public class HelloWorld{

public static void main(String []args){

int[] re = problems.medium("ConHeoHHuc");

for (int r: re){

System.out.printf("%d",r);

System.out.print(" ");

}

}

}

class problems{

public static int[] medium(String s){

char[] caps = {'A','B','C','D','E','F','G','H','I','J','K','L','M','N','O','P','Q','R','S','T','U','V','W','X','Y','Z'};

int signc = 0;

int[] varsign = new int[s.length()];

int bothup = 0;

int bothlow = 0;

for (int i=0; i<s.length(); i++ ){

char c = s.charAt(i);

for (char n: caps){

signc = -1;

if (c == n){

signc = 1;

break;

}

}

varsign[i] = signc;

}

for (int i=0; i<varsign.length-1; i++){

int p = varsign[i];

int q = varsign[i+1];

if (p\*q>0 && p+q>0){

bothup = bothup + 1;

}

if (p\*q>0 && p+q<0){

bothlow = bothlow + 1;

}

}

int[] result = new int[2];

result[0] = bothlow;

result[1] = bothup;

return result;

}

}