

$\epsilon, R \rightarrow XRX$
 $\epsilon, R \rightarrow S$
 $\epsilon, S \rightarrow aTb$
 $\epsilon, S \rightarrow bTa$
 $\epsilon, T \rightarrow XTX$
 $\epsilon, T \rightarrow X$
 $\epsilon, T \rightarrow \epsilon$
 $\epsilon, X \rightarrow a$
 $\epsilon, X \rightarrow b$
 $b, b \rightarrow \epsilon$
 $a, a \rightarrow \epsilon$

