

# Object Calisthenics

9 steps to better OO code

# About me

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# Agenda

Learn how to make our code more:

- readable
- reusable
- testable
- maintainable

# Things worth knowing

- DRY
- KISS
- SOLID
- YAGNI
- GRASP

# Calisthenics

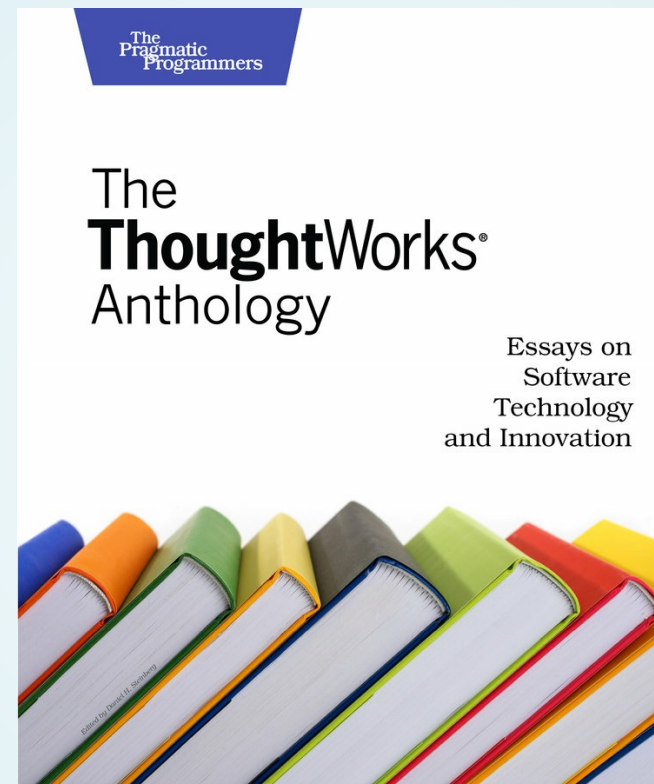
**Cal • is • then • ics**

**/,kæləs'THeniks/**

*"Calisthenics are exercises consisting of a variety of gross motor movements; often rhythmical and generally without equipment or apparatus."*

Wikipedia

# Object Calisthenics



Jeff Bay



**Written for Java**

**Why bother?**

**Code is read more  
than it is written**

Author unknown

**You need to write code that  
minimises the time it would  
take someone else to  
understand it - even if that  
someone else is you**

*Art of Readable Code* by Dustin Boswell,  
Trevor Foucher

# **Rule #1**

**Only one level of  
indentation per method**

```
class Board(object):  
    def __init__(self, data):  
        # Level 0  
        self.buf = ""  
        for i in range(10):  
            # Level 1  
            for j in range(10):  
                # Level 2  
                self.buf += data[i][j]
```

```
class Board(object):  
    def __init__(self, data):  
        self.buf = ""  
        self.collect_rows(data)  
  
    def collect_rows(self, data):  
        for i in range(10):  
            self.collect_row(data[i])  
  
    def collect_row(self, row):  
        for j in range(10):  
            self.buf += row[j]
```

```
class UserService(object):  
    def register(self, username, email, promo_code = False):  
        user = self.create_user(username)  
        if email:  
            send_email(user, email)  
            if promo_code:  
                send_promo_code(user, promo_code)
```



```
products = self.get_products_by_user(...)
if products is None:
    products = self.get_products_by_media(...)
    if products is None:
        products = self.get_products_by_domain(...)
        if products is None:
            products = self.get_any_products(...):
            if products is None:
                raise Exception('Access denied')
            else:
                ...
        else:
            ...
    else:
        ...
else:
    ...
```

```
products = self.get_products_by_user(...)
if products is None:
    products = self.get_products_by_media(...)
if products is None:
    products = self.get_products_by_domain(...)
if products is None:
    products = self.get_any_products(...):
if products is None:
    raise Exception('Access denied')

# else...
```

# **Chain of command**

```
class Command(object):
    next_command = None

    def add(self, next_command):
        if self.next_command is None:
            self.next_command = next_command
        else:
            self.next_command.add(next_command)

    def _process(self, *args, **kwargs):
        """ computations """
        pass

    def process(self, *args, **kwargs):
        result = self._process(*args, **kwargs)
        if result is None:
            if self.next_command is not None:
                return self.next_command.process(*args, **kwargs)
        else:
            return result

    return None
```

```
class GetProductsForUser(Command): pass  
class GetProductsByMedia(Command): pass  
class GetProductsByDomain(Command): pass  
class GetAnyProducts(Command): pass
```

```
commands = GetProductsForUser()  
commands.add(GetProductsByMedia)  
commands.add(GetProductsByDomain)  
commands.add(GetAnyProducts)
```

```
products = commands.process(...)
```

