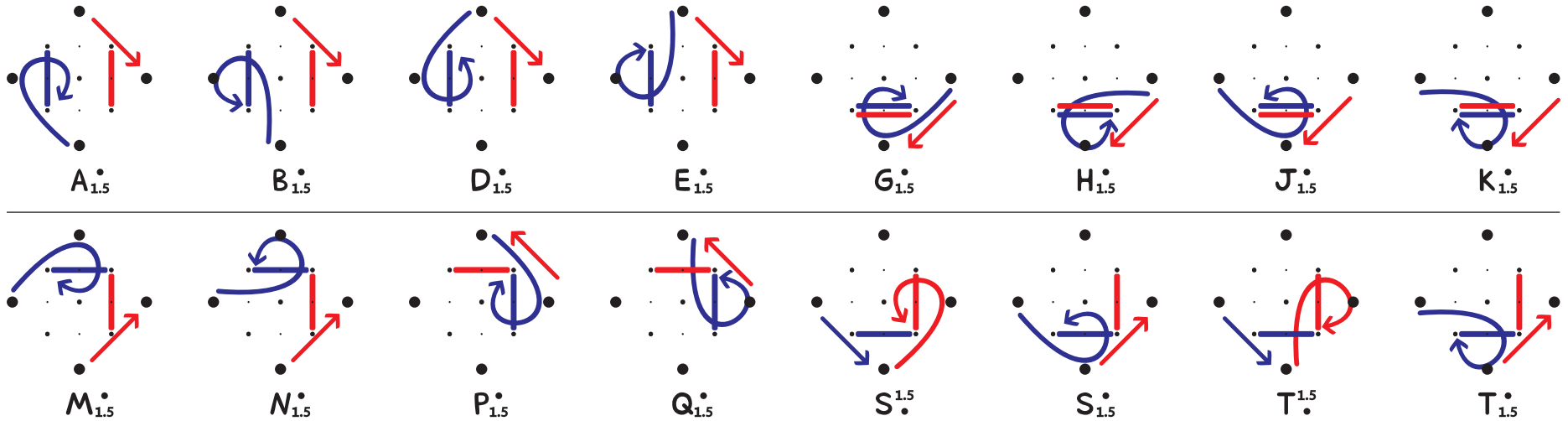


Type 3 - Cross-Shift

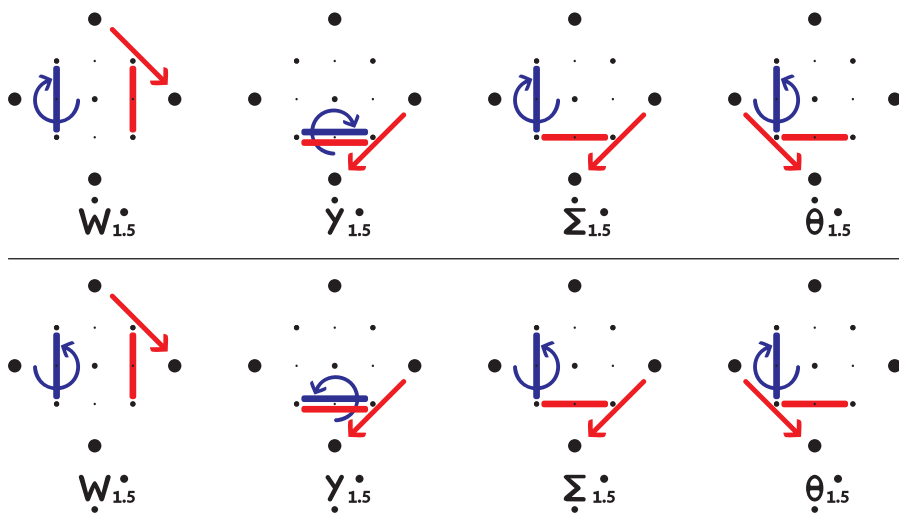


fl | 1.5

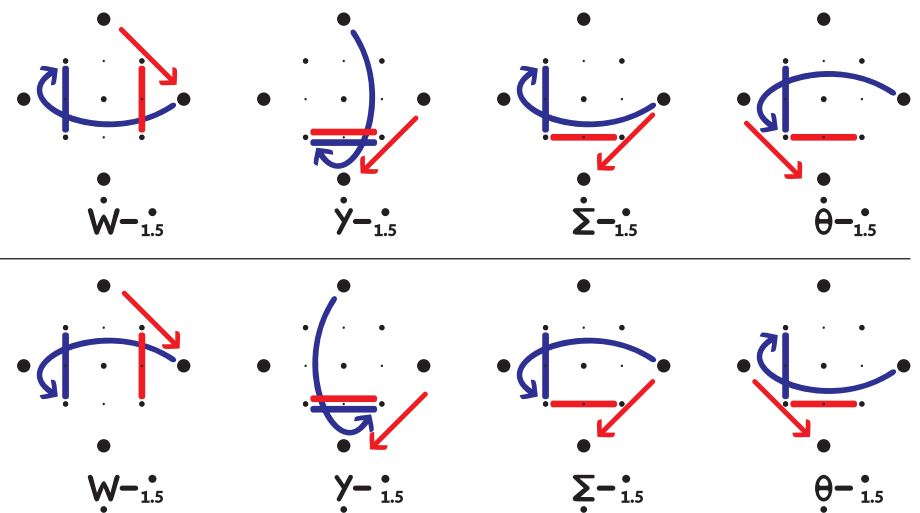
Type 1 - Dual-Shift



Type 2 - Shift

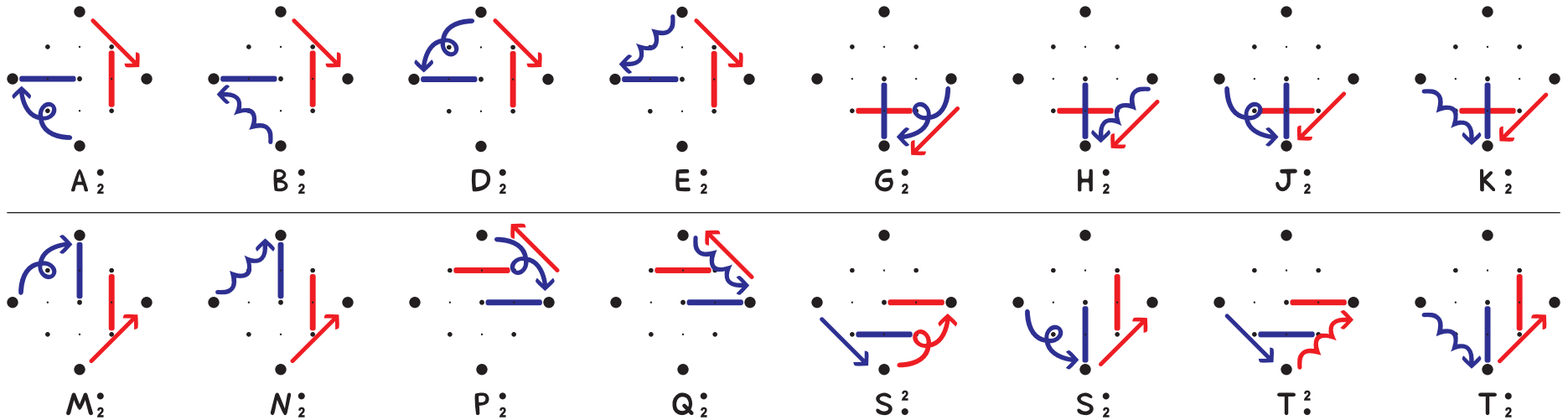


Type 3 - Cross-Shift

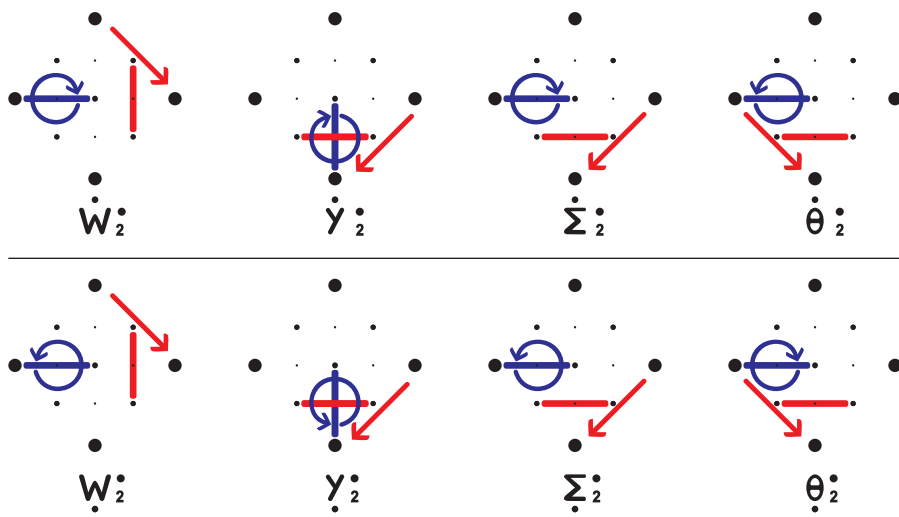


fl | 2

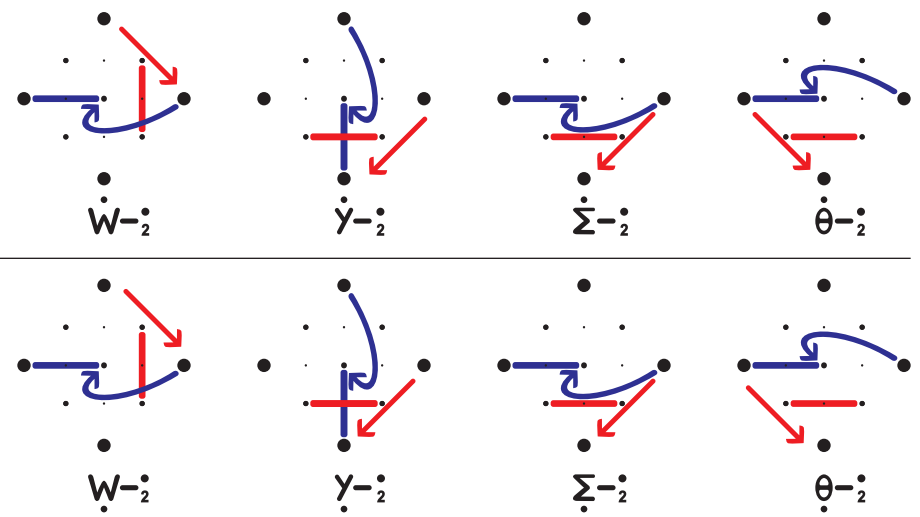
Type 1 - Dual-Shift



Type 2 - Shift

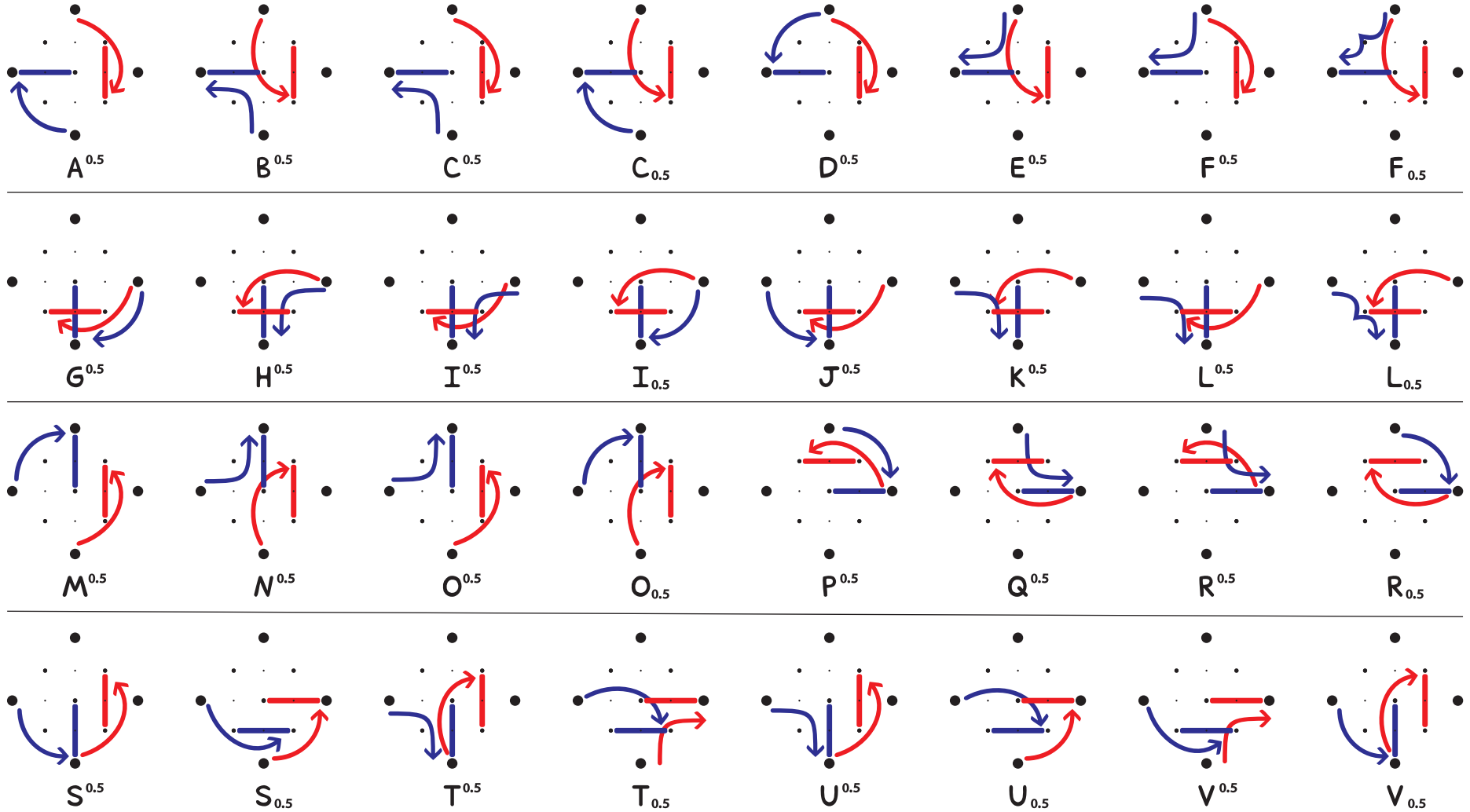


Type 3 - Cross-Shift



0.5 | 0

Type 1 - Dual-Shift

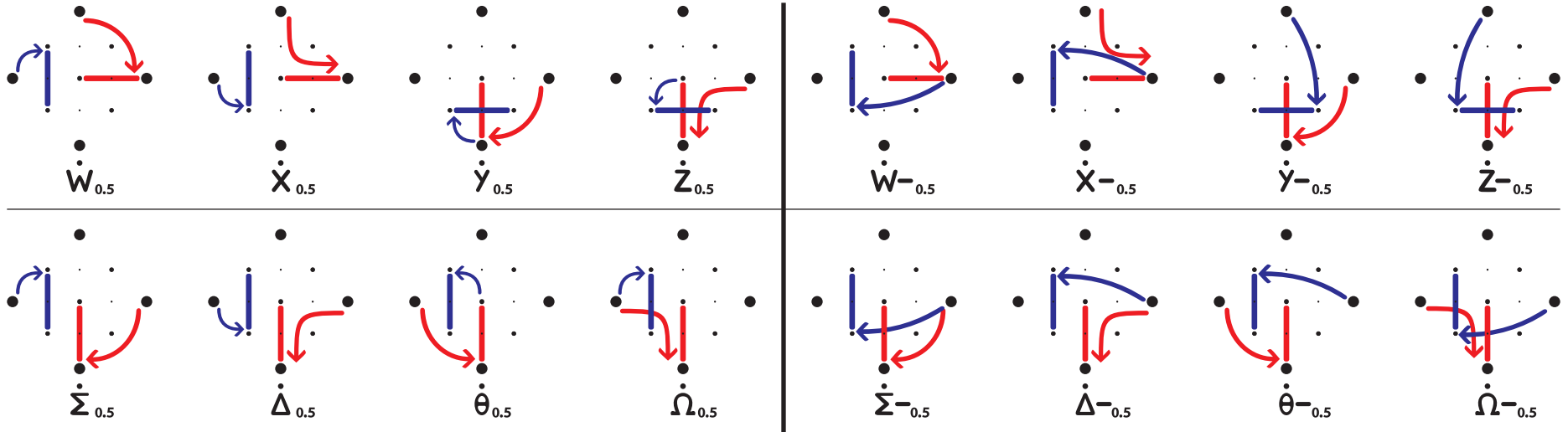


0 / 0.5

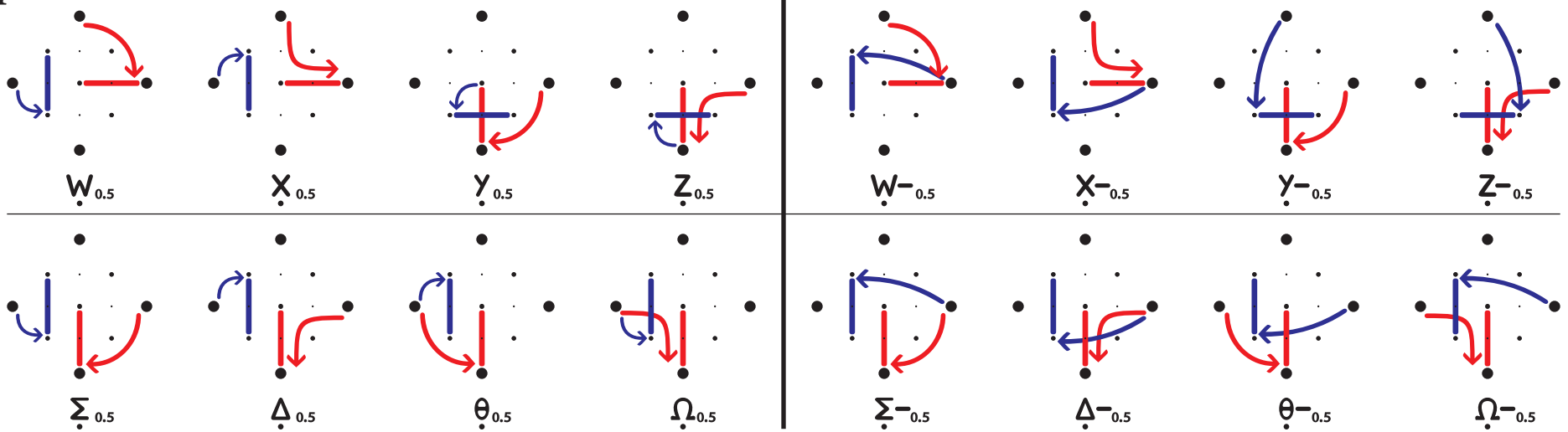
Same

Type 2 - Shift

Type 3 - Cross-Shift

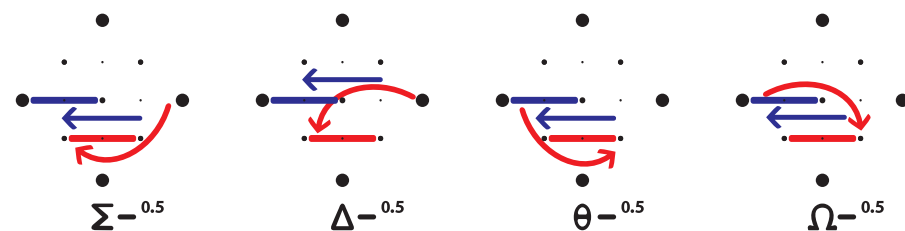
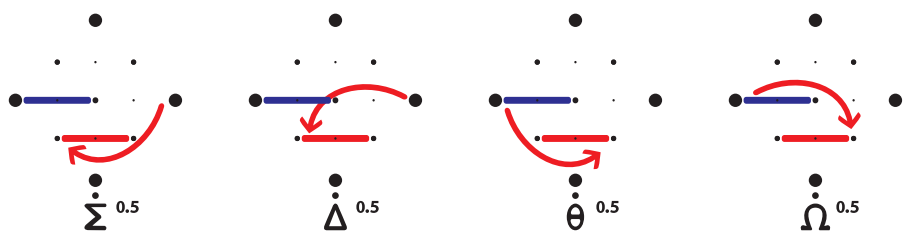
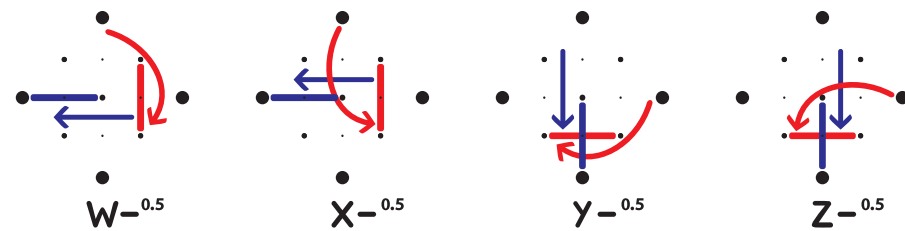
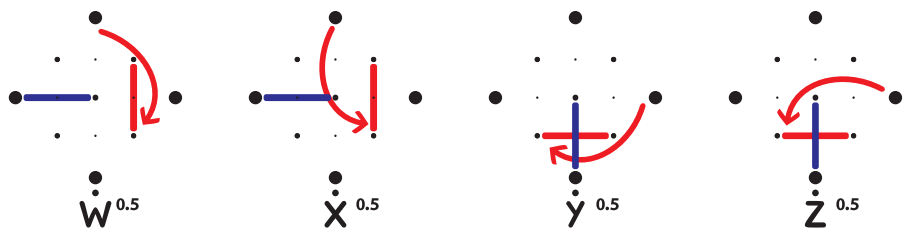


