

QUENCE - INSTRUCTIONS

(2025 Feb 11 version)

Quence is a password generator that makes strong, short, memorable passwords. You only need this document (the INSTRUCTIONS, FIRST 3 table, and LAST 3 table), and a six-sided die. Having two or four six-sided dice might make it easier.

Quence makes fake words like 'apetol', 'shults', 'phabid'...
Each word is made from two half-words: ape, tol, shu, lts, pha, bid...
Each of the tables is a 6x6 grid of blocks.
Each block is a 6x6 grid of half-words.

1. Look at the "FIRST 3" table.
Choose a random block by rolling the die for the row, then rolling the die for the column.
Example: rolling 1 and then 2 leads to row 1 and column 2: the block with 'abo' and 'cal'.
2. Look at that block.
Roll the die twice more to choose a random half-word from that block, in the same way.
Example: rolling 3 and then 4 leads to row 3 and column 4: the half-word 'ape'.
3. Look at the "LAST 3" table.
Repeat the same steps, rolling four more times to choose a random half-word from the table.
Example: rolling 6, 1, 2, 4 leads to the half-word 'tol'.
4. Put these half-words together to make a word.
Example: 'apetol'
If the word isn't good (like 'oatnto'), you can throw out that word and start again.
5. Repeat steps 1-4 to make as many words as you want.
Example: rolling 5 5 5 2 4 3 1 3 creates 'shults', and 5 2 1 1 1 5 4 1 creates 'phabid'.
6. Connect the words together to make a password.
Example: capitalize and put periods between them: Apetol.Shults.Phabid
or just put them together: apetolshultsphabid

How many words for a strong password?

Three words (Example: apetol.shults.phabid) is a reasonably strong password for most applications.
Four words (Example: apetol.shults.phabid.feaser) is a very strong password for any application.
More than that is probably more than necessary for any practical application.

(If you want precise numbers: each 6-letter word contributes 20 bits of entropy.
So three words is a 60-bit password, which is considered moderately strong,
and four words is an 80-bit password, which is considered very strong.
Five words is a 100-bit password, which is extremely strong, and probably unnecessary for most uses.
A page explaining the details, and explaining "bits of entropy," is coming soon.)

An automatic digital version of Quence, and related files, are available at github.com/krysdam/quence