# Benefits

- Single responsibility
- Better naming
- Shorter methods
- Reusable methods

# Rule #2

**Do not use *else* keyword**

```
def login (self, request):  
    if request.user.is_authenticated():  
        return redirect("homepage")  
    else:  
        messages.add_message(request,  
                               messages.INFO,  
                               'Bad credentials')  
    return redirect("login")
```

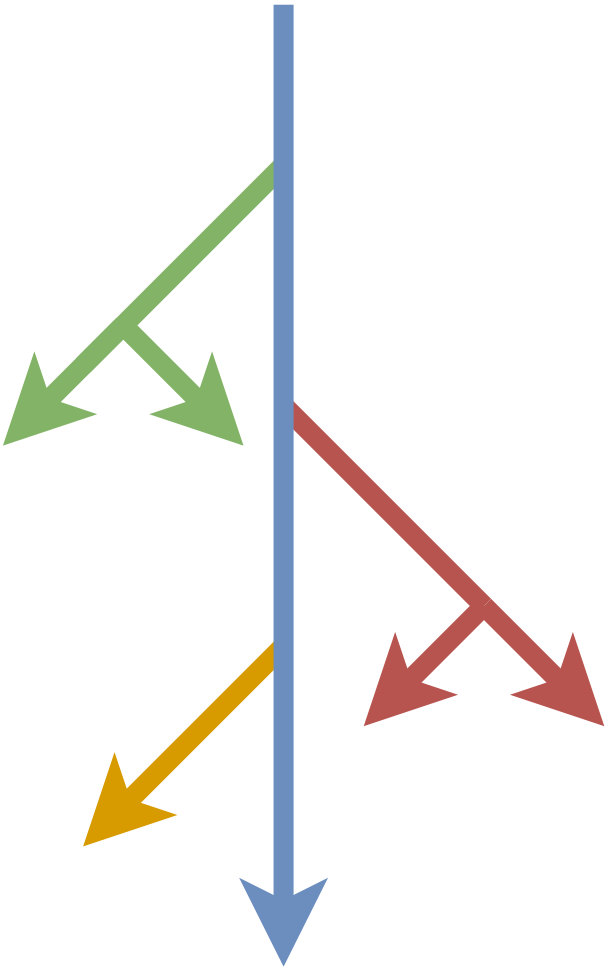
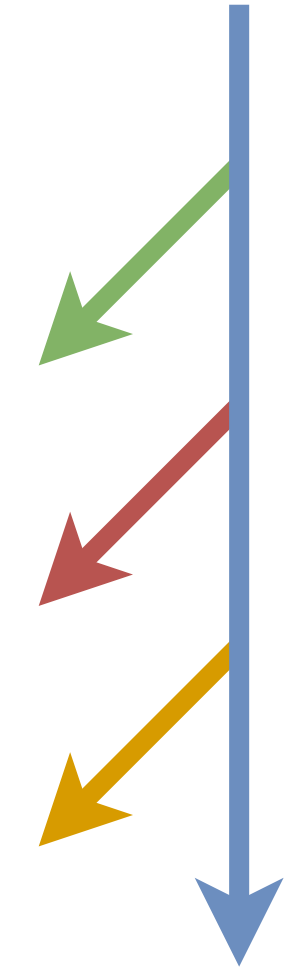


```
def login (self, request):  
    if request.user.is_authenticated():  
        return redirect("homepage")  
  
    messages.add_message(request,  
                          messages.INFO,  
                          'Bad credentials')  
    return redirect("login")
```

```
def function(param):  
    if param is not None:  
        value = param  
    else:  
        value = "default"  
  
    return value
```

```
def function(param):  
    value = "default"  
    if param is not None:  
        value = param  
  
    return value
```

```
def function(var_a, var_b, var_c, var_d):  
    if var_a:  
        if var_b:  
            # some code  
        else:  
            # some code  
    elif var_b and var_c:  
        if not var_d:  
            # some code  
        else:  
            # some code  
    elif var_b and not var_c:  
        # some code  
    else:  
        # some code
```



**Extract code**

**Default value**

# Polymorphism



# Strategy pattern

# State pattern

Quora

Search for questions, people, and topics

Programming Language Comparisons

Computer Programmers

Comparisons

Learning to Program

Computer Programming

## **Is it true that a good programmer uses fewer "if" conditions than an amateur?**

72 Answers

<https://www.quora.com/Is-it-true-that-a-good-programmer-uses-fewer-if-conditions-than-an-amateur>

