Deriving exchange in Elle comonadicly:

```
\frac{\overline{y_0: GB \vdash y_0: GB}}{y_0: GB: \vdash Fy_0: FGB} F_R \qquad \overline{x_0: GA \vdash x_0: FGA} F_R \\ \underline{y_0: GB: \vdash Fy_0: FGB} F_R \qquad \overline{x_0: GA: \vdash Fx_0: FGA} F_R \\ \underline{y_0: GB: \vdash Fy_0: FGB \lor FGA} \\ \underline{x_1: GA: y_1: GB: \vdash exy_1, x_1 \text{ with } y_0, x_0 \text{ in } (Fy_0 \otimes Fx_0): FGB \otimes FGA} \\ \underline{x_1: GA: y_2: FGB \vdash \text{let } y_2: FGB \vdash \text{be } Fy_1 \text{ in } (exy_1, x_1 \text{ with } y_0, x_0 \text{ in } (Fy_0 \otimes Fx_0)): FGB \otimes FGA} F_L \\ \underline{x_1: GA: y_2: FGB \vdash \text{let } x_2: FGB \vdash \text{be } Fy_1 \text{ in } (exy_1, x_1 \text{ with } y_0, x_0 \text{ in } (Fy_0 \otimes Fx_0)): FGB \otimes FGA} F_L \\ \underline{x_1: FGA: y_2: FGB \vdash \text{let } x_2: FGA \vdash \text{be } Fx_1 \text{ in } (\text{let } y_2: FGB \vdash \text{be } Fy_1 \text{ in } (exy_1, x_1 \text{ with } y_0, x_0 \text{ in } (Fy_0 \otimes Fx_0))): FGB \otimes FGA} F_L \\ \underline{x_2: FGA: y_2: FGB: \text{let } x_2: FGA \vdash \text{be } Fx_1 \text{ in } (\text{let } y_2: FGB \vdash \text{be } Fy_1 \text{ in } (exy_1, x_1 \text{ with } y_0, x_0 \text{ in } (Fy_0 \otimes Fx_0))): FGB \otimes FGA} F_L \\ \underline{x_2: FGA: y_2: FGB: \text{let } x_2: FGA \vdash \text{be } Fx_1 \text{ in } (\text{let } y_2: FGB \vdash \text{be } Fy_1 \text{ in } (exy_1, x_1 \text{ with } y_0, x_0 \text{ in } (Fy_0 \otimes Fx_0))): FGB \otimes FGA} F_L} \xrightarrow{\text{TENL}} F_L \\ \underline{x_1: FGA: y_2: FGB: \text{let } x_2: FGA: y_2: FGB: y_2: FGA: y_2: FGB: y_2: FGA: y_2: FGA: y_2: FGB: y_2: FGA: y_2: FGA:
```

Deriving right contraction in Elle comonadicly:

```
\frac{\sum_{x_1: GA \vdash x_1: GA} Ax}{x_1: GA \vdash x_1: GA} = \frac{\sum_{y_0: GB \vdash y_0: GB} Ax}{y_0: GB; \vdash Fy_0: FGB} F_R = \frac{\sum_{x_0: GA \vdash x_0: GA} Ax}{x_0: GA; \vdash Fx_0: FGB} F_R = \frac{\sum_{x_0: GA \vdash x_0: GA} Ax}{x_0: GA; \vdash Fx_0: FGB} F_R = \frac{\sum_{x_0: GA \vdash x_0: GA} Ax}{x_0: GA; \vdash Fx_0: FGB} F_R = \frac{\sum_{x_0: GA \vdash x_0: GA} Ax}{x_0: GA; \vdash Fx_0: FGB} F_R = \frac{\sum_{x_0: GA \vdash x_0: GA} Ax}{x_0: GA; \vdash Fx_0: FGB} F_R = \frac{\sum_{x_0: GA \vdash x_0: GB} Ax}{\sum_{y_0: GB; x_0: GA; \vdash Fx_0: FGB} F_GA} F_R = \frac{\sum_{x_0: GA \vdash x_0: GB} Ax}{y_0: GB; x_0: GA; \vdash Fx_0: FGB} F_GA = \frac{\sum_{x_0: GA \vdash x_0: GB} Ax}{y_0: GB; x_0: GB; x_0: GA; \vdash Fx_0: Fx_0: FGB} F_GA = \frac{\sum_{x_0: GA \vdash x_0: GB} Ax}{y_0: GB; x_0: GB; x_0: GB; x_0: GA; \vdash Fx_0: FGB} F_GA = \frac{\sum_{x_0: GA \vdash x_0: GB} Ax}{y_0: GB; x_0: GB; x_0
```

