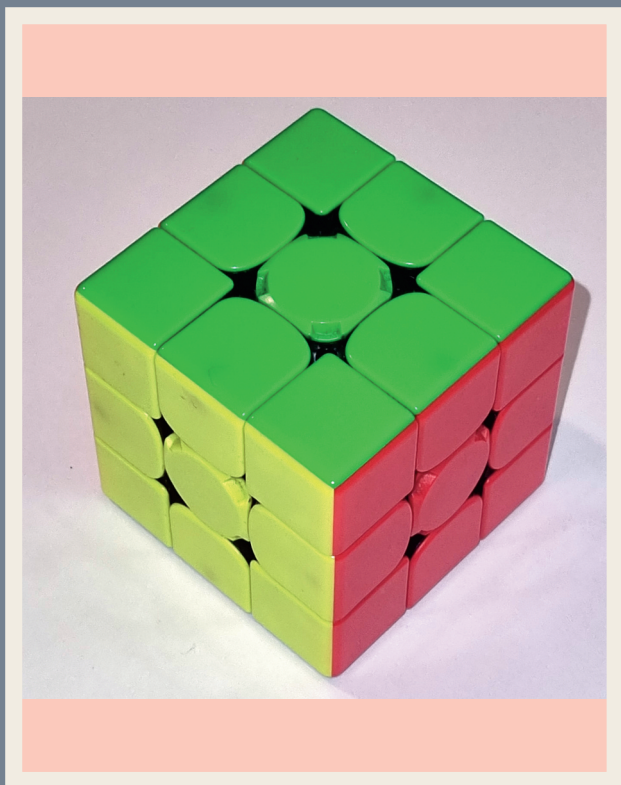


# RUBIK'S CUBE FOR SENIORS



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**The Rubik's cube is like the life:  
There are no dead ends but always  
many solutions.**

## **Warning: This is not for speedcubers**

You must have seen your grandchildren turn the Rubik's cube with speed that defies the common sense: What is the hurry for? And after solving it very fast (the world record is around 5 seconds, which is insane), they scramble it again, and without taking time to enjoy the previous victory they set out for pursuing the next one.

One of your grandchildren claims to have solved the cube in under 20 seconds (others say he is lying because no-one was present when that happened and he has not been able to repeat that feat). The same kid defends his story, though, and backs it up by proudly reporting that he has memorized over fifty series of moves so he can after just one fast glance at the cube tell exactly which moves are the correct ones to complete the solution.

Over fifty series of moves! This cannot be true, why load your brain with such nonsense? You prefer remembering your relatives' and friends' birthdays. Your grandson has just proved that Rubik's

cube is just for kids: They have much memory capacity but little understanding about what to use it for.

What would you say if I explained to you that this with fifty series of moves does not have to be taken seriously. Four series of moves is all you need to remember (and one of them consists of just four moves). Yes! I repeat: You do not need to know over fifty series of moves, four is enough. I will tell you in this small book what they are.

And you do not need to solve the Rubik's cube in 5 seconds. It is allowed to take 5 minutes, or even 5 hours if you prefer to visit your friends or go shopping in between. Let's not spoil the fun by letting the hectic rhythm of modern lifestyle creep into our thinking and deprive us from the serenity that should reign in our minds.

At this point I suggest that you ask yourself, whether you prefer to drink coffee before you will continue reading. There is no hurry and I will not see if you decide to close this book for now and continue some other time. Just remember this: You need to **memorize only four simple series of moves** in order to show your grandchildren and friends how you solve the cube.

## **The Rubik's Cube is just a Simple Toy**

The cube is just a plastic toy invented by Mr. Rubik, there is nothing special in it. It just happens to have six turning facets consisting of nine smaller cubes that can be scrambled.

To create a mess is nothing to be proud of: It is much easier than tidying it all up afterwards. Good that your children now have kids so they get a flavor of what it is to make sure everyone keeps his or her room in decent order.

They say the Rubik has made millions by having been invented the cube. You think it is a scandal: Jack had turned the wheel of a bus for over forty years, but he certainly did not get rich by it. He has basically nothing. Well, he has Alzheimers disease, but that does not make him rich, does it?

Funny that we should bring up the topic of Alzheimers disease. Well, there is plenty of medical evidence that playing with Rubik's cube will help to prevent that disease and enhance the mental capacity and health in more general terms.

