$$egin{aligned} &(u,v)
ightarrow (r, heta,\phi) = [1,\quad u,\quad v] \ &g = egin{bmatrix} 1 & 0 \ 0 & 1 \end{bmatrix} \
abla f = \partial_u f oldsymbol{e}_u + \partial_v f oldsymbol{e}_v \ &F = F^u oldsymbol{e}_u + F^v oldsymbol{e}_v \
abla F = (\partial_u F^u + \partial_v F^v) + (-\partial_v F^u + \partial_u F^v) oldsymbol{e}_u \wedge oldsymbol{e}_v \ &g = [1] \ &(s)
ightarrow (u,v) = \left[rac{\pi}{8}, \quad s \right] \ &H = H^s oldsymbol{e}_s \ &H^s oldsymbol{e}_s \
abla h oldsymbol{e}_s \
a$$