a=[[0]\*len(l[0]) for \_ in range(len(l))]

r=[]

for i in range(len(l)-1):

for j in range(len(l[0])-1):

if l[i][j]<l[i][j+1]:

a[i][j+1]+=1

elif l[i][j]>l[i][j+1]:

a[i][j]+=1

if l[i][j]>l[i+1][j]:

a[i+1][j]+=1

elif l[i][j]<l[i+1][j]:

a[i][j]+=1

for i in range(len(l)-1):

if l[i][j]<l[i][j+1]:

for j in range

for i in range(len(a)):

for j in range(len(a[0])):

if (a[i][j]==4) or (((i==0 and j==0) or (i==0 and j==len(a[0])-1) or (i==len(a)-1 and j==0) or (i==len(a)-1 or j==len(a[0])-1)) and a[i][j]==2):

r.append((i,j))

f.write(str(r))