

A key with an integrated movable element and an associated cylinder lock can be implemented for the configuration of locking systems with an increased security for living houses, public etc. buildings, as well for cabinets, safes, padlocks etc. The key (1) has a key blade (11) defined by two wide surfaces (12 and 18) with longitudinal grooves (13) and two narrow surfaces (16 and 30) with transversal notches (14) formed on the narrow surface (30). On one of the wide key blade surfaces (12) or (18) there is made an additional longitudinal guide groove (15) where is formed a rectangular through hole (4) in which there is inserted a movable cylindrical element (2) with a central borehole (2a) loosely fitted on a key pin (3) with possibility for radial displacement towards it, as the outer diameter of the movable cylindrical element (2) is equal to the key blade (11) thickness.