Opp

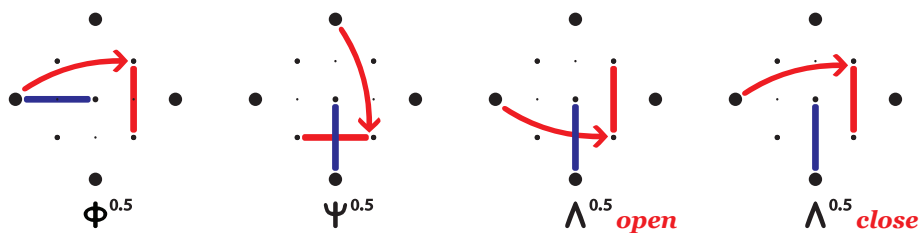


0.5 / 0

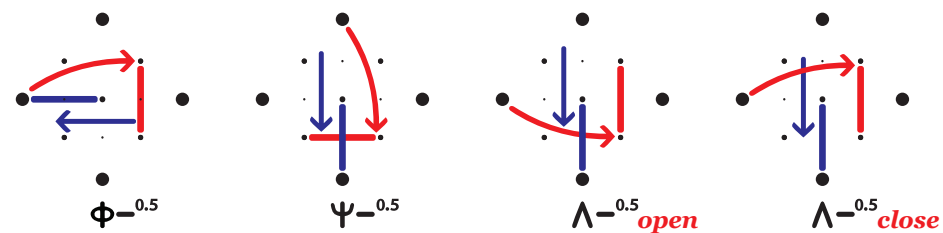
Type 2 - ShiftType 3 - Cross-Shift



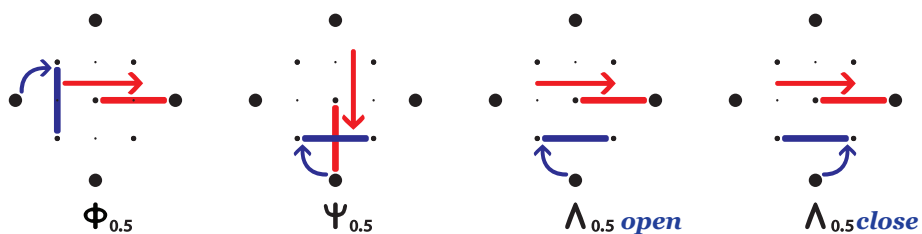
Type 4 - Dash



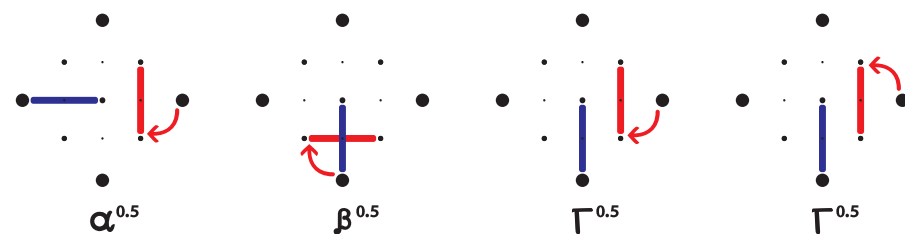
Type 5 - Dual-Dash



0 / 0.5

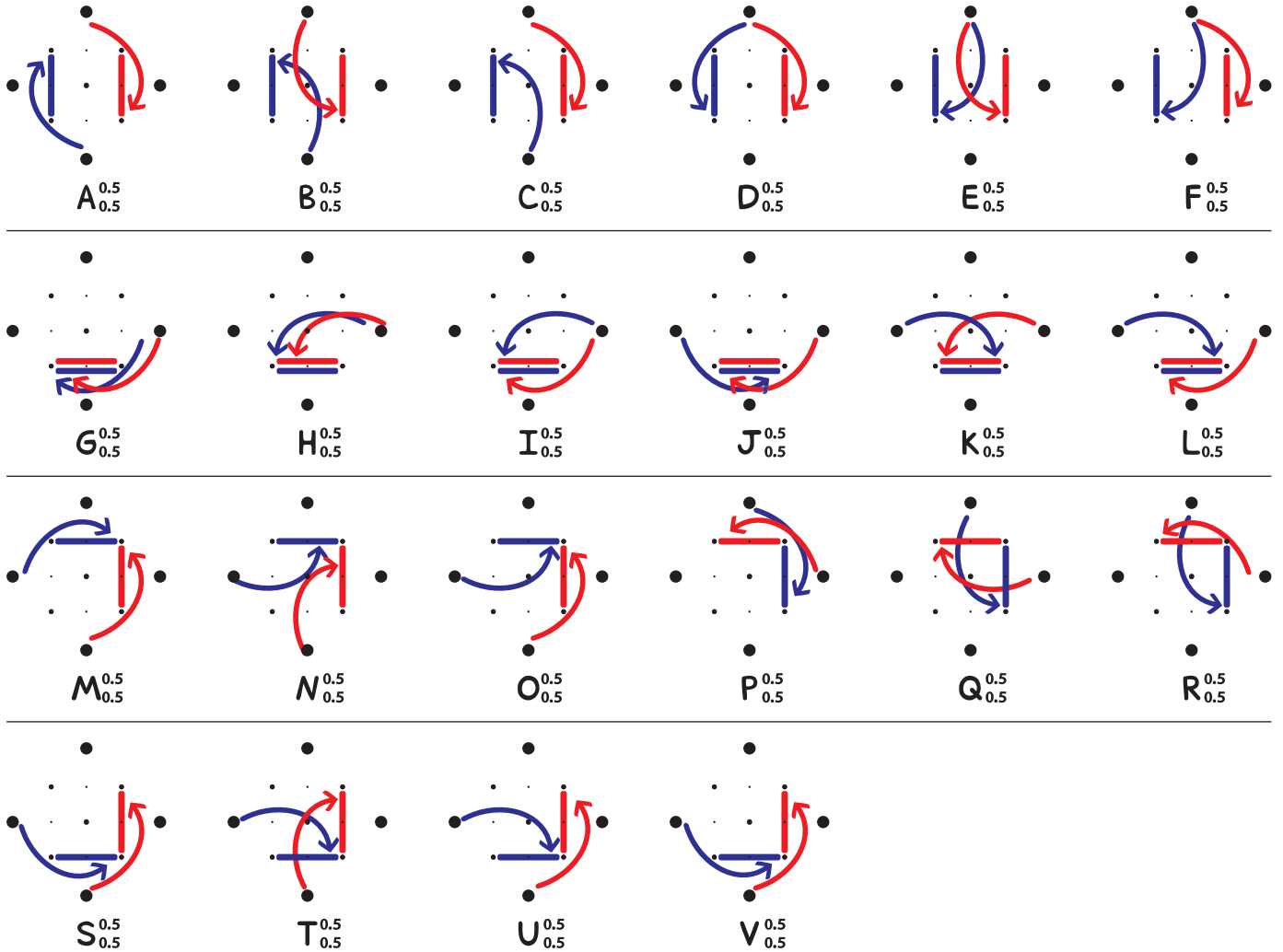


Type 6 - Static



0.5 | 0.5

Type 1 - Dual-Shift

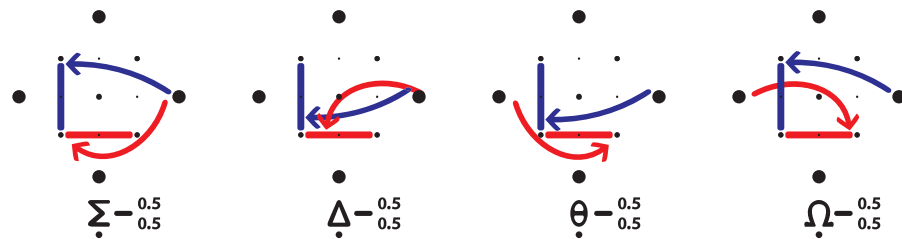
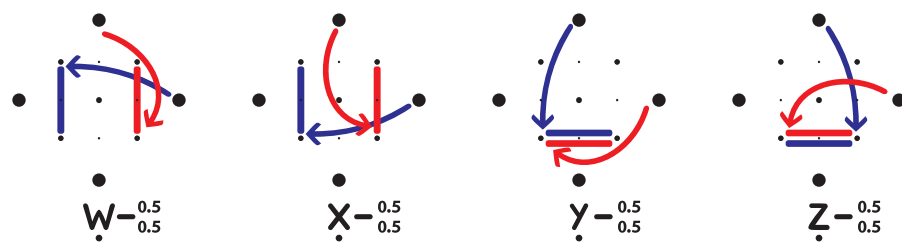
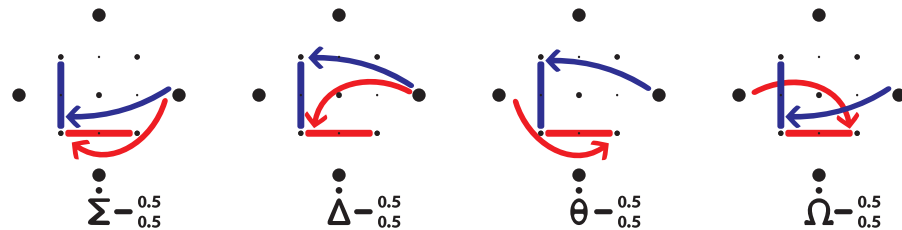
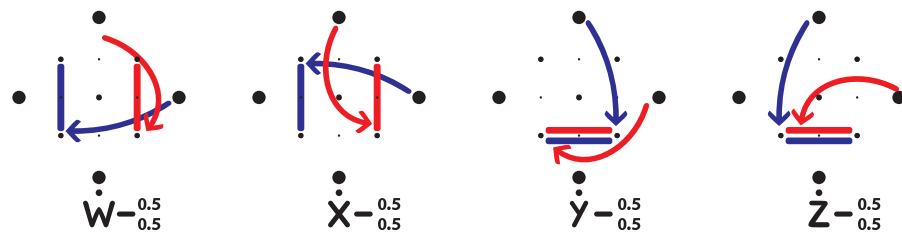
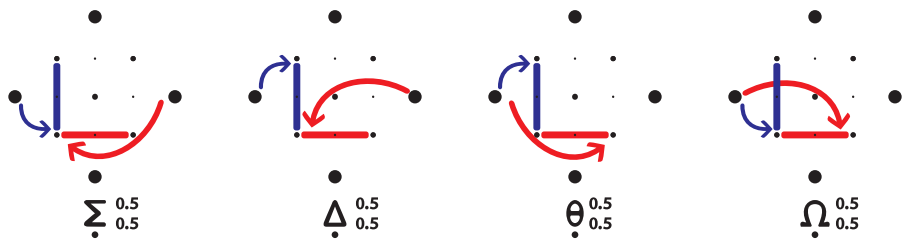
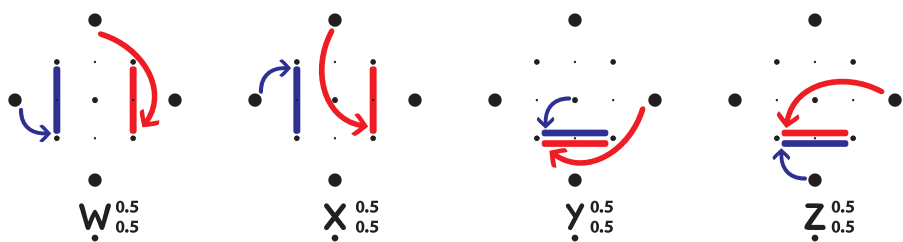
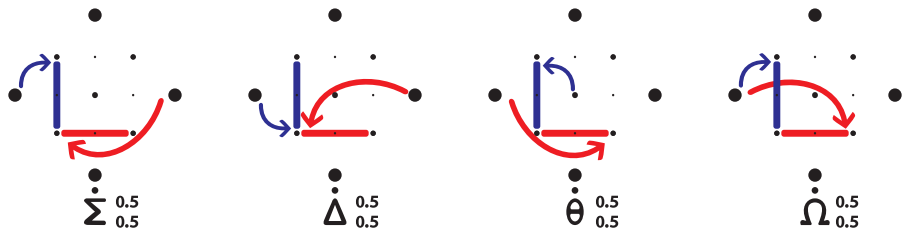
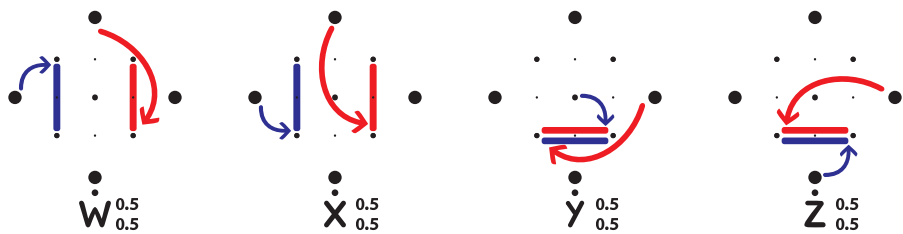


