

1: $J \cdot H = \text{id}, H \cdot F = H \cdot G$ assumptions

...

2: $J \cdot H \cdot F = G$

3: $\text{id} \cdot F = G$

4: $F = G$

Unfold with hypothesis 1.1,2

Fold using Conjecture $F = \text{id} \cdot F$ 3