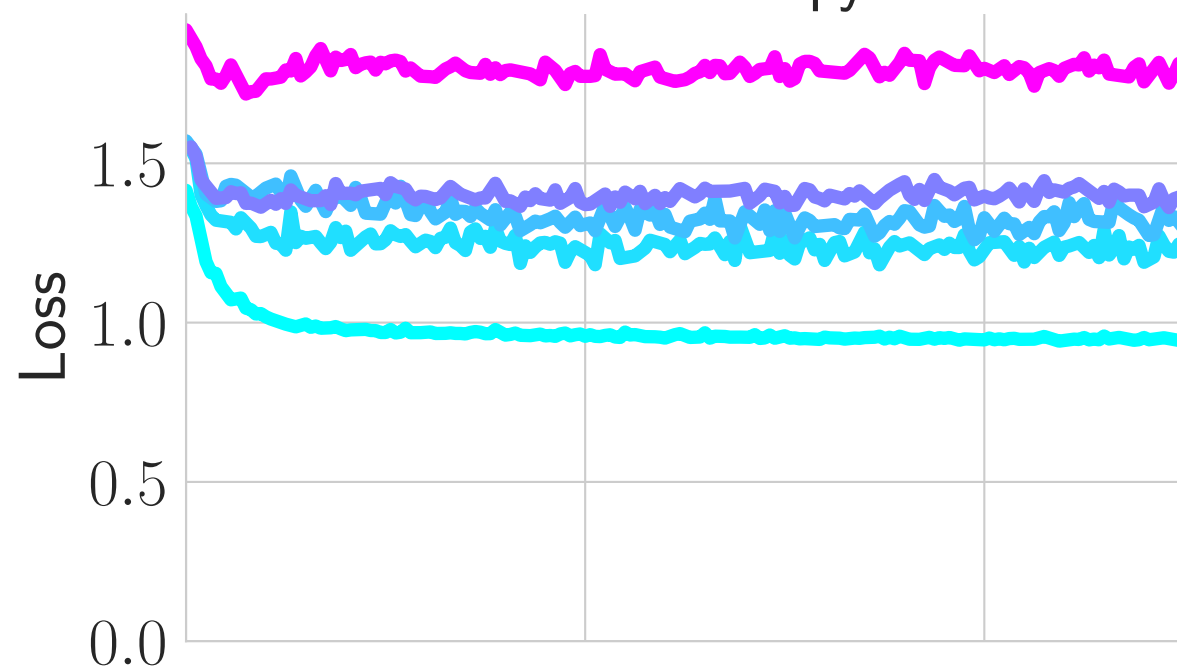


# Transfer Between VLM Training Checkpoints

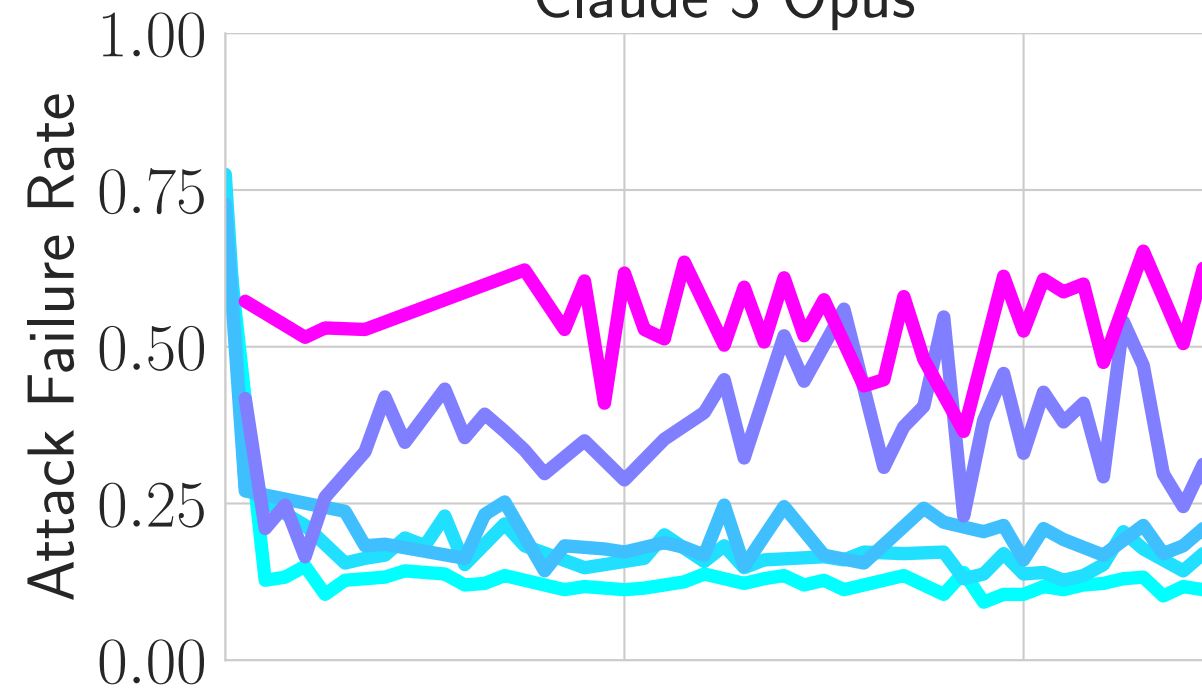
VLM Training Epochs

- 1.0
- 1.25
- 1.5
- 2.0
- 3.0

## Cross Entropy



## Claude 3 Opus



## HarmBench



## LlamaGuard2