0.5 | 0.5

Same

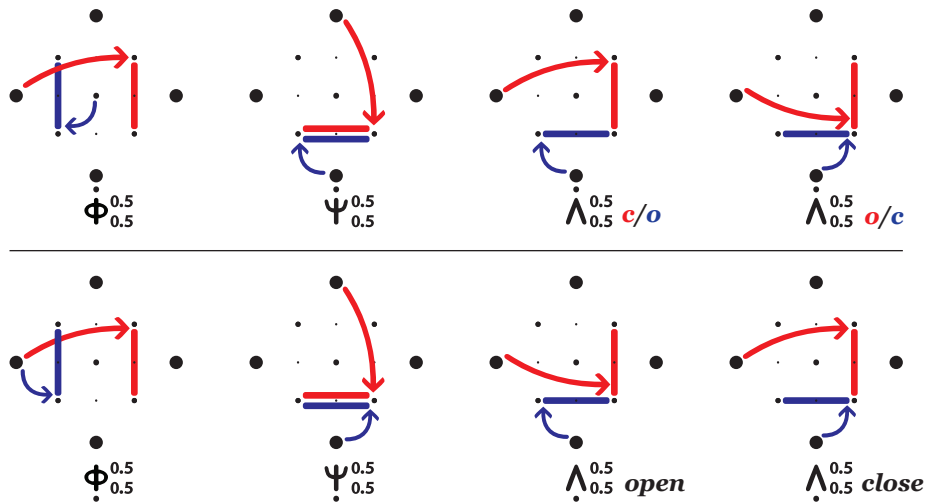
Type 2 - **Shift**

Type 3 - **Cross-Shift**

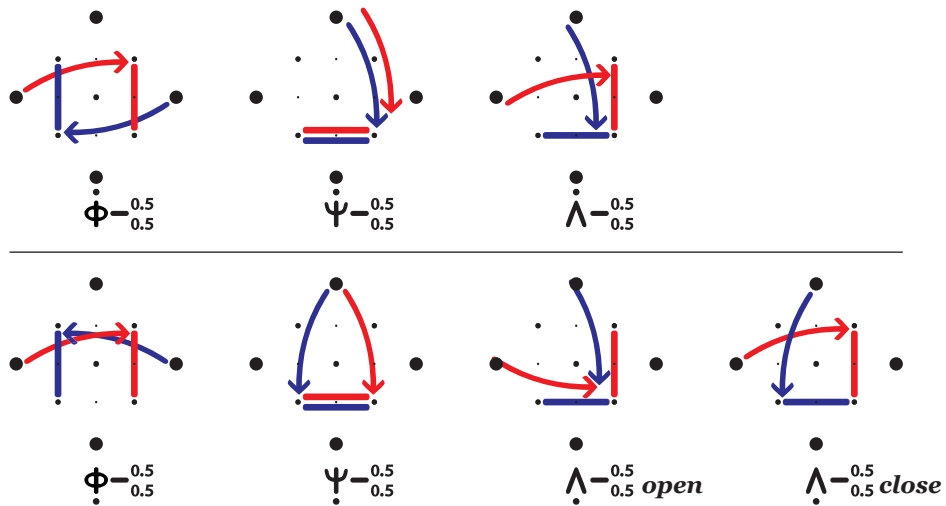


0.5 | 0.5

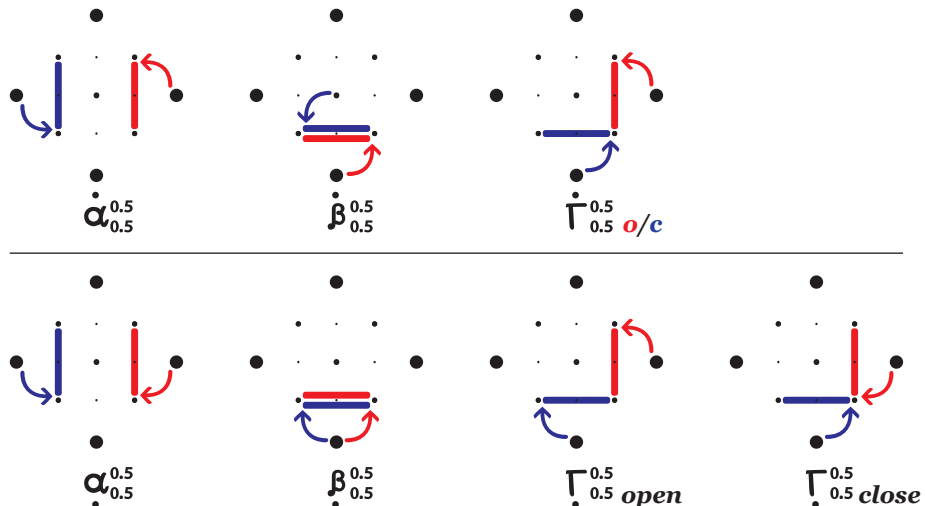
Type 4 - Dash



Type 5 - Dual-Dash

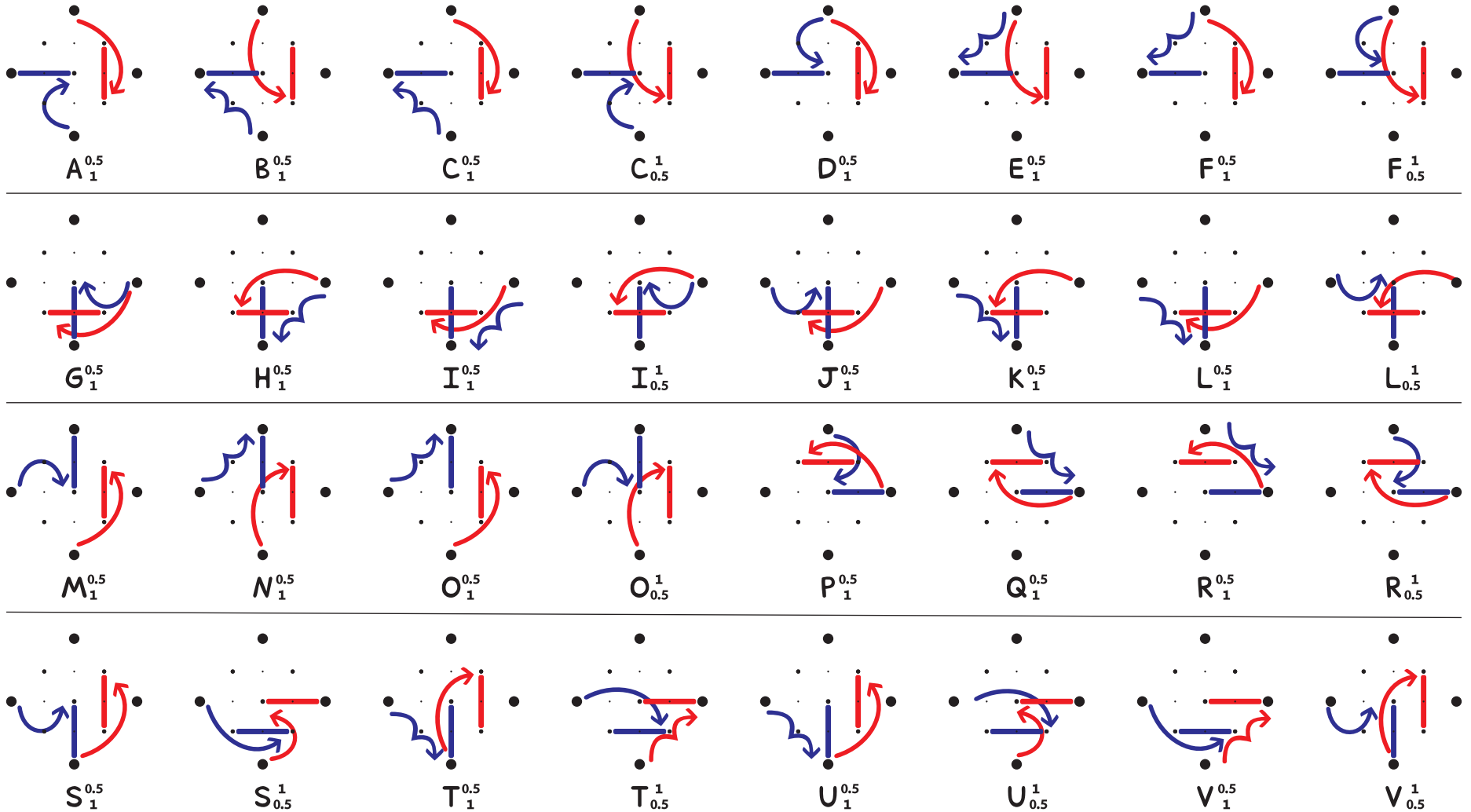


Type 6 - Static



0.5 | 1

Type 1 - Dual-Shift

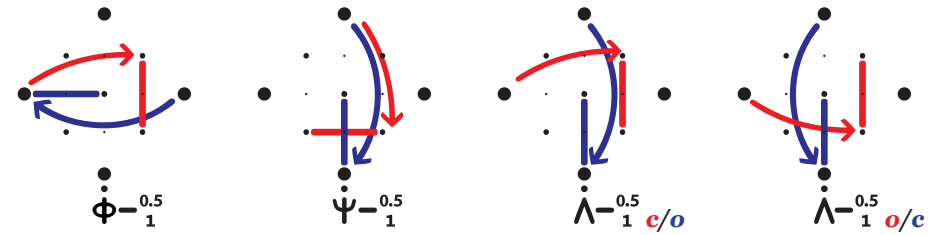
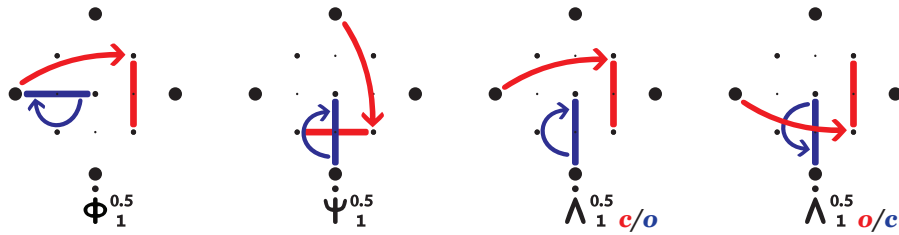


0.5 / 1

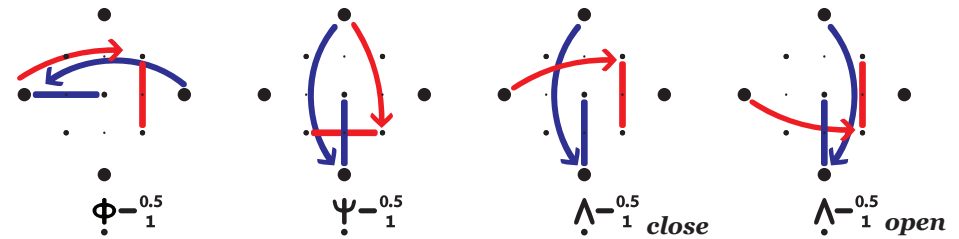
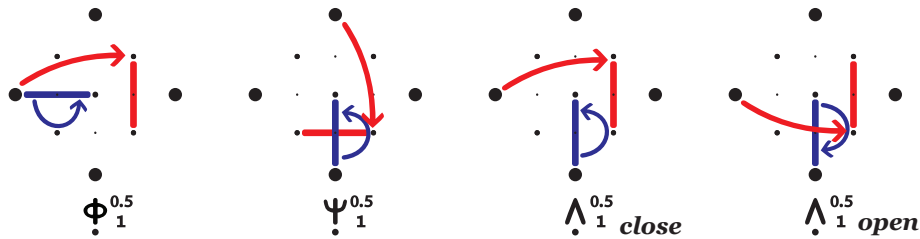
Type 4 - Dash

Type 5 - Dual-Dash

Same



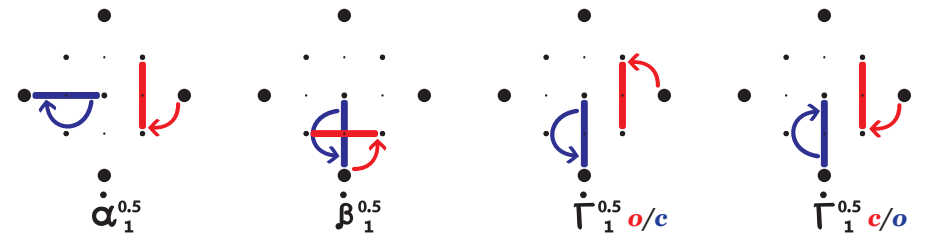
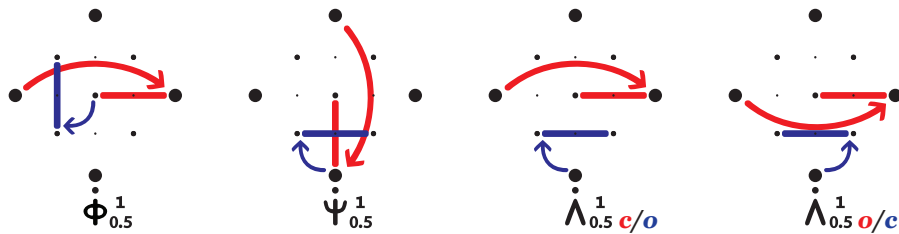
Opp



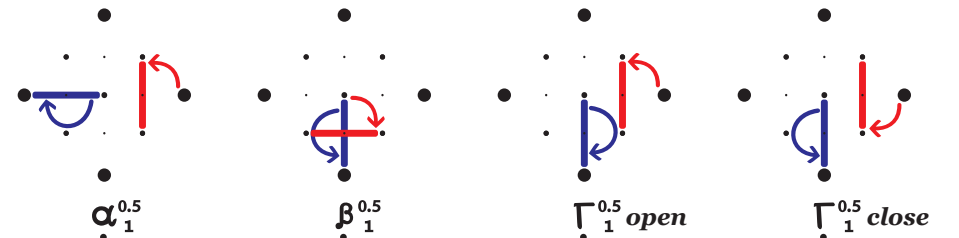
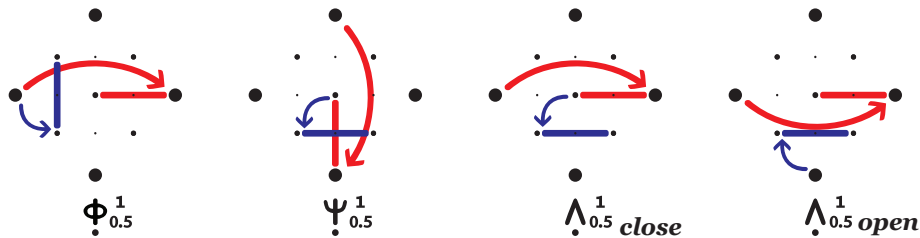
1 / 0.5

Type 6 - Static

Same

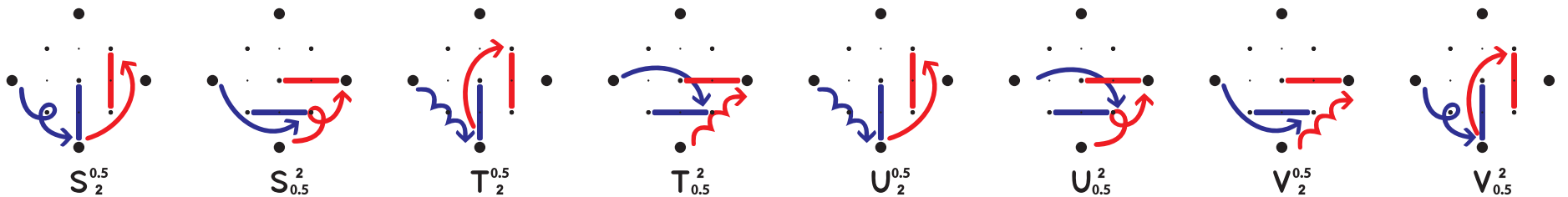
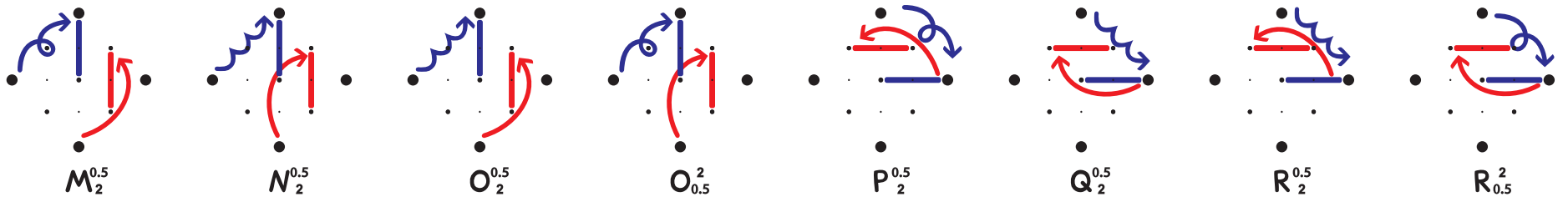
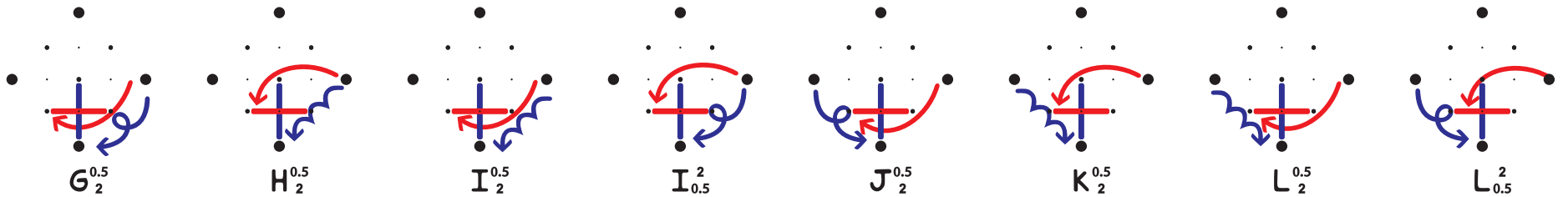
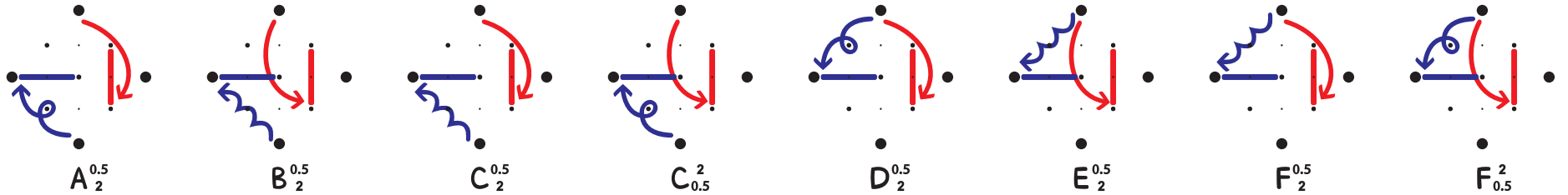


Opp



0.5 | 2

Type 1 - Dual-Shift

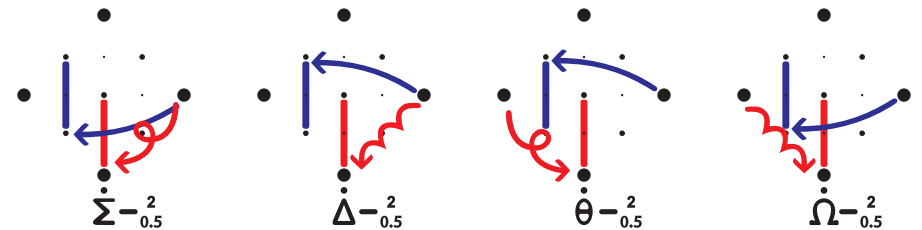
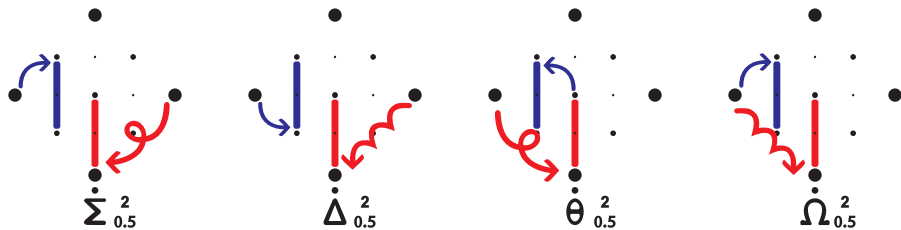
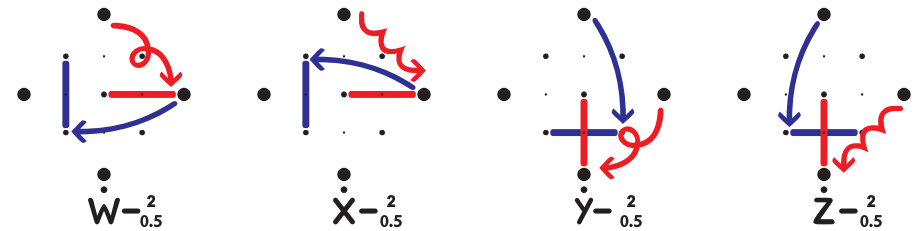
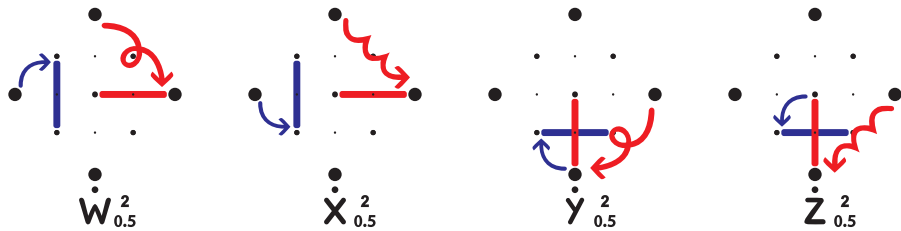


