A cross of 12 squares visible on both sides, where each side of each square is colored red or white (there are exactly three squares of each of the four possible combinations of red and white). The front has ridges on two of the center squares that can be used to slide each of the two columns up or down by one square and the back has ridges on the other two center squares that can be used to slide each of the two rows left or right by one square. The directions have the eight patterns shown below (this one came with Diversity on the front and Time on the back).

Jaap's Page observes that a simple sequence of 4 moves to cycle three squares (column down, row right, column up, row left) can be repeatedly used to solve the puzzle (except that at the end you may have to replace a square with an identical square to fix a parity problem), and lists which combinations of these eight patterns can be solved simultaneously on the front and back (possibly rotated by 90 degrees); Interaction and Balance can be solved on the front with any of the 8 patterns on the back, Time and Excellence with any except Mutual Help (and Mutual Help with any but Time and Excellence), and Diversity, Audacity, and Security with any of the other 5.

Further Reading