Deriving left contraction in Elle comonadicly:

```
\frac{\overline{a_0: \mathsf{GA} \vdash x_0: \mathsf{GA}}}{x_0: \mathsf{GA} \vdash x_0: \mathsf{GA}} \frac{\mathsf{AX}}{\mathsf{FR}} \qquad \frac{\overline{y_0: \mathsf{GB} \vdash y_0: \mathsf{GB}}}{y_0: \mathsf{GB} \vdash \mathsf{Fy_0}: \mathsf{FGB}} \frac{\mathsf{FR}}{\mathsf{FR}} \qquad \frac{\overline{x_1: \mathsf{GA} \vdash x_1: \mathsf{GA}}}{x_1: \mathsf{GA} \vdash \mathsf{Fx_1}: \mathsf{FGA}} \frac{\mathsf{FR}}{\mathsf{FR}} \qquad \frac{\overline{x_1: \mathsf{GA} \vdash x_1: \mathsf{GA}}}{x_1: \mathsf{GA} \vdash \mathsf{Fx_1}: \mathsf{FGA}} \frac{\mathsf{FR}}{\mathsf{FR}} \qquad \frac{\mathsf{TENR}}{x_1: \mathsf{GA} \vdash \mathsf{Fx_1}: \mathsf{FGA}} \frac{\mathsf{FR}}{\mathsf{FR}} \qquad \frac{\mathsf{TENR}}{\mathsf{FR}} \qquad \frac{\mathsf{TENR}}{\mathsf{FR}}
```

Deriving weakening in Elle comonadicly:

```
\frac{\frac{-\cdots \text{ triv}: \text{Unit}}{x_0: \text{GA}_1: \text{ heweak } x_0 \text{ in triv}: \text{Unit}} \text{ }_{\text{WEAK}}}{x_0: \text{FGA} \vdash \text{let } x_1: \text{FGA} \text{ be } \text{F} x_0 \text{ in weak } x_0 \text{ in triv}: \text{Unit}}} \xrightarrow{\text{FL}} \frac{\text{FL}}{x_0: \text{FGA} \vdash \text{let } x_1: \text{FGA} \text{ be } \text{F} x_0 \text{ in weak } x_0 \text{ in triv}: \text{(FGA)} \rightarrow \text{(Unit)}}} \text{ }_{\text{MPR}}
```

GF is a monad:

• Deriving η :

```
\frac{\overline{x_1:\mathsf{GFX}+x_0:\mathsf{FX}} \xrightarrow{\mathsf{AX}} \mathsf{GL}}{x_1:\mathsf{GFX}:\mathsf{helt}x_1:\mathsf{GFX}\mathsf{be}\,\mathsf{G}x_0\mathsf{in}x_0:\mathsf{FX}} \xrightarrow{\mathsf{GL}} \mathsf{GL} \\ \frac{\overline{x_2:\mathsf{FGFX}+\mathsf{let}x_2:\mathsf{FGFX}\mathsf{be}\,\mathsf{F}x_1\mathsf{in}(\mathsf{let}x_1:\mathsf{GFX}\mathsf{be}\,\mathsf{G}x_0\mathsf{in}x_0):\mathsf{FX}}}{x_3:\mathsf{GFGFX}:\mathsf{helt}x_3:\mathsf{GFGFX}\mathsf{be}\,\mathsf{G}x_2\mathsf{in}(\mathsf{let}x_2:\mathsf{FGFX}\mathsf{be}\,\mathsf{F}x_1\mathsf{in}(\mathsf{let}x_1:\mathsf{GFX}\mathsf{be}\,\mathsf{G}x_0\mathsf{in}x_0)):\mathsf{FX}} \xrightarrow{\mathsf{FL}} \mathsf{GL} \\ \overline{x_3:\mathsf{GFGFX}+\mathsf{G}(\mathsf{let}x_3:\mathsf{GFGFX}\mathsf{be}\,\mathsf{G}x_2\mathsf{in}(\mathsf{let}x_2:\mathsf{FGFX}\mathsf{be}\,\mathsf{F}x_1\mathsf{in}(\mathsf{let}x_1:\mathsf{GFX}\mathsf{be}\,\mathsf{G}x_0\mathsf{in}x_0))):\mathsf{GFX}} \xrightarrow{\mathsf{GR}} \mathsf{GR} \\ \overline{x_3:\mathsf{GFGFX},\mathsf{G}(\mathsf{let}x_3:\mathsf{GFGFX}\mathsf{be}\,\mathsf{G}x_2\mathsf{in}(\mathsf{let}x_2:\mathsf{FGFX}\mathsf{be}\,\mathsf{F}x_1\mathsf{in}(\mathsf{let}x_1:\mathsf{GFX}\mathsf{be}\,\mathsf{G}x_0\mathsf{in}x_0))):\mathsf{GFX}}} \xrightarrow{\mathsf{GR}} \mathsf{GR} \\ \xrightarrow{\mathsf{ImPR}} \mathsf{GR} \mathsf{GRGFX}, \mathsf{GRGX}, \mathsf{GRGX}, \mathsf{GRGX}, \mathsf{GRGX}, \mathsf{GRGX}, \mathsf{GRGX}, \mathsf{GRGX}, \mathsf{GRGX},
```

• Deriving μ :

$$\frac{\overbrace{x:X \vdash x:X}^{AX}}{\underbrace{x:X; \vdash Fx:FX}^{FR}} \underbrace{F_R}_{GR}$$

$$\frac{x:X \vdash GFx:GFX}{x:X \vdash GFx:GFX} \xrightarrow{IMPR}$$

The monad GF is strong:

• Deriving the tensorial strength τ :

```
\frac{\frac{\overline{x_0:X+x_0:X} \overset{AX}{X} \overline{y_0:Y+y_0:Y} \overset{AX}{X}}{y_0:Y+y_0:Y} \overset{AX}{X}}{y_0:Y+y_0:Y} \overset{AX}{X}}{y_0:Y+y_0:Y} \overset{AX}{Y}}{y_0:X+y_0\otimes y_0:X\otimes Y}}{y_0:X+y_0\otimes y_0:X\otimes Y} FR \\ \frac{\overline{x_0:X,y_0:Y:Y:F} F(x_0\otimes y_0):F(X\otimes Y)}{x_0:X,y_0:Y:F} FL \\ \frac{\overline{y_2:GFY,x_0:X:F} F(x_0\otimes y_0):F(X\otimes Y)}{y_2:GFY be Gy_1 in(lety_1:FY be Fy_0 in F(x_0\otimes y_0)):F(X\otimes Y)} GL \\ \overline{y_2:GFY,x_0:X:F} G(lety_2:GFY be Gy_1 in(lety_1:FY be Fy_0 in F(x_0\otimes y_0)):GF(X\otimes Y)} GR \\ \overline{x_1:X,y_3:GFY:F} F(x_0:X:F) G(lety_2:GFY be Gy_1 in(lety_1:FY be Fy_0 in F(x_0\otimes y_0))):GF(X\otimes Y)} GR \\ \overline{x_2:X\otimes GFY:F} F(x_0:X:F) G(lety_2:GFY be Gy_1 in(lety_1:FY be Fy_0 in F(x_0\otimes y_0))):GF(X\otimes Y)} GR \\ \overline{x_1:X\otimes GFY:F} F(x_0:X:X:F) G(x_0:X:F) G(lety_2:GFY be Gy_1 in(lety_1:FY be Fy_0 in F(x_0\otimes y_0)))):GF(X\otimes Y)} GR \\ \overline{x_1:X\otimes GFY:F} F(x_0:X:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F)} GR \\ \overline{x_1:X\otimes GFY:F} F(x_0:X:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F)} GR \\ \overline{x_1:X\otimes GFY:F} F(x_0:X:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F)} GR \\ \overline{x_1:X\otimes GFY:F} F(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F)} GR \\ \overline{x_1:X\otimes GFY:F} F(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F)} GR \\ \overline{x_1:X\otimes GFY:F} F(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F)} GR \\ \overline{x_1:X\otimes GFY:F} F(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F)} GR \\ \overline{x_1:X\otimes GFY:F} F(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F)} GR \\ \overline{x_1:X\otimes GFY:F} F(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F) G(x_0:X:F)} GR \\ \overline{x_1:X\otimes GFY:F} F(x_0:X:F) G(x_0:X:F) G(x_
```