2 / 0.5

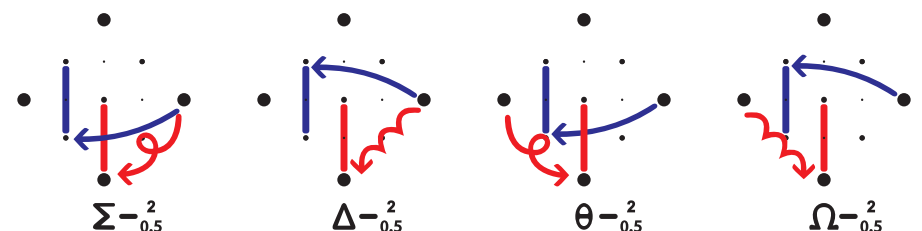
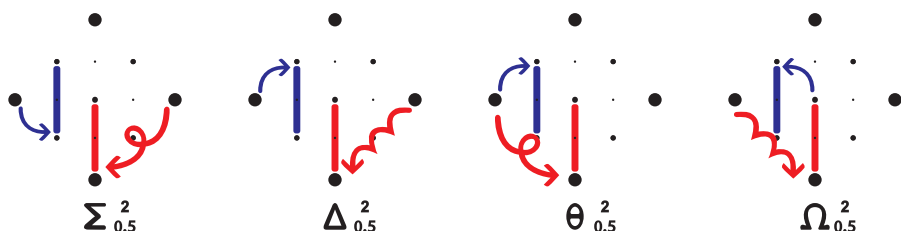
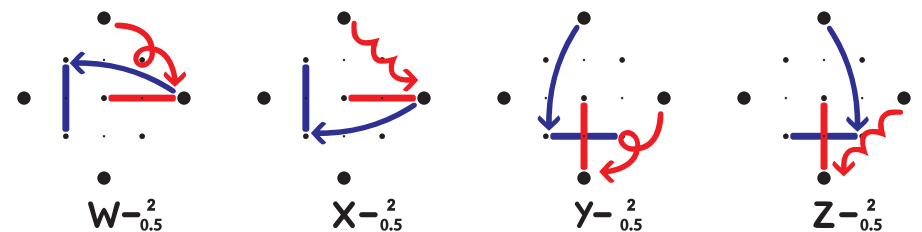
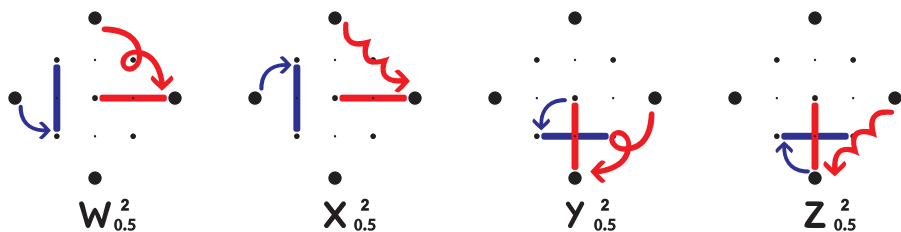
Same

Type 2 - **Shift**

Type 3 - **Cross-Shift**



Opp

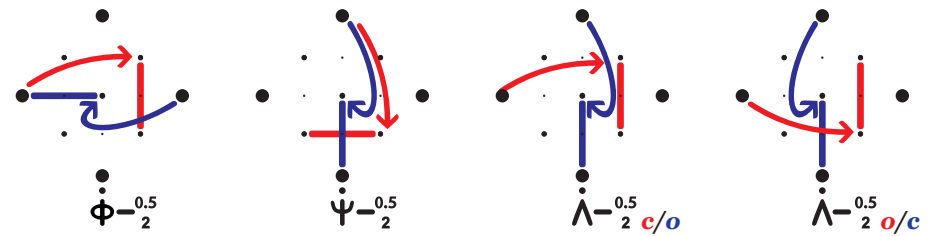
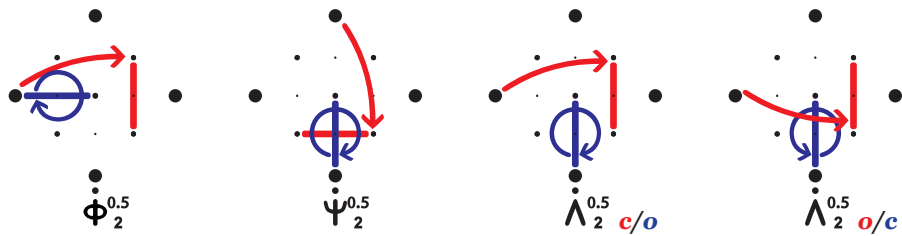


0.5 / 2

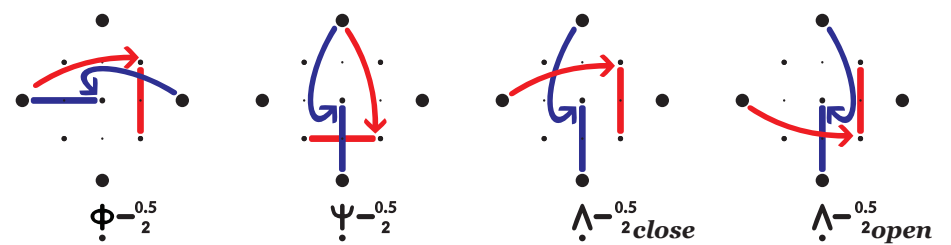
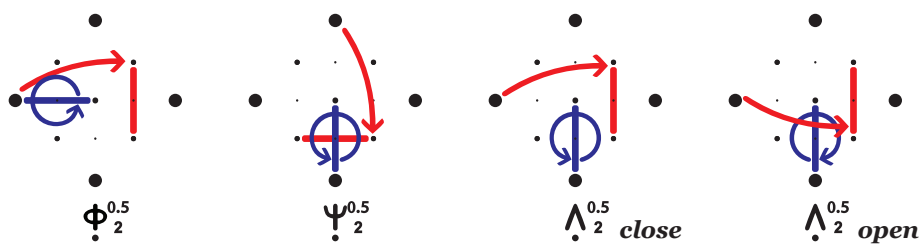
Type 4 - Dash

Type 5 - Dual-Dash

Same



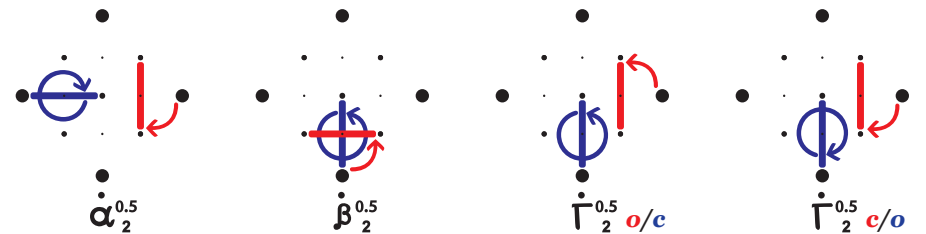
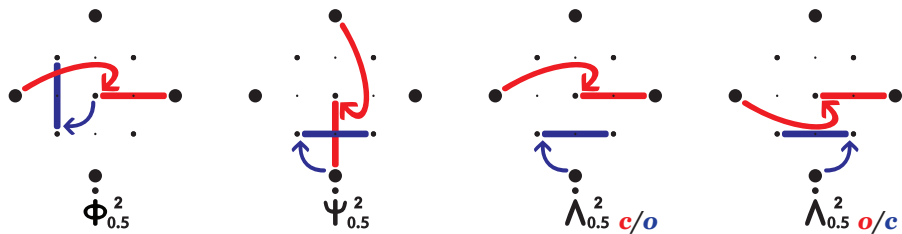
Opp



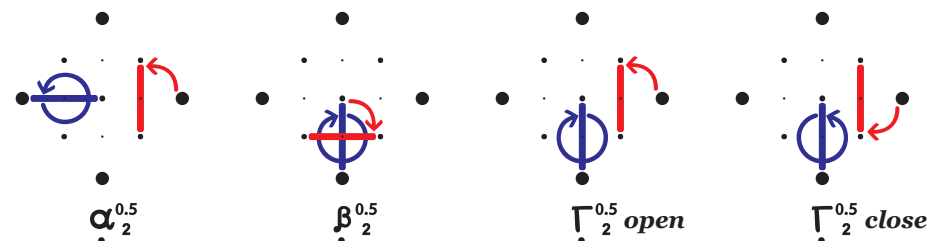
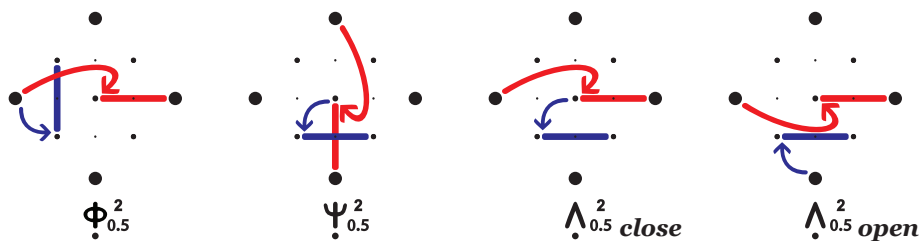
2 / 0.5

Type 6 - Static

Same

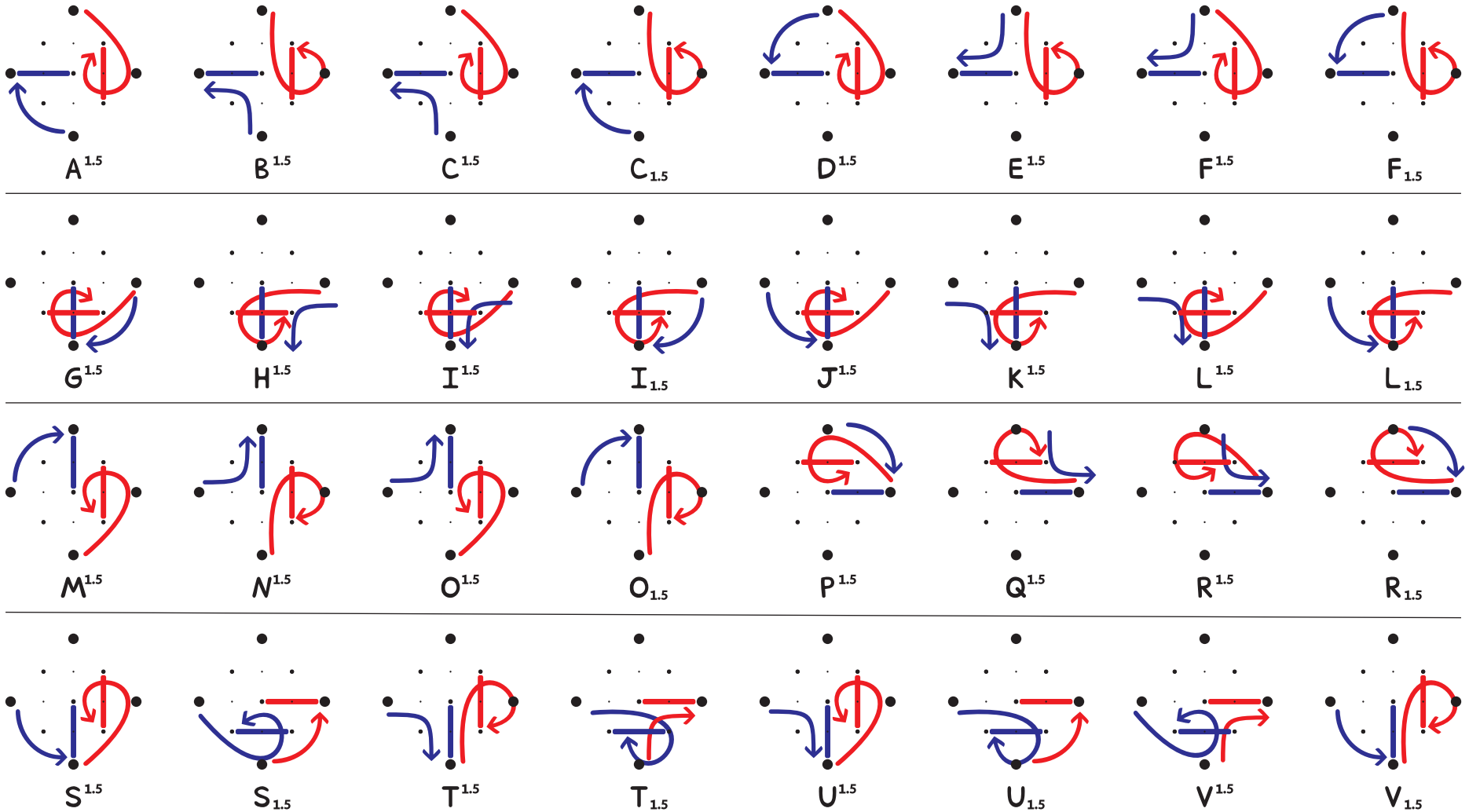


Opp



1.5 | 0

Type 1 - Dual-Shift

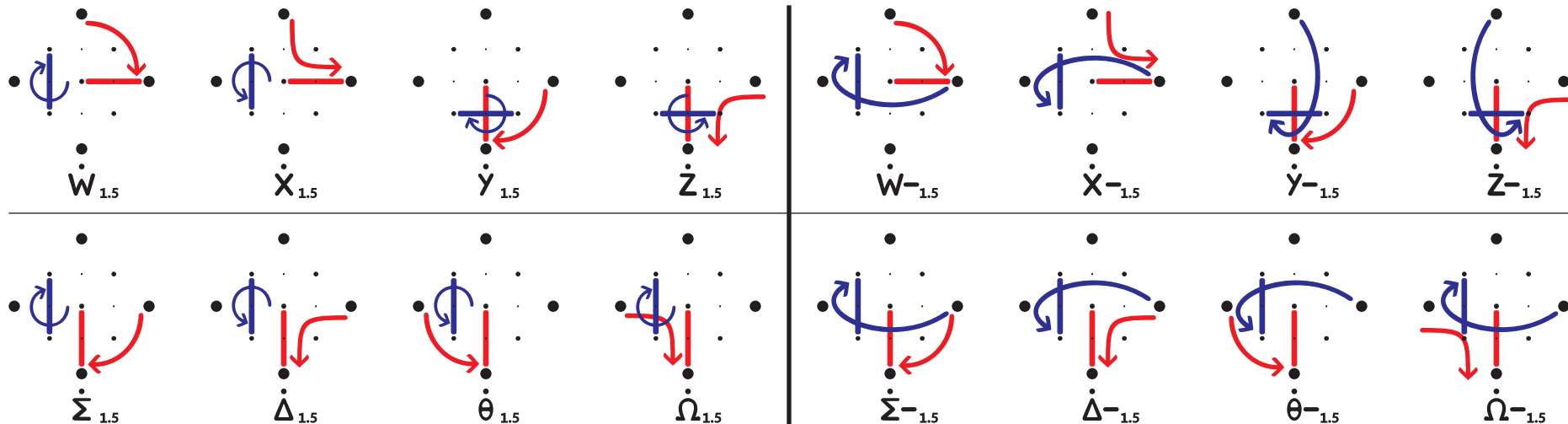


0 / 1.5

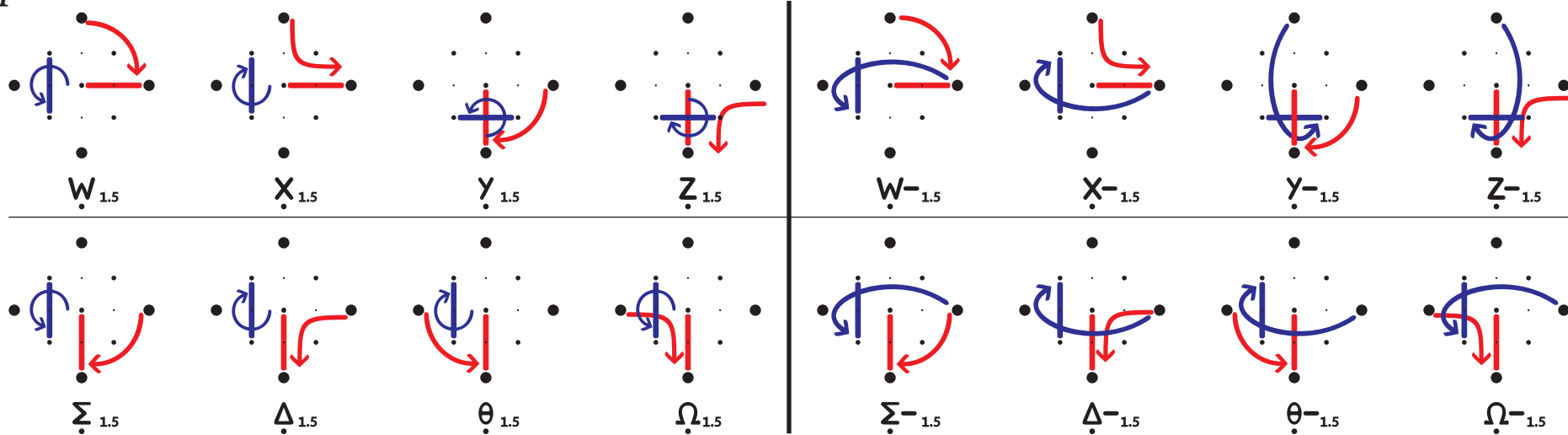
Same

Type 2 - **Shift**

Type 3 - **Cross-Shift**



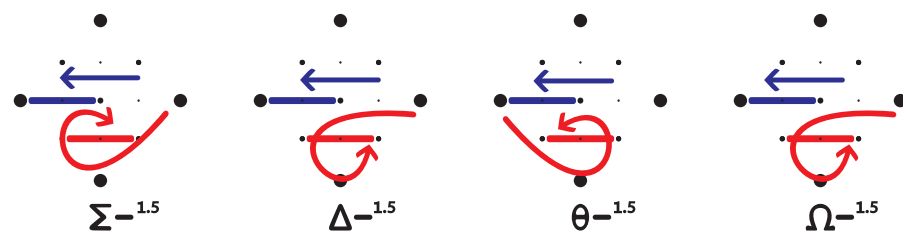
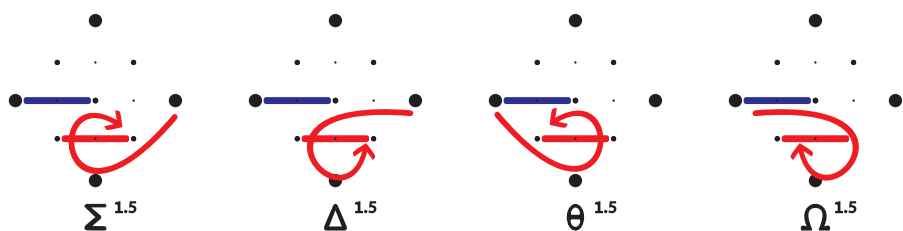
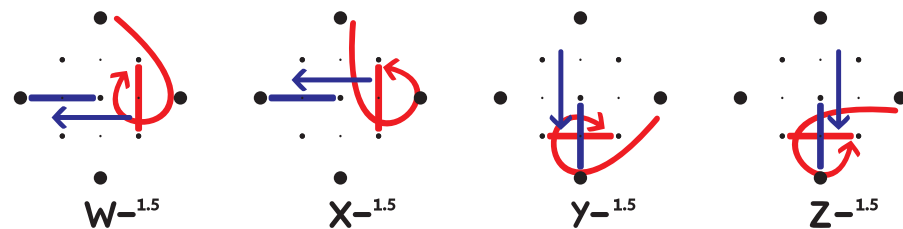
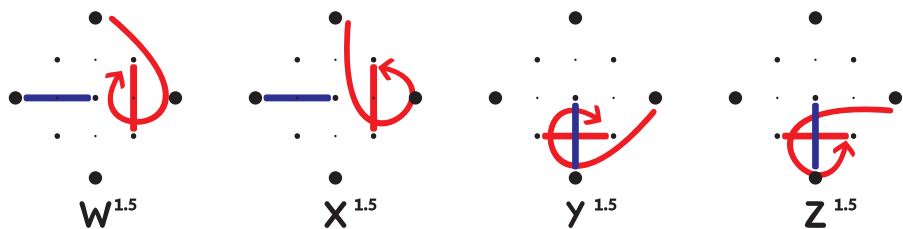
Opp



