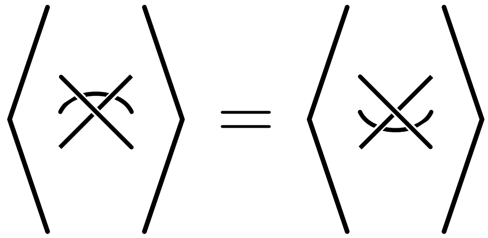
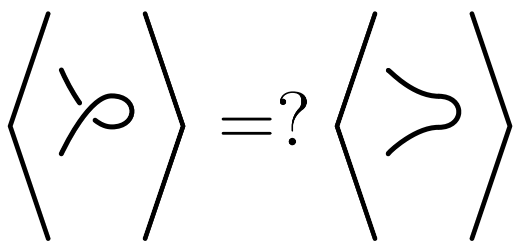
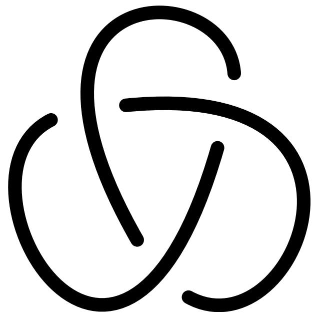
1. Using what we discoverd about the type II move deduce that:



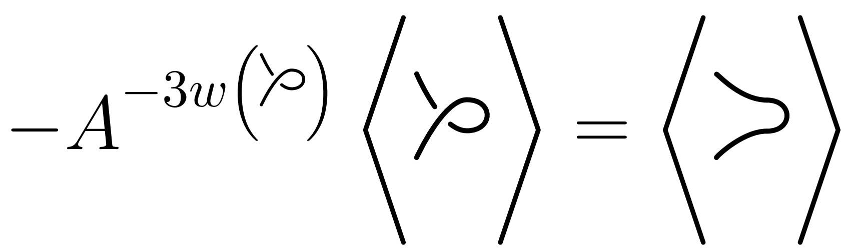
2. Compute bracket for the other type one move:



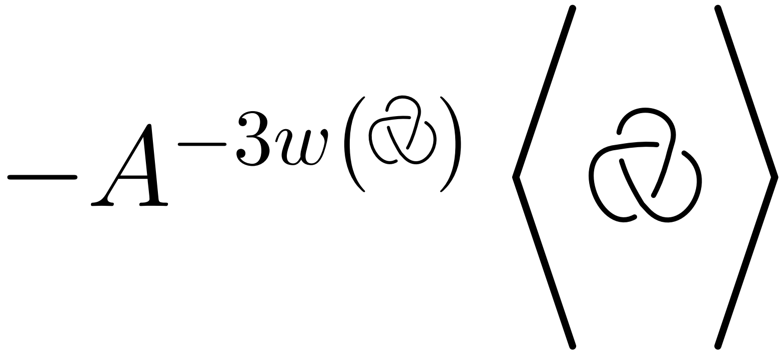
3. Compute the writhe of:



4. Verify that our rule works for the other type I move:



5. Compute the bracket for our anti-knot:



Reference:

1. $\left\langle \bigcirc \right\rangle = 1$

2. $\left\langle \times \right\rangle = A \left\langle)(\right\rangle + A^{-1} \left\langle \asymp \right\rangle$

3. $\left\langle D \sqcup \bigcirc \right\rangle = \left(-A^{-2} - A^{2}\right) \langle D \rangle$

4. $-A^{-3w(D)} \langle D \rangle$