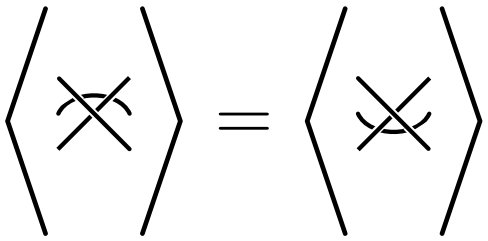
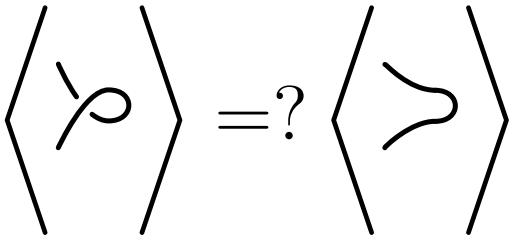
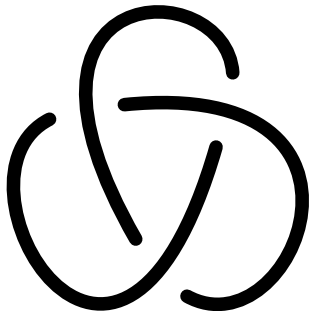
1. Using what we discovered about the type II move deduce that:



2. Compute bracket for the other type I move:



3. Compute the writhe of:



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

$$-A^{-3w(\curlyvee)} \left\langle \curlyvee \right\rangle = \left\langle \smile \right\rangle$$

5. Compute the bracket for our anti-knot:

$$-A^{-3w(\text{@})} \left\langle \text{@} \right\rangle$$

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. $-A^{-3w(D)} \langle D \rangle$
5. $\left\langle \text{  } \right\rangle = -A^{-3} \left\langle \text{  } \right\rangle$
6. $\left\langle \text{  } \right\rangle = -A^{3} \left\langle \text{  } \right\rangle$