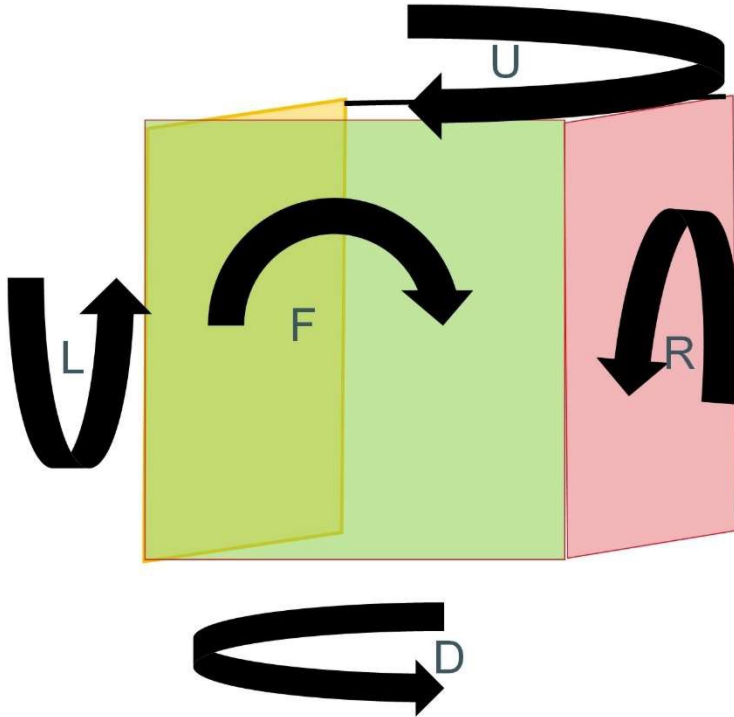
But to get such health benefits you obviously have to own a Rubik's cube (they are sold in every

mall) and instead of letting it stay on a shelf collecting dust you should take it into your hands and turn it regularly. The basic moves are simple enough. While looking at the cube the facet staring back at you is called Front, the one facing away from you is the Back (how can they arrive at such innovative names?), and the clockwise turns are marked with capital letters F and B (oh man, they are deep thinkers and great inventors).

Likewise the Left-, Right-hand side and Upside and Downside facets are turned with moves called L, R, U and D (There should be Nobel prize for such groundbreaking ideas).

To make this an intellectual challenge some smart guy has proposed that the counter-clockwise turns should be marked by  $f'$ ,  $b'$ ,  $l'$ ,  $r'$ ,  $u'$  and  $d'$ . If you are able to take the risk of being regarded as an uneducated person you can just mark them  $f$ ,  $b$ ,  $l$ ,  $r$ ,  $u$  and  $d$  but in that case be sure you will not be invited to the Gala where Golden Cubes are given to the most accomplished cubers (I am not sure, though, whether such a gala has ever been organized).





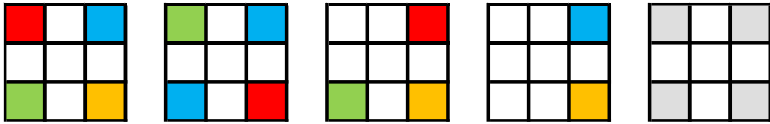
**Figure 1.** Different clockwise moves of the Rubik's cube. The one turning the backside (B) facet or plane clockwise (B) is not shown.

**Table 1.** The naming of the moves.

		Clockwise	Counter-clockwise
Left hand -side plane		L	l'
Right hand -side plane		R	r'
Frontside plane		F	f'
Backside plane		B	b'
Upside plane		U	u'
Downside plane		D	d'

## Creating the white cross

Almost all methods invented for solving the Rubik's cube begin with creation of a white cross. This means turning all planes so that on the plane that have a white middle piece there appear white colour on all edges. It does not matter if there are even more white pieces around the cross. We do not need to care about that in this phase.



**Figure 2.** Examples of “white cross”. The colours around the white cross can be whatever, and it does not matter. This is illustrated by the right-most pattern where the grey stands for “any colour”.

White cross is no political statement in this context. In Rubik's cube (and in the life in general) all colours have same status. It could be quite possible to start the process by creating a red cross, and a Finn like me is allowed to start it by a blue cross (as there is in our flag).

There is medical evidence that solving Rubik's cube is good to your health, but it is also fun. And you do not need to become a fast solver if you do not find that important.

In this small book I show how you can solve the cube with minimal need to memorize things and I even explain how you can remember the moves more easily.

Please bear in mind that you need to remember only four short series of moves in order to solve the cube. This is not overwhelming. Enjoy solving the cube!

The Rubik's cube is like the life: There are no dead ends but always many solutions.

