so

$$x_i = \sum_{k=1}^{n} a_{kj} y_k,$$

which means (note the inevitable transposition) that

$$\begin{pmatrix} x_1 \\ \vdots \\ x_n \end{pmatrix} = A^\top \begin{pmatrix} y_1 \\ \vdots \\ y_n \end{pmatrix},$$

and so

$$\begin{pmatrix} y_1 \\ \vdots \\ y_n \end{pmatrix} = (A^\top)^{-1} \begin{pmatrix} x_1 \\ \vdots \\ x_n \end{pmatrix}.$$

It is easy to see that $(A^\top)^{-1} = (A^{-1})^\top$. Also, if $\mathcal{U} = (u_1, \ldots, u_n)$, $\mathcal{V} = (v_1, \ldots, v_n)$, and $\mathcal{W} = (w_1, \ldots, w_n)$ are three bases of E, and if the change of basis matrix from $\mathcal{U}$ to $\mathcal{V}$ is $P = P_{\mathcal{V},\mathcal{U}}$ and the change of basis matrix from $\mathcal{V}$ to $\mathcal{W}$ is $Q = P_{\mathcal{W},\mathcal{V}}$, then

$$\begin{pmatrix} v_1 \\ \vdots \\ v_n \end{pmatrix} = P^\top \begin{pmatrix} u_1 \\ \vdots \\ u_n \end{pmatrix}, \qquad \begin{pmatrix} w_1 \\ \vdots \\ w_n \end{pmatrix} = Q^\top \begin{pmatrix} v_1 \\ \vdots \\ v_n \end{pmatrix},$$

so

$$\begin{pmatrix} w_1 \\ \vdots \\ w_n \end{pmatrix} = Q^\top P^\top \begin{pmatrix} u_1 \\ \vdots \\ u_n \end{pmatrix} = (PQ)^\top \begin{pmatrix} u_1 \\ \vdots \\ u_n \end{pmatrix},$$

which means that the change of basis matrix $P_{\mathcal{W},\mathcal{U}}$ from $\mathcal{U}$ to $\mathcal{W}$ is PQ. This proves that

$$P_{\mathcal{W},\mathcal{U}} = P_{\mathcal{V},\mathcal{U}} P_{\mathcal{W},\mathcal{V}}.$$

Remark: In order to avoid the transposition involved in writing

$$\begin{pmatrix} v_1 \\ \vdots \\ v_n \end{pmatrix} = P^\top \begin{pmatrix} u_1 \\ \vdots \\ u_n \end{pmatrix},$$

as a more convenient notation we may write

$$\begin{pmatrix} v_1 & \cdots & v_n \end{pmatrix} = \begin{pmatrix} u_1 & \cdots & u_n \end{pmatrix} P.$$

Here we are defining the product

$$\begin{pmatrix} u_1 & \cdots & u_n \end{pmatrix} \begin{pmatrix} p_{1j} \\ \vdots \\ p_{nj} \end{pmatrix} \tag{$*$}$$