1.5 / 0

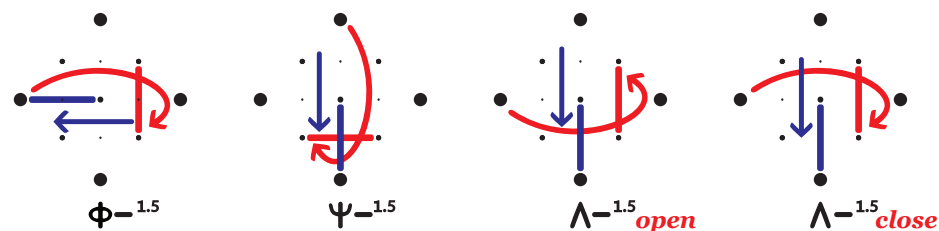
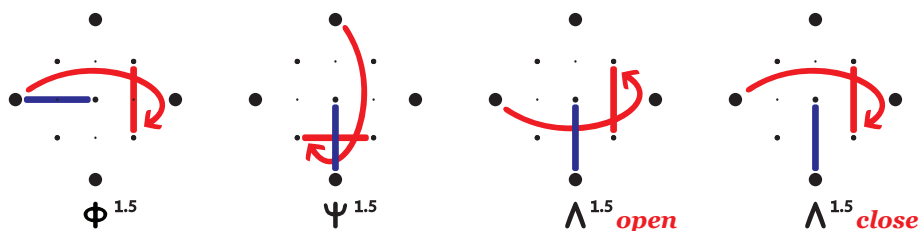
Type 2 - Shift

Type 3 - Cross-Shift



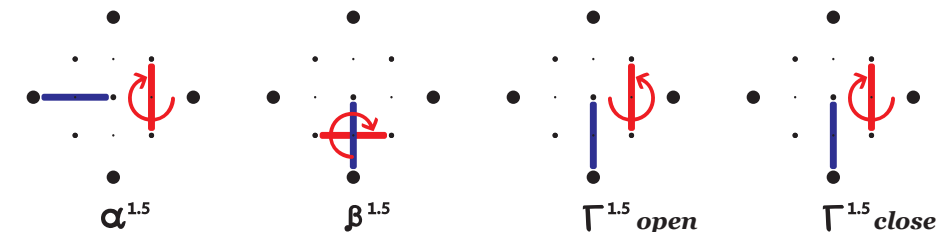
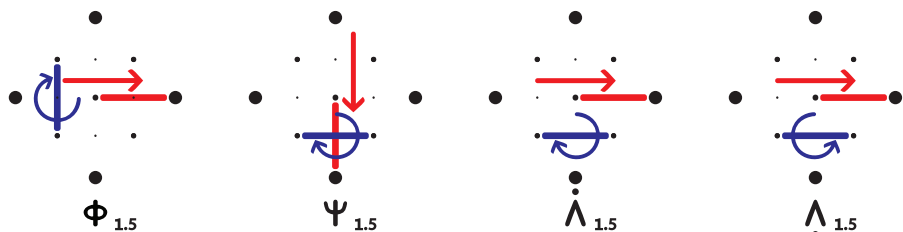
Type 4 - Dash

Type 5 - Dual-Dash



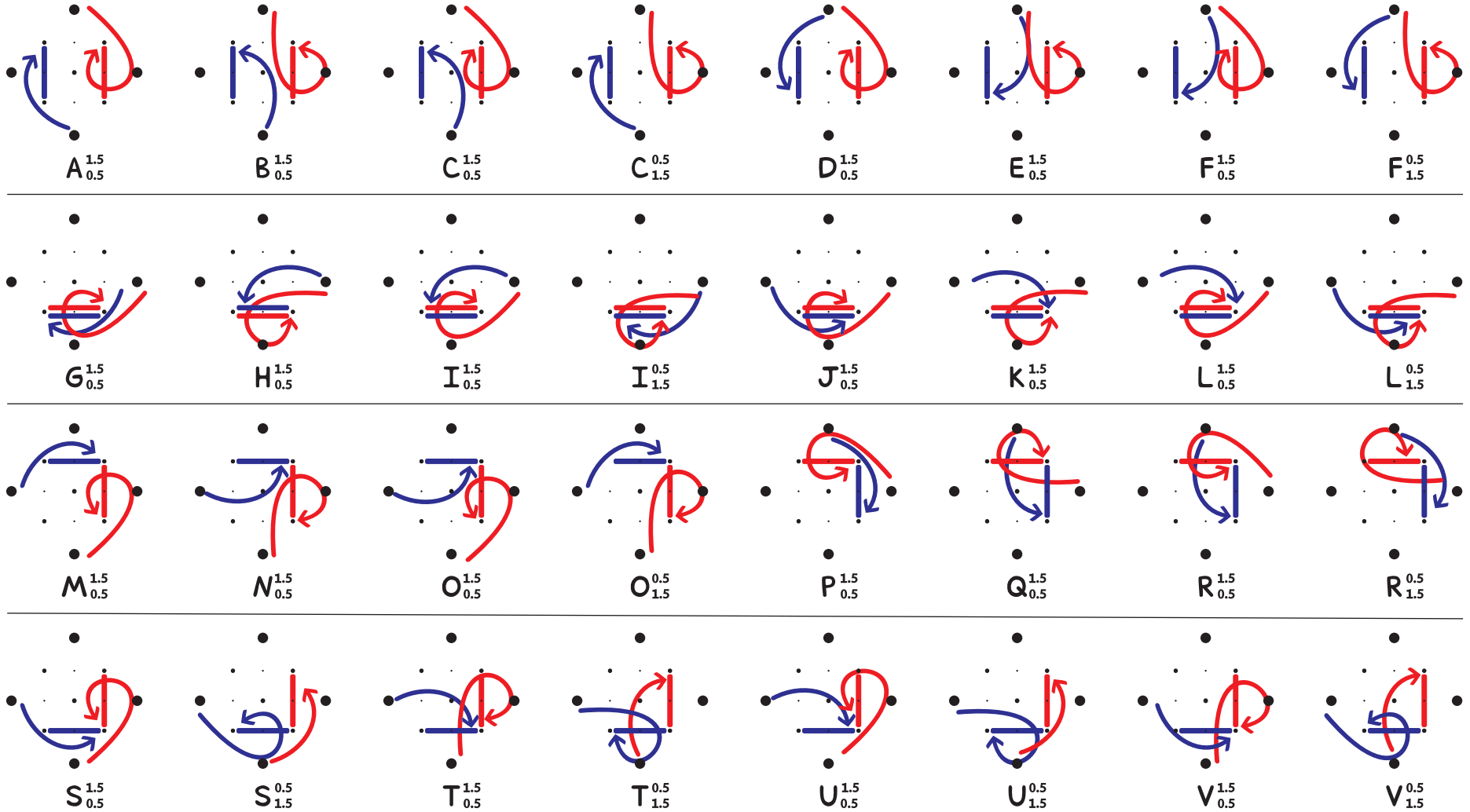
0 / 1.5

Type 6 - Static



1.5 | 0.5

Type 1 - Dual-Shift

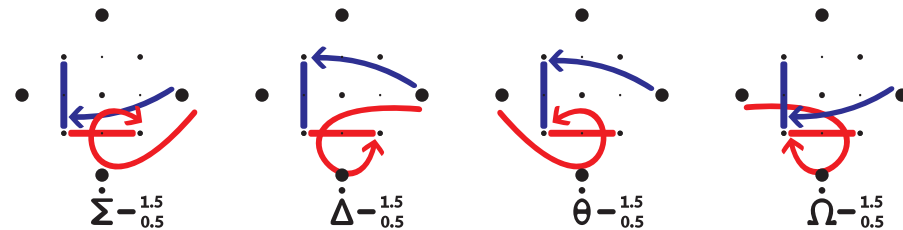
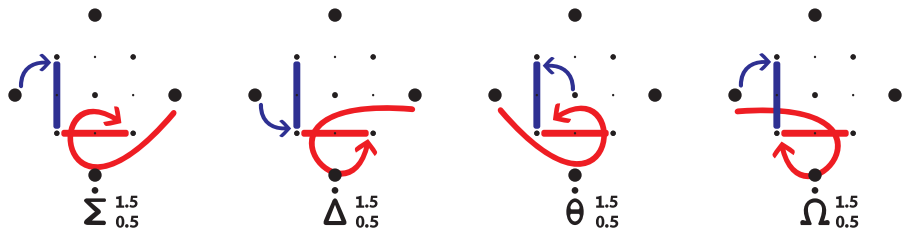
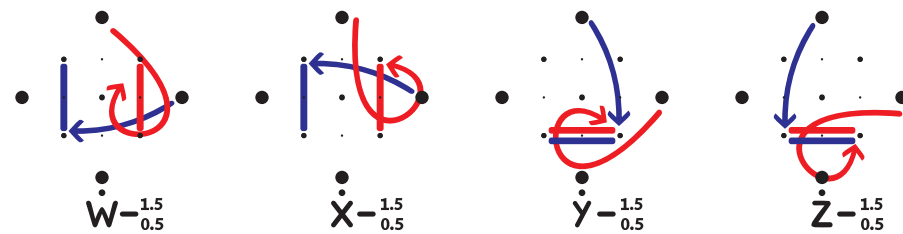
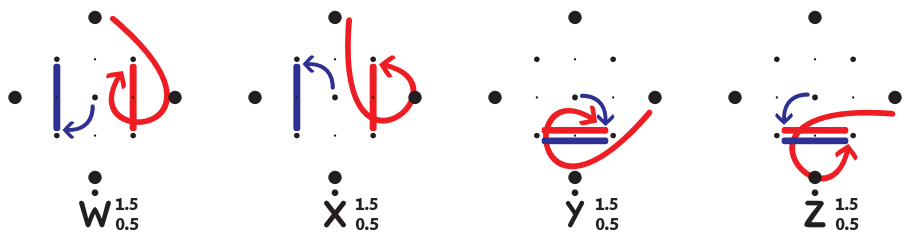


1.5 / 0.5

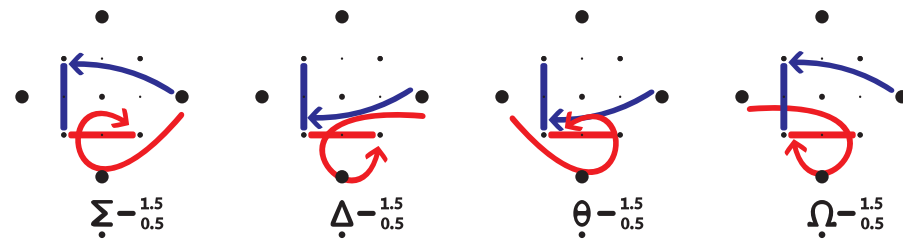
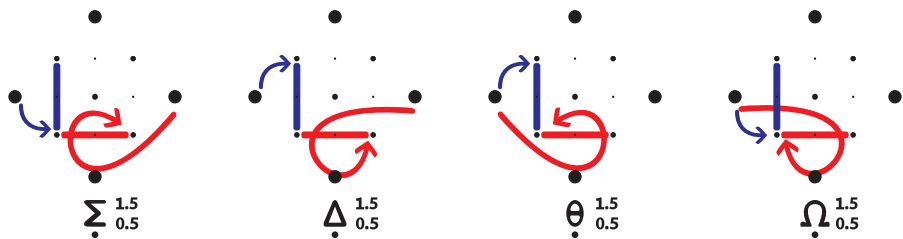
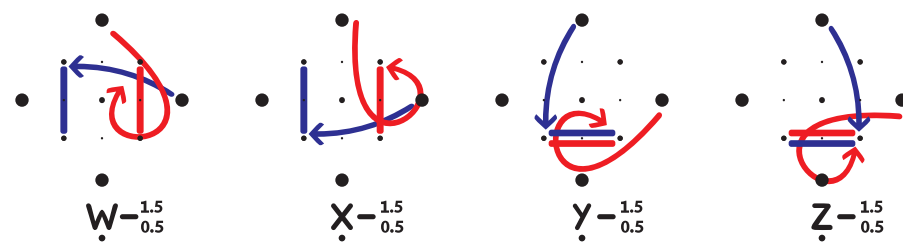
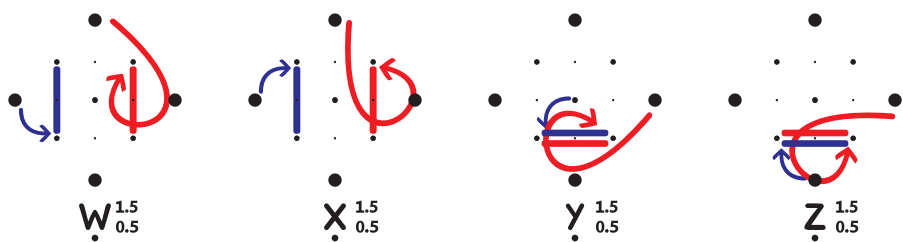
Same

Type 2 - **Shift**

Type 3 - **Cross-Shift**



Opp

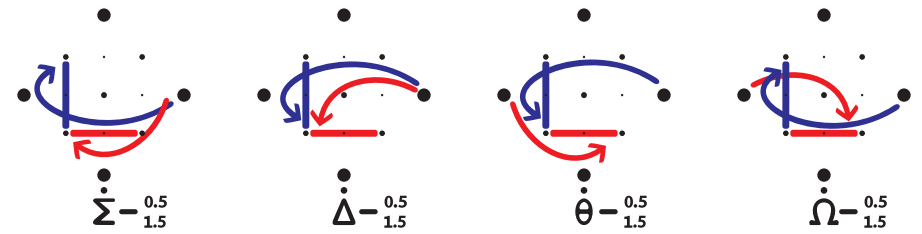
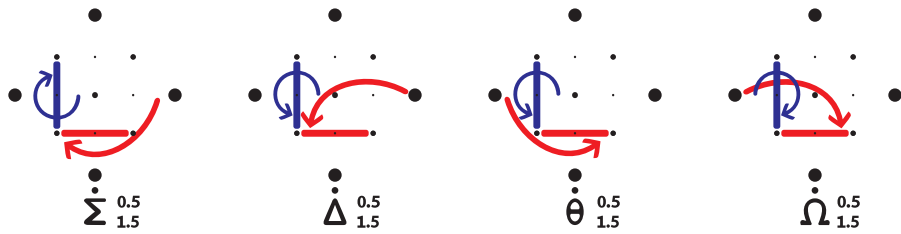
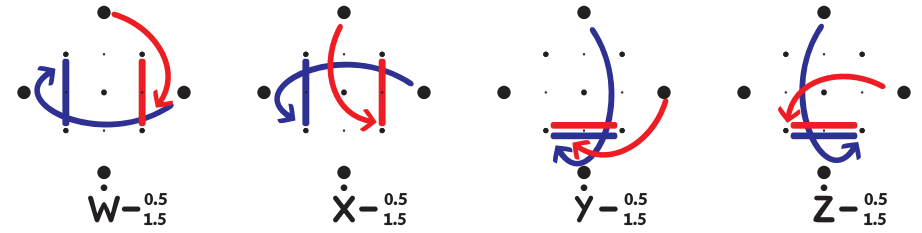
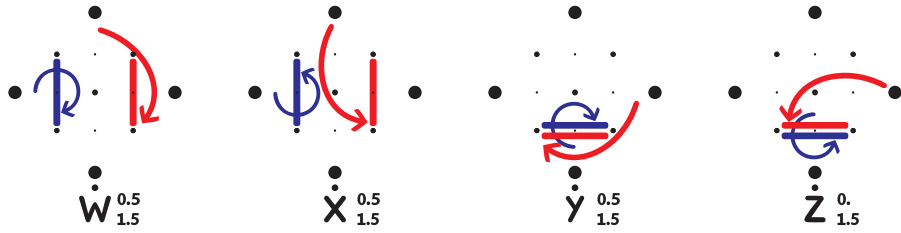


0.5 / 1.5

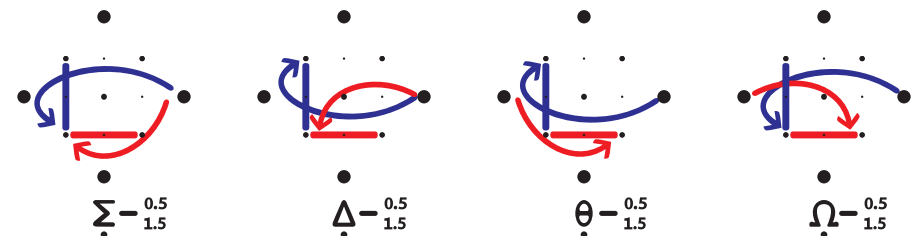
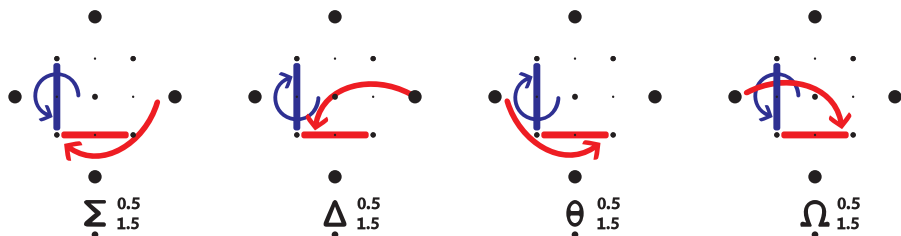
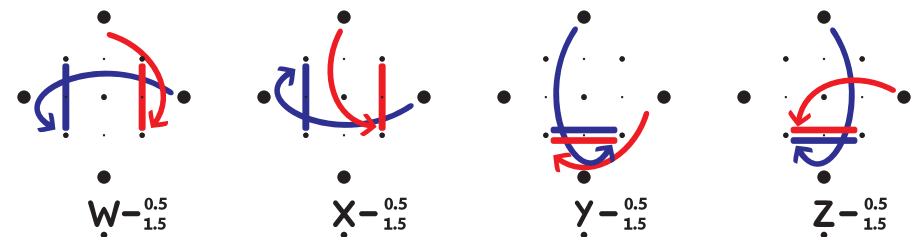
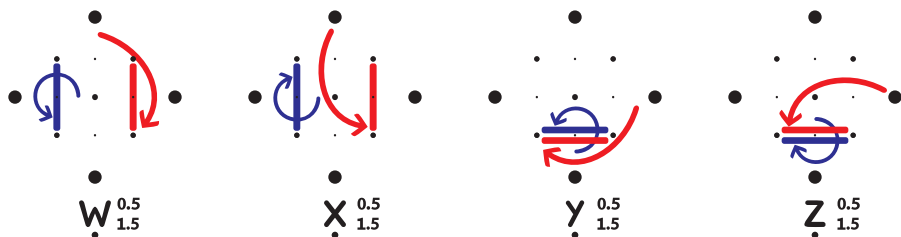
Same

