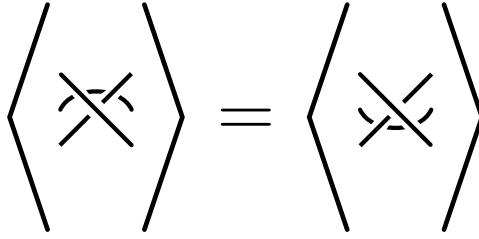
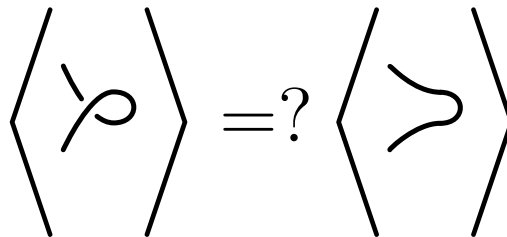


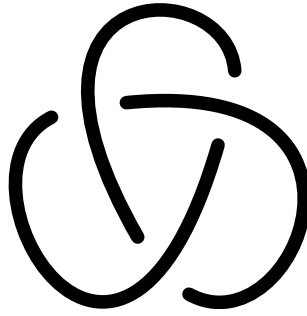
- Using what we discovered about the type II move deduce that:



- 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:

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

5. Compute the bracket for our anti-knot:

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

Reference:

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

$$2. \left\langle \begin{array}{c} \diagup \\ \diagdown \end{array} \right\rangle = A \left\langle \begin{array}{c} \diagdown \\ \diagup \end{array} \right\rangle + A^{-1} \left\langle \begin{array}{c} \diagup \\ \diagdown \end{array} \right\rangle$$

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

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

$$5. \left\langle \begin{array}{c} \diagup \\ \diagdown \end{array} \right\rangle = -A^{-3} \left\langle \begin{array}{c} \diagdown \\ \diagup \end{array} \right\rangle$$

$$6. \left\langle \begin{array}{c} \diagdown \\ \diagup \end{array} \right\rangle = -A^3 \left\langle \begin{array}{c} \diagup \\ \diagdown \end{array} \right\rangle$$