FIRST 3

aba	abb	abd	abe	abi	abl	abo	abr	abs	abu	aca	acc	ace	ach	aci	ack	acq	acr	act	acu	ada	add	ade	adh	adj	adm	ado	adu	adv	aer	aff	afo	afr	aft	aga	age
agg	agi	ago	agr	ahe	aid	aim	air	ala	alb	alc	ale	alf	alg	ali	alk	all	alm	alo	alp	alr	als	alt	alu	alw	ama	amb	ame	ami	amm	amo	amp	ana	anc	and	ane
ang	ani	ann	ano	ans	ant	anx	any	apa	ape	apo	app	apr	aqu	ara	arb	arc	are	arg	ari	arm	aro	arr	art	asc	ash	asi	ask	asp	ast	ath	atl	atm	ato	att	aud
aug	aus	aut	ava	ave	avi	avo	awa	axi	bab	bac	bad	bag	bai	bak	bal	ban	bap	bar	bas	bat	bay	bea	bec	bed	bee	bef	beg	beh	bei	bel	ben	ber	bes	bet	bey
bia	bib	bid	big	bil	bin	bio	bir	bis	bit	bla	ble	bli	blo	blu	boa	bob	bod	boi	bol	bom	bon	boo	bor	bos	bot	bou	bow	box	boy	bra	bre	bri	bro	bru	buc
bud	buf	bui	bul	bun	bur	bus	but	buy	cab	cad	cal	cam	can	cap	car	cas	cat	cau	cav	cea	cel	cem	cen	cer	cha	che	chi	chl	cho	chr	chu	cin	cir	civ	
cla	cle	cli	clo	clu	coa	coc	cod	coe	cof	cog	coh	coi	col	com	con	coo	cop	cor	cos	cot	cou	cov	cow	cra	cre	cri	cro	cru	cry	cub	cul	cup	cur	cus	cut
cyc	cyl	dad	dai	dal	dam	dan	dar	das	dat	dau	dav	day	dea	deb	dec	ded	dee	def	deg	del	den	den	dep	der	des	det	dev	dia	dic	did	die	dif	dig	dil	dim
din	dio	dip	dir	dis	div	doc	doe	dog	doi	dol	dom	don	doo	dor	dos	dot	dou	dow	doz	dra	dre	dri	dro	dru	dry	dub	duc	due	duk	dul	dun	dun	dup	dur	dus
dut	dwe	dyn	eac	eag	ear	eas	eat	ech	eco	edg	edi	edu	edw	eff	egg	egy	eig	eit	ela	eld	ele	eli	ell	elo	els	ema	emb	eme	emi	emo	emp	ena	enc	end	ene
enf	eng	enh	enj	enl	eno	enr	ens	ent	env	enz	ept	equ	era	ere	eri	ero	err	esc	esp	ess	est	ete	eth	eur	eva	eve	evi	evo	exa	exc	exe	exh	exi	exp	ext
eye	fab	fac	fai	fal	fam	fan	far	fas	fat	fau	fav	fax	fea	feb	fed	fee	fel	fem	fen	fer	fes	fet	fev	few	fib	fic	fid	fie	fif	fig	fil	fin	fir	fis	fitt
fiv	fix	fla	fle	fli	flo	flu	fly	foc	fol	fon	foo	for	fos	fou	fra	fre	fri	fro	fru	fue	ful	fun	fur	fus	fut	gai	gal	gam	gan	gap	gar	gas	gat	gau	gav
gaz	gea	gen	geo	ger	ges	get	gif	gil	gir	giv	gla	gle	gli	glo	glu	goa	god	goe	goi	gol	gon	goo	gor	gos	got	gov	gra	gre	gri	gro	gru	gua	gue	gui	gul
gun	guy	hab	had	hai	hal	ham	han	hap	har	has	hat	hau	hav	haw	hay	haz	hea	hei	hel	hem	hen	her	hes	het	hid	hig	hil	him	hin	hir	his	hit	hol	hom	hon
hoo	hop	hor	hos	hot	hou	how	hug	hum	hun	hur	hus	hyd	hyp	ice	ide	ign	ill	ima	imm	imp	ina	inc	ind	ine	inf	ing	inh	ini	inj	inl	inn	ino	inp	inq	ins
int	inv	ion	iow	ira	ire	iri	iro	irr	isa	isl	iso	isr	iss	ita	ite	its	jac	jam	jan	jea	jef	jen	jer	jes	jim	job	joh	joi	jon	jos	jou	joy	jud	jul	jum
jun	jur	jus	kan	kar	kat	kee	kel	ken	kep	ker	key	kid	kil	kin	kis	kit	kne	kni	kno	kon	kor	lab	lac	lad	lag	lai	lak	lam	lan	lap	lar	las	lat	lau	law
