

```

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;

```