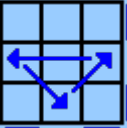
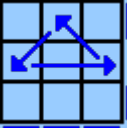
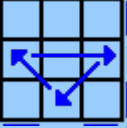
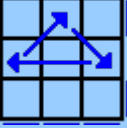
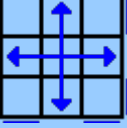
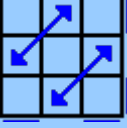
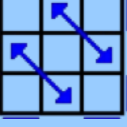
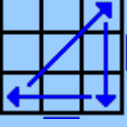
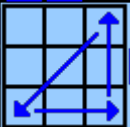


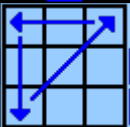
case	公式
	$R\ U'\ RU\ R\ U\ RU'\ R'\ U'\ R^2$
	$R'^2\ U'\ R'\ U'\ R\ U\ RU\ R\ U'\ R$
	$z\ U'\ RU'R'\ U'R'\ U'\ RURU'^2$
	$z\ U'^2\ RURU'R'\ U'R'\ U'RU'$
	$R^2\ U'^2\ R^2\ U'^2\ R^2\ U\ R^2\ U'^2\ R^2\ U'^2\ R^2\ U'$
	$\underline{UR'}U'R\ U'R\ U\ RU'\underline{R'}UR\ U\ R^2U'R'U$
	$\underline{R'U'}RU'R\ URU'\underline{R'}U\ R\ U\ R^2\ U'R'U'^2$
	$\underline{x'R^2}\ D^2\ R'\ U'\ R\ D^2\ R'\ U\ R'$



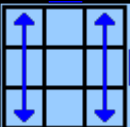
x' U' R U' zU'2 R D' R' U'2 R2



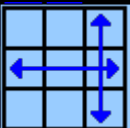
x' R U' R D2 R' U R D2 R2



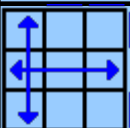
x' U'2 z U'2 U R U' z U'2 z'U R' U

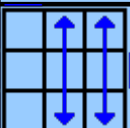


.x'R U' R' D R U R' D' R U R' D R U' R' u'

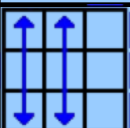


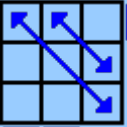
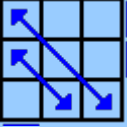
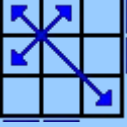
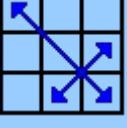
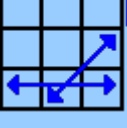
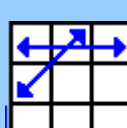
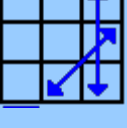
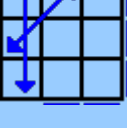
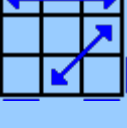
R U R' U' xR' U R2x' U' R' U' R U R' xU'

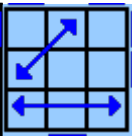
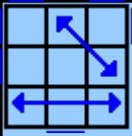
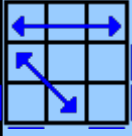
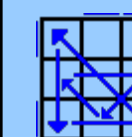
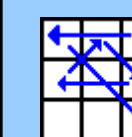
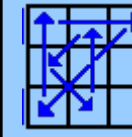
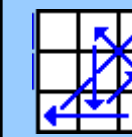




X R2 U R U'R' y R' U' R U x U2 R U' R'U R



	$R' U R' U' yx^2 R' U R' U' R^2 xz' R' U' R U R$
	$R U' z U' R D' z' U' R U' Z U R D' R^2 U' R^2 U$
	$R^2 U' R' U R U' \underline{x' U'} z' U' R U' R' U' z U R$
	$z U \underline{z' R^2} D R' U^2 R D' R^2 U' R U'^2 zU' R z' R' U'$
	$\underline{z U'} R D' R^2 U R' U' R^2 U z' R U'$
	$\underline{x' R^2} u' R' D y R^2 x'y' R' U R' U' R^2$
	$R U'^2 R' U' R U'^2 \underline{z U'} R D' z'U r$
	$z U D R^2 U' R' U R^2 D' R U' R'$
	$R' U^2 R U'x U' r x'\underline{U R'} U' z U' R y z' U' R U'$

