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Theorem 1.1. Yoneda If $\mathcal{A}$ be a locally small category, then,

$$[\mathcal{A}^{op}, Set](H_A, X) \cong X(A) \text{ naturally in } A \in \mathcal{A} \text{ and } X \in [\mathcal{A}^{op}, Set]$$

Explaination Here, $[\mathcal{A}^{op}, Set](H_A, X)$ denotes arrows $H_A \to X$ in $[\mathcal{A}^{op}, Set]$ i.e. natural transforms α :