Type 2 - **Shift**

Type 3 - **Cross-Shift**

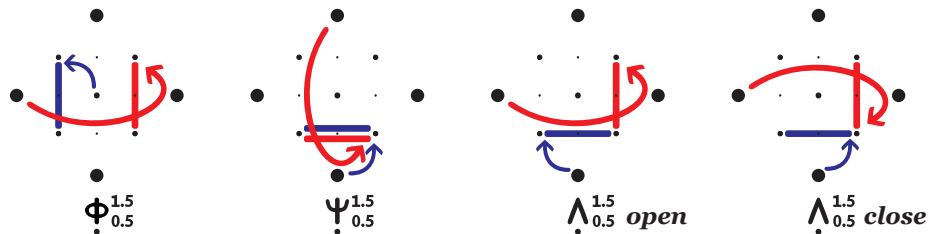
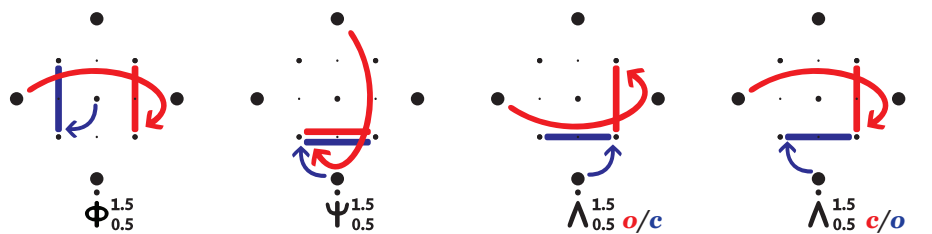


Opp

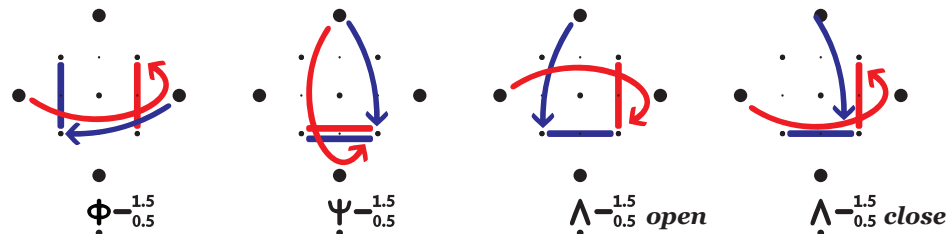
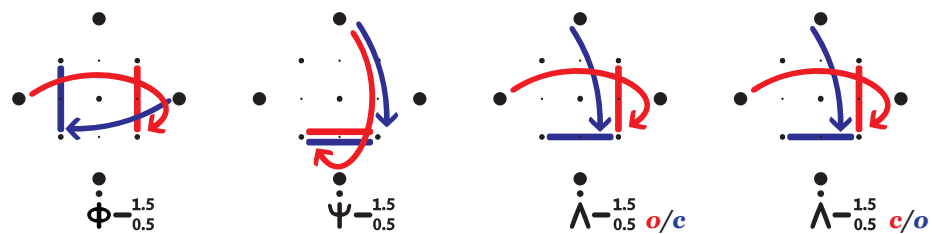


1.5 / 0.5

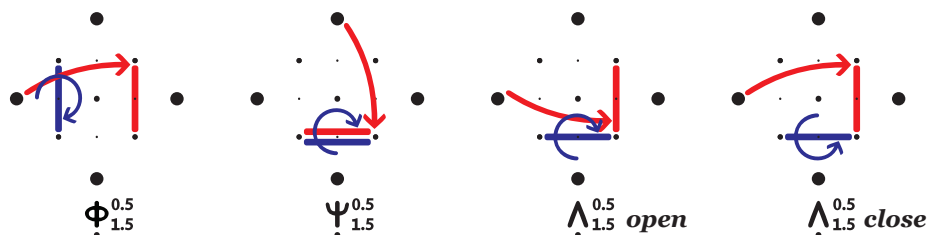
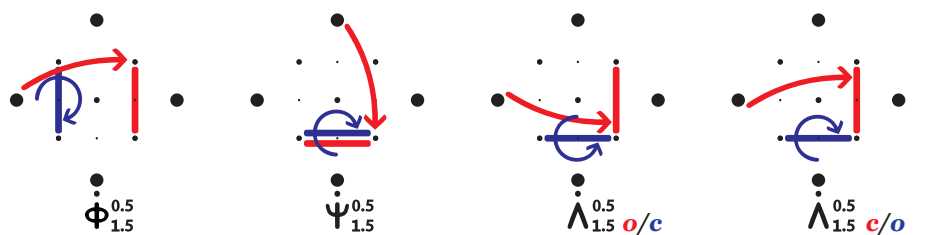
Type 4 - Dash



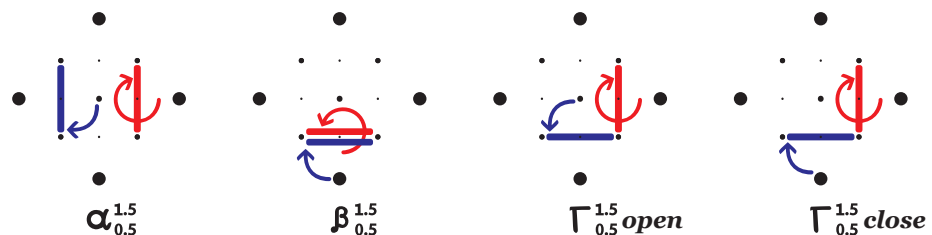
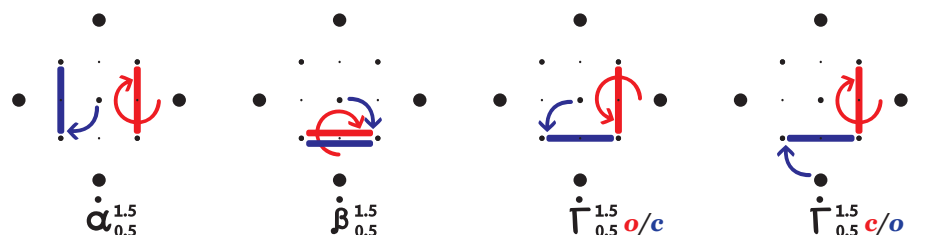
Type 5 - Dual-Dash



0.5 / 1.5

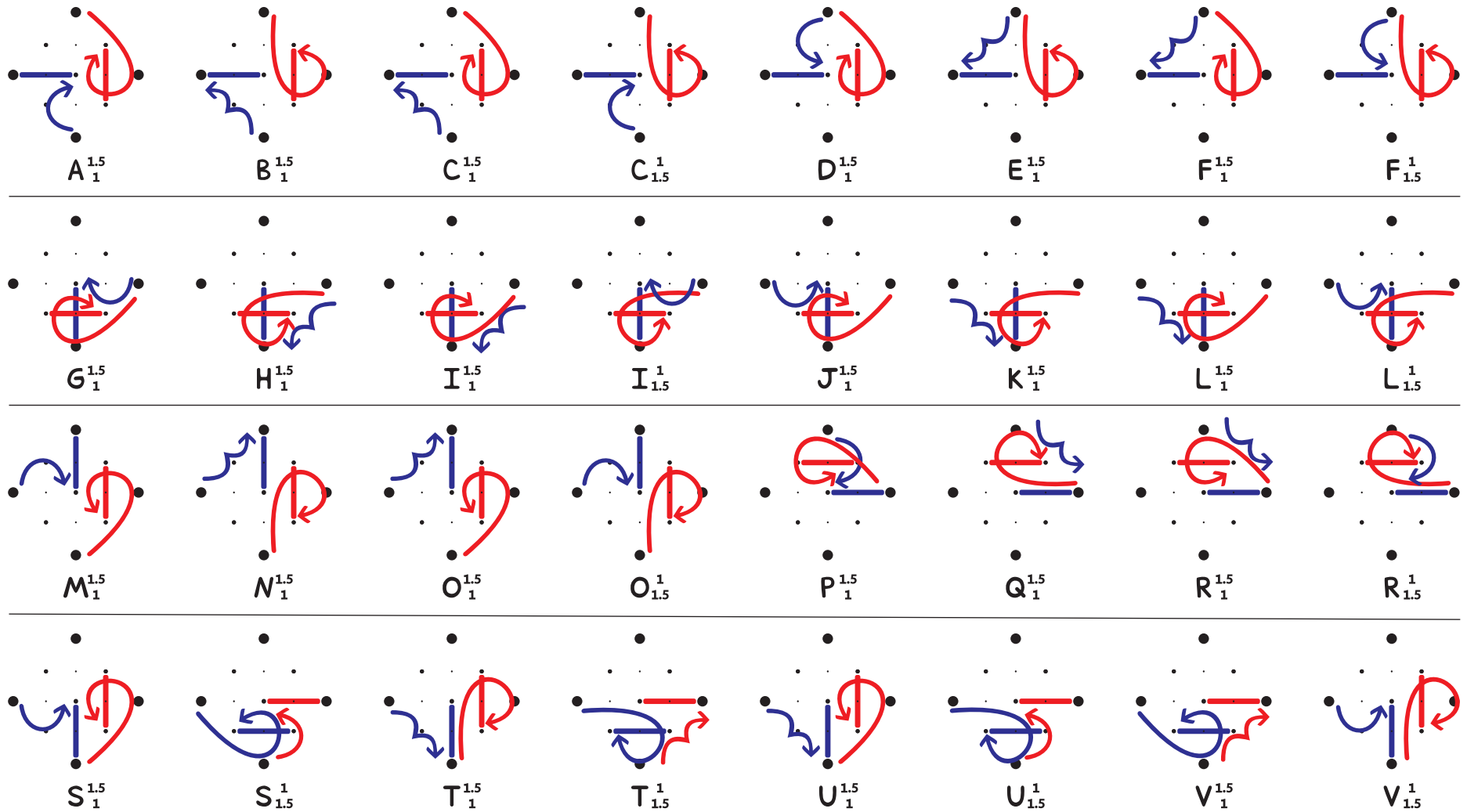


Type 6 - Static



1.5 | 1

Type 1 - Dual-Shift

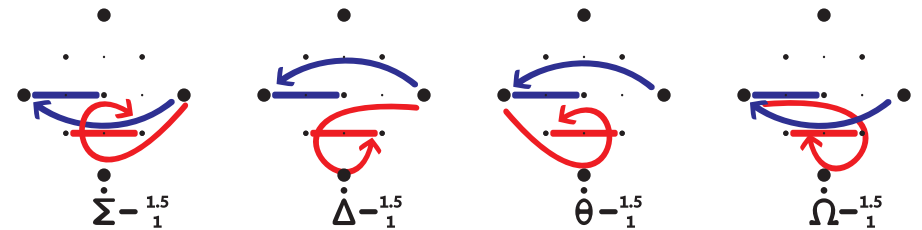
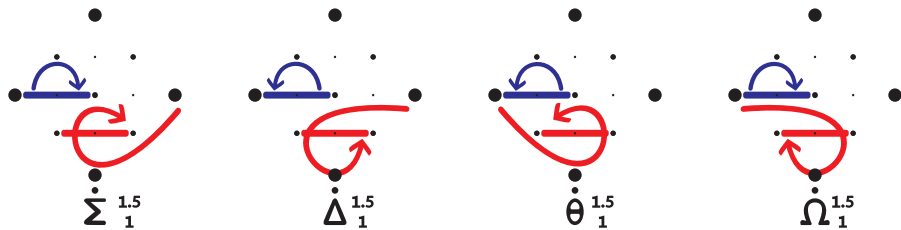
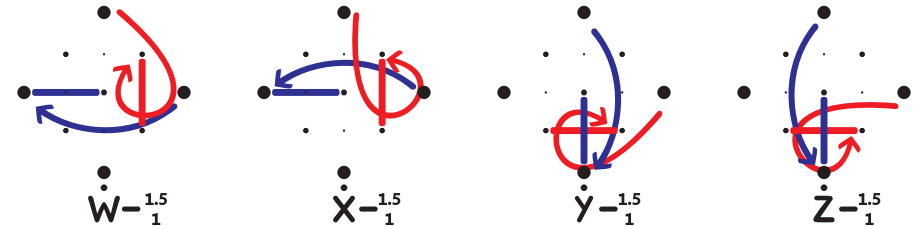
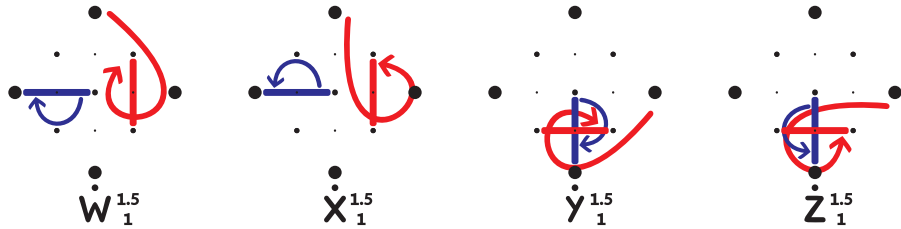


1.5 / 1

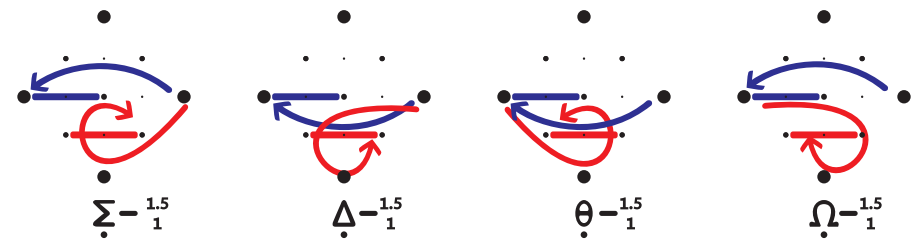
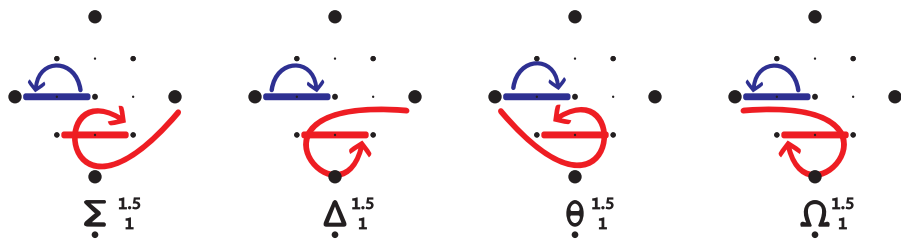
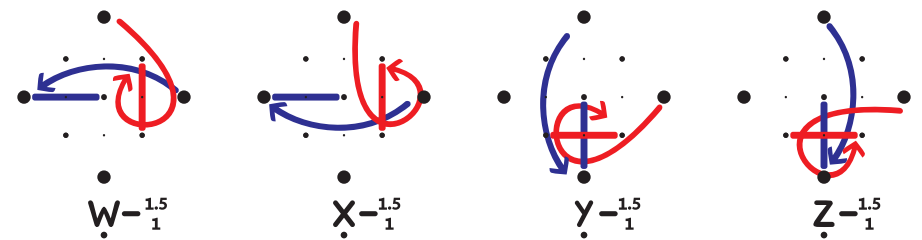
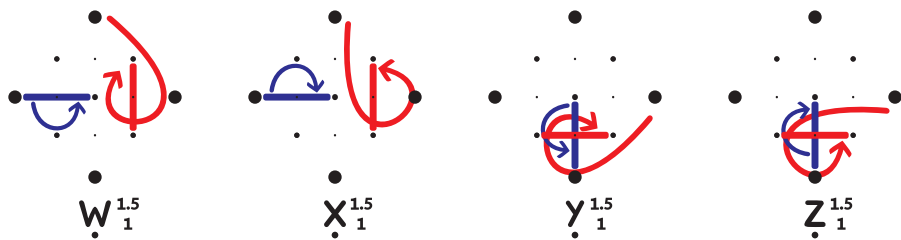
Same

Type 2 - **Shift**

Type 3 - **Cross-Shift**



Opp

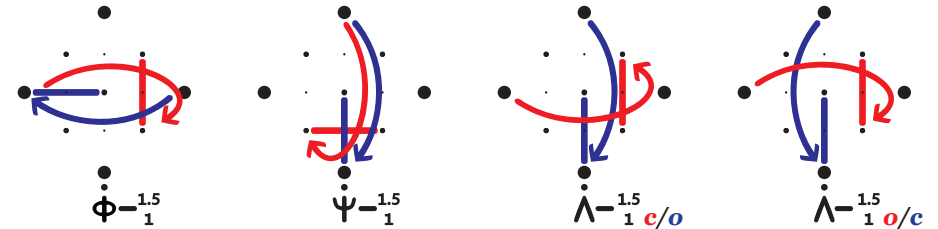
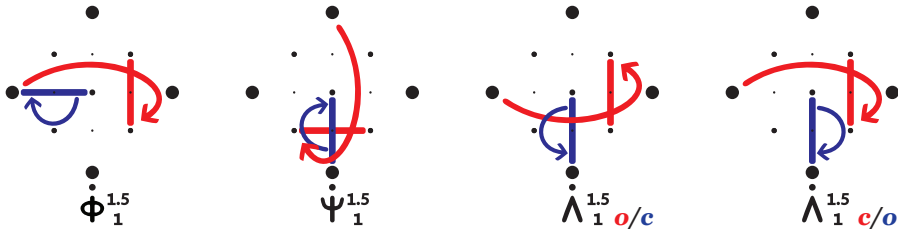


1.5 / 1

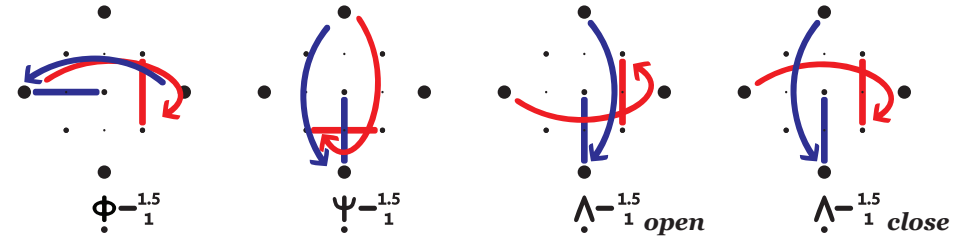
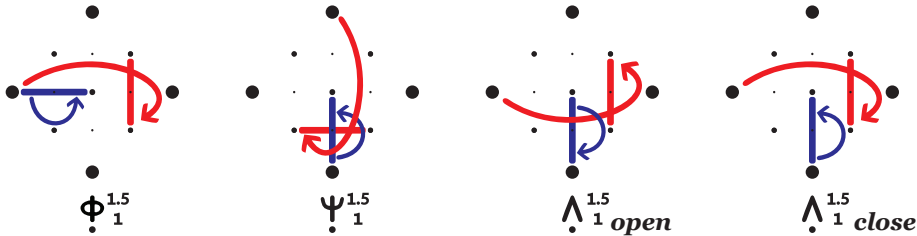
Type 4 - Dash