# Benefits

- Avoids code duplication
- Lower complexity
- Readability

# **Rule #3**

**Wrap primitive types if it  
has behaviour**

# **Value Object in DDD**

```
class Validator(object):  
    def check_date(self, year, month, day):  
        pass
```

```
# 10th of December or 12th of October?
```

```
validator = Validator()
```

```
validator.check_date(2016, 10, 12)
```

```
class Validator(object):  
    def check_date(self, year: Year, month: Month, day: Day) -> bool:  
        pass  
  
# Function call leaves no doubt.  
validator.check_date(Year(2016), Month(10), Day(12))
```



```
def calculate_distance(source_x, source_y, target_x, target_y):  
    pass
```

```
calculate_distance(1, 2, 3, 4)
```

```
from collections import namedtuple

class Point2D(namedtuple("Point2D", "x y")):
    pass

def calculate_distance(source_point, target_point):
    pass

calculate_distance(Point2D(1, 2), Point2D(3, 4))
```

# Benefits

- Encapsulation
- Type hinting
- Attracts similar behaviour

# **Rule #4**

**Only one dot per line**

**OK: Fluent interface**

```
class Poem(object):
    def __init__(self, content):
        self.content = content

    def indent(self, spaces):
        self.content = " " * spaces + self.content

        return self

    def suffix(self, content):
        self.content = self.content + " - " + content

        return self
```

```
Poem("Road Not Travelled").indent(4)\
    .suffix("Robert Frost")\
    .content
```

**Not OK: getter chain**

```
class CartService(object):  
    def get_token(self):  
        token = self.get_service('auth')\  
            .auth_user('user', 'password')\  
            .get_result()\  
            .get_token()  
  
        return token
```

```
# 1. What if None is returned instead of object?  
# 2. How about exceptions handling?
```



```
class Field(object):
    def __init__(self):
        self.current = Piece()

class Piece(object):
    def __init__(self):
        self.representation = " "

class Board(object):
    def board_representation(self, board):
        buf = ""
        for field in board:
            buf += field.current.representation

        return buf
```

```
class Field(object):
    def __init__(self):
        self.current = Piece()

    def add_to(self, buffer):
        return self.current.add_to(buffer)

class Piece(object):
    def __init__(self):
        self.representation = " "

    def add_to(self, buffer):
        return buffer + self.representation

class Board(object):
    def board_representation(self, board):
        buf = ""
        for field in board:
            buf = field.add_to(buf)

        return buf
```

# Benefits

- Encapsulation
- Demeter's law
- Open/Closed Principle

# **Rule #5**

**Do not abbreviate**

**Why abbreviate?**

**Too many responsibilities**

**Name too long**

```
def register_user_send_welcome_email_and_add_to_default_groups():  
    pass
```

```
# vs
```

```
def handle_user_registration():  
    user = create_user()  
    send_welcome_email(user)  
    add_to_default_groups()
```



**Avoid confusion**

```
acc = 0
```

```
// accumulator? accuracy?
```

```
pos = 100
```

```
// position? point of sale? positive?
```

```
auth = None
```

```
// authentication? authorization? both?
```

**Duplicated code**

```
class Order(object):  
    def ship_order(self):  
        pass
```

```
order = Order()  
order.ship_order()
```

// vs

```
class Order(object):  
    def ship(self):  
        pass
```

```
order = Order()  
order.ship()
```

