

Flype@l gives a list of lists of all of the knots that
 can be obtained by applying one flype to each knot of the list l.

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Flype@l_List := Flype@l =
  If[l == {}, l, Block[{a, c, e, n = Length@l[[1]],
    p = List@@Build[Abs/@l[[1]]] //
      (#T ∪ Reverse@#T)T[[2]] &, y = {}},
    Do[c = Mod[2 i - 1 + s[[1]] Range@o, 2 n, 1];
      For[e = Max@Mod[
        Complement[p[[c]], c] - s[[2]] 2 l[[1, i]], 2 n, 1],
        e < Mod[s[[2]] (2 i - 1 - 2 l[[1, i])], 2 n, 1], e++,
        c = c ∪ Mod[2 l[[1, i]] + s[[2]] Range@e, 2 n, 1];
        If[Sort@p[[c]] == c,
          (*A flype can be
            made with the given settings.*)
          y = Join[y, {1, Convert /@ (Mod[
            (a = Abs@#) +
              Which[Mod[s[[1]] (a - 2 i + 1),
                2 n, 1] ≤ o, -s[[1]],
                Mod[s[[2]] (a - 2 l[[1, i])],
                2 n, 1] ≤ e, -s[[2]],
                a == 2 i - 1, s[[1]] o,
                a == 2 Abs@l[[1, i]], s[[2]] e,
                True, 0],
              2 n, 1] Sign@# &
            // Map[#, Build/@l, {3}] &)}T]]],
          {i, n},
          {s, {{1, 1}, {1, -1}, {-1, 1}}},
          {o, 2, Mod[s[[1]] (2 l[[1, i]] - 2 i + 1), 2 n, 1] - 1};
          KnotSort /@ If[Dimensions@y == {2}, y, (y ∪ {})]]]];
  
```