

$$\begin{array}{ccc}
 \pi_k(X, x_0) & \xrightarrow{\Sigma_*} & \pi_{k+1}(\Sigma X, \bar{x}_0) \\
 \partial \uparrow \cong & & \cong \uparrow q'_* \\
 \pi_{k+1}(CX, X, x_0) & \xrightarrow{q_*} & \pi_{k+1}(CX/X, \bar{x}_0)
 \end{array}$$