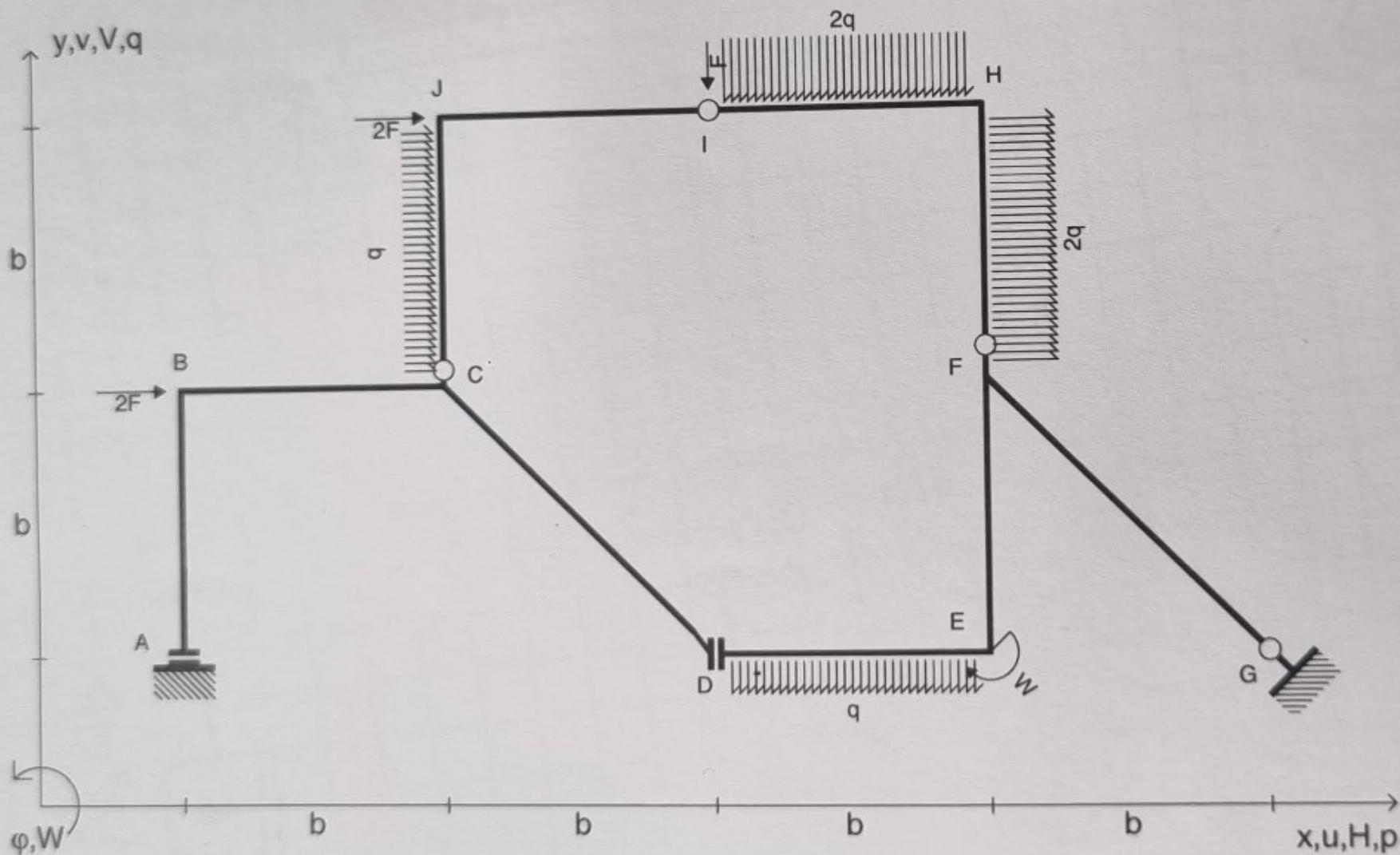MSS

$H_B = 2F$

$V_I = -F$

$H_J = 2F$

$W_E = -W = -Fb$

$p_{FH} = 2q = 2F/b$

$q_{DE} = -q = -F/b$

$q_{HI} = -2q = -2F/b$

$p_{CJ} = q = F/b$

$EJ_{AB} = EJ$

$EJ_{BC} = EJ$

$EJ_{CD} = EJ$

$EJ_{DE} = EJ$

$EJ_{EF} = EJ$

$EJ_{FG} = EJ$

$EJ_{FH} = EJ$

$EJ_{HI} = EJ$

$EJ_{CJ} = EJ$

$EJ_{JI} = EJ$