

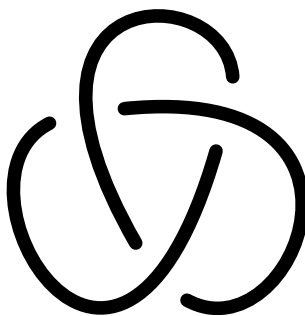
- Using what we discovered about the type II move deduce that:

$$\langle \text{crossing with arc on top-left} \rangle = \langle \text{crossing with arc on bottom-right} \rangle$$

- Compute bracket for the other type one move:

$$\langle \text{loop} \rangle = ? \langle \text{cup} \rangle$$

3. Compute the writhe of:



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

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

5. Compute the bracket for our anti-knot:

$$-A^{-3w}(\mathcal{D}) \left\langle \mathcal{D} \right\rangle$$

Reference:

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

$$2. \left\langle \times \right\rangle = A \left\langle \text{C} \right\rangle + A^{-1} \left\langle \text{C} \right\rangle$$

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

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

$$5. \left\langle \text{C} \right\rangle = -A^{-3} \left\langle \text{C} \right\rangle$$

$$6. \left\langle \text{C} \right\rangle = -A^3 \left\langle \text{C} \right\rangle$$