We could use a proof similar to the one done in the lecture or doing it a little bit differently

2)
$$\|A_{\kappa}\|_{F}^{2} = \|\sum_{i=1}^{K} 6: \text{ wint} \|_{F}^{2} = \|\text{U} \geq \sqrt{\|F\|_{F}^{2}} = \|\text{U} \geq \sqrt{\|$$