lay	lea	lec	led	lee	lef	leg	lei	len	leo	les	let	lev	lew	lia	lib	lic	lie	lif	lig	lik	lil	lin	lin	lip	liq	lis	lit	liv	loa	lob	loc	lod	log	lon	loo
lor	los	lot	lou	lov	low	loy	luc	lum	lun	lut	lyi	lym	mac	mad	mag	mah	mai	maj	mak	mal	man	man	map	mar	mas	mat	mau	max	may	mcc	mcg	mea	mec	med	mee
mel	mem	men	mer	mes	met	mex	mic	mid	mig	mil	min	mir	mis	mit	mix	mob	mod	moi	mol	mom	mon	moo	mor	mos	mot	mou	mov	muc	muc	mun	mur	mus	mut	mys	myt
naï	nam	nan	nap	nar	nas	nat	nav	nea	nec	nee	neg	nei	nel	neo	ner	nes	net	neu	nev	new	nex	nic	nin	nit	nob	nod	noi	nom	non	nor	nos	not	nou	nov	now
nuc	num	nur	nut	oak	oat	obe	obj	obl	obs	obt	obv	occ	oce	oct	odd	off	oft	ohi	oil	old	oli	omi	onc	one	onl	ont	ope	opi	opp	opt	ora	orb	orc	ord	ore
org	ori	orn	ort	osc	ost	oth	ott	oug	our	out	ove	owe	owi	own	oxf	oxi	oxy	pac	pad	pag	pai	pal	pan	pap	par	pas	pat	pau	pav	pay	pea	pec	ped	pee	pel
pen	peo	pep	per	pes	pet	pha	phe	phi	pho	phr	phy	pia	pic	pie	pig	pil	pin	pio	pip	pis	pit	pla	ple	plo	plu	poc	poe	poi	pol	pon	poo	pop	por	pos	pot
pou	pov	pow	pra	pre	pri	pro	pru	psy	pub	pul	pun	pun	pup	pur	pus	put	pyr	qua	que	qui	quo	rab	rac	rad	rag	rai	ral	ram	ran	rap	rar	rat	raw	ray	rea
reb	rec	red	ree	ref	reg	reh	rei	rej	rel	rem	ren	reo	rep	req	res	ret	rev	rew	rhe	rho	rhy	rib	ric	rid	rig	rin	rip	ris	rit	riv	roa	rob	roc	rod	rog
rol	rom	roo	ros	rot	rou	row	roy	rub	rud	rui	rul	rum	run	rur	rus	rut	sab	sac	sad	saf	sag	sai	sak	sal	sam	san	sar	sat	sau	sav	saw	say	sca	sce	sch
sci	sco	scr	scu	sea	sec	sed	see	seg	sei	sel	sem	sen	sep	seq	ser	ses	set	sev	sew	sha	she	shi	sho	shr	shu	sic	sid	sie	sig	sil	sim	sin	sir	sis	sit
six	siz	ske	ski	sky	sla	sle	sli	slo	slu	sma	sme	sml	smo	sna	sno	soa	soc	sod	sof	soi	sol	som	son	soo	sop	sor	sou	sov	spa	spe	sph	spl	spl	spo	spr
spu	squ	sta	ste	sti	sto	str	stu	sty	sub	suc	sud	suf	sug	sui	sul	sum	sun	sup	sur	sus	swa	swe	swi	swo	sym	syn	syf	sys	tab	tac	tai	tak	tal	tam	tan
tap	tar	tas	tau	tax	tay	tea	tec	tee	tel	tem	ten	ter	tes	tex	tha	the	thi	tho	thr	thu	thy	tic	tid	tie	tig	til	tim	tin	tip	tir	tis	tit	tob	tod	tog
tok	tol	tom	ton	too	top	tor	tot	tou	tow	tox	tra	tre	tri	tro	tru	try	tub	tum	tun	tur	twe	twi	two	typ	ult	una	unb	unc	und	une	unf	unh	uni	unk	unl
unm	unn	unp	unr	uns	unt	unu	unw	upo	upp	ups	upw	urb	urg	uri	usa	use	usi	usu	uti	utt	vac	val	van	var	vas	vec	veg	veh	vei	vel	ven	ver	ves	vet	via
vib	vic	vid	vie	vig	vil	vin	vio	vir	vis	vit	viv	voc	voi	vol	von	vot	vul	wag	wai	wak	wal	wan	war	was	wat	wav	way	wea	web	wed	wee	wei	wel	wen	wer
wes	wet	wha	whi	who	why	wic	wid	wif	wil	win	wir	wis	wit	wol	wom	won	woo	wor	wou	wra	wre	wri	wro	yar	yea	yel	yes	yet	yie	yor	you	zea	zer	zon	