**Split & extract**

**Refactor!**

**Think about proper naming**

# Benefits

- Clear intentions
- Indicate underlying problems



# **Rule #6**

**Keep your classes small**

# What is small class?

- 15-20 lines per method
- 50 lines per class
- 10 classes per module

# Benefits

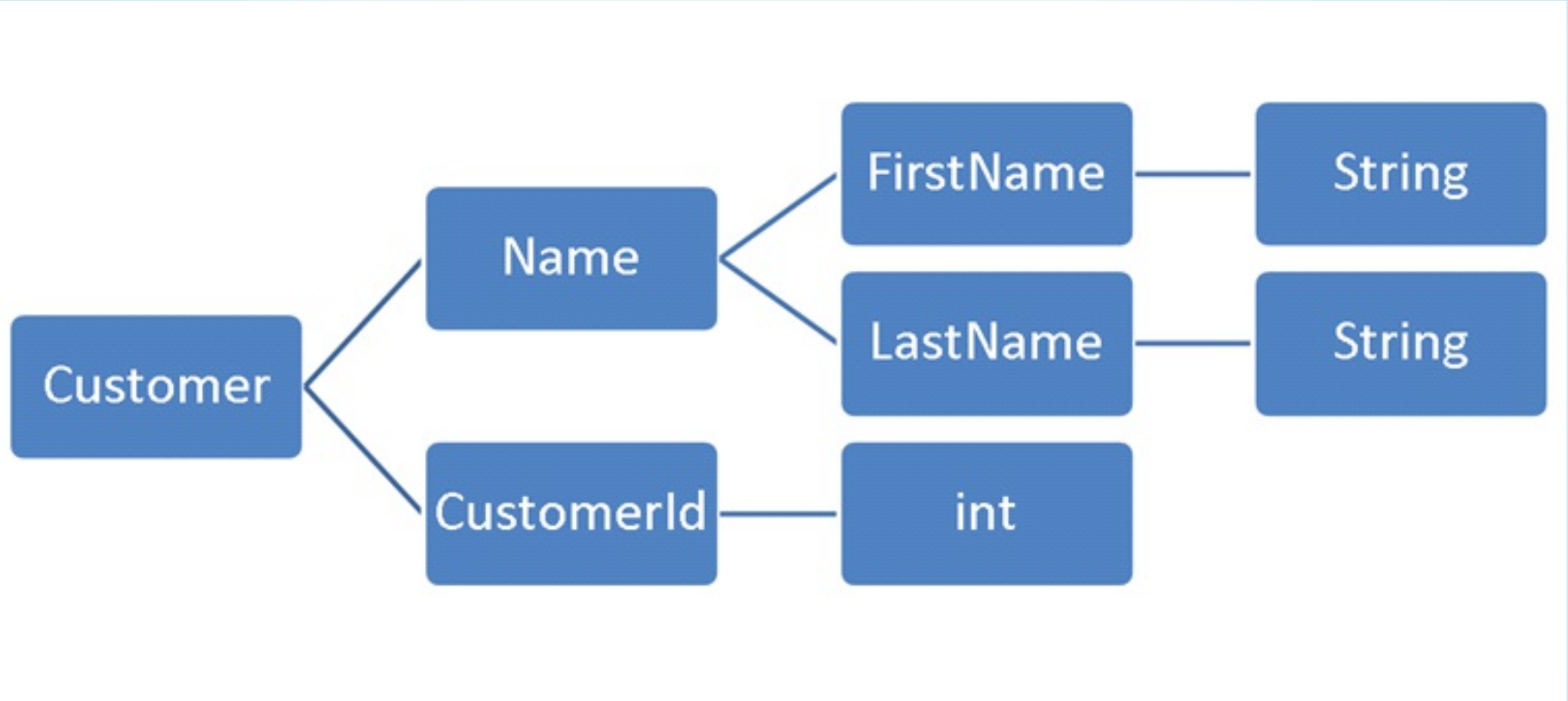
- Single Responsibility
- Smaller modules
- Coherent code

# **Rule #7**

**No more than 2 instance  
variable per class**

**Class should handle single  
variable state**

**In some cases it might be  
two variables**



```
class CartService(object):  
    def __init__(self):  
        self.logger = Logger()  
        self.cart = CartCollection()  
        self.translationService = TranslationService()  
        self.auth_service = AuthService()  
        self.user_service = UserService()
```



```
class CartService(object):  
    def __init__(self):  
        self.logger = Logger()  
        self.cart = CartCollection()
```

# Benefits

- High cohesion
- Encapsulation
- Fewer dependencies

# **Rule #8**

**First class collections**

# Python's *collections* module

# Doctrine's *ArrayCollection*

# Benefits

- Single Responsibility

# Rule #9

**Do not use setters/getters**

**Accessors are fine**



**Don't make decisions  
outside of class**

**Let class do it's job**

**Tell, don't ask**

```
class Game(object):
    def __init__(self):
        self.score = 0

    def set_score(self, score):
        self.score = score

    def get_score(self):
        return self.score

# Usage
ENEMY_DESTROYED_SCORE = 10
game = Game()
game.set_score(game.get_score() + ENEMY_DESTROYED_SCORE)
```

```
class Game(object):  
    def __init__(self):  
        self.score = 0  
  
    def add_score(self, score):  
        self.score += score  
  
# Usage  
ENEMY_DESTROYED_SCORE = 10  
game = Game()  
game.add_score(ENEMY_DESTROYED_SCORE)
```

# Benefits

- Open/Closed Principle

# Recap

1. Only one level of indentation per method,
2. Do not use else keyword,
3. Wrap primitive types if it has behavior,
4. Only one dot per line,
5. Don't abbreviate,
6. Keep your entities small,
7. No more than two instance variable per class,
8. First Class Collections,
9. Do not use accessors

# Homework



**Create new project up to  
1000 lines long**

**Apply presented rules as  
strictly as possible**

**Draw your own conclusions**

**Customize these rules**

**Make them your own**

# Final thoughts

**These are not best practices**

**These are just guidelines**



**Use with care!**

**Questions?**

# Links

<https://www.cs.helsinki.fi/u/luontola/tdd-2009/ext/ObjectCalisthenics.pdf>

<https://pragprog.com/book/twa/thoughtworks-anthology>

[https://en.wikipedia.org/wiki/Law\\_of\\_Demeter](https://en.wikipedia.org/wiki/Law_of_Demeter)

<https://www.quora.com/Is-it-true-that-a-good-programmer-uses-fewer-if-conditions-than-an-amateur>

# Thank you!

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