Type 5 - Dual-Dash

Same



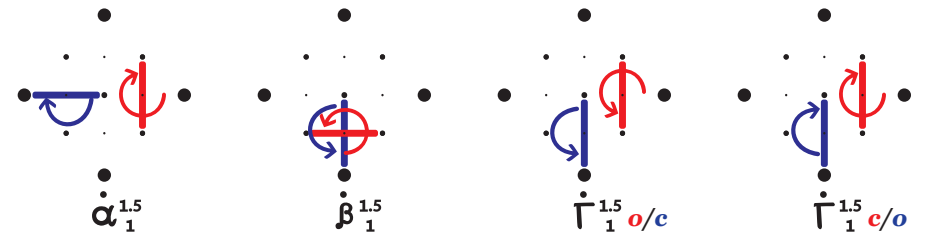
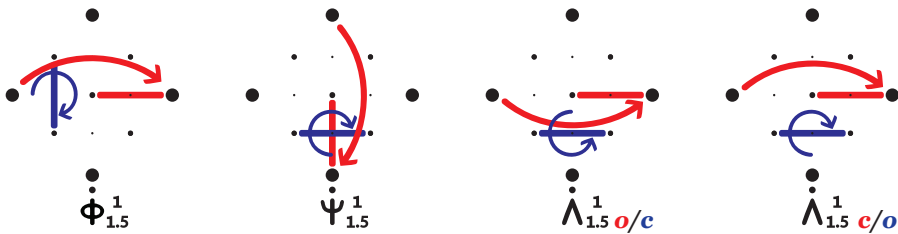
Opp



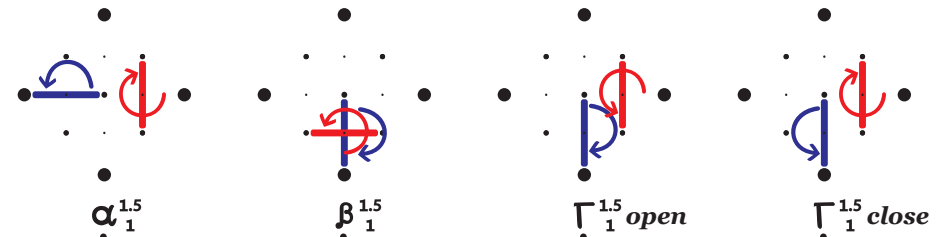
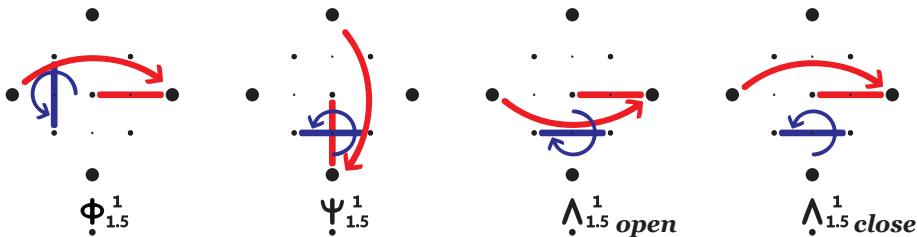
1 / 1.5

Type 6 - Static

Same

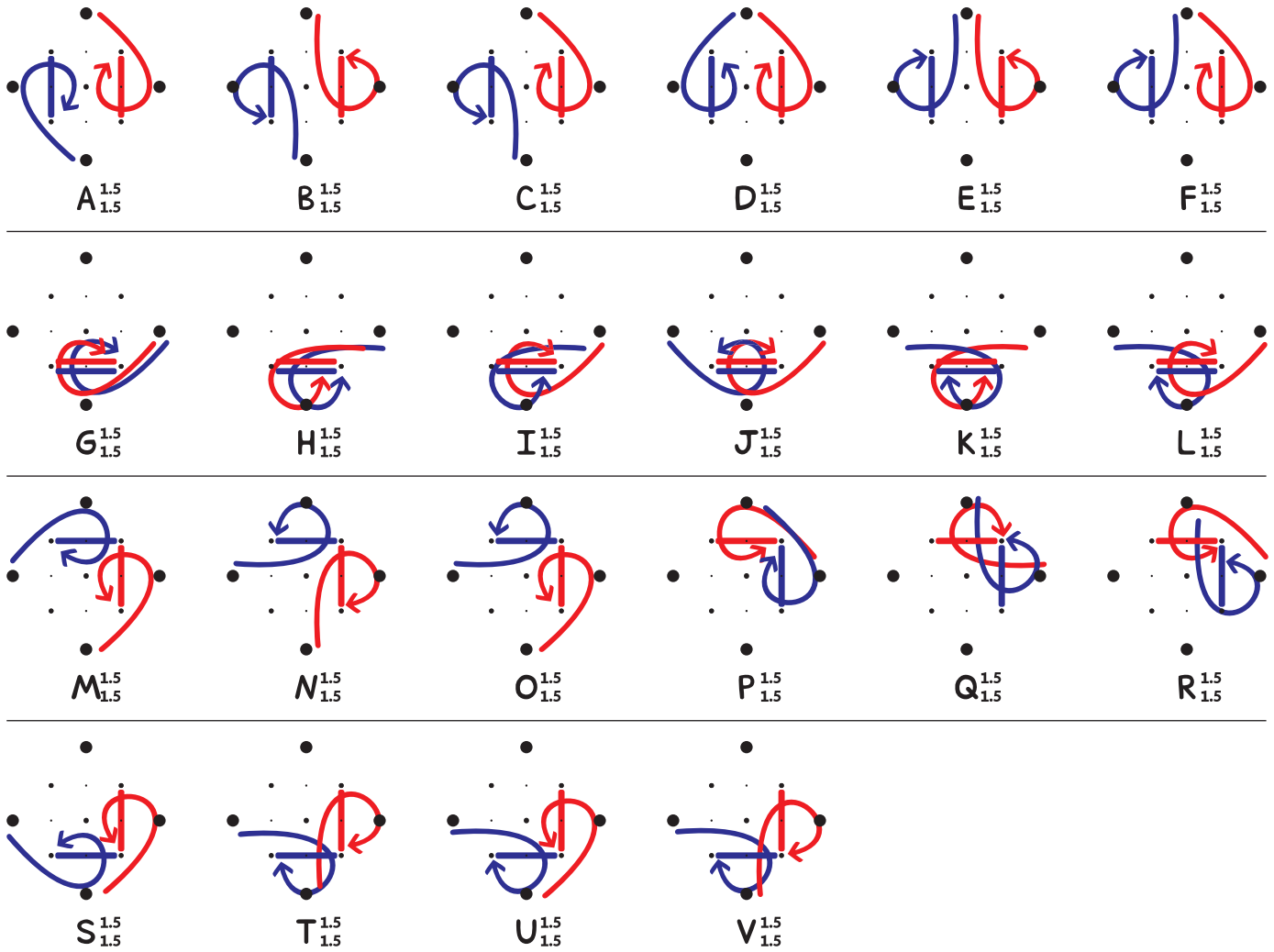


Opp



1.5 | 1.5

Type 1 - Dual-Shift

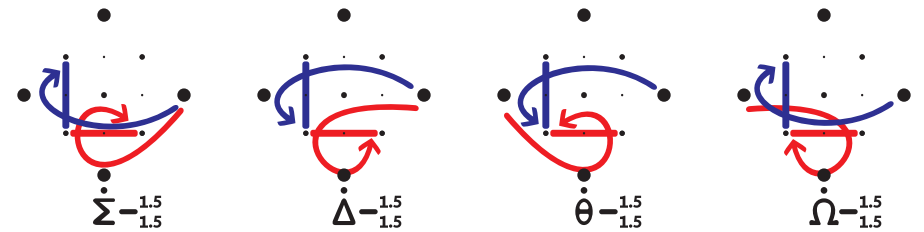
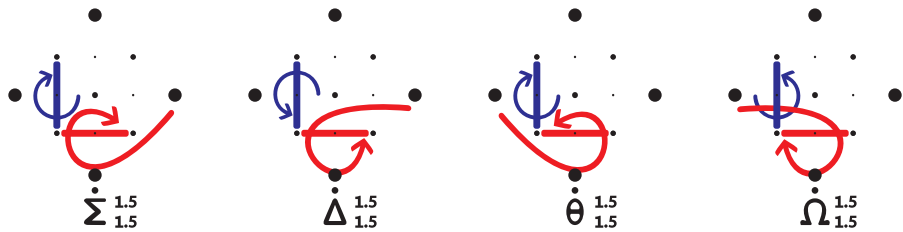
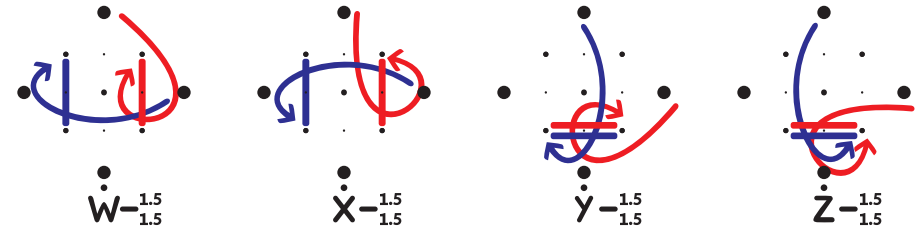
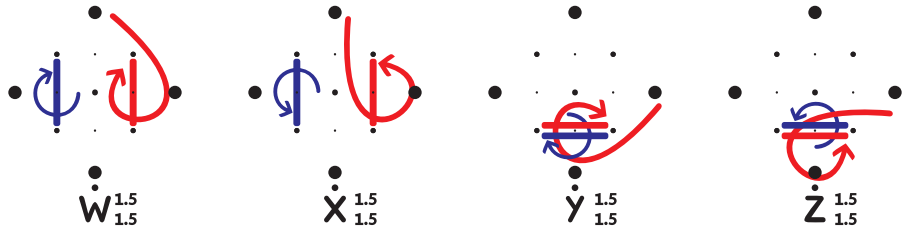


1.5 / 1.5

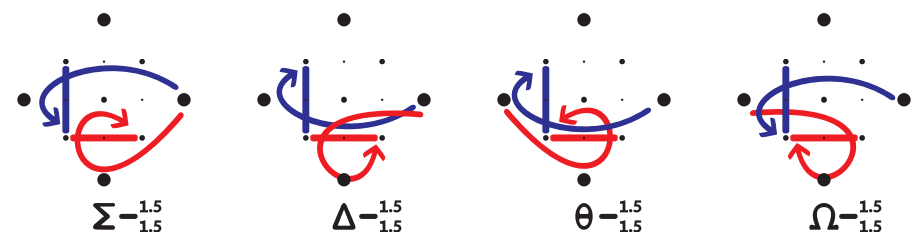
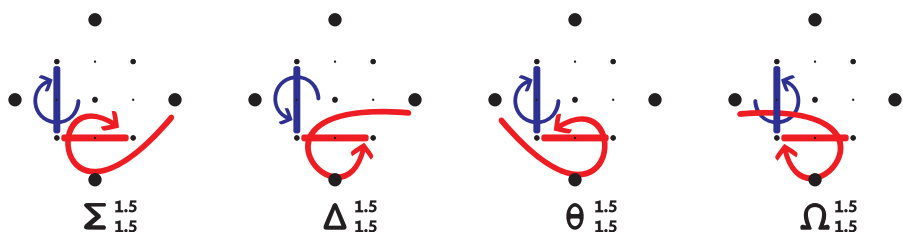
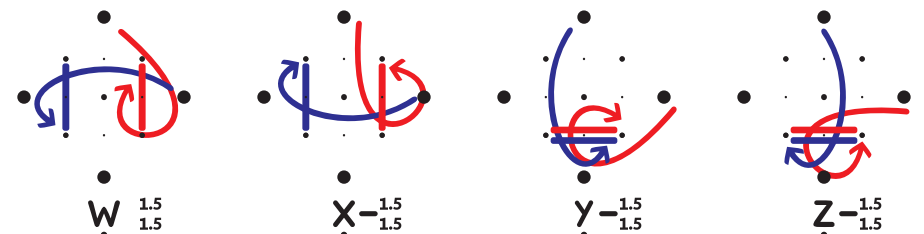
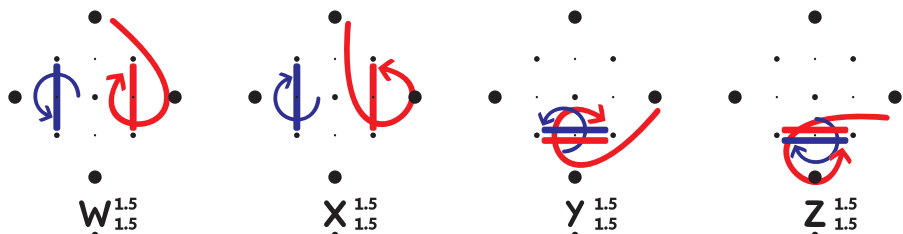
Same

Type 2 - **Shift**

Type 3 - **Cross-Shift**

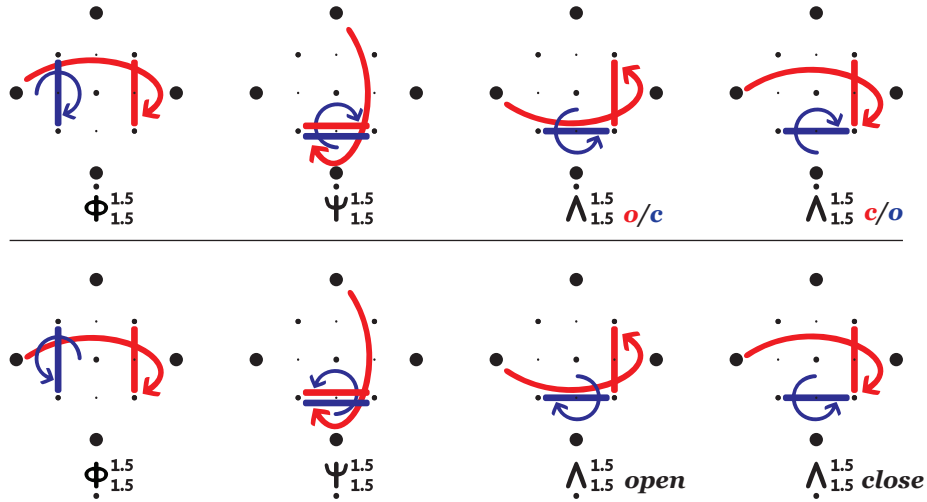


Opp

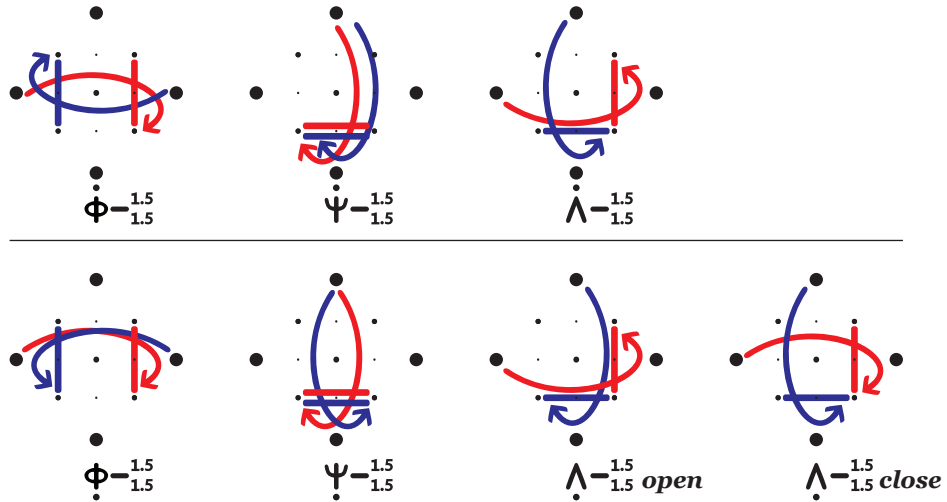


1.5 / 1.5

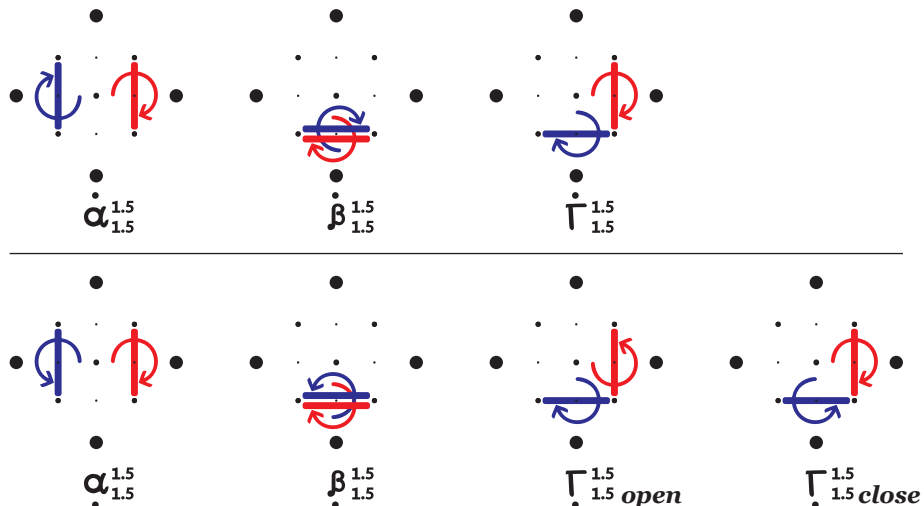
Type 4 - Dash



Type 5 - Dual-Dash

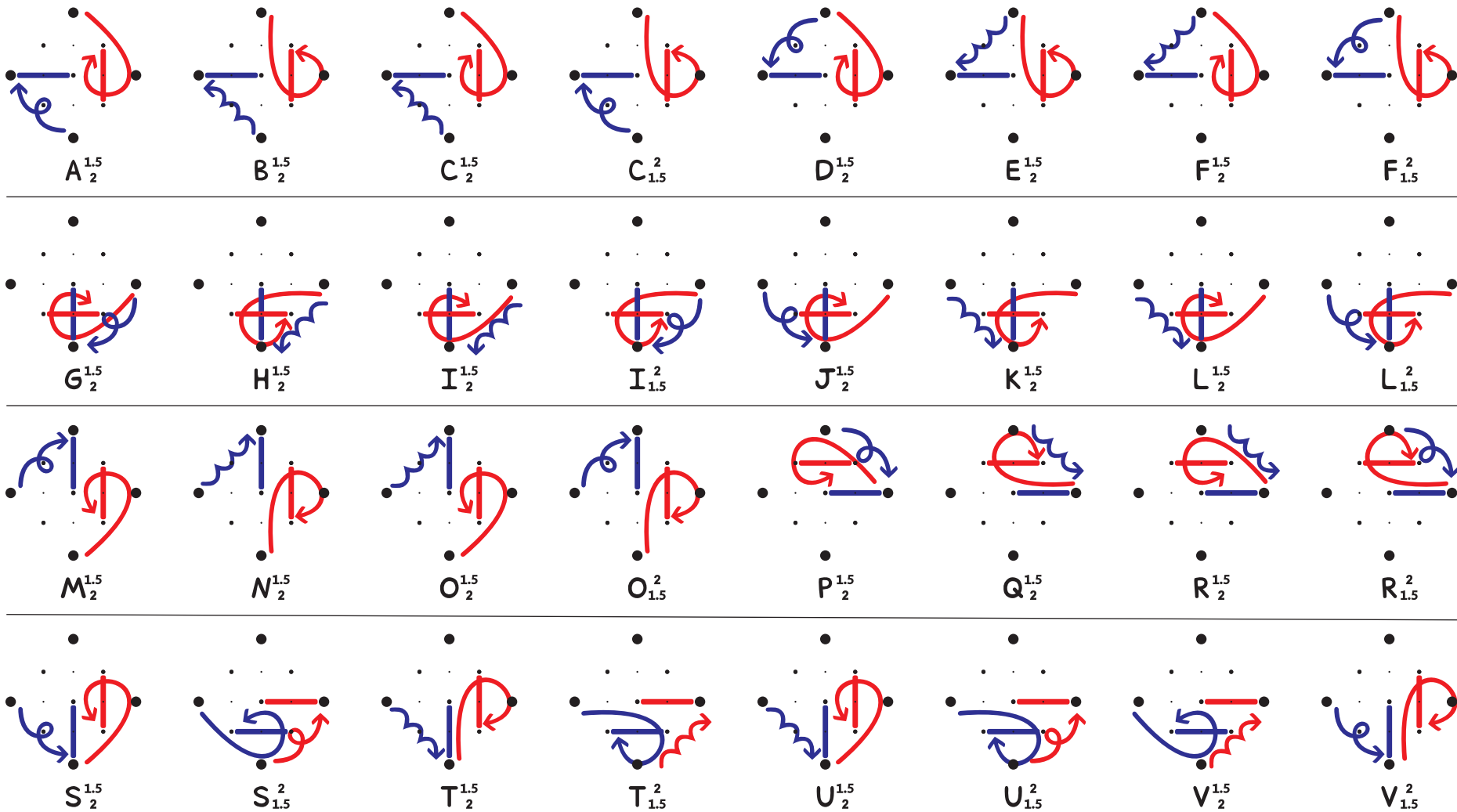


Type 6 - Static



1.5 | 2

Type 1 - Dual-Shift

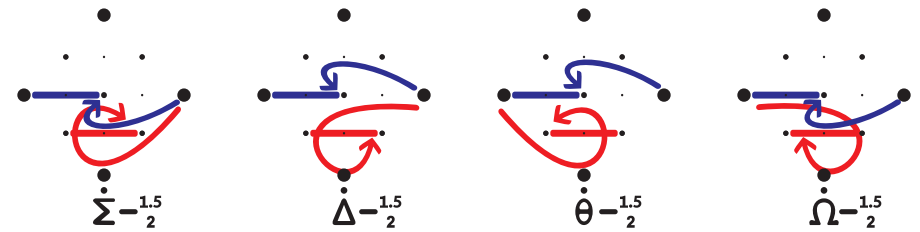
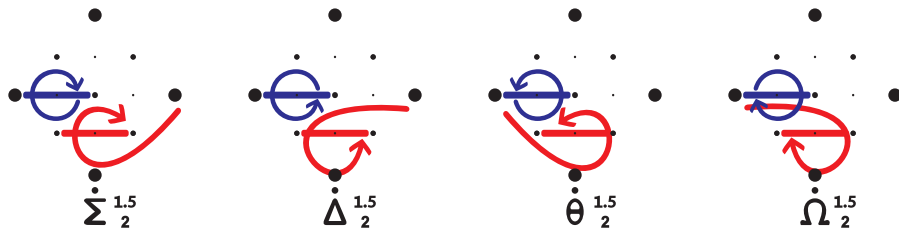
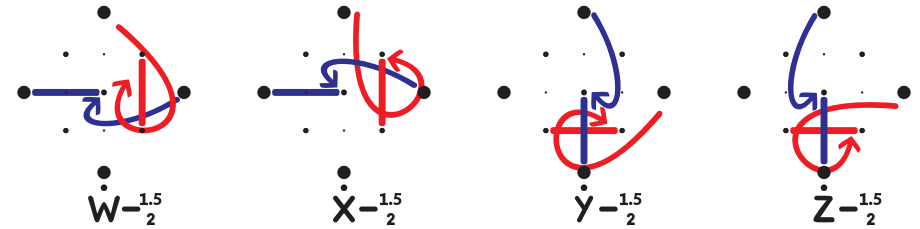
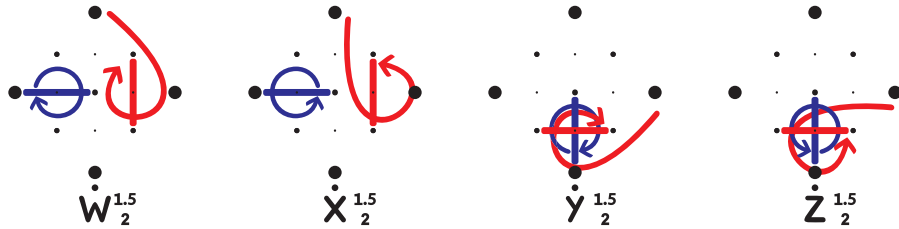


1.5 / 2

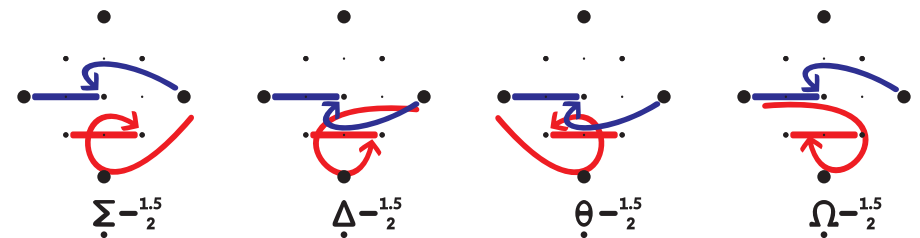
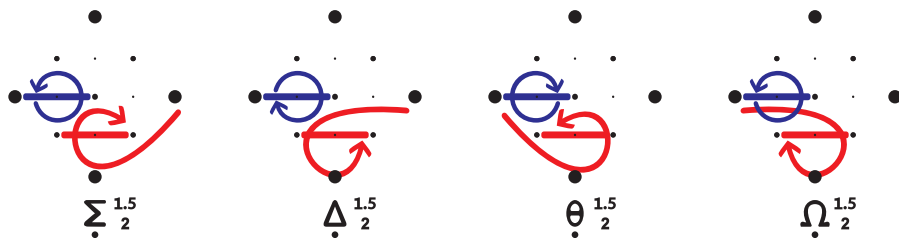
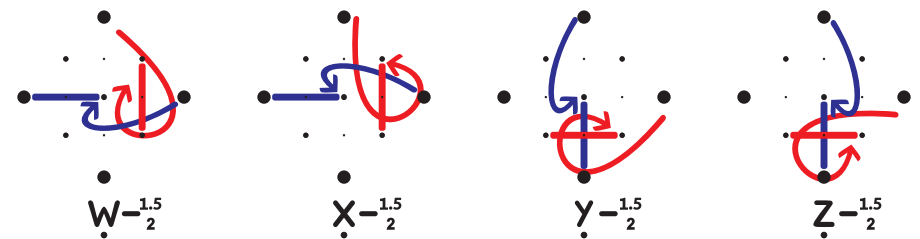
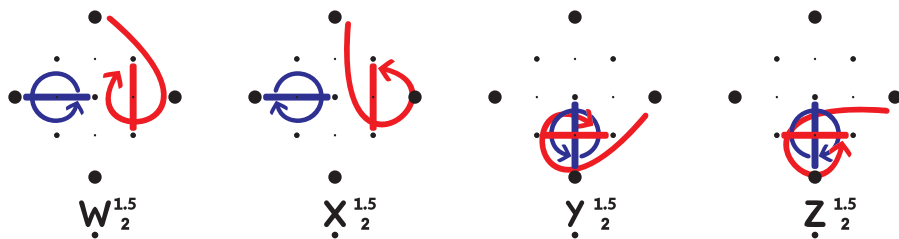
Same

Type 2 - **Shift**

Type 3 - **Cross-Shift**

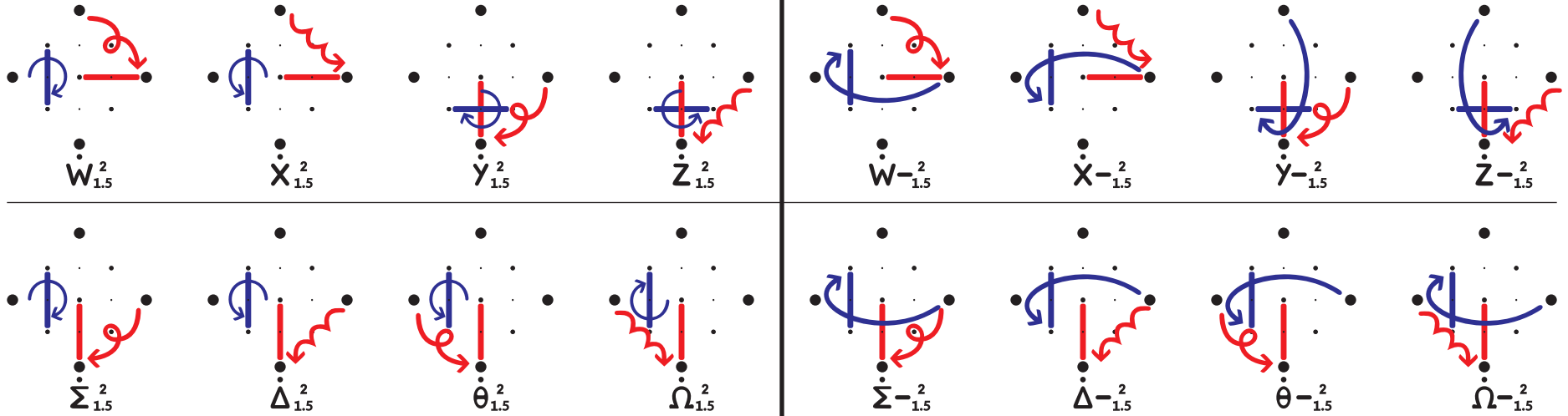


Opp

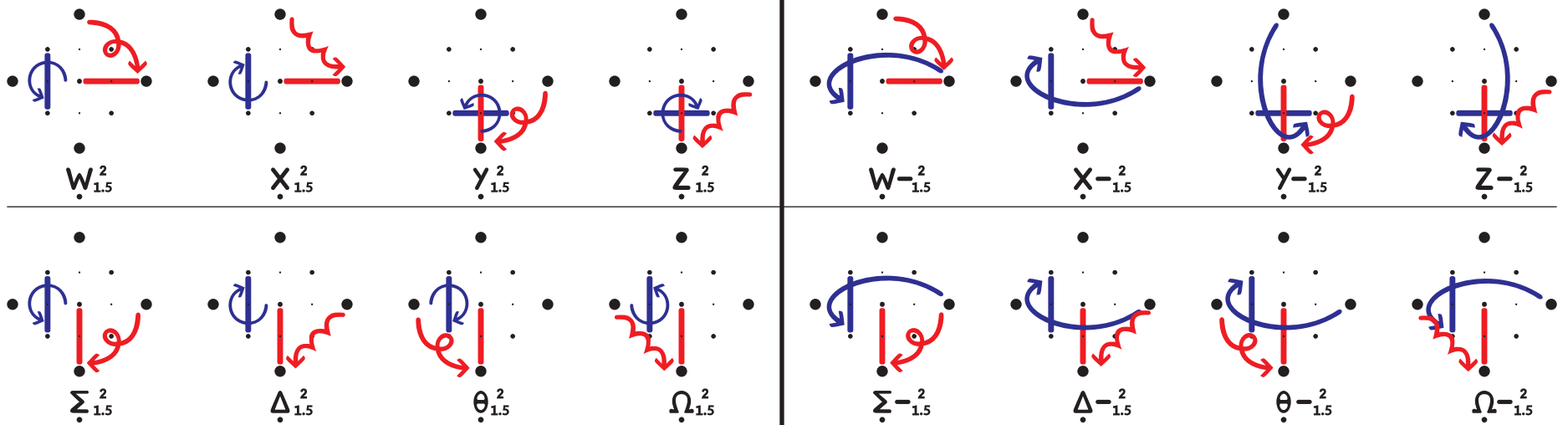


2 / 1.5

Same



Opp

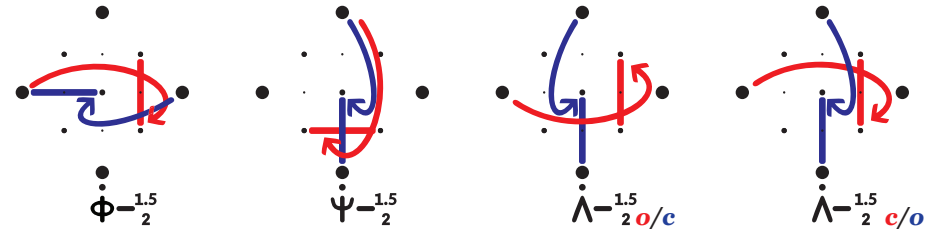
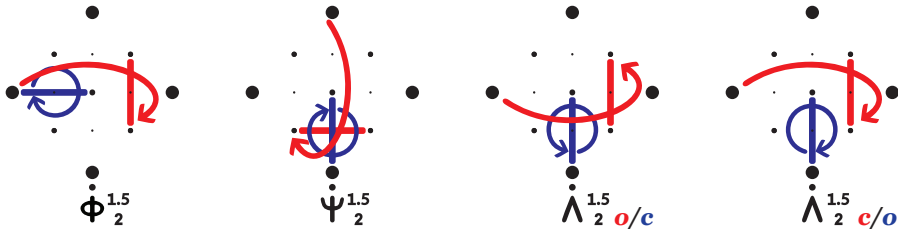


1.5 / 2

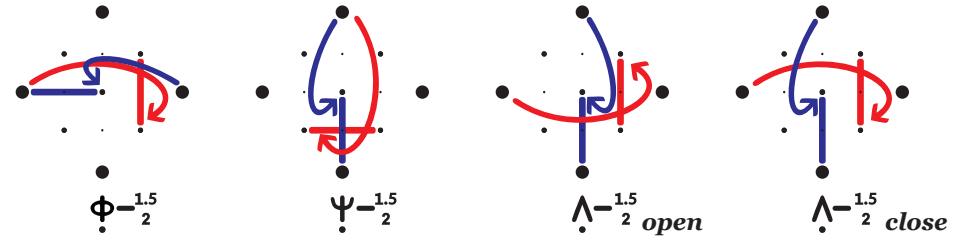
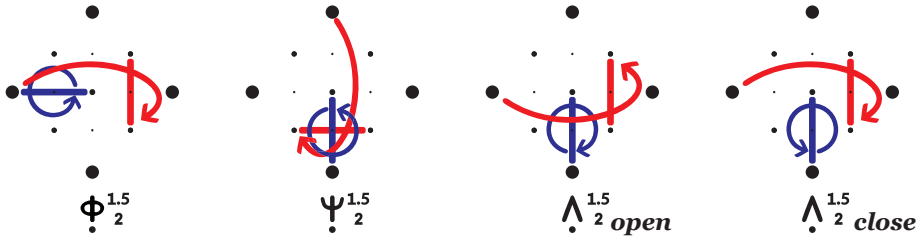
Type 4 - Dash

Type 5 - Dual-Dash

Same



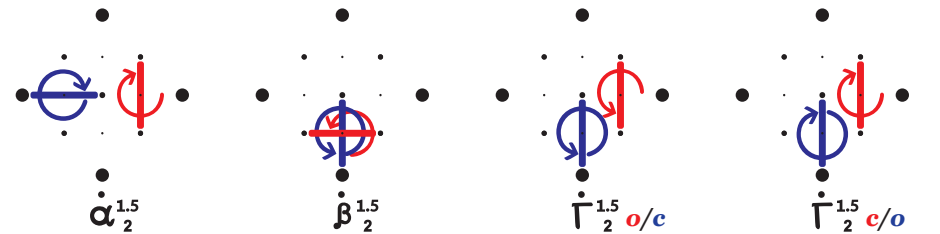
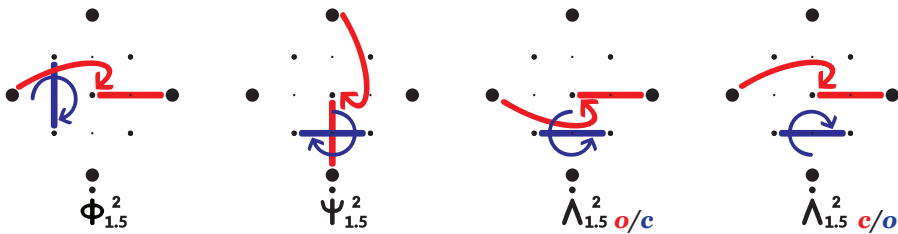
Opp



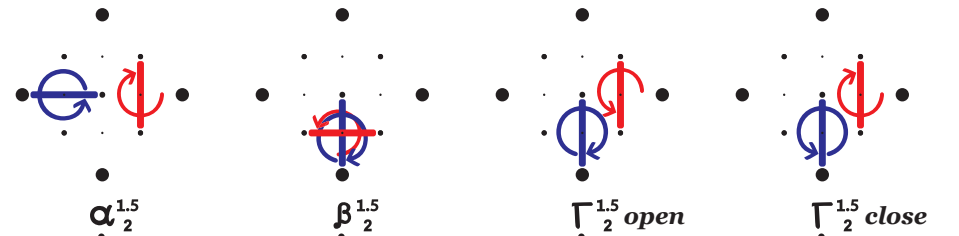
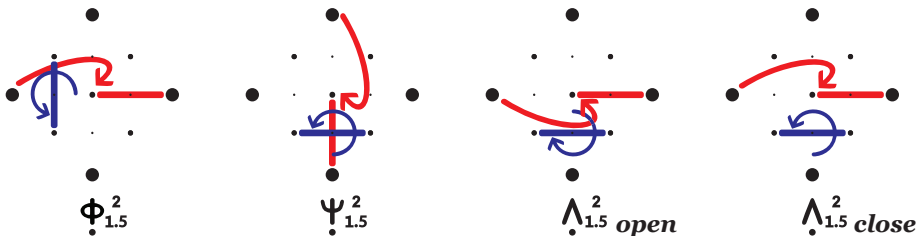
2 / 1.5

Type 6 - Static

Same



Opp



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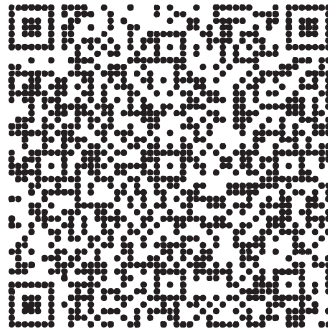
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