LAST 3

abs aby ace ach ack act	acy ada add ade ado ads	ady ael afe aff aft age	ago ags aho aic aid ait	ail aim ain air ais ait	aka ake aks ala ald ale
alf ali alk all alm alo	als alt aly ama ame ani	amp ams amy ana and ane	ang ani ank ann ano ans	ant any ape aph app aps	apt apy ara arc ard are
ari ark arl arm arn arp	arr ars art ary asa ase	ash ask asm asp ass ast	asy ata ate ath ati ato	ats att aty aud aul aus	aux ava ave avy awa awn
aws aya ays aze azy bad	bag bal ban bar bat bay	bby bec bed bee bel ben	ber bes bet bey bia bic	bid big bin bis bit ble	bly bob bol bon bor bot
bow box boy bra bre bts	bus but buy cal can cap	car cas cat cay cca cco	ced cel cer ces che chi	cho chs cht chy cia cid	cil cin cis cit cke cks
cky cle cob col com con	cow cox cre cro cry cta	cts cue cum cup cur cus	cut dad dae dal dam dan	dar das day dds ddy dea	ded del dem den deo der
des dex dge dia dic did	die din dio dis dit dix	dle dly dog don don dor	dos dow dox dra dro dry	dst dth due dum dus ead	eaef eah eak eal eam ean
eap ear eas eat eau ebt	ebby ece ech eck ect eda	ede edo eds edy eed eef	EEK eel eem een eep eer	ees eet eff efs eft ege	egg ego egs egy eid eil
ein eir eit eks ela eld	ele elf eli ell elm elp	els elt ely ema eme emi	emn ems emy ena end ene	eng enn ens ent eny eof	eon eph eps ept era erb
erd ere erg eri erk erm	ern ero ers ert ery esa	ese esh esk ess est esy	eta ete eth eto ets ett	ety eum eur eus eva eve	evy ews ext eye eys eze
fan far fat fax fed fee	fer few ffs fic fig fin	fit fix fle fly for fox	fth fts fly ful fun fur	gal gan gap gar gas gay	ged gee gel gen ger ges
get ggs ghs ght gia gic	gid gie gin gle gly gma	gne gns god gon gor gos	got gro gry gst gth gue	gun gus guy had hai hal	ham han hap har has hat
haw hay hea hed hee hel	hem hen her hes het hew	hey hia hic hie him hin	hio hip his hit hly hms	hod hoe hol hom hon hop	hor hot hou how hth hts
hty hua hur hus hut hyl	tac iah ial iam ian iar	ias iat ibe ica ice ich	ick ico ics ict icy ida	ide ids idy ied ief iel	ten tier ies iet ieu iew
ife iff ift ify ige igh	ign igs ike ila ild ile	ilk ill ilm ils ilt ily	ima imb ime ims ina inc	ind ine ing ini ink inn	ino ins int iny iod ion
ior ios iot ipe ips ipt	ira ird ire irl irm iro	irs irt iry isa isc ise	ish isk ism iss ist ita	ite ith ito its itt ity	itz ium ius iva ive ize
jan jet jim job joe jor	joy kay ked kee kel ken	ker kes ket key kie kim	kin kle kly kyo lab lad	lae lag lah lam lan lap	lar las lat law lay lds
lea led lee leg lel lem	len leo ler les let lew	lex ley lhi lia lic lid	lie lim lin lio lip lis	lit lks lla lle lli llo	lls lly lms log lon lop
lor los lot low loy lph	lps lry lse lsh lso lst	lta lth lts lty lub lue	lum lus lux lve lyn mac	mad mal man map mar mas	mat max may mbs med mel
men mer mes met mia mic	mid min mis mit mix mly	mma mme mmy mms mom mon	mor mos mph mps mpt mud	mum mus nah nal nam nan	nar nas nat nay nce nch
nct ncy nda nde ndi ndo	nds ndy nea ned nee nel	nen ner nes net new ney	nga nge ngo ngs nia nic	nie nin nio nis nit nks	nly nna nne nny nol non
nor nos not now nry nse	nst nta nte nth nti nto	nts nty nue num nus nut	nyl nza nze oad oak oal	oam oan oat obe obs och	ock oda odd ode ods ody
oem oes oet off ofs oft	ogs ogy ohn oic oid oil	oin oir ois oit oke oks	ola old ole olf oli olk	oll olm oln olo ols olt	oly oma omb ome oms omy
ona ond one ong oni ons	ont ony ood oof ook ool	oom oon oop oor oot ope	ops opt opy ora ord ore	ori ork orm orn oro orp	ors ort ory osa ose osh
oss ost ota ote oth oto	ots ott oud oul oun oup	our ous out ova ove owa	owd owe owl own ows oxy	oyd oys pal pan par pat	pay ped pel pen per pes
pet pha phs phy pia pic	pid pig pil pin pit ple	ply pon por pot ppi ppy	pra pro pse psy pth pts	pty pub pur pus put que	rab rad rag rah ral ram
ran rap rar ras rat raw	ray rbs rby rce rch rcy	rds rdy rea red ree ref	reg rel rem ren rer res	ret rev rew rey rge rgh	rgo rgy ria ric rid rie
ril rim rin rio rip ris	rit rix rke rks rld rls	rly rma rms rmy rne rns	rnt rod roe rol rom ron	rop ror ros rot row roy	rps rra rre rry rse rsh
rst rsy rta rte rth rto	rts rty rtz rue rug run	run rus rve sad sal sam	san sar sas sat saw say	sch sco sea sec sed see	sel sen ser ses set sey
sfy sha she shi sia sic	sie sil sin sir sis sit	six ska ski sks sky sle	sly sma sms sol som son	sor ssa sse ssy sta ste	sto sts sty sub sue sum
sun sus tah tal tan tar	tas tat tax tay tch tcy	tea ted tee tel tem ten	tep ter tes tex tha the	thm tho ths thy tia tic	tie til tim tin tio tip
tis tle tly tol tom ton	too top tor tos tra tre	tro try tta tte tti tto	tts tty tue tum tur tus	two ual uan uba ube ubs	ubt uce uch uck uct ude
uds udy ued uel uer ues	uet uff uge ugh ugs uid	uin uis uit uke ula uld	ule ulf uli ulk ull ulp	uls ult uly uma umb ume	umn ump ums una und une
ung unk uns unt uor ups	upt upy ura urd ure urg	uri urn urs urt ury use	ush uss ust usy ute uth	uto uts uty uum uys val	van vas ved vel ven ver
ves vet vey via vic vid	vie vil vin vis vit viz	von vor wal wan war was	way web wed wel wen wer	wes wet who why win wis	wit wly wns won with xas
xed xes xic xis xon xth	xts xty yal yan ybe yce	yde yed yee yer yes yet	yle yme yne yon yor you	ype ypt yst yte yth zed	zen zer zes zil zle zon