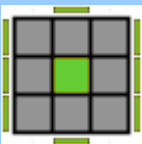
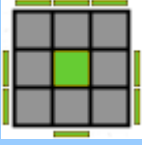
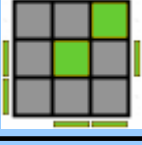
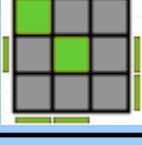
	$\underline{U'y} R' U^2 R U'x U' r x'U R' U' z U' R y z' U' R$
	$R U^2' R' U^2 x' R U' R' x U' R U x'R U R^2' x U$
	$z U R^2 U' R yz'^2 R U' z' U' R U r x'y U' r U' r$
	$R^2 u' R U' R U z U' \underline{x'R} U^2 x'z R U' R'$
	$y^2 R^2 u' R U' R U z U' x' U^2 x'z R U' R'$
	$R U R' y' R^2 u' R U' R' U z U' \underline{R x'} U^2$
	$\underline{zURU'z'} y R^2 u' R U' R' U z U' \underline{R x'} U^2$

专门为单手所设计，部分公式可能会引起双手操作不顺手，属于正常现象。

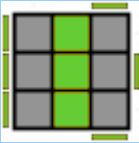
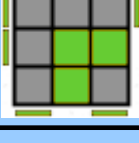
注：UR'/Ur'用食指连贯完成 R'U用尾指(或无名指+尾指)连贯完成。L转半个z用食指完成

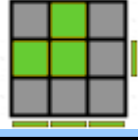
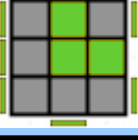
双下划线表示动作与整体转动要一起完成下划线表示左手食指

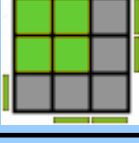
大多数Z转动只需要转半个，例如动作为L2，则Z转半个变成U2，不需要完全到位，怎么顺手怎么来。

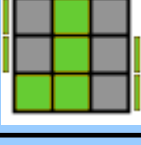
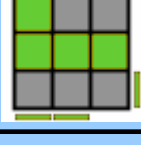
		【OH-OLL双向公式】
编号	CASE	公式
1		$r\ U^2\ R^2\ U'\ R\ U'\ r'\ U^2\ x\ U\ R\ U'\ x'$
		$(r'\ U'\ R\ U'\ R'\ U^2\ r)\ U\ (r\ U^2\ R'\ U'\ R\ U'\ r')$
2		$(r\ U\ r')\ U^2\ R\ U^2\ R'\ U^2\ (r\ U'\ r')$
		$(r'\ U'\ r)\ R'\ U'\ R\ U'\ R'\ U\ R\ U^2\ (r'\ U\ r)$
3		$(r'\ R^2\ U\ R'\ U)\ (r\ U^2\ r'\ U)\ (r\ R')$
		$z\ u'\ (U^2\ R\ U'\ R)\ u\ (R^2\ u'\ R\ U')\ u\ z'$
4		$(r\ R^2\ U'\ R\ U')\ (r'\ U^2\ r\ U')\ (r'\ R)$
		$z\ u\ (U^2\ R'\ U\ R')\ u'\ (R^2\ u\ R'\ U)\ u'\ z'$

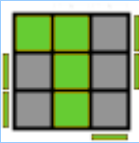
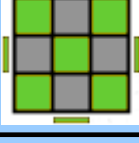
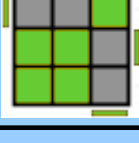
5		$(r' R U) (R U R' U') r R^2 x U R U' x'$
		$r U'^2 (R' U' R U' r^2 U'^2) (R U R' U r)$
6		$r' U' R U' R' U'^2 r^2 U R' U R U'^2 r'$
		$r U R' U R U'^2 r^2 U' R U' R' U'^2 r$
7		$(r U' r') y' r' R^2 U R U' R' U' R' r$
		$x' R U' R' u' yz R^2 U R U' R' U' R' r$
8		$r U'^2 R' U' R^2 r' U R' U' r U' r'$
		$R U'^2 R^2 U' R U' R' U'^2 x U R U' x'$
9		$(R' U' R U') (R' U) y' (R' U R) y R$

