

FORM	DESCRIPTION	SYLLABLES OR CAESURA		SYMBOLS	
lamb (iambic)	Unstressed syllable followed by a stressed syllable	De-scribe, im-pure	Short-long	x/	-
Trochee (trochaic)	Stressed syllable followed by an unstressed syllable	Flow-ing, ri-sing	Long-short	/x	V-
Dactyl (dactylic)	Stressed syllable followed by two unstressed syllables	l'm-not-it	long-short-short	/xx	-00
Anapest (anapestic)	Two unstressed syllables followed by one stressed syllable	com-pre- hend	short-short-long	xx/	
Spondee (spondaic)	Two stressed syllables together	Deep-sea	Long-long	//	
Pyrrhic	Two unstressed syllables together	Rat-tle	short-short	xx	~~
3-SYLLABLE FEET			•	•	
Tribrach	Three unstressed syllables	l-am-not	Short-short-short	xxx	
Amphibrach	Unstressed- stressed-unstressed	All ready to put up the tents for my circus. I think	Short-long-short	x/x	V-V
		will call it the Cir cus Mc Gur kus. (Dr. Seuss)			
Bacchius	1 unstressed + 2 stressed	When day breaks the fish bite at small flies	Short-long-long	x//	V
Antibacchius	2 stressed, 1 unstressed	Blind luck is loved more than hard thinking	Long-long-short	//x	
Cretic, amphimacer	Stressed-unstressed-stressed	Sooth-ing-sleep	Long-short-long	/x/	
Molossus	3 stressed	Pure sweet rose	Long-long-long	///	
Tetrabrach,	4 unstressed	I-am-so-dead	Short-short-short	xxxx	0000
proceleusmatic					
Primus paeon	Stressed followed by 3 unstressed	Beau-ti-ful-ly	Long-short-short	/xxx	-000
4-SYLLABLE FEET					5
Secundus paeon		You'll find me here in dark be-low	Short-long-short-short	x/xx	0-00
Tertius paeon		Do you wish for what you came for in-ci- den -tal?	Short-short-long-short	xx/x	00=0
Quartus paeon	150	di-di-di-dah na-na-na-nah	Short-short-short-long	xxx/	000-
Major ionic, double	0.7	Love's la-bour lost	Long-long-short-short	//xx	
trochee					
Minor ionic, double iamb		The ab-surd fool an ob-scene mask	Short-short-long-long	xx//	
Ditrochee		Shine to come to sure-ly want to	Long-short-long-short	/x/x	-0-0
Diiamb		Who has the breath to run the race	Short-long-short-long	x/x/	V-V-
Choriamb		Rouse me to-night Dreams will take flight	Long-short-short-long	/xx/	
Antispast		Of youth long-ing the fall yearn-ing	Short-long-long-short	x//x	V
First epitrite	Traditionally used in classical Greek poetry		Short-long-long-long	x///	V
Second epitrite			Long-short-long-long	/x//	
Third epitrite			Long-long-short-long	//x/	
Fourth epitrite			Long-long-long-short	///x	
Dispondee	7		Long-long-long	////	