

$$\begin{array}{ccccccc}
 J & \xrightarrow{\text{Id}} & J & \longrightarrow & R & \longrightarrow & \frac{R}{J} \\
 \parallel & & \parallel & & \downarrow \rho & & \downarrow \psi \\
 J & \xrightarrow{\text{Id}} & J & \xrightarrow{0} & J & \xrightarrow{\text{Id}} & J
 \end{array}$$