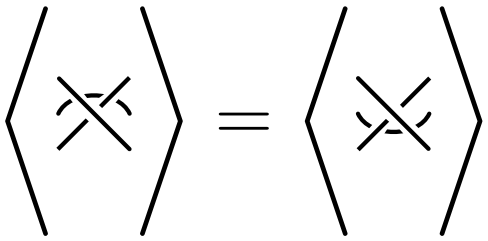
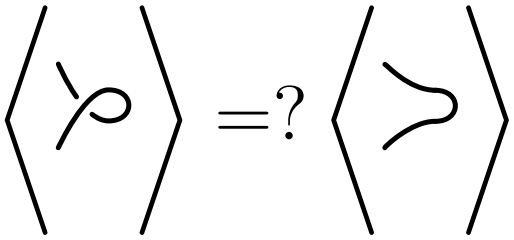
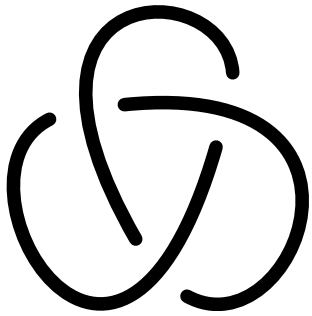
1. Using what we discovered about the type II move deduce that:



2. Compute bracket for the other type I move:



3. Compute the writhe of:



4. Verify that our rule works for the other type I move:

$$-A^{-3w\left(\right)} \left\langle \right\rangle = \left\langle \right\rangle$$

5. Compute the bracket for our anti-knot:

$$-A^{-3w(\text{@})} \left\langle \text{@} \right\rangle$$

Reference:

1. $\left\langle \bigcirc \right\rangle = 1$

2. $\left\langle \times \right\rangle = A \left\langle) (\right\rangle + A^{-1} \left\langle \asymp \right\rangle$

3. $\left\langle P \sqcup \bigcirc \right\rangle = \left(-A^{-2} - A^{2}\right) \langle P \rangle$

4. $V(P) = -A^{-3w(P)} \langle P \rangle$

5. $\left\langle \wr \right\rangle = -A^{-3} \left\langle \supset \right\rangle$

6. $\left\langle \wr \right\rangle = -A^{3} \left\langle \supset \right\rangle$