A Full Ott Spec

```
vars, n, a, x, y, z, w, m, o
ivar, i, k, j, l
const, b
A, B, C
                              Unit
                              A \otimes B
                             A \rightharpoonup B
                              A \leftarrow B
                              \mathsf{F} X
X, Y, Z
                              Unit
                              X \otimes Y
                              X \rightharpoonup Y
                              X \leftarrow Y
                              GA
T
                              \boldsymbol{A}
                              X
```

```
p
              ::=
                         \boldsymbol{x}
                         triv
                         p \otimes p'
                         \mathsf{F} p
                         \mathsf{G} p
S
              ::=
                         \boldsymbol{x}
                         b
                         triv
                         \mathsf{let}\, s_1 : T\,\mathsf{be}\, p\,\mathsf{in}\, s_2
                         s_1 \otimes s_2
                         \lambda_l x:A.s
                         \lambda_r x : A.s
                         \lambda x : A.s
                         (\lambda_l x : A.s_1) s_2
                         (\lambda_r x:A.s_1)\,s_2
                         (\lambda x:A.s_1)\,s_2
                         app_l s_1 s_2
                         app_r s_1 s_2
                         app s_1 s_2
                         \operatorname{ex} s_1, s_2 \operatorname{with} x_1, x_2 \operatorname{in} s_3
                         contrR x_1 as s_1, s_2 in s_3
                         contrL x_1 as s_1, s_2 in s_3
                         weak x in s
                                                                       S
                         (s)
                         \mathsf{F} t
              ::=
                         x
                         b
                         triv
                         let t_1: X be p in t_2
                         t_1 \otimes t_2
                         \lambda_l x : X.t
                         \lambda_r x : X.t
                         \lambda x : X.t
                         (\lambda_l x: X.t_1)\,t_2
                         (\lambda_r x : X.t_1) t_2
                         (\lambda x : X.t_1) t_2
                         app_l t_1 t_2
```

 $\Gamma \vdash t : X$

$$\frac{x:X \vdash x:X}{\Gamma, \Delta \vdash t:X} \qquad \text{T_-VAR}$$

$$\frac{\Gamma, \Delta \vdash t:X}{\Gamma, x: \text{Unit}, \Delta \vdash \text{let} x: \text{Unit} \text{ be triv in } t:X} \qquad \text{T_-UNITL}$$

$$\frac{\Gamma, x:X, y:Y, \Delta \vdash t:Z}{\Gamma, z:Y, w:X, \Delta \vdash \text{ex } w, z \text{ with } x, y \text{ in } t:Z} \qquad \text{T_-BETA}$$

$$\frac{\Gamma_1, x:X, \Gamma_2, y:X, \Gamma_3 \vdash t:Y}{\Gamma_1, \Gamma_2, z:X, \Gamma_3 \vdash \text{contr} \Gamma_2 \text{ as } x, y \text{ in } t:Y} \qquad \text{T_-CONTR}$$

$$\frac{\Gamma_1, x:X, \Gamma_2, y:X, \Gamma_3 \vdash t:Y}{\Gamma_1, z:X, \Gamma_2, \gamma:X, \Gamma_3 \vdash \text{contr} \Gamma_2 \text{ as } x, y \text{ in } t:Y} \qquad \text{T_-CONTRL}$$

$$\frac{\Gamma, \Delta \vdash t:Y \quad x \notin |\Gamma, \Delta|}{\Gamma, x:X, \Delta \vdash \text{weak } x \text{ in } t:Y} \qquad \text{T_-WEAK}$$

$$\frac{\Gamma \vdash t_1:X \quad \Delta_1, x:X, \Delta_2 \vdash t_2:Y}{\Gamma, x:X, y:Y, \Delta \vdash t:Z} \qquad \text{T_-CUT}$$

$$\frac{\Gamma, x:X, y:Y, \Delta \vdash t:Z}{\Gamma, z:X \otimes Y, \Delta \vdash \text{let } z:X \otimes Y \text{ be } x \otimes y \text{ in } t:Z} \qquad \text{T_-TENL}$$

$$\frac{\Gamma \vdash t_1:X \quad \Delta_1, x:Y, \Delta_2 \vdash t_2:Z}{\Gamma, \Delta \vdash t_1 \otimes t_2:X \otimes Y} \qquad \text{T_-TENL}$$

$$\frac{\Gamma \vdash t_1:X \quad \Delta_1, x:Y, \Delta_2 \vdash t_2:Z}{\Delta_1, \Gamma, y:X \rightharpoonup Y, \Delta_2 \vdash \text{[app}_t y t_1/x]t_2:Z} \qquad \text{T_-IMPL1}$$

$$\frac{\Gamma \vdash t_1:X \quad \Delta_1, x:Y, \Delta_2 \vdash t_2:Z}{\Delta_1, y:Y \rightharpoonup X, \Gamma, \Delta_2 \vdash \text{[app}_t y t_1/x]t_2:Z} \qquad \text{T_-IMPL2}$$

$$\frac{\Gamma, x:X \vdash t:Y}{\Gamma \vdash \lambda_t x:X.t:X \rightharpoonup Y} \qquad \text{T_-IMPRL}$$

$$\frac{x: X, \Gamma \vdash t: Y}{\Gamma \vdash \lambda_{r}x: X.t: Y \leftarrow X} \quad \text{T_IMPRR}$$

$$\frac{\Gamma; \cdot \vdash s: A}{\Gamma \vdash \text{G}s: \text{G}A} \quad \text{T_GR}$$

$\Gamma; \Psi \vdash s : A$

$$\frac{\Gamma; \Psi, x : A + s : B}{\Gamma; \Psi \vdash \lambda_{l}x : A.s : A \rightharpoonup B} \quad \text{S_IMPRL}$$

$$\frac{\Gamma; x : A, \Psi \vdash s : B}{\Gamma; \Psi \vdash \lambda_{r}x : A.s : B \leftharpoonup A} \quad \text{S_IMPRR}$$

$$\frac{\Gamma \vdash t : X}{\Gamma; \cdot \vdash \vdash Ft : \vdash FX} \quad \text{S_FR}$$

$$\frac{\Gamma, x : X; \Psi \vdash s : A}{\Gamma; z : \vdash FX, \Psi \vdash \vdash \vdash z : \vdash FX \vdash \vdash FX \vdash S : A} \quad \text{S_FL}$$

$$\frac{\Gamma; \Psi, x : A \vdash s : B}{z : \vdash GA, \Gamma; \Psi \vdash \vdash \vdash tz : \vdash GA \vdash \vdash GX \vdash S : B} \quad \text{S_GL}$$