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Table 1. Symbols and definitions.

symbol	definition	unit
a_{tongue}	forward acceleration of the soft tissue of the tongue	m s^{-2}
$(a_{\text{tongue}} v_{\text{tongue}})_{\text{max}}$	maximum value during tongue projection of product $a_{\text{tongue}} v_{\text{tongue}}$	$\text{m}^2 \text{s}^{-3}$
m_{tongue}	mass of the soft tissue of the tongue	kg
P_{ent}	power transmitted to the tongue via the entoglossal process	W
P_{ent}^*	power transmitted to the tongue via the entoglossal process normalized relative to peak tongue power	
P_{s}	power released by the spring	W
P_{s}^*	power released by the spring normalized relative to peak tongue power	
P_{tot}	total power delivered to the soft tissue of the tongue	W
v_{ent}	forward velocity of the entoglossal process	m s^{-1}
v_{max}	peak velocity of the tongue	m s^{-1}
v_{max}^*	peak velocity of the tongue if the hyobranchium transmitted zero energy to the tongue	m s^{-1}
v_{slide}	sliding velocity of elastic sheaths relative to entoglossal process	m s^{-1}
v_{tongue}	forward velocity of the soft tissue of the tongue	m s^{-1}