H.
$$J(w) = C(w) + \lambda R(w)$$
 $R(w) = ||w||^2 = \sum_{i,j} w_{i,j}^2$

Find $J(w) = \sum_{i,j} w_{i,j}^2$

Thus we know:

 $J(w) = J(w) + \lambda J(w)$
 $J(w) = J(w) + \lambda J(w)$