```
ReidemeisterOne@k_MD := ReidemeisterOne@k =
   Table[ED @@ ((Map[# + If[Abs@# ≥ 2 i, 2 Sign@#, 0] &, List @@ Build@kᵀ, {2}] ⋃
                {{2 i, 2 i + 1}})ᵀ) // Convert, {i, Length@k}] ⋃ {} // KnotSort;
```