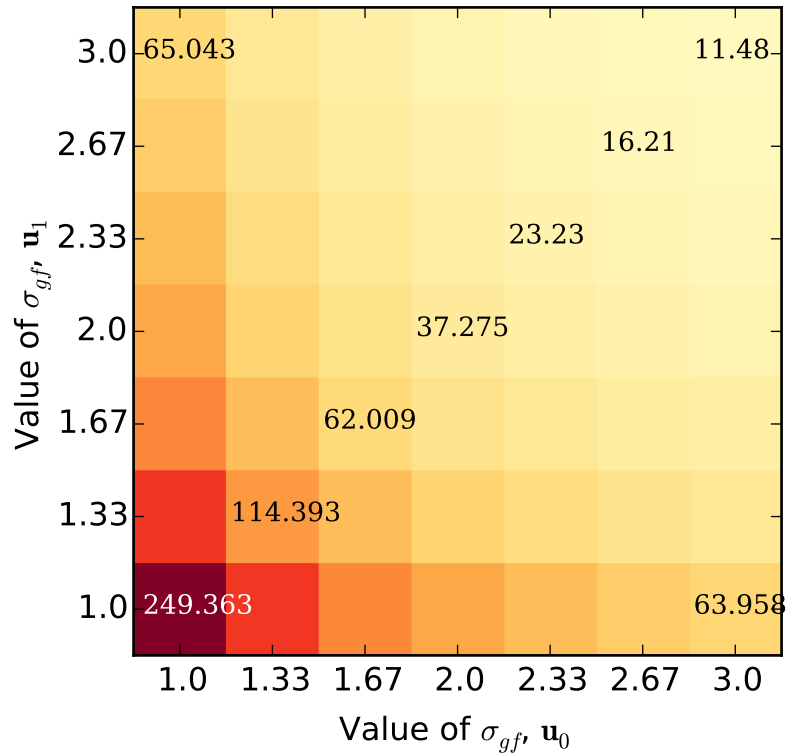


Norm of  $[\mathbf{u}_0, \mathbf{u}_1]$



Norm of  $[\mathbf{u}_0, [\mathbf{u}_0, \mathbf{u}_1]]$