		$z' U r u' z^2 (R U R' U') R U R' x U' R'$
10		$r y (R U R' U')^2 y' r'$
		$R y (U R U' R')^2 y' R'$
11		$(r U r') (U R U' R')^2 (r U' r')$
		$U' (r U r') (U R U' R')^2 (r U' r')$
12		$R y (R U R' U')^2 y' R'$
		$r U y' z (U R' U' R U R' U') y' R'$
13		$r' U' y z (U' R U R' U' R U) y R$
		$(R' U') x (R' U R U')^2 x' U R$

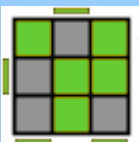
14		$z (u R') (u^2 R u^2 R u^2) R' u z'$
		$r U' r^2 U r^2 U r^2 U' r$
15		$r' U r^2 U' r^2 U' r^2 U r'$
		$z (u' R) (u^2 R' u^2 R' u^2) R u' z'$
16		$(r' U^2) (R U R' U' R U R' U r)$
		$r' U' (R U' R' U) (R U' R' U^2) r$
17		$(r U^2) (R' U' R U R' U' R U' r')$
		$r U (R' U R U') (R' U R U^2) r'$
18		$r' R^2 U^2 R' U' R U' R' U' R' r$

		$(R\ U\ R'\ U')\ (R'\ F\ R^2)\ (U\ R'\ U')\ F'$
19		$r\ R^2\ U'^2\ R\ U\ R'\ U\ R\ U\ R\ r'$
		$(R\ U\ R'\ U)\ x\ (R'\ U\ R\ U')\ x'\ (R\ U'^2\ R')$
20		$(r\ U'^2)\ (R'\ U'\ R\ U)\ r'$
		$z\ u\ R^2\ U'\ R'\ U\ R'\ u'\ z'$
21		$(r'\ U'^2)\ (R\ U\ R'\ U)\ r$
		$z\ u'\ R^2\ U\ R\ U'\ R\ u\ z'$
22		$r\ U\ R'\ U\ R\ U'^2\ r'$
		$z\ u\ R\ U'\ R\ U\ R^2\ u'\ z'$

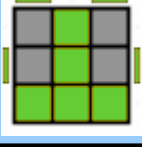
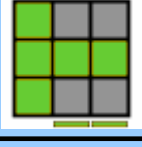
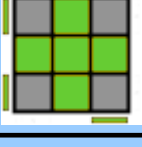
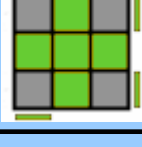
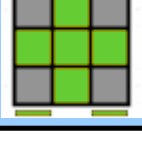
23		$r' U' R U' R' U^2 r$
		$z u' R' U R' U' R^2 u z'$
24		$(r R^2 U') (R U' R' U^2 R U' R) r'$
		$z u U^2 (R' U R' U') R^2 U R' u' U z'$
25		$r' (R^2 U R' U) (R U^2 R' U R') r$
		$(r U R' U) x (R' U R U') x' (R U^2 r')$
26		$z U' R' x' U' R^2 U R U' R' U x' z' R$
		$(r' U r U r' U' r) y (R U' R')$
27		$(r U' r' U' r U r') y' (R' U R)$

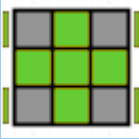
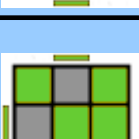
		$r y (R U R^2 U' R' U R U') y' r'$
28		$(r U r') (R U R' U') (r U' r')$
		$x' (R U R') x z (U R U' R') z' x' (R U' R') x$
29		$(r' U' r) (R' U' R U) (r' U r)$
		$x (R' U' R) x' z (U' R' U R) z' x (R' U R) x'$
30		$(r' R U) (R U R' U') (r^2 R^2 U) (R U' r')$
31		$(R U'^2) x (R^2 U R U') x' (R U'^2 R')$
		$z (U' R^2 U'^2) y' (R' U' R) z' (r' U'^2 r) x'$
32		$R y (R U' R' U' R U) y' R'$

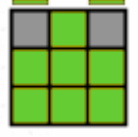
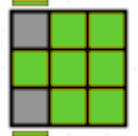
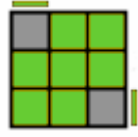
		$z U x (U R' U' R' U R U') x z' R'$
33		$(R U R' U R U' R' U') x (R' U R U') x'$
		$z (U R U' R) (U R' U' R') z' (r' U r) y R'$
34		$(R' U' R U' R' U R) x' (R U' R' U) x$
		$z (U' R' U R') (U' R U R) z (r U' r') y' R$
35		$R U x' U' x (U' R' U R) x' U R' x$
		$r R' y (R U R' U') x' z' U' R U z U' z'$
36		$R' U' F (U R U') x (R' U' R) x'$
		$r' y z (U' R U) x' z' (r U' r' U' r)$

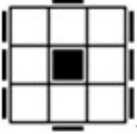
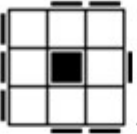
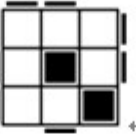
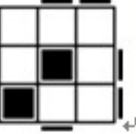
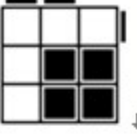
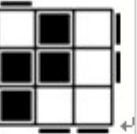
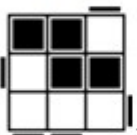
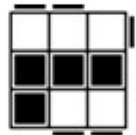
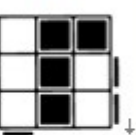
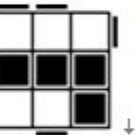
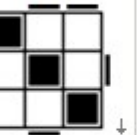
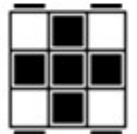
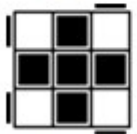
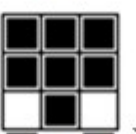
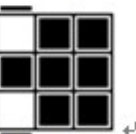
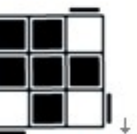
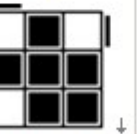
37		$r y (R U R' U') y' r'$
		$R y (U R U' R') y' R'$
38		$r' y' (R' U' R U) x' z' R$
		$R' U' y z (U' R U) x' z' R$
39		$(R' U'^2 R) x' z R^2 U' R^2 D (R U R' D')$
		$(r U'^2 R' U' R U' r') (R' U'^2 R U R' U R)$
40		$x' (R U' R' U) x (R' U'^2 R) y' z (R U R U') z'$
		$x' R U R' D R U'^2 R U R^2 D'$
41		$(R U' R' U'^2 R U) y (R U' R' U') x U' x'$

		$(R\ U\ R'\ U\ R\ U^2\ R')\ U'\ R\ y\ (R\ U\ R'\ U')\ y'\ R$
42		$(R'\ U\ R\ U^2\ R'\ U')\ yz\ (U'\ R\ U\ R)\ x\ U\ z'$
		$(R'\ U'\ R\ U'\ R'\ U^2\ R)\ U'\ R\ y\ (R\ U\ R'\ U')\ y'\ R$
43		$(R'\ U'\ R)\ y\ (R\ U\ R'\ U')\ yz\ U'\ R^2\ U\ z'$
		$(r'\ U\ r\ U\ r')\ y'\ R'\ U'\ R\ x'z'\ R$
44		$(r\ U'\ r'\ U'\ r)\ y\ R\ U\ R'\ xz'\ R'$
		$x'\ R\ U'\ x\ (R'\ U'\ R\ U)\ x'\ U\ x\ U'\ R'$
45		$(R'\ U')\ x\ (R'\ U\ R\ U')\ x'\ U\ R$
		$z\ U'\ R'\ U'\ y\ R\ U\ R'\ y'\ R\ U\ z'$

46		$(R' U' R U) y r (U R' U' R) r'$
		$(R U R^2 U') (R' F R U R U') F'$
47		$R y (R U R' U') y' R'$
		$r y (U R U' R') y' r'$
48		$(R U R' U') x (R' U R U') x'$
		$z' (U' R' U R) z (r U' r') y' R$
49		$R U'^2 R^2 U' R^2 U' R^2 U'^2 R$
		$z U R^2 U'^2 R' U'^2 R' U'^2 R^2 U z'$
50		$R U'^2 R' U' R U R' U' R U' R'$

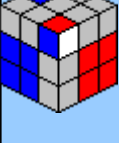
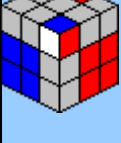
		$R' U' R U' R' U R U' R' U^2 R$
51		$R U R' U R U^2 R'$
		$z' U R U' R U R^2 U' z$
52		$R' U' R U' R' U^2 R$
		$z' U' R' U R' U' R^2 U z$
53		$R U R' U' r R' U R U' r'$
		$U' R U R' U' r R' U R U' r'$
54		$r U R' U' r' R U R U' R'$
		$x' R U' R U^2 L' U L U^2 R^2 x$

55		$(R^2 D') (R U'^2) (R' D) (R U'^2 R)$
		$(R^2 D) (R' U'^2) (R D') (R' U'^2 R')$
56		$(r U R' U') x (r' U R U') x'$
		$x' (R U R' D) (R U' R' D') x$
57		$F' (r U R' U') L' U R x'$
		$x' (R U' R' D) (R U R' D') x$

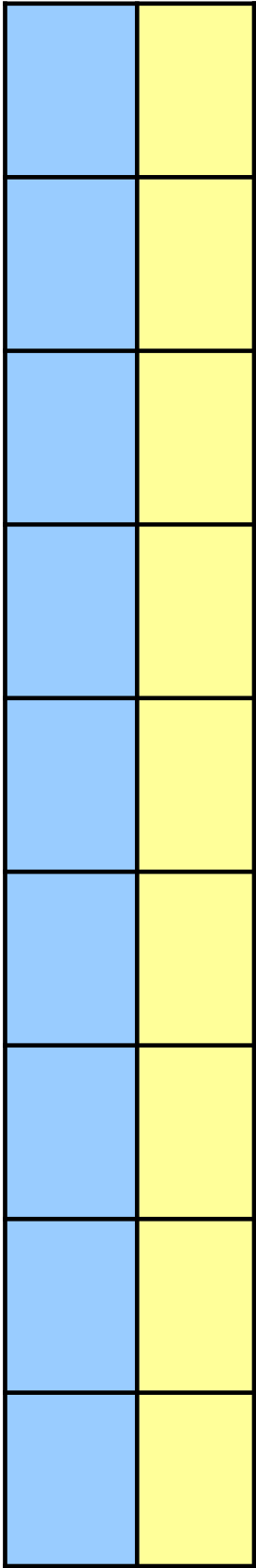
1 ↺  ↺	2 ↺  ↺	3 ↺  ↺	4 ↺  ↺	5 ↺  ↓ $(r' U2)(R U R' U) r$ ↺	6 ↺  ↺ $(r U2)(R' U' R U' r')$ ↺	7 ↺  ↺ $(r U)(R' U R U2 r')$ ↺	8 ↺  ↺ $(r' U' R U')(R' U2 U)$ ↺
11 ↺  ↺ $r'(R2 U R' U)(R U2 R' U)(r R')$ ↺	12 ↺  ↺ $(r R2 U' R U')(R' U2 R U' R) r'$ ↺	13 ↺  ↺ $(r U' r' U')(r U r') y z U' R U$ ↺	14 ↺  ↺ $(R' U') y z (U' R2 U R U' R' U) F$ ↺	15  ↺ $(r' U' r)(R' U' R)(U' r' U r)$ ↺	16  ↺ $(r U r')(R U R' U')(r U' r')$ ↺	17  ↺	18  ↺
21  ↺ $(R' U2)(R U R' U')(R U R')(U R)$ ↺	22 ↺  ↺ $R U2 (R2 U' U')(R2 U') R2 U2 R$ ↺	23 ↺  ↺ $R2 D(R' U2 R z' R' z)(R' U2 R')$ ↺	24 ↺  ↺ $(r U R' U') z (U' R z' R U')$ ↺	25  ↺ $x'(R U' R' D)(R U R' u') z'$ ↺	26  ↺ $R' U' R U' R' U2 R$ ↺	27  ↺ $R' U2 R U R' U R$ ↺	28  ↺ $(r U R' U' R U)(R' U' R)$ ↺

31 r $U2R'U'R2U'$ $L'UR'U'$	32 ↺ z $u'R2URU2R$ $DR'UR$	33 ↺ $(RUR'U')z$ $u'Rz'$ RU'	34 ↺ $(R'U'R U)$ $y(rUR'U')r'R$	35 $(RU2R2)x$ $(URU')x'(RU2R')$	36 $(R'U'RU')$ $(R'URUR)$ $x'(U'R'U)x$	37 ↺ $Ry(RU'R'URU$ $R')xU'x'$	38 $(RUR'U$ $(RU'R'U$ $x(URU')$
41 ↺ $RUR'U(RU2R')U'R$ $y(RUR'U')$ yzU'	42 ↺ $r'R2y(RUR'U')$ $y'R'UR'r$	43 ↺ $R'yz(U'R'UR)yR$	44 ↺ $RUyR$ $U'R'xU'x'$	45 $Ry(RUR'U')yzU'$	46 $(R'U'zu'Rz')$ $RU'x'UR$	47 ↺ $F'z(U'R'UR)*2xU$	48 $Ry(RUR'U)*2xU$
51 $Ry(URU'R')*2xU'$	52 ↺ $(RUR'U)(Rd')$ $(RU'R')xU'x'$	53 ↺ $(r'U2)(RU'R'U)(RU'R'U)r$	54 ↺ $(rU2)(R'UR'U)(RU'R'U)r'$	55 $(RU2)(R2U')R$ $U'R'U2x(URU')x'$	56 $(RU2L'UR'U'rU2)z$ $URU'R$	57 $(RU'R'U'r)(R'U)(RU'r')$	↺

		右手单拧F2L			
A0		L' U2 L U' L' U2 L d' L U L'	A1		y' z' L U L' U' L' z y L' U L
B1		L' U' L U L' U' L U L' U' L	A2		U' L' U L U y' z' U L' U'
B2		L' U L d' L U L'	T1		y L U L'
C1		L' U L U L' U' L U2 L' U L	C2		L' U L U' L' U2 L U' L' U L'
D1		L' U L U L' U L d' L U L'	D2		L' U' L U L' U L U2 L U L'
E1		L' U L U' L' U L	E2		y' z' U L' U' L U L' U'
F1		y U' L U L' U' L U L'	F2		U L' U' L U L' U' L
G1		U L' U L U2 L' U L	G2		U L' U2 L U' L' U' L

H1		U'L'U'Ld'LUL'	H2		y'z'L'ULU'LxU'L'U
I1		U'L'UL	I2		y'z'LUL'U'
J1		yL'U2L2UL2'UL	J2		yL'U2L2UL2'UL
K1		L'U'LU2L'ULU'L'UL	K2		L'ULU2yLUL'
L1		yU'LU'L'ULUL'	L2		UL'ULU'L'U'L
M1		yLUL'U2LUL'U'LU'L'	M2		U'L'ULUL'L'ULU'L'UL
N1		L'U2LUL'U'L	N2		yLU2L'U'LU'L'
Q1		UL'U'LU2L'UL	Q2		y'z'L'ULU'L2UL'U'
R1		UL'ULd'LUL'	R2		UL'U'LU'L'U'L

<i>S1</i>		$U' L' U2 L U2 L' U L$	<i>S2</i>		$U' L U2 L' U2 L U' L'$	
<i>U1</i>		$U' L' U2 L U' L' U L$	<i>U2</i>		$y L U2 L' U L U' L'$	
<i>V1</i>		$y U2 L U L' U L U' L'$	<i>V2</i>		$U2 L' U' L U' L' U L$	



		右手单拧OLL		
1		L' U' x' U L' U' x L2 U L F' L' F	2	
3		F' L2 U L' U F U2 F' U F L'	4	
5		y2 F' U2 L U L' U F	6	
7		y2 F U L' U L U2 F'	8	
9		y2 L' U' L U' x' z U L' U' L U' z' x U2 L	10	
11		y2 F' L2 U L' U L U2 L' U z' U' D	12	
13		L F' L' U' L x U L' z' x' L' U L	14	
15		F' U' F L' U' L U F' U F	16	

17		$L' U' L U' x' z U L' U' L x U^2 x' U' L' U' L$	18	
19		$l L' U' L' U' L U' L^2 y x' L' U' L$	20	
21		$L' U^2 L U L' U' L U L' U L$	22	
23		$L^2 D L' U^2 L D' L' U^2 L'$	24	
25		$x' L' U L D' L' U' L u$	26	
27		$L' U^2 L U L' U L$	28	
29		$y^2 L U L' U' L U' L' y' L' U' L y' z' U L U'$	30	
31		$y^2 L' U^2 L U y' R U' R' y L' U L'$	32	
33		$L U L x U' L' U x' U' L'$	34	

35		$y^2 L U^2 L^2 x' U L U' x L U^2 L'$	36	
37		$y L' U' L U' L' U L U y x' U L' U' L$	38	
39		$L F' L' U' L U x y' U L' y x' L'$	40	
41		$y^2 L U' L' U^2 L U y' z' U L' U' L' z y L'$	42	
43		$y^2 L' U' y' L' U L F$	44	
45		$L' y' L' U' L U y' R$	46	
47		$L' y' L' U' L U L' U' L U F$	48	
49		$y^2 x' L D' L^2 U L^2 D L^2 U' L$	50	
51		$L' y' L' U' L U L' U' L U x' U$	52	

53		$y^2 l' u^2 l u l' u' l u l' u l$	54	
55		$l' u^2 l^2 u l' u l u^2 y x' l' u' l$	56	
57		$l' u' l u l' l u' l' u l$		

I' U' I U2 L' U2 L U2 I' U I
I L2 U' L U' I' U2 I U' I' L
y2 I U2 L' U' L U' I'
y2 I' U' L U' L' U2 I
y2 L U L' y x' L' U L F' L' U' L
y2 I L2 U' L U' L' U2 L U' z U D'
y L' U' y' L' U2 L U L' U' L F
I U I' L U L' U' I U' I

F'L'U'Ld'LU2yx'UL'U'L

IL'U'L'U'LUl2L2U'L'U l

L'U2L2UL2UL2U2L'

x'L'U'LD'L'ULD

LU2L'U'LU'L'

y'l'U'LUlL'U'L'UL

L'U'LUl'ULy'z'ULU'xU'L'U

RU2R'U'yL'ULy'R U'R'

LUl'U'y'l'U'LUlL'

yF'L'ULUL'U'LF

y2LUL'ULU'L'U'x'L'UzU'

I'UIU'I'y'L'U'LxU

y2L'ULU2L'U'y'L'ULUy'R

y'LUy'R'U'R'y'L'

L'U'LUyx'UL'U'L

y2BLUL'U'LU'L'U'B'

x'L'UL2D'L2U'L2DL'

LU'L'ULU'y'z'UL'U'zyL'

y2 l U2 L' U' L U L' U' L U' l'

[illegible]

2102 L'U L'U L'U

		右手单拧PLL
n01		L' U L' U' L' U' L' U L U L2
n02		z' U L' U L U L U L' U' L' U2'
n03		x L2 D2 L U L' D2 L U' L
n04		x L' U L' D2 L U' L' D2 L2
n05		U' L U L' U L' U' L' U L U' L' U' L2 U L U'
n06		L2 U2 L' U2 L2 U2 L2 U2 L' U2 L2
n07		x' L' U L' U z' U L' u z' x' U L' U L U R U' L' U
n08		L' U' L U L2 D' L U L U L' U' L2 D L'

<i>n09</i>		L' U2 L U2 R U' L' U R' U R U' L U I'
<i>n10</i>		x L2 U' L' U L y' L U L' U' x U2 L' U L U' L'
<i>n11</i>		L' U L U L' U' L' D' L U L' D L U2 L U
<i>n12</i>		L U' L' U' L U L D L' U' L